



**Willits Chamber update**

To the Editor:

Last week, while out of the country on vacation with my son, I logged into the ship's internet for a few minutes and received a text from my husband with a picture of an article about the Willits Chamber of Commerce that had been published in the Ukiah Daily Journal and The Willits News. The article was completely false, undermined an organization that does nothing but work for the betterment of the Willits community, was disheartening to its many volunteers, and was disrespectful to the memory of Lynn Kennelly, who dedicated the last 30 years of her life to the advancement of the Willits community through her work with the Willits Chamber of Commerce.

A couple of weeks after the Willits Chamber's executive director, and my dear friend, Lynn Kennelly passed away, I received several messages from The Willits News asking for a call back. As a courtesy I returned the calls and spoke with a reporter. I told him I was not ready to do an interview – that I felt broken after losing Lynn. I did NOT say the Chamber is broken. I did not provide information about the Chamber's hours for an article. I did not give him permission to quote me in any way. These were my own private feelings about the loss of my friend, explaining why I could not help with the article. At NO time did I give this reporter permission to quote me. At NO time did I say that the Chamber is broken.

I was and still am broken with grief – but those are my private feelings spoken to someone who I thought would be able to understand why I did not want to do an interview. I never imagined that these newspapers would take advantage of me during a time of unspeakable grief and that they would take my words spoken in grief and twist them to make a headline. There is no excuse.

So how is the Chamber actually doing? I believe the Willits Chamber is doing remarkably well. The new software transition is coming along nicely. Committees are meeting, planning is underway for 2017 events – including the High School Career Fair, Hometown Festival and the Car Show. North County Women In Business is thriving.

Resumes for the position of executive director are being reviewed, and interviews will be scheduled soon with interview panels consisting of a cross-section of community stakeholders.

The Willits Chamber is anything but broken. There is no question that we've taken some blows over the past few months, but the Willits Chamber continues to move forward, and its members and volunteers continue to work toward making Willits an even better place to live, work and play.

I have asked for a retraction and an apology.

**Lisa Epstein, board president, Willits Chamber of Commerce**

**The importance of Willits TV**

To the Editor:

What is the importance of Willits TV in our community? Most people know it as channel 3 on Comcast or their internet platform, "www.WillitsTV.org," which provides a platform for viewing local events and locally produced video projects. But it is much more. If you bring in your story and are willing to allow it to be broadcast on their programming schedule, Willits TV has all of the equipment needed to produce a video of your own story. After a short class on how to use and care for the equipment, you go capture the footage you need for your project. When you bring that footage back you are allowed to use the station's computer and the program necessary for editing that footage. Someone will show you how to get started and will be there to rescue you when you get stuck. But that's not where it ends, because that story can then also be posted on a variety of other platforms, and, once the skills are learned, other stories can be told, and those skills shared with others. Also, the door is still open should you get stuck again or want to learn more advanced skills.

**The Rules: LETTERS**

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

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

**Willits Weekly**

Willits Weekly is a locally owned independent newspaper, founded in 2013, covering the greater Willits area.

**Volume 4, Number 190**  
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# What do YOU think?

Opinions, thoughts and thank you letters from readers

Shortly after turning 50 I decided that I wanted to record the gardening techniques that had been passed down to me. I couldn't afford thousands of dollars to pay someone to produce a video for me, and decided that I would learn how to do it myself. I first studied at the Ukiah ROP campus. Unfortunately after two years their program was discontinued, but it was enough to get me hooked. While working on my project I recorded and edited dozens of local theater productions, but eventually got stuck. I then attended a couple video courses at Santa Rosa Community College, but that proved to be too far away and did not give me the hands-on experience that I needed. Last I heard those classes were not being offered.

Then I found out about Willits TV, got the support that I needed and have since produced videos on gardening, the Brooktrails board of directors meetings on the Willits bypass, a promotional video for the Brooktrails Fire Department, three weddings, and much more. Some of these videos can be viewed on "Living Sculpture Studios/Facebook" as well as on Willits TV's platforms. Thanks to Willits TV, video has become a passion for me and a way to serve my community. As far as I know there is no place closer than San Francisco to get this service.

Yes, you can record something on your smart phone and post it on Facebook, but much of what you see there is often unclear, not concise and basically unwatchable. Willits TV provides guidance in developing your story in a professional manner and gives you a platform to reach your public. This guidance mostly comes from Andy Wright, our station manager, and it is his extensive expertise that provides that all-important safety net.

During my time at Willits TV I've seen a broad cross-section of our community come through the doors. A father brought his teenage boy in, members of our church community have taken advantage of the facilities to promote their teachings and publicize events, one young man created a music video, and many musicians have been able to share their talents. I've seen Andy give a homeless man the opportunity to produce quality videos, giving him a sense of pride in himself and a place in our community.

Everyone has a story that is worth telling. Most will never be told because people don't believe they can tell it well enough to not be laughed at. Willits TV's doors are open to all of those people, saying that their story is important, and that they are capable of telling it in a way that will inspire others. We are living in a world where people feel that they have no voice, and that they are not part of the community they live in, that they have no way to become visible and contribute to their world. Willits TV offers them an opportunity to change that paradigm.

Video is becoming more and more the preferred mode of communication, yet the facilities to learn how to communicate effectively are extremely limited. Video is a language and just like you had to learn to speak and write well, there are skills needed to communicate through video. Take the time to let Willits TV help you. With the support of our community and your feedback as to what you would like to see us provide, we hope to enlarge our services to include more internet content, possibly classes on using smart phones to produce video, outreach to local schools, and all the things you might think of.

Don't forget, if you don't have access to Comcast, channel 3, then check out www.WillitsTV.org.

**Ron Woolsey, Willits TV board member, Living Sculpture Studios, Phoenix Rising Garden**

**Showing off our local talent**

To the Editor:

With the reported reduction of customers in many stores in Willits following the opening of the bypass, many of us are concerned about the future of our local businesses. Store owners are pressing Caltrans to get more effective signage at freeway exits to alert passersby to services Willits offers in terms of food, lodging and gas.

In addition to standard signs, how about showing off the creativity that Willits should be so proud of? We have a multitude of musicians, theater folks, artists, craftspeople, and builders who live in and around Willits. Our Arts Center, theaters, musical venues, and Mendocino College classes are evidence. The Mendocino County Museum frequently holds innovative exhibits and festivals, like the Museum Road Show and the Kinetic Carnivale. Our Roots of Motive Power, Skunk Train, and Willits Frontier Days and the Fourth of July Rodeo are all favorite staples of locals and tourists alike.

Judi Berdis and I have learned about the roots of creative

power in this community while working on a Museum exhibit opening in June 2017, featuring the history of Willits, called "Main Street: Then and Now." In over 50 interviews with local folks, recurring themes were the persistence and creativity of Willits citizens. In an interview with Lynn Kennelly, the former director of the Chamber of Commerce, just days before she suddenly passed away, Lynn said: "Because Willits is so small, people are involved in many different organizations or causes because they're really passionate about what they're involved in, which has made a lot of things happen in this community."

So how about blending our town's creativity, the ability to make things, and the passion for keeping our town afloat by creating billboards at the freeway exits that go beyond the standard signage but instead are murals that both show off our local talent and advertise our intriguing events, organizations and institutions?

Can't you just see it? Colorful collages, mixing photos and paintings, that catch the eye and make potential passersby think, "Hey, this looks like a cool town with fascinating stuff going on here. Let's stop in and find out what's happening." Just an idea. We sure need all the ideas and actions that people can take to keep Willits thriving.

Tag, you're it!

**Kim Bancroft, Willits**

**WCS drive up to \$31,325**

To the Editor:

As of January 24, the Willits Community Services Winter Fund Drive is up to a total of \$31,325, thanks to the latest donations from the community members listed below:

Bill Barksdale, David & Linda Beebe, Pat Collins, Thayer and Paul Craig, Frank R. Howard Memorial Hospital, Dave Knudsen, S. & E. Olson, Umakant & Suman Mistry, Pine Cone Motel - Om Shiva, Gene & Carley Stewart, and Mary Zellachild.

Please help us continue to provide essential services to our community by helping us reach our Winter Fund Drive goal of \$34,000. Donations (checks made out to "Willits Community Services") can be mailed to WCS, 229 East San Francisco Avenue, Willits, CA 95490, or dropped off during office hours: Tuesday, Wednesday, and Friday from noon to 5 pm.

Donate online via the PayPal Giving Fund. Open this link: https://www.paypal.com/fundraiser/hub, then search for "Willits Community Services." Or donate through Ebay Charities. Open this link: http://charity.ebay.com/charity/search/ and search for "Willits Community Services."

All contributions are very much appreciated.

**Jim Marill, director, Willits Community Services**

**Supervisors write Caltrans about signage**

To the Editor:

*[Editor's Note: The board of supervisors approved sending this letter to Caltrans District 1 Director Tim Craggs at the January 10, 2017 board meeting.]*

Dear Mr. Craggs: The City of Willits offers many important services to travelers on Highway 101, including fuel, food, lodging, shops, as well as attractions like the County Museum, Skunk Train, Roots of Motive Power, parks and more. Current signage regarding the existence of services offered in Willits is inadequate and, with the opening of the 101 bypass, even with adequate signage, there will be adverse impacts on many businesses in Willits as well as a reduction in city revenues. Inadequate signage also deprives the traveling public of information about services and attractions in the City of Willits.

It is also important to properly identify access to westbound Highway 20 for the benefit of travelers to the Mendocino Coast. In September 2016, the Willits City Council requested that Caltrans immediately order and have installed at least one additional sign along northbound 101, approximately two miles south of the Willits exit, saying "Willits, two miles: gas, food, lodging, hospital." or similar wording.

The City of Willits indicates that some signage has since been installed and that you continue to work with them to identify additional opportunities to establish beneficial

Read the rest of **Letters** | *Over on Page 6*

**Willits Weekly**

EST. 2013

A Nostalgic & Modern Record of Community and Life in Willits

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Below: Pat Hart, Michael Hackleman, Kyle Madrigal, Bonnie Madrigal, and Cathy Ortiz at Babcock Park.

Photo by Jenny Senter

Below, middle: Participants in the Willits Women's March gather on the corner across from Safeway before marching to Babcock Park.

At bottom, left: Gwenn Glotnis flashes a peace sign along with her sign. At bottom, right: Marchers and their signs.



Above, from left: Margaret Pirouette with her sign south of the Willits Arch. Anita Elliot, left, and Dianne Carter, with their signs. Willits Women's March organizers Kristal Kammer, left, and Hannah Brown. Three generations of marchers: Barbara Hollis, Becky Button, and her daughter Lucy.

At left: Some of the 61 attendees of the Willits Women's March at Babcock Park.

Photos by Jenny Senter

## Willits Women's March

Locals stage a quick march for women's rights on Saturday

With only two days to get the word out, Willits resident Hannah Brown took to Facebook to help inspire the people of Willits to join with groups around the nation and the world to march for women's rights.

Because many Willits people already had plans to attend marches in other locations, Brown was happy with the turnout of over 60 people, especially given the short notice.

"I was really surprised that a lot of local communities were participating in the marches – Laytonville, Ukiah, Fort Bragg – and Willits wasn't having a march," Brown said, holding a large sign painted with the female symbol and the word "Respect."

"There were a lot of people interested, so we went ahead and gathered today," said Brown, who also noted that she received quite a few negative comments on her posts.

"There were a lot of pro-Trump responses even though this march does not focus on Trump," Brown said. "It focuses more on women's rights and human rights."

Brown explained that having a march in Willits specifically was important for other reasons.

"In a town like Willits, where recently we've lost women like Kayla Grace Chesser, this is the perfect place to have a march for women's rights and against violence to women."

Chesser, a beloved Willits native, was raped and murdered in the early morning hours of November 1, 2014.

"Another reason I'm here is because I am disabled," Brown said. "I have a life-threatening illness called Crohn's disease; it has no cure and I could barely walk this far today to do the march. I'm really hoping that the Women's March – as it was nationwide and worldwide today – will have a huge place for people with disabilities and that it will bring attention to that issue as well."

Brown identified her grandmother as her primary inspiration for standing up for women's rights. Along with the sign, Brown donned a pin that read "Be Nice."

