

Supes ask jail health provider for more info

Forrest Glyer
Reporter
willitsweekly@gmail.com

At their November 16 meeting, the Mendocino County Board of Supervisors declined to approve a \$3.5 million contract extension with the company NaphCare, which has been providing health care at the Mendocino County Jail in Ukiah since 2017. Instead the supervisors asked to receive more information about the effectiveness of the company's treatment since they began working there.

Fifth District Supervisor Ted Williams made the motion, asking that the county's Behavioral Health Services Department and the Sheriff's Office work with NaphCare to produce a more detailed report.

Much of the discussion at the meeting centered around the handling of mental health and substance abuse issues among inmates. NaphCare Chief Operating Officer Suzanne Moore stated that "about a third of the population entering the jail requires stabilization through psychotropic medications."

Following a short
Read the rest of Jail
Over on Page 13

Sheriff's Roundup

Willits man arrested for assault with a rock
By Sgt. Mike Dygert for MCSO

On November 25, 2021 at about 8:26 am, Mendocino County Sheriff's Office deputies were dispatched to contact an adult male regarding an assault that occurred earlier in the day in the 1300 block of Casteel Drive in Willits.

The adult male, 47 of Willits, reported that earlier in the morning he was out in front of his residence when he was confronted by Christopher Cochran, 41 of Willits. An argument ensued between the pair, and Cochran picked up a large softball sized rock and threw it at the adult male, striking him in the back causing pain and injury.

On the same day, about 2:13 pm, deputies located Cochran in the 30000 block of Metzler Ridge Road in Willits.

Cochran was arrested for the listed violation and booked into the Mendocino County Jail where he was to be held in lieu of \$32,500 bail. Cochran was booked on two charges of failure to appear, and one charge of felony assault with a deadly weapon other than firearm.

Read the rest of Roundup
Over on Page 13



Above, left and right: A Cuisinart food processor makes easy work of grating potatoes and onions, the two key components in traditional latkes. Center, at top: All the ingredients needed for a delicious meal: potatoes, onions, eggs, zucchini, flour, sour cream and applesauce. Center, above, left: Pressing the shreds with a weighted bowl makes it easy to remove lots of the excess water, center, above, right. Below: Get in my belly! Latkes and the perfect toppings ready to be enjoyed.



Photos by Maureen Jennison

For the Love of Latkes

Making fried potato pancakes celebrates the holiday of Hannukah and the delicious destiny of what a humble potato can become

For the third installment of an apparently yet unintentionally repeating segment on Jewish food stories appearing in a winter/holiday edition of Willits Weekly, we give you the granddaddy of delicious fare: the latke.

Maureen Jennison
Graphics & Photographress
maureen@willitsweekly.com
Pronounced "laht-kah" and traditionally served with an odd-sounding yet utterly delectable combination of sour cream and apple sauce, these little bundles of deliciousness are made of shredded potato and onion, mixed with flour, eggs and seasonings, and fried to golden delight in hot oil.

I never said diet Jewish food ... and you do use UNSweetened applesauce ... so there's that.

Hey. It's the holidays. These are worth it, promise.

Latkes are simply fried potato pancakes; the choice of shredded or mashed is up to you. This connoisseur likes the shred method, especially when employing the modern technology of a Cuisinart food processor which replaces the messy, but bicep-building, box-grater method with whirling ease. (The food processors are also available for sale locally!)

The addition of shredded zucchini also makes the idea of eating fried potatoes for dinner (or lunch ... or breakfast!)

Read the rest of Latkes
Over on Page 15



Above, from left: Once the shreds are pressed, flour and eggs get added. Pancakes fry in hot oil and are ready to be flipped when the bottom gets golden brown. Below, from left: Waiting for the flip, latkes do great cooking on wide-open cast iron. Add salt after they flip for the best taste and to not get the mix watery before frying. The perfect latke!



McGuire hosts Great Redwood Trail online town hall

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State Sen. Mike McGuire led an online town hall Tuesday night, talking about the upcoming development of the "master plan" for the Great Redwood Trail. Work on the master plan is slated to start next year, and the plan itself is expected to take years to complete.

The Great Redwood Trail is conceived to be "a 320-mile, world-class, multi-use rail-to-trail project" running from the San Francisco Bay to the Humboldt Bay, which will "traverse through and near some of the most spectacular landscapes on earth," McGuire said Tuesday night.

The "vast majority" of the corridor will run along – or on top of – the old Northwestern Pacific Railroad line. The southern segment, roughly south of the Sonoma/Mendocino county line, is now owned and managed by SMART, the publicly funded passenger rail service, which is already committed

Read the rest of Redwood
Over on Page 13

5 more COVID deaths announced

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The Mendocino County Public Health Department announced five more deaths attributed to COVID this week, bringing the county-wide total to 99 deaths.

On Tuesday, Public Health announced three deaths: Death #95 was a 66-year-old woman from the Ukiah area, who was not vaccinated; death #96 was a 78-year-old woman from the Willits area, who was fully vaccinated with severe comorbidities; and death #97 was a 76-year-old man from the Willits area, who was not vaccinated.

On Wednesday, Public Health announced two additional deaths: Death #98 was an 87-year-old woman from the Ukiah area, who was not vaccinated; and Death #99 was a 64-year-old man from the Ukiah area, who was unvaccinated with severe comorbidities.

Public Health's Monday, November 29 update on the county's COVID dashboard reported 62 new COVID cases, in the period

Read the rest of COVID
Over on Page 15

What do YOU think?

Opinions, thoughts and thank you letters from our readers

Thank you

To the Editor:

FOSSI, aka Friends of Sherwood School, Inc., and Sherwood School would like to thank our awesome local businesses and artists who donated prizes for our annual Fall Raffle.

We could not do it without you. Thank you to:

Brown's Corner; Art in the Plaza; 101 Drive Through; Kemmy's Pies; D'S Woodsman Supply; April May's; J.D. Redhouse; Skunk Train; Imagination Station Educational Toy Depot; Cat's Meow; Earth's Treasures; Nancy New; Brenda White; Weatherport Nursery; Angel Fire Jewelry; Moon Lady; Monkeywrench; Willits Power Supply; My Wishlist Plants; and Mariposa Market.

Friends of Sherwood School, Inc., Willits

Please support Senior Center's Polenta Dinner Fundraiser December 17

To the Editor:

I am asking our community to support our Polenta Drive Thru Dinner Fundraiser which will be held at the Harrah Senior Center on December 17 from 5 to 6 pm. The dinner will include a cheesy polenta with chicken in a savory red sauce, Mama Maria's garlic bread, green salad, and dessert. Money raised will be earmarked for our Outreach Department.

Tickets are \$15 each and can be purchased in the lobby of the senior center or purchased at our thrift store from 10 am to 4 pm Monday through Friday. The goal of our Outreach Department is to empower and support seniors so they can remain living safely and independently in the own residences as long as possible.

Our Outreach workers provide support services and assistance to clients that may include, but

are not limited to:

- Financial rep payee service that protects seniors from financial abuse.
- Out-of-town medical rides via volunteer driver.
- Assist seniors in applying for Medicare, MediCal, Social Security, CalFresh, housing, and disability benefits.
- Work closely with Adult Protective Services to keep seniors safe.
- Conduct outreach in the community to identify, visit and aid lonely, isolated, self-neglecting seniors as a preventative measure against the future need of Adult Protective Services.
- Also: a) Wellness checks, by home visit or phone call; b) Reading and comprehending paperwork and completion of forms that may include: CARE, HEAP, REACH and health care directives; c) Supporting and advocating for clients during problem resolution with service providers; d) Connect seniors to In Home Supportive Services when necessary and if client is not eligible for IHSS, help locate a private pay care.
- Make visits to homes, hospitals, and skilled nursing facilities when appropriate.

As a non-profit we are dependent upon donations to keep our doors open. We would deeply appreciate your support of our Outreach Department by purchasing tickets for our Polenta Dinner or you can mail a donation to Harrah Senior Center 1501 Baechtel Road, Willits CA, 95490 or drop by in person, I welcome the opportunity to thank you personally for supporting the essential services our outreach workers provide.

Don't forget to stop by and pick up your Christmas-wrapped See's Candy and visit our Christmas Store, see ad in the newspaper for details.

Wishing everyone a Merry Christmas!

Richard Baker, executive director,
Harrah Senior Center

WCT to hold auditions for 'Deathtrap'

The Willits Community Theatre will be holding auditions for the well-known thriller, "Deathtrap," on Saturday, December 4 from 11 am to 3 pm and on Monday, December 6, from 6 to 9 pm.

"Deathtrap" will be directed by Jason Edington, will rehearse from mid-December until mid-February, and will open on February 11. It will run for 11 shows and will close February 27. Director Edington is seeking three men, aged 20s, 50s and 60s, and one woman between 45 and 60 years of age. All those auditioning must be vaccinated against COVID-19.

For more information or to request a script, please email the director at jedington@outlook.com.

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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or email advertising@willitsweekly.com

Senior Center drive-through, walk-up lunches

Willits Senior Center's indoor dining room is closed, but the center is still serving drive-through and walk-up lunches, Monday through Friday, starting at 12 pm and now closing at 12:45 pm, outside the Senior Center, 1501 Baechtel Road. Price is \$5 through December.

Thursday, December 2: Hot Open-Faced Turkey Sandwich, Mashed Potatoes, Gravy, Cranberry Sauce, Green Salad

Friday, December 3: Eggs Benedict, Hash Browns, Fruit

Monday, December 6: BBQ Chicken, Baked Beans, Corn, Cornbread

Tuesday, December 7: Chicken Nuggets, Mac & Cheese, Green Salad

Wednesday, December 8: Monte Cristo Sandwich, Fruit

Thursday, December 9: Tuna Casserole, Veggie, Roll, Green Salad

Friday, December 10: Ground Beef Tacos, Rice, Beans

Meals on Wheels: The Senior Center Meals on Wheels program delivers lunch Monday through Friday. To sign up call Deb at 459-6826, who can help fill out the application form. Call 459-6826 the day before needed to schedule home meal delivery. Delivered throughout Willits.

Transportation for seniors: Call 459-5556 to schedule. Pick up and drop off for grocery shopping, banking, doctors' appointments.

County holds final redistricting hearing December 7

Submitted by the Mendocino County Executive Office

The Mendocino County Board of Supervisors will hold its fifth Redistricting Hearing on Tuesday, December 7, at 1:30 pm, following the board's approval of a final map on November 18. This action follows the extensive work of the board-appointed, citizen-based Advisory Redistricting Commission.

The ARC, with assistance from county staff from the Executive Office, County Counsel's Office, and GIS/Information Services Division, assisted the board in the redistricting process by facilitating community outreach, identifying communities of interest from public input and drafting maps in accordance with the required criteria outlined in the California FAIR MAPS Act, California Elections Code section 21500, et seq.

At the December 7 regular meeting, the board of supervisors will consider introduction and adoption of an ordinance to repeal and replace Mendocino County Code section 2.08, and attach the Final Map and description of the boundaries of the five new supervisorial districts.

Meetings are live-streamed and available for viewing online on the Mendocino County YouTube page, at <https://www.youtube.com/MendocinoCountyVideo> or by toll-free, telephonic live stream at 888-544-8306.

