

Goodbye

To the Editor:

After 24 years with the Mendocino County Library System, it is with mixed emotions that I announce my retirement effective March 15. It has been a great joy to serve the library needs of the greater Willits community for these last 12 years. I have been fortunate to have worked at Round Valley Library for two years, and for 10 years at Ukiah Library. But providing library service to my hometown of Willits, Little Lake Valley, and all its outlying areas has been my greatest joy and privilege.

I want to thank the Friends of the Willits Library for their unceasing advocacy and support, for keeping the doors open and the library stocked from books to paperclips during most of my tenure. I also want to thank the Library Advisory Board, especially Kristin Fraser representing the City of Willits, and Mark Komer representing the 3rd District, for their tenacity in the protection of our library system in the darkest times, and their vision now for growing our library to respond to the needs of an evolving public.

Willits Library has been fortunate throughout all of my years here in receiving outstanding consistent annual financial support from its community, and I am happy to thank the City of Willits for always standing by us, as well as the Soroptimists and the Willits Lions Club. Also a big thank you to probably too many in-kind supporters to name, but certainly Willits Online for providing free public Internet service and Wi-Fi, and to Main Street Music for cleaning an endless supply of our DVDs and audiobooks! I am grateful to you all for helping me to do my job.

Within the library, it has been an honor to work with a tireless and devoted crew of volunteers whose selfless generosity of time and talent on a daily basis is awe-inspiring and humbling. Additionally, I have been incredibly fortunate to work with excellent staff support. I want to thank Carolyn Pavlovic and Arlane Adamson for nurturing me when I first arrived from Ukiah, for teaching me the ropes of Willits Library, and for staying on even now as literacy and library volunteers. I am endlessly grateful to my present Willits library staff, Robyn Holden, Jenna Byrne, Mary Pappadakis, Eugenio Moreno, and Children's Librarian Judith Kayser, all of whose commitment to the library and devotion to public service has never wavered, despite the chronic uncertainty of furloughs, budget cuts, staff cuts, pay cuts. They remind me every day, by their own example, that our single purpose is to serve you, the public.

So my final thanks is to you, the public, for offering me year in and year out so many opportunities to be of service, to help you find whatever you were seeking, to guide your searches for reading or information, to be your neighbor and your friend. Thank you for staying with us through all the years of no money and few materials, and never breaking faith with our mission and purpose. Thank you for your incredible vote of confidence in passing Measure A and allowing us to start the long process of rebuilding our library system for you and generations to come. Thank you for allowing me the satisfaction of knowing that I can leave the library better off than I found it, and the surety of knowing I am leaving it in your good hands. See you in the stacks!

Sincerely,

Donna Kerr, branch librarian, Willits Library

"The House on Lemon Street"

To the Editor:

I am writing to thank Friends of the Willits Library and those individuals responsible for last Friday night's premiere of their Book Reading Series.

Titled, "The House on Lemon Street," the book's author advanced through a series of old photographs and as he did so, he wove the fascinating story of the Harada family, providing details of their rich history only a caring someone would write down. That someone is Mark Rawitsch.

I won't reveal the details but author Rawitsch was able to craft a special segment to emphasize what a small world we live in and how, throughout his travels and research, the little town of Willits and its people became a part of an

The Rules: **LETTERS**

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

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

Willits Weekly
A Nostalgic & Modern Record of Community and Life in Willits

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

Volume 1, Number 45
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What do YOU think?

Opinions, thoughts and thank you letters from readers

even bigger picture than the one crafted for his book.

Regrettably his special presentation was one night only and only for one hour. An hour that sped by quickly. At the end, I felt as though I had been caught up in a tailspin of some sort because so much ground had been covered in so little time.

As I said earlier, "I won't reveal the details..." only because I'm hoping he can be persuaded to offer a repeat performance. I'm sure there are people who couldn't attend for whatever reason, have since heard rave reviews, and are kicking themselves for not trying harder to be there. And then there of those of us who would like to go again!

Gail Richards, Willits

Looking for North County teams

To the Editor:

North Coast Opportunities has announced the kick-off for the 9th Annual Mendocino County Human Race. The event is a 5K Walk or Timed Run that takes place on May 3, starting at Alex R. Thomas Plaza in Ukiah. The event is a collaborative community fundraiser that supports local charities by raising funds and building community awareness. Event organizers have announced a kick-off event on April 3 at 6 pm at Slam Dunk Pizza in Ukiah.

NCO provides the marketing, publicity, materials and experienced assistance. Charities and businesses provide the people power. Prior to race day, local businesses and organizations form teams and collect donations in support of their favorite Mendocino County non-profit. On race day, the teams show up, many in outrageous costumes, to either walk or run.

The event focuses on all county non-profits. However, because the event itself takes place in Ukiah many people and organizations don't realize it supports the entire county. We'd love to have more Willits and North County participation in the event.

The Human Race is a proven fundraiser across the United States and continues to grow in popularity each year. It's a fun and effective way for the community to come together to raise money for local non-profits. These organizations provide many needed services and support to our residents. Without funding, many of these organizations would have to cut services or close their doors. This event is a great way for us to collectively say thank you while helping raise needed funds. Please consider forming a team.

On Thursday evening April 3, organizers will host a kick-off event and party at Slam Dunk Pizza located at 720 North State Street at 5:30 pm. Tah Dah Productions will provide music and fun. The event is open to all, but it's primarily designed for fundraising teams and captains to pick up information, receive tips, and learn details about an exciting fundraising contest.

For more information and to receive a coupon for the kick-off party from Slam Dunk Pizza, please visit <http://MendoHumanRace.com> or call 260-2582.

Ian Fitzpatrick, Willits

Bypass: A better plan

To the Editor:

For several months, I have proposed a design modification on the Willits Bypass project that I believe could benefit everyone concerned. Scaling back the 40-acre northern interchange to a simple roundabout (essentially part of the existing design) could: reduce impacts to wetlands and Pomo cultural sites, reduce use of water and disruption during fill and construction, eliminate four bridges, and potentially compensate for some of the impacts to date (temporal losses) and enable a downsized, less-costly mitigation plan.

Caltrans claims, in letters to me, that the roundabout is "not designed to accommodate existing and future Route 101 through-traffic volumes,"

that therefore replacing the planned interchange with the roundabout "would not be appropriate," and that the current design is the least environmentally damaging practicable alternative (LEDDPA) and "is the most cost-effective option for the current construction project and the future four lane bypass."

Two phrases jump out that, in my view, deceptively justify this claim:

a) The future 101 traffic volumes refer to the grossly inflated projections used in the 2006 EIR. Extensive independent analysis of those projections demonstrates that they are exaggerated and erroneous. Detailed documentation of these errors was presented to Caltrans Director Malcolm Dougherty in person on July 9, 2013. For just one example, Caltrans' projections were based on a 2 percent per year growth in traffic, whereas the actual traffic has remained flat or declined for the past 20 years. The recent Caltrans-funded 2030 Blueprint projects an optimistic ½ percent growth rate.

b) Caltrans states the current design is the most cost-effective "for the future four lane bypass." Yes, if the dreamed-of phase 2 four-lane freeway were likely to proceed in the next decade or so, it would be more efficient to build the full freeway interchange now. However, it seems clear that current and future traffic volumes will be more than adequately served by the two-lane bypass now being built. Neither state nor local funding for an unnecessary and expensive expansion to four lanes is likely to be approved in the foreseeable future.

In short, Caltrans continues to justify an over-sized (and thus more costly and more environmentally damaging) four-lane interchange design based on thoroughly discredited traffic projections, for a future project that is unlikely to ever be built.

Other concerns that warrant this design change are major delays and lack of adequate funding for the Mitigation and Monitoring Plan (MMP) required by state and federal agencies. Already two to three years behind schedule, there is still no "acceptable MMP." Yet construction has proceeded without commensurate mitigation. It appears most implementation measures won't happen until the bypass is completed, two or three years from now. Why not reduce the impact of the bypass itself to minimize the delays, costs and uncertainties of mitigation?

Another concern: additional fill for the northern interchange (currently only about 1/10th filled) will certainly entail temporary traffic disruption, noise and dust, diesel emissions, a great deal of water use for dust control and compaction, irreversible filling of (still potentially restorable) wetlands, and considerable costs. Again: Why not modify the design to avoid most or all of these impacts?

Regarding water use for the project, drawing from valley wells and using city-treated wastewater could potentially impact wells on which many valley residents and farmers depend, including the City of Willits' new emergency supplies. To my knowledge, these concerns have not been analyzed.

