

# Willits Weekly

EST. 2013



A Nostalgic & Modern Record of Community and Life in Willits

Donations Accepted Edition No. 114

Thursday, July 16, 2015

## Woodhouse wants county to address destructive pot grows

Mike A'Dair  
Reporter  
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Large-scale marijuana growers are destroying Mendocino County, Third District Supervisor Tom Woodhouse said recently, urging fellow board members to explore what the county could do to address the problem.

Woodhouse's comments came during a staff presentation by Angie Hamilton, lead code enforcement officer with Mendocino County's Planning and Building Services department.

"The negative energy given towards government, the blame we take and you take, is really unfair," Woodhouse told Hamilton.

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

## Preparing for a Willits city Main Street

Zack Cinek  
Reporter  
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The state's Willits bypass project could be finished next year, meaning the City of Willits will then take ownership of Main Street from Highway 20 north to city limits.

The "relinquishment agreement" with the California Department of Transportation guides the transition of old Highway 101 to the city after some maintenance work is done.

"Assessments have been done," Caltrans spokesman Phil Frisbie said, "and we are going to be performing sidewalk repairs and paving throughout the relinquished area."

Frisbie said Caltrans

Read the rest of **Main Street** | Over on Page 13

## Willits man held on suspicion of two sexual assaults

A Willits man was arrested July 6 by Ukiah Police Department detectives on suspicion of raping a woman in mid-May at a Ukiah home.

Police interviewed the woman May 17 at Ukiah Valley Medical Center. The woman told them she had been assaulted within the past several days, but did not wish to file a report at that time.

"Working with the victim," police detectives identified a second alleged victim, according to Chief of Police Chris Dewey, and obtained an arrest warrant for 42-year-old Jonathan Mark Neumeyer of Willits.

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



Above: The Miracles in Motion Relay for Life team, including, from left: Rosemary Landry, participating in her third relay; Linda Abby, participating in her second relay; Rick Williams, participating in his first relay; Pat Moeller, participating in her 17th relay; Ginger Larson, participating in her 10th relay; Diana Blundell, participating in her sixth relay; Catherine Hart, participating in her first relay; and Gayle Holz, participating in her 13th relay.

# Relay for Life

Jennifer Poole  
Editor & Reporter  
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Come on down to the Rec Grove and take a lap! That's what a group of cancer survivors committed to the American Cancer Society's Willits Relay for Life event says to everyone in Willits and northern Mendocino County. This year's Relay for Life in Willits – the fourth annual – will start at 10 am on Saturday, July 25, at the Rec Grove, and will continue for 24 hours straight.

Every cancer survivor and Relay booster who talked to Willits Weekly emphasized the public nature of the event: because Relayers are in

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

Photos by Maureen Moore



Michelle McCoy holds a sample bear and a California Highway Patrol uniform, ready to turn into one of her Officer Memorial Bears.

photo by Maureen Moore

Line-of-duty family life is the norm for Michelle McCoy, who has turned her understanding of the hard times that can come with being a law enforcement family into a comforting and honorable gift to the families of fallen officers.

Officer Memorial Bears are created from the shirt, pants or other belonging of those who have passed, turning them into a huggable, soft stuffed animal given to the surviving children, free of charge.

"I really wanted to let the kids know they are not alone during such a hard time," explained McCoy. "I want them to feel comforted in knowing there is a great support network and others who understand what they are going through."

After the passing of Deputy Sheriff Ricky Del Fiorentino in Fort Bragg last May, McCoy reached out to the Wives Behind the Badge non-profit group to help with their Blue

Line Kids HALOS (Helping Aid Lost Officers' Survivors) Line of Duty Death project. The group will send a card and a quilt to a child – under the age of 18 and across all 50 states – of a family member who was killed specifically in the line of duty.

However, McCoy heard of a story that really tugged at her heartstrings, one of a little girl who didn't qualify for the program, and she wanted to do something anyway, so she decided to make a memorial bear.

Since then, McCoy offers to send bears to families along with the quilts, or to those who do not qualify for the official program. Families can send in clothing from the family member, or McCoy has some donated items she can use from her father, Michael Tobin, a retired Mendocino County Sheriff's Office deputy, and her grandfather, William "Bill" Hicks, a retired California Highway Patrol officer.

Now married to active Mendocino County Sheriff's Deputy Ricco McCoy, and mother to three young boys, Michelle feels even more compelled to do whatever she can to help bring comfort to

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

## Officer Memorial Bears

Willits' Michelle McCoy turns fallen officer fabric into huggable comfort for grief-stricken families

By Maureen Moore

## John's Place:

A return from the ashes?

Zack Cinek  
Reporter  
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John's Place bar may be a step closer to a return from the ashes of a November fire if city council members approve a use permit for the bar to relocate to 151 North Main Street.

Applicant Daniel W. Chesser requested a use permit for a full-service bar inside the building owned by Al Nanna across the highway from the old Vassar's Pizza building, a public hearing notice from the city stated.