The public may participate digitally in meetings in lieu of personal attendance. Comment may be made in any of the following ways: via written comment to bos@mendocinocounty.org, redistricting@mendocinocounty.org; through our online eComment platform at <https://www.mendocino.legistar.com/Calendar.aspx>; through voicemail messaging by calling 707-234-6333; or by telephone via telecomment.

Information regarding telecomment participation can be found at: www.mendocinocounty.org/government/board-of-supervisors/agendas-and-minutes

For more information, contact the Executive Office at: 707-463-4441 or redistricting@mendocinocounty.org.

WILLITS SOBER GRAD
is honored to receive a grant award from

THE COMMUNITY
FOUNDATION
OF MENDOCINO COUNTY

The Community Foundation of Mendocino County has selected WSG to receive a \$2,500 grant through its Covid-19 Non-Profit Relief Fund. These funds will be used to cover our operating costs for 2022, allowing all other fundraising and community donations to go directly to providing a safe and sober grad night party and gifts for the graduates. WSG is celebrating our 37th year serving the Willits Community.

Thank you!



Read the rest of
Collision
Over on Page 11

Willits Weekly
EST. 2013
A Nostalgic & Modern Record of Community and Life in Willits
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PHONE: _____ EMAIL: _____

In the mail: ☐ 1 year - \$75 ☐ Additional donation included \$ _____
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At right: Hand-painted textiles and jackets are made by Andy Howell. Sparetime employee Mike Woodruff makes these whimsical bears. These leather pieces are provided by Bobbie Yokum. Below: Morgan Riley, Lupe Santamaria, and Brandi Enge display some of the local handicrafts available for purchase.



At left: For those who spend over \$50 in gifts, this wheel is available to spin for free prizes.

Below, left: The store is chock-full of local crafts at reasonable prices. Below, right: An array of colorful crocheted goods are on display in the Sparetime Holiday Store.

At bottom, left: A giant Santa greets visitors to the Holiday Store at Sparetime Garden Center. At bottom, right: Wreaths can be customized with ribbons and ornaments.

Photos by Mathew Caine



Art of Giving

Sparetime Garden Center opens its Holiday Store again, where shoppers can find affordable handmade crafts made by local artisans

Now that the Thanksgiving feast has been turned into leftovers, been digested and forgotten, and Black Friday and Cyber Monday are all in the past, it is time to turn the attention of the Willits shoppers to thoughts of Christmas and supporting local artisans.

It has become way too easy to push some buttons on the internet these days, thus bypassing the glorious work and artistry of the crafts people of Little Lake Valley and some adjoining areas. In an effort to provide an easy and fun outlet for some of these creative artisans to show

and sell their work, mostly at price points perfect for Christmas gifts, Sparetime Garden Center, for the second year, has converted one of their many buildings into a local craft emporium.

A bit smaller in size but still chock full of a myriad of handmade local gifts, the store offers a colorful array of small-to-medium-sized, reasonably priced carvings, painted items, eclectic electric sculptures, candles, scents, books, and much more to create a fun and relaxed shopping experience.

In its location behind the Sparetime

Read the rest of
Store
Over on Page 15



HOLIDAY SALE

RECLINERS

start at
\$459!

SOFAS

start at
\$579!

10% - 20% OFF All Inventory
(Excluding Tempur Pedic and Nectar)

— TOY DRIVE —

Receive an additional 5% Off with the
donation of a new unwrapped toy.



SANTA WON'T MIND!
HE MAKES HIS LIST AND
CHECKS IT TWICE IN A
RECLINER FROM WILLITS.
IT'S VERY NICE.

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459-4224
Furniture Center
775 Central Ave. Willits, CA

FREE DELIVERY!
INSURANCE AVAILABLE



Willits Weekly's
Puzzle Page

Sudoku, Word Search & Crossword

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



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!

GET COOKING WORD SEARCH

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

ADJUST	GARNISH	PLANNING
BREAKFAST	HOLIDAY	POT
CHOPPED	INGREDIENTS	PRESENTATION
COOKING	KITCHEN	RECIPE
CULINARY	LUNCH	SEASONINGS
DESSERT	MEALS	SLOW
DINNER	MEASURE	SNACK
FOOD	MIXING	TASTE

		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
													35

CLUES ACROSS

1. Topsides
7. Sino-Soviet block (abbr.)
10. A Sultan's court
12. Maine city
13. Largest living land animal
14. Appetizer
15. Encounters
16. Leader
17. The source of bacon
18. Nuclear near reach weapon (abbr.)
19. Celery (Spanish)
21. Pie ___ mode
22. Eye disease
27. Hello (slang)
28. Those in their 80s
33. Law enforcement agency (abbr.)
34. Business organizations
36. Mimic
37. For indicating speed of rotation (abbr.)
38. Feeling
39. Visual way to interact with

computers (abbr.)

40. 'Let It Snow!' songwriter
41. Essential oil used as perfume
44. Norwegian composer
45. Coast
46. ___ lang syne, good old days
49. Gland behind the stomach
50. Tooth caregiver
51. King of Camelot

CLUES DOWN

1. N. American indigenous people
2. Fascinated by
3. Root of out
4. Patti Hearst's captors
5. Atomic #50
6. Habitual drunkard
7. Arabic for 'peace'
8. Trickery
9. One's physique (slang)
10. Not quite there
11. Wistfully mournful

Popular dance

14. Cut of meat
17. A way to stand
18. 'Gunga Din' screenwriter
20. 10th month of the year (abbr.)
23. A way of jumping
24. Utah town
25. Of I
26. Actress de Armas
29. Silver
30. Play a role
31. ___ Falls
32. Attaches to
35. Japanese title
36. Expressed pleasure
38. Buckets
40. Dirt
41. Hypnotists' group (abbr.)
42. Restaurant drive-___
43. Digs up
44. He voices 'Olaf'
45. Relaxing place
46. Body part
47. Pesky house critter

WILLITS POLICE DEPARTMENT

POLICE LOG

November 14 to November 27

By Danya Davis, Willits Weekly

The officers of the Willits Police Department handled 173 incidents in this 14-day reporting period.

Summary of Active Investigations and Arrests

November 14

8:06 am: Officers responded to a report of suspicious activity in the 100 block of East Commercial Street.

9:50 am: Officers responded to a report of vandalism in the 400 block of McKinley Street.

November 15

(No incidents to report)

November 16

3:34 pm: ROW, Tyler Gregory (27) of Willits was contacted in the 100 block of East Commercial Street. He was arrested pursuant to 273.5 PC (Domestic Corporal Injury), 207 PC (Kidnapping, felony charges), 597 PC (Animal Abuse and Cruelty), and on felony charges of violation of county parole.

6:48 pm: Officers responded to a report of a suspicious vehicle in the 200 block of School Street.

9:32 pm: Officers responded to a domestic disturbance in the 1500 block of South Main Street.

10:22 pm: FULLER, Jack Campbell (35) of Willits was contacted in the 1500 block of South Main Street. He was arrested pursuant to 647 (F) PC (Public Intoxication), 1203.2 PC (Violation of Probation), and on misdemeanor charges of disorderly conduct (alcohol).

November 17

8:06 am: IVY, Barbara Jenean (58) of Willits was contacted in the 300 block of Pine Street. She was arrested pursuant to 242 PC (Battery), 591.5 PC (Damaging a Communication Device).

12:07 am: Officers initiated a robbery investigation in the 100 block of Marcela Drive.

12:13 am: Officers responded to a report of suspicious activity in the 1200 block of Blosser Lane.

1:38 pm: Officers initiated a theft investigation in the 300 block of Creekside Drive.

1:44 pm: Officers responded to a report of trespassing in the 400 block of Mill Street.

7:31 pm: Officers responded to a report of suspicious activity near the intersection of Magnolia Avenue and Holly Street.

November 18

11:54 am: Officers initiated a theft investigation in the 200 block of South Main Street.

6:38 pm: Officers responded to a report of suspicious activity in the 100 block of Barbara Lane and issued a warning.

November 19

8:19 am: Officers responded to a report of suspicious activity near the intersection of Walnut Street and Magnolia Avenue.

8:40 am: Officers initiated a hit-and-run vehicle collision investigation in the 300 block of Maple Street.

9:29 pm: Officers responded to a report of suspicious activity in the 100 block of Creekside Court.

November 20

3:57 pm: Officers responded to a domestic disturbance in the 100 block of South Humboldt Street.

6:10 pm: Officers responded to a report of illegal camping near the intersection of West Commercial Street and Mill Creek Drive.

7:17 pm: Officers initiated a vehicle theft investigation in the 21000 block of Meadowbrook Drive.

10:40 pm: Officers responded to a disturbance near the intersection of Walnut Street and Locust Street.



Tyler Gregory Row of Willits.

to 243 (E) (1) PC (Domestic Battery), and 591.5 PC (Damaging a Communication Device).

November 25

6:17 am: Officers responded to a report of suspicious activity in the 800 block of South Main Street.

10:51 am: Officers responded to a report of unwanted subjects in the 300 block of Creekside Drive.

5:15 pm: Officers initiated a missing person investigation in the 100 block of East Commercial Street.

8:18 pm: Officers responded to a disturbance near the intersection of McKinley Street and West San Francisco Avenue.

November 26

12:59 am: Officer responded to a report of an unwanted subject in the 800 block of South Main Street.

3:10 am: Officers responded to a domestic disturbance in the 1500 block of South Main Street.

10:37 am: WEBB, Charles (60) of Willits was contacted in the 1100 block of South Main Street following a report of a sexual assault. He was arrested on felony charges pursuant to 243.4 (E) (1) PC (Sexual Battery).

7:25 pm: Officers responded to a report of illegal camping in the 100 block of East Commercial Street.

11:06 pm: Officers responded to a domestic disturbance in the 800 block of South Main Street.

November 27

3:57 am: Officers responded to a disturbance in the 600 block of South Main Street and issued a warning.

8:14 am: Officers responded to a report of an unwanted subject in the 500 block of South Main Street and issued a warning.

10:58 am: LEON, Jorge Luis (27) of Willits was contacted in the 100 block of Barbara Lane. He was arrested pursuant to 484 PC (Petty Theft) and on misdemeanor charges of failure to appear.

11:22 am: Officers responded to a report of suspicious activity in the 300 block of North Main Street.

3:08 pm: Officers responded to a report of suspicious activity in the 700 block of South Main Street.

7:02 pm: MADDOX, Thomas Vincent (40) of Willits was contacted in the 800 block of South Main Street. He was arrested pursuant to 166.4 PC (Violation of a Protective Order) and on misdemeanor charges of violation of probation.



Senior Center's annual Christmas Store opens December 6

Looking for some holiday cheer? The Willits Senior Center's annual Christmas Store opens Monday, December 6. The store features a wide selection of decorations, toys, clothes, Christmas music and more. New holiday items specially donated and curated from the Thrift Shop are put out every day.

The store is open December 6 through 11, from 9 am to 5 pm each day, at the Senior Center, 1501 Baechtel Road. The Senior Center is also the place to find a holiday assortment of See's Candy.



At left: Santa's Elves at the Harrah Senior Center are already starting to set up the 2021 Christmas Store, as shown by these "sneak preview" photos of awaiting holiday décor posted on the "Willits Harrah Senior Center Events/Fundraisers" Facebook page on Monday.

Below: The Senior Center is also offering See's Candy, including holiday items great for stocking stuffing.