This is [my grandmother's] pin," Brown said. "She wore it while marching for these

Read more of **Rights** | *Over on Page 13*



Photos by Damian Sebouhian



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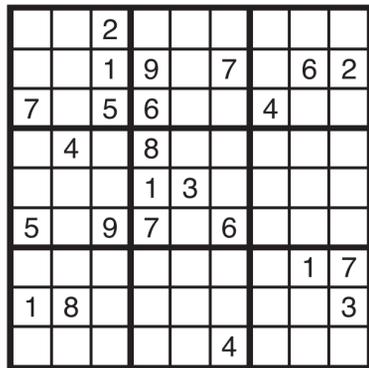
"Waaat, you shopped out of town and paid way too much for poopie furniture?"

You should have gone to Willits Furniture. All of January, get 10% off SALE PRICES for cash.

**Willits Furniture Center**  
Price - Quality - Service

# Crossword Puzzle & Sudoku

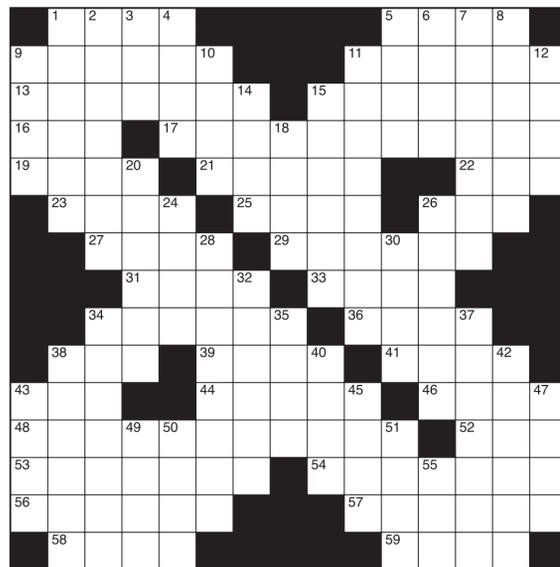
**PUZZLE ANSWERS ON PAGE 13**



Level: Intermediate

## How To Sudoku:

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



## COASTAL WORD SEARCH

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

## CLUES ACROSS

- Newts
- Taxis
- Ski down these
- Solace
- Thieves of the sea
- Diacritical mark
- Frost
- Enmities
- Furnace for baking
- Founder of female institute
- Eight
- Earl Grey and chamomile are two
- Messenger ribonucleic acid
- Dull, unproductive pattern of behavior
- A large and hurried swallow
- Large nests
- A way to choose
- Grocery store
- Drains
- Hawaiian wreath
- Where fish live

## CLUES DOWN

- Call forth
- Front legs
- Third-party access
- Hairlike structure
- Ghanaian money
- Settled down
- Ill-natured
- Choose
- Mountain in the Slovenian Alps
- Samsung laptops
- Inquire into
- Not slow
- Thailand
- Front of the eye
- Kentucky town 41549
- Extreme disgust
- Not fast
- Smelled bad
- Portended
- Leader
- Comedian Noah
- Course
- Sloven
- Perfect places
- A vast desert in N. Africa
- Monetary unit of Angola
- Clerks
- Canadian law enforcers
- Without (French)
- Having wisdom that comes with age
- Delicacy (archaic)
- Grows older
- Bitterly regrets
- It's present in all living cells (abbr.)

- |           |             |           |
|-----------|-------------|-----------|
| BEACH     | NAUTICAL    | SEAWALL   |
| BOARDWALK | NEAP        | SEAWEED   |
| BRACKISH  | OCEAN       | SHELL     |
| BREAKER   | OVERTOPPING | SHORELINE |
| COASTAL   | PICNIC      | SURF      |
| CRABS     | POOLS       | TIDAL     |
| CURRENTS  | REEDS       | TIDE      |
| DUNES     | REEF        | TROUGH    |
| EROSION   | RIPPLE      | UMBRELLA  |
| FISH      | SALT        | UNDERTOW  |
| GULLS     | SANDY       | WATER     |
| JETTY     | SCAVENGER   | WILDLIFE  |

COLUMN | Cannabis as Medicine

## Methods of Delivery

If the cannabis plant were discovered today, free of the stigma, we would be pursuing it with vigor and enthusiasm. It is very often an effective remedy for a multitude of health conditions – once the correct dose, molecular combination, plant strain and delivery method have been determined for each individual. In many cases cannabis should be the first treatment we try, not the last. Studies suggest that for most of us, a low dose is more effective than a high dose. No human being has ever died from an overdose of cannabis, something that cannot be said about nearly any prescription medication or drug of abuse.

The potential "side effects" are easily manageable. Many of the side effects are considered therapeutic: euphoria, relaxation, hunger, sedation, enhanced sensory experience. Others: time distortion, altered concentration, dizziness, brief episodes of rapid heart rate, anxiety/paranoia, and dry mouth can be avoided with correct dosing and cannabis content.

For those of you who are new to the world of cannabinoid medicine, here is a brief description of the various ways it can be utilized.

Smoking is the most familiar method. Vaporizing is an alternative way to dose oneself via the inhalation method. The onset of effect is quick, usually within five minutes and lasts on average about two hours. This method is great for conditions that require a quick effect such as migraines, nausea, or panic attacks.

Tinctures are my favorite method because the dosing can be consistent. Tincture is a cannabis extract in oil or alcohol and can be placed under the tongue or swallowed. Onset of action is usually between 15-60 minutes and lasts on average about four hours. Tincture is an appropriate method for all conditions and is relatively easy to make at home.

Edible cannabis products are slow to kick in, usually 30 minutes to three hours, and their duration of effect is about eight hours on average. Dosing can be tricky and takes several methodical tries to find what works for you.

Topical cannabis is very popular for aches and pains and skin diseases. I met an elderly woman who found great relief from a topical spray and balm, which she used for shingles-related neuralgia.

Suppositories are an excellent way to deliver relief for lower back and pelvic pain or for people who aren't able to swallow or inhale, such as a hospice patient.

Capsules and gel caps offer consistent dosing in an easy-to-swallow pill form.

Concentrated cannabis in the form of a thick paste, called "Phoenix Tears," is frequently used by people with cancer.

There are product lines for our pets as well – and I can personally attest to their healing properties which have kept my terminally ill cat alive for months beyond his expected death, and he's doing great!

Cannabis tea and juices, bath salts, massage oils and lip balms are other options.

Go visit a dispensary and see for yourself. Emerald Pharms at the Real Goods Solar Living Center in Hopland is a professionally run dispensary that is able to welcome the public. Go have a look at their products. If you want to make a purchase you'll need to obtain a legal recommendation. I strongly advise that you seek a medical consultation from a cannabis specialist especially if you're wanting to treat a disease or medical condition.

Go visit a dispensary and see for yourself. There are several dispensaries in our area, but they require a legal recommendation to enter. Emerald Pharms at the Real Goods Solar Living Center in Hopland is a professionally run dispensary that is in the unique position of being able to welcome the public. Go have a look at their products. If you want to make a purchase you'll need to obtain a legal recommendation. I strongly advise that you seek a medical consultation from a cannabis specialist, especially if you're wanting to treat a disease or medical condition.

Please contact me with any questions – I'm happy to offer guidance.

[This column is for informational purposes; it is not intended to diagnose, prescribe or replace consultation with qualified medical professionals.]

U Joi Sandhu is a physician assistant with 15 years of experience in conventional medicine who is now working as a cannabis medicine specialist in Willits and Ukiah. To contact her, email [ujomed@yahoo.com](mailto:ujomed@yahoo.com). This column is written in collaboration with the Mendocino County Cannabis Nurses Association. For more information about MCCNA, contact [janice.cinek@yahoo.com](mailto:janice.cinek@yahoo.com).



Scotty and Tracy hold up plates of hot breakfast, ready to serve.

## They're Open!

Ardella's Diner opens up for 2017  
 After their usual holiday break, the popular Willits eatery, Ardella's Downtown Diner, is finally back open, serving breakfast and lunch to excited diners. Wednesday, January 18 was their first day back after closing on Sunday, December 18. The menus have been reinserted into plastic menu covers, and there were even rumors of some possible menu additions coming soon! Pop back in, grab some eggs, a burger or their delicious tofu tacos, and say "hi" to the crew! Ardella's is open Wednesday through Sunday for breakfast and lunch. More info: 459-6577.

## Furry Friends Hoping for a Home Sweet Seal

Seal is a 2-year-old spayed female mixed-breed dog who currently weighs 35 pounds. Seal is a very affectionate dog who really wants a home where she is a member of the family. She wants to live inside, cuddle on the couch, and be around her people as much as possible. Seal is a dainty girl, a great size at just 35 pounds. She LOVES to go for walks, explore the world and meet new friends, and luckily she is great on a leash, which makes outings enjoyable for everyone! Seal is a delightful, special girl that is going to be a truly wonderful companion.

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



Photo by Rod Coats



## Pretty Talula

When pretty Talula was first brought as a stray to the shelter, she was not pleased one bit. After a few weeks, however, she decided that she quite liked the indoor life! She's now very glad to receive pets and treats, although she maintains her independent spirit. Talula likes people, but would do best in a home without small children.

If you'd like to learn more about Talula, give us a call at 707-485-0123, check [www.mendohumanesociety.com](http://www.mendohumanesociety.com), or visit the shelter at 9700 Uva Drive in Redwood Valley. Open hours: 1 to 5 pm, Wednesday through Friday; and 11 am to 3 pm, Saturday and Sunday.

CONGRATS

## Happy 100th birthday to Shirley Duncan

Congratulations to longtime Willits resident Shirley Duncan on her 100th birthday! Family and friends gathered at the Baechtel Creek Village Rec Room on Saturday to celebrate Duncan's January 20 birthday, with cake, a round of "Happy Birthday to You!" and other festivities.



Find a Willits Weekly distribution box at:  
 101 Drive-In, Scoops, J.D. Redhouse, Willits Post Office, Village Market, Ardella's Downtown Diner, Buttercups Children's Boutique, Willits City Hall, Willits Library, Mariposa Market, the old Country Skillet, Old Mission Pizza, Gribaldo's Cafe, Brewed Awakening, and Ace Copy and Shipping.  
 Newest boxes at Mendo Mill, the senior center, Grocery Outlet in Willits, and Geiger's in Laytonville.

**Bareroot fruit tree SALE**  
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**Redwood Meadows** is an active independent senior community featuring 101 apartment homes, primarily a mix of one and two bedroom apartments which are single story 4-plex cottage-type set amongst seven acres of park like landscaping.  
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WILLITS POLICE DEPARTMENT  
**POLICE LOG**

January 16 to January 22

By Danya Davis, Willits Weekly

The officers of the Willits Police Department handled 112 incidents in this seven-day reporting period.

**Summary of Active Investigations and Arrests**

**January 17**

1:03 pm: Officers initiated a theft investigation of a missing license plate in the 400 block of North Lenore Avenue.

**January 19**

11 am: Officers performed a traffic stop in the 21000 block of Locust Street resulting in the arrest of SIMMONS, James Keith (26) and SANDERSON, Nicole Marie (22). Simmons was booked into the Mendocino County Jail on four felony charges: Probation Revoked, Metal Knuckles, Assault w/Deadly Weapon other than Firearm, and Kidnapping for Ransom or Extortion. Sanderson was booked into county jail on a Probation Revoked charge.



James Keith Simmons

11:39 am: Officers initiated a theft investigation of a missing license plate in the 10 block of Pine Street.

**January 20**

12:44 pm: Officers responded to a call about a burglary of tools and/or electronics reported in the 10 block of Bush Street.

**January 21**

12:35 am: Officers responded to a report of trespassing in the 1200 block of Locust Street.

7 am: Officers initiated an investigation of a Willits Skate Park violation in the 800 block of Hearst Willits Road.

**January 22**

5:49 pm: Officers responded to a malfunction of the railroad crossing arms at the trestle near Safeway. Officers directed traffic around the obstacles until the malfunctioning arms could be removed.

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

If you just want to come chow down, then the All-You-Can-Eat Crab Dinner is the event for you! The dinner will be held on Friday, February 17 at the Willits Community Center.

Dinner is \$50 per ticket, and there will be a limited seating of around 225 people. Rotarian Ann Alumbaugh encourages anyone interested in attending the dinner to pre-purchase their tickets soon to make sure they don't miss out. Tickets are available at Willits Furniture, Tri-Counties Bank and the Willits Senior Center.

In addition to the crab, dinner attendees can fill their plates with sides of pasta, salad and French bread, with the option to purchase beer or wine to accompany.

Entertainment will include live music by The Basics, as well as a live auction and a dollar auction.