That 151 North Main Street building has housed Suncycles and Earthlab in the past.

Read the rest of **John's Place** | Over on Page 13

## New hospital opening within sight

Mike A'Dair  
Reporter  
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Work on the new Frank R. Howard Memorial Hospital off East Hill Road is moving forward, with the opening now within sight. Representatives from the Office of Statewide Health Planning and Development inspected various systems in the hospital building on July 8.

According to Cecilia Winiger, communications manager for Frank R. Howard Memorial Hospital, inspectors found "a few outstanding items that still needed to be completed."

Winiger said once those items are taken care of, OSHPD will issue a Certificate of Occupancy.

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

## Daily Bread serving 'bag dinners' at Episcopal hall

Mike A'Dair  
Reporter  
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Our Daily Bread is wrapping up its second week of serving free "bag dinners" at St. Francis in the Redwoods Episcopal Church's Fellowship Hall at 66 East Commercial Street.

The dinners include a sandwich, some fruit, and oftentimes a baked good, such as a muffin or piece of pastry. The meals are served from 4:30 to 5:30

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





Competitors Rene Torres, Senit Rojas-Ochoa, Brian Stout, Julya Morganti and Moises Leon hold their trophies from last weekend's bodybuilding event.

Photo by Maureen Moore

Below, far left: Shannon Dumond on stage at the 2015 competition. She placed first in the Novice Figure Tall class.

Photo provided by Shannon Dumond

Below: 2015 competitors show off their hard work, including from left: Julya Morganti, Rene Torres, Senit Rojas-Ochoa and Brian Stout.

Photos by Maureen Moore



## Fitness in Willits

Body Works Gym sends six to body building competition in Sacramento

Willits had a great showing at the 2015 World Natural Bodybuilding Federation's California Muscle Mayhem Natural Bodybuilding Championships in Sacramento last weekend, with six competitors attending – and placing.

The team of Shannon Dumond, Brian Stout, Julya Morganti, Senit Rojas-Ochoa, Moises Leon and Rene Torres was led by veteran bodybuilder and Body Works Gym's personal trainer Angela Noonan.

towards goals and keeps our youth focused on positive activities."

Brian Stout, 25, competed in the Men's Physique class, one that focuses on more of a "beach body" goal. Contestants wear board shorts, and points are given on an overall model look more than a traditional bodybuilder physique. Stout, who was competing for the first time, was proud to take second place in the class and received a trophy for his efforts. He said he trained for about five months preceding the competition and wanted to thank Noonan, fellow competitor and inspiration Moises Leon, and past-bikini contest competitor and now-posing coach Brandi Gamble for their help getting ready for the competition.

Though he had fun during the competition, Stout noted he was ready for a little break, and looks forward to enjoying a slice of pizza.

Shannon Dumond, 27, did a great job for her first competition, taking the first-place prize out of six in her class: Novice Figure Tall. As the winner, she competed also in the overall class, where she placed second.

Working hard for about three months with trainer Noonan and doing posing training with Gamble, Dumond noted that the deadline of attending the competition really motivated her to get to the gym.

"I'm really not a gym person," laughed Dumond. "I've always played sports, but now with those over, I was looking for something to do and a new goal. I've always been a competitive person, and this was a fun new challenge."

Though she enjoyed the experience, her attention

has shifted to her quickly approaching wedding. "I'm ready for a little break, and maybe after the wedding I might do another competition, we'll see!" said Dumond. "I really want to thank Angie and Brandi and my soon-to-be husband for all their support and encouragement, and of course thanks to Body Works Gym, too."

This was also the first competition for Julya Morganti, 21, who took fourth place in the Bikini/Open competition. A "softer" version of the more-intense Figure class, the Bikini class focuses on overall appearance, including hair and makeup.

"I was really nervous; this wasn't the normal kind of competition I am used to," said Morganti. "Usually it's rodeo! But I had a good time and really learned a lot."

Not until the Monday prior to the competition did Morganti actually fully decide to enter, and she noted the time crunch was a great way to get herself focused on achieving the necessary gym time and milestones to get ready.

Morganti also sent out a big thank you to Gamble who helped her with posing practice and also to Noonan for her support and encouragement.

Senit Rojas-Ochoa, 25, was also a first-time competitor and placed third in the Novice Figure Short class. She also had been training for about five months prior with Noonan. Her favorite feature to show off is her abs, and her goal at the next competition is to "win first place!"

Noonan praised Rojas-Ochoa's diet of "no junk!," noting her meals usually consist of veggies and chicken, meaning very clean meals.

Rojas-Ochoa thanked Noonan for her help training and her husband, Brandon Taaffe, who helped her with posing and gave her great support.

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

Below, left: Moises Leon poses, showcasing his biceps.

Photo by Maureen Moore

Below, right: Shannon Dumond (right) shows her back to the judges at the 2015 competition.