Caltrans claims that "30 potential alternatives were considered" during the long planning and approval process. However, it boiled down to only choices of route for a four-lane bypass – or no project. Outrageously, during that entire time, Caltrans claimed the Federal Highway Administration required that the project meet Level of Service C, which, only last year through research of public records, was found to be patently false.

Clearly a great deal of public controversy remains. Moreover, with costs, agency compliance, and other challenges not resolved, I believe it is well worth a good-faith meeting between decision-makers and concerned citizens to devise a better solution for the northern portion of the project, where options are still available.

Madge Strong, Willits

New & Consigned Clothing
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Right: Glen Green collects a bid from the crowd.

Storage Wars (in Willits!)

Deal hunters flock to storage auction to gamble big on possible buried treasures



Photos by Maureen Moore

It's not just something you see on TV; the storage auction sales are happening right here in Willits, offering locals and dedicated locker-sale followers a chance to bid big and hopefully win bigger on the contents of abandoned lockers.

GlenMark Self Storage hosted a sale on the morning of March 1 and auctioned off 12 lockers between its north and south sites.

Some 30 people came to bid on the contents, and many walked away with great deals on their purchases. The GlenMark staff, including Glen Green, Russell Green, Peggy Bloomquist and Wendy Miner, tried to make it more convenient for the buyers by combining both site's sales on one day. The sale was a hit – as were the free breakfast burritos and waters offered to the buyers during the sale.

Those lucky enough to pick up a locker had until 5 pm on Sunday to clear out the contents or rent the locker back under their own name. Fortunately the weather helped buyers, giving them a break from the rain and shining some much-appreciated sun down on the sale.

Owner Glen Green reminisced about some of the fun finds buyers told him about over the years of working the auction sales. Some of the big scores included generators, a Rolex watch, tools and more.

"There's usually lots of really unique items," explained Green. "Units with nicely taped and stacked boxes always do well. One time, someone was bidding not on the dresser, but on the valuable glass knob pulls on the drawers! You never know what you'll find of value."

Lockers typically range anywhere from \$200 to \$400, though Green noted that sometimes they can go up to \$700 to \$1,000 if people see something good, or for \$50 to \$150 – or even a "no sale" when there are zero bids – if the contents look more like trash than treasure.

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Very occasionally there is a reserve price on the unit, but typically not. The best part for the buyers, however, is that GlenMark does not pre-sort or toss the unit in any way before the auction.

"We're an upfront auction," explained Green. "So we typically have lots of happy buyers."

Sometimes personal family items like photo albums or legal documents are found; those are brought to the office and the staff does their best to contact the prior owner and return those sentimental items the best they can.

Signing up to be a buyer is free, and people are also welcome to come and watch for free, too. Anyone interested in being notified of upcoming sales – which happen every six to eight months – can call GlenMark to be added to a list at 459-4628, or can keep tabs on the businesses' Facebook page under "Glenmark Self Storage."

After having success at their main south site, located at 1790 South Main Street, they decided to purchase the new north site, located at 395 North Main Street, about a year and a half ago and have been working on improvements ever since.

"We saw the need and benefit of being located on both ends of the soon-to-be-built bypass," explained Green. "Having signage and convenient locations at both ends of town is our plan, and we're making sure that since we now have our name on the north location too, customers know that we will be able to offer the same security and quality care of their goods as they have come to expect at our south site."

For more information, contact 459-4628.

– Maureen Moore



Cans at Curves

Donations sought for Willits Food Bank

From now through Friday, March 21, Curves is helping gather food for Willits Community Services and Food Bank. Members and non-members are welcome to bring non-perishable food into the Willits location during the drive and help contribute to the needy in the community. Curves' owner Lisa Yokum noted that Mary Anne Trevey, owner of local grocery Mariposa Market, will soon have a collection bin located at the store, too, to help collect donations.



Left: Curves members Carol Dale, Cindy Dube, Susan Williams, Barbara O'Rear and Chris Pinson and owner Lisa Yokum stand in front of the Curves sign with items already donated for the drive.

Photo by Maureen Moore

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Puzzle Page

Activities & fun for kids of all ages

LAWN WORD SEARCH

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

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.

- | | | | |
|-----------|-------------|------------|-----------|
| AERATION | DESICCANT | HERBICIDE | PESTS |
| ANTS | DRAINAGE | IRRIGATION | RESEEDING |
| BROADLEAF | DROUGHT | LANDSCAPE | SOD |
| BROWN | EDGING | MOLES | SPRINKLER |
| CLAY | FERTILIZER | MOSS | THATCH |
| CLOD | FESCUE | MOWING | TOLERANT |
| CLOVER | FOUNDATION | MULCH | TRAMPLE |
| COMPOST | GERMINATION | ORGANIC | TURF |
| CRABGRASS | GRUBS | OSMOSIS | WEEDS |

Sudoku

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

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!

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Crossword Puzzle

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

CLUES ACROSS

- Plant anchor
- 13th Hebrew letter
- Microelectromechanical systems
- Number system base 8
- Doctors' group
- Greenish blue
- Sent by USPS
- A Communist
- Southern swearword
- Get free
- North northeast
- Uncommon
- Commit anew
- Lion, goat & serpent
- Irregularly notched
- Lessened
- Constitution Hall ladies
- Fidelity
- Mother of pearl
- Help
- Arouse passion
- Avoid
- Around roof of the mouth
- In a very soft tone

CLUES DOWN

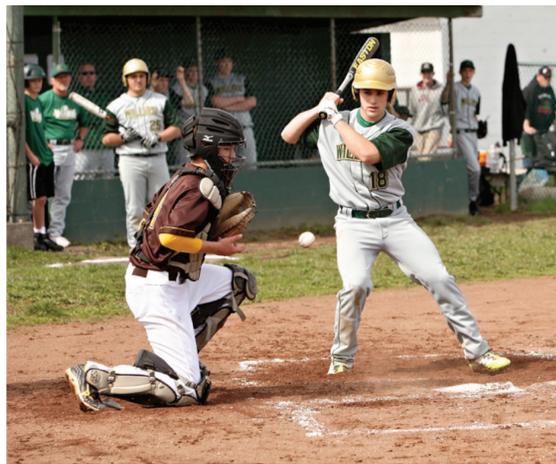
- Italian capital
- Organization of C. American States (abbr.)
- About organ of hearing
- = to 100 sene
- Champagne river
- Improved by critical editing
- Amber dessert wine
- Indian plaid cloth
- Equalize
- Guillemot

CLUES ACROSS

- Periodic publications (slang)
- ___kosh b'gosh
- Rouse from sleep
- El Dorado High School
- Golf ball stand
- Tranquil
- Pear shaped instrument
- Anger
- Raja wives
- A Communist
- Cardboard box (abbr.)
- Human frame (slang)

CLUES DOWN

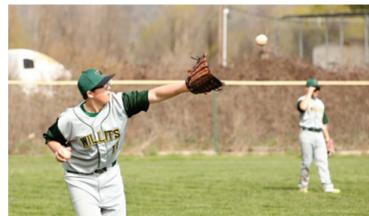
- Of sound mind
- Irish elf
- Makes tractors
- Father
- Bachelor's button
- Vacuum tube
- Of she
- Wedding words
- Em
- Pie ___ mode
- Feline
- Sandhurst
- Snakelike fish
- Crackbrained
- Last course
- Indicates near
- Indian given name
- Ordinal after 7th
- Young women (Scott.)
- "Taming of the Shrew" city
- Luster
- Confiat
- Person of Arabia
- Lotto
- Children's author Blyton
- "Untouchables" Elliot



Come see the baseball teams at a home game:

- JV Home Games:**
 3/15 vs. El Molino at 11 am
 4/4 vs. Fort Bragg at 4 pm
 4/18 vs. Middletown at 4 pm
 4/22 vs. Clear Lake at 4 pm
 4/25 vs. Cloverdale at 4 pm
 5/2 vs. Lower Lake at 4 pm
 5/6 vs. St. Helena at 4 pm
 5/7 vs. Kelseyville at 4 pm

- Varsity Home Games:**
 3/15 vs. El Molino at 2 pm
 3/28 vs. Clear Lake at 4 pm
 4/4 vs. Fort Bragg at 4 pm
 4/7 vs. St. Bernard's at 3:30 pm
 4/8 vs. Lower Lake at 4 pm
 4/18 vs. Middletown at 4 pm
 4/24 vs. Arcata at 4 pm
 4/25 vs. Cloverdale at 4 pm
 5/6 vs. St. Helena at 4 pm
 5/9 vs. Kelseyville at 4 pm



Varsity Wolverines drop 10-0 game to McKinleyville

Wolverines lost 10-0 to McKinleyville Saturday at Dave Kline Field despite Hank Harris's two-hit day at the dish.