WILLITS CHAMBER OF COMMERCE ENCOURAGES ALL TO BE WISE AND

SHOP, DINE & STAY LOCAL

THIS HOLIDAY SEASON

HEART OF THE REDWOODS

Willits CHAMBER OF COMMERCE Est. 1926

SUPPORTING LOCAL BUSINESSES SUPPORTS THE COMMUNITY, FAMILIES, AND KIDS DURING THE HOLIDAY SEASON AND ALL YEAR LONG

FOR MORE INFO ON CHAMBER MEMBERS OR HOW TO BECOME A MEMBER: WWW.WILLITS.ORG

JOIN THE MENDOCINO COUNTY MUSEUM AND ROOTS OF MOTIVE POWER FOR THE

HOLIDAY EXPRESS & FESTIVE LIGHTS

ON SATURDAY, DECEMBER 4 FROM 12 TO 7 PM

FREE TRAIN RIDES | FREE MUSEUM ADMISSION | FREE CRAFTS & FUN | SEE DECORATIONS GALORE



Roots Holiday Express offers free train rides and more seasonal cheer

Submitted by Roots of Motive Power

Roots of Motive Power proudly presents the Holiday Express, in conjunction with the Mendocino County Museum, which will have extended hours on Saturday, December 4 from 12 to 7 pm.

As always this is a FREE event and FREE admission to the museum that day as well. We are still under a masking indoors order per the Mendocino County Public Health Officer, so come prepared to follow those guidelines.

This FREE family event includes free train rides, a chance to talk to Santa and receive a free small treat, a raffle for a wagon full of toys, refreshments of cookies and hot chocolate, festive decorations, and more!

Last year's event that lighted up the train and museum for night viewing was so well-received we decided to do a hybrid event this year. We will be giving train rides and taking passengers from 12 to 4:30 pm.

At 5 pm we will light up the train and run a lighted train display until 7 pm. Unfortunately, there will be no passengers from 5 to 7 pm for safety reasons. The best place to view this will be in the parking lot by the soccer fields. You can even stay in your car if you like and view the train as it rolls by. The Engine House and the Museum will both be open until 7 pm.

Mendocino College student trustee appointed to state Student Aid Commission

This month, Governor Gavin Newsom announced the appointment of Mendocino College student trustee, Leonardo Rodriguez, to the California Student Aid Commission.

"We are proud to have Leonardo Rodriguez represent community college students on the California Student Aid Commission," says Mendocino College Superintendent/President Tim Karas. "Financial aid is a critical resource to mitigate barriers to educational opportunity and ensure open access to community colleges for all. Mendocino College is honored to have Leonardo advocating for our students."



Mendocino College student trustee, Leonardo Rodriguez, who was appointed to the California Student Aid Commission.

Autism Intervention Professionals since 2019. Prior to this, he worked as a cashier and construction worker. This new appointment requires Senate confirmation, and the compensation is \$100 per diem.

Rodriguez, a Democrat, says: "I am beyond proud and honored to be appointed by Governor Gavin Newsom to the CSAC. This is a testament to the environment that Mendocino College has created for students to succeed and to find their true skills."

He attributes the support provided through the community college system for making higher education accessible to all, regardless of their identity or past. "I look forward to working with fellow student representative Caroline Alvarez on the CSAC, to present student voices that are essential to discussing educational policy," says Rodriguez.

"The CSAC is where many 'dreamers' and undocumented students apply for the California Dream Act Application, which is why it was imperative and personal for me to be clear about my undocumented status. I am told I have shattered yet another glass ceiling for obtaining a gubernatorial appointment at 20 years old, as an undocumented student, and as a Latino.

"Although I am proud to know of my accomplishment," Rodriguez continued, "I understand that this moment is far greater than myself as it shows my community, the Hispanic community, that we are far more than just stereotypes – we are and have always been leaders."



Adventist Health to host free Community Ice Skating Day at Ukiah rink

Submitted by Adventist Health

Adventist Health Ukiah V pleased to present a Free Ice Skating Day for the community as a presenting sponsor of this event. On Sunday, December 5 from 10 am to 2 pm, the Ukiah on Ice skating rink located at Alex Thomas Plaza in Ukiah will be open to all for a day out on the ice.

The day will offer free ice skating, great music provided by DJ Larry Thompson, cookies, face painting, the Blue Zones team on site to provide information on their continued well-being work, and much more.

There will also be local organizations such as SPACE at the event holding two performances at 10:30 am and 12:30 pm for audiences and offering free, public dance lessons for 15 minutes after each performance.

Join the Adventist Health team and local community for a fun day as they kick off the holiday season with their friends, families and neighbors in the community.

Adventist Health is a faith-based, nonprofit integrated health system serving more than 80 communities on the West Coast and Hawaii as well as others across the U.S. through its Blue Zones company, a pioneer in taking a systemic and environmental approach to improving the health of entire cities and communities. Through this work, Adventist Health is leading a 21st century well-being transformation movement.



Above: Decorating the Engine House is a large effort! Thanks to all those who came and helped last weekend. At left: The 2021 tree, standing upright on the flat bed train car, is ready for lights.

'Local Quilt Artists' at the Ukiah Library

Join the Ukiah Branch Library to view an ongoing show "Local Quilt Artists," an exhibit by local quilting groups Mendocino Art Quilters and the Rag Tag Quilters. Their pieces are a combination of first-rate art quilts and traditionally themed quilts with something for everyone to appreciate while enjoying the vibrant colors.

The Mendocino Art Quilters and the Rag Tag Quilters hope that the public will recognize the important place that textile art holds in our history and culture, while enjoying the vibrant colors and mix of art from our local artists.

This exhibit will be on display for the December Art Walk Ukiah on Friday, December 3, from 5 to 7 pm.

December's Art Walk Ukiah will also be hosting live music with Charlie Seltzer, a book sale, and Take & Make Cinnamon Stick Candle Votive to-go kits. The kits will be first-come, first-served and for ages 8+.

This exhibit is free to the public, for all ages, and sponsored by the Friends of the Ukiah Valley Library and Mendocino County Library.

For more information, please contact the Ukiah Branch Library at 707-463-4490, or email wetzeln@mendocinocounty.org



Holiday events in Ukiah start December 4

Submitted by the Greater Ukiah Business and Tourism Alliance

Looking to beat the crowds for your holiday shopping needs? The Greater Ukiah Business and Tourism Alliance welcomes you to shop small this season in our newly remodeled and historic Downtown Ukiah. Our shops are easy to navigate on foot, with ample parking and plenty of places to eat and be merry along the way. In addition to shopping we have a myriad of exciting holiday-themed events and activities to

The Let it Glow Light Tour & Contest will begin on December 4 and run through December 20. Visit www.cityofukiah/hometownholidays to download a map of participants. After touring the beautiful twinkling lights, text to vote for your favorite!

Santa will be landing at the Pear Tree Shopping Center on Perkins Street December 4 at 12 pm. Come visit the new workshop adjacent to Rod's Shoes and say hello. Snap a photo with your cell phone for \$3, or for \$5 we can arrange to mail you a printed photo. Toys for Tots will be collecting donations of new, unwrapped toys. Santa will be at the workshop Saturdays and Sundays from 1 to 4 pm.



At far left: The sign for Joey Duenas' new venture hangs outside of La Siciliana Restaurant & Pizzeria. At left: Representing KLLG-LP FM, Jeff Shipp and Mike Burgess sample some of the kelaguen.

Below, from left: Jeff Shipp, left, receives his meal from Joey Duenas. A sampler plate with four types of kelaguen is made especially for this pre-opening tasting. Kapila Phoenix pitches in wherever he is needed.

Photos by Mathew Caine



Guam Style

New pop-up restaurant serves islander food with Asian and Spanish influences at La Siciliana on Sundays

Joey Duenas, a local DJ known as Joey D, originally emigrated to the U.S. from Guam, a United States island territory, a tiny speck in the Pacific Ocean about

three hours off the coast of Japan. Guam has a rich history of epicurean traditions, which Duenas has carried with him to the mainland. His love for feeding people inspired him to start a new pop-up restaurant venture on select Sundays at La Siciliana Restaurant & Pizzeria, located at 1611 South Main Street, from noon to 6 pm.

This is not Duenas' first foray into the restaurant business, having had a Guamanian food cart in the past, between Sebastopol and Bodega Bay, on Highway 116. "It was great," said Duenas. "I had people coming back for seconds, after driving home and eating what they had bought and coming back. Or they would bring their Tupperware since I was only open one day a week. They would stock up."

To begin, Duenas is going to offer one basic dish with four options. "It's not traditional islander food that

you might think of from Hawaii, loco moco or poke or something like that," Duenas explained.

"Our ingredients are kind of an Asian-Spanish fusion. The menu I'm serving is one dish with four different options. The dish is called kelaguen. The options are shrimp, chicken, mushroom for the vegetarians, and beef. If you like it spicy, I can add spice, or you can have it mild. The basic dish is yellow and green onions, lemon and coconut, and some other secret ingredients. It's going hit your taste buds and then you can figure it out.

"The sides that come with it," he said, "are red rice; plantain banana chips; homemade kimchi with bitter melon, daikon yellow radish; coconut titiyas which are like tortilla pads but it's a thicker bread like a gordita which is baked; and then finadene, which is our soy-sauce mix which you can have spicy or mild. All of these sides go with the main dish at no added price."

Read the rest of **Pop-up** | [Over on Page 11](#)



Above: Joey Duenas smiles with some of his guests: Damian, Chrystina, Sam, Kaya and Michaliah.

At left: Traditional Guam coconut bread, titiyas, is ready for the oven.

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At right: Willits Rotarians Cathy Gernhardt and Jolene Carrillo confer with Wild Bunch member Gloria Westby. Hundreds of bikers participated in this year's run. Tiffany "Pickles" Wake greets the participants and directs them to the toy trailer.

At right, below: There is plenty of space at the carnival field for people to be safely sociable. The Willits Wild Bunch prepares to follow the fire trucks through Willits to the fairgrounds.

Below, left: Savannah Meyer and Kat "Tigger" Harris sell many raffle tickets. Below, right: Stephanie Garabrant-Sierra brought this toy as the price of admission to the event.

At bottom: Tim "Superman" and Gloria "Jinxy" Westby work the toy trailer.

Photos by Mathew Caine



'Marijuana Murder Ballads' album released

Submitted by GRW

GRW ("grow without the O") is Gary Russell Wertz, a breakout artist from Nashville, Tennessee with deep roots in Mendocino County. GRW and his wife, Lisa Austin, the co-founder of the Emerald Cup, moved to Tennessee three years ago after living in Laytonville and Booktrails to pursue their dreams in Music City and continue the regenerative farming and animal rescue vision that began for them in Mendocino.

GRW started writing and recording his new album 'Marijuana Murder Ballads' over a decade ago, and was released November 26 on all platforms. "MMB" is a collection of true story songs about living and working in The Emerald Triangle and brings the beauty, conflict, and outlaw activities of this unique place into the American storytelling tradition laid down by the likes of Johnny Cash, Woody Guthrie and Kurt Cobain.