Photo provided by Shannon Dumond



Above, from left: Ash the cat. Humane Society volunteers Maddie and Alex Schwede with grandmother Linda Schwede, Brenda and Steve Moynahan, shortly after adopting 7-year-old Emma.

At left: Bill Barksdale and Miracle.

Below, left: Pets waiting and hoping to be adopted.

Photos by Jenny Senter

## Pairing up pets & people

Six animals find new homes at Willits Pet Adoption Day

Laughing and barking added to the festive atmosphere Saturday, as six animals found new homes at the Willits Pet Adoption Day at the South Main Street office of Coldwell Banker Mendo Realty.

Bill Barksdale of Coldwell Banker coordinates with the Humane Society of Inland Mendocino County to arrange the Willits Pet Adoption Days, the first of which was held on St. Patrick's

Day in March 2012. Barksdale, a long-time animal advocate and promoter of the Humane Society, was quick to acknowledge the compassion and commitment of the Humane Society volunteers.

Steve and Brenda Moynahan of Willits left the Willits Pet Adoption day as the happy owners of 7-year-old Emma, a McNab-Border Collie cross. They found – after losing their 17-year-old fox terrier last month – that they just couldn't be without a dog in their lives. They also understood the needs

of Emma and have a large piece of property for her to roam.

Laytonville resident Maggie Weaver, the board president for the Humane Society of Inland Mendocino County, was on hand to help out with the event. Weaver started volunteering for fostering kittens seven years ago and has served as the board president for four years.

"Coldwell Banker Mendo Realty is one of the more successful places in inland Mendocino County for the pet adoption day," she said. "They even allow space inside the building so that the cats are more comfortable." Weaver went on to say how much she appreciates the generosity of Barksdale and Coldwell Banker for their time and the location.

Adri Vega, the dog kennel supervisor at the Humane Society, noted that they only

bring dogs that are comfortable with the noise inherent to an event held alongside a busy highway. Vega was on hand to answer questions about the available dogs, making sure they go to a suitable home. She asks potential adopters about other animals in the home and encourages people to bring their dogs along to the adoption process so that they can check the dogs for compatibility. She also follows up adoptions by calling the new owners to check on how the dog is doing in their new home.

Both Weaver and Vega say their jobs are much easier thanks to the tireless efforts of all the volunteers, mentioning specifically Taffy Montgomery, who has volunteered at the Inland Humane Society for more than 18 years. Montgomery is currently the cattery

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



Jenny Senter  
Features Writer

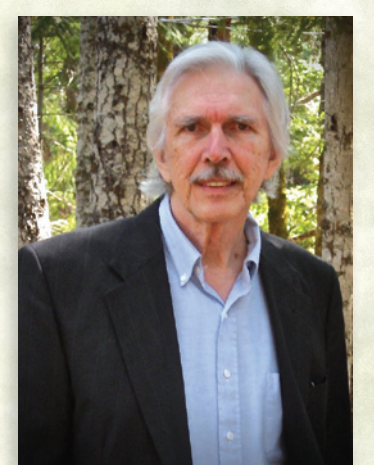
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## Roger Paul Hearn

Roger Paul Hearn, born on March 25, 1947, peacefully left our world on June 23, 2015. Roger was born and raised in Mississippi, married the love of his life in 1968, and moved to Willits, California in 1976 with his wife and daughter. As a young man, Roger began a career in pipelining that lasted for more than forty years and was regarded as one of the best office managers in the industry. His work allowed Roger and his family to travel the country while always returning to Willits between jobs. Roger was a devoted husband, father, and grandfather. He retired early from the pipeline industry to provide caregiving for his wife with whom he had countless adventures around the country in their earlier years. For a short time, Roger wrote résumés, work he could do from home while caregiving. He always protected and supported his daughter, and he completely adored his granddaughters, smiling whenever they entered the room.



March 25, 1947-June 23, 2015

Throughout his life, Roger was committed to equal rights and peace. During the Civil Rights Era, he worked alongside his wife to ensure equal rights for all in the South. Opposing war as a resolution to conflict, Roger was granted an honorable discharge from the Air Force as a conscientious objector during Vietnam.

In his earlier days, Roger played trombone and later used his knowledge of music to work as a sound engineer for his wife's band. He won college debate awards and was a lifelong watcher of presidential debates. He believed his most patriotic duty was on Election Day, recognizing the importance of the right to vote in a democracy. Roger had a playful sense of humor and enjoyed watching baseball, always rooting for the New York Yankees. He was an avid reader, keeping a good book or newspaper within reach at all times.

Roger was preceded in death by his father (Mr. Baxter Hearn), brother (Edward Hearn), and niece (Lori Hearn). He is survived by his mother (Mrs. Lavelle Hearn), wife (Ralene Hearn), daughter (Ralanya Smith), son-in-law (Clint Smith), granddaughters (Alisa and Jada Smith), brothers (Kyle and Alfred Hearn), best friends (Kirk Gustafson and Dan Smith), numerous brothers- and sisters-in-law, nieces and nephews, cousins, and friends.