Ryan Ellantra got it done on the bump on the way to a win. He pitched five shutout innings. Ryan struck out five, walked three and gave up five hits.

McKinleyville's Hunter Calvert, Trevor Garrison, Kyle Spalding and Ringo Burgess combined for eight hits and seven RBIs. Robbie Elder couldn't get it done on the mound for Wolverines, taking a loss. He allowed nine runs (7 earned) in four innings, walked two and struck out three.

The game was never in doubt after the first inning, as McKinleyville scored three runs with a two-run home run by Hunter and an RBI single by Ringo.

McKinleyville tacked on another six runs in the second. A single by Trevor ignited the offense, plating Brandon Bacca. That was followed up by Kyle's single, plating Hunter and Trevor.

- Stephen Summers, WHS Baseball coach



From top: Kyle Martinez, #18, watches as the Anderson Valley catcher blocks a ball in the dirt.

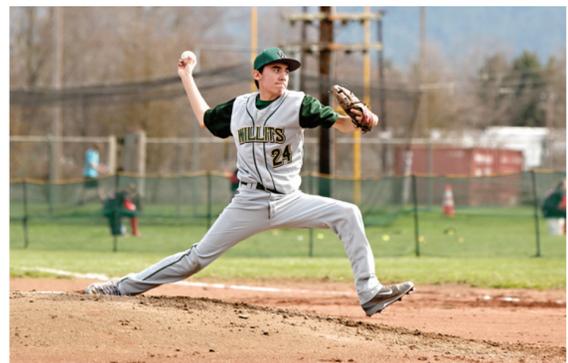
Above center: Jackson Harris, #11, catches a ball during warm up.

Above: Coach Stephen Summers.

At right: Lane Wright, #24, winds up to throw a pitch.

Photos by Maureen Moore

See many more photos from the JV game here: <http://photographpress.zenfolio.com/whssports2014>



Left: Willits Kids Club girls pose in their PJ's Saturday morning at the Discovery Park and Playground site, with Diane Heath (holding a design schematic for the park) after a "girls only" sleepover Friday night at the club.

Photo by Jennifer Pool

Kids Club Awards Bid to Build Discovery Park

At its regular meeting on March 3, the Willits Kids Club board of directors awarded a contract to Mendocino Construction Services (MCS) of Willits to build the Discovery Park and Playground that has been in the planning and development stages for several years. Work on the park will begin right after school is out for the summer.

The original grant to build the park came from State of California Park and Recreation bond funds that the Kids Club applied for early in 2010.

The park design includes natural features such as hills, garden, sand play, gathering places, a wisteria tunnel, trees and other landscaping, and a rope climbing tower. The park was designed with the input of Kids Club members as well as other community groups and parents. Students have made planter boxes, sitting stumps and arbors, and have even raised funds to help pay for one of the hill slides.

Earlier bid solicitations for the park project resulted in either no bids or in bids that exceeded the project budget, so the original scale of the project has been revised somewhat to stay within the funds available.

On awarding the contract, Kids Club board president Eric Glassey expressed his thanks to everyone who had a part in making the Discovery Park possible. In addition to the state grant funds, the park project has also received important support from the Community Foundation of Mendocino County, ReLeaf, Dave Watts and Sanhedrin Nursery, and Dave Madrigal. The enduring vision for this natural outdoor area for the children of the community has been held for many years by Kids Club Executive Director Kris Wagner.

MCS was the lowest of four bidders for the project. The Kids Club board is pleased to be working with a local contractor from the neighborhood, as MCS is located just a shout away on Cropley Lane.

The park should be open and ready for play by early fall.

Willits Weekly | March 13, 2014



COLUMN | The Medicine Chest Garden

The Medicine Chest Garden

A "Medicine Chest Garden" contains one or many herbs that can be harvested and made into remedies for home first-aid needs and common imbalances such as colds, indigestion and headaches.

Good herbs with which to begin are easy-to-grow herbs that, once established, need relatively little care and have few diseases or pests, and are considered gentle herbal medicine.

Many herbs fit this description. A short list might include calendula, comfrey, Echinacea, lavender, mint, California poppy, rosemary, valerian, mullein and lemon balm.

Your list can be customized to fit your needs. For example, for families with children, the list could include spearmint, California poppy, calendula and lemon balm. For people who tend to get scrapes, cuts and bruises (carpenters, gardeners and skateboarders, to name a few), good choices for external healing remedies are yarrow, comfrey and calendula.

If you wanted to start with just one herb, a few plants of calendula would be a good choice. It is easy to cultivate and prolific, and it is easy to make those bright orange or yellow flowers into a healing oil. If you have just a few plants, they could be watered with leftover dishwashing water (assuming you use biodegradable soap).

On Saturday, March 29, from 10 am to 12:30 pm, I will be teaching a class introducing the basics of a Medicine Chest Garden at the Cultivate Wellness Studio, Room 4 in the Little Lake Grange, 291 School Street. We will be talking about the plants in the small garden on the south side of the Grange building: how they are cultivated, harvested and made into simple medicines. The class will include the hands-on experience of making an infused calendula oil. Suggested donation is \$15 to \$25, sliding scale. (No one will be turned away because of lack of funds.) This is a benefit for the Cultivate Wellness Studio, which is just beginning its season of class offerings. More information at 459-5030.

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

Donna D'Terra is a Willits area herbalist who has been teaching herb classes for 25 years.

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Every 100 points earned gets you an automatic entry into a drawing for a 40" Flat Screen TV or \$250 in CASH!
100 Kawi Place in Willits 459-7330
 Guests can only win once per promotion
 See Player's Club for Details Management Reserves All Rights

Thursday, March 13

“Mendo Matters” radio show: 9 am on KZYX Radio, 91.5 FM. Join host Paul Lambert of Willits and his guests, Jim Moorhead of the Broadband Alliance, and Supervisor Dan Hamburg, as they talk about the news that the state has stopped the Golden Bear Broadband project for the North Coast. Also, state Senator Noreen Evans on the chances of her GMO labeling bill passing, and Michael Foley, president of Little Lake Grange, on the Grange’s role in the bill. Call-in number: 895-2448.

76th annual Redwood Region Logging Conference: Today through Saturday, 9:30 am to 5 pm (4:30 pm on Saturday) at the Redwood Empire Fairgrounds in Ukiah. Today, Education Day: “1,500 local Mendocino and Lake County students in grades 3 through 6 will experience first-hand the exciting past, present and future of the Forest Products Industry.” Free admission to the general public and free and ticketed events. Free events include: Logging Equipment Show, Lumberjack and Lumberjill Show, Wild Things Wildlife Show, Historical Displays, RRLC Invitational Chainsaw Carving contest, High School Forestry Competition, and Career Day event. Visit www.rlic.net for schedule and more information.

Shanachie Pub: twice-monthly Jazz Night, featuring vocalist Sarah Ryan, Michael Cantwell on piano and keyboards, Aaron Bellomo on guitar, and Jesse Bessonii on drums. Jazz standards infused with funk, hip hop, world and free-form jamming. Every 2nd and 4th Thursday, 8 pm. No cover. 50 South Main Street. Info: 459-9194.

Friday, March 14

76th annual Redwood Region Logging Conference: 9:30 am to 5 pm today at the Redwood Empire Fairgrounds in Ukiah. See Thursday, March 13 listing for more details.

Saturday, March 15

76th annual Redwood Region Logging Conference: 9:30 am to 4:30 pm today at the Redwood Empire Fairgrounds in Ukiah. See Thursday, March 13 listing for more details.



What's Happening Around Town

Things to do, see and enjoy in and around Willits

CERT Training in Brooktrails: There is still time to sign up for the Community Emergency Response Team training being held at the Brooktrails Fire Department on March 15, 16 and 22, starting at 9 am each day. This free 21-hour training is presented by the Mendocino County Office of Emergency Services and North Coast Opportunities Volunteer Network. Sign up and attend CERT training to receive instruction on survival skills, rescuer safety, disaster medical operations, fire suppression, basic disaster medical operations, light search and rescue, and more. After successfully completing CERT training, you can choose to become part of an active CERT team that assists with traffic control, light search and rescue and emergency preparedness education and awareness. Call Trainer Janet Rayner at 707-684-0738 to reserve your space or visit www.brooktrails-cert.com for more information.

