

[illegible]

Thursday, December 1, 2016



What do YOU think?

Opinions, thoughts and thank you letters from readers

‘Adopt A Family’ for Christmas

To the Editor:

My name is Kim Venturi, and I represent the Willits Wild Bunch. For several years we have put on the Willits Toy Run. We all enjoy giving back to our community and receive tremendous support from all the local businesses and clubs, to name a few: Rotary, Lions, and the Chamber of Commerce. This year we are adding to our plate. With the blessings of Sandy Turner and her family we are taking over the Willits Kids Christmas Program. Part of this program is the “Adopt a Family,” and I’m asking for help from you to help make this another successful year.

Each year for more than a quarter of a century our community has come together to help Willits children by giving essential items (rainwear, winter coats, shoes, sleepwear, blankets, etc) and other appropriate holiday gifts.

Persons who wish to assist a single child can select a card from display trees located in our downtown businesses. These cards represent the age, gender, needs and wishes of one child. Don’t hesitate to take a card if you are only able to meet a few of the child’s needs. We will make sure that the other items are addressed.

Selection of a single child works for most of the program supporters, but others have voiced an interest in adopting an entire family. If you or your group wishes to adopt a family, you are asked to follow a different path.

I ask that you contact me so that I may assist you in choosing a suitable family. You may contact me at 972-8782. Please leave a message if I am unable to speak to you, and I will return your call promptly.

Our thanks to each of you who have made the Willits Kids Christmas program a success for the last 27 years. Local residents have responded with great compassion. Again this year the program presents an opportunity to demonstrate that you and your neighbors are part of a big-hearted, generous and caring community.

On behalf of the Willits Wild Bunch and Rotary, thank you and happy holidays.

Kim Venturi, Willits

Thanks from No on AF

To the Editor:

The No on Measure AF Committee extends its thanks and gratitude to the voting public for listening to our thoughtful arguments and voting to reject Measure AF. For some, economic considerations drove their decision; for others, it was unwanted neighborhood and environmental impacts.

But for all, the 2-to-1 defeat of Measure AF allows the community the opportunity to contribute suggestions to proposed regulation of the marijuana industry in an open public process, which is well along the way. The main goal of No on Measure AF was to allow public input to an environmentally supportive and enforceable regulation framework. We are hopeful that the result will be criteria that are attainable and affordable for the public while generating the funds necessary to ensure its viability.

Darryl Dyer, Willits



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The Rules: **LETTERS**

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

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



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P.O. Box 1698
Willits, CA 95490
willitsweekly@gmail.com
www.willitsweekly.com
707-459-2633; 707-972-7047

Jennifer Poole, publisher and editor / jennifer@willitsweekly.com / 707-459-2633
Maureen Moore, art director and photographer / maureen@willitsweekly.com / 707-972-7047
Mike A’Dair, reporter / mike@willitsweekly.com
Jenny Senter, features writer / jenny@willitsweekly.com
Damian Seubouhian, reporter / damian@willitsweekly.com
Forrest Glycer, reporter / forrest@willitsweekly.com
Ree Sloum, features writer / ree@willitsweekly.com
Rachel Belvin, assistant publisher and advertising / rachel@willitsweekly.com / 707-367-9319
Justin Stephens, webmaster

For advertising inquiries, please call 707-459-2633 or 707-972-7047 or email advertising@willitsweekly.com

If you want to get your input on the record, the Mendocino County Planning Commission will hold two meetings to hear the public and make a recommendation to the board of supervisors. The first informational meeting will be on December 1 at 3 pm in the supervisors chambers [501 Low Gap Rd, Ukiah]. The second action meeting will be December 15 at 10 am in the same location.

The committee had very diverse members working together for good governance, and they will now go their separate ways. We anticipate that some commonalities of thought still remain, and may come forward as comments to the ongoing county ordinance process.

Hal Wagenet, member,
No on Measure AF Committee

Protesting is an American tradition

To the Editor:

I am responding to Carlin Horger’s November 17 letter to this newspaper. She called attention to protesters’ showing their unhappiness by the election of Mr. Trump, by protesting, burning the American flag, destroying property, private and public.” She goes on say that it is inappropriate to protest over the election of someone you don’t like.

There have been numerous nationwide protests since the election. In a few instances anarchistic individuals have damaged property. Overall the protests have been peaceful and meaningful. The right to assemble is guaranteed in the First Amendment. The election remains controversial because Trump lost by 2 million votes and because of his extremist rhetoric. Many voters feel cheated and worried. Republicans in Congress have protested Obama for eight years by willfully blocking the president’s agenda.

Protesting is a valuable American tradition. Just because you haven’t done it or don’t agree with the protesters doesn’t make protesting unworthy.

Marc Komer, Willits

Let’s unify

To the Editor:

Never again believe the polls. We now have a president-elect that the polls predicted could not win. He did win. I lost. Originally I wanted Bernie Sanders. But he conceded to Hillary Clinton. So, due to his support for her, I voted for Hillary.

I did not vote for her, but against him. But he won. I never supported him, but I will support the American people’s choice. Let us all support our new president-elect, whether we agree or disagree with him. He will be our president. Let’s come together and perhaps we will “be great again.” I believe that we have always been great, but let’s see how much greater we will be.

I love America. Will I love America more after a Trump administration? I know it’s up in the air, but he is now our next president. I, and I hope you, will support him. I don’t respect him, but let’s unify. Let us get behind him as our leader.

Editor’s Note: As stated in Willits Weekly’s letters policy, printed on the Letters page every week, “Letters focusing on Willits and 3rd District issues, activities, events and people have priority.” And we usually have plenty of letters on local issues to publish. Due to the national election, we have a couple more letters this week focusing on national issues – and fewer local letters than usual – so we are publishing the non-local letters. In general, however, Willits Weekly’s “local issues first” policy will remain in effect.