Roger requested a small graveside service be held with close family and friends when he passed from this life. On July 2nd, Roger was laid to rest at Little Lake Cemetery where family and friends spoke of their love and memories of Roger. In lieu of flowers, the family requests donations be made to the American Friends Service Committee at afsc.org, a Quaker organization devoted to service, development, and peace programs throughout the world.

Our world has a lost a gentle and honorable man, but Roger's dedication to equality, peace, and love for family lives on.

Arrangements were under the care and direction of Anker-Lucier Mortuary.

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At top: Campers traverse the course with their horses, including Kiera on Pixie, center, and Zoe on Ruby, right.

Above: 2015 campers included, from left: Samantha, Sylvia on Flower, Keeley, Katelyn on Jill, Elaine holding Buster, Hayden on Count, Lijla, Kiera on Pixie and Heidi. Not pictured: Lily and Ella.

At left, top: Samantha rides Buster over the poles. At left, bottom: Flower takes a quick break from the camp rotation, but keeps listening to the lessons regardless.

At right, top: Hayden finishes the beach park obstacle on Count. At right, bottom: Elaine leads Buster on the course.

Photos by Maureen Moore



## Horse Camp 2015

### Equestrian Arts holds annual summer camp

Over the last 20 years, Elaine Mancini, owner and instructor of Equestrian Arts, has held a summertime horse camp for new and returning riders, teaching balance and safety to both horse and rider.

This year, eight campers attended the event at San Vicente Ranch in the Willits valley, including Ella, Lily, Zoe, Samantha, Sylvia, Katelyn, Kiera and Hayden.

Helping ensure everyone gets plenty of help and support, four helpers also attended, including Heidi and Keeley Ahders, Nadine Boer and past camper and 2013 Willits Frontier Days Sweetheart, Lijla Lamkin.

Helpers assisted campers through the week-long event with the roster of camp lessons, including lunging with and without reins, course work, leading, tying, roping practice, vaulting, moving through the various gaits (or speeds) of the horse, and the ever-popular horse-and-rider apple bobbing event.

Lunging is very important for riders as it allows many opportunities to fine-tune balance and riding skills. The horse travels around the ring of a circular arena, or round pen. The instructor stands in the center of the ring with a long line running from the instructor's hands to the horse's head. This lunge line allows the instructor to communicate with the horse, allowing the rider to work on other aspects of riding, including keeping balance with their hands in the air while the horse is walking, trotting or cantering around the round pen. Lifting knees, dropping and finding stirrups and other activities will help teach the rider to use their body to balance, not the reins, helping the horse's comfort and the rider's proficiency and horsemanship as they move forward with their riding career.

Vaulting goes hand in hand with lunging; at first, students learn to balance atop "Wild Fire," the 55-gallon

Read the rest of **Camp** Over on Page 10



## Sudoku

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

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!



Questions?  
Comments?

willitsweekly@gmail.com

COLUMN | Relationship  
Ins and Outs

## Alcoholism and families

Dear Doris:

I have a niece who started drinking in high school in the '80s. She went through a 12-step program 15 years ago and was sober for approximately five years. She has been steadily drinking since then. Due to her alcoholism, she's been in and out of jail for DUIs but always starts drinking as soon as she gets out. I believe at this point, my niece's brain is so affected by her alcoholism that she has completely lost her capacity for clear thinking, telling the truth and critical judgment.

My sister and I are very close and I have always been there for her. It hurts me to see my only family members suffering and hurting like they are. We've spent endless hours talking to my niece, doing recovery/rehab research, and trying everything we can to help her. It feels like we've lost her, and I have no hope anymore. What can I do to separate myself from all my terrible feelings in connection with my niece (anger, frustration, guilt and sadness) but to be able to still support and comfort my sister?

Dear L.:

My heart goes out to you, and the rest of your family. It must be very distressing to witness how your niece's alcoholism/addiction is destroying her and is bringing suffering to the whole family. I can assure you that all the feelings you are experiencing regarding your niece are normal and common for anyone in your situation. I don't think you need to separate yourself from those feelings. On the contrary, your feelings need to be fully acknowledged and processed. Most people with alcoholism in their families need the help of support groups, friends, family members, and therapists. Do not hesitate to reach out for support and, if necessary, seek out professional help! I recommend the same for your sister.

I am not an expert on alcoholism and addiction, but I know that it is a complex subject and often deeply rooted in the family history. Your niece's alcoholism is not just her problem alone, it is a problem for the whole family as a unit and needs to be handled as such.

I can only imagine how painful it is to watch your niece making the choices she makes. I'm sure you have memories of times in which you feel you failed her or let her down. You may blame yourself for not dealing differently with certain situations involving your niece. Feelings of guilt for having done too much, too little, or the wrong thing will naturally surface, including a sense of helplessness. At the same time, it is never helpful to beat yourself up over things you did in the past. Shame or guilt will not allow you to find solutions, but only more misery. We operate with the knowledge and skills we have at the time. It is good to know **now** what you would have done differently. If it feels right to you, perhaps make amends to your sister and niece for mistakes you feel you made in the past.