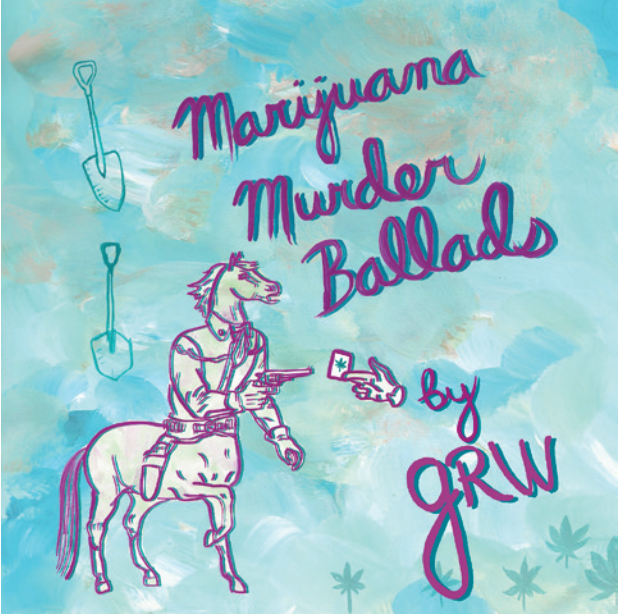
GRW is a self-proclaimed "genre outlaw" and uses this musical versatility to construct the album's songs in a variety of styles including blues, psychedelic rock, bluegrass and country. GRW will bring his live experience to The Emerald Cup / Los Angeles in 2022, then play all over California.

Follow GRW on Instagram @grw_music and Facebook @GRW

For booking DM @sacredog



GRW ("grow without the O") just released a new album, "Marijuana Murder Ballads."



The cover of GRW's new album, "a collection of true story songs about living and working in The Emerald Triangle."

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There are many kinds of altruistic activities that occur in Willits around the Christmas season. It seems the town has no shortage of heart, concern and empathy for the well-being and happiness of its citizens. Especially for those whose circumstances leave them with less-than-adequate provisions for a happy Christmas for themselves, and especially for their children. Childhood memories can often be tied to this season of giving and can be carried throughout our lives.

The annual Willits Toy Run is approaching its 30th year of providing toys and clothing to the less-fortunate children of the area. The Willits Wild Bunch, a group of motorcycle-loving and community-minded riders have been in charge of organizing and operating the run for close to 15 years. It is their main fund- and fun-raising event each year.

This year, as in years past, they began the festivities by meeting up, along with other motorcycle clubs, interested citizens, and the Little Lake and Brooktrails Fire Departments, in the Evergreen Shopping Center at the south end of town. Around noon, the fire engines turned on their lights and sirens and began to lead the parade of vehicles through town to declare loudly that the event was happening and to remind people that the Christmas spirit of giving has not disappeared, even with the travails of the last two years of the COVID pandemic.

The engines led the myriad of bikers, each with an unwrapped toy tied to their machines or stowed in their saddlebags, which was the price of admission to the event at the end of the ride, an event that anyone could attend by either donating one of the toys or \$10 to the gift fund.

The engines led the bikes through town, where Richard "Pops" Venturi, along with his wife, Kim "Sugar B," continued to lead the procession on a tour of Little Lake Valley, turning many of the out-of-town groups on to the beauty of the area. They then arrived at the carnival area of the Willits Frontier Days rodeo grounds where an array of tables, tents, and food trucks / kiosks were set up. This year, the bikers were joined by several vehicles of the recently established Willits Cruisin' Knights car club.

Organizer and club president Venturi has been working on the Toy Run for several years and has seen it go through several changes in that time. "Hopefully next year we won't have to worry about masks and we can go back to our normal layout," stated Venturi. "This year we had the help of the Willits Frontier Days. Marcy Barry, who is a big part of Willits Frontier Days, is coordinating the Christmas Program this year, as she did last year. They offered us the carnival grounds, so we wouldn't have to worry about masks or anything.

"We have some great food vendors on board," said Venturi, "Big Earl's Barbecue from Ukiah. The smoker is smoking as we speak. Turtle Island Indian Tacos is going to be there. The Ramirez taco truck is going to be there. This year we have Baechtel School Middle School's coffee cart, which we helped sponsor this year to get it started. It's for the special education class. The teacher, Conan McKay, hangs with us and helps us out. When he was putting the cart together, there were a few things that he needed, so the Wild Bunch gave it to them. They'll have ice coffee as well.

"We've expanded from last year's outside event," he continued. "We have party tents from Party Pro. We have tents, tables and chairs set up. We have a hell of a raffle. We have tons of stuff donated to give away. We're finally giving away our Guardian hand-forged knife that we've had for a couple years. We're finally giving that one away."

When the event was held at the Little Lake Grange in the past, there was a live band, usually the King Snakes blues band, a live and a silent auction, and a buffet-style meal provided by the Willits Rotary Club. However, the outdoor setting does not lend itself to these activities, so meals were provided by vendors and instead of the live auction there were many raffle items, including the grand raffle of a custom hand-forged knife for which tickets have been sold over the last two years for \$5 each.

Well over 200 bikers and their friends and family, along with other Willits residents, joined in to make the event one of the biggest and more successful in memory. The Wild Bunch estimated the crowd at around 400.

In addition to the toys obtained at this event, there are Christmas trees that can be found at various locations around town on which there are "ornaments" with the names and needs or desires of some of the children. Willing participants can take one of the ornaments and fulfill the requests. They can then bring the gifts to various locations for distribution to the families.

The Willits Rotary Club is one of the sponsors of the event and provides insurance. Barry of the Willits Frontier Days is once again in charge of collecting the gifts, wrapping and distributing them.

The Toy Run brought in motorcycle clubs from all parts of the county. Several more Toy Runs have been planned for this year. "This is what the biker world does," said Venturi. "We have one in Fort Bragg on December 4 (Winos Crew), Lake County on the December 11 (Lake County Motorcycle Council), and December 18 in Ukiah (North Bay Motorcycle Association)."

Toy Run

Willits Wild Bunch rings in the holidays with the revving of motorcycles, classic cars, and fire trucks, all carrying toys for local kids in need

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ART-282 and DAM 110 will be instructed by Markus Pfitzner. Markus is an educator, fine art photographer, Lecturer Emeritus at CSU Sacramento, and a former manager of three professional photography labs.



Photo Credit: Jo C. Mills

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'House of Gucci'

The Story: Big budget Ridley Scott drama of ambition and backstabbing in the Fashion Industry featuring fancy costumes and expensive trinkets. Patrizia Reggiani (Lady Gaga) is a hot number and a schemer, and she wants out of the working class. She meets and marries Maurizio Gucci (Adam Driver), an elegant son of the House of Gucci. But she's greedy. Her new social standing and wealth are not enough. She wants

Dan Essman
Columnist

more because she's had a small taste of everything. And everything just tastes so good. Especially power. This flick is a tale about that passion for power and the counterfeit wages of success. It's about self-delusion. It's a true story.

My Thoughts: Hypothesis: The second generation does not understand, nor appreciate, what the first generation created. Perhaps, being born into wealth corrupts the spirit. Or perhaps, the Gucci Fathers fought to claim their place in the jealously guarded territory of elite international fashion houses. But the Fathers didn't really appreciate that their Sons had that very same drive. Only for the Sons, their opponents were not the other fashion houses, but their own Fathers' desire to remain in control. How grim. How very very grim. Years ago, I had drinks with a (very gentle) kindergarten teacher friend and suddenly she started crying and asked me (or the Universe), "Why can't everybody just get along and be nice?" I didn't bother answering.

Parents: Not for kids. Stock options. Sex scenes. Generalized meanness. A depiction of people who love things and themselves more than they love each other. Brain poison.

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



Melody

Melody needs a firm guardian and correction for the jumping and nipping she does – small little grabs at clothes and occasionally that tiny little bit of a pinch on skin. Melody is not a dog-park dog, she is an alpha dog, and a super physical player. She is best suited to being the only dog in a home, and no cats or young children. She is happy to run and play in a yard; she loves treats and may do scent work – hide and seek. Melody understands hand signals and voice commands. She will stop any undesirable behavior with correction. If you think you are ready for a go-getter-girl like Melody, come meet her at Milo today! Melody's adoption fee is half off!

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



Metzli and Chante

Mindful Melody

Melody is young, energetic, and people-oriented, she just wants to play the day away with her people in a yard or go walking on trails.

Wesley is a really sweet old guy. He is an active cat, despite his age of 12 years, and seems to get along well with other cats. Wesley is curious about his surroundings and likes to explore.

Wise Wesley

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



Wesley

Metzli and Chante

Did you say puppies? Puppies in kennels? No way! Puppies belong in homes! Let us introduce you to Metzli and Chante. These love bugs are shepherd mash-ups of some kind, about 4 months old, and ready to find their forever home. Is that with you? If so, we would love to meet you. All you have to do is head over to our website at www.mendocinohumanesociety.com and submit your application.

The Humane Society for Inland Mendocino is located at 9700 Uva Drive in Redwood Valley. Currently we are open by appointment only on Wednesday through Friday, and open to the public Saturday through Sunday from 11 am to 3 pm, no appointment needed on the weekends! You may also look at our available dogs and cats on our website: www.mendocinohumanesociety.com, our Facebook page, and on www.petfinder.com.

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LEGAL NOTICES

WW346

SUMMARY OF PROPOSED ORDINANCE OF THE CITY OF WILLITS AMENDING TITLE 2, CHAPTER 2.08.10 OF THE WILLITS MUNICIPAL CODE ENTITLED "AUTHORITY LIMITED," AND TITLE 3, CHAPTERS 3.08 "PURCHASE OF SUPPLIES, EQUIPMENT, AND SERVICES" AND 3.09 "AWARDING PUBLIC PROJECTS" TO INCREASE PURCHASING/ CONTRACTING LIMITS TO ADJUST FOR INFLATION AND UPDATE OTHER RELATED REQUIREMENTS

The City Council of the City of Willits shall convene at a duly noticed council meeting on December 8, 2021, at 6:30 p.m. via teleconference/videoconference (instructions to be published with the meeting agenda), to consider the adoption of amendments to City ordinances chapters: 2.08.10, 3.08, & 3.09 of the Willits Municipal Code entitled "Authority Limited," "Purchase of Supplies, Equipment, and Services," and "Awarding Public Projects," respectively. The proposed amendments would increase purchasing and public contract dollar limit thresholds and update other related requirements.

The following summary of the proposed ordinance is published pursuant to California Government Code section 36933 which provides that a city council may publish a summary of a proposed ordinance in a newspaper of general circulation at least five days prior to the city council meeting at which the proposed ordinance is to be adopted. The full text of the proposed ordinance shall also be posted in the office of the Willits City Clerk for at least five (5) days prior to the City Council meeting of December 8, 2021.

SUMMARY OF PROPOSED NEW ORDINANCE:

The proposed ordinance amendments contain findings and declarations including the following:

- Chapter 2.08.10**
- Increases City Manager's authority to approve expenditures of up to \$25,000.
- Chapter 3.08**
- Includes the following provisions:
 - That states the purpose of the code and clearly defines the roles and responsibilities of the Purchasing Agent.
 - Procurement process for purchases of less than and greater than \$25,000.
 - Requiring the purchase of postconsumer products whenever feasible at competitive prices.
 - Purchase order requirement for purchases greater than \$5,000.
 - Provides Purchasing Agent with the authority to sell, trade, or exchange the surplus items by following the bid procedure described under the same section for purchases exceeding \$25,000.
- Updates the following:
 - Purchasing Agent/ City Manager's authority to approve expenditures increases from \$10,000 to \$25,000 (last updated in 2000).
 - Exceptions to "competitive bidding requirements" section includes specialized professional services as identified by state contracting code.
 - Bidder's responsibility and responsiveness section to provide clearer guidance.