Dollar auctions are a fun take on raffle drawings. They work like this: Patrons purchase a paddle with a number on it. At the beginning of "bidding" for each item up for auction, those interested in bidding on that item place a dollar into a communal

bucket or jar on their table. Placing a dollar into the bucket allows them to raise their paddles to be eligible to win the upcoming item. All who are eligible hold their paddles in the air, and a winning paddle number is drawn by the auctioneer. If that number matches a paddle held up, that paddle, and its owner, win that item. If the winning number is not a raised paddle, another number is drawn. This continues through each item on the roster - Alumbaugh plans on some 30 items being included this year.

The live auction will include some higher ticket items, which are still coming in.

"We do already have some great gifts for both auctions," said Alumbaugh. "But if anyone wants to donate something, we'd appreciate it! We have handmade afghans, a tequila-themed gift basket, decorative kitchen items, gift certificates, kitchen baskets and a garden wheelbarrow full of goodies, just to name a few."

The dinner is a benefit for the Willits High School Seniors Scholarship Fund and the Willits Senior Center. Info: Alumbaugh: 841-1315.



**50 years a Lion**

A tribute to Willits' Paul Krause for his many decades of service

Willits Lions Club member and World War II veteran Paul Krause was honored Saturday at a gathering at the Harrah Senior Center for his 50 years of service as a Lion, 44 of them in Willits.

The event started out with a presentation of the colors by American Legionnaires Roger Ham and Matt Dearing, and was emceed by Lions Club President Verd VanBezooyen with keynote speaker Sheriff Tom Allman. Friends told stories about Krause's life - many heartfelt, and some funny!

"It's good to be here," said Krause in response. "Actually, it's good to be anywhere!"

Asked why he chose the Lions Club to join all those years ago, Krause said: "It's the oldest service club in the world, and all the money ever raised goes to charity - it all goes right back to Willits or the local area of every club."

These days, the service Krause performs most is visiting older and homebound friends. "I go out every day and visit old people," he said. "There's a 98-year-old man I take around and help him to shop and get his medications."

Krause can do that because - as fellow Lion Bill Barker pointed out at the tribute - at age 95, he just got his driver's license renewed by the state of California for another five years. "He's got his license until he's 100!" Barker said.

Krause met his wife, Elyse, when he was recuperating in a hospital bed after being wounded in the war. Just six weeks later, Sheriff Allman told the crowd, the pair was married. "I met her in bed," Krause quipped from the audience, to laughter and applause.

"There's nothing you're more proud of than your

family," Allman continued. "And there's nothing your family is more proud of than you. You're a businessman, a veteran - and a family man. You've added to our community ever since you arrived [working as Paul Krause Realty]. On behalf of the community and the Sheriff's Office, thank you very much for what you've done for the community."

Members of Krause's family, including his daughter, Sandy, and her husband, Gilbert Fuentes - "I was lucky enough to marry Paul's daughter," he said - and his granddaughters, Isabelle and Rosemary, enjoyed hearing the stories and applause, including a standing ovation.

Another story about Krause and the Lions Club was told by 35-year Lion Tom Lucier: "The first night I went to a Lions Club meeting there was a big row," Lucier said. "They were talking about letting women come in - as a Lioness club - and a bunch of the old-timers walked out. But Paul stuck it out."

Lion Wayne Bashore thanked Krause for his commitment to the community and, specifically, for his frequent visits to Bashore's own grandmother. The Willits Senior Center's Frances Neumeyer praised Krause for being a gentleman: "You open the doors for all the ladies. There's not all that many gentlemen, but you are one."

"If any of you don't know," said Paul "the other Paul" Ubelhart, "Paul has perfect attendance at the Lions Club for 50 years!"

Lions Club President VanBezooyen credited Krause for inspiring him to work with the Boy Scouts and with the Lions Club. Both the American Legion and the Lions Club were Willits Troop 42 sponsors when VanBezooyen's sons were Boy Scouts, and when the boys finished with Scouting, and

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



At left: Willits Lions Club President Verd VanBezooyen, left, honoree Paul Krause, center, and Sheriff Tom Allman outside the Senior Center after the tribute.

At left, below: Paul Krause, center right, with his daughter, Sandy Fuentes, on the right; her husband, Gilbert Fuentes, on the left, and his two granddaughters, Rosemary and Isabelle.

Below, from top: A celebratory cake served in Krause's honor at the gathering.

Paul Krause, left, accepts a plaque for 50 years of service, from Willits Lions Club President Verd VanBezooyen.

Paul Krause's Lions Club vest covered with only about half the pins Krause has earned over the decades.

Photos by Jennifer Poole



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

signage. The County of Mendocino would like to express our support of the City of Willits request for additional signage and urge Caltrans to continue to work with them on any additional signage so as to mitigate adverse financial impacts to the business community and city revenues.

John McCowen, chair, Mendocino County Board of Supervisors

**Thank you from Willits Community TV**

To the Editor:

We at Willits Community Television want to express our thanks to the many people who turned out on a rainy Thursday to support public access television. The occasion was the January 19 meeting of the Mendocino County Board of Supervisors ad hoc committee.

Supervisors Dan Gjerde and John McCowen met with community members regarding the perceived value of public access television throughout the county to help them make recommendations to the full board about future funding.

In all respects, WCTV (our local cable channels 3, 64 and 65 and our internet sites) received strong support. The importance of the concepts of free speech

and of supporting our local organizations via public access television was echoed by the many who came and spoke at the meeting.

We feel sure that it was clear to the supervisors both from the number of attendees and from the depth, diversity and passion of their opinions that our community places high value on these concepts. The supervisors also learned more about the essential support we have been receiving from the City of Willits, for which we are very grateful. We feel that the worth of our local station was firmly established.

We hope that the future decisions made by the county board will offer increased financial support so that the local operations and programming of WCTV will be even more robust than in the past.

Community volunteers have made the station as strong as it is, and they have our special thanks. We look forward to your continued viewing.

Furthermore, we encourage anyone who is interesting in creating or helping to create local video productions to contact us at wctvnc@gmail.com.

Thank you, Willits, the town with a heart in the heart of Mendocino County.

The board of directors and staff of Willits Community Television

The rest of **Baskets** | From Page 5

Park Hopper tickets; 1 dozen red roses from Flowers by Annette; \$150 in merchandise from Cat's Meow; Homemade bath salts from Rhonda Vannorsdel; a \$100 gift basket from Howard Memorial Hospital Gift Shop; Gift certificates from El Mexicano, La Siciliana Italian Restaurant and Pizzeria; Main Street Music and Video, and Book Juggler; and much more, for a value of over \$700.

All proceeds from the basket raffle ticket sales go to help fund the Sober Grad party. The winning ticket(s) will be drawn on February 13.



**Showin' Some Love**

Valentine's Day is coming up, and Willits Weekly is once again excited to feature photos of the community's loved ones this holiday.

We will print as many photos as we can in the February 9, 2017 edition.

Please email photos to willitsweekly@gmail.com, or text them to 707-972-7047.

Also, please include a caption, identifying yourself, as well as those in the photo. First names only are OK.

All photos must be submitted by **MONDAY, FEBRUARY 6 at 5 pm.**

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**Thursday, January 26**

**Free Positive Parenting Group:** "Systematic Training for Effective Parenting" free classes are parental guidance workshops for parents of children ages 4-12, and they will take place once a week for seven weeks, Thursday mornings, 9 to 10:30 am, at Brookside Elementary School, Room 25. Open to all families with children in the Willits Unified School District. Breakfast is included. The first meeting is Thursday, January 26. Subsequent Thursday meetings: February 2, 9, 16, 23, March 2, 9. Info: Jackie Herz, 459-3232.

**Last Chance for "Glass Tangents":** the one-of-a-kind show at the Willits Center for the Arts is closing Sunday, January 29. Features dynamic artworks made of glass by longtime friends and Willits guys: Kale Haschak (sculpture pieces using classic Italian glass techniques) and Jonah Ward (a non-traditional method where molten glass is used to burn and scar wood panels to create abstract forms). 71 East Commercial Street. Winter hours at the gallery are Wednesday through Sunday, 11 am to 5 pm. Info: 459-1726.

**"The Communicators for Kindness":** This club to eliminate bullying and promote kindness at Baechtel Grove Middle School is holding their first event and would like to invite the Willits community to a free night of homemade cooking, plus Kindness Club members will lead activity/communication circles wherein all members create "chains of kindness" to be displayed in school, and other local establishments. Thursday, January 26. Free. 5 to 6:30 pm. BGMS Cafeteria. 1150 Magnolia Street. Info: 459-2417.

**Willits High School Girls Basketball Home Game:** Willits versus St. Helena at WHS gym. JV game begins at 5:30 pm (coach Daniel Mendoza); varsity game begins at 7 pm (coach Paul Riley).

**Friday, January 27**

**Rotary Club Crab Steam-Up and Sale:** "North Coast crabs are back, and they're big and healthy and delicious!" Enjoy just-steamed fresh crab and help the community and students: All net proceeds go towards Willits community and school organizations.

Follow the steam pots, and meet the members of the Willits Rotary Club. Crabs will be cooking and for sale at the corner of Main Street and San Francisco Street, Friday, January 27, 8 am to dark, and Saturday, January 28, 8 am until sold out. Info: Lou Celaya, 972-3243. In addition, don't miss the Rotary Club's All-You-Can-Eat Crab Dinner – loads of fresh sweet crabs, salad, pasta, and French bread. Wine and beer will be available for purchase. Friday February, 17, 2017, at 6 pm at the Willits Community Center. Dollar auction and live auction, live music by the Basics. This event is a benefit for the Willits High School Seniors Scholarship Fund and the Willits Senior Center. Ask any Willits Rotarian or call Ann Alumbaugh: 459-1440, or 841-1315.



**Shanachie Pub:** Bay Area band French Oak Gypsies performs French and American Jazz standards in a Django Reinhardt-esque style with members of Dgjin. Stella Heath-vocals, Gabriel Pirard-guitar and vocals, Chris Le Deiph-guitar and bass, Jimmy Inciardi-saxophone, James Foster-drums. Visit www.stellaheathmusic.com Friday, January 27, 9 pm. \$5 cover. Shanachie Pub, 50 South Main Street. Info: 459-9194.

**Saturday, January 28**

**Rotary Club Crab Steam-Up and Sale:** Fresh crab steamed right on the spot, corner of Main Street and San Francisco Street. Saturday, January 28, 8 am until sold out. Benefits Willits High School and community programs. See Friday, January 27 for details. Or call Lou Celaya of Willits Rotary Club, 972-3243.

**Music at the Brickhouse:** Ron O'Brien, solo guitar player, arranger and raconteur performs Saturday, January 28, 7 to 9 pm. \$5 cover. Brickhouse Coffee, 3 Main Street. Doors open at 6 pm. Food and beverages available.

**Shanachie Pub:** Lantz Lazwell and the Vibe Tribe "services the deep melodic desires to drive us to dance, while providing a complete auditory/visual experience to dazzle the senses." Saturday, January 28, 9 pm. \$5 cover. Shanachie Pub, 50 South Main Street. Info: 459-9194.



**"The Sunshine Boys" at WCT February 10**

"The Sunshine Boys," the classic odd-couple play by Neil Simon, will open its three-week run at Willits Community Theatre on February 10. This story of two aging vaudeville performers who can't stand each other, but who are forced to work together one last time, is guaranteed to bring laughs. Director Christine Dill also directed 2014's huge hit, "The Angel of Chatham Square."

Simon's 1972 play about the rocky reunion of Al Lewis and Willie Clark lives and breathes the genius of the playwright's comedic writing. The two men haven't spoken to each other for years, even though they were a top-billed vaudevillian duo for 40 years. Now CBS requests they reunite for a "History of Comedy" retrospective.

Simon's wry gift for comedic dialogue and schtick makes for brilliant theater. The play has been termed "ham on wry," for Simon's sure-footed craftsmanship and his hilarious one-liners. The wisecracks come as naturally as breathing to the shuffling funny-men, and the action is non-stop throughout their exchanges. The audience is also entertained with the hallmark characters of vaudeville comedy: the mercenary quack, the sexy nurse and the victimized patient.

Mike A'Dair plays Willie Clark and Louis Rohlicek plays Al Lewis. Also featured in the play are Andy Watson, Maheanani Phillips, Ron Greystar, Christopher Martin, and Steve Marston. Director Dill says of the play: "It's very funny, but the show also has heart. A reconciliation is available between the two men, but they are hard-pressed to take advantage of it."

