

Willits Weekly

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A Nostalgic & Modern Record of Community and Life in Willits



Free – but donations accepted

Thursday, June 27, 2013

Edition No. 9

Board approves 'operative' county budget

Mike A'Dair
Reporter
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Supervisors have approved a \$225 million "operative" budget for the county of Mendocino. The operative budget will be in effect from July 1 until September, when the final 2013-2014 budget is slated to be approved.

The 2013-14 recommended budget is \$5 million more than the last year's budget, an increase of 2.31 percent. Nearly \$55 million is earmarked for discretionary spending under the control of the board of supervisors.

One key factor in the county's 2013-2014 spending plan is a nearly \$600,000 reduction in insurance costs, a savings of almost 53 percent over current year costs. However, costs for architectural and engineering services are set to increase by \$1.3 million (an increase of 46 percent); fuel expenses will go up by \$122,500 (an increase of 27 percent); and utility costs will increase by \$272,818, (an increase of 18 percent).

The budget includes: funding the county's capital improvement plan by \$1.3 million (including \$450,000 slated to go to the Mendocino County Museum in Willits); restoring \$1.7 million to the Department of Transportation (that amount was siphoned off last year to balance the county's budget); and increasing the assessor's budget by \$1.5 million. The additional funding for the assessor's office will allow the department to finally replace its property tax computer system.

The budgets for the Sheriff's Office and county jail are both being reduced by small amounts. The Sheriff's Office budget is being cut by \$174,000, or 1.57 percent from last year's budget; the jail is being cut \$293,797, or 3.44 percent.

During May's Third Quarter Budget review, the Sheriff's Office was projected to come in \$154,000 under budget this fiscal year, and the jail to come in \$238,770 under budget. The budget cuts are in keeping with those projections.

The Mendocino County Museum will receive an increase of \$66,000 over last year's budget, a 25 percent increase. The money will fund one full-time supervising staff assistant at \$56,000, and provide \$10,000 for conservation-care interns.

Additionally, supervisors included \$450,000 for repairs to the museum building as part of its capital improvement plan.

According to General Services Agency Director Kristin McMenomey, \$350,000 has been allocated for a new roof for the museum, \$60,000 has been allocated to repair a sinking foundation under a part of the building, and \$40,000 will be spent on installing a climate-control system in the storage building. This is approximately one-third of the entire budget for the capital improvement plan.

County Museum Volunteer Coordinator Barbara Willens, who was able to contact museum Director Alison Glassey by phone, said Glassey believes the money dedicated to the museum in the capital improvement plan is subject to change until the final budget is approved in September.

On June 18, Third District Supervisor John Pinches voted against approving the budget. Pinches said he did so because, at that time, it contained big cuts to the Resource Conservation District and the Arts Council.

In subsequent talks, the county Executive Office agreed to restore those cuts, and Pinches said in a recent telephone conversation he will vote to approve the final budget in September.

"I feel really good about it," Pinches said. "Our revenues are flat,

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



Above: Sweetheart contestants pose with the Soroptimist International of Willits ladies. Right side: Casey (top) and Lilja (bottom) model their outfits. Bottom, right: Lilja speaks to judge Marta Bartow. Bottom, left: Casey rides during the judging

Photos by Maureen Moore of Mphotographress.com

Oh, So Sweet

Last Sunday morning, the two Willits Frontier Days Sweetheart contestants, Casey Persico and Lilja Lamkin, participated in the horsemanship portion of this year's competition at the Jack Sharp Arena. They were judged on their riding abilities, as well as their knowledge of the anatomy of their horse.

Vicki Ham
Contributing Writer

That afternoon they were all dressed up for the poise and appearance portion of the competition, in which they modeled a dressy Western outfit of their choice, gave a speech on "What Willits' 125th Birthday

Means to Me," and were questioned by a panel of three judges on their poise and personality.

Contestants are judged in three categories in the Sweetheart competition: 40 percent on horsemanship, 20 percent on poise and appearance, and 40 percent on ticket sales. With competition in the first two categories now complete, Lilja and Casey are concentrating on ticket sales, and ask for your support in pre-purchasing tickets through Thursday, June 27. Both girls will be at the Hometown Celebration with tickets for sale. Those interested in buying tickets can also call Casey at 707-354-3996 or Lilja at 707-972-6793.

Soroptimist International of Willits has been sponsoring the Willits Frontier Days Sweetheart Competition since 1973. We are part of an international organization dedicated to improving the lives of women and girls. For information on becoming a part of this service organization, please call 456-9858.



No Parking zones

set along parade route



Mind your parking spot, pardner! Willits officials offer a heads-up to motorists, bicyclists and horseback riders to be safe and law-abiding while navigating Willits streets during upcoming merriment.

Once-a-year parking restrictions are set to be in place along the Frontier Days Parade route and the detour route, said Willits police. Willits Code Enforcement Officer John Sherman reminds those around town that horses on sidewalks are not allowed by Willits Municipal Code.

"The tradition of the town has been the same, forever," Sherman said. "People do ride horses on sidewalks." But, by the law, streets are OK, but local code does not allow horses to hoof it on city sidewalks.

Horses on streets get the same treatment as cars. State vehicle code affirms that a person on horseback "riding or driving an animal upon a highway, has all of the rights and is subject to all of the duties applicable to the driver of a vehicle."

Zack Cinek
Reporter
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Police Chief Gerry Gonzalez said horses are treated like a slow-moving vehicle and should endeavor to stay on the right-hand side of streets.

If it's safer for horsemen to be on the sidewalk before crossing traffic, for example, enforcers of the law likely will not be writing citations.

"It's one of those common-sense things," Gonzalez said.

Shrewd drivers will see "No Parking" signs posted along those routes in the early morning hours of July 4th.. Police say the signs remain in effect until the parade concludes.

Vehicles parked in the "No Parking" areas create a safety hazard to vehicular, pedestrian and parade traffic. When the enforcement process begins, any vehicle parked in the "No Parking" areas will be towed.

Persons with questions about the parade and detour routes may call Willits police at 459-6122.

Four arrested in weekend bypass protest

Cat Lee
Reporter
cat@willitsweekly.com

Four more arrests were made last weekend as protests against the Caltrans bypass of Willits continue.

Arrested were Sara L. Grusky, 57, of Willits, on suspicion of resisting, delaying, or obstructing a public officer, petty theft, trespass of real property, and escape; Theadora S. Grusky-Foley, 20, of Willits, suspicion of resisting or obstructing a public officer, trespass of real property, and escape; Matthew J. Caldwell, 27, of Willits, suspicion of resisting or obstructing a public officer and trespass of real property; and Naomi Wagner, 67, of Willits, suspicion of trespass of real property.

Grusky, Caldwell and Wagner have all been arrested previously during protests against the Willits bypass. Grusky and her daughter, Grusky-Foley, were booked on "escape" charges because the two left the scene of the Saturday night protest after being handcuffed by CHP Sergeant Mesa.

According to District Attorney Staff Assistant Jaime Torres, all four were released early Wednesday morning on their own recognizance. A Wednesday arraignment had been scheduled, but was postponed. "Nothing has been filed. The arrest reports are still under review by Mr. Eyster [Mendocino County District Attorney David Eyster]," Torres said.

The four were arrested by CHP officers Saturday night, June 22, following a planned action to provide support to protester Will Parrish, who climbed into a wick drain stitcher Thursday morning, June 20, effectively reducing the productivity of the wick drain stitchers by "approximately 50 percent," Caltrans Public Information Officer Phil Frisbie told Willits Weekly.

When he climbed up into the stitcher, Parrish reportedly had limited food and water, and cell phone access has since been lost.

According to Amanda "Warbler" Senseman, Parrish informed members of Save Our Little Lake Valley Friday night that he was out of food.

In an effort to resupply him, a group of about 40 supporters gathered at Bud Snider Park Saturday evening with buckets of food, gallons of water and a cell phone. They walked the approximately half-mile stretch along the railroad tracks to the work site.

"We were not successful," Grusky said. "The California Highway Patrol stopped us

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

What do YOU think?

Opinions, thoughts and thank you letters from readers

Changes in admitting

To the Editor:

The doctors of Baechtel Creek Medical Clinic are concerned about the changes that have taken place at Howard Memorial Hospital over the last two years and have decided not to continue admitting patients to Howard Memorial Hospital.

Baechtel Creek Medical Clinic patients who require hospitalization will be referred to hospitalists for care. Over the last two years, our physicians have devoted a lot of energy toward trying to improve matters at Howard Memorial Hospital. Now they plan to devote that energy toward their outpatient practices.

D. Mills Matheson, M.D., for the doctors of Baechtel Creek Medical Clinic

In Response to Baechtel Creek Medical Clinic

We are disappointed to learn of Baechtel Creek Medical Clinic's decision to suspend admissions to Frank R. Howard Memorial Hospital (HMH). For 85 years HMH has been committed to bringing access to quality care to our community and providing a safe and supportive environment in which our physicians can practice.

In recent years the long-trusted care provided at Howard Memorial Hospital has reached new heights. In 2011, HMH was named one of America's Top 100 Critical Access Hospitals. This recognition is out of over 1,300 critical access hospitals in the nation.

In the first quarter of this year patients rated Howard Memorial Hospital above the 90th percentile on the national HCAHPS survey for willingness to recommend the hospital to others. Earlier this year, employees – including the nursing caregiver – rated the hospital in the 99th percentile nationwide for their perception of patient care, and in the top quartile or above in 10 other categories.