8th Invitational SAL Karate Tournament: Sheriff’s Activities League presents; starting 9:30 am at the Willits High School gym. Free to spectators and SAL participants. Ages 5 to 18 will compete in sparring, forms and weapons. At noon Cody Burford, 17, Black Belt with SAL, will attempt the World Board-Breaking Record for the Guinness Book of World Records. Info: Sensei Michael Tobin at 459-2220 or 354-0565.

WCT Playwriting Master Class: this series of master classes by Don and Ann Sampson start today at the Conference Room of the Willits Branch Library. Don and Ann Sampson will present a series of master classes for beginners as well as those who already have been working on a script they would like to make stage-ready. All classes will be held in the Conference Room of the Willits Branch Library. First class (with Don Samson) 10 am to 1 pm. “Using his own material, Don will jumpstart an interactive discussion

about playwriting.” Second class (with Ann Samson) 2pm to 5 pm: “Ann will demonstrate the use of source materials – journals, photos and other memorabilia – and how to develop them for the stage.” \$25 per class; \$15 for students. Scholarships are available for all classes. Visit www.willitstheatre.org/learn-from-the-masters or call 459-0895.

Brookside Kindergarten Info Meeting: First of two informational meetings to learn more about Brookside School’s Kindergarten program. Today at 10 am at Mendocino College on Commercial Street, and Tuesday, March 18 at 5:30 pm at Imagination Station on the corner of Commercial and Marin Streets. All parents and guardians are always welcome to call the school for more information or to arrange a visit. Two special registration days for Brookside Elementary School, at 20 Spruce Street, are upcoming: Monday, March 24 and Wednesday, March 26 from 8 am to 5 pm and Tuesday, March 25 from 8 am to 11:30 am. Children will have the opportunity to work with a staff member on a short assessment, visit his/her new school, and receive books and school supplies. Brookside encourages everyone to register as soon as possible so that they can plan for enough classes for next year. Info: 459-5385.

Meet Jim Wood, Candidate for State Assembly: Pie & Coffee Social at the Skunk Train Depot, from 1 to 3 pm. Visit www.jimwoodforassembly.com for more info about Jim Wood’s campaign to represent the 2nd District in the California Assembly. Wood is currently mayor of Healdsburg.

Boy Scouts Troop 88 Annual Spaghetti Dinner: Willits Boy Scouts Troop 88 presents its 4th annual Spaghetti Dinner, plus a live Dessert Auction. Saturday, March 15 at LDS Church, 265 Margie Drive. Dinner at 5:30 pm; dessert auction at 6:30 pm. Tickets \$8; \$25 for family of 4. To purchase tickets, contact any scout from Troop 88, or Matt Anderson (367-6537), or Ali Anderson (367-4767) or check www.facebook.com/groups/WillitsBSATroop88.

“Anything Can Happen”: This dinner theatre benefit will help send 19 Mendocino County theatre arts students to London in April to study theater and

English culture, including taking workshops given by the world-renowned National Theatre Company. 6 to 10 pm at Little Lake Grange, 291 School Street. “Anything Can Happen” will showcase the students’ talents as actors, writers, directors and producers, and include dinner (Chicken Kiev and Mushroom Strogonoff with salad, and cobblers for dessert) and entertainment with a flare for the unexpected. Plus raffle and silent auction. Tickets – \$30 per person or \$50 for couples, and \$15 for students 18 and under – are available at Willits Charter School, 1431 South Main Street. Info, call 459-5506 or visit the Facebook event page: www.facebook.com/events/224332141093387.

Shanachie Pub: St. Patrick’s Day Party, Saturday, March 15, with Funkacillin and DJ Podge. Funkacillin features Lex Krauss (guitar) of Mendozone and Rootstock; Cherie Sheraque (vocals) formerly of Groove Approved and currently of Samba Jamba; Jim Dooley (trumpet and keyboard) of all of the above plus others including Pura Vida and Los Piratas; Blair Rowland (drums) formerly of Tubesteak Jones and currently with Dumbstruck Genius; and Nick Ford (bass) formerly of GDx. Tonight, a new member, Phil Montalvo, master percussionist from the Bay Area. Sponsored by Adam’s Restaurant, serving shepherd’s pie, corned beef & cabbage and more traditional Irish foods on the patio for an additional charge. \$8 cover. 8 pm. 50 South Main Street. Info: 459-9194.

St. Patrick’s Day Dinner at the Vets Hall: American Legion-Willits Post #174 presents a traditional Corned Beef & Cabbage dinner, from 5 to 7 pm. Also including Murphy’s (Spuds), carrots, onions, etc. and dessert. Veterans Memorial Building, 191 North Main Street. \$15 adults; \$7 children under 12; free for kids under 5. Tickets may be purchased at the door.

Sunday, March 16

North Street Collective Apprentice Showcase: the collective’s second show features work from the Win-ter 2014 Apprentice class: Return-ing artists Anthony Gon-za-les, Tim Oslund, Katie Stranske and Tasia Hooks present their new projects, and new artists RJ Aldaco and Melany Katz debut their



The front room at the last North Street Collective show

first pieces. 350 North Street, from 2 to 5 pm. Visit www.northstreetcollective.org for more info.

St. Patrick’s Day Dinner: Corned Beef & Cabbage and all the trimmings, at the Laytonville Grange, 1620 Branscomb Road (1.5 miles west of 101). 5 to 8 pm; take-out available at 5 pm. Plus dessert and music. Sold out last year! Info: Kent at 984-7078.

Willits Town Hall Meeting: The subject of this fourth Town Hall meeting is “Drought: Water and Fire – Long-Range Preparedness.” 4 to 6 pm at Willits City Council Chambers, 111 East Commercial Street. Speakers are: Brooktrails Fire Chief Daryl Schoepfner; Ellen Drell, founder and board member of the Willits Environmental Center; Little Lake Fire Chief Carl Magann; Chris Baldo, past firefighter and present registered forester; and Larry Desmond, wells and water systems. Speakers have seven minutes each to speak, and the rest of the time is shared by participants. The speakers are chosen for being knowledgeable in their field, so that questions and comments can be directly addressed during the meeting. All area residents are welcome to participate. Info: 459-4850.

Monday, March 17

St. Patrick’s Day Lunch at the Senior Center: Donna’s Corned Beef and Cabbage lunch on Monday, March 17 at the Harrah Senior Center, 1501 Baechtel Road. Lunch: Noon to 1 pm, with soup and/or salad bar starting at 12:45 pm. Seniors: \$5; non-seniors \$6.50. Info: 459-6826.

Shanachie Pub: St. Patty’s Day “Proper” Party with Forrest Glycer & Malakai Schindell of local band Schindig, 7 pm. No cover. 50 South Main Street. Info: 459-9194.

Tuesday, March 18

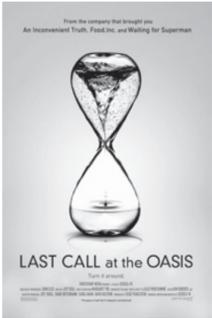
Tightwad Tuesdays at the Noyo Theatre: All 2D movies that are in their second week are \$5 on Tuesdays at the Noyo Theatre for all ages, all showings. This week’s Tightwad movies: “300: Rise of an Empire” and “Mr. Peabody & Sherman.” For showtimes: www.noyotheatre.com. 57 East Commercial Street. 459-6660.

Brookside Kindergarten Info Meeting: 5:30 pm at Imagination Station on the corner of Commercial and Marin Streets. See Saturday, March 15 listing for details.

“Eating for a Happy Belly”: presentation by Dianne Smalley, licensed acupuncturist, about “the role digestion plays in your well-being.” Part of Frank R. Howard Foundation’s new “Avenues to Wellness” program. Willits Harrah Center, 1501 Baechtel Road, 5:30 to 6:30 pm. Plus tasty, nutritious snacks. No charge, but donations are welcome. See article elsewhere on Calendar page for more details.

Thursday, March 20

“Last Call at the Oasis”: Now & Then Film Series presents this timely documentary by filmmaker Jessica Yu about our urgent water issues, focusing on the U.S.A. and California’s drought. 7 pm at the Little Lake Grange. The film explores the drought, threats to fishing and agriculture, the safety of drinking water, fracking, weather and waste, examining the looming global water crisis and what can be done to avoid



Cliff Walker of Willits Invited with Logging Conference Achievement Award

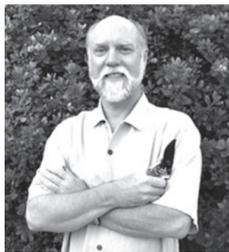
The Redwood Region Logging Conference has announced that the late Cliff Walker, a lifelong Willits resident, will be honored with the conference’s 2014 Achievement Award at the 76th annual conference, Friday through Sunday this weekend at the Redwood Empire Fairgrounds in Ukiah.