"The Sunshine Boys" runs from February 10 through 26, with shows on Thursday for \$10, Friday and Saturdays for \$15, and some Sunday matinees for \$10. Advance tickets are available in person at Mazahar, 38 South Main Street, Willits; online at brownpapertickets.com; or by phone 24/7 at 1-800-838-3006. Tickets will also be available at the door until sold out.

A special benefit performance sponsored by the Howard Hospital Women's Auxiliary will be held on the first Thursday, February 16, at 7 pm. For benefit tickets, contact Dianne Menzies: 354-1809.

— Steve Hellman for WCT



# What's Happening Around Town

**Sunday, January 29**

**Fruit Tree and Grape Pruning Workshop:** Presented by Dave Watts and Richard Jeske, rain or shine. Sunday, January 29. 10 am to 3 pm. Free. Mendocino County Museum (classroom behind the museum). 400 East Commercial Street. Info: call Sanhedrin Nursery 459-9009.

**Tuesday, January 31**

**Tightwad Tuesdays at the Noyo Theatre:** All 2D movies that are in their second week are \$5 on Tuesdays at the Noyo Theatre for all ages, all showings. Check this week's ad on page 14 for Tightwad movies, or call the theater. For showtimes: www.noyotheatre.com. 57 East Commercial Street. 459-6696.

**Willits High School Boys Basketball Home Game:** Willits versus Fort Bragg at WHS gym. JV game begins at 5:30 pm (coach James Arms); varsity game begins at 7 pm (coach Brandon Norbury).

**Thursday, February 2**

**Help with Taxes & Financial Planning:** "Taxes and financial planning for your future should not be stressful and definitely should not be avoided.... If you are one of those people who fear this time of year, join Nicholas Casagrande of NC Financial (and real estate columnist for Willits Weekly) for a low-stress, even 'fun' conversation around why it is good, as well as important, to work with an accountant and financial adviser." Thursday, February 2, starting at 5:15 pm at Willits Center for the Arts, 71 East Commercial Street. Free admission; light refreshments and beverages will be provided. Please RSVP by emailing pamea@ncfinancialgroup.com, or calling 415-819-6934.

**Willits High School Boys Basketball Home Game:** Willits versus Kelseyville at WHS gym. JV game begins at 5:30 pm (coach James Arms); varsity game begins at 7 pm (coach Brandon Norbury).

**"Stressed Out: Overcoming Stress in the Modern World":** Frank Howard Memorial Hospital presents a free talk by neurosurgeon Dr. David Levy, author of "Gray Matter: A Neurosurgeon

Discovers the Power of Prayer ... One Patient at a Time." Dr. Levy, who specializes in the treatment of brain aneurysms and other diseases of the blood vessels of the brain, including stroke, breaks down the reasons behind stress, its causes, effects and why one should keep stress under control, with simple strategies to lower your stress levels. Thursday, February 2, at 7 pm. Free. Willits Community Center, 111 East Commercial Street. See article elsewhere on Calendar page for more details.

**Friday, February 3**

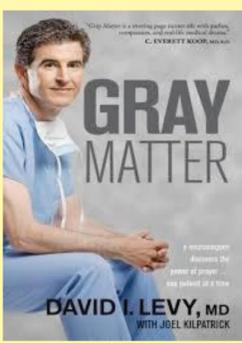
**Shanachie Pub:** Congo Sanchez and his group return. "Congo is the favored sideman and producer for dance bands and world music ensembles. Musically, he explores downtempo, reggae mzcila with hip-hop overtones." Also, come celebrate bartender Rygg's birthday. Friday, February 3, at 9 pm. \$7 cover. Shanachie Pub, 50 South Main Street. Info: 459-9194.

**Saturday, February 4**

**Sip Some Soup:** The annual fun-time soup competition "Sip Some Soup" will be held Saturday, February 4, from 5:30 to 7:30 pm, at the Willits Community Center, 111 East Commercial Street. The goal of this event is to raise money to feed the hungry in our community. There will be soups to taste and judge, Emandal Bread and jam to eat, desserts from the Seventh Day Adventist Church and a silent auction. Cost to attend this charity fundraiser is \$15 a person, or \$25 per couple. Soupmakers still needed!



Contact: Cindy Savage, 367-5669, 459-2579, or cindysavage6@yahoo.com.



**Willits High School Girls Basketball Home Game:** Willits vs. Coverdale at WHS gym. JV game begins at 5:30 pm (coach Daniel Mendoza); varsity game begins at 7 pm (coach Paul Riley).

**Shanachie Pub:** DJ Night with all forms of House Music from 1996 to the present, deep, funky & groovy tunes, with some Latin and Jazz undertones, as well as Electro. Saturday, February 4, 9 pm. Shanachie Pub, 50 South Main Street. Info: 459-9194.

**Sunday, February 5**

**Sober Grad Pancake Breakfast:** this annual fundraiser for Sober Grad's drug- and alcohol-free graduation night party for all Willits area graduating seniors is set for Superbowl Sunday, February 5, from 8 to 11 am at the Little Lake Grange, 291 School Street. Breakfasts will be served by members of the Class of 2017 and other volunteers, and cooked by the Grange's pancake breakfast chefs, including delicious pancakes made from scratch, scrambled eggs, bacon, orange juice, and coffee, tea or hot chocolate. Tickets \$6/adults, \$5/senior citizens and \$4/10 & under. Tickets are available from some seniors, and from Karen in the Willits High School office. Sober Grad's Valentine Raffle Basket will also be on display at the breakfast; the drawing will be held on February 13.



**COLUMN | At the Movies**



**'Hidden Figures'**

**The Story:** This movie is a saga, sometimes bitter but most times uplifting, about moral and intellectual heroes whose great story was suffocated by racial prejudice. Three intelligent, even gifted black women working for NASA in the early sixties, attempt to use their skills at mathematics and computing, but are hampered by the residual prejudices and practices of racial segregation. Ultimately, their contributions to our success at putting men and women into space make a great story, a story that is uplifting, funny and infuriating.

**My Thoughts:** "Hidden Figures" is a feel good movie that isn't stupid and, by not stupid, I mean funny but not phony, not corny, not magical wish-fulfillment. It's about very real triumphs in the American space race, and even more importantly – much more importantly – it celebrates a collective American victory over the hateful, pipsqueak apartheid called "separate but equal." It shows racism as cruel, evil and significantly stupid. The condescension toward women is cringe-worthy. This celebration of Katherine Johnson, Dorothy Vaughn and Mary Jackson brought tears to my eyes.

**Parents:** Little children will be somewhat bewildered by a not-so-very-long-ago world that wouldn't allow a woman to go to the bathroom or use a drinking fountain. If you're ready to explain, then bring the kids. This is an absolute yes for 10 year olds and up.

**Note:** "The arc of the moral universe is long, but it bends towards justice." – Martin Luther King Jr.

*Willitsian Daniel Essman prefers his reality attenuated by the wisdom of the imagination. Senior Center Lunch.*



**Sip Some Soup needs soup makers**

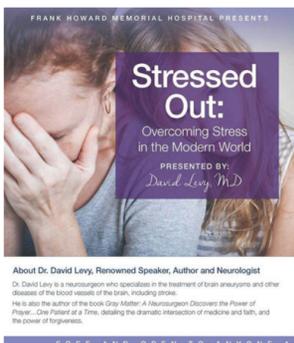
Saturday, February 4

The annual fun-time soup competition "Sip Some Soup" is set for Saturday, February 4, from 5:30 to 7:30 pm, at Willits Community Center. The goal of this event is to raise money to feed the hungry in the Willits community. There will be soups to taste and judge, Emandal bread and jam to eat, desserts from the Seventh Day Adventist Church, and a silent auction. Cost to attend this charity fundraiser is \$15 a person, or \$25 per couple. More soup makers are needed! Make soup as an individual, a team, a group, or a work place! Contact: Cindy Savage at 367-5669, or 459-2579, or cindysavage6@yahoo.com.

**Help with Taxes & Financial Planning**

Thursday, February 2

"Taxes and financial planning for your future should not be stressful and definitely should not be avoided.... If you are one of those people who fear this time of year, join Nicholas Casagrande of NC Financial (and real estate columnist for Willits Weekly) for a low-stress, even 'fun' conversation around why it is good, as well as important, to work with an accountant and financial adviser." Thursday, February 2, starting at 5:15 pm at Willits Center for the Arts, 71 East Commercial Street. With insight on investment and insurance plans: financial categories which are interdependent and important to review at least once a year, plus a short presentation on upcoming key dates for businesses and individuals for taxes, and the importance of coordinating your taxes, investment and insurance plans." Free admission; light refreshments and beverages will be provided. Please RSVP by emailing pamea@ncfinancialgroup.com, or calling 415-819-6934.



**"Stressed Out: Overcoming Stress in the Modern World"**

Thursday, February 2

Frank Howard Memorial Hospital presents "Stressed Out: Overcoming Stress in the Modern World," a talk by neurosurgeon Dr. David Levy, author of "Gray Matter: A Neurosurgeon Discovers the Power of Prayer ... One Patient at a Time." Levy specializes in the treatment of brain aneurysms and other diseases of the blood vessels of the brain, including stroke. "Do you have high levels of stress in your life? Are you tired all the time? Join Dr. David Levy as he breaks down the reasons behind your stress – what causes it, how it affects you and why you should keep it under control. Dr. Levy will also share simple strategies for lowering your stress levels and tips for living a calmer, happier life." Thursday, February 2 at 7 pm. Free and open to anyone and everyone. Willits Community Center, 111 East Commercial Street.



Doris Wier

change your current perspective on conflicts, to understand fears around conflicts, to learn the roots of conflicts, and discover common traps, and ultimately improve your relationships by using conflicts for mutual understanding, intimacy and healing." Tuesday, February 7, 5:30 to 6:30 pm, at the Willits Center for the Arts, 71 East Commercial Street. Venues to Wellness is a program of the Howard Foundation; visit www.avenuestowellness.org for more speaker topics and a video archive of past events, or call 456-9676 or more info.

**Roy Rogers & The Delta Rhythm Kings**

Saturday, February 11

"Americana/Blues/Roots player Roy Rogers is considered one of today's preeminent slide guitarists. With his electrifying mastery of slide guitar coupled with his capacity for superior live performances, Rogers has won consistent critical acclaim for his consummate studio work as well as his deft ability to bring the house down during live shows with his band, the Delta Rhythm Kings." Live at the Little Lake Grange, 291 School Street. Saturday, February 11. Doors open 6 pm; music starts at 7:30 pm. Tickets: \$25 advance at J.D. Redhouse or Eventbrite online; \$30 at the door; \$50 including dinner (prime rib, salmon or vegetarian options); dinner tickets must be purchased by January 30. Discounted accommodations available for Mendocino County residents at Super 8 and Baechtel Creek Inn. Cosmic Pickle Productions. Info: Da Grand Pooba: 408-656-6932.



**"The Healing Power of Conflicts"**

Tuesday, February 7

Avenues to Wellness speaker series presents Doris Wier, certified relationship coach, in a discussion of how conflicts are part of our lives. "Many of us are afraid of them for good reasons! But they are also a chance to get in touch with our relationship needs and dreams. Learn new information to help you

**Israel Vibrations / Steel Pulse**

February 8 and 15 at the Mateel

Two legends of reggae, Israel Vibrations and Steel Pulse, have been added to Mateel Community Center's February calendar of events. Grammy Award winners, Steel Pulse will be performing on Wednesday, February 8; early bird tickets \$30 online at www.mateel.org, \$35 at usual outlets, and \$40 at the door as available. Israel Vibrations and their band, Roots Radics, featuring some of the best original recording musicians in the business, will take the stage Wednesday, February 15.

**'How to Grow Fruit Successfully in Willits'**

Saturday, February 11

A workshop on how to grow fruit successfully in Willits (or places similar to Willits that are not real close to the ocean). Learn what to grow here and how to plant and care for your fruit tree with the goal of actually getting some delicious fruit to eat. Presented by Richard Jeske, home orchardist with over 30 years of experience locally as a pruner and fruit consultant. More info: 459-5926.



Steel Pulse

**Ongoing Events**

**Willits Winter Farmers Market:** at the Little Lake Grange, 291 School Street. 3 to 5:30 pm Thursday afternoons. Veggies, local meats and local grains, dinner, baked goods, gift items, chocolates, crafts, live music, the new edition of Willits Weekly, and more.