Our rural community has unique access to exceptional health care provided through a partnership between local physicians, talented nurses and staff, and Howard Memorial Hospital. Ultimately, every patient has the right to choose where to go for their medical care. Our hospital remains available to all members of the Willits and Mendocino County community for inpatient care, emergency department, lab, CT and imaging and all other medical services.

With health care changing so rapidly, it is vital that we keep the conversation going and deepen our commitment to working together. As construction on the new hospital facility progresses, we look forward to continuing to provide a setting for high-quality hometown health care for another 85 years.

Rick Bockmann, CEO, Frank R. Howard Memorial Hospital

Mockup of bypass?

To the Editor:

I have wondered for quite some time what the Bypass will actually look like to us, as seen from the town or valley and from on the ground. What size and height, what color, what shape? What natural landscape does it obscure or cross?

For some reason, none of Caltrans' images have a "side view" – which is what we locals will see from the ground. I would love to see some talented engineer, architect or designer use photos of the valley and hills, and transpose a drawing of the actual-sized freeway onto those photos. Perhaps then each of us can make some conclusions about its appearance, rather than guessing.

This could be done for some of the alternative suggestions as well; a comparison would be illuminating.

The Rules: **LETTERS**

Letters & Commentaries: Email letters to willitsweekly@gmail.com. Letters from area residents, focusing on Willits issues, activities, events and people, have priority. Typed letters can be sent to Willits Weekly, P.O. Box 1698, Willits, CA 95490, but email is preferred.

Letters & Commentaries must have a name, address and phone number, although only the author's name and city of residence will be published. No anonymous letters will be published.

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Pudding Creek as seen from the Skunk Train



Creek. Photo opportunities are offered daily, allowing riders to take pictures on and around Steam Engine 45 before and after each ride.

Top entertainment is provided seven days a week by veteran performer, Train Singer Greg Schindel, and his incredibly talented son, Malakai. The concession car is generously supplied with everything from popcorn, hot dogs and chocolate to Skunk Train Beer.

For young children, the one-hour excursion could be just the right amount of excitement for one event. Special prices for local residents are \$10 for adults, \$5 for children (and dogs!) So don't miss this golden opportunity to ride the Pudding Creek Express.

One of the highlights of the Pudding Creek Express comes at the end of the journey when OI 45 begins her climb up the slight grade from Pudding Creek. I love the wailing whistle and the rhythmic chugga-chugga, "I think I can, I think I can, I think I can," as she climbs. Then as she proudly enters Fort Bragg heading for home, you can be sure OI 45 is chugging "I knew I could, I knew I could, I knew I could."

Train departs daily at 10 am from the Fort Bragg Depot and on Saturday, at 10 am and 1 pm.

We deeply appreciate everyone's generosity in giving the Old Skunk Train a new lease on life. Whoopie! Let's go take a ride!

Greg Schindel, Willits

'Giving is a Treat'

The Mendocino County Library is partnering with local food banks this summer in a canned food drive through August 17. The library is joining over 70 other libraries throughout California in the statewide "Acquire a Taste for Giving" campaign. The "Giving is a Treat" food drive will occur during this year's Summer Reading program, called "Reading is So Delicious."

During the food drive, the County Library will offer a Food-For-Fines forgiveness: for each nonperishable canned food item brought to any county library branch, \$2 will be subtracted from a patron's overdue fines. Only non-perishable, unexpired, store-sealed items will be accepted. No glass, please.

The overdue book fine forgiveness program serves a two-fold purpose: It will help meet the needs of many hungry members of the community, and customers who have accumulated high fines will be encouraged to continue to use the libraries.

Whether or not you have library fines, your contributions to the Giving is a Treat food drive are most welcome.

The Willits library, 390 Commercial Street, is open Mondays from 10 am to 6 pm; Tuesdays and Wednesdays from 10am to 8pm; and Thursdays and Saturdays from 10 am to 5 pm. The library is closed Fridays and Sundays. Info: 459-5908.

Check the Mendocino County Library page for more information, or to use the library's online resources, including downloadable audio books and e-books, and the Newsbank news archive, all free with your library card.

Mindy Kittay, County Librarian

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Community News

COLUMN NAME | Horse Health

Heartwarming stories & local tidbits



J.D. Redhouse to continue Rexall's fudge tradition

Change is inevitable. But, Darlene Bixler, owner of J.D. Redhouse, is doing what she can to make the future not only bright, but fudge-filled as well.

When the Willits Rexall Pharmacy changed hands earlier this month, previous owners Dave and Dana Lovitt approached Bixler and asked if she would take the recipe book for Rexall's beloved fudge and continue the tradition in their Sweet Shop.

Bixler, a fan of the fudge, graciously accepted and has been practicing the recipes, rearranging the Sweet Shop, running the double boiler, and making pans of fudge in preparation for tonight's big debut at the Hometown Celebration and to "keep the town in fudge" for years to come.

Also making its debut tonight is the newly recreated sign, mimicking the one that used to hang on the back of the Country Mall. The original sign was believed to have been done by Don Craighead back in the 1980s.

"The sign was there when we bought the building

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

Scoops celebrates one-year anniversary at Hometown Celebration

Scoops Frozen Yogurt & Deli is celebrating its 1st anniversary at this summer's Hometown Celebration. Lisa Davis and John Kvasnicka opened their doors at the 2012 celebration on June 28, and hosted nearly 400 customers that evening.

The frozen yogurt continues to be the big draw for Scoops. "We always have 10 delicious flavors, and we always have two sorbets. A lot of people are dairy intolerant," Kvasnicka said. "And we always have two sugar-free flavors for those with dietary restrictions."

The old standards, vanilla and chocolate, remain by far the favorite flavors. "We sell twice as much vanilla and chocolate yogurt as any other flavor we ever have," Kvasnicka said. Toppings for the gluten-free certified kosher yogurt include fresh and dried fruit, nuts, candies, cookies, and bobas, translucent fruit-flavored balls. "All the kids know what they are," Kvasnicka said.

Kvasnicka does the BBQing himself, on Thursdays, Fridays and Saturdays, on a covered grill in the back. The rotating BBQ menu includes tri-tip and pork ribs, as well as the chicken Scoops will feature Thursday night, which will come with Davis' homemade baked beans and potato salad.



John Kvasnicka and Lisa Davis of Scoops

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

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What about the wild horses?

I am often asked this question when discussing the complex and expensive recommended care for domestic horses. Some people are trying to avoid spending money, and others are trying to provide a more "natural" lifestyle for their horses. It's a legitimate question and deserves a thoughtful answer.

Wild horses captivate most horse people on some level. They represent freedom, nature, independence, power, beauty and a will to survive. It's easy to romanticize them and their lifestyle.

While political debates rage about their heritage, their impact on ranchers and the environment, and their "value," most of us are drawn to them in some way.

Wild horses are very different from their domestic relatives. Survival of the fittest applies and has influenced their genetic makeup for many generations. Those born with traits that limit survivability generally don't live long enough to reproduce much, thereby not passing on the genes for such problems.

Our domestic horses don't experience this genetic weeding out program. Instead, we decide what's desirable, whether it be color, size, family tree, conformation, athletic ability, or an almost endless list of traits that we have decided are positive. Our choices are often subjective, and they have nothing to do with survival. We pick out a few things we like and breed for them, often ignoring and amplifying other less desirable qualities that come with or are caused by these traits.

Most breeds suffer from some sort of human-induced genetic problem, like poor foot quality and shape in thoroughbreds, and tiny feet on huge quarter horses. We have to deal with these issues when we are caring for these horses if we expect them to remain sound and healthy.

Wild horses live a lifestyle that horses over a long period of time have adapted to. They travel many miles over rough terrain daily, at least on this continent. This helps keep their feet wearing at appropriate rates and angles, and puts them many miles away from parasites the herd leaves behind.

They graze on wild grasses and other plants instead of being fed various hays, grains and other unnatural feeds. Their natural diet helps their entire digestive tract, from their teeth through their intestinal tract, function properly.

The long distances traveled daily by wild horses, combined with the relatively sparse availability of feed, keeps these horses in good physical condition, avoiding the obesity and poor conditioning seen in many domestic horses. Horses adopted out of the wild and placed in domestic situations require the same care as domestic horses, as they no longer live this wild lifestyle.

Most wild horses don't live very long. As stunning and remarkable as nature is, it doesn't "care" about individual animals. For the herd to survive, only enough members have to breed successfully to maintain the population. Many wild horses don't survive to breeding age, and many more survive only a few years longer.

This is also true in some heavily competitive and economically important horse-breeding circles. The industries that produce these horses rarely care about individuals. Many foals are born: some are the wrong color or shape. Young horses are pushed very hard: only a few succeed in their sport, and many are neglected and die along the way.

In contrast, most of my clients are at least somewhat attached to their individual horses and expect them to live into their 20s and beyond. They are emotionally and economically invested in their horses. They are invested in a horse or a few horses that can't be easily replaced – so those horses need good health care throughout their lives to be productive for years and to reach old age happily.

The people may "only" be emotionally attached, or they may have invested a lot of money to acquire and train their individual horses for particular jobs or sports important to them. Most of the sports we participate in with horses involve asking horses to do things they would never do on their own, like jumping, fence hedges or sliding to a stop for a living. These horses need special care to have long, successful careers.