Chapter 3.09
In compliance with State contracting code:

- Increases limits of force account, negotiated contract, and by purchase order to \$60,000.
- Informal Bid limit applies to public project contracts less than \$200,000
- Formal Bid limit applies to public contracts over \$200,000
- Add definition for and exclusions to "Public Project"
- Informal Bid requires notification to the bidder's list or trade journal, or at the City's discretion, both
- Projects over \$200,000 require Council adoption of plans and specs

s/Cathy Moorhead, Deputy City Manager/City Clerk
Publication Date: December 2, 2021

LEGAL NOTICES

WW345

**CITY OF WILLITS
PUBLIC WORKS DEPARTMENT
NOTICE TO BIDDERS**
Annual Invitation for Inclusion on the 2022 City of Willits List of Qualified Bidders

NOTICE IS HEREBY GIVEN that:
The City of Willits is soliciting applicants for its 2022 List of Qualified Bidders. Interested parties should complete the City of Willits Informal Bidding Annual Pre-Qualification Application for 2022 and submit to:
Brandy Sanderson
City of Willits
111 E. Commercial St.
Willits, CA 95490
Re: 2022 Qualified Bidders List
Bidders are hereby advised that the previous bidders list will be replaced with the new list and no contractors will be carried over from the previous list.
REQUESTS SHOULD BE RECEIVED BY December 31, 2021
Questions concerning this notice should be directed to Brandy Sanderson at bsanderson@cityofwillits.org.
The application can also be found on the City's website on the Engineering page;
<http://www.cityofwillits.org/147/Engineering>.
CITY OF WILLITS: s/Cathy Moorhead, Deputy City Manager/City Clerk
DATED: 11/24/2021
Publication Dates: December 2, 9, 16, 2021

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The rest of
Pop-up
From Page 7

Beer and wine will be available under La Siciliana owner Kapila Phoenix's liquor license. Phoenix is a big supporter of Duenas and will assist him on Sundays to learn a new cuisine. "This venture is a collaboration. Joey's a good guy. This collaboration is going to be great for the community. It's exciting for me to learn another cuisine. I'm going with this food sight unseen. I haven't tried it yet. I believe in Joey. When Joey puts his mind to doing something, he does it. It will be good for my business as well. It introduces more clientele to the restaurant."

On Sunday, November 28, Duenas and Phoenix operated a test run to streamline their systems and introduce a few friends, associates, and press people to the new venture. They served the prepared kelaguen in to-go containers so the people would be able to leave with extra food, which Duenas states is better the second day as the juices have time to marinate even more.

Almost all of the participants expressed their approval of the flavors. "This is awesome. I love the onions," said Lila Van Meter. "The shrimp is my favorite, along with the kimchi. I will definitely be back on Sundays."

If a customer would like to take some of the food home and would care to augment their leftovers, Duenas offers the ability to purchase extra helpings of whichever side that people would like in order to bring the leftovers back to a full meal.

Duenas calls the venture Guam Style and, in the future, plans to add some traditional desserts as well as expanding the regular menu to provide more choices once Willits becomes familiar with the tastes and textures of the Guamanian cuisine.

A family of four came in the door, thinking that the restaurant was already open. After letting them know that this was a group of invited participants only, Duenas, in a gesture common to his island culture, invited them in anyway and treated them to some meals to go. "We don't turn anyone away," explained Duenas. "That's the islander vibe, aloha spirit, Guam spirit. You take care of everybody. That's what we like to do in Guam. We like to feed people."

The rest of
Collision
From Page 2

with increased injuries and deaths from occupant restraint violations.

The mission of the California Highway Patrol is to provide the highest level of safety, service, and security. This includes the prevention of loss of life, injuries, and property damage resulting from traffic crashes through enforcement, education, engineering, and partnerships.

The CHP is promoting awareness and safe driving along this major corridor route. During the enhanced enforcement campaign, the CHP Northern Division will target US-101 in Mendocino and Humboldt counties with increased traffic safety operations to educate and, if necessary, take appropriate enforcement action on drivers who violate traffic laws along this major corridor route.

"The US-101 corridor within Northern Division is winding and mountainous, with many areas of undivided highway, increasing the frequency of traffic crashes," said Northern Division Chief Greg Baarts. "Increased visibility, aggressive enforcement, and public education within the areas along this corridor will contribute to improved safety for motorists traveling on US-101."

The CHP reminds motorists to follow these basic traffic safety rules: always wear a seat belt, drive at a speed safe for conditions, eliminate distractions while driving, and always designate a sober driver.

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For Sale
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Help Wanted
Full-time Maintenance Supervisor at Cemetery District of the Redwoods. Job entails the supervision and maintenance of three cemeteries: Willits, Little Lake, and Laytonville. Should have knowledge of cemetery burials, "lay-out", and boundaries. Understanding of blueprints and maps - REQUIRED. Knowledge of basic vehicle, turf and general equipment maintenance. Will give cemetery condition reports at all Board Meetings. Place headstones, attend all burials, and supervise all outside contractors for cemetery. Supervise seasonal part-time help. Some sales of plots, etc. also required. JOB AVAILABLE IMMEDIATELY. Remit resume - Mail: P.O. Box 153, Willits, CA 95490. In Person 1200 Highway 20, Willits; email: cdoftheredwoods@yahoo.com; or call 707-459-5252.

For Sale
Regency Gas Fire-View Stove: Regency Free-Standing Natural Gas Fireplace. Model C-33-NG-2. Classic. Excellent condition. 33,000 BTU/hour. Direct vent. Glass door for fire view. \$500-. Leave message at 459-5017

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Due to health concerns in Mendocino County, John Ford Ranch will be taking meat box orders (not individual package orders) for pick-up: Rancher's Choice Box - 50 pounds: steaks, roasts, and ground beef. Still \$325 (\$6.50 per pound). Hamburger Box: 25 pound box of hamburger in 1 or 1.5 pound packages: \$150. Natural ranch-raised grass fed beef, no hormones or antibiotics. Call 459-5193 to arrange pick-up. Leave a message, and we'll call back.

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Stuff your stocking with DVD deals from Flying Dog Pizza & Vinyl (formerly Main Street Music & Video). DVDs: \$6 each; 10 or more \$5 each; 50 or more \$4 each. We can make deals! Info: 459-4747

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Gym Yard Sale
Giant Gym Yard Sale - Deep Valley Christian School, 8555 Uva Drive, Redwood Valley (across from the Broiler). Saturday, December 11 - 8 am to 4 pm only.

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If you want to be included in this column please call:
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From far left: A "Birds of a Feather" art panel by Hudson River Marquetry. Crafter Anne Vander Horck in her sewing room where she makes dolls, aprons, Christmas stockings and more fabric art with her great-grandmother's treadle machine. Bonnie Belt's plum blossom teapot and bowl adorned with a hummingbird.

Below: Eco-friendly Noyo Hill Beeswax Wraps made from batik fabric, organic jojoba oil, beeswax, and pine gum rosin – even the packaging is compostable.

At bottom: Painter Garry Colson's "Hoplend Barn."

34th Annual Willits Holiday Craft Fair December 10, 11

Submitted by Willits Crafts Fair

The Willits Center for the Arts will be holding their annual craft fair again this year the second weekend in December. After skipping the 2020 fair due to the COVID pandemic, the Art Center will be bringing local and respected artists back to the Willits Community Center on Friday, December 10 and Saturday, December 11.

The Friday fair begins at noon and will be open until 7 pm and then reopen Saturday from 10 am until 4 pm. Although the fair will be smaller, with extra spacing between booths and all vendors fully vaccinated to make this year's fair as safe as possible, it is carrying on the tradition that started 35 years ago with the first Holiday Craft fair held at the Willits Grange in 1986.

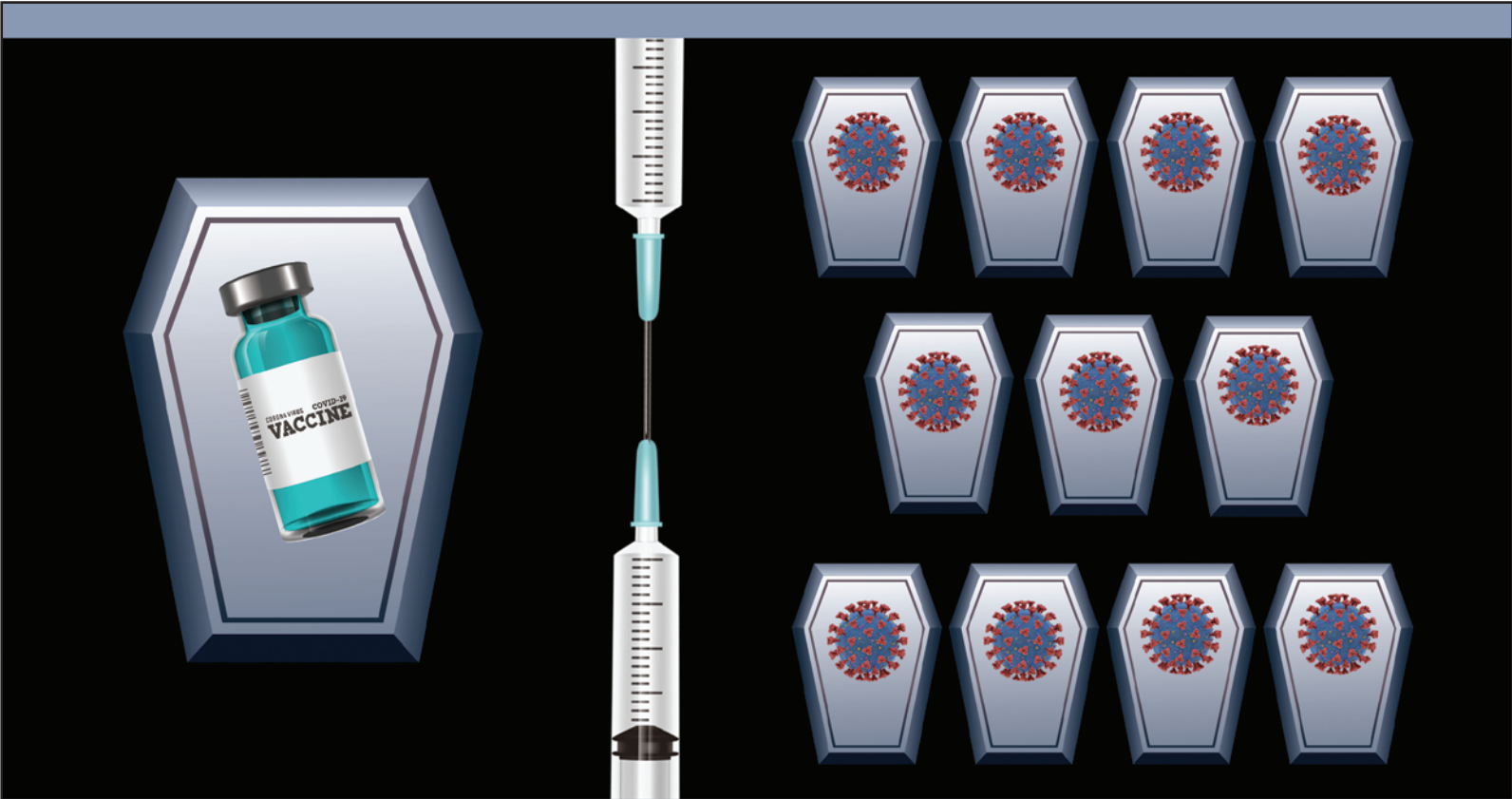
This year there are many of Willits favorite artists, including Morgan Rex with his wonderful metal cut windchimes and water fountains, Bonnie Belt with her ceramic sculptures, and Anne Vander Horck with her wonderful handmade dolls and fabric art.