’Twas two Fridays before Christmas

’Twas two Fridays before Christmas, at Ardella’s Diner, An event was just starting, no contest anywhere finer.

The walls were hung with festivity and flair, In hopes the whole community soon would be there.

The tables were set, the cookies were spread, The plans of a wonderful party dancing in our heads.

Jennifer in her scarf, and Maureen in her sweater, Couldn’t think of a way for the party to be better.

When out on Main Street, there arose such a clatter, We sprang from the booths to see what was the matter.

Away to the entrance we flew like a flash, And gasped as we saw the huge crowd gathering for the bash.

The streetlights shined on the plates, trays and tins Of many cookies and sweets, baked with hope to take the win.

Honor and bragging rights would soon be bestowed, For goodies that made everyone cry their best “Ho! Ho! Ho!”

Businesses, individuals and returning champions short and tall, Set up tables displaying their goodies for the tasting of all.

More rapid than eagles, the tasters they came, And they sampled, and shouted, calling out their favorites by name!

“It’s delicious, this fudge!” “Those cookies, oh my!” “The candy, divine! And the caramels, you must try!”

To Ardella’s Downtown Diner, the people they ran, “We must taste and cast our votes while yet we still can!”

Tallies were made, and the judges would name The best treats made by those who competed and came.

Their photos in the paper the winners would see, With copies, we hope, of the winning recipes.

After the judging, the party will still go on, With cookie swaps (bring your own) until they’re all gone,

Carols sung by Nancy New and Devon Jones, And holiday spirit until everyone goes home.

The party will pay thanks to all who have shown such support, For this crazy and amazing endeavor, WW, for short.

Join Willits Weekly to toast to next year’s editions Filled with news and community, innovation and tradition.

From 5 to 7 pm on Friday, December 16 we will be, At Ardella’s Diner with T-shirts and back issues to see.

We encourage all to come with this cordial invite, As we say Happy Holidays to all, and to all a great night! – **Maureen Moore**

IF YOU’D LIKE TO ENTER THE COOKIE CONTEST:

Event is from 5 to 7 pm at Ardella’s Downtown Diner. Enter as a business, or as an individual!

All bakers should be there for setup by 4:30 pm. We are suggesting a quantity of 5 to 6 dozen bite-sized pieces. Does not have to be cookies; sweets of all kinds are accepted.

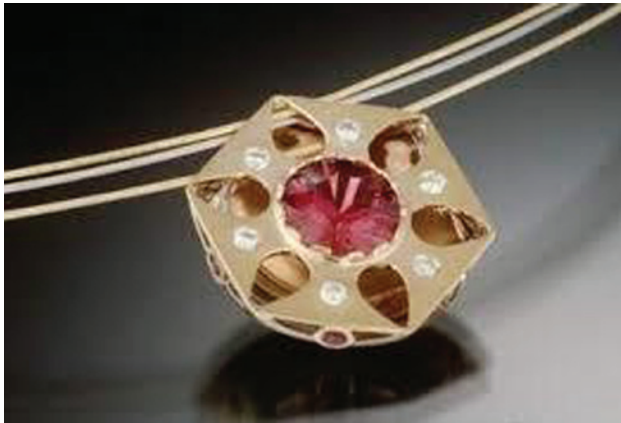
Official judges’ tasting will be done blind at the beginning of the event. Please have three excellent specimens of your entry or entries set aside for delivery to the official judges.

People’s votes will be counted at the end of the night. Varieties will be showcased on the booths or bar, or both, depending on number of total entries, so there will be only small areas of display space per entry. Feel free to bring decor if desired. We will provide numbers to go alongside your entries and will have index cards also available to describe your entry, or feel free to create your own signage to place near entries.

Winners will be announced at the end of the night. Any questions, please email maureengetsmail@gmail.com or call 972-7047.

You can also download the baker’s entry form online here: www.willitsweekly.com/WW-Cookie-Entry.docx or check out our event page on Facebook.

We hope to see you there!



Holiday Craft Fair

Annual arts festivities expand from Community Center to Willits Arts Center, too

More crafts! The 2016 Holiday Craft Fair has expanded to make room for over 40 artists who will display their wares not only at the Willits Community Center, but also at the Willits Center for the Arts, just across Humboldt Street from the Community Center, in the upstairs gallery!

Sponsored by the Willits Center for the Arts, the new format of this long-time Willits tradition will include special events to entice customers to this additional location. New street signs will direct customers upstairs, and please note that the art center is handicapped accessible. A special door-prize raffle and a “Small Works” show opening downstairs, with refreshments, will create additional fun and excitement. And don’t forget

that all of these events will be raising funds for the Willits Center for the Arts.

Mischell Maldonado-Pearce and her husband, C. Fritz Pearce, of Fritz & Mischell’s Jewelry, will be on hand to showcase their beautiful jewelry.

Pearce and Maldonado-Pearce have been making and selling jewelry since 2004. They both have been working in the jewelry industry since 1996. Pearce has a BFA from Rhode Island School of Design and then continued his studies in Pforzheim, Germany.

Maldonado-Pearce studied in the metals program at Geological Institute of America in California. After their schooling, they both worked for various well-known jewelry designers. In June 2016, they opened their own “little jewelry store in the friendly little town of Kelseyville. Our jewelry is simple and elegant as well as fun and light. We only use ethically recycled metals.” Check out their jewelry in the upstairs gallery of the Willits Center for the Arts.

Jody Ciesielczyk, of Heart of Shasta, in Mt. Shasta, saw the Willits Center of the Arts craft fair online, and will add this event to her ever-expanding circuit of fairs.

She will be on hand with her organic, raw chocolates: Not only are her chocolates organic and raw, they are

gluten-, soy-, and dairy-free, and are lovingly crafted with no refined sugar or preservatives.