When we try to apply things that work for wild horses to our domestic horses: like no vaccinations, no foot care, no dental care, poor nutrition, and inadequate exercise level and environment, we are eventually disappointed with the results. It's a poor plan, and our horses deserve more. They are not wild animals and shouldn't be expected to try to live like they are.

Since many horses are valued greatly, veterinary medicine continues to be able to progress. We can provide all levels of care for horses, from basic preventative vaccination, deworming and dental care, to state-of-the-art imaging, surgery, therapeutic agents and physical therapy.

Dr. Sheri Cronin has provided mobile equine veterinary care in Mendocino and Lake Counties for 12 years. She has extensive interest and experience in equine dentistry, endoscopy, digital radiology, reproductive care and preventative medicine. She is also the on-site veterinarian for Willits Frontier Days. Check www.mobileequineveterinary.com for more info, or call Dr. Cronin at 456-6781.

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Trivia
What is one of the four words in the English language that nothing rhymes with?
1st Person To Call or Text With The Correct Answer Wins A Free 1st Run Movie Rental!

Last Week's Answer: **Pumice!**
Brought To You By:
DragonFly Natural Power

Puzzle Page

Activities & fun for kids of all ages

In the Stars...

ARIES

Mar 21 - Apr 20

Patience is necessary this week, Aries. Without it, you will grow frustrated quickly over the course of several days. Relax and make the most of the situation.

TAURUS

Apr 21 - May 21

Expect to feel energetic and enthusiastic this week, Taurus. You may not know the source of all this energy and optimism, but that's irrelevant as long as you enjoy these feelings.

GEMINI

May 22 - Jun 21

You may be feeling a little psychic lately, Gemini. Give your insights the benefit of the doubt and try to understand the message that is being conveyed.

CANCER

Jun 22 - Jul 22

Some intellectual conversation has you aiming for bigger and better things, Cancer. You may start a few creative projects as a result of these discussions.

LEO

Jul 23 - Aug 23

Leo, don't be surprised if some changes regarding your career come your way this week. A raise, promotion or a new job may be on the horizon. Embrace these changes.

VIRGO

Aug 24 - Sept 22

Virgo, a release of tension is just what you need. You may find that something that has been restricting you and holding you back disappears in a few days.

LIBRA

Sept 23 - Oct 23

Libra, sheer luck that brings strange and wonderful things is in the big picture this week. The things that you have been wishing or dreaming of just may come true.

SCORPIO

Oct 24 - Nov 22

Scorpio, a business or romantic partner brings good news your way. This news erases a funk that you have been in. The news may help you resume a goal you had abandoned.

SAGITTARIUS

Nov 23 - Dec 21

Sagittarius, don't worry about an upcoming doctor's visit. You may just get a clean bill of health from your doctor this week. This will definitely ease up some stress.

CAPRICORN

Dec 22 - Jan 20

You are full of creative energy, Capricorn, and must turn it into projects that may help you to earn some money in the near future. Get started while you are motivated.

AQUARIUS

Jan 21 - Feb 18

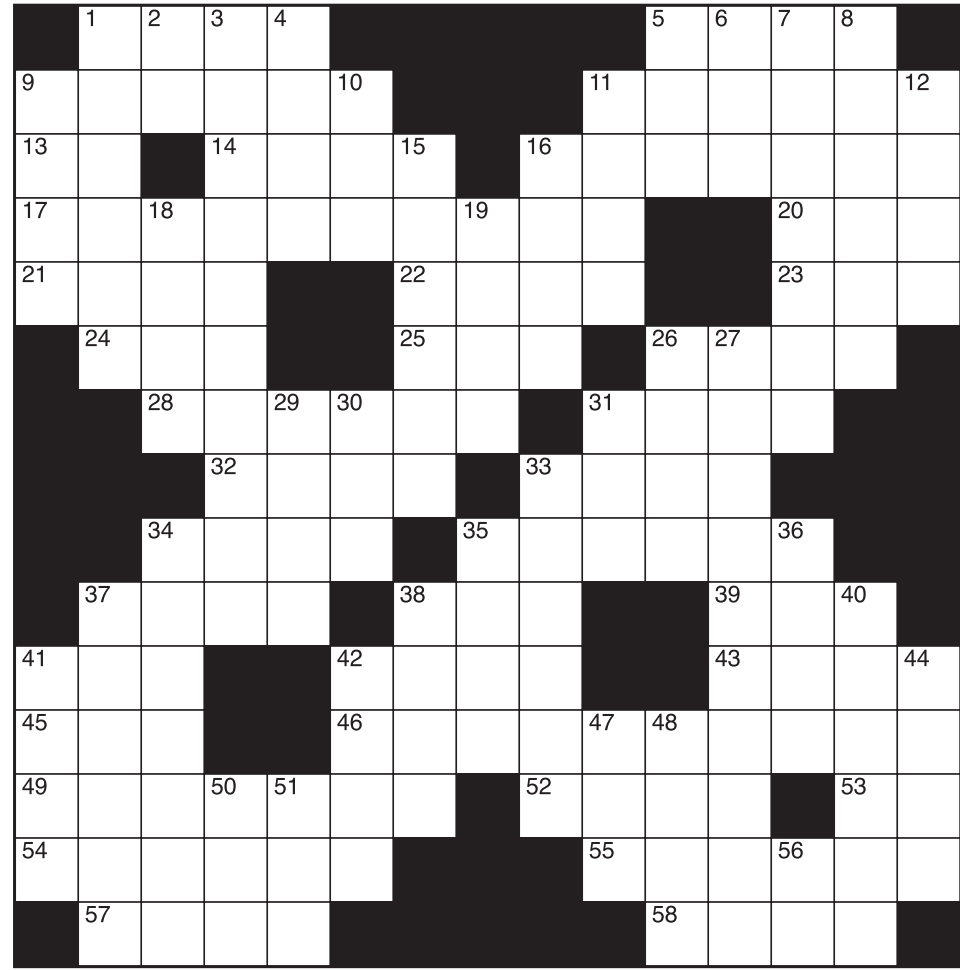
Expect some news that sheds light on a difficult issue that you have been trying to resolve, Aquarius. You may feel so relieved that a celebration is in order.

PISCES

Feb 19 - Mar 20

Exciting changes are coming, and they all center around you, Pisces. It may be embarrassing being the center of attention, but try to enjoy it.

Crossword Puzzle



CLUES ACROSS

- Minute amount (Scott)
- Insolent talk
- Unable to
- Scoundrels
- Wizard of ___
- Murres
- Malmsey wine
- Sunday prior to Easter
- Passage with only one access
- Large woody perennial
- Paddles
- A small demon
- Dakar airport (abbr.)
- Small game cubes
- Small amounts
- Ribbon belts
- Free from danger
- Natives of Thailand
- Incomplete combustion residue
- Segregating operation
- Lowest violin family members
- Part of a deck
- British Air Aces

- Confederate soldier
- Young woman coming out
- Belgian River
- Society to foster technological innovation
- Linen liturgical vestment
- Failed presidential candidate
- "Long Shot" author Mike
- Mind & body exercise
- Deep orange-red calceolary discipline
- Santa __, NM
- Cotton fabric with a satiny finish
- Packed groceries
- N'Djamena is the capital
- Fermented honey and water

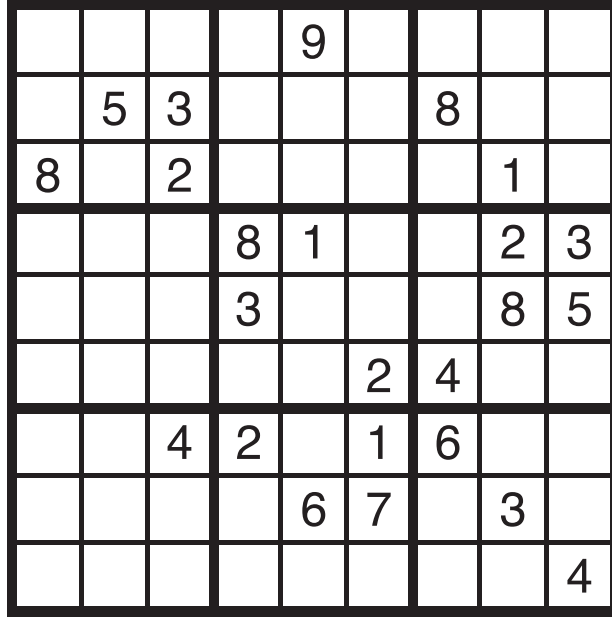
CLUES DOWN

- Golf course obstacle
- Article
- One who counts
- High rock piles (Old English) residue
- Length of time in existence
- Killing yourself
- Liquid body substances
- Egyptian Christian

- Egyptian pharaoh
- Beams
- Keglike body tunicate
- Positive electrodes
- Adult female horse
- NM art colony
- Aftersensation phytochemistry
- Deep orange-red calceolary
- Not a miss
- Distress signal
- Freedom from danger
- Day of rest and worship
- Phloem
- Was viewed
- Gluten intolerance disease
- NYC triangle park for Jacob
- Grouse
- Bounces over water
- Arabic sultanate
- Having vision organs
- Steeple
- Old Irish alphabet (var.)
- Corn genus
- British letter Z
- Peachtree state



Sudoku



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!