You may be correct that on some level you have lost your niece

and that you cannot do much for her at this point. Your niece's body and brain may be so affected by her alcoholism that there may be no going back, as you have mentioned. The best you and your sister can still do is to model healthy behavior for your niece and be honest with her about how you feel. It sounds like she is not able to accept the help she needs in order to heal.

You and your family, including your niece, will have to face some very hard truths if the family is to heal, and that takes a lot of courage. If you try to engage your niece in this process you will need to detach yourself as much as possible from the outcome. Having empathy for her together with clear boundaries for yourself will keep you from hurting emotionally more than you have to.

I can imagine you are all going through waves of grief as things continue to deteriorate. Grieving involves a range of feelings such as anger, disappointment, sadness, hopelessness, disbelief, helplessness, and finally, hopefully, acceptance. Being able to grieve with your sister will make the process easier for both of you.

Acknowledging the difficult truths in your family, the feelings that come with them, and clearly understanding what you can and cannot do for your niece, will promote your own and your family's healing processes. While none of this will completely banish the pain and sadness, it may change your approach and conversations you and your sister may have with your niece in the future.

It is good that you and your sister have each other to process some of this challenging task together.

If you have **any** relationship questions, please send them to [doriswier@embraceconflicts.com](mailto:doriswier@embraceconflicts.com) or to **WW** directly, P.O. Box 1698, Willits, CA 95490. I am happy to answer them anonymously on the third Thursday of the month.

Doris Wier is a certified relationship and life coach who works and lives in Willits. She coaches individuals, couples, families, and professionals. In addition she offers Explore-Shops on conflict resolution and deepening your intimacy and connection in your partnership.

For more information on the process, call 707-456-9246.

[www.embraceconflicts.com](http://www.embraceconflicts.com) and [www.facebook.com/doriswier](http://www.facebook.com/doriswier)

## 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				48		49			
50				51	52	53			54		55	56
		57							58			
59	60						61	62			63	
64						65					66	
67						68					69	

CLUES ACROSS

- Fixed hardware memory
- Ancient Greek physician
- US coach Amos Alonzo
- Before
- Hedge
- Musical endings
- Contrary to
- 39th state
- In a way, takes away
- More uncommon
- Hue or shade
- Having no moral failing
- Mauna \_\_\_\_, Hawaiian volcano
- Initials of ALS physicist
- Soluble ribonucleic acid
- Smallest American sandpiper
- Wrote a computer program
- Silver
- A continuous portion of a circle
- To send forth
- Wood sorrel
- Curie
- Curved sword
- Harmon, Wahlberg &

CLUES DOWN

- Medieval fiddle
- W. Bolivian city
- Relating to a metal
- Sires
- Macao monetary units
- Roman household god
- Sun up in New York
- 1st Indian P.M.
- Frighten
- Keepsakes
- Admirer
- Antony
- Break stone
- Doc
- A small demon
- Split up
- Sierra lake
- Micronesian sailboats
- North African desert
- Famous persons
- A worn out horse
- One seeded fruit (alt. sp.)
- DEA officers
- 7th Greek letter
- States of repose
- Related on the mother's side
- Cub Scout group
- Handgun (slang)
- J. G. Low's organization
- Constitution Hall org.
- Presently
- Smallest speech sound
- In-between meal
- Heroic tales
- Healing wound cover
- Paper bags
- Threefold
- River in France
- And in Latin
- Cup used to serve espresso
- One thousandth of an ampere
- Deprived of parents
- E. Asian housemaid
- Mac, gala and pippin
- Mother or father
- Dressing gowns
- Swiss river
- Banteng
- Speak
- MN 55122
- Religious faction
- Auto
- Supplement with difficulty
- Browning of the skin
- Militant Irish organization

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Harrah's roof has been leaking for the past 5 years, with water pouring into the pantry and the dining room.

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# Time to relax

Completely You Massage offers walk-in service and appointments

At top: Relaxing massage and hot stones are different types of treatments available at Completely You Massage.

Above: The friendly faces of Completely You Massage, from left: Renee Priestly, Beth Ferretta, Anna Sommers and Brooke McFadden.

Below: A face mask and heated neck wrap (left) are the ultimate in pampering, and those looking for something a little stronger can enjoy deep tissue massage (right) as well.

Photos by Maureen Moore

The bottom of one of Willits' historic buildings has a new business: Completely You Massage, a studio offering fully integrated massage services to the Willits area.

Four state-certified or nationally certified professionals: owner-masseuse Beth Ferretta and masseurs Renee Priestly, Brooke McFadden and Anna Sommers, are available to offer varying forms of massage, including medical massage, relaxation massage, spa treatments, pain relief, holistic services and many more soothing options.