When asked, “Why raw chocolate?” Ciesielczyk explained: “Raw chocolate is unprocessed and not heated above 118 F during the processing of the beans. Nutritionally speaking, most foods are more nutrient-dense and easier to digest in their raw state, which is why I use raw honey to sweeten my chocolates. I also use local products when available.”

Ciesielczyk became interested in creating raw chocolates after becoming a raw foodist. While helping prepare food at raw food retreats, she became fascinated with working with cacao. This started a passion, and she said: “In creating my chocolates, I demand the purest form of cacao possible, and that is what I want to give to the customer. I create only the best raw chocolates, with the best organic ingredients!” She has been perfecting her creations for seven years now.

Longtime Willits artist and instructor Ann Maglinte will be showing her “Art to Wear” hand-dyed silk and rayon scarves, as well as prints of her original watercolors and cards. Fabric art is a favored medium of Maglinte’s. She says: “I love working with silk, because it reacts a lot like watercolor when you touch the dye to the fabric. It flows and creates beautiful colors as it swirls and mixes on the cloth. I use three main dyes: French silk dyes, Procion dyes, and acid dyes. Each one adds something different to the scarf. I have also been experimenting with eco-dyeing, using natural materials and natural dyes to create color and images on the fabric.... Seeing a scarf after the dye

Read the rest of **Craft Fair** | [Over on Page 13](#)



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Level: Beginner

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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.

13x13 crossword puzzle grid with numbers 1-70 indicating starting positions for clues.

CLUES ACROSS

- 1. No (Scottish)
4. Heroic tales
9. A way to tend
14. Not or
15. Where rockers play
16. Dutch name for Ypres
17. Ingested
18. A resident of California
20. Unfounded rumor
22. Oats
23. Type of women's coat
24. Life forms
28. Every
29. Alternating current
30. Withered
31. 'Gymnopedies' composer
33. Plate glasses
37. Muscial artist _ DeBarge
38. Before
39. Arrange in steps of size
41. Electron cloud model
42. Morning
43. Leonard __, famed
45. Swiss mathematician
44. Capital city of Buenos Aires province
46. Snouts
49. Of I
50. Swiss river

CLUES DOWN

- 1. Civil Rights group
2. Early Slavic society
3. Mammals that lack incisors and canines
4. Blasphemy
5. Israeli city
6. Put this in your hair
7. Black tropical
8. Month in the Islamic calendar
9. Begets
10. Court game
11. Painkiller
12. New Zealand parrot
13. Suffix
19. Egg cells
21. Another name for Thor
24. About pontiff
25. The academic world
26. Raise
27. Civil rights city in Alabama
31. Encompasses
32. Helmet
34. Nostrils
35. Lovable Spielberg alien
36. Divides
40. Ruthenium
41. Preceding all others in time
45. Past participle of lie
47. Fastener
48. Overindulged
52. Ancient lyric poem
53. Ardent supporter
54. Iranian village and Islamic pilgrim attire
56. A fragrant resin obtained from tropical trees
57. Semitic fertility god
59. Millisecond
60. Cool!
61. 'Take on Me' singers
62. ESPN sportscaster Bob
63. Accommodating place

NOSTALGIC TOYS WORD SEARCH

Word search grid containing letters for finding nostalgic toy names.

- ATARI, HE-MAN, RUBIKS CUBE, SHRINKY DINKS, BEANIE BABIES, HOT WHEELS, SILLY PUTTY, SIMON SAYS, BIG WHEELS, HULA HOOP, JACKS, SIT N SPIN, CABBAGE PATCH KIDS, KOOSH, SPEAK AND SPELL, TEDDY RUXPIN, LIONEL LOGS, LIONEL TRAINS, LITE-BRITE, TINKER TOYS, FASHION PLATES, MASTERMIND, TROLL DOLLS, VIEW-MASTER, FURBY, MATCHBOX, WEEBLES, GI JOE, NOK HOCKEY

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Wishing Willits a safe and happy holiday season. Linda McNeil Attorney at Law 707-459-5916

WPD Activity Report
November 19 to November 25

The officers of the Willits Police Department handled 133 incidents in this seven-day reporting period. Summary of Active Investigations and Arrests

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November 22 12:50 pm: Officers responded to a traffic collision in the 1600 block of South Main Street. November 23 12:05 am: A 17-year-old male juvenile was arrested pursuant to a Mendocino County warrant...



At right: Toy Run helpers pose at the raffle table, including, from left: Shellie Revling, Margaret McGill, Kat Harris, Katherine Houghtby, Amy Spackman Harold, and Mylinda Knight.

Some of the kitchen crew who helped cook and serve the meal at the 2016 Toy Run, including, from left: Jeanne King, Ann Alumbaugh, Joleen Carrillo, Jerry Turner, Laura Deffendall, Sandy Turner, Andrea Alvarez, Santa Calderon and Mike Giles, in back.

Below, from left: Happy attendees await entry into the main hall at the Little Lake Grange. Gloria Westby holds up two strings of raffle tickets. Willits Lions Club members pose at the bar with Willits Chamber of Commerce President Lisa Epstein...

Photos by Maureen Moore

Above, from left: Laura Hoover helps collect presents at the event's entrance. A crowd of patrons waits in line to drop off presents and enter the 2016 Toy Run. Rich Venturi holds up a child's bike which was brought to the Toy Run.

At left: Venturi leads the pack of bikers down School Street on the final leg of their journey from the Evergreen Shopping Center to the Little Lake Grange.

Below, from left: David Hatten and Debbie Clark, Bear and Sharon Kamoroff, and Robert Walker arrive at the 2016 Toy Run.



Toy Run 2016

It was the "best year ever" at the 2016 Toy Run said Richard Venturi of the Willits Wild Bunch, with over \$4,000 raised for the Willits Kids Christmas Program.