There is also Garry Colson's paintings, Alfredo Vionnet's wood-turned work,

Shannon Furr's dog treats, Kathy Green's tie-dyed clothing, and Gregg Lindsley's pottery and sauerkraut urns. Don't miss Erwin Ludwig's handmade knives and holders, Teri Appleberry with her cutting boards, Nancy Finn's wire-wrapped jewelry and yarn, Jacki Pealater's woodwork, David (the Pickleman) Rice's yummy pickled veggies, Wolfgang Ronnefeldt and his salves and tinctures, Karen Gridley's fabric bags and hotpads, and Rebecca Martin's jewelry.

Back again this year we will have Hudson River Marquetry, which you have to see, and new vendors, Steve Napove with his outstanding silver jewelry, Michele Shattuck with organic beeswax food wraps, Cheryl Evans' essential oil blends, and Irene Engber's garlic products.

This may be a smaller fair this year, but we will still have the popular raffle of the artists' work and food provided by the Willits Charter School. At the same time as the fair, there will be the ongoing "Small Works Show" in the main galleries at the Art Center where visitors can purchase a variety of unique and handmade work.



Date/Time	Location	Vaccine Availability	Other Information
Mondays & Wednesdays 12:30pm – 4:15pm	Public Health 474 East Valley St, Willits	All adult vaccines available	Sign up at Myturn.ca.gov Or Walk-ups welcome 472-2759
M-F 9am -11:30am 1:30pm-4:30 pm Sat 9am-3pm	Baechtel Creek Medical Clinic 1245 S. Main Street, Willits	Adult & Child Pfizer and Moderna	Best to make an appointment. Do not need to be a patient. 459-6861
M-F 9am -11:45am 12:45pm-3 pm	Little Lake Health Center 45 Hazel Street, Willits	Adult & Child Pfizer and Moderna	Best to make an appointment. Do not need to be a patient. 459-9600
M & F 2 pm – 4:30 pm	Adventist Health Redwood Medical Clinic 3 Marcela Drive Suite C, Willits	All Adult vaccines and Child Pfizer available	Appointments required. 1 st and 2 nd doses do not need to be patients. Boosters are for patients only. 459-6115
M-F 10am -12:45 pm 2 pm - 7 pm Sat 9 am -1 pm 2- 5pm Sun 10 am – 1pm 2-5 pm	Safeway Pharmacy 845 S. Main Street Willits	Adult Pfizer & Moderna	Walk ups welcome on weekdays for 1 st & 2 nd doses. Appointments required for boosters and on weekends. 456-1790
M-F 9am -8 pm Weekend 10 am – 6pm	Rite Aid Pharmacy 1730 S. Main Street, Willits	Adult Pfizer & Moderna	Appointments Preferred. 459-0554

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Prepared by Baechtel Creek Medical Clinic
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The rest of Redwood | From Page 1

to building a trail alongside their line.

The northern segment up to Humboldt Bay "is where we're going to build on top of the trail," McGuire said, describing the process of petitioning the federal government to "railbank" the rail bed, or take it out of service, which has been initiated.

"There hasn't been freight service on that rail line since 1989, and it is in terrible shape, and we will never see freight service returning for the North Coast," he said. Earlier McGuire described the North Coast Railroad Authority as being "mired in debt, lawsuits, and having completely failed in its mission" to get freight rail rolling again on the North Coast.

"These train tracks were candidly a dead end to nowhere, and nothing but a problem for the communities that they traversed through," McGuire said. "In working with so many of you, we're able to turn this mess into a win/win for the entire North Coast, by creating the Great Redwood Trail, which when constructed will become the longest rail trail in the United States of America. It will be a landmark hiking and biking trail [passing by] ancient redwoods, state parks and national forests, golden oak-studded hills, lush vineyards, and of course along the shores of the Russian and Eel rivers."

The trail planning process will be overseen by the California Coastal Conservancy agency, starting July 2022. The Conservancy's Karen Gear was part of the expert panel at the town hall. McGuire described Gear as "the point person" on the planning process as well as "a trusted ally" on the North Coast. He also praised the Coastal Conservancy for being one of the "most innovative and nimble organizations we have in the state of California."

But as McGuire stressed several times Tuesday evening, the trail will also be running through or near a number of more urban areas along the corridor that have already built trails or have plans to build trails soon – this includes the City of Willits' planned trail along the railroad track between the north and south ends of town.

The master plan "is going to guide us over the next few years of construction," McGuire said, and "will involve each community that the trail runs through. We're going to work intimately with adjoining landowners and the trail's neighbors. Every step of the way during the master plan process," McGuire avowed, "the community will be front and center. Neighbors will be front and center."

In spite of the more urban sections of the trail, which will largely be paved, "a large portion of the trail will be a back country trail, so it will mostly be gravel and dirt," McGuire said. And as the planning process continues, Coastal Conservancy's Gear said, there may well be places in the remote areas where "a re-route" is necessary from the rail line itself. "There are places we know are challenging, so we'll be looking at how a re-route will be accomplished," he said.

"We want to hear your ideas for the trail, what you want the trail to be, how you want it to be different in different parts of the alignment," Gear said, "but we also want to hear your concerns."

Gear mentioned concerns they've been hearing about fire safety along the trail, availability of amenities, and security – including people's fears the trails will be used for homelessness encampments. She said that the planning group would look at trail development throughout the U.S. to find best practices to find solutions to "address people's concerns up front."

Gear acknowledged "trail management" would be an important part of the master plan which, she said, might be more challenging in the back country. "Before any trail segment gets built, you're going to have to identify who's going to manage it, so that it's run properly, and that will be an important component of the master plan," she said.

McGuire said he was thrilled to be able to cite two items in the 2021/22 state budget that provided funding to move the trail forward, and for some years to come.

This year's budget "appropriated the last bit the funding we needed to pay off the remaining debt from the North Coast Railroad Authority," he said, "and it also added \$10.5 million to pay for staffing up and for the massive planning process of the Great Redwood Trail."

The second budget item allocated \$500 million as a funding pool "for projects that will help us fight our climate crisis and advance non-motorized trails of statewide significance – just like the Great Redwood Trail."

McGuire called this funding availability "a game-changer" that "answers the question 'how the hell are you gonna pay for the trail?'" Never before has so much funding been available for these projects," he said.

"We've always known creating the Great Redwood Trail was not going to be quick, and it wasn't going to be easy," McGuire said. "My promise to you: we're not going to do it fast; we're going to do it right. There is a ton of work ahead over the next many years. It's going to take time to be able to do this trail right by the community. And we need to work through a slew of details with our partners and the federal and state governments and with all of you right here at home. But, I gotta tell you, thanks to each and every one of you, thanks to your support, we're off to one hell of a start."

The Great Redwood Trail Town Hall had more than 2,500 viewers, not counting the listeners who heard it on KMUD Radio. The 90-minute forum was packed with too much information to include in a news story. Those interested in learning more can watch at www.youtube.com/watch?v=jd9h-fU_T30 or visit www.thegreatredwoodtrail.org/

The rest of Jail | From Page 1

presentation by representatives from the company, Williams was particularly adamant that the information provided was insufficient considering the size of the contract they were considering.

"The slides touch on what you do for us, but fall short of showing us the quality of the work or the outcomes," said Williams. "I look forward to a written report documenting the qualities and outcomes and why we're content on spending another \$3.5 million. I don't dispute it, I just don't know – this is an awfully thin item for a total of \$19 million. I just can't make heads or tails of it."

The \$19 million Williams referred to was the total amount the county's contract with NaphCare would add up to from 2017 through next year if the increase was approved.

NaphCare CEO Brad McLane said he would be happy to work with the county to provide more information, but said that they were confident in the work that they've done.

"One of the things that's been really critical is we've been successful in saving lives," said McLane. "You haven't had deaths in your facility. We haven't had lawsuits and litigation that are very commonplace in our field. So we really stand by our track record and our effectiveness in delivering the service."

In the presentation given by NaphCare at the meeting, they stated that 22 patients were "saved from overdoses" while in custody, largely thanks to the use of drugs like NarCan. No deaths occurred at the facility in 2021 due to suicide or overdoses according to NaphCare.

Despite these and some other statistics given – though just for 2021 – Williams wanted to see more, such as comparisons between NaphCare's results at the jail and those elsewhere, and trends over the past four years at the facility.

Williams also wanted information about how many with mental health issues were in solitary confinement and for how long. He said that he had personally been hearing complaints from some in his district regarding the misuse of solitary at the jail.

"So I've had outreach from my constituents who say their family member has been in our jail's solitary confinement for a period of months, out every other night, not seeing light of day, unmedicated," he said. "Why weren't they medicated? I don't know if that falls on us as a county or NaphCare. You know the first time I heard it I thought, 'That's not right,' but I've heard it [many] times now."

"And so it is a concern, and I think it's this board's responsibility to make sure we're taking care of our people including our jail inmates," he continued. "They are in our care. And if that's a practice that happened in the past due to resources and it's been addressed, I'd sure like to see a trend line that it's no longer happening."

NaphCare Chief Psychologist Amber Simpler responded that it was often simply due to the "layout" of the jail that inmates ended up in cells by themselves.

"A lot of individuals aren't there because of their behavior in that solitary cell," she said. "It is the physical plant that is how the cells are designed to some extent to have single cell placement."

She also said that they did offer medications to inmates in need, but that forcing people to take them involuntarily generally involves a lengthy court process, and often requires a court ordered "incompetent to stand trial" determination for the inmate.

"In terms of medication we offer medication, but there are a lot of

restrictions on to who we can compel to medication," said Simpler. "So it's not that we're not offering treatment, it's not that we're not offering these services. We have to respect patient rights."

"Even with a patient who's psychotic?" asked Williams.

"Yeah, that's how that goes," she responded. "By and large, trying to involuntarily medicate someone outside of that competency framework takes a lot of steps, and we've been able to do that in some acute situations but by and large it's not something that the courts do easily, readily or willingly."

County Behavioral Health Services Director Jenine Miller agreed that the involuntary medication process generally involved a lengthy court process, and also took more time here than in other counties.

"They can do emergency medication in a safety situation," she said. "There are areas of the law that if it's a safety concern for the inmate or a correctional staff, in that situation they can medicate, but it's a one-time medication unless the person acts up again. So they can do forced medication in that situation, but if it's a long-term forced medication, it really does require that court order and our system has a slower process."

When asked by Williams if she would endorse the NaphCare contract as is, Miller responded that she wasn't really familiar enough with NaphCare's daily activities to respond to that. Though she did say the Behavioral Health Department had a good working relationship with NaphCare, and held weekly meetings together.