One of the great differences with Completely You is that walk-in appointments are available. A board on the counter lets customers know masseurs' availability, and the comfortable waiting room and flavored water makes an extra opportunity to prepare for a great treatment. Art by local artist Margaret Pirouette hangs in the reception area

and throughout the salon. The art is also available for sale.

Of course, specific-time appointments are also available and can be scheduled by calling 972-4368.

Treatments vary in length and are grouped under different options.

"Medical massage includes lymphatic drainage, prenatal massage, injury-sensitive, medical complication-sensitive, and customized therapeutic," explained Ferretta. "Relaxation massage lasts from 60 to 120 minutes and includes hot stones and other soothing treatments. The salt scrubs, mud masks, full product line facials, and coconut oil hydration will allow you to enjoy a completely relaxing and indulgent experience from our spa treatments."

On the holistic side, detoxification and alkalization options include ionic detox footbaths with neck and shoulder massage, zeolite mud treatments, and UV heat bands.

"Since the human energy is a sacred light that needs to be maintained, we offer Reiki, cranio-sacral massage, polarity balancing, and chakra balancing, too," explained Ferretta.

Each masseuse has her own room complete with relaxing lighting, aroma therapy and a comfy and clean heated massage table.

The studio is located at 225 South Main Street in downtown Willits. They are open Monday through Saturday from 10 am to 6 pm. They are closed on Sundays.

— Maureen Moore



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 I also want to thank James at Anker Lucier Mortuary for his respectful thoughtfulness towards our family. Also, a thank you and much appreciation to everyone who sent flowers, cards, visited and called. It was so comforting, and we are grateful for all the warm thoughts about Bud's life. He was deeply loved and will be thoroughly missed.  
 — Carol Harms

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## The rest of Grows | From Page 1

"We are trying to meet their needs with some logical plan, and yet we don't have the money to do everything we want to do.

"I appreciate this discussion and your presentation, and I want to follow up on this. It's a deeper subject about the larger commercial grows. Our county is being destroyed, and there's no consequence for those people. Obviously we can't send Angie out there with a couple of guns and have her straighten it out for us.

"We need to figure out what we are willing to do financially to defend this county that we love," he said.

Woodhouse added he thought part of the anger he was hearing was due to citizens' resentment that while they were "funding the county" with fees and permits, there were no consequences for those who didn't do things legally.

Woodhouse said he knew those in charge of enforcing laws or codes did not want to unequally enforce the rules: "We put you in this position," he said, "so we need to reach in and help you come out of this position. I think we can do it. It's going to take money and determination and discussion

by the board ... about what we're willing to spend on this."

Woodhouse predicted "this destruction out there" would go on for years, "while we talk," and that it would get worse. "The gold rush is on and everything – the wildlife, the water – is being slaughtered."

Woodhouse also criticized how the board's full agenda for each meeting precludes in-depth discussion on important issues. "It bothers me to do all these huge things every meeting and do all this stuff," he said. "There's not enough time to talk. There's no time for deeper issues like this."

Woodhouse's comments did not elicit any response from other board members.

During her presentation to the board, Building and Planning's Hamilton said the county only has three code enforcement officers: herself, one officer on the coast, and one officer in training.

Despite this lack of staff, between January 2014 and June of 2015, Planning and Building Services has closed 708 cases, filed 61 liens on properties, and opened 138 new cases, whittling down its backlog to only 398 cases.

Planning and Building Director Steve Dunicliff told supervisors the department was doing well, considering its small staff size. "The number of outstanding code violations

is always going to be more than the number of staff we have to deal with the problems," Dunicliff said.

Following Hamilton's presentation, Fifth District Supervisor Dan Hamburg praised her work and the work of the other code enforcement staff. "I'm impressed with your numbers. You used to have a real high backlog, and it appears now you have rationalized your system, so you are keeping the backlog down."

Dunicliff asked what types of enforcement issues the board wanted Hamilton and the two other code enforcement officers to focus on. Supervisor John McCowen suggested code enforcement should focus on environmental crimes, such as unpermitted ponds and land clearing, unpermitted construction, and highly visible code violations.

Asked later how the board's direction might change what the code enforcement wing does, Dunicliff said his code enforcement staff "will continue to do everything all at once, but now we are going to emphasize issues that touch on the directors supervisors gave us – where possible.

"For example, we have a backlog of cases. When it comes time to work on that backlog, we will work on those cases that come under the direction given to us by the board," he said.

## The rest of Main Street | From Page 1

would prefer not to start those projects until the bypass has taken traffic off Main Street, but working at night is an option if work starts sooner.

The area to be handed over runs from Highway 20 north to the city limit.

Sidewalks at corners will be made to meet Americans with Disabilities Act requirements, said Frisbie.

The relinquishment document outlines who will assess the street before the state transfers its road to the city.

In the agreement, the State Office of Materials Engineering Testing Service examines pavement, a Caltrans hydraulic engineer looks at drainage above and below ground, and a Caltrans bridge maintenance engineer looks at the bridges.