**Willits Center for the Arts:** Glass Tangents show will run through January 29. Modern sculptural glass artworks by Kale Haschak and Jonah Ward. 71 E. Commercial Street. For information contact Holly Madrigal, 459-1726

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

**Tuesday Night Potluck Bingo:** Potluck dinner and bingo every Tuesday at the Harrah Senior Center, 1501 Baechtel Road. "Be sure to bring a dish to share!" 5 to 7 pm; \$5 buy-in; 50 cents per card. Info: 459-6826.

**Free Seeds for your Winter Garden:** "Check out" flower, vegetable, and herb seeds to plant in your garden. After the plants are done, save the seeds, label them and return them to Will Minor at Willits Public Library. Heirloom seeds only. No GMO and no hybrids! Questions? Call Will at 459-5908, e-mail him at minorw@co.mendocino.ca.us, or see him at the library desk.

**Al-Anon Meeting:** Thursday nights from 5:30 to 6:30 pm, at the Baechtel Creek Village Community Room (behind Rite-Aid at the Evergreen Shopping Center. Saturdays at 10 am at St. Francis Episcopal Church Fellowship Hall, 66 East Commercial Street. "Al-Anon Family groups are a fellowship of relatives and friends of alcoholics who share their experience strength and hope to solve their common problems. We believe that alcoholism is a family illness and that changed attitudes can aid recovery."

**Drop-in Knitting Circle:** Due to popular demand, the Willits Library is holding the drop-in knitting circle every Saturday of the month, from 3 to 4:30 pm at the Willits Branch Library, 390 East Commercial Street. "Bring your projects to share and show off! We will have expert knitters on board who can solve any problems and teach everyone to knit! Bring your own projects – we'll supply the coffee! Sign-ups are not necessary – everyone is welcome to drop in."

**Library Coloring Club:** Want a little color in your life? Then by all means, come to the library! The Willits Library, 390 East Commercial Street, is hosting a Library Coloring Club, every Tuesday at 6:30 pm for ages 14 and up. "We've got the crayons and the paper – you bring the imagination."

**Soroptimists International of Willits:** Women's service club aimed at the betterment of girls and women. Meets second and third Tuesdays of every month, noon to 1 pm, at Old Mission Pizza, 1708 South Main Street, in the back room. Women interested in community service are welcome; new members are encouraged to join at any time.

**Life Changes:** Discussion and support group with Linda Posner, Wednesdays from 10 to 11 am. Harrah Senior Center, 1501 Baechtel Road.

**Volleyball Open Gym:** at Baechtel Grove gym; Sundays and Tuesdays at 7 pm. Some experience desired, but not required. \$5 per night; first night free. Info: Jeff at 354-1850.

**Smoking Cessation Program:** Free "Freedom from Smoking" class sponsored by the Frank R. Howard Memorial Hospital. Every Wednesday at the HMH Conference Room, 1 Madrone Street, 6 to 7 pm. RSVP to Jennifer Barrett at 707-540-4208. Walk-ins are always welcome.

**Free Sheriff's Activity League programs:** at Body Works Gym, 1511 South Main Street. Teen gym: Monday to Friday from 2:30 to 5:30 pm; Boxing: Monday, Wednesday and Friday at 6:30 pm; Karate: Kids aged 5 to 10 from 6 to 7 pm, Tweens, Teens and Adults at 7 pm. All SAIL programs free to the public. Info: www.facebook.com/MendocinoCountySheriffsYouthActivitiesLeague or Mike Tobin: 354-0565.

**Shanachie Pub:** Singer songwriter Aaron Ford every first Thursday, 8 pm. No cover. Jazz Night every second and fourth Thursday, 8 pm. No cover. "Local musicians ... take jazz standards and infuse them with funk, hip hop, world, and free form jamming. The outcome is unexplainable." Open Mic Night every Wednesday, 8 pm. Sign-ups start at 7:30 pm; pre-signup list starts at 3 pm when the Pub opens. "An eclectic array of local musicians and even performers from around the world!" 50 South Main Street, behind Adam's Restaurant. Info: 459-9194

**Karaoke Night at Al's Redwood Room:** Every Wednesday night, starting at 9 pm. 207 South Main Street. Info: 459-2444.

**Laytonville Winter Farmers Market:** Mondays, November through May, from 2:30 to 4:30 pm at Harwood Hall, 44400 Willis Avenue, Laytonville. Local fresh fruits and vegetables, artisan food cheeses, ranch meats, eggs, handcrafted clothing, live music and much more.

**Town Hall Meeting with Congressman Jared Huffman**

Friday, January 27

Congressman Jared Huffman hosts a Town Hall Meeting with special guest Assemblymember Jim Wood at the Ukiah Valley Conference Center, 200 South School Street, on Friday, January 27, from 5 to 6:30 pm. "I hope you will join this informative and lively discussion," Congressman Huffman says. "Assemblymember Wood and I look forward to answering your questions." Huffman's website: http://huffman.house.gov/. Wood's web site: http://asmcd.org/members/a02/.

Add your event to our Calendar: willitsweekly@gmail.com

# Academic Decathlon

Willits High students raising funds for statewide competition

Academic Decathlon is back! This is the first group to participate at Willits High School since 2013. Academic Decathlon is a statewide, nonprofit annual academic competition; over 500 schools in California compete annually. Each academic year has a theme, regarding some historical event or time period.

This is a very academically interactive class, with three levels to compete in, meaning a wide range of students can participate. The class is small, and is a very friendly learning environment.

We are participating in regionals this coming Saturday, January 28, and in another event the following Saturday. This Saturday will consist of numerous speeches and interviews which we have all been working hard to perfect. The topics of these speeches vary from "why the language we use counts" to "how peer counseling saves lives."

We will also be participating in a series of tests the following Saturday. We are tested on our knowledge in a various amount of subjects, including literature, math, physics and many more topics.



Students receive the check, including, from left: Jacé Atalig, Alisabeth Wilcox, Miranda Wilson, Mychaela Nowlin, teacher Mary Colvig, Lalo Espinoza, Katie Abernathy and Aiden Bertolino-Haley.

We would like to thank the Howard Memorial Hospital medical staff and Dr. Monte Lieberfarb for their recent \$1,000 donation to the program. We are traveling to compete at the state competition in March and are currently fundraising to help pay for our trip, since it is the first year academic decathlon has been back at the high school. If

you're interested in donating, please contact our coach, Mary Colvig, at marycolvig@willitsunified.com.

We very much appreciate all the support we have received from the local area, and we value all that this community does for us to succeed!

— **Miranda Wilson, for WHS Academic Decathlon**

Willits Animal Hospital donates to

## Mendo Shelter Pets Rescue

Mendo Shelter Pets Rescue is an animal rescue that is a foster-based 501(c)(3) registered nonprofit animal organization that was started by some amazing community members of Mendocino County. They tirelessly work and focus on helping pets with Mendocino County, California and surrounding areas to give all pets a chance at finding the loving home they deserve. Their journey all began with volunteering at the local animal shelter that set their hearts on fire to expand their efforts to help more pets in need – especially pets with medical needs.

Since Mendo Shelter Pets Rescue is a foster-based rescue and depends on the community for support, this holiday season, Willits Animal Hospital hosted a fundraising event called "Deck the Paws" for Mendo Shelter Pets Rescue to collect donations to help pets in need. The "Deck the Paws" fundraiser ran from December 1 through 31. During this time, community members from Mendocino County made monetary donations and brought in food, toys, beds and much more. Over the month of December, with the help of the community, Willits Animal Hospital was able to raise \$800 and to donate a large number of needed items to the rescue group.

Willits Animal Hospital is continuing to help Mendo Shelter Pets Rescue by being a drop-off point for "wish list" items the rescue group needs or funds to help pets in need of medical attention.

Anyone can stop by Willits Animal Hospital and speak with any of the staff members if they have questions about how they can further help Mendo Shelter Pets Rescue.

Willits Animal Hospital would like to thank the entire community of Mendocino County



Alana Hastings of Mendocino Shelter Pets Rescue accepts a check from Dr. Fred Jacobs of Willits Animal Hospital, for funds raised during a December fundraiser.

for their love and support of Mendo Shelter Pets Rescue's first fundraiser! If you would like to know when other events are going to take place, please follow us on Facebook: @WillitsAnimalHospital and @MendoShelterPetsRescue.

— **submitted by Willits Animal Hospital**

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

May of this year. However, as he watched his department ramping up to tackle the job of administering the county's medical marijuana program, he changed his mind again. His last day as ag commissioner will be Friday, January 27.

"I had anticipated going a couple of months into 2017 and leaving maybe in May. But based on what is going on in my department and on where we are, I've seen it getting better every week, and so, I thought now was a good time," Morse said.

Morse says the cannabis division at the Commissioner of Agriculture's Office now consists of a supervisor, an administrator, and three field people. The department may consider adding a fourth field officer as the summer unfolds.

When he acknowledged at the January 24 board meeting that he would be leaving at the end of the week, Morse received thanks from county supervisors and a round of applause from the people in the room. Most of those appeared to be cannabis farmers, who were there for the item then under discussion: the Medical Cannabis Cultivation Ordinance.

"The support from the community in trying to get this going really bodes well for the county," Morse told supervisors.

Speaking with Willits Weekly, Morse elaborated: "The communication I've had with the cannabis community has been really positive. A lot of people have their own perception of that community – let's say, they get painted with a broad brush. But my experience has been positive. I'd say it bodes well for the county. It really does."

Morse was commissioner of agriculture in Lake County before coming to Mendocino County eight years ago to become commissioner of agriculture.

Asked if exorbitant demands on his time had a hand in causing him to follow the exit sign, Morse acknowledged that administering the new cannabis program will be challenging. "It's a lot, obviously. It has been very time-consuming to try to launch this. But if you look around at other counties that are doing this, all the people involved are working hard. There's just a lot of time required, and there's no getting around it."

Asked to predict how the next year would go, Morse was upbeat. "It's gonna be nothing but change. Everyone has to realize that for the next two or three years, that's the gig. And let's go!" Morse said.

**Louisa Morris**

Louisa Morris, general manager of MSWMA since September 2016, has decided to resign from her position and to seek greener pastures elsewhere.

Morris said she will be discussing her departure from MSWMA at its February 6 board meeting. She added she will most likely stay on until April or June, but added she is willing to stay as long as is needed.

Before coming to MSWMA, Morris said, she had done conservation and trails work for the Mendocino Land Trust.

Morris had many glowing words for MSWMA. "I think [former MSWMA General Manager] Mike Sweeney built a really wonderful organization here, and I look forward to passing the torch to the next person who will take the organization into the future. MSWMA is a great organization, and it plays a really important role in rounding out the necessary solid waste functions here in Mendocino County."

**Robert Scaglione**

Former Mendocino County Air Pollution Control Office Robert Scaglione retired at the end of December 2016 after working 16 years for the air district, the last four of them as the head honcho there.

Donna Nash, an air quality program coordinator with the air district, described Scaglione as "a great guy and a great manager. He was a great asset at the district, not only as the air pollution control officer, but before that, too, for as long as he worked here."

"He pulled a lot of weight and did a lot to keep things running and to keep us doing our job. He is missed."

Nash said before coming to the air district, Scaglione was in charge of environmental safety at the Ukiah Masonite plant.

Scaglione's position was filled January 13 by Barbara Moed, who had been previously employed at the air district as an air quality specialist. Moed brings over 30 years of experience to her new role, having worked at a national laboratory and as a consultant to commercial and industrial companies.

The rest of **Access TV** | From Page 1

access stations came from a federal law requiring cable providers, in exchange for franchise agreements, to pay a tax to local governments that would go to local television providers to generate, broadcast and provide public access programming.

The County of Mendocino and the City of Fort Bragg each gives 50 percent of the fees they receive from cable companies to the local access channels; the other half goes into the general fund to be spent as the jurisdiction desires. Supervisor Gjerde emphasized there was no legal requirement for jurisdictions to give any of the cable fees to access TV stations. The City of Willits gives about \$15,000 a year in market value rent and free utilities for WCTV at the Carnegie Building.

There was a good crowd of WCTV supporters at the 10 am Thursday meeting, but also access TV supporters from Ukiah and Fort Bragg made the trip to Willits to talk about their stations. Both supervisors commented that they were happy to see such a good turnout for their meeting.

The PEG stations have traditionally cablecast government meetings, including the county board of supervisors meetings and county boards like the Mendocino Council of Governments and the county Planning Commission, as well as local city council meetings and other locally generated TV.

The reason the ad hoc committee was established in December was to help deal with problems with the access TV station in Ukiah, Mendocino Access TV, which had been contracted to video county government meetings, but announced they were shutting down last year. Mendocino County now has a staff person to record the county meetings, and they are posted directly on the county website. MATV, the station in Ukiah, has put together a new board of directors, and is determined to continue.