Walker is being honored for his lifelong commitment to the North Coast timber industry, and his family will be presented with the award at the Conference Award Banquet on Friday March 14.

Walker spent almost 60 years in the forests of the North Coast, beginning with jobs in the Omholt and FOMO mills in the early 1950s. He purchased his first logging truck in 1963, and formed a successful trucking partnership with Bob Alecksick that continued until Alecksick’s death in 1975.

Adding a logging crew to the successful trucking business resulted in the formation of Cliff Walker Logging in 1976. The company developed a reputation for efficient and high-quality logging operations and worked in the Santa Cruz area, near Yosemite, Fresno, and Shafer Lake as well as throughout the Northern Mendocino area, and has been successful for over 35 years working primarily for private timber owners.

Walker was drawn to the woods early in life and never lost that attraction, continuing to work on a daily basis literally up until his death at the age of 74. “We work to survive; he lived to be in the woods and log” remembers his son Danny.



Robert Kourik will speak on “Growing from the Roots” March 30.

Save the Date

Medicine Chest Garden class, taught by Donna d’Terra, March 29
Madrigal for Supervisor Kick-Off Party, Willits Center for the Arts, March 29

Robert Kourik speaks on “Gardening from the Roots,” Willits Library, March 30

‘Growing from the Roots’

Gardening expert Robert Kourik speaks on “Growing from the Roots” at the Willits Branch Library on Sunday, March 30, 1 to 3 pm. Kourik will share his insight into survival strategies for gardening in dry times.

Kourik is the author of numerous books and articles, and is best known for his pioneering work on edible landscaping. In 1986, “Designing and Maintaining Your Edible Landscape Naturally” became a classic in its field and helped to define the genre of gardening now known as edible landscaping.

Kourik outlined how to establish your own drip irrigation system in his book “Drip Irrigation for Every Landscape and All Climates.” He has been called the “drip guru” by Organic Gardening magazine. His most recent book is “Roots Demystified.”

Kourik declares that he received much of his early training (and numerous continuing-education credits) in life skills from the “School of Hard Knocks.” He learned various horticulture-related skills from the inside out by working with clients throughout California and the rest of the country for more than 25 years. During that time, Kourik has taken on design projects of all sizes, shapes and textures: water gardens, paths and patios, elegant arbors, habitat gardens, innovative home playgrounds, outdoor barbecue areas, deer-resistant gardens and landscapes, and low-profile and attractive deer fences, to name just a few.

‘Eating for a Happy Belly’

If you’ve ever had questions about the role digestion plays in your well-being, come to “Eating for a Happy Belly,” presented by Diane Smalley, licensed acupuncturist, on Tuesday, March 18, 5:30 to 6:30 pm at the Willits Harrah Center, 1501 Baechtel Road. This talk is part of the new Avenues to Wellness program offered by the Frank R. Howard Foundation. Find out what your liver does, why your stomach hurts when you are stressed, and why your small intestine is over 22 feet long with a surface area the size of a tennis court.

Smalley has constructed a life-size cloth model of the digestive tract so that you can see how the vital digestive system works. A key step on your path to healing is to eat foods that relieve bloating, balance blood sugar, ease allergies, normalize weight and naturally taste great.

Smalley has enjoyed teaching self-care skills to people for 29 years. The “Eating for a Happy Belly” talk is one of the most popular in a series of “Core Wellness Lessons.”

Tasty, nutritious snacks will be offered that will make your belly happy.

The Frank R. Howard Foundation is pleased to offer Avenues to Wellness, a new community-wide integrated approach to health education and promotion. The ATW Speaker Series offers health education topics on the first and third Tuesdays of each month.

Congressional Art Competition

for local high school students

The deadline for entering the 2014 annual Congressional Art Competition is Friday, April 4.

The competition is open to all high school students in California’s 2nd Congressional District, which runs along the coast the Golden Gate Bridge to the Oregon border, including Mendocino County.

The winning artwork, which can include paintings, drawings, collage, prints, mixed media, computer-generated art, and photography, will be exhibited in the U.S. Capitol Building for one year, along with artwork from each Congressional District in the country. The winning student will receive two round-trip tickets to Washington, D.C., to attend a ribbon-cutting ceremony and reception for the new display in June 2014. All participants will receive a certificate of recognition.

Visit 2nd District Congressman Jared Huffman’s website – www.huffman.house.gov/services/art-competition – to obtain more information and guidelines for the competition, or call Lindsay Righter of Congressman Huffman’s office at: 707-407-3585.

Madrigal for Supervisor Kickoff party

The Holly Madrigal for 3rd District Supervisor campaign’s kick-off party is set for Saturday, March 29, 6:30 to 10 pm Studio. Saturday, March 29 from 10 am to 12:30 pm, Room 4, Little Lake Grange, 291 School Street. Dinner, wine and live music by Marjo Wilson and more. \$10. Info: Suggested donation \$15 to \$25, visit www.voteholly.com or www.facebook.com/votehollymadrigal.

The Medicine Chest Garden

The Medicine Chest Garden, an herbal class taught by Donna d’Terra, to benefit the Cultivate Wellness is set for Saturday, March 29 from 10 am to 12:30 pm, Room 4, Little Lake Grange, 291 School Street. Dinner, wine and live music by Marjo Wilson and more. \$10. Info: Suggested donation \$15 to \$25, visit www.voteholly.com or www.facebook.com/votehollymadrigal.



Weight Watchers needs you

Weight Watchers is looking for new members, to help keep the group going in Willits. Every Monday at 6 pm at United Methodist Church, 286 School Street. Doors open 30 minutes early for registration and weighing. Info: 800-516-3535 or www.weightwatchers.com.

Upcoming shows at Shanachie Pub

Thursday, March 27: Jazz Night, 8 pm
Friday, March 28: House of Love DJ Night w/Hodge Podge Productions, 9 pm
Saturday, March 29: Marty O’Reilly & The Old Soul Orchestra, 9 pm

Tuesday, March 18

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. This week’s Tightwad movies: “300: Rise of an Empire” and “Mr. Peabody & Sherman.” For showtimes: www.noyotheatre.com. 57 East Commercial Street. 459-6660.

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Friday, March 21

Shanachie Pub: The Blue Reptiles, original and old school blues songs. 8 pm to 9 pm, 50 South Main Street, behind Adam’s Restaurant. Info: 459-9194.

Saturday, March 22

St. Anthony’s Polenta Dinner: with polenta, salad, bread and dessert: “Come join the fun and have a great dinner.” Cocktails: 6 pm; dinner: 7 pm. St. Anthony’s Parish Hall, 58 Bush Street. \$15; \$10 children. Info and tickets: 459-6588.

Shanachie Pub: La Mandanga, 9 pm. Flamenco fusion from Marin County, featuring Alberto Gutiérrez (vocals and guitar) & Javier Jiménez (guitar and vocals), both from Spain, and Mark Bell (cajón), Luis Jiménez (cajón) & Joe Nemerz (bass). “Combining upbeat rhythms, the passion of the gypsy, catchy melodies and haunting lyrics.” Visit www.lamandanga.net. 50 South Main Street, behind Adam’s Restaurant. Info: 459-9194.

Sunday, March 23

Library Community Meeting: The Mendocino County Library wants to hear from you! Today’s meeting 3 to 4:30 pm at the Willits Library Meeting Room, 390 East Commercial Street is one of three public meetings countywide, designed to provide a forum for public comments on the future direction of the library. “Mendocino County supported additional funding for the library (Measure A), and now we want to provide an opportunity for everyone to become proactive and involved in the future direction of the library. It is time to find out what direction the community wants the library to go in, what’s working, what’s not working, and what our community wants that isn’t already offered. The meetings – along with an online poll at: www.surveymonkey.com/s/mendolibrary – are part of our efforts to give the residents of Mendocino County a chance to participate in shaping the strategic vision for the libraries.” Meeting participants are invited to provide brief (two-minute) comments regarding what they would like the library to provide; library staff will remain on site after each session to answer questions about current library services and offerings. Info: Mendocino County Librarian Mindy Kittay at kittaym@co.mendocino.ca.us or 463-4492, or contact your local branch.