COLUMN | The Medicine Chest Garden

California Poppy

Eschscholzia californica

When I was growing up, I was told it was illegal to pick poppies, the California state flower. It is illegal to pick California poppies or any flowers on public property or along state roads and highways, where the orange and yellow beauties commonly grow. Fortunately they are very easy and inexpensive to grow yourself. Seeds can be broadcast in late autumn or early spring.

In addition to being a lovely late spring, early summer wildflower, poppy is a useful herbal medicine. It is a sedative used for insomnia and anxiety, and a mild pain reliever used for toothache, tension headaches and aching muscles.

The whole plant is used for medicine. Once your poppy plants are flowering and setting some seed, harvest the whole plant, including the root.

Discard most of the flower stems, wash the root, and dry it along with the flowers, green seed, pods and leaves. Herbs are best dried in the shade on a warm day.

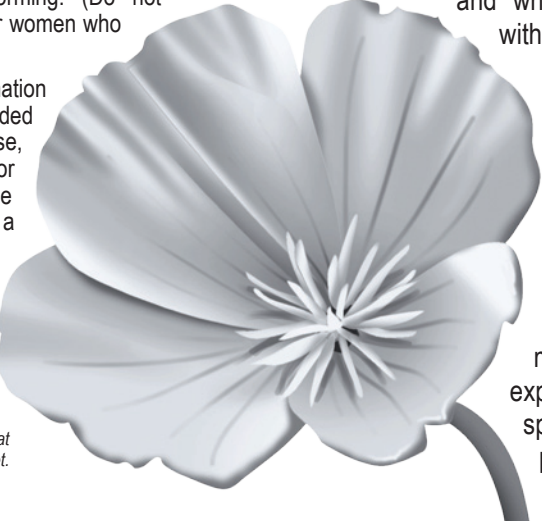
Store the dried herb in a glass jar in a cool, dark place.

When you are ready to use your poppy medicine, put 1 heaping tablespoon of chopped herb in a tea pot, and pour 1 cup of boiling water over it. Cover and steep 10 to 15 minutes. Strain and drink.

California poppy is mild enough to use for children, the aged, and sensitive people. It is non-narcotic and non-habit-forming. (Do not use for infants or women who are pregnant.)

[This information is not intended to diagnose, prescribe or replace the advice of a qualified health professional.]

Donna d'Terra is a Willits area herbalist who has been teaching herb classes for 25 years. She may be contacted at motherland@pacifi.net.



Jenna Byrne

Teaching the beauty & harmony of painless movement

offers increased strength and fluidity." I started asking myself: "What is my fullest movement potential?" We all move, every moment of every day; even when we are sleeping, our bodies are in constant motion. "Am I doing these movements with grace and joy." I asked myself, "and am I free from pain? Am I happy to be moving? Am I inspired with my life and movement?"

I found I sure wanted more grace and freedom from pain, and more fluidity in my movements and in my thinking. I am finding these benefits, and so much more in Byrne's classes.

We express ourselves through movement. If we can reawaken our awareness of the muscles and joints that are not used, used inadequately, or misused, we can extend our movement possibilities in both energy and expressiveness, and we are able to move and express ourselves without pain, and with the grace and strength we desire.

This is the goal of the Laban/Bartenieff Movement Fundamentals that Byrne teaches. This wonderful way of thinking and moving was originated from the work of Rudolf Laban, who is most notably recognized for his development of "Labanotation," a clear and concise language for notating all forms of human movement. His work was later expanded by Irmgard Bartenieff, a physical and dance therapist, who applied Laban's movement theories to the physical and kinesiological functioning of the human body. Her work is now known as the "Bartenieff Fundamentals."

Laban/Bartenieff Movement Analysis is used as a tool by dancers, actors, musicians, athletes, physical and occupational therapists, and anyone who would like to move more freely. It's one of the most widely used systems of movement analysis today. Byrne is a wonderful, compassionate teacher. Her Body Life Studio has a beautiful hardwood floor to explore all avenues of movement. Some of the work is done in a classroom atmosphere, with up to 10 students; she also offers private sessions that dovetail and expand upon classroom work.

The classes are exciting, moving, energizing, motivating, relaxing, thoughtful, and just plain fun. Sometimes there is music, sometimes dance; sometimes specific floor and movement exercises, and sometimes free expression, but Byrne is always working with the Laban principles of space, shape, effort, flow, and our individual needs and expressions. It is a wonderful, moving experience that grows and expands, as each week moves into the next.

Byrne can be contacted at bodylifestudio@gmail.com or 972-9949, for more information on group or private sessions.

Inset: Movement teacher Jenna Byrne; above: Janet Orth, front, and Lydia Simms, back, with teacher Jenna Byrne in Byrne's Tuesday intermediate/advanced class

Photos by Sandy Strong

Jenna Byrne has been teaching dance and movement in Willits for more than 30 years. She is graceful, warm, and experienced in teaching and helping people move with ease and harmony.

Sandy Strong
Contributing Writer

Byrne feels movement can be harmonious, like music: just as inspirational, graceful and joyful.

I became involved with Byrne and her movement/dance class after watching a performance in her studio showcasing two of her intermediate/advanced students: Lydia Simms and Janet Orth. I was moved by the grace and beauty of the performers' movement, and admired their strength. I knew right then that I wanted to do this class for my own self-improvement.

"These classes and Laban movements are now so integrated into my life that I am conscious of how I am moving in my shower, while weeding my garden, at my job, or just relaxing. They have affected every part of my life so positively," Simms said.

Byrne is a certified Laban Movement analyst, and a Dance and Somatic Movement educator. She is able to observe, analyze and notate current patterns of movement in her students, regardless of their age, where the movement occurs and for what purpose.

Through this analysis, she is able to decipher what is aiding and what is hindering free, purposeful movement without pain.

"At Body Life Studio," Byrne said, "you will explore a sustainable approach to living fully, clarifying intention, releasing old habits, and moving with freedom in a gently guided and supportive environment." Byrne's Body Life Studio is located in Studio 8 at the Little Lake Grange, School and Pine streets.

"Movement principles, improvisation and music open pathways to move easily as you explore relationships to the earth, self, others and space," she noted. "Accessing the supportive power of breath and core body connections

Community News

Heartwarming stories & local tidbits

Congratulations Column



Frontier Days Gymkhana showed off riders' speed and agility



Top: Madison Forrester turns in the arena; above left: Carmen Coleman heads around a barrel; above right: Shanna Gayski runs home
Photos by Maureen Moore of Mphotography.com

The rays decided to peek out of the clouds Sunday afternoon, so riders competing in barrels, poles and other gymkhana events had some fun in the sun.

Many horses and riders tried their hands and hooves at the event list, which included Cloverleaf Barrels, Washington Poles, 5-Can Barrels, Speed Barrels and Single Stake.

High point and reserve awards were given in each of the five age groups. High point winners received folding camp chairs with a leather plaque on the back, stamped with "2013 WFD High Point Winner. Reserve winners received leather bags with a leather plaque stamped with "2013 WFD Reserve High Point Winner."

Event organizer Amy Forrester wanted to thank the gymkhana sponsors: Rainbow Ag, Mendocino County Farm Supply, Black Horse Tack and J.D. Redhouse. Cloverleaf Barrels: In 19 & Over, first place went to Carmen Coleman, second to Misty Gayski, third to Ashley Briggs, and fourth to Jennifer Seymour. In 13 to 18, first place went to Shanna Gayski, second to Caitlyn Forrester, third to Bob Cronin, and fourth to Riley.

In 12 and Under, first place went to Gracie Silva, second to Sierra Mayfield, third to Madison Forrester, fourth to Lilah Garman, and fifth to Samantha Arms. In the pony class, first place went to Grant Forrester.

Speed Barrels: In 19 & Over, first place went to Coleman, second to Misty Gayski, third to Bob Cronin, and fourth to Briggs. In 13 to 18, first place went to Shanna Gayski, second to Caitlyn Forrester, third to Ahders, and fourth to Riley. In 12 & Under, first place went to Mayfield, second to Madison Forrester, third to Silva, fourth to Garman, and fifth to Jessica Cronin. In the pony class, first place went to Grant Forrester.

Washington Poles: In 19 & Over, first place went to Coleman, second to Misty Gayski, third to Bob Cronin, and fourth to Seymour. In 13 to 18, first place went to Shanna Gayski, second to Caitlyn Forrester, third to Ahders, and fourth to Riley. In 12 & Under, first place went to Silva, second to Madison Forrester, third to Jessica Cronin, fourth to Garman, and fifth to McKenzie Gregg. In the

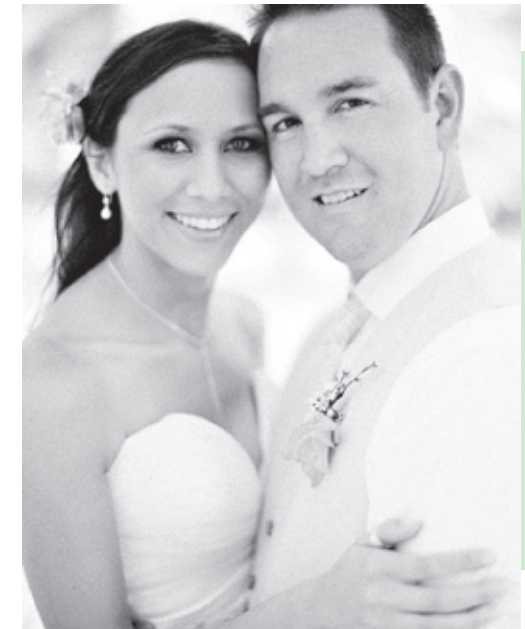
pony class, first place went to Grant Forrester.