Speakers from Willits praised the community programming on WCT. "What I've seen with our local TV here," said Jane McCabe, "is that they bring things to our community that people wouldn't be able to see otherwise. Isn't that the reason why we have this kind of a station, to bring things into our homes and keeping people educated? When I hosted the town halls, they were there, and people would say later, 'I couldn't make the meeting, but I saw what you were doing on TV.'"

Don Willis also mentioned, as the director of Emandal Choir whose performances have been on WCTV, that he often heard similar "I saw you on TV!" comments. "People who watch TV in our community are seniors," he said, "and they watch TV a lot. My mom lives in Redwood Meadows, right next to the senior center – it's a senior housing complex and they have cable throughout the complex.... I urge you not to move too fast and get rid of the access stations on cable, because I think so many seniors depend on it."

Willis said he prepared a petition saying "I support funding for Channel 3 TV" and I got about 60 signatures in two hours – almost all from seniors.

In answer, Supervisor McCowen took the opportunity to say: "I don't believe we're contemplating eliminating any of the channels, the question is how much funding will the county be providing to support the studios."

Jimmy Rickel from Ukiah, who's been producing community programming since 1990, said PEG access "has allowed me to exercise my freedom of speech." He said he considers the fees cable customers pay on their cable bill towards access TV as "our investment in free speech."

"What disturbs me," he continued, "is that the county in the past has not looked at it that way. They've looked at it as a revenue stream for them for their budget."

Rickel's advice for the county was that they should consider dividing up the \$140,000 the county gets from these fees each year four ways for three years: a share each for the Willits, Ukiah and Fort Bragg access stations, and a share for the county, "since they're doing government meetings now." Rickel suggested this would give each station a good chance to evolve and improve – perhaps turn into a "Community Media Center," as some suggested, which would give community members access to internet services as well as training and equipment to do their own video programming.

"It really is all about access," said Willits City Manager Adrienne Moore. "We need it; it's a vital resource in this community and throughout the county. Last year there was an effort by AT&T to eliminate landlines in the county. That didn't happen because the communities throughout the county spoke up and said: 'That can't happen here!' As a rural community we depend on some of the more traditional methods of communication, and our local access TV stations are very much a part of that."

"I think if you end up looking at a model that would be a countywide organization – personally I'd like to see them stay established as separate entities – but if there was a countywide model, I would certainly encourage you to look at Willits TV as a model of success. They've demonstrated that, they've been fiscally responsible, and have been able to sustain for many, many years."

"We support and would not want to see one cent eliminated from Willits Community TV's funding, in fact I'd like to see it increased," she concluded, to a round of applause.

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

of having him as supervisor would be that he could focus right on the job," said Fourth District Supervisor Dan Gjerde. "He wouldn't have to focus on running for office [in 2018]."

"I haven't talked to him on this, but I assume he is not interested in running [in 2018] and, so, he would be focused just on the job, and that would be an advantage both for the county and also for the Third District."

"Another advantage is that it creates sort of an open field for those who do want to run, so that no one person has the advantage of being the incumbent," Gjerde said.

Fifth District Supervisor Dan Hamburg noted Pinches has some daunting obstacles to being appointed: he is not a Democrat (as is Gov. Brown), and it

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

the two on February 7. However, a vote on the documents is not expected until February 14, or later.

The documents were approved by newly elected planning commission Chairwoman Madelin Holtkamp (Second District), Marilyn Ogle (First District), Molly Warner (Fourth District), Steve Hall (Fifth District) and Roger Kruger (timber industry representative).

Greg Nelson (agriculture representative) and Jim Little (Third District) voted against the ordinances.

The ordinances have been a work in progress since March 2016. Supervisors and staff from the county's executive office, county counsel's office, Planning and Building Services, the planning commission, and the ag commissioner's office have labored on the documents for 10 months.

The documents reflect the board of supervisors' desire to create a regulatory framework that welcomes and regulates existing growers, while protecting that portion of the community that doesn't like cannabis and severely restricting new growers who might want to grow medical cannabis after January 1, 2020.

The ordinances limit where medical cannabis can be grown and the size of marijuana gardens. There are restrictions and requirements on setbacks, lighting, water use, erosion control, fencing, noise and odors.

The documents also require potential growers to negotiate a formidable permit process. A commercial grower would have to get a permit from Planning and Building, and then from the commissioner of agriculture, in many cases from the North Coast Regional Water Quality Control Board, in some cases from the California Department of Fish and Wildlife. In cases involving stream crossings, approval must be sought from the Army Corps of Engineers, for grow sites involving generators from the Mendocino County Air Quality Management District, and in almost all cases from the State of California.

Cannabis cultivators would have to assent to periodic inspections of their growing sites, and also have to comply with a track-and-trace system currently under development by the county.

For some people, the regulatory hurdle will be lower. For people who are qualified medical cannabis caregivers or patients, the county of Mendocino will not require a permit.

People who would like to operate in other aspects of the cannabis industry – such as distribution, transportation, dispensaries, and testing – will have to comply with a host of regulations currently being drafted. Executive office staff will unveil a draft version of the "facilities ordinance" at the January 27 meeting of the board of supervisors at 10 am.

In reviewing and discussing the cultivation ordinances, the planning commission drafted a list of recommendations which, by the 5-2 vote, it agreed to forward to supervisors. The recommendations by the planning commission follow:

The board should eliminate the dwelling unit requirement for parcels in the Upland Residential zoning district and allow new cultivation permits in this

is widely assumed the governor would prefer to appoint someone who would run for the office again, so Brown and the Democrats would have a fellow party member in the Third District seat into the future.

However, after voicing these misgivings, Hamburg said he recognized any endorsement in favor of Pinches would have to be unanimous, so he would not cast a dissenting vote.

Board Chairman John McCowen sealed Pinches' unanimous endorsement: "In this particular case, given the length of time that the office has been functionally vacant, they need to get someone in there who doesn't require a learning curve, and the unquestioned dedication to the district and the county weighs heavily in favor of Supervisor Pinches."

zoning district, consistent with any future oak woodland protection ordinance.

The board also should allow an exception to the dwelling unit requirement for legal, conforming parcels in Rural Residential 5 and Rural Residential 10 zoning districts, upon the issuance of an administrative permit.

The commission also recommends issuance of cultivation permits for existing cultivation sites in all residential zoning districts, but provides a sunset period of two years, after which the cultivator must relocate to a new cultivation site. The commission also recommends the cultivation ordinance should prohibit cultivation permits for new cultivation sites in the Rural Residential 2 zoning district.

Supervisors also should consider creating a community-based exemption process from these requirements for certain areas of the county, or else develop community-based plans that allow for cultivation in residential districts, commissioners believe.

They also should draft and approve an oak woodland protection ordinance by 2020, to be incorporated into the cannabis ordinance.

Before adopting an oak woodland protection ordinance, the county should not approve any application for a cultivation permit in which any oak tree species would be cut down or otherwise harmed.

Commissioners also feel the board should add language to the ordinance requiring all applicants for a cultivation permit to secure a grading permit under the county's Uniform Building Code, Chapter 18.70, if required under the terms of Chapter 18.70.060.

Agencies whose comments are required so the county can process a cultivation permit application must respond within 30 days, in order for their comments to be considered, planners say.

The board of supervisors should vigorously enforce the cultivation ordinance, and may want to consider future amendments to the cultivation ordinance to allow cultivation in Rangeland, Timber Production Zone and Forest Land zoning districts – with limitations.

Planning commission members expressed a wide spectrum of views on the ordinance. Immediately after the vote, Warner said, "I hope the board approves it as it is, and I hope it works for all of them."

Nelson, who voted against the ordinances, repeatedly said he had concerns about them. "Has there ever been a study on how this is going to affect the rest of agriculture?" Nelson asked. Planning and Building staff told him there had not been.

Holtkamp repeatedly expressed reservations about Phase 3, when, albeit in a very limited way, the county will begin to issue cultivation permits for new growers.

"Either we can get this right with existing growers, who have said they want to comply with the law, or we can't," Holtkamp said. "And if we can't deal with those people, then we have no business expanding this out."

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If you want to be included in this column please call:  
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**Wishing the Community all the best in 2017**

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Above, from left: Willits residents Karrin Palmer and Melissa Coughlin march. Saprina Rodriguez greets fellow Willits residents Dina Hutton, Linda Matz, Joyce Waters, and Cynthia Carney. Emily Oberg speaks to the people gathered on the courthouse steps.

Below: Patsy Jordan with her "Government of the People..." sign.

Photos by Jenny Senter



At right: Dobbe Wattenberg, left, and friends at the Ukiah Women's March.

Photo by Jenny Senter



At top: Sisters Cathy Ortiz and Bonnie Madrigal, longtime Willits residents, prepare to march in Ukiah.

Above: Jennifer Sookne speaks at Alex Thomas Plaza before the march.

At right: "Respect Freedom of the Press," a marcher's sign reads.

Far right: Diane Smalley holds her sign.

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The rest of **Ukiah** | From Page 12

"I came to support my wife and women everywhere," Steve Patton said. "Women make up 50 percent of the population, and the new administration needs to represent all the people equally."

Sarah Coon, who was there with her sons Jed and Jonas and her husband, Josh Swearingin, voiced her concern that "women are under attack. We need to teach our sons to respect and value women. We need to teach our women and girls to expect respect and to empower them."

Willits' Madge Strong was "amazed and gratified to see the huge turnout. We will resist!"

Willits writer and environmentalist Kim Bancroft said: "I find Trump's agenda to be frightening. I find his attacks on women, public lands, native lands, and the arts frightening. We need to stand strong."

Willits resident and speaker at the march, Jennifer

Sookne, said: "Our community has to gather as one. Groups working on different issues need to come together so that we present a united front and stand strong." She told the gathering that as a whole, "we care about women, health, family, clean air, earth, ecosystems. We are here to get past our hate for Donald Trump and move on." Referring to Hispanics, she said: "They are not illegal, they are people! As a community, we need to help people be safe."

As a nurse, Gaye Orvis said she was "marching to support people who need health screenings and care." Her husband, Kirk Orvis, said he is "tired of the divisiveness of this country." He went on to say that he is fearful that he will lose his Social Security benefits, which he has been paying into for over 50 years. He shared that he started working when he was 10, has always worked, and feels he is entitled to what he has paid into.

The rest of **Lions** | From Page 7

VanBeezooyen said, he told Krause "I'd like to join the Lions Club." VanBeezooyen is still working with both groups now, 25 years later. "I made that commitment to Paul that I would do it," he said.

"You exemplify all that's good," said the American Legion's Roger Ham. "You are what a veteran should be and is. Congratulations! Hopefully I am as good a man as you are."

"I am so honored you took me under your wing," real estate agent Kurt Ackermann said about Krause's friendship. "I was a refugee from East Berlin and Stalin, when Paul took me under his wing, and I'm a proud American today - because of him."

**LEGAL NOTICES**

Willits Weekly was adjudicated on November 18, 2016 and is now able to run legal ads. Contact 459-2633 or email willitsweekly@gmail.com for more information.

WW101  
 SUPERIOR COURT OF CALIFORNIA  
 COUNTY OF MENDOCINO  
 Filed January 9, 2017  
 CASE NUMBER SCUJCVPT 1768591

ORDER TO SHOW CAUSE

FOR CHANGE OF NAME

TO ALL INTERESTED PERSONS

Petitioner **Kapila Benz** filed a petition with this court for a decree changing names as follows:

**Kapila Benz to Kapila Ambrosios Pendragon Phoenix**

THE COURT ORDERS that all persons interested in this matter shall appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petitioner without a hearing.

NOTICE OF HEARING

Date: February 17 2017, Time: 9:30 am, Dept. E, Superior Court of California, County of Mendocino, 100 North State Street, Ukiah CA 95482

Date: 02/17/2017

s/Kapila Benz

Pub dates 01/12, 01/19, 01/26, 02/02/2017

**HELP WANTED**  
 Willits Weekly is looking to add to our crew of news and feature freelancers. Experienced news reporters with an interest in following a local beat in depth are encouraged to send a resume and clips to willitsweekly@gmail.com. Possible opportunity for a writer with an interest in news, but no news experience.  
 Willits Weekly is always happy to talk to local writers interested in covering community events, local organizations and businesses, and local people. Experienced feature writers are welcome, but writers interested in trying something new are encouraged to apply, also. An interest in taking pictures is a plus. Please send resume and samples of your writing (and sample photos if you've got them) to willitsweekly@gmail.com  
 Questions: Call 459-2633

**WILLITS Weekly**  
 Current Job Openings:  
 Chief Psychiatrist  
 Chief Planner  
 Deputy Chief Executive Officer  
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 Supervising Staff Assistant  
 For a complete list of current job openings and to apply:  
 www.co.mendocino.ca.us/hr EOE.