R. Carlos Nakai, Native American flute, and Will Clipman, pan global percussion: SOLD OUT. Willits Community Theatre has a waiting list for a limited number of additional seats in the event of cancellations: call the WCT office at 459-0895 to add your name.

Long Valley Quilters

The Long Valley Quilters have decided to host their first Annual Community Challenge Quilt event this year. Many groups do this, choosing a theme of a book, color, fabrics, words ... and then letting the participants take it from there. The group has decided to start with wall hanging-sized “art quilts,” no larger than 18 inches by 24 inches, though they may be smaller. The theme is “Nature”: a very open-ended theme. Quilts will be displayed and judged at the Long Valley Quilters’ annual show the last weekend in August, August 30 and 31 this year.

Forms for submitting these and other quilts will be available around May from The Fat Quail Quilt Shop website, www.thefatquail.com, or by stopping by the shop in Laytonville, 44550 North Highway 101; 984-6966. The annual quilt show is always free and everyone is welcome to come! If you have made quilts, please consider sharing your art for all to see and enjoy.

Long Valley Quilters say: “Anyone interested in joining our small group is welcome. We meet the third Saturday of each month at the Fat Quail from 10 am to about noon. Besides putting on the annual show, we make pillow cases for Hospice, have made several quilts for Wounded Warriors, and we get together and work on other sewing projects.”

Get your event included in “What’s Happening Around Town”

Willits Weekly wants to list your event or special meeting for free in our Calendar! Email details (date, time, location, contact info, cost if any) to willitsweekly@gmail.com. Send us your digital photos or graphics as well (higher resolution photos are best). There is no charge for promoting Willits, Laytonville or Covelo events in Willits Weekly’s calendar.

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At right, top: Blue Sky Gallery owner Suzanne Picetti and friend Ted Johnson at the store.

At right, middle: "Sara's Persimmon" by Diza Hope (left), and Italian glass vases and decorative hearts.

At right, bottom: A view into the store, showing the variety of goods on sale.

Going Out of Business Sale

Blue Sky Gallery

Blue Sky Gallery is going out of business, but owner Suzanne Picetti has not closed her doors yet. The store will be open through May, offering great deals on original art, rugs, gold and silver jewelry, pottery and glass.

"It's been 16 wonderful years," Picetti said. "I'm sorry I can't continue to own the store. I really believe locally owned stores give a town character and life."

Picetti's art gallery and store displayed and hung the works of maybe 300 artists, crafters and jewelers, most of them locals, over the years, she said: "Maybe more." "It always felt so good," she said to support the local artists, especially knowing that proceeds from the sales of their work would "trickle down right back into the community."

"I want to say, it's been an honor and a pleasure to be surrounded by such treasures every day, and I'll miss the gallery and miss the customers."

Blue Sky Gallery shutting down is a "sign of the times," Picetti said, with the economy suffering in the last five years. "I know times are tough, and after gas and groceries, there's not a lot left over."

But still, she said, she thinks it's important for people to make more of an effort to shop locally: "It's very convenient to shop online," she said, but without locally owned businesses, "our town will end up looking like a ghost town."

Blue Sky Gallery, 21 South Main Street, is open Monday through Friday from 11 am to 6 pm, and Saturday from 11 am to 5 pm. Check the "Blue Sky Jewelry and Art Gallery" page on Facebook for more info, or call 456-9025.



Photos by Jennifer Poole



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Walking Robin

Meet the very beautiful and affectionate Robin! She is approximately 1.5 years old, weighing just 36 pounds, and we think she is a mix of Border Collie & McNab, both herding breeds. She has a very serious look about her, but she also has a playful side to her as well. True to a herding dog, Robin is very smart, and she loves to learn new things. She loves to go for walks and is quickly learning leash manners. She would love a family or companion who will take her along for all of life's adventures - whether it's going for a hike, playing at the dog park, or just curling up in front of the fireplace. Robin is fine with other dogs, but she definitely seems more interested in relating to people. We hope you will come down and meet Robin, take her for a walk, and see if she will fit into your life!

The Ukiah Animal Shelter is located at 298 Plant Road in Ukiah, and our adoption hours are Tuesday, Thursday, Friday and Saturday from 10 am to 4:30 pm and Wednesday from 10 am to 6:30 pm. For more information, check the website at www.pawstoadopt.com, contact Adoption Coordinator Katherine Houghtby at 707-467-6453 or houghtbyk@co.mendocino.ca.us, or come in during shelter hours.

Attention Mothers!

We have a large selection of **BABY FOOD** on sale all month!

Ella's smoothies, Happy Puffs, Yogi Wafers, and Munchers

800 S. Main St. Mariposa Market 459-9630

DEMOCRAT

Jim Wood
FOR ASSEMBLY

Assembly candidate Jim Wood wants to hear from you.

Saturday March 15, 1-3 pm
Skunk Train Depot
299 E. Commercial, Willits

JimWoodforAssembly.com

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Community HU Song
In our fast-paced world, are you looking to find more inner peace? Join us for a Community HU Song, Thursday, March 27, at 6 pm at Willits City Hall, 111 E Commercial Street. HU (pronounced hue) is a simple, uplifting prayer or mantra that can help you experience divine love and an inner calm. All faiths are welcome. Sponsored by Eckankar: Experience the Light & Sound of God. Information? Please call 972-2475.

Computer Help
Need help with your computer? I will come to your home or business. PC and Macintosh. Repairs and configuration \$35/hr. Tutoring \$15/hr. Call Liam 459-2470 or email macemrgin@yahoo.com.

Consignments Wanted
Quality home furnishing consignments wanted at Gavel Down Sales, located at 1611 South Main Street. Contact Kapila at 707.459.1300

Culinary Arts Assistant/Cook
Willits Charter School is seeking a Culinary Arts Assistant. 25 hours/week. Must be hard-working, enthusiastic and enjoy working with youth in a fast-paced commercial kitchen. Contact WCS @ 707-459-5506 for info.

For Rent, Country Home
3 bedrm, 2 bath, 1,160 sq. ft. Open concept. Gas stove, forced-air heat, designated laundry/pantry. Fenced yard. Large storage room. No garage. Large deck \$1,550/month + security deposit. No smoking. Not 215-friendly. 459-3409.

For Rent
2BR/1.5BA, downtown Willits. Nice place! Duplex w/garage, washer/dryer in unit, walking distance to shopping, library, college. A/C, NIS, pets nego., \$1,025/mo - \$1,500 dep. Now taking applications. Loraine@Gateway Realty: 459-5363.

For Rent
2 bedroom, 1.5 bath townhouse. Close to shopping. Garbage paid. Laundry facility on hand. Small backyard. \$795/month. Call Armo: 459-9601.

For Sale
New Couch: Brown velour double recliner. Used a few months. Must sell \$850 or best offer. Contact 707-841-1724.

Help Wanted
Front desk agent wanted for Baechtel Creek Inn. Rotating schedule. Must be flexible and customer service-oriented. Apply in person.

Help Wanted
Housekeeper wanted for Baechtel Creek Inn. Must be able to go up and down stairs, lift up to 30 pounds, and be reliable and willing to work. Apply in person.

The rest of Pot | From Page 1

According to the Sheriff's Office, Adrien Sotomayor, 27, of Yucaipa, and 31-year-old John Theis of San Jacinto told deputies they were returning home from a trip to Humboldt County.

The Sheriff's Office says deputies approached Sotomayor and Theis at the Patriot Gas Station that afternoon. Sheriff's dispatchers told deputies Sotomayor was a parolee, leading to the search of the pair's rental car.

Sotomayor and Theis were booked into Mendocino County Jail on suspicion of possessing marijuana for sale, and sales and transportation of marijuana.

Formerly on parole, Sotomayor is being held without bail. Bail for Theis was set at \$50,000.

COLUJMN | Lin Checks In: Health Care in Mendocino County

Chronic Disease Self-Management

You can be in charge of your own health... and you can get better

So, you decided to see the doctor because you were feeling out of sorts, and it had been a couple of years since your last medical appointment. Now you're walking out of your doctor's office with a diagnosis of diabetes and instructions to get more blood tests and fill a prescription for some sort of white pills. What now? Do you bury your head in the sand or take charge of your health?

Linnea Hunter, Contributing Writer

that you have the power to steer your own course. With the help of medical professionals, you can take matters into your own hands and you really do have more control than you think. It's time for self-management.

"Self-management" is a term that refers to what you, the person with the chronic disease, do to manage that disease. While you may not be able to write your own prescriptions, you can choose what to eat, how much to exercise, whether to monitor your condition, and the degree to which you comply with medical advice.