Single Stake: In 19 & Over, first place went to Misty Gayski, second to Coleman, third to Bob Cronin, and fourth to Briggs. In 13 to 18, first place went to Shanna Gayski, second to Caitlyn Forrester, third to Ahders, and fourth to Riley. In 12 & Under, first place went to Silva, second to Madison Forrester, third to Mayfield, fourth to Jessica Cronin, and fifth to Garman. In the pony class, first place went to Grant Forrester.

5 Can Barrels: first place went to Shanna Gayski and Gracie Silva, second to Shanna Gayski and Sierra Mayfield, third to Caitlyn Forrester and Madison Forrester, fourth to Caitlyn Forrester and Hailey Riley, and fifth to Ashley Briggs and Jessica Cronin.

High Point and Reserve awards were presented to the highest scoring winners in each age group.

In 19 & Over, Carmen Coleman won high point, and Misty Gayski won reserve. In 13 to 18, Shanna Gayski won high point, and Caitlyn Forrester won reserve. In 12 & Under, Gracie Silva won high point, and Madison Forrester won reserve. In the Pony class, Grant Forrester won high point.



NEW Mr. & Mrs.

Kira (Waters) and Carl Creilly recently celebrated their marriage with family and friends on April 13. They exchanged their vows on the beach in beautiful Chacala, Nayarit, Mexico. They are making their home in Novato. The wedding party consisted of Willits High School alumni Chris Lamprich, Travis and Nicole (Beebe) Breznak, Miranda Maglinte and Brooke Ekdahl. The bride's nieces and nephews, Wayne, Emerald, Ava and Sammy Duke Waters, completed the party.



Kiera is Turning 8!

Happy Birthday, my little Cowgirl. I am so very proud to call you my daughter. You amaze me each and every day. I love you bigger than the sky! Love, Mom

Send us your congratulatory notes!
They're Free & Fun to Read
willitsweekly@gmail.com

Furry Friends

Hoping for a home

It's kitten season at the Humane Society. They have many long and short-haired kittens in a variety of colors. They are all neutered or spayed, and have their shots. Ella and Bonnie are beautiful Siamese kittens that were found near Hopland. Their friend Berry is a male tabby who was found in a blackberry patch. They are very friendly and looking for a good home.

The kittens are available for adoption from the Humane Society for Inland Mendocino County, 9700 Uva Drive, in Redwood Valley. The Humane Society is open Wednesday through Friday, from 1 to 5 pm, and Saturday and Sunday from 11 am to 3 pm. Info: 707-485-0123 or www.mendocinohumanesociety.com

Photo by Ari Steffen



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m.pho.tog.ra.phress

[uh-tog-ruh-friss]

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

Facebook **707-972-7047** maureengetsmail@gmail.com



Beef BBQ



WHEN & WHERE | 7/4 | Noon | Rec Grove Park | Adult: \$15, Child/Senior: \$8, Family Pack (2 Adults & 2 Children): \$40

Even as the parade comes to an end, the sizzling aroma of barbecuing beef can already be caught on the air, wafting out of the barbecue pit at the Rec Grove Park.

The line can get long, but anyone who's been through it before can testify that it's worth the wait - even when the team serves some 4,000 people during the luncheon.

Putting this monumental meal together takes the combined efforts of many local individuals, service clubs and businesses. However, under the direction of Mike Frahm and the help of many others, the event continues to be a success.

Anita Tharp and the barbecue fire crew light the coals around midnight to make sure they are just right by the time the cooks arrive around 6 a.m. The Odd Fellows Lodge, Rotary Club and many dedicated volunteers work through the night and into the day preparing cowboy-style beans, salad, garlic-buttered French bread and corn on the cob.

Roasted over oak coals since the crack of dawn, the Black Angus tri-tip roast is absolutely delectable. Tickets are available from the Sweetheart contestants and at the event, which starts at noon.

Main St. Parade



WHEN & WHERE | 7/4 | 11 a.m. | Main Street - Downtown Willits | Free to Attend

The strip of Main Street between Commercial Street and East Valley Street gets a holiday-themed makeover on the morning of July 4 as the annual parade kicks off and turns the normally busy Highway 101 into a red, white and blue extravaganza.

Community members and visitors from all over the county and beyond line the sidewalks of historic downtown Willits to watch the glitter, horses, dancers, floats, balloons, gunfighters, bands, flags, tractors - and usually a surprise or two - march down Main Street.

Several entrants have made the parade an annual or generational tradition for their families - some riding since they were just little buckaroos, including members of the Standley and Persico families and many other families.

Annual favorites include the winning and runner-up Willits Frontier Days Sweetheart contestants, the current Grand Marshal and Heritage Award winners, Roots of Motive Power antique logging equipment, Willits Horsemen's Association, Willits Police Department, Little Lake and Brooktrails Fire Departments, Cal Fire & CDF as well as many other emergency personnel - with sirens and lights blazing, of course.

The announcer's stand, located at the corner of East Mendocino Avenue and Main Street, introduces each entry and provides information on each group or individual participant. It also serves as the stage for the winner of the National Anthem contest to sing at the opening of the parade.

Though many stake out seats in the coveted shady locations in the early hours of the morning, the parade starts at 11 a.m. and is free to attend.

CCPRA Rodeo



WHEN & WHERE | 7/3 | 7 p.m. | Jack Tharp Arena | Box: \$15, Adult: \$12, Child: \$5
7/4 | 4 p.m. | Jack Tharp Arena | Box: \$15, Adult: \$12, Child: \$5

The California Cowboys Pro Rodeo Association is a group of top-ranked cowgirls and cowboys who participate on a circuit of professional-grade rodeos throughout the state.

The contestants participate in eight events: bareback, saddle bronc, team roping, calf roping, steer wrestling, breakaway roping, barrel racing and bull riding, hoping to win the coveted All-Around title. After the points from all the events are tallied, the cowgirl and cowboy with the highest cumulative scores win the title, coordinating engraved buckle created at Outlaw Saddlery, a wad of cold hard cash and bragging rights for the duration of the year.

The livestock for the events, the bulls, broncs and horned-aliike - 'rodeo stock' as they are referred to in the trade - are provided by Humboldt County's Lou Bugenig and Mike Mora of West Coast Rodeos. Known throughout the state as premiere stock contractors, West Coast bulls and broncs give the boys a challenge to hang on to, and the steer and calves try to give the ladies a run for their money.

In addition to the eight CCPRA rodeo events, cowboys and cowgirls from Lake, Mendocino and Humboldt counties can compete in local team roping events as well. Trophy buckles, also engraved by Outlaw Saddlery, are awarded to the top scoring Header and Heeler.

Anthem Contest



Being the one chosen to sing the iconic National Anthem at the Willits Frontier Days Parade, Junior Rodeo and CCPRA rodeo is something the winner of the annual contest will be able to remember for years.

In years past, vocalists of all ages and singing styles have tried their hand at the stanzas of the "Star Spangled Banner," including some very young kiddos and even a barbershop quartet.

Everyone is invited to come and cheer on their favorite singer at the contest held at the Rodeo Grounds

WHEN & WHERE | 6/30 | Noon | Rodeo Grounds | Free to attend

What's Happening Around Town

Thursday, June 27

Kid's Event - Bee Demonstration: 10:30 to 11:30 am, at the Willits Library, 390 East Commercial Street. Meet Library Director, Mindy Kittay, and learn how to make some lip balm, made with honey and beeswax. Then create a container for your lip balm, crowned with some jazzy jvels.

Truck Pulls: 6 to 9 pm, \$13 adult; \$5 child. At the Jack Tharp Arena at the Rodeo Grounds, 400 block of East Commercial Street.

Willits Frontier Days Street Dance: with Double Standyrd, Mendocino County blues and Southern rock band; after the Truck Pulls. At the Rodeo Grounds, 400 block of East Commercial Street. Free to attend.

Thursday, June 27

Teen's Event: 3 to 4 pm at the Willits Library, 390 East Commercial Street. Meet Library Director, Mindy Kittay, and learn how to make some lip balm, made with honey and beeswax. Then create a container for your lip balm, crowned with some jazzy jvels.

Opening Day of Kids' Farmers Market at the Willits Library: produce, flowers, seedlings, eggs, and more from kids' gardens and homes. All grown, raised, and marketed at great prices by Mendocino County kids. Thursdays from 3 to 4 pm, through August 15, in front of the Willits Library. Interested in being a seller at the market or an adult volunteer? Call and reserve a free spot to sell your home-grown items or get info on volunteering: Judith at 463-4153.

6th Annual Willits Hometown Celebration: 5 to 9 pm in downtown Willits. This year's theme is "Celebrate Our Independents." Local businesses and downtown restaurants stay open late, offering deals, goodies and special activities. Live music by Redbud, Farmers Market Band, New Blu Trio, and Lincoln Andrews & Company Jazz Jam. Info at the chamber: 459-7910. See Page 10 for more.

Shanachie Pub: the E.T. Jazz Jam for the Hometown Celebration Party. 7 pm. No cover. Featuring Lincoln Andrews on upright and electric bass, Michael Cantwell on piano and keyboards, and Jesse Bessoni on drums.

Shanachie Pub: The Groovinators, original and traditional blues, jazz, and swing. 8 pm. \$5 cover.