The Wild Bunch is taking the reins of Christmas program this year, along with continued sponsorship by the Willits Rotary Club.

The toys - admission to the Toy Run party at the Grange was one unwrapped toy - and funds raised from the event will go to help cover the requests and needs submitted from children, as outlined on the tags hung on the Christmas Program trees that are now up at businesses throughout the community.

Venturi noted the haul of donated toys filled a van and a pick-up truck.

"We had a great selection of really nice quality toys that were appropriate for a wide range of ages," noted Venturi. "We received a lot of sports equipment, too."

Around 100 bikers gathered at the Evergreen Shopping Center and left for the Little Lake Grange at noon.

The group was escorted most of the way on the route by Little Lake Fire Department trucks and engines, however, just shy of arriving at the event, a three-wheeler vehicle fire caused a detour for the firefighters.

Many non-bikers also attended the event. Venturi said a total of about 325 people

- Maureen Moore



NOYO Theatre Willits, CA 57 East Commercial Street - Willits 707-459-NOYO (6696) MOANA (PG) 1 hr 53 mins FANTASTIC BEASTS & WHERE TO FIND THEM (PG13) 2 hrs 13 mins ARRIVAL (PG13) 1 hr 56 mins

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Above, from left: Brett and Melissa Sweda-Stevens of Re-Evolution. Cassandra Cannon and Katlin Porritt at The Goods Shoppe. The "Shop Small" sign outside of Mazahar. Below, left: Isabelle Burton, left, gets her face painted by Tiffany Dunlap. Claire Whitaker's face decoration is in beautiful shades of blue.



Photos by Mathew Caine

Local Money

Merchants say Small Business Saturday brought residents out to shop

This past Saturday, November 26, marked the seventh annual Small Business Saturday, a day first observed in 2010 as a counterpart to Black Friday and Cyber Monday, to encourage holiday shoppers to patronize businesses that are small and local.

A large number of Willits area residents responded by patronizing their favorite downtown shops, taking advantage of a variety of sales, and, in doing so, keeping their money local.

"When you shop locally, money stays in the community, businesses survive, especially now in these times," said Sara Mann, owner of Mazahar and The Goods Shoppe. According to a many downtown merchant, ever since the 101 bypass opened in early November, area residents have been making up for the loss of out-of-town shoppers.

"I noticed a big increase in local shopping," Mann said. "I think people care more because they realize how important it is."

Linda Matz, owner of Cat's Meow – currently in its 30th year of doing business in Willits – concurred with Mann's observations.

"I have noticed there aren't as many out-of-towners coming through, but it appears the locals have really been energized to come into town, to shop and to support the local businesses, because we support everybody in this community," Matz said.

"If we do well, we donate to all the local charities, we support the community; we're their neighbors," Matz explained. "It stays local. It swirls around. I make money, and I go shop locally. It's not a trickle down; it's the circle of the community."

Marcia Tichenor, a Willits resident for over 32 years, was purchasing some sale items at Moon Lady when she expressed how she does as much of her shopping as she can at the local level.

"We know all our proprietors," she said of the local business owners. "We want to support our local community, and it's a wonderful place: I want to support all my friends and neighbors."



Above, from top: Vanessa Gonzalez and Morgan Riley. A "Shop Small" bag at Cat's Meow. Seasonal charm at Cat's Meow. Below: "Shop Small" was Saturday's theme in downtown Willits. At right: Maegan Brassfield at The Book Juggler. Far right: Heather Thompson at J.D. Redhouse.



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Bells, trees and presents, oh my!

Lamppost decorations go up in Willits, welcoming the holiday season to town

Guys from the City of Willits Public Works department were up early on the Monday after Thanksgiving, driving up and down Main Street with the goal of spreading holiday cheer. Cheer, in the form of the traditional lamppost decorations of bells, snowflakes, trees and presents, which will shine bright on posts from Commercial Street to the Willits Arch.

At top, from left: Darin Bowlds hangs a bell on the post. The crew at work installing the decorations. Logan Gamble carries one of the holiday trees. At far left: Kennan O'Shea drives the bucket truck. At left: Gamble hands Bowlds a tree to hang near the Safeway lot.

Photos by Maureen Moore

Willits Weekly's CHRISTMAS CALENDAR

December 1

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December 4

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Willits Weekly's Cookie Party

5 to 7 pm on Friday, December 16

It's time for Willits Weekly's annual Cookie Party! We invite the community to come to Ardella's Downtown Diner on Friday, December 16 from 5 to 7 pm to taste cookies, swap recipes, listen to Christmas carols sung by Nancy New and Devon Jones, and celebrate the holiday with us! IF YOU'D LIKE TO ENTER THE COOKIE CONTEST: Send an email to willitsweekly@gmail.com or call 972-7047. You can also download the baker's entry form here: www.willitsweekly.com/VW-Cookie-Entry.docx. Enter as a business, or as an individual! We hope to see you there!



OBITUARY |

Emma Betts

Emma Marie Betts of Willits passed away in Santa Rosa November 25, 2016 at the age of 76. She was born June 1, 1940 in Covelo to Robert Stillwell and Frances Ledger Stillwell. Emma married Ross Betts May 11, 1957 in Ukiah. She cooked at the Brooktrails Lodge and Dan's Frontier Room over a period of 10 years. She became a certified nursing assistant (CNA) and worked at Northbrook for five years. Emma was a member of the Round Valley Indian Tribes. She greatly enjoyed her family, watching her grandchildren play sports, and sing and play music, and she loved gardening. Emma is preceded in death by her husband, Ross, and her daughter, Kendra Betts.



OBITUARY |

Morris 'Jack' Harwood

Morris Jackson Harwood, "Jack," 87, of Willits, passed away peacefully surrounded by family on Sunday, November 27, 2016 at the Queen of the Valley Hospital in Napa. Jack was born July 8, 1929 in Ukiah, to Arthur "Big Bud" and Belva Harwood. Alongside his older brother Bud and younger sister Sue, he was raised in Branscomb, where he proudly co-owned and operated Harwood Products saw mills and remanufacturing plant in Willits and Branscomb.