Hannah Brown, organizer of the Willits Women's March.

Photo by Damian Sebohian

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

same rights through the 1950s and 60s. I'll be thinking of her while I march today."

Krystal Kammer, Brown's friend and fellow organizer, carried a sign of her own design, which pictured the black silhouette of a woman who is being groped by a man's hand.

"It's called 'Grab them by the ...,'" Kammer said, while making quote marks in the air with her hands. "There have been a lot of derogatory comments that have been made by our new leader about people of different ethnicities and people of color. [My sign] is symbolic in that way."

Local resident Gwenn Glotnis carried a sign that read: "Our Bodies, Our Mind, Our Power."

"I just came from Ukiah, and there were a lot of people [marching]," said Glotnis. "I live in Willits, so I wanted to be part of the Willits movement as well. I just feel that we all need to stand together now. It's the only choice we have. The more we can stand together and convey our feelings to our senators and congressmen, and people who can speak for us, the better."

Glotnis said she is worried about the new administration infringing on women's rights, specifically by defunding organizations like Planned Parenthood.

"When I was 16 years old, I went to Planned Parenthood for my first woman's exam," Glotnis said. "I've spoken with hundreds of women who have the same story, who had nowhere else to go; they couldn't tell their parents that they needed to go to a doctor. It's helped so many. That's one of the many, many reasons why [I'm marching]."

Willits March organizer Brown expressed her hope that the march will start a new movement in Willits. She and others are forming a new "Willits Action Group." Look for them on Facebook for upcoming meetings.

**CLASSIFIEDS**

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

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 Professional office suites for rent. \$400-\$600 downtown Willits on Main Street. 707-799-3380.

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 Professional Office Space for rent; various sized offices. \$1.00 per foot. Madrone Professional Group. Call Margie at 459-6874 or Megan at 972-8776.

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 Seeking full-time kitchen manager/cook. Experienced, organized, creative. Able to menu plan, order and monitor supplies, lift 40 lbs., have current Food Safety card & pass a drug test. Send Resume/References to 1501 Baechtel Road, Willits 95490; Fax to 707-459-1772 or E-mail to wsidirector@willitscenter.com.

**Volunteers Needed**  
 Volunteers needed at KLLG Radio: Administrative, engineering, traffic/scheduling, grant writing, DJ's, etc. All volunteers are welcome! Email michelle@kllg.org for more information.

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Word search grid with letters and words hidden.

9x9 grid with numbers for a puzzle.



At left: Roshan Patel talks to Willits Weekly about how he has increased the Old West Inn's online presence. Below, left: The AM/PM located at the intersection of Main Street and Highway 20 in Willits. Below, right: Manager Nick Basnet talks to Willits Weekly about the decline in gas sales AM/PM has seen since the bypass opened.



### The rest of Bypass

From Page 1

On the other hand, though business from out-of-towners has dropped, Roland said the decrease in traffic on Main Street has increased sales by locals.

For example, "if the bank calls for takeout, they have time to come and get it, take it back and eat it. That's a plus," Roland said.

Lumberjacks owner Kevin Bedford says businesses should wait until the summer season to adequately judge the impact of the bypass.

"I'm sticking with the same thing I've told everyone else," Bedford said. "It's too early to say the bypass is destroying businesses. You've got rainy weather. If people are blaming it on the bypass right now, I think they're putting the cart before the horse."

While Bedford concedes business has been down at Lumberjacks: "I'd say the tale of the tape will be the end of July. That's when you'll really know how much it's affected the town."

As far as signage on 101, Bedford said: "I was the one who initiated that plan by making the first call to bring [the issue] up to Caltrans. I was all over that. I think signage will help by all means."

Veronica Davis, Subway manager and 11-year employee at the chain restaurant, agrees with Bedford's assessment.

"It's our slow time of year anyway, so it's hard to tell right now whether it's the bypass that's affecting us or if it's just the time of year," Davis said. "Maybe by summer we'll be able to tell if it's more of a change. Usually, the busy time starts in May or June."

Chris Bulcke, owner of Old Main Street Mission, concurred. "This is a hard time to judge how the bypass is or isn't affecting you business-wise," Bulcke said. "After the holidays, business usually quiets down. We ourselves are doing great. It's not any better, it's not any worse."

Jack In The Box, on the other hand, located at the Highway 20 intersection, has been forced to cut employee hours due to a considerable loss of revenue since the bypass opened in November of last year.

"Our sales have decreased by \$1,500 a day," said store manager Carlos Perez. "We used to have travelers from both ends coming in. Everyone is skipping us. If people want fast food, they'll stop at wherever they see first."

"We'll be putting up a sign on the highway to let people know we're here and there's a town here," said Perez. "We've had customers come by to tell us they've missed the exits and drove by the town."

People accidentally driving past Willits has been a common story told by business owners and managers.

"The exits are so confusing," said manager of AM/PM Nick Basnet. "They pass by without having any idea they just passed an exit. That has happened to my friends who used to live

here. They had moved to Ukiah; they were coming here, and they passed the exit."

Basnet said while sales from inside the store have stayed roughly the same, gas sales are down since the bypass opened.

"I would say it's been down from 20 to 25 percent for gas sales," Basnet said. "Let's say we used to sell 5,000 gallons a day [before the bypass]; now it's 3,000 gallons. It's a great concern. For the driving public, the bypass is good, but the way they solved the traffic has hurt our business a lot."

Although conventional wisdom might say that a drive-through coffee shop on South Main Street like Brewed Awakening would take a significant hit as a result of decreased traffic going through town, owners Erica and Stephanie Kroesen told Willits Weekly that "most of our customers are local."

"When people were driving through [prior to the bypass]," said Erica Kroesen, "they didn't stop because traffic was so bad. They didn't want to pull out and lose their space."

Kroesen noted: "People still have to get off the bypass on this end to go to Fort Bragg. I have regulars that stop on their way to class or back home. I still have all those people. It's our coffee that keeps them coming back."

Roshan Patel, owner of the Old West Inn, claims that, not only has the bypass not hindered business, the hotel is doing better than this time last year.

"There's been a definite improvement," said Patel. "Mainly because we focus most of our business online. Most of the tourists that come here, they tend to make reservations online these days. I'd say that more than 90 percent of my business is online-only. Especially after the bypass, since no one comes through town to select a hotel, they look online."

Patel, who is on the marketing committee for the Willits Chamber of Commerce, emphatically advises other business in town to improve their online presence.

"I recommend other businesses process their online information and make it effective," said Patel. "They need to better their listings online, with better pictures most of all. It's a small investment with a big, big payoff."

Patel added he has contacted Willits City Planner Dusty Duley to apply for a logo on one of the Highway 101 service signs.

"Duley has all that information regarding signage applications," Patel said. "There's a fee, but as far as marketing goes, that's one of the big expenses we need to take care of right away."

Look for a Willits Weekly story next week about highway signage based on Wednesday night's city council meeting. On the agenda for that meeting: "Discussion and Possible Adoption of Resolution Requesting Caltrans Install Highway Signage for the Purpose of Guiding Motorists to Our Downtown Area."

Willits Weekly will also check in with business owners north of Highway 20 soon.



Photos by Mathew Caine



Above, from top: The Old West Inn, located near the center of Willits. Roland's Bakery and Bistro, located in the Evergreen Shopping Center at the south end of Willits. Manager Carlos Perez stands in front of the Jack In The Box counter.

Below, from left: The Jack In The Box restaurant, located at the intersection of Main Street and Highway 20. Mother-and-daughter owners Erica Kroesen and Stephanie Kroesen serve drinks at Brewed Awakening. Old Mission Pizza, located in the Evergreen Shopping Center at the south end of Willits.



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**Coming Soon!**  
More Oscar Nominees!

**LA LA LAND**

(PG13) 2 hrs 8 mins

Fri:  
6:10 & 9:00pm  
Sat/Sun:  
12:30, 3:20, 6:10 & 9:00pm  
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(PG) 2 hrs 6 mins

Fri:  
5:45 & 8:30pm  
Sat/Sun:  
12:15, 3:00, 5:45 & 8:20pm  
Mon-Thurs:  
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(PG13) 1 hr 46 mins

Fri:  
4:40, 7:00 & 9:20pm  
Sat/Sun:  
12:00, 2:20, 4:40, 7:00 & 9:20pm  
Mon-Thurs:  
6:00 & 8:20pm

Movie Times for 1/27 thru 2/2

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

### The rest of Collision

From Page 1

The collision damaged the semi-truck's saddle-mounted fuel tanks, spilling 75 gallons of diesel fuel onto the roadway, officers say. A small amount of diesel fuel also spread to the west dirt shoulder of the highway.

It took Caltrans and CalFire crews, and Mendocino County Environmental Health personnel, more than 2.5 hours to clean up the leaked fuel.

Fischer suffered major injuries in the crash and was rushed by Laytonville Volunteer Fire Department ambulance to Howard Memorial Hospital for treatment.

Stillwell was arrested on suspicion of drunken driving and booked into county jail.

This accident remains under investigation by the California Highway Patrol.

This report was based on a press release from the California Highway Patrol.

### The rest of SWOW

From Page 1

study will make me whole."

The 10 points include: 1) adding scrap metal and electronics to the recycling commodity index at the Caspar Transfer Station; 2) rescinding a 4.13 percent reduction in the collection rate for Franchise Area 4 (Gualala, Point Arena), plus adding a 5.96 percent increase to the pre-2014 rate, for a total increase in that collection rate of 10.09 percent; 3) transferring ownership of the South Coast Transfer Station improvements from SWOW to Mendocino County, to relieve SWOW of property tax payments; 4) increase gate fees at the Covelo Transfer Station by \$3.25 per cubic yard; 5) allowing the temporary closure of recycling buy-back centers at Westport, Gualala and Boonville; 6) deferring payment of fourth-quarter (2016) and first-quarter (2017) franchise fees for 90 days; and 7) waiving the requirement, which was approved by the board of supervisors at its January 10, 2017 meeting, that SWOW post five bonds with the county, one for each of SWOW's five county contracts.

The package deal also includes two conditions the county is placing on SWOW. The agreement states the seven steps mentioned above will not go into effect until SWOW pays the Mendocino Solid Waste Management Authority surcharge payments for September and October 2016.

In addition, SWOW is to sit down within 30 days with the Joint Caspar Coordinating Committee to resolve the issue of uncovered waste boxes at the Caspar transfer station. The Joint Caspar Coordinating Committee consists of representatives from the county and the City of Fort Bragg, both of which employ waste haulers that use the Caspar Transfer Station.

The keystone of the package is an agreement that the county will hire an independent contractor "to perform an independent financial audit and/or a rate setting study of SWOW, with SWOW to pay 50 percent of the cost. This audit/study will be the basis for determining the county's response to SWOW's request for a larger rate increase."

Solid Waste of Willits is the county's largest waste hauler, with contracts in Willits and the north county, Anderson Valley and the south coast area. Currently, the company runs a large transfer station in Willits, a medium-sized transfer station in Caspar, and small transfer stations in Albion, Boonville, Covelo, Gualala, Laytonville, Potter Valley and Westport. In addition, the company runs recycling buy-back centers in Boonville, Gualala, Westport and Laytonville.

By virtue of the new agreement, SWOW will temporarily close the buy-back centers in Gualala and Boonville, but will continue to operate the small transfer stations in those towns. It will also temporarily close the transfer station and recycling buy-back center in Westport.

The company currently employs 80 people.

## 2014-15 grand jury earns state award

officials finally led to the resignation of the district librarian.

Supervisors, county administrative officers and elected officials rejected the conclusions of the 2013-14 grand jury report. However, the 2014-15 report led to reconsideration of the issues by supervisors, who decided to implement many of the report's recommendations,



Above: Past Foreman Finley Williams accepts the Robert Geiss Excellence in Reporting Award on behalf of the Mendocino County Grand Jury, from Barbara Sommer, chair of the California Grand Jurors' Association Awards Committee.

whose recommendations largely mirrored those of the 2013-14 report. As a result, funds taken improperly from the library were restored.

The board of supervisors says it will seek clarification from the state Legislature regarding the payment of librarians' salaries. That action may result in a change in how tax-supported librarian salaries are paid across California.