Friday, June 28

Willits Community Drum Circle: 7 to 10 pm at the Willits Center for the Arts, 71 East Commercial Street. Every 2nd and 4th Fridays. Free. Everyone is welcome. Info: 459-4932.

4th Friday Fun Night: 6 pm, Willits Methodist Church, 286 School Street, across from the Grange. Fun, games, fellowship and food: "taco" theme potluck. Please bring a small amount of taco filling ingredients if you can. Raffle for door prizes (everybody gets a raffle ticket). Freewill donation; funds go to Willits Kids Club. Info: 459-0861.

Shanachie Pub: Podge presents House of Love DJ Night, featuring Turtlebear with house music from 1996 to the present. 9 pm. No cover.



WHEN & WHERE | 6/30 | 10 a.m. | Rodeo Grounds | Free to Attend

Carnival & Games

The night sky overlooking the Jack Tharp Arena glows bright with the lights from the Johnston Amusements carnival every year.

The carnival offers rides, food and fun for kids and adults. Classics like the Gravitron and the Zipper give those hoping for a thrill a run for their cotton candy, and carnival games including darts, ping pong balls for goldfish and more test the skills of all attendees.

Willits Frontier Days Carnival: Opens Saturday, June 29 at 4 pm, Rodeo Grounds; continues through the evening of July 4. Pre-sale tickets available only at Lo Bucks; \$20 for a one-day wristband, good for unlimited rides that day only; normally \$25.



WHEN & WHERE | Starting 6/29 | Old Ball Fields | Tickets & Wristbands

are \$5 on Tuesdays at the Noyo Theatre. This week the Tightwad Tuesday movies are "Monsters University" (1:30, 4 and 6:30 pm); "World War Z" (12:30, 3 and 5:45 pm); and "Man of Steel" (2:30 and 5:30 pm). 57 East Commercial Street. 459-6660.

"If Not Now, When?" Health & Well-Being Presentation: Sponsored by Howard Memorial Hospital this month, as well as Willits Harrah Center. 6:30 pm at HMH's "11 Oaks" building, 1040 Main Street at Walnut. Topic: "Physical Health." Panelists include Dr. Bruce Andich, M.D., attending physician at HMH, who will share his grandmother's prescription for lifelong optimal health and well-being; Luis Pastor, physical therapist at HMH, who will talk about physical therapy and its role in maintaining optimal mobility and function as we age; Emmy Good, yoga instructor and advocate of aging with strength and grace; Jed Diamond, author and founder/convenor of the 10,000 Step twice-yearly Willits Walks; and Edie Ceccarelli, with her personal protocol for 105 years of health and vitality. Info: 459-6826.

Saturday, June 29

Free Sports Physicals: provided by Howard Memorial Hospital for student athletes this Saturday 9 am to noon in the 11 Oaks Conference Room at 1040 South Main Street. HMH will provide the medical forms needed for enrollment in a sports program. Walk-ins welcome; but RSPVs are requested, call Kristen at 456-3127.

Shanachie Pub: The Groovinators, original and traditional blues, jazz, and swing. 8 pm. \$5 cover.

Sunday, June 30

Zen Music with Shakuhachi: A concert with master flutists John Singer and Kurahashi Yodo, performing rare, historical Buddhist solo and duet shakuhachi pieces on the Japanese bamboo flute. One show only: 2 pm today. \$15. Willits Community Theatre, 37 W. Van Lane. Tickets available at the Goods' Shoppe, online at www.brownpapertickets.com/event/382007 or by calling 459-0895 to reserve tickets by credit card. Visit John Singer: <http://www.zenflute.com/> and Kurahashi Yodo: <http://www.mujuan.us/>.

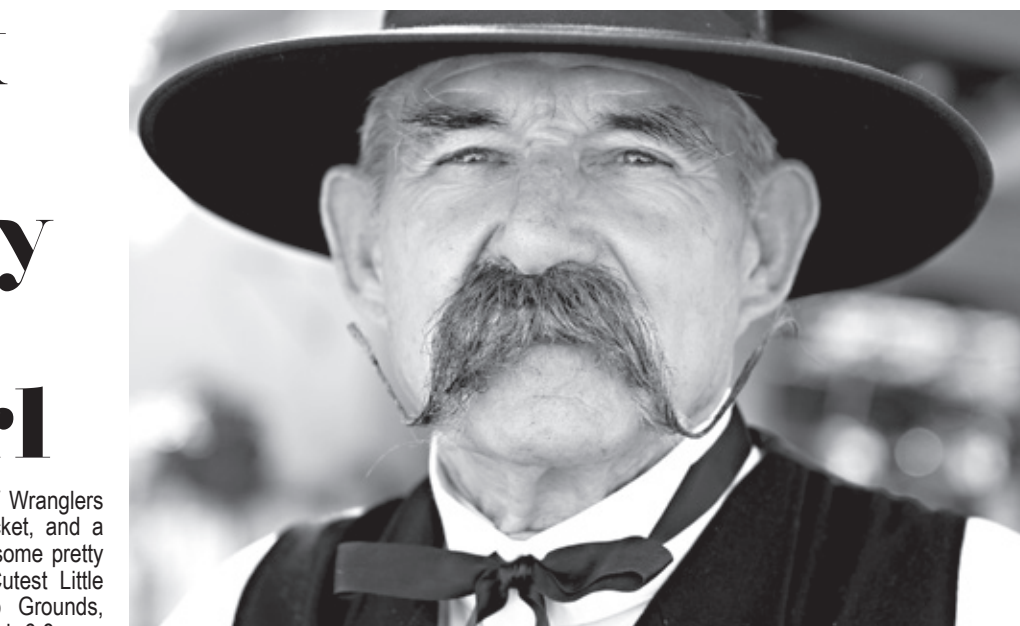
Wednesday, July 3

Unplugged: An evening with local singer/songwriters with a special jam finale honoring influential artists. 6 pm at the Willits Shakespeare Tent, 1195 South Main Street. \$10 advance at A Taste of Paradise; \$15 at the door. Featuring Shawn Coleman, Malakai Schindel, Adam Manos, The Real Sarahs, Hal Wagenet, Sam Kircher, Mark Hetherington, Forrest Glycer, and Alyra Rose. Info: 456-0152

Thursday, July 4

Willits Main Street Mile: 1 mile run down Main Street before the Independence Day Parade. Starts at the crosswalk at Commercial and Main, at 10:35 am precisely. Racers who can finish a mile in under 15 minutes are invited to participate. \$20 for adults and \$10 for children 10 and under. Proceeds from the race are to benefit the Willits High School cross country team. Registration available in advance by downloading entry form at www.willitsmile.com, or on the day of the race, from 8:30 to 10:20 am. Questions? 459-1731.

Grace Community Church Old-Fashioned July 4th Celebration: 12:30 to 5 pm at Grace Community Church, 25 Hazel Street, behind Flyer's. 459-3106. Free for the whole family. Bounce house, cake walk, petting zoo,



WHEN & WHERE | 7/4 | 3 p.m. | Rec Grove Park | Free to Attend

In 1970, the Black Bart Gunfighters, formerly known as the "Wild Bunch," formed in Willits, and to this day they provide entertainment at the Willits Frontier Days parade, barbecue and rodeo events. The group is comprised of good guys, bad guys, gunfighters, dance hall girls, youngsters, bootleggers, old pioneers and a traveling minister.

Members strive for authenticity with their costumes, props and guns. At times they appear to be obnoxious while drinking

Junior Rodeo



WHEN & WHERE | 6/30 | 4 p.m. | Jack Tharp Arena | Adult: \$5, Child: Free

CCPRAers had to start somewhere, and the Junior Rodeo event is the place for the little buckaroos to hone their arena skills before competing with the big guys and gals.

Many of the junior contestants also have been in the saddle since they were very little, many with practical ranch experience already under their belts.

Events at the junior rodeo include many of the CCPRA events, just on a smaller scale. Calf and steer riding offer the little ones a chance to get ready for the bulls, and the Mystery Scramble gives everyone - contestants AND spectators - a great giggle.

Though competition can be fierce even on the smaller scale, the parents of these little ones are always cheering them on and supporting them in every event.

Like the CCPRA rodeos, the stock is provided by Humboldt County's Lou Bugenig and Mike Mora of West Coast Rodeos, and the winner of the event also receives the All Around title and an engraved buckle. The overall high-point winner for the day will have the honor of receiving the Bud Suttles Memorial Trophy.

Pancake Breakfast



WHEN & WHERE | 6/30 | 7 to 11 a.m. | Rec Grove Park | Adult: \$8, Child: \$5

After many full days of Fourth of July festivities, the best place to be early the next morning is at the cowboy breakfast held at the Rec Grove Park.

The Lions Club gets busy early in the morning to make sure the hungry gathered crowd can grab a hot plate of hotcakes, ham, eggs and hot coffee.

Tables are available at the park to sit and eat, and many enjoy gathering to chat about the year's events.

Tickets for the breakfast are available from the Sweetheart contestants and at the event which runs from 7 to 11 am.

LLFD Waterfight



WHEN & WHERE | 7/3 | 5:30 p.m. | Humboldt St. | Corner Free to Attend

The best way to cool off from the hot July sun is with the annual Firemen's Water Fight located on Humboldt Street just west of the Little Lake Firehouse.