Miller strongly encouraged one staffing change that she felt could improve the mental health program in the jail.

"One of the things ... you see in other counties is that they have a mental health clinician that assesses everyone that walks in the door with the nurse," she said. "So it's not just a nurse that's doing the assessment if someone comes in and there's a thought that this person needs mental help on any level.... We don't have a clinician in Mendocino County jail. That was not part of [NaphCare's] original contract."

"So if you were to ask me, Supervisor Williams, what is missing, we don't have a mental health clinician within our county jail," she continued. "When you look at other county jails, what they find to be the most successful is they have a clinician doing assessments, and they're actually getting people diagnosed and starting on treatments."

Based on Miller's suggestion Third District Supervisor John Haschak added to William's motion that the county look into the option of putting funding in for a clinician who could provide a "psychiatric evaluation at the time of entry" of the jail into the NaphCare contract, and that was also supported by the board.

The NaphCare representatives also seemed supportive of that, saying they could perhaps look at swapping a current psychiatric registered nurse position out for a licensed clinical social worker, or something of that nature.

Mendocino County Undersheriff Darren Brewster was at the online meeting and gave a short but positive report about NaphCare.

He noted that there had previously been an independent contractor who assessed NaphCare's work and reported directly to the sheriff for years, but that contractor has since retired and not been replaced yet.

"[County Sheriff Matt Kendall] is extremely happy with what NaphCare has done for this county, this jail, and the population within the walls of the jail," said Brewster. "Like Brad had stated prior, the lack of lawsuits, deaths in the jail. It's extremely impressive if you look at other jails, what they go through."

Williams suggested that Miller and the county's Behavioral Health Services Department staff take over the role the independent contractor used to have of analyzing NaphCare's effectiveness.

Brewster and other supervisors both were supportive of the idea.

"Anything we can do to help our inmate population, the sheriff and I are in for," he said. "I know NaphCare's that way, I know Jenine's that way. That is absolutely no issue at all for this office. We want to make sure that we give – and I think we do give – the best care we can for the facilities we have and the money that we have associated with running this program that we can do. And I stand fully behind it and I know the sheriff does as well."

When the NaphCare contract was originally approved in September of 2017, it came with the recommendation of then Sheriff Tom Allman as well as county CEO Carmel Angelo following a competitive bidding process.

Statistics on jail meds

Among the 2021 statistics given by NaphCare during the presentation at the meeting were that 32% of the inmate population at the county jail had been given some form of medicinal psychotropic drugs, 46% were on medications in general, and that 12,719 medications had been administered in all for the year.

Naphcare said that for "healthcare visits," from January through November the jail had seen 687 medical provider visits for inmates, 780 mental health provider visits, 1,149 nurse visits, and 2,333 visits by other "mental health professionals."

As for COVID-19 vaccinations, 169 of the current or previous jail population had been fully vaccinated, but only 18% of the current population is fully vaccinated according to NaphCare.

The presentation also mentioned the new medical-assisted treatment program which began in June of 2021 to help those addicted to opioids improve their lives, which so far has led to 100 prescriptions issued.

NaphCare also talked of the program to assist those who are deemed not yet competent to stand trial to become stabilized so they can go through the legal process.

According to the company, of the 45 who took part in their "Jail-based Competency Treatment Program," 78% were "restored to competency and able to complete the judicial process without transfer to a state hospital."

There were also 7,266 detox screenings, which are used to help determine which inmates may be in danger of overdose or withdrawal symptoms.

In addition there were 1,966 "STATCare" interactions. This was described by NaphCare's Moore as generally nurse practitioners in California, consulting via video chat and other distanced methods, who can help prescribe and monitor prescriptions for inmates.

NaphCare's psychologist Simpler also talked about their efforts to have long-term results with inmate patients.

"We are connecting individuals to quality advanced psychiatry providers, advanced psychiatric nurse practitioners, as well as making routine visits with our patients within the facility to make sure that while they're with us they remain safe, and they remain stable," she said.

"Beyond that we're also looking to the next step, and looking to those people who will be discharging back into the community. We have a weekly collaborative partnership meeting where we talk to community stake holders and try to connect individuals to services and prepare for reentry and successful transition back to the community," she said.

knocking the adult female onto the couch before she struck Knight a couple times to get him to stop.

The witness called 9-1-1 and Knight left the location.

While the deputies were at the location, Knight was seen in a Honda on a road behind the location. Deputies were able to stop Knight and detain him while they completed their investigation.

The adult female was found to have visible marks on her body, reportedly associated with the incident.

Deputies found Knight to be on county parole (PRCS – Post Release Community Supervision) with numerous terms.

Knight was arrested for domestic violence battery (273.5 PC) and violation of PRCS (3455 PC) and was booked into the Mendocino County Jail where he was to be held in lieu of \$25,000 bail.



Above from left: Some of the jars of salves Tom Helmbrecht makes and sells at the Covelo Farmers Market and through his website. Helmbrecht smiles while holding a puppy from his recently rescued Armenian gampr female with puppies. He's handling the puppies and will train them as livestock and human guard dogs. The Scibaca's olive oil Tom Helmbrecht uses and sells at the Covelo Farmers Market. At left: This is tea tree, an important antifungal used to treat burns, cuts, and things like athlete's foot. It's one of the plant infusions used in Tom Helmbrecht's Antifungal Cream. At left, below: Helmbrecht uses cannabis whole root in some of his compounds. He discovered its medicinal uses from traditional sources during research. At right: One of Tom Helmbrecht's rescue rabbits feeds on plants from the garden and provides much-needed manure for composting.



Photos by Ree Slocum

Natural Therapy

Tom Helmbrecht left his death bed and wheelchair behind thanks to medicinal plants, now he offers his healing salves to others at the Covelo Farmers Market

Covelo has many gems hidden in the hills, off roads and byways in Round Valley. One is a tiny oasis which houses herbalist / healing-salve maker Tom Helmbrecht, who also rehabilitates guard dogs. For about five years he's lived, taken care of and worked on a small piece of land surrounded by the wilds and marijuana grows. "No one would stay here because it wasn't safe," he told when he was explaining about having guard dogs. He has them to protect him and the sheep from predators and human intruders.

Helmbrecht's story isn't an easy one. He was living and working in San Francisco when he woke up one day with persistent and extreme pain. He went into the hospital and found out that he was stricken with a rare and ravaging autoimmune disease.

"It has a couple of names. One is RSD – Regional Sympathetic Dystrophy – the other is CRPS – Complex Regional Pain Syndrome. It's the most painful condition known to man," he explained. "It's so rare most doctors don't know about it. I got lucky because the doctors in San Francisco know one another, so I was able to know fairly quickly what it was."

His life was turned upside down by the debilitating disorder that eventually landed him in a cardiac-care unit with a prognosis stating he would soon die. Helmbrecht wanted nothing to do with that and began a lifelong journey to heal from the disease and control the symptoms.

That was 15 years ago, 10 of which were spent in a wheelchair.

From the beginning, Helmbrecht discovered he couldn't eat most foods included in a modern diet and the drugs he was given didn't help. "So, I had to create my own medicines. The modern stuff wasn't working the way I knew medicines could."

When he was young, Helmbrecht devoted a lot of time watching nature and figuring out how it and other things around him worked. That curiosity set him up for his job as a problem solver in San Francisco. It also made it possible for him to delve into and research medicinal plants.

"I was in the hospital bed and pretty much couldn't watch TV, but I could read and do research about what other

Read the rest of **Salves** | Over on Page 15

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

since the last update the day before Thanksgiving. Tuesday's update reported 8 new COVID cases, and Wednesday's update reported 11 additional COVID cases, bringing total county cases since the beginning of the pandemic to 8,219.

Checking the Willits Unified School District's COVID dashboard, there are still no staff or student cases reported as "school based" – i.e., transmitted and acquired at the schools themselves according to epidemiological investigations.

In the most recent November 15-19 data, the dashboard reports 5 "community based" staff and student cases found at Brookside Elementary; 4 such cases found at Blosser Lane Elementary; 0 cases found at Sherwood School; 3 "community-based" cases found at Baechtel Grove Middle School; 2 such cases found at Willits High School; and 0 cases found at Sanhedrin High School.

Public Health Officer Andy Coren, MD called in a 3-minute update at Tuesday's special closed-session-only meeting of the board of supervisors, using the "public comment on items not on the agenda" period.

"I believe that our COVID epidemic may be described as a 'calm before the storm,'" Dr. Coren began. "In the month since I last reported we've seen, in CA and the United States, cases and hospitalizations begin to increase, though Mendocino has had a slight decrease, yet persistently high transmission.

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

Garden Center store, the Holiday Store can be recognized from a distance by the 15-foot blow up Santa adorning the entrance, along with a rustic bench, created by Paul Riley, upon which families are encouraged to pose for holiday photos.

Under an easy-up tent to the left, Spacetime all-around employee Peter Kotowski clips, arranges and weaves branches into soon-to-be custom wreaths for customers to take home after having him adorn the piney circles with their choice of ribbons and ornaments.

Once inside, there are almost too many items to take in, all of which are a feast for the eyes. Three aisles of colors, textures and aromas greet the attendees as they try to decide which of their family and friends would like, and actually use, the selection of gifts.

This year, there are many returning crafts people and some novice participants. Back, by popular request, are the rustic wood, metal and electric-lit items from Bonnie Riley. Jacki Pealaterre is once again offering her skill-saw cut wood plaques. Misty Made's candles and scents can be found on the back wall. Of course, there is a vast selection of Emandal – A Farm on a River's tasty fruit preserves.

Wolfgang Ronnefeldt is showing a group of natural herbal lotions and his wife, Karen, has brought hand-sewn goods. There are native-inspired painted skulls from Kinzie Barlow; rawhide leather key chains by Bobbie Yokum; metallic window hangings from Morgan Rex of Art in the Plaza; Erwin Ludwig's knives and magnetic cutting boards; horseshoe sun catchers by Julee Walker; carved wooden bears from Spacetime employee Mike Woodruff; leatherwork, including a leather fly swatter, by Mary Ann Underhill. New vendors include Gail, who melts bottles into interesting cheese boards, Summit Side Photos by Natalie Tahoe, Indian-style blankets by Barbara Harp, and several others.

In addition to the handmade gifts, there is a bookcase full of gardening and mushrooming books. There is also a gift tree from the Willits Rotary Club, from which a generous family or individual can pick an "ornament" with the needs or requests from a local family for toys or clothing. They can then fulfill the request and bring the items to various locations for pickup.

"Spacetime enjoys doing things for the community," explained Brandi Enge, Spacetime office manager and organizer of the store. "We like to give back. Last year, with all the craft fairs being shut down due to COVID, we opened this place up to give artisans a place to sell their goods, where community members can find those handmade goods that they love to give someone for Christmas. We continued to do it again this year because COVID has still shut a lot of things down.

"The vendors were very excited to do this again," said Enge. "I had vendors calling me in October to find out if we were going to set up again. We don't charge the vendors anything to show here. It is all done on consignment. The vendors come here because they want to be here. We call everybody at the end of October to see if they want to participate again. Most of them just start bringing truckloads; at least it feels like that because it all comes at once. The space being limited helps because it keeps it more cozy and intimate. It keeps it from becoming too large for us to handle it."