A remake of the Sherwood Road intersection is a project linked to completion of the bypass.

The project is referred to in the relinquishment agreement, but Frisbie said it is a separate project. Sidewalk work near the high school will also be included, he said.

Caltrans released a study on the Sherwood Road project in June.

The \$3.8 million project is named "The Sherwood Road Geometric Upgrade." In the current lay of the land at the Sherwood intersection, drivers and occasional pedestrians and bicyclists navigate a 12 percent grade with no shoulder and cramped turning lanes that meet Main Street at an angle.

The project aims to build a 4-foot shoulder and an 8-foot pullout on the east side, to reduce Sherwood Road to a 10 percent grade, and to create 200 feet of turning lane up the hill, with a retaining wall on the west slope.

A common concern from the public in letters and written comments Caltrans gathered at a meeting last summer was the retaining wall.

A rendition of the intersection shows a brown sandstone-colored retaining wall. One commenter referred to it as "ugly."

In response to comments and concerns about the wall, Caltrans later stated the color and appearance of the wall will match the terrain and natural stone as much as possible.

Willits High School, Willits Unified School District's bus yard, the American Legion Memorial Building, Village Market Liquor and Gas, and nearby residences are the closest neighbors to the intersection.

Morning rush hour backs cars up Sherwood Road, and congestion in the turning lane for northbound drivers complicates access for Bittenbender Lane and the busy Village Market.

Jim King wrote Caltrans to comment on the congestion in the turn lane and for cars entering and exiting the market driveway.

The timing of traffic signals is the cause, Caltrans responded to King. Caltrans stated it would solve those timing issues at completion of the upgrade.

A roundabout was suggested by some, but Caltrans said it required acquisition of more property – including Village Market – and would cost about \$6.9 million.

Josephine Silva wrote Caltrans to suggest a roundabout and a new street to the east, passing through the school bus yard and connecting into a parking lot serving the Skunk Train depot.

Doing what Silva suggested could not be done by the state, Caltrans responded.

## The rest of John's Place | From Page 1

The bar's former home was leveled to bare dirt in the cleanup of the November 2014 fire. Flames that torched John's Place also closed the Kwik Stop store and forced the Imagination Station preschool into a building across Commercial Street.

The use permit planning process included a checklist of considerations like aesthetics, noise, land use/planning issues and police concerns that were addressed in an initial study for the permit, the notice stated.

The closest businesses or neighboring places across the street or down a block include the closed-up Vassar's, Village Gas and Liquor, the Veterans Memorial Building, Willits High School and San Hedrin High School.

City code does not require a bar to be any certain distance from schools or churches, for example, but the state Department of Alcoholic Beverage Control has distance requirements, according to a report from the city planner.

The ABC may deny moving the liquor license to that location, but all other permits must be in order first, the report notes.

Planning Department documents show the city began soliciting input in January from the fire department, city building department, the school district and others to analyze in the planning process.

Farther along in the review process, the city's technical advisory

committee found the site was not ideal for a bar, but that the city could support the application, if conditions were met.

A report from the city planner stated the project was described as a temporary location for John's Place until decisions are made for the rebuilding on the property that previously housed the bar.

Hours of operation at the bar would be from 9 am to 2 am daily.

The city council, acting as the planning commission, will hear the use permit application at its July 22 meeting next week.

Community members may comment on the permit at the hearing or submit comments in writing to the Willits Community Development Department, 111 East Commercial Street, no later than 5 pm on Monday, July 20.

### Some conditions of approval

Source: City staff report

Some of the 26 conditions for the John's Place permit include: Downcast or shielded lighting to prevent glare, adequate drainage, protection and maintenance of plants, keep doors and windows closed, adequate ventilation, list of voluntary measures should noise complaints occur, meet fire code and fire water flow requirements, install fencing, notify police for big events, police-approved video surveillance, and installation of a bicycle rack.

## The rest of Assaults | From Page 1

Neumeyer was located and arrested in Willits without incident on suspicion of rape by force or violence, rape by intoxication, sexual penetration with a foreign object by force or violence, and sexual penetration with a foreign object accompanied by intoxication, Dewey said.

He was taken to county jail, where he is being held on \$300,000 bail.

Police are continuing their investigation into the incidents, Dewey noted.

This report was based on a press release from the Ukiah Police Department.



Jonathan Mark Neumeyer

## The rest of Hospital | From Page 1

"After getting the Certificate of Occupancy, the hospital will be able to apply with the California Department of Public Health for a license to operate the health facility," Winger said. "That process will take additional time as we will need to train and orient staff in the new facility and stock the building as well."

Her comments largely echoed those of Eric Reflock, assistant director for legislative and public affairs for OSHPD. When asked how the hospital fared during the recent inspections, Reflock checked with his ground personnel, who actually did the testing, then told Willits Weekly the inspectors said the hospital did OK on the inspection.