The event is held mainly for bragging rights and a good time for both teams. The objective is to try and get a tethered barrel to cross into the opponents' side, by means of the fire hose.

Teams hold the hoses and try and spray the barrel over, as the other team tries to defend and return the barrel to the other side.

Every year, both sides of the street are lined with giddy spectators cheering on the volunteers - and hoping to enjoy some time in the "splash zone."

Black Bart Gunfighters

Each member must go through a gun safety course before participating in any skills that involve gunfights, and at the beginning of every show they give a gun safety demonstration.

The Black Bart Gunfighters group is a nonprofit organization. Money they earn provides scholarships for graduating Willits High School seniors.

Donations are gratefully accepted by Al (Crusty) Robinson, P.O. Box 862, Willits, California 95490. Info: 707-459-3409.

Growing fruit + rain = PG&E problems

Overloaded branches pose threat to power lines and to trees themselves

Maureen Moore 2013 looks like it might be a good fruit year; that is, if the overloaded branches can survive the rest of the growing season, and the recent rain's additional added weight.

Trees throughout Little Lake Valley are already covered in rapidly growing pears, apples and plums, and many older and long and lanky branches are at risk of breaking with this year's heavy bounty.

Add power lines to the mix, and that can be disastrous.

Pacific Gas and Electric is willing to come and assess trees that are obstructing or pushing on power lines coming from the transformer to the house, but the burden of clearing the obstruction is often on the homeowner or landlord, not PG&E.

However, PG&E will temporarily remove the line, allowing a homeowner, landlord or landscaper to have easier access and elbow room while pruning in-the-way branches. PG&E will then reconnect the power

line free of charge after the work is done.

Leaving the trees unattended can be problematic. If branches already exerting pressure on the lines snap and rip the line off the house or out of the transformer – or otherwise cause damage – the homeowner could be held responsible.

How can you avoid these problems? Well, regular pruning in the tree's dormant season – usually January and February – is best, because branches can be more easily managed and guided away from lines at that time. Summer pruning is also an option: pruning in summer can also improve access to light and air for fruit and leaves on interior branches. Planning for the future, by not planting new trees under existing lines can also help.

PG&E encourages anyone with any concerns about safety regarding their power lines to contact them directly. They will quickly send out an expert to assess and aid with the situation.

PG&E can be reached at 1-800-743-5000.



Top: This old apple tree couldn't take the weight of the fruit and rain on its weak branches; far left: pops were heard coming from the trunk as it split apart; close left: Christopher Moore trims a few stray branches hoping to lighten the load on a fruit tree; bottom: while photographing the tree from afar, the moment was serendipitously and sadly caught on camera when the massive branch fell to the ground.

Photos by Maureen Moore



There will always be an England

Death comes from the right (part 1)

Louis Rohlicek
Contributing Writer

Editor's Note: The first of a series of articles by Willits Weekly's foreign correspondent Louis Rohlicek about his recent adventures in England.

There are many reasons to visit England. The countryside is lush and green, and full of wildflowers, especially in late spring. The food is excellent. Contrary to centuries' old propaganda issued by the French Ministry of Culture since the Battle of Agincourt, the food in England is tasty and varied. And the beer is worth the trip alone.

The people all speak English, so you don't have to memorize little phrases, like "Dej mi pusinku, milachku," when trying to communicate with the natives. Granted, the people in England all speak with accents that sound like they've been to Harvard or Yale, but just don't take it personally.

One custom, however, is hard to get used to: the English all drive on the left side of the road.

They're not the only ones to do this. Out of 242 countries, 75 drive on the left. Most of them also play cricket.

This custom is definitely disturbing for drivers who are used to driving on the right side of the road.

My wife, Sally, and I were in England in May to visit Sally's English relatives. Since her cousins and nephews were spread out between East Anglia and Cornwall, we had a lot of territory to cover. We decided to rent a car.

But before setting off on the English highways, we opted to spend four days in London. We would walk. We'd breathe fresh air. We'd visit interesting sites.

We hoped in this way to recover from our eight-hour jet lag. It didn't work.

We tried going to bed early. We'd wake up at 3 am. Soon light would be filtering through the drawn curtain. By 3:45, the dawn chorus would begin, as the little birdies started singing passionately to greet the new day, gathering outside our hotel window to perform this ritual.

We tried going to bed late. We'd still wake in plenty of time to hear the chirping and trilling outside our window.

To encourage sleep at night, we decided to walk everywhere during the day. We walked to the Victoria and Albert Museum, opting to see the "Treasures of the Stuarts, The Tudors, and the Russian Tsars", rather than the "David Bowie Retrospective." We walked to the Thames River by way of the Old Brompton Cemetery, a large public cemetery/garden with ancient and modern tombstones, huge chestnut trees, flowering shrubs, and pathways leading through grave sites and uncut grasses. We walked to Kensington Gardens adjacent to Hyde Park, where immense beech, lime and sycamore trees towered over flower gardens and neatly graveled walkways. We walked and walked, thereby exposing ourselves to danger.

While driving on the left side of the road may seem unsettling to an American, being a pedestrian is even more dangerous.

Death comes from the right.

Say you want to cross the street. Like a good pedestrian you look left before stepping off the curb. No one coming. Nice. You start to cross. BIG MISTAKE! All the cars and double-decker buses are coming from the right.

"At school we were taught: Look right, look left, look right again," Sally informed me. I had to learn a new mantra.

After four days in London, it was time to strike out for the countryside. We caught the "tube" at Earl's Court to return to Heathrow Airport. I had previously reserved a car there with Budget Car Rentals.

We originally decided to rent a "mini," so we could get good gas mileage; at over \$7 per gallon of gas, it was something to think about.

"Are you driving outside of London, sir?" Mr. Raj, the rental clerk asked me.

"Ipswich, then Devon, and other areas in the southwest."

"Sir, please, I strongly advise you not to rent a mini for long-distance driving. As soon as you get on the motorways, the lorries will blow you all over the road."

"What do you suggest?"

"We have available a VW Golf, with five speeds. It uses diesel instead of petrol. It costs a bit more to rent, but you'll more than make up for that inconvenience with savings you'll make in fuel purchases," Mr. Raj assured me.

Since he sounded like he graduated with the Harvard Class of 2004, I figured he knew what he was talking about.

"OK." I signed on the dotted lines and took on full insurance coverage.

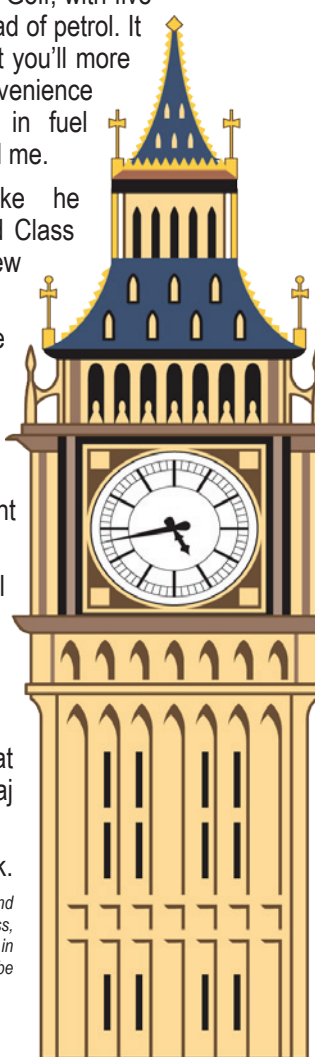
"I think the Golf will be a lot safer around the lorries," I explained the slight change in plans to Sally.

Sally was a bit skeptical about the deal that just came down. "Where can you get diesel?" she confronted Mr. Raj.

"You can buy diesel at every petrol station," Mr. Raj assured her.

There was no turning back.

Louis Rohlicek works as a stone mason and landscape contractor through his business, Capability Brown Landscaping. He has lived in Mendocino County for 40 years. He can be reached at 459-2237.



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Is there too much stress and drama in your life? Discover a new peace. Call Wolfgang Ronnefeldt, M.A., Counselor at 459-2101.



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Join us for a Community HU Song Tuesday, July 23, at 6 pm at Willits City Hall, 111 E. Commercial Street. HU is a simple, uplifting prayer or mantra and can help you experience divine love and find inner peace. Families and all faiths are welcome. Sponsored by Eckankar: Experience the Light & Sound of God. Information? Please call 972-2475.

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Wanted: Swim Coaches for Willits Otters swim team. Experience coaching desired. Monday through Thursdays, 5:30 to 7 pm. Possible Mornings, 7:30 to 9 am. Some weekends required for swim meets. Contact Tanja @ 317-753-9413.

Volunteers Needed

Harrah Center is looking for people, any age, with a heart for service. We can use all skills and coordinate for your free time. Call us 707-459-6826 or come in 1501 Baechtel Rd, Willits

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Have you had a spiritual experience? You are invited to participate in an ongoing, spiritual discussion Tuesday, July 23, at 6 pm at Willits City Hall, 111 E. Commercial Street. Sponsored by Eckankar: Experience the Light & Sound of God. Information? Please call 972-2475.

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California Gun Laws

Firearm laws are complex, and California's laws are particularly complex. For the complete rules, refer to the California Department of Justice website: ag.ca.gov/firearms. A new package of seven gun laws passed by the California Senate on May 29 is now being considered by the California Assembly. According to the Sacramento Bee, these bills would "tighten the state's regulation of firearms by outlawing detachable and large capacity magazines, keeping track of people who buy ammunition and widening the category of offenders who are prohibited from owning guns for 10 years."