Jack was a longtime member of the Laytonville Lions Club and Ukiah Cannibal Club. He graduated from Laytonville High School in 1947 and from the University of Oregon in 1952. Jack was then drafted by the United States Army. After serving active duty in the Korean War, he joined the reserves in Camp Roberts, where he was honorably discharged with the rank of sergeant in 1961.

Jack met "the love of his life," Margo, on a cruise to Mexico, and the two were soon married in a small ceremony in Carmel. Shortly after, they moved to Willits and began raising a family. Together they enjoyed travelling the world, and later built a home in Cabo San Lucas, Mexico, where they spent seven months of each year.

Jack was a good man. Private and quiet, but to those who knew him best, fiercely caring and loyal. He enjoyed watching Oregon Ducks Football and the occasional "Gunsmoke" Western. He most loved being with family, and quietly sitting on the deck in Cabo with a glass of wine, enjoying the sunset.

Jack will be remembered as a loving husband and father. He adored his wife, Margo, and was very proud of his four daughters, Lori, Marchel, Kristie and Shelley, and two sons, Stuart and Jim, as well as 10 grandchildren, one great-granddaughter and many loving nieces, nephews and friends.

Per Jack's request, in lieu of a public memorial, close family will gather privately in remembrance.

Furry Friends



Big Buzz

Two-year-old Buzz is 13 pounds of cuddly, kitty love! This big fella is a Valley Fire survivor who would love to find a family for the holidays. Buzz loves people of all ages, but would prefer to be the only pet in the house. He's neutered, microchipped, up to date on his vaccinations, and ready to go home with you today!



To find out more about Buzz or other adoptable animals, call the Humane Society for Inland Mendocino County at 707-485-0123 or visit www.mendohumanesociety.com. HSIMC, where you can come visit, play with and/or adopt dogs and cats, is open to prospective adopters from 1 to 5 pm, Wednesday through Friday, and from 11 am to 3 pm, on Saturday and Sunday.



Photo by Rod Coots

and home for Rambo, please stop by the shelter and meet him today. The Ukiah Animal Shelter is located at 298 Plant Road in Ukiah, and 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 more of the wonderful adoptable animals at the shelter, please check out www.mendoanimalshelter.com. Please join us the 2nd Saturday of every month – this month, December 8 – for our "Empty the Shelter" pack walk and help us get every dog out for some exercise! More info about adoptions: 467-6453.

Energetic Rambo

Are you looking for an exercise buddy with lots of energy? Then look no further, because Rambo is your boy! Rambo is a 1-year-old male shepherd mix who currently weighs 63 pounds. This handsome boy is a friendly dog who is very energetic. He is in need of an active family willing to commit to his continuing training. We aren't sure how Rambo will react around other dogs, so if you have another canine in the home, a meet and greet is suggested prior to adoption.

If you think you have room in your heart



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Turkey Day

500+ friends and neighbors enjoy Willits Community Thanksgiving Dinner

The 27th annual Willits Community Thanksgiving Dinner served heaping plates of classic Thanksgiving food to more than 500 diners last week at the Harrah Senior Center.

The event, organized by Willits Community Services, is not a fundraiser: Meals are free, although donations are always welcome.

"WCS hosts these community Thanksgiving dinners to help encourage our sense of community," said Jim Marill, executive director of WCS. "The more we feel connected to each other, the better off we will be as individuals and as a healthier, thriving community."

Kirk Gustafson is a regular – and happy – guest at the senior center's Thanksgiving dinner: "I've been coming for 10 years," he said, "with my son and family." He was sitting next to Larry Minson. "This is my first year," Minson said. "I love it! I've lived in Willits for 30 years, and I don't know how I missed it. This is the best Thanksgiving event ever!"

Audrius and Tommy were traveling through Willits, with two other friends: "We're having a two-month adventure in America," Tommy said, with a laugh. "Thank you!" The foursome was glad to celebrate an American holiday surrounded by locals.

"Big Red," a Willits resident and a newspaper man – he worked the press at the Boonville newspaper when he was young – thanked volunteer Diana Hoyt at the door for a great time and a good meal served by "a lot of good volunteers," he said. "It was very comfortable. This was my first time, and I thought it would be more like just sit down and get what you get."

Instead volunteers – in shifts – waited

on diners, asking what they wanted to drink, what kind of turkey they wanted, and brought around desserts. Volunteer brothers Ivan and Adrian Carrillo, with the help of their dad, Juan Carrillo, were dressed in their Scouting uniforms to help serve pumpkin pie.

Genevieve Workman was "the salad lady," she laughed. Dressed in a tidy apron, she presided over the salad table against the wall, offering plates of salad and dressing choices. "This is the first time we've volunteered," she said, indicating her husband, Jeremy, who was serving out on the dining room. "The kids were out of town, and we decided to come here. Last year I did Thanksgiving for 20 people!" Workman said maybe next year they'd bring the kids, to the community dinner, too, so they could help volunteer.

Sondra Gynkiss had saved out a portion of her Thanksgiving meal for her 89-year-old neighbor, she said. She enjoyed the Thanksgiving dinner tradition at the senior center, but has missed seeing the crew from Chamberlain Creek Conservation Camp – who prepare the dinner each year – actually in the kitchen serving it, too, as they used to do. "I miss the orange shirts!" Gynkiss laughed.

The senior center does deliver a "Meals on Wheels" Thanksgiving Dinner, with a few extra meals than usual, said director Allyn Nonneman, to those who can't get out. "But we like them to come here to eat, if they can, because it is a community celebration," she said.