Each person is unique and, while medical conditions often have consistent symptoms, the way chronic diseases affect individuals can be just as unique as the individuals themselves. This is why self-management is so important. No one knows you like YOU know you. Your medical history, your personality, your education, and your commitment to getting well are all yours alone.

As the leader of a local health center, I work with medical providers who face the challenges of caring for many unique individuals. What works for one patient sometimes doesn't work for another. However, as long as we communicate well and help patients create plans that play to their strengths, we can help patients be successful.

I was reviewing an excellent fact sheet published by the Victoria Department of Health, and it did a nice job of defining self-management, as well as explaining how important it is that medical professionals provide self-management support.

I like the Flinders University definition: that self-management involves the patient (and family or caregivers, if appropriate) working in partnership with their health care provider to:

- Know their condition and various options to treat it
- Negotiate a plan of how to care for the patient
- Engage in activities that protect and promote health
- Monitor and manage the symptoms and signs of the condition(s)
- Manage the impact of the conditions on physical functioning, emotions and interpersonal relationships

Self-management means dealing with all that a chronic disease entails, including symptoms, treatment, physical and social consequences, and lifestyle changes.

Many primary care providers, whether Federally Qualified Health Centers or private practices around the country, are embracing an approach called the Patient-Centered Health Home or Patient-Centered Medical Home (PCMH) by proving quality outcomes and providing patients with necessary education.

The idea is to support each patient with a team of medical professionals, from health educators to doctors to nurses to therapists to registration clerks to dentists. The PCMH model builds on substantial evidence demonstrating that greater emphasis on primary care can result in higher quality at lower costs. One of the biggest shifts of the PCMH is that the patient is part of the care team. It is up to the patient to help make decisions about their care, and to take an active role in it.

More and more people are interested in self-management for chronic diseases. Self-management improves health while reducing health care costs because of fewer emergency room visits, hospital admissions, and days spent in the hospital.

Our nation spends approximately 75 percent of health care dollars treating chronic diseases; yet, only 1 percent of national health spending goes toward efforts to improve overall health and wellness.

So, if you receive a chronic disease diagnosis, don't put your head in the sand. Work with your doctor and caregivers to come up with a plan that makes you feel like you can get better. You'll have to work at it, but you won't be alone.

Lin Hunter is CEO of Mendocino Community Health Clinic. She has been involved in local health care for 30 years. Contact her with questions or column ideas at lhunter@mchcinc.org.

Editor's Note: To sign up for health insurance under the Affordable Care Act, check www.coveredca.com or call Public Health at the Willits Integrated Services Center at 456-3803. Little Lake Health Center at 456-9600 or advocate Zenia Levya Chou at 472-4654.

The rest of Caltrans | From Page 1

Fielder, Water Quality says the board has "concluded there was an inadequate level of site preparation and erosion and sediment controls in place within the South Haehl Creek watershed."

The letter demands Caltrans take immediate action and document its actions at the site.

Fiber rolls for erosion, Water Quality stated, proved inadequate, and that was what freeway builders used on most of the slopes.

Water Quality asks Caltrans to use erosion control blankets, spread straw and apply tackifier to all slopes.

Water Quality's letter alleged Caltrans did not send daily photographs of the site in its monthly report in January, while the agency included photos in all previous reports.

The Water Board contends habitat for coho salmon and steelhead may be damaged by water discharges at South Haehl Creek.

A member of the California Department of Fish and Wildlife reported finding salmon and steelhead fish in lower Haehl Creek and two coho redds in upper Haehl Creek, Water Quality stated.

Water monitoring stations installed by Caltrans document data every 15 minutes at locations both upstream and downstream of freeway construction.

On Wednesday, City Manager Adrienne Moore confirmed reports that Caltrans has recently been pumping muddy water out of low spots along the project right of way and bringing the water to the City of Willits water treatment plant.

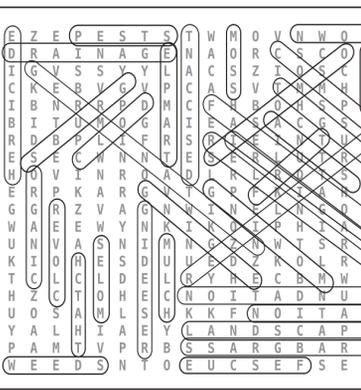
But, Moore said, the water isn't actually going through the treatment plant, it's just being unloaded into the wastewater ponds: "It doesn't need to be treated," Moore said, "because the sediment just needs to settle."

Moore said the water haulers were working under a septic hauling permit, and paying normal fees to the City of Willits.

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

Brooktrails Fire Department volunteers join a large percentage of Little Lake Fire's crew in being certified in this method. This allows the firefighters to be able to use the same gear and offer inter-department assistance with this shared knowledge.

The group started working on the ground in the parking lot area of the Brooktrails Fire Department, where they constructed pulley systems using the RPM system (see next paragraph for details) to move vehicles around on the flat. They also employed the same method once they moved to a steep wooded area across the parking lot, where they maneuvered a mostly willing volunteer – fellow Brooktrails Firefighter Josh Marcantonio – up and down the hill in a Stokes Litter rescue basket.

The RPM system utilizes Brake Rack Resistance (R), an Anchor Point Pulley (P) and resistance derived from the Mariner's Knot (M), which can be fixed to any number of stable points, including trees, rocks, vehicles and more, to create leverage and allow use of the laws of mechanical advantage for the benefit of the crew.

The group also trained on moving someone in the Stokes Litter rescue basket without any ropes, relying solely on manpower and steady footing to get the injured to safety. The method they trained on was called the "Caterpillar Walk" and showcased a way of maneuvering up gentle terrain with stability and precision.

Eight firefighters each held onto the litter, four on each side. The pair at the rear would let go of the litter, run to the front of the line and receive the now-open front handles of the litter as the remaining six moved the litter towards the front of the line. Then, the new back pair released their handles and scurried uphill to the front of the line, where they received the new front handles as the basket was inched forward by the remaining firefighters.

This system allows for constant control of the basket and a slow ascent up the hillside. No one slid or lost footing during the drill, and the method proved an effective and impressive way to successfully and safely move an injured person uphill with minimal strain on the firefighters.

The Office of State Fire Marshal's curriculum for LARRO training is also as the guidelines for practical application in the field. The crew is able to adapt their skills

depending on the materials available and the terrain and situation they are faced with at that time.

"They all loved it!" said Noyer. "The general consensus was that it was a great training and that they all learned a lot. They are eager to go out and continue their training soon."

Brooktrails Fire Department is also preparing for the Mendocino County Fire Chiefs Association's Urban Search and Rescue (USAR) class that will be held in April/May 2014 and is aimed at preparing firefighters for the rigors of Urban Search and Rescue work that would likely occur during natural disasters.

For more information, call the Brooktrails Fire Department at 459-4441.

Above left: A team pulls against a rope configuration using the RPM system. From front: Dion Beckman, Eli Owen, Tommy Butler, Steve Carter and John Turner.

Above right: top: Ropes and pulleys connected with the RPM system

Above right: below: Eli Owen carefully folds ropes after the drill at the parking lot.

Photos by Maureen Moore



Farmers Market Finds

Winter Farmers Market is proceeding into spring: the first veggie starts showed up at the market at the Little Lake Grange last week. C&A Organics of Redwood Valley brought green seedlings, along with the hothouse tomatoes they've been selling all winter.

Green Uprising Farm always has some greens: chard or cabbages or bok choy or radishes; come early for the best selection. Market hours are 3 to 5:30 pm each Thursday.

The real stars of the farmers market this time of year are the baked goods, treats, local meats and prepared food. Amanda Fairall brings lasagnas each week, and bakes fresh breadsticks in the Grange commercial kitchen. Fairall's table also features her homemade jams and local eggs.

Roland's Bakery offers a table full of baked goods, featuring Phil Roland's delicious New York-style bagels, sweet pecan sticky buns, and breads, including a half-loaf that's perfect for a small household.

Robert Goleman of Bolliver's Fine Foods & Confections has been bringing a to-die-for lemon cake recently, in addition to his carrot cakes, chocolate oat bars, lime custard pies, elegant hand-crafted chocolates, ready-made frozen dinners and more.

— Jennifer Poole



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

with 70 percent being retained by Ukiah and 30 percent going to the county. The proposal would only apply to revenues that exceeded those of 2007-08, which would be regarded as the "base year," after those base-year revenues have been adjusted according to the Consumer Price Index.