Marc Komer
Columnist

Here is a run-down of some of California's current firearm laws.

California is a "may issue" state for concealed carry of a firearm. A license to carry a concealed firearm may be issued or denied to qualified applicants at the discretion of the county sheriff or municipal police chief in their place of residence.

In practice, the attitudes of different sheriffs and police chiefs toward the issuance of permits vary widely and, consequently, different jurisdictions in California can vary anywhere from *de facto* shall-issue to *de facto* no-issue. A permit may be issued, by a county sheriff or city chief or head of municipal police, in one of two forms:

- A license to carry concealed a pistol, revolver, or other firearm capable of being concealed upon the person.

- Where the population of the county is less than 200,000 persons according to the most recent federal decennial census, a license to carry loaded and exposed in that county a pistol, revolver, or other firearm capable of being concealed upon the person.

California does not recognize any concealed carry permits issued by other states or their political subdivisions.

Open carry of loaded firearms in public is generally prohibited except in unincorporated areas where the county has not made open carry illegal, or where the discharge of firearms is not prohibited. Carrying of an unloaded, unlicensed firearm in plain sight is not prohibited except in areas otherwise prohibiting the carry of firearms under state or federal law, such as school zones, post offices, government buildings, state and national parks, "sterile" areas controlled by security screenings, etc.

The buyer of a firearm must fill out an application to purchase a particular gun. The firearms dealer sends the application to the California Department of Justice, which performs a background check on the buyer. The approved application is valid for 30 days. There is a 10 day waiting period for the delivery of any firearm.

Sales of firearms from one person to another (private party transfers) must be made through a licensed firearms dealer using a Private Party Transfer form. The licensed dealer may charge a \$10 fee in addition to the \$25 transfer fee the state charges. Any number of firearms may be transferred at one time using this method.

The dealer submits a Dealer's Record of Sale (DROS) form to the state, and the purchaser must wait 10 days before picking up the guns. Federally defined curio or relic long guns over 50 years old may be sold without going through a licensed dealer.

Handgun purchases, except for private party transfers, are limited to one per 30-day period. To purchase a handgun, a buyer must have a Handgun Safety Certificate. This is obtained by passing a written test given by a Department of Justice certified instructor on the safe and legal use of handguns. The certificate is valid for five years. A buyer must also perform a Safe Handling Demonstration when taking possession of a handgun.

Dealers may not sell any handgun unless it is listed in the Department of Justice roster of handguns certified for sale. Listed handguns must include certain mechanical features and pass a set of laboratory tests. Private party transfers, curio/relic handguns, certain single-action revolvers, and pawn/consignment returns are exempt from this requirement.

Marc Komer is a legal document assistant and notary public in Willits. He can be reached at 707-459-2775 or www.mendolegaldocs.com.

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Community News

Heartwarming stories
& local tidbits



The rain, sun, mist, wind (and rain again) was comparatively welcome at the Willits Frontier Days Horse Show held at the Rodeo Grounds last Sunday, at least compared to the 109-degree option of a few weekends ago. There was quite a turnout this year of riders and spectators, too – who all seemed to have a great time watching riders show off their skills.

English and Western disciplines were presided over by Peter Larson, a judge from Sebastopol, who watched the participants demonstrate their skills in under-saddle rail classes, their agility through trail courses, and their technical level at the horsemanship pattern. The day ended with a fun costume class, where riders and horses were decorated in as much red, white and blue as possible.

A high point and reserve award were presented at the end of the day to two in each age group. High point winners took home a set of \$300 professional clippers, and reserve winners received \$100 certificates each for J.D. Redhouse and Mendocino County Farm Supply.

The high point winner in the 12 and under group was Gracie Silva, and Nakai Chilson took reserve. In the 13 and over group, Nicole Sichlinger won high point, and Ashlynn Rose took reserve.

Model Horse classes look at the animal's typiness to breed and correctness in confirmation. Showmanship is done with horse in-hand and showcases the equestrian's ability to control and maneuver the animal from the ground. Leadline classes are for the littlest riders, with handlers to help move them around the ring. Pleasure classes are judged on the horse, and equitation classes are judged on the rider, in both English and Western disciplines. Novice and Maiden classes are for more inexperienced riders or horses. Trail courses assess the horse and rider's ability to navigate common outdoors obstacles like gates, bridges and more. Horsemanship classes are designed to be a more challenging rail/trail class, with non-common requests such as intentionally picking up the wrong lead, side passing over poles, and other more difficult options.

In the Model Horse, 2 & Under class, first place went to Lana Grieve with Only By Grace and second to Jeri Harman with First Class Flame. In the 3 & Over class, first place went to Robert Fischer with One Smooth Mister, second to Gracie Silva with Elan's Lucky Playboy, third to Madison Forrester with KC Tweedle Dun, fourth to Bobbi Lippmann with Lee Kay, and fifth to Caitlyn Forrester with Peppys at the Bar.

In the Showmanship 12 & Under class, first place went to Silva, second to Forrester, third to Nakai Chilson with Judge Me Best, fourth to Lilah Garman with Bozo, and fifth to Grant Forrester with Zack. In the 13 & Over class, first went to Ashlynn Rose with Radar, second to Fischer, third to Grieve, fourth to Nicole Sichlinger with Joes Hot N Vegas, and fifth to Caitlyn Forrester. In the

Local 17 & Under class, first went to Rose, second to Caitlyn Forrester, third to Carlie Scarbery with Sir Ozzwald, fourth to Keely Ahders with Paso Grande, and fifth to Silva. In the Leadline class, first went to Noah Willoughby with Buster, second to Zoe Alvarado with Jill, third to Grant Forrester, and fourth to Mariah Ochoa with Tony.

In the English Pleasure, walk/trot Maiden Open class, first went to Chilson, second to Silva, third to Emma Garman on Patches, fourth to Danielle Barry on Romeo, and fifth to Adhers. In the 12 & Under class, first place went to Silva, second to Chilson, third to Emma Garman, fourth to Lila Garman, and fifth to Barry. In the 13 & Over class, first went to Sichlinger, second to Rose, third to Melissa Roth on Benjamin, fourth to Thais Reed on Cat Tracks Spotted Fancy, and fifth to Scarbery.

In the English Equitation, walk/trot Novice Open class, first went to Barry, second to Emma Garman, third to Sheri Cronin on SR Miss Driften Fire, fourth to Reed, and fifth to Silva. In the 12 & Under class, first went to Barry, second to Chilson, third to Lilah Garman, fourth to Emma Garman, and fifth to Silva. In the 13 & Over class, first went to Roth, second to Sichlinger, third to Scarbery, fourth to Rose, and fifth to Reed. In the Local 17 & Under class, first went to Rose, second to Reed, third to Emma Garman, fourth to Scarbery, and fifth to Silva.

In the Trail 12 & Under class, first went to Silva and second to Lilah Garman. In 13 & Over class, first went to Fischer, second to Sichlinger, third to Rose, fourth to Kaitlan Whitley on Tex, and fifth to Lippmann.

In the Western Pleasure, walk/jog Maiden Open class, first went to Chilson, second to Roth, third to Halee Reed Jillian on Finley, fourth to Caitlyn Forrester, and fifth to Lippmann. In the 12 & Under class, first went to Chilson, second to Jessica Cronin on Rolling Thunder, third to Lilah Garman, and fourth to Silva. In the 13 & Over class, first went to Fischer, second to Sichlinger, third to Rose, fourth to Roth, and fifth to Caitlyn Forrester. In the Local 17 & Under class, first went to Rose, second to Silva, third to Chilson, fourth to Jessica Cronin, and fifth to Caitlyn Forrester.

In the Western Equitation, walk/jog Novice Open class, first went to Whitley, second to Caitlyn Forrester, third to Chilson, fourth to Jessica Cronin, and fifth to Roth. In the 12 & Under class, first went to Chilson, second to Silva, third to Lilah Garman, and fourth to Jessica Cronin. In the 13 & Over class, first went to Sichlinger, second to Rose, third to Fischer, fourth to Roth, and fifth to Caitlyn Forrester. In the Local 17 & Under class, first went to Rose, second to Chilson, third to Silva, fourth to Jessica Cronin, and fifth to Caitlyn Forrester.

In the Horsemanship class, first went to Fischer, second to Sheri Cronin, third to Sichlinger, fourth to Ashley Briggs on Nyx, and fifth to Caitlyn Forrester.

In the Red, White & Blue Costume class, first place went to Sierra Mayfield on Yell Yell, second to Scarbery, third to Rose, fourth to Ahders, and fifth to Silva.

Results compiled by Willits Frontier Days

The (Horse) Show Must Go On!

Wacky weather no problem at first Frontier Days event



Top left: Nakai Chilson; at left: Keeley Ahders; above: Sierra Mayfield shows in the Red, White and Blue costume class

See more at <http://photographress.zenfolio.com/horseshow2013>



Above: Reserve in 13 & Over, Ashlynn Rose; High Point in 12 & Under, Gracie Silva; 2012 Sweetheart Rachel Belvin; High Point in 13 & Over, Nicole Sichlinger; and Reserve in 12 & Under, Nakai Chilson pose together after the show. At left: Thais Reed on Cat Tracks Spotted Fancy; bottom: Danielle Barry rides Romeo

Photos by Maureen Moore of Mphotographress.com



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