"I come here to see all my friends!" said April Woodard. "I see everybody I know here." April has been celebrating at the Community Thanksgiving Dinner for 20 years. "I volunteered for years," she said, "but now I just come to enjoy family. I wouldn't miss it. It is a family here!"



Far left: The crowd enjoys the Thanksgiving meal at the senior center. At left: Kitchen crew members help serve the attendees. Photos by Doug Pollard

Below, left: Nancy Hoon, Pat Collins, former senior center director, and Ruth Volz. Below, right: Volunteers Genevieve Workman and John Almida.

Photos by Jennifer Poole



Above, from left: "Big Red" and volunteer Patti Richardson in her "Here Comes Grandma" T-shirt. Maggie Graham enjoys Thanksgiving at the center. Scouts Ivan and Adrian Carrillo help out by serving pie. Below, from left: April Woodard, a longtime attendee and former volunteer at the Community Thanksgiving Dinner. Sonya Gynkiss with a plate for her 89-year-old neighbor.



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Photos by Ree Slocum



Above, left: Bruce Hilbach-Barger, rear, center, encourages the crowd at the ERRP meeting at the WEC to be in dialogue and in communication with officials making decisions. Above, right: A female chinook salmon digging a spot in the gravel river bottom to lay her eggs. Below: Pat Higgins, managing director ERRP, left, with Hilbach-Barger, part of ERRP's wilderness and education programs, discuss the details about what ERRP has to offer Willits.

Watershed volunteers

Eel River Recovery Project looking to expand services in Mendocino County

When the drought happened in the late 1980s and early 1990s, Patrick Higgins who's now the managing director of the Eel River Recovery Project, figured the Eel River was dead. In the fall of 2009, when Higgins began studying the chinook salmon run, he figured there were about 1,000 fish left and the species might survive for maybe 50 more years. But, now, Higgins admits he was wrong: "Just put your face in the water," he says, referring to the fish the EERP volunteers find in the river.

In fall of 2010 Higgins joined with the Friends of the Eel River organization and found 20,000 to 50,000 fish in the Eel. In October of 2011 the Eel River Recovery Project, which is now a 501(3)c non-profit organization, was born. He's watched yearly changes in spawning fish populations and realizes there are many complex reasons besides rainfall that determine exactly when, where, and why these amazingly resilient fish choose to gather and migrate upstream to spawn. Higgins told the group he is "inspired by the Eel River's resilience and has been surprised to no end."

On Tuesday, November 15, Higgins gave a PowerPoint presentation about the state of salmon and Eel River health to a gathering of about 25 people at the Willits Environmental Center. Higgins and Ellen Drell, WEC director, emphasized the fact that the watershed from the Ridgewood grade north is in the complicated Eel River basin consisting of the Middle, North, and South Forks and the main stem of the river that flows to the ocean.

As complex as the river system itself are a plethora of factors affecting the health of the water, fish, and other wildlife along the system: warming of the oceans, creating changes that may kill fish or cause them to move to colder waters; warming of pools in the Eel in low-water years,

making it too warm for fish to spawn; high concentrations of nutrient-rich runoff from some farming practices (cannabis included), that can cause overproduction of cyanobacteria in low-water years; and road-building, landslides, and other natural and human disturbances that change the flow and quality of the water, to name a few.

What ERRP does is monitor the water in the 3,600-square-mile watershed with volunteer efforts in each geographical area. During the year they're checking water flow volumes; monitoring the existence of cyanobacteria, which can be deadly to dogs and make children extremely ill; and tracking the presence and count of chinook, coho, steelhead and other fish species (some invasive), as well as their travel to spawning areas.

They collaborate and work with a variety of tribal, community and governmental organizations. Last year ERRP worked with UC Davis scientists to find out what was causing blindness to chinook in one area of the Eel. The scientists found that an eye fluke carried by high concentrations of a snail species found in the area was most likely the culprit.

ERRP has educational programs for students and – believing in what Higgins calls "community consensus building" – provides public outreach to solve problems around water-friendly practices with a current emphasis in cannabis farming.

Higgins and Drell are hoping to set up an ERRP office in the WEC building and create a partnership with WEC to expand the service area of ERRP, providing the Willits community with educational materials and outreach services, and citizen help in monitoring the Eel's flow volume, water quality, algae, and fish populations in its most southern reaches.

The hopeful feeling in the WEC meeting room for a



healthy river system, some of which starts in Willits, was palpable. Higgins believes that "more people agree than disagree" about protecting the Eel River ecosystem and that "we can all work together to make a better future." He questioned the room: "Can we come in harmony with nature? That's what ERRP is all about."

People who want to volunteer in the interior portions of the Eel River watershed and in tributary basins can contact ERRP Managing Director Pat Higgins at 707-223-7200 to report when they see concentrations of fall chinook migrating or spawning. ERRP then tries to join them in the field to video and photo document and determine the number of live fish present, spawning densities, and also carcasses.

To find out more about the Eel River Recovery Project, visit www.EelRiverRecovery.org. To volunteer call 707-223-7200.

The WEC will host another meeting for people concerned about the Eel River with Pat Higgins and ERRP on Tuesday, December 13 at 6 pm.

Being Bipolar:

Living and loving in a world of fire and ice

By Jed Diamond

Most people don't know I'm bipolar. After years of loving kindness shown to me by my wife, therapy with a caring and skilling therapist, and medications to help keep me in balance, my illness is in remission. Even if you had known me when I was the most out-of-control and crazy, you probably wouldn't have been aware that anything was wrong. No one likes to be seen as "mentally ill." Even with our more enlightened understanding of mental illness, there is still significant stigma attached to mental illness as opposed to physical illness. We talk more easily about heart disease, cancer and diabetes. It isn't so easy to talk about depression, bipolar disorder and anxiety.