The UVAP area runs approximately six miles north of Ukiah, as far as Highway 20. It also extends two miles to the west and six miles to the east of Highway 101, and includes Calpella, Lake Mendocino and Talmage, as well as the heavily industrialized strip of land running north roughly from Raley's Shopping Center to Mendocino College.

County representatives John McCowen and Dan Hamburg took the city's offer in stride, although it was considerably less generous than a previous offer. During the later phases of the last iteration of the Tax Sharing Committee, which met from 2010 to 2012, a 50-50 split of sales tax revenues had been discussed. McCowen said the 50-50 proposal appeared to be acceptable to city representatives, until the political direction changed within the City of Ukiah in mid-December 2012 and the city backed away from negotiations.

City of Ukiah Assistant City Manager Sage Sangiacomo told McCowen and Hamburg the 70-30 split was justified because the two jurisdictions have generated just that much sales tax revenue over the past seven fiscal years.

If the two pools of sales tax revenues are taken as a whole, then in 2012-2013, the City of Ukiah generated 71 percent of the total, and the unincorporated portion of the UVAP area 29 percent.

Averaging sales tax revenues generated over the past seven years, 70 percent were generated by the City of Ukiah, and 30 percent were generated in the unincorporated UVAP area, according to Sangiacomo.

The amount of revenue under discussion varies between \$5 and \$6 million. According to a graphic provided by the City of Ukiah, in 2006-2007 the figure was approximately \$6.2 million. In 2009-2010 it was approximately \$5.1 million and in 2012-2013 it was about \$5.6 million.

The term of the agreement also came under discussion. Ukiah representatives had proposed a rolling five-year term, while county officials expressed an interest in a fixed term of significant duration, such as 20 years. Both sides acknowledged the term of the agreement could be decided later, but the formula for sharing sales tax revenue would be the toughest point of the proposal.

The next meeting of the committee is set for March 25 at 5:30 pm.

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Above: Jerry Jordan, left, and Leon Springer, co-owners of DripWorks.

Right: A complete drip tape system.



With the drought leading to uncertainty, despite the recent rains, about how much water Willits residents will have to garden with this summer, it's a great time to look into a drip irrigation system. DripWorks in Willits, entering their 24th year in business, has everything you need to get an irrigation system for your garden, deck or small market farm up and running.

The recently released 2014 DripWorks catalogue features page after page of drip irrigation equipment and parts, as well as pre-fab garden kits for garden beds, deck gardens, row crops, rose & shrub kits and more. The economy-size deck garden kit, for example, is designed for containers

of all sizes, planters and window boxes, includes a complete set of parts, and waters up to 45 pots. The economy-sized drip tape row crop kit includes 200 feet of 15 mil low-flow drip tape, which is enough to water up to 10 20-foot rows, complete with the necessary tubing, a filter, a pressure regulator, hose couplers, row starts, sleeve ends, "gool" plugs, hold downs and more.

The catalogue also sells gardening tools and

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



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

accessories, fertilizers and organic fertilizers, work clothing, a new zero pressure timer (ideal for gravity-fed systems), ambient solar timers (perfect for off-grid gardening), pond liners and a Bokashi cold composting system.

The DripWorks website, www.dripworks.com, offers online resources with an incredible amount of information on how to plan and install a drip irrigation system. Check out the "Gallery of Plans" section for a wide variety of layouts for almost any kind of gardening project, including raised beds, square foot gardening, row crops, rose gardens, vineyards, and greenhouses. Beside the standard FAQs and Glossary, you'll find a free downloadable Drip Planning Guide, Garden Planner software, a bi-monthly blog, various calculators to help with planning, and a video section filled with 58 helpful how-to featurettes.

You can request a catalogue at the DripWorks website or call 459-6323 to get one in the mail, or stop by their retail store and demo garden at 190 Sanhedrin Circle anytime between 9 am to 4 pm, Monday through Friday to pick one up. If you put in a drip irrigation system this spring, when your water bill arrives this summer, you'll be glad you did.

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

The DWR's short report uses figures from Little Lake Valley groundwater studies from the 1960s to the 1980s to calculate how much underground water the valley can hold.

A 1965 study claims Little Lake Valley holds about 50,000 acre feet of groundwater. Another 1965 study claims the valley holds more than 91,000 acre feet of groundwater, the report stated.

A 1986 report estimated the valley's groundwater capacity to be about 35,000 acre feet.

In the water business, water providers and data collectors talk about water in acre feet, not gallons or units, such as City of Willits water customers pay for.

An acre foot of water is equal to about 326,000 gallons. Multiplying the 1986 estimate of 35,000 acre feet of water in the Little Lake Valley aquifer by 326,000 gallons equals 11,410,000,000 gallons – or 11.4 billion gallons of water.

Little Lake Valley sprawls for about seven miles and is about three miles wide at its middle.

Recharging of the aquifer occurs at the southern end of the formation, according to the DWR.

The DWR report states that studies show Little Lake Valley's premier water-bearing geologic formation is a layer of gravel, sand, silt and clay about 250 feet deep in some locations.

Iron, manganese and calcium are three common contaminants in Little Lake groundwater. Some high levels of boron also are found in the northern valley, according to the report.

The valley drains to the north by way of Baechtel, Broadus, Davis, Haehl, Willits and Outlet creeks in the north end of the valley.

Willits averages about 49 inches of rainfall each year.

The city relies on runoff to fill two reservoirs south of town. A recent emergency water project is undertaking construction of a \$2.1 million emergency water treatment plant. The plant will draw water from valley wells.

A city reports states that one of its wells, the Elias well, is an artesian well drilled by a rancher decades ago. The emergency system also links to the Park well near the restaurants at the old ball fields. The city uses it for irrigation.

Groundwater vocabulary

Aquifer

A body of rock or sediment that can store, transmit, and yield groundwater to wells and springs.

Artesian Aquifer

A body of rock or sediment containing groundwater that is under greater than hydrostatic pressure. In a well, the water will rise above the top of the aquifer.

Contaminant

Any substance or property preventing the use or reducing the usability of the water for ordinary purposes.

Overdraft

The condition of a groundwater basin in which the amount of water withdrawn by pumping exceeds the amount of water that recharges the basin over a period of years during which water supply conditions approximate average conditions.

Recharge

Water added to an aquifer – water recharge occurs either naturally or by human influence.

At right: top: Judges and tasters pose together at the Chili Cook-Off. From left: Willits Police Chief Gerry Gonzalez, Warren Lewis, Miss Mendocino Kassy Aldaco, Kathleen Lewis, and Little Lake Fire Chief Carl Magann.

At right: below left: The Hillbilly Chili team – Chevelle Sperling, Max Sperling and Shannon Thom – won the award for hottest chili. Below center: The Beangos – Leslie Challenger, Diana Rippey and Virginia Jorge – adorned in colored mustaches, won the prize for best décor/costume. Below right: Jack Isborn took home the best chili award.

See more photos from the event online at: <http://photographress.zenfolio.com/chilicookoff2014>



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Chili Cook-Off

burns up the Senior Center

A hot time was had at the 7th Annual Willits Harrah Center Chili Cook-Off on Saturday. "It was a great time; it was a great turnout," said Mariya Siddons, event volunteer coordinator at the Senior Center.

About 125 attendees tasted chili made by 11 different contestants, and voted for their favorites in several categories. Also on the menu was combread, some brought by contestants and some baked in the Senior Center kitchen, and root beer floats.

The Hillbilly Chili team won the prize for hottest chili, and the Yokum's Body Shop team won the people's choice prize for best chili.

Judges Sheriff Tom Allman, Sarah McLean (president of the Harrah Center's board of directors), Police Chief Gerry Gonzalez, Fire Chief Carl Magann, Attorney John Smoot, and Miss Mendocino County Kassy Aldaco gave their "best chili" award to the Spicy Elk chili made by Jack Isborn. The Beangos, adorned in colored mustaches, won the prize for best décor/costume.

And finally, the prize for "The Most Crooked Team" went to Jerry Turner's crew, who collected the most "bribes" in the basket on their table – all going to benefit the Senior Center's Outreach Program, as did all the proceeds from the fundraiser. "They bought the judges," laughed Siddons.

Siddons' own personal favorite chili? "I loved them all," she said. "A big thanks to everyone who entered, everyone who came, all the volunteers and the judges. We'll do it again next year, and we'd love to have even more teams enter."

– Jennifer Poole



Above: "The Most Crooked Team" members: Laura Deffendall, Sandy Turner and Jim Deffendall.
Below: Johnnieann Johnstone at the Yokum's Body Shop table. Yokum's chili won the people's choice prize.

Photos by Maureen Moore



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