The annual Robert Geiss Excellence in Reporting Award recognizes a grand jury report of high quality, has a positive impact on the community, and increases awareness of the California grand jury system.

The California Grand Jurors' Association is a statewide nonprofit organization of former grand jurors with the mission "to promote, preserve and support the grand jury system through training, education and outreach."

— submitted by the Mendocino County Grand Jury

Charges for certain costs were claimed to be made from the general fund. In fact, those costs were paid from dedicated or donated funds.

The juries and the county argued over whether the library is a special district, with the juries expressing concern about the control being exercised by County Chief Executive Officer Carmel Angelo's management of the library as if it were a county department.

The district librarian was paid from dedicated revenue rather than the county general fund, and the county charged the library for indirect support. That practice prevented the library from spending its dedicated revenue for services, particularly information technology.

The tension between the library and county

## Brown: California is 'not turning back'

Here is the complete text of California Gov. Edmund G. Brown Jr.'s January 24 "State of the State" address:

"Thank you. Thank you for all that energy and enthusiasm. It is just what we need for the battle ahead. So keep it up and don't ever falter.

"This is California, the sixth most powerful economy in the world. One out of every eight Americans lives right here and 27 percent — almost 11 million — were born in a foreign land.

"When California does well, America does well. And when California hurts, America hurts.

"As the English poet, John Donne, said almost 400 years ago: 'No man is an island entire of itself; every man is a piece of the continent, a part of the main... And therefore never send to know for whom the bell tolls; it tolls for thee.'

"A few moments ago, I swore into office our new attorney general. Like so many others, he is the son of immigrants who saw California as a place where, through grit and determination, they could realize their dreams. And they are not alone, millions of Californians have come here from Mexico and a hundred other countries, making our state what it is today: vibrant, even turbulent, and a beacon of hope to the rest of the world.

"We don't have a Statue of Liberty with its inscription: 'Give me your tired, your poor, your huddled masses yearning to breathe free...' But we do have the Golden Gate and a spirit of adventure and openness that has welcomed — since the Gold Rush of 1848 — one wave of immigration after another.

"For myself, I feel privileged to stand before you as your governor, as did my father almost 60 years ago. His mother, Ida, the youngest of eight children, was born in very modest circumstances, not very far from where we are gathered today. Her father arrived in California in 1852, having left from the Port of Hamburg, aboard a ship named 'Perseverance.'

"It is that spirit of perseverance and courage which built our state from the beginning. And it is that spirit which will get us through the great uncertainty and the difficulties ahead.

"It is customary on an occasion like this to lay out a specific agenda for the year ahead. Six times before from this rostrum, I have done that, and in some detail. And, as I reread those proposals set forth in previous State of the State speeches, I was amazed to see how much we have accomplished together.

"We have:

"Increased — by tens of billions — support for our public schools and universities.

"Provided health insurance to over five million more Californians.

"Raised the minimum wage.

"Reduced prison overcrowding and reformed our system of crime and punishment.

"Made California a world leader in the fight against climate change.

"Passed a water bond.

"Built up a rainy day fund.

"And closed a huge \$27 billion deficit.

"And during the last seven years, California has reduced the unemployment rate from 12.1 percent to 5.2 percent and created almost 2.5 million jobs. And that's not all.

"But this morning it is hard for me to keep

my thoughts just on California. The recent election and inauguration of a new president have shown deep divisions across America.

"While no one knows what the new leaders will actually do, there are signs that are disturbing. We have seen the bald assertion of 'alternative facts.' We have heard the blatant attacks on science. Familiar signposts of our democracy — truth, civility, working together — have been obscured or swept aside.

"But on Saturday, in cities across the country, we also witnessed a vast and inspiring fervor that is stirring in the land. Democracy doesn't come from the top; it starts and spreads in the hearts of the people. And in the hearts of Americans, our core principles are as strong as ever.

"So as we reflect on the state of our state, we should do so in the broader context of our country and its challenges. We must prepare for uncertain times and reaffirm the basic principles that have made California the Great Exception that it is.

"First, in California, immigrants are an integral part of who we are and what we've become. They have helped create the wealth and dynamism of this state from the very beginning.

"I recognize that under the Constitution, federal law is supreme and that Washington determines immigration policy. But as a state we can and have had a role to play. California has enacted several protective measures for the undocumented: The Trust Act, lawful driver's licenses, basic employment rights and non-discriminatory access to higher education.

"We may be called upon to defend those laws and defend them we will. And let me be clear: we will defend everybody — every man, woman and child — who has come here for a better life and has contributed to the well-being of our state.

"My second point relates to health care. More than any other state, California embraced the Affordable Care Act and over five million people now enjoy its benefits. But that coverage has come with tens of billions of federal dollars. Were any of that to be taken away, our state budget would be directly affected, possibly devastated. That is why I intend to join with other governors — and with you — to do everything we can to protect the health care of our people.

"Third, our state is known the world over for the actions we have taken to encourage renewable energy and combat climate change.

"Whatever they do in Washington, they can't change the facts. And these are the facts: the climate is changing, the temperatures are rising and so are the oceans. Natural habitats everywhere are under increasing stress. The world knows this.

"One hundred and ninety-four countries signed the Paris Agreement to control greenhouse gases. Our own voluntary agreement to accomplish the same goal — the 'Under Two M.O.U.' — has 165 signatories, representing a billion people.

"We cannot fall back and give in to the climate deniers. The science is clear. The danger is real.

"We can do much on our own and we can join with others — other states and provinces and even countries — to stop the dangerous rise in climate pollution. And we will.

intention to build and build big.

"In his inaugural address, he said: 'We will build new roads, and highways, and bridges, and airports, and tunnels, and railways all across our wonderful nation.'

"And in this, we can all work together — here in Sacramento and in Washington as well. We have roads and tunnels and railroads and even a dam that the president could help us with. And that will create good-paying American jobs.

"As we face the hard journey ahead, we will have to summon, as Abraham Lincoln said, 'the better angels of our nature.' Above all else, we have to live in the truth.

"We all have our opinions, but for democracy to work, we have to trust each other. We have to strive to understand the facts and state them clearly as we argue our points of view. As Hugo Grotius, the famous Dutch jurist, said long ago, 'even God cannot create two times two not to make four.'

"When the science is clear or when our own eyes tell us that the seats in this chamber are filled or that the sun is shining, we must say so, not construct some alternate universe of non-facts that we find more pleasing.

"Along with truth, we must practice civility. Although we have disagreed — often along party lines — we have generally been civil to one another and avoided the rancor of Washington. I urge you to go even further and look for new ways to work beyond party and act as Californians first.

"Democrats are in the majority, but Republicans represent real Californians too. We went beyond party when we reformed workers' compensation, when we created a rainy day fund and when we passed the water bond.

"Let's do that again and set an example for the rest of the country. And, in the process, we will earn the trust of the people of California.

"And then there is perseverance. It is not an accident that the sailing ship that brought my great-grandfather to America was named 'Perseverance.' That is exactly what it took to endure the dangerous and uncertain months at sea, sailing from Germany to America.

"While we now face different challenges, make no mistake: the future is uncertain and dangers abound. Whether it's the threat to our budget, or to undocumented Californians, or to our efforts to combat climate change — or even more global threats such as a financial meltdown or a nuclear incident or terrorist attack — this is a time which calls out for courage and for perseverance. I promise you both.

"But let's remember as well that after the perilous voyage, those who made it to America found boundless opportunity. And so will we.

"Let me end in the immortal words of Woody Guthrie:

"This land is your land, this land is my land  
From California to the New York Island  
From the Redwood Forest, to the Gulf Stream waters  
This land was made for you and me...  
'Nobody living can ever stop me,  
As I go walking that freedom highway;  
Nobody living can ever make me turn back  
This land was made for you and me.'

"California is not turning back. Not now, not ever."

At right: 2016 Best Table Decoration and third-place soup winners Willits Charter School (at left) pose with Willits Daily Bread's Cindy Savage (in red dress) and Eric Glassey (behind); second-place soup winners Howard Memorial Hospital (next two); and first-place soup winners, Healing Central Chiropractic (at right).

Photos by Maureen Moore

# Sip Some Soup

Coming up on Saturday, February 4



One of the Willits community's favorite charity events, Sip Some Soup, is coming up next weekend, on Saturday, February 4 from 5:30 to 7:30 pm. The annual event, which fills the Willits Community Center each year, raises funds for Willits Daily Bread, which works to feed the hungry in the Willits community.

Soupmakers – individuals or teams from businesses, clubs or organizations – make their best soup recipes for the contest, and hand out samples to the crowd for careful tasting and judging.

Emandal breads and jams are available to enjoy along with soup samples, and desserts are provided by the Seventh-day Adventist Church.

Last year, first place for Best Soup went to Healing Central Chiropractic for their California Curry; second place went to Howard Hospital for their Morel Mushroom Soup; and third place went to the Willits Charter School for their Chicken Filé Gumbo. WCS also won the Best Decorated Table award last

year for their Louisiana and Mardi Gras-themed table.

Sip Some Soup veterans bring muffin tins – and sometimes stash their purses in the car – to make it easier to grab and carry soup samples.

Last year's silent auction was a big success – altogether the 2016 event raised \$6,400 from taster and competitor ticket sales as well as the auction – and Willits Daily Bread Director Cindy Savage is still gathering auction items for this year's event.

Taster tickets are \$15 or \$25 per couple; entry fee for soupmakers is \$25.

Willits Daily Bread is operating out of the Episcopal Church's Fellowship Hall on East Commercial Street, offering bag lunches to anyone in need, free of charge, Monday through Thursday from 4 to 5:30 pm.

Soupmakers are still needed! If you've got a good soup recipe and can round up a couple crock pots, consider joining in the fun at a truly heartwarming

event. Here's a list of the rest of the soups entered last year, for inspiration:

Beefy Bean Soup, Albondigas Soup, Butternut Squash Soup, Sweet Potato Jalapeño Pear Soup, Long Life Soup (completely vegan), Lentil Soup with Sausage and Vegetables, Thai Beef Noodle Soup, Avgolemeno, Pizza Parmesan Soup, Old-Fashioned Vegetable Beef, Gualala Goulash, Cajun Crab Creation, Sizzling Squash Soup, Chicken Coconut Curry, Pepper Jack Bacon Corn Chowder, Curried Coconut Sweet Potato Soup, Potato Leek Soup, Cannellini Sausage & Sage Soup, Chicken Rice Cambodian Porridge, Pumpkin Soup, Sweet Coconut Curry, and Cali-Fé Pozole.

For more information about signing up, volunteering, or donating a silent auction item, contact Savage at 367-5669 (call or text), 459-2579, or cindsavage6@yahoo.com. Leave a message, and she will return your call if missed.

– Jennifer Poole



At left, from top: Amy Fox and Shannon Granigan-Demuth with their 2016 Pizza Parmesan Soup entry. The Emandal bread crew. Dylan Anderson and Josie Hunter of Mariposa Market with their entry. Above: The crowd fills the Willits Community Center.



Above: Willits soup-lovers gather for a quick photo at Sip Some Soup 2016.

FRANK HOWARD MEMORIAL HOSPITAL PRESENTS

## Stressed Out:

Overcoming Stress in the Modern World

PRESENTED BY:

David Levy, MD

### About Dr. David Levy, Renowned Speaker, Author and Neurologist

Dr. David Levy is a neurosurgeon who specializes in the treatment of brain aneurysms and other diseases of the blood vessels of the brain, including stroke.

He is also the author of the book *Gray Matter: A Neurosurgeon Discovers the Power of Prayer...One Patient at a Time*, detailing the dramatic intersection of medicine and faith, and the power of forgiveness.

The first 30 attendees will get a FREE copy of Dr. Levy's book.



### Do you have high levels of stress in your life?

**Are you tired all the time?** We all live in a very stressful time and millions of people find themselves stressed out, depressed or sick. If you would like to learn how to manage your stress, join us for this presentation as Dr. David Levy, world-renowned speaker and neurologist breaks down the reasons behind your stress – what causes it, how it affects you and why you should keep it under control. Dr. Levy will also share simple strategies for lowering your stress levels and tips for living a calmer, happier life.

**Thursday, February 2, 2017**  
**7:00 pm**

**Willits Community Center**  
111 E. Commercial Street  
Willits, CA 95490

**Frank R. Howard Memorial Hospital**

**Adventist Health**

**FREE AND OPEN TO ANYONE AND EVERYONE!**