Let me take you back to March 1998, the year I was diagnosed with bipolar disorder. If you had seen me in my community in Willits, you would have observed a 55-year-old man who seemed to be living the perfect life. Carlin and I had been happily married for 18 years. Our children were grown, and we were living in our dream home in the country. I had a successful psychotherapy practice and my fourth book, "Male Menopause," was well on its way to becoming an international best-seller. I was involved in a men's group and was active in our community. I was joyful and exuberant most of the time and got more work done than most people. I could talk up a storm, and if there was any complaint about me, it was that at times I was a bit over the top emotionally, with new ideas for striking it rich and changing the world coming one on top of the other.

But Carlin lived with a more painful reality. In a letter she wrote to my doctor she said: "Jed has rapid mood changes. He's angry, accusing, argumentative and blaming one moment. The next he's buying me flowers, cards and love notes. He's smiling and enthusiastic. He's inconsistent in many areas of his life. He's very picky about some things and sloppy about others. He will spend time arranging Scotch tape, scissors, etc. on the top of a shelf, marking each one's place carefully with a piece of tape so he can return it to its designated place. At the same time he can have papers around him ankle-deep on the floor or piled on top of counters. It has become tiring arguing with him. Nothing seems to get resolved. He seems to thrive on the intensity of the argument."

For more than four years Carlin tried to convince me that I needed help. I resisted. I avoided. I blamed her for not supporting and loving me the way I needed it. She hung in, persisted. I finally agreed to see a doctor, mostly to get her off my back, not because I really thought I needed help. Most people suffering from bipolar disorder think we're fine – better than fine, super fine. Others seem slower, less alive, less interesting. We're sure they are just trying to hold us back, close us down, change us into ordinary people, diminish the extraordinary beings we know we are.

The truth of my own bipolar disorder dawned on me slowly. Carlin's quiet insistence that I get help and her unconditional love and support began to sink in to my defended psyche. I also read a book by one of the most respected experts on bipolar disorders in the world, Kay Redfield Jamison. In her book, "An Unquiet Mind: Memoir of Moods and Madness," she helped me see that even a professional, with a world-wide reputation in the mental health field, can suffer from mental illness and live to talk about it. In the book's prologue, she offers this revealing portrait of her illness against the background of her professional life:

"Within a month of signing my appointment papers to become an assistant professor of psychiatry at the University of California, Los Angeles, I was well on my way to madness. Within three months I was manic beyond recognition and just beginning a long, costly personal war against a medication that I would, in a few years' time, be strongly encouraging others to take. My illness, and my struggles against the drug that ultimately saved my life and restored my sanity, had been years in the making."

I knew this was a book I needed to read from a doctor I knew could help me. As I read more about her experiences, I began to see myself. There was one description that ripped me apart. In the epilogue she sums up her experiences in a way that gave me the push I needed to get past my resistance to get the help I so desperately needed:

"Others imply that they know what it is like to be depressed because they have gone through a divorce, lost a job, or broken up with someone. But these experiences carry with them feelings. Depression, instead, is flat, hollow and unendurable. It is also tiresome. People cannot abide being around you when you are depressed."

With the following words she absolutely nailed what was going on inside me. She was speaking my truth in a way I had never been able to articulate or share.

"You're irritable and paranoid and humorless and lifeless and critical and demanding, and no reassurance is ever enough. You're frightened, and you're frightening, and you're not at all like yourself but will be soon," but you know you won't."

All these words resonated with me. I was irritable, paranoid, humorless, lifeless, critical and demanding. No matter what my wife, Carlin, did to show me she loved me, it was never enough. I knew I was frightened inside, but I had to admit I was frightening to the people who loved me the most.

I was prescribed a medication, Depakote, to deal with the out-of-control "ups" that would have me doing one project after another without needing to sleep. I was also prescribed an anti-depressant, Zoloft, to deal with the subsequent "downs" when things would eventually crash and I would become irritable, angry, and depressed. Within three weeks my bipolar illness was beginning to come under control. It took more than seven years before my illness was fully in remission.

Like Dr. Jamison, at first I fought staying on the medications. I was afraid I would lose my creative edge, that my feelings would be blunted, and I would be sentenced to a life without any real highs. I found that wasn't true. On medications I was just as emotional and creative, and I actually got more done, wrote more books, did more work. When you don't have to deal with the emotional crashes that follow the highs, life is much more enjoyable, stable and fulfilling.

But it wasn't just the medications that saved my marriage and likely saved my life, though they certainly helped. The psychotherapy I did with my doctor allowed me to explore the roots of my problems and to track the day-to-day triggers that would set me off. Ultimately, the greatest healing comes from learning to love more deeply and to be loved in return.

I learned that it's almost impossible to love a person who is in the throes of bipolar disorder. Our lives are too chaotic, and our emotional edges can cut deeply and hurt those we love the most. It's also impossible to love ourselves. There's a fragility to our lives that keeps us in constant terror that our world will collapse, even as we spend more and more energy putting on the mask of jovial well-being.

Healing from bipolar disorder takes three elements:

- People who love you and give you the "tough love" necessary for you to get help.

- A good doctor who can evaluate your need for medications.

- A psychotherapist (I was lucky that my doctor also did therapy) who can help you understand the stresses that trigger your ups and downs and help heal the wounds from the past that feed your present illness.

It's not an easy journey for the person going through it, for the family and friends who want to support their loved ones, or for the professionals who work with us. But it can be done, and lives are saved every day by those with the courage to deal with bipolar disorder and other mental illnesses. I look forward to your comments and hearing about your own experiences.

Jed Diamond, Ph.D. is a psychotherapist, marriage and family counselor, and specializes in men's mental health. He is the author of 14 books including international best-sellers, "Surviving Male Menopause" and "The Irritable Male Syndrome: Understanding the 4 Key Causes of Depression and Aggression." For more information: visit www.MenAlive.com, email Jed@MenAlive.com, or call 707-459-5505.