In addition to the gifts, Spacetime offers a vast selection of cut and live trees for families to adopt and decorate for the holidays. "We have Christmas trees at the front. We have Nordmann, Noble and Douglas fir. I got in a bunch of trees this year but they sell out quick. Last year we were sold out by the second week in December. We've sold quite a few already. They are 3-to-4-foot up to 7-to-8-foot. The cut-tree prices range from \$20 to around \$70, depending on the height and the style." The live trees range from \$20 to over \$100, depending on size and style.

"A lot of people love handmade goods, both to give and to get," said Enge. "Many people don't have the time to make their own. They can absolutely come here and find something for everyone. People also love to buy local. Last year half of my Christmas gifts came out of here, at least the ones I didn't make myself."

Spacetime Garden Center is at 208 East San Francisco Avenue. The store is open Monday through Saturday, 8 am to 6 pm, and on Sundays 10 am to 4 pm and will operate until December 23.

"Worldwide, a new and very different variant of concern has emerged named 'Omicron.' It was discovered first in South Africa in early November, with rising prevalence in the context of their Delta surge. It has been found in about 20 other counties on all continents, including Canada and North America. Travel restrictions and lockdowns have been implemented around the world, including some travel restriction in the United States. [Editor's note: On Wednesday, the day after Coren's update, the Centers for Disease Prevention and Control announced the first case of COVID-19 linked to the new Omicron variant in the U.S. – in California, in a traveler who returned from South Africa on November 22.]

"This variant has the public health community very concerned," Coren said, "because it has over 70 mutations already found, with 30 mutations on the spike protein areas that are associated with transmission and are the target of our immunizations and some testing.

"It'll take weeks to determine the characteristics of this variant such as virulence, predilection for certain populations such as children, potential for vaccine breakthrough or escape, or resistance to treatment such as our monoclonal antibodies and new anti-virals.

"So at this time, public health organizations are working to rapidly investigate the biology in the labs, and epidemiology in our communities. Current hypotheses range from a mild rapidly

The rest of **Salves** | From Page 14

cultures did to help themselves. I can't go to the rainforest to heal myself. I used to grow plants and I love growing plants. So," he thought, "I'll bring the rainforest to me and find plants that people use to heal themselves through centuries. I try to make myself as educated as I can."

He began his collection of medicinal plants from their worldwide, original sources and used native people's wisdom about growing, processing and combining to guide him.

There are several areas surrounding Helmbrecht's home where he's cultivated ecosystems with different soils in which to grow his plants. "I've got to make soils that are nutrient rich, with different textures, PHs, and things like that."

In his current garden there are onions, asparagus, kale, lemon balm, cat mint, strawberries, chaste tree, mulberry, pomegranate, rosemary, moringa, tea tree, cannabis, guava, wormwood, hot peppers, and mullein, among many others. The plants are intermingled and many self-seed.

To add to the self-sustaining farm are rescue ducks, chickens, rabbits and goats. The rabbit manure, oak leaves, and garden refuse produce most of the compost used in his garden.

He showed a handful of herbs and said: "I can make 12 [four-ounce] salves out of this. If I grow the plants this way, I don't need to use much and I'm going to get much more of an effect. The nutrients in the soil are really rich, so it's getting everything it needs to be a happy plant. That's like everything here."

After obtaining and growing the medicinal plants, Helmbrecht's research took him to different processing methods. He

spreading variant that could actually improve natural immunity vs. a virulent highly transmissible variant that could defeat our current testing, vaccines and treatments."

Dr. Coren warned about avoiding "generalizations and fear or panic based on anecdotes" and to wait for more evidence. "But it will take weeks to know more about these characteristics," he said.

"Less than 200 cases of this variant have been identified in the world so far. Vaccine manufacturers have said new vaccines could be available in three months if needed; then we would have to deploy them rapidly.

"In the meantime we're not helpless. Increased testing is essential to find [the] new variant if it arrives, investigate and trace the contacts, and avoid outbreaks. Vaccination is still the safest and most effective way to minimize cases and deaths. Vaccines don't only stimulate the production of antibodies but also immune T cells and B cells, cells that are recruited with any new invading organism and could be expected to have activity against a new variant.

"Also extremely important," Coren reminded, as usual, "are our non-pharmacological interventions, such as masks, hand-washing, ventilation, distancing between people, and advice to stay home if sick. These will be key to saving lives and maintaining our health facilities for the treatment of COVID and all other illnesses that they care for. Thank you."

experimented and found that dried herbs didn't work for him, which led to delving into infusing the fresh plant parts in coconut and olive oil. This worked well.

"You put the plant in a carrier oil or fat, so it can absorb all of the substances from the plant into the oil," he explained. He found documented times and heated temperatures for each plant to produce optimal medicinal extractions. From that point, he said, "Everything else has been trial and error."

People heard of Helmbrecht's salves and began trying them for themselves. Many found that some of his formulas worked for them, too. He now makes extra salves to sell at the Covelo Farmers Market and can make salves specifically for people with different health issues.

Stop by, visit Helmbrecht, and meet Moose, his gentle French mastiff guard dog. You could find some salves to give relief from pain, eczema, dry skin, fungal growth, muscle spasms, burns, and poison oak and ivy. He has a skin moisturizer, too. He doesn't include salves with cannabis and other herbs on his website.

Helmbrecht leaves us with this sobering thought: "When you've got an illness, you've got to be in tune with your body. This is the only thing I have. This is what I worship. Here's my church, my religion, my everything. If this didn't work, I wouldn't be here right now!"

The Covelo Farmers Market is located behind the library on Fridays from noon to 3 pm.

Visit www.LandraceFarm.org for a list of salves and further information. Helmbrecht says email is the best way to contact him: landracefarms@icloud.com

The rest of **Latkes** |

From Page 1

less terrible and adds lovely green flecks throughout. Others enjoy adding cheese, sweet potatoes, or carrots for other levels of nutrition and variety.

Latkes are traditionally eaten in conjunction with the Jewish holiday of Hanukkah, the eight-day celebration running this year between Sunday, November 28 and Monday, December 6, to commemorate the miracle of a small amount of oil keeping the menorah in the Jewish Temple in Jerusalem lit for eight days.

Some general tips:

1. You must get as much water out of the mixture as possible; drain or squeeze the shreds before mixing and frying.

2. Add the salt AFTER you flip, don't put it in the mix before frying. And be liberal. It's part of the magic.

3. Add more oil. I know, it already feels like a lot, but frying fast in enough hot oil makes them cook fast, cook completely, taste good, and not get greasy.

4. If you're worried about browning before cooking, shred potatoes into cold water before draining. I don't, so I just let it be what it is, but if Martha was coming to dinner, I'd get out the ice water bath and soak for the whitest of latkes.

5. Try the apple sauce / sour cream topping combo. I know it sounds strange. It's really delicious.

Here's a general recipe:

6 medium russet potatoes, grated
1 white onion, grated
3 medium zucchini, grated
2 eggs
1/4 cup all-purpose flour
Salt (coarse or Kosher) and pepper
Oil for frying

Directions:

Slice potatoes, onion and zucchini into smaller chunks to fit into the feeder tube of a food processor, or get grating on a box grater.

If desired, soak shredded potatoes in cold water as you go to keep from browning, otherwise just place all the gratings into a colander set inside a large bowl. The goal is to drain out as much liquid as possible. This can be achieved by setting another bowl on top of the gratings with something heavy on top to press out the water, or you can take handfuls of the mix and squeeze through a tea towel, setting the dryer mix into a new dry bowl as you go.

Once pressed, add eggs, flour and pepper, and mix until all combined and the new mixture is sticky, but still a little wet. Add more flour or an additional egg if it seems particularly wet or dry. Do not add salt yet.

Heat oil on cast-iron skillet or griddle, or just in a wide-bottomed pan, trying to leave enough space in between to let oil touch all sides of the potatoes as you lay down quarter-cup sized scoops of potatoes into the hot oil. Don't press them, just let them be airy and loose.

Fry for 2 minutes per side – or less if smaller pancakes – aiming for a golden brown color and crisp edges. Flip, sprinkle liberally with salt, and fry on second side.

Serve hot with apple sauce and sour cream.

Enjoy!



Winter Craft Event



Sunday, December 12th

10am-4pm

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 ART 210A/B - #0215/#0216 Fundamentals of Drawing - Evening
 ART 522 - #0522 Watercolors for Older Adults
 ASL 200 - #0223 Sign Language - Level I - Evening
 BUS 230 - #0236 Introduction to Business - Saturday
 CDV 200 - #0213 Psychology of Development: - Saturday
 CDV 200 - #0241 Psychology of Development - (Spanish) Thursday
 CSC 520/526 - #0520/#0526 Beginning Computer Skills I/II - Late Start (2/1 - 5/20/22)
 DAM 110 - #0111 Adobe Photoshop - Starts after school at 3:30 p.m.
 ENG 200 - #0264 College Composition
 ENG 65 - #0265 Academic Literacy
 ENG 560 - #4352 Writing Lab - Tuesdays from 12:00 - 2:00 p.m. - NCC
 ENG 205 - #0250 Critical Thinking
 ENG 210/212 - #1001/#1002 Creative Writing/Intermediate Creative Writing
 ENG 503 - #0504 Creative Writing for Older Adults
 ESL 9A/9B/509 - #0509 - 0511 ESL: Intermediate A - B - Late Start (1/31/22 - 5/20/22)
 ESL 503B - #0507 ESL: Oral Communication B - Late Start (1/31/22 - 5/20/22)
 ETH 241 - #0242 Pacific Coast Indian Culture - Saturday
 FSC 68 - #0058 Basic Firefighting Academy
 HLH 213 - #0123 Lifeguard Training
 HUS 154 - #0155 Fundamentals of Interviewing & Counseling - Evening
 HST 202 - #0272 US to 1877—Starts after school at 3:30 p.m.
 MTH 178 - #0178 Applied Math
 MTH 540 - #0027 Math Lab - Tuesday/Thursday from 3:30 - 5:20 p.m. - NCC
 MTH 220 - #0222 Statistics - Friday
 MUS 230 A-D - #0224 - #0227 Voice: Beginning/Intermediate—Repertoire I/II
 THE 227 A/B - #0226/#0267 Hip Hop Dance: Beginning/Intermediate

@ Covelo Education Center

Spring 2022 Covelo Courses

Round Valley Classroom 76300 Grange Rd., Covelo
 Contact our North County Center for more info.

CDV 180 - #1888 Child, Family and Community
 CAM 101 - #0106 Culinary Skills I
 CAM 102 - #0107 Culinary Skills II
 ENG 200 - #0237 College Composition
 ENG 65 - #0056 Academic Literacy
 ESL 503B - #0505 ESL: Oral Communication Skills B
 (Late Start - 1/31/22-5/20/22)
 ESL 503B - #0505 ESL: Oral Communication Skills B
 (Late Start - 1/31/22-5/20/22)
 HST 222 - #0228 Native American History
 MTH 32 - #0246 Support for Statistics
 MTH 200 - #0245 Statistics
 POL 200 - #0239 American Government and Politics

Covelo Outreach Support

Thursday, November 4th & December 2nd
 Round Valley Classroom - 10 a.m. - 3:00 p.m.

Covelo Registration Day

Thursday, January 6th
 Round Valley Classroom - 10 a.m. - 3:00 p.m.

Online schedule is now available:
www.mendocino.edu/schedule

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