"There was nothing negative," Reflock said. "The building is close to staff and stocking. It is right before the point of getting its Certificate of Occupancy."

Winger said the unknowns of getting the Certificate of Occupancy make it impossible to declare a definitive opening date. "Until the Certificate of Occupancy is issued by OSHPD, we are unable to set a target opening date," she said.

## The rest of Lunches | From Page 1

pm, Monday through Thursday.

According to those making sandwiches on Monday afternoon, both Our Daily Bread and the Episcopal Church are happy with the new arrangement.

"I am grateful to the church for being so generous to us and for being willing to take us in, so that we can keep the thread going, until we can start up again as a soup kitchen," said Our Daily Bread volunteer Sally Rohlicek.

"The church as a group was very into it," said church Mission Committee member Shirley Schott. "Our Daily Bread is well organized. They have their own janitor. They have 20 years of experience, so it's pretty easy to let them come and use the facilities."

Our Daily Bread has a 20-year history of serving hot meals at St. Anthony's Catholic Church on West San Francisco Street. Their lease expired on June 30, and they started serving bag dinners at the fellowship hall on Monday, July 6.

The meals are given to the public at the back door of the fellowship hall, the smaller building just east of the new church building. To get there, walk north past the church building, turn right into the long parking lot, and walk to the end of the lot.

The agreement between the church and Our Daily Bread is a temporary arrangement, designed to keep meals flowing into the needy portion of the community until Our Daily Bread can find long-term accommodations with a large commercial kitchen.

"Anyone in the community who might have a long-term home for Our Daily Bread is encouraged to come forward and tell us, because I know that this is not what Our Daily Bread wants to do forever," said Schott.

People with ideas for a new, long-term home for Our Daily Bread may call Program Director Cindy Savage at 459-2579.

## The rest of Pets | From Page 5

supervisor, where she volunteers eight to nine hours almost every day.

Maddie Schwede, 14-year-old Humane Society volunteer, enjoyed volunteering at the pet adoption. Maddie and her younger brother Alex have travelled from Boston the past two summers to spend time with their grandmother Linda Schwede. Linda, who is a volunteer "cuddler of cats" at the Humane Society, encouraged her grandchildren to volunteer as dog walkers during their visits. Maddie and Alex were both enthusiastic about their experience as volunteers with the Humane Society.

July is a good month to adopt a pet as it is "Name Your Price" month. With a minimum donation of \$30 per animal (puppies and kittens not included), you can obtain a pet that is neutered, micro-chipped, with flea control in place and with age-appropriate inoculations. Dogs have been heartworm-tested, and cats have been tested for feline leukemia.

Volunteers are needed not only with the animals, but with laundry, office work, fundraisers, pet adoption days, and so much more. For information about pet adoptions or how you can help with the Humane Society's work, please call 485-0123.

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# Mendocino College Foundation awards \$80,000 in new student scholarships



Above: Willits High School graduates who received the new Mendocino College scholarships, from left: Victoria Lynch, Jill Donaldson, Izabel Hageman, Damon Neisen, Patrick Orr, Brandon Slater and Dara Collicott.

In a sweeping decision at their June meeting, the Mendocino College Foundation board of directors unanimously approved spending \$80,000 from reserve funds to provide financial support for 2015 high school graduates in Lake and Mendocino counties to enroll at Mendocino College in the upcoming academic year.

"Forty 2015 high school graduates representing Ukiah, Willits, Lakeport, Kelseyville and Fort Bragg high schools have each received a \$2,000 scholarship to attend Mendocino College in the fall and spring," said Richard Cooper, Mendocino College Foundation president.

The two new scholarships are aptly called the "Achieve" and the "Believe" scholarships. Recipients of the Believe scholarship are students with a demonstrated financial need who do not qualify for financial aid or other assistance. The Achieve scholarships are for students who have completed their A-G, California State University or University of California transfer requirements.

"The foundation board found themselves in a wonderful position to spend some reserve funds in support of student success," said Charley Myers, foundation vice president. "The foundation's mission is to support Mendocino College in educating leaders, fostering intellectual growth, and enriching lives by creating opportunities to invest in a better future for our students and communities."

The scholarship winners are: Victoria Erickson, Nate England, Noelani Borecky, Maria Ceja Valencia, Sophia Montez, Kursten Rhynes, Emily Ullrich, Allison Waddington, Rylie Loflin and Traci Hunt from Ukiah High School; Dara Collicott, Jill Donaldson, Izabel Hageman, Victori Lynch, Damon Niesen, Patrick Orr, Kaylee Seaton, Brandon Slater, Brandon Thiel, Kira Wear, Tori Troum and Hailey Riley from Willits High School; Shaylee Welsh, Kayla Maines, Herminio Espinoza, Elena Goss and Mary Bosse from Kelseyville High School; Crystal Zepeda, Joshua Henderson, Taylor Woodruff, Alyssa Ceja and Madison Wynacht from Clear Lake High School; and Devon Escola