Current Job Openings:

- Administrative Secretary
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- Substance Abuse Counselor I & II

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WWV's Cookie Party!

It's almost time for Willits Weekly's fourth annual Cookie Party and festivities. The party will be held at Ardella's Downtown Diner on Friday, December 16 from 5 to 7 pm.

Help Wanted

Experienced, Organized, Creative Cook!

The Harrah Senior Center in Willits is looking for an individual that is enthusiastic and upbeat and can plan nutritious, balanced lunches using fresh ingredients, order and monitor inventory supplies, maintain a clean & sanitary kitchen, and have a current Food Safety Manager certificate. This individual should be able to work well with others, train volunteers or hire personnel, and be able to lift 40 lbs., stand for long periods of time, and pass a drug test. Please e-mail or fax application/ resume before December 5 to: wsidrector@willits seniorscenter.com or 707-459-1772.

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Full-time, various shifts, weekends, Salary: DOE, with benefits, preferred, but not necessary, gaming experience. Applications can be found at www.srvcasino.com, Sherwood Valley Casino Admin. Office or e-mail HR at ktuttle@srvcasino.com (707) 459-7330.

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Santa Photos in

Willits!

Meet Santa Claus at Mendo Mill in Willits on Saturday, December 3 from 11 am to 2 pm. The following weekend, December 9, 10 and 11, Santa will be at J.D. Redhouse. Stop by from 5 to 7 pm on Friday, December 9 and from 12:30 to 2:30 on both Saturday and Sunday, December 10 and 11.

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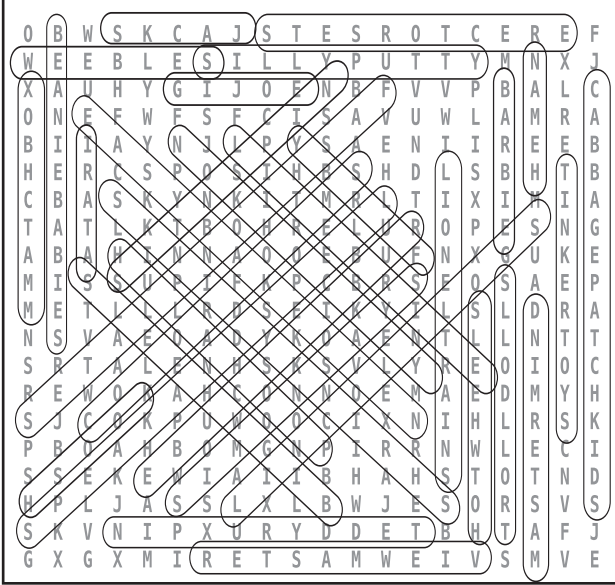
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Pg. 14 **Phone:** 707-459-2633, 707-972-7047 **Email:** willitsweekly@gmail.com **Mail:** P.O. Box 1698, Willits, CA 95490 **Willits Weekly | December 1, 2016**

After hauling passengers for the Holiday Express from 1 to 5 pm on Saturday, December 3, the Heister will be available for photographs on the Commercial Street side of the Engine House from 5 to 7 pm during the Willits Chamber of Commerce Christmas Tree Lighting Ceremony. Come admire this 100-year-old beauty. We should all look this good.

This is not a month without conflict. If you have been dealing with an inner battle, it will be time to examine the views that you hold that are contrary to your development as a whole and conscious person. Notice where your inner dialogue is stopping your progress and locking you in a position that is going to take a lot of energy to maintain

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

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Lynn Kennelly



Kids Christmas Tag Trees

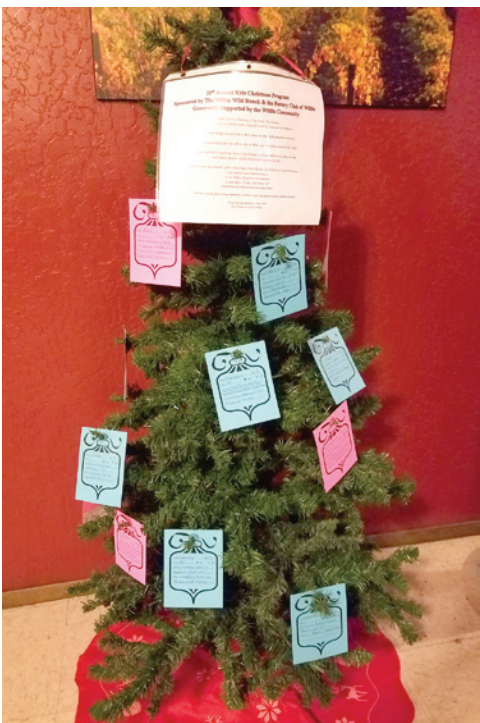
Annual holiday gift-giving trees up at businesses now

Trees bearing the tags of Christmas gifts desired by more than 300 kids are up at local businesses now for generous community members to pick up and fulfill.

You can find the Willits Kids Christmas Program trees at Safeway, Grocery Outlet, J.D. Redhouse, Savings Bank of Mendocino County, Tri Counties Bank, Healing Central Chiropractic, Coast to Coast, El Mexicano and many more.

Select a tag, purchase some or all of the items listed, and return the gifts with the card to the old Rexall building or at a drop-off box around town. Drop-off locations include J.D. Redhouse, Grocery Outlet, Lisa Epstein's State Farm Insurance and the Willits Chamber of Commerce.

If a business would like to have a tree, or for more info, call Kim Venturi at 972-8782.



Above: Willits Wild Bunch members get ready to place trees around town.

From far left: Kat Harris points out tags on a tree at The Goods Shoppe.

Another tree, hung with tags for the filling.

Kim Venturi shows off a tree at Main Street Music.

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Mpho•tog•ra•phress
[uh-tog-ruh-fress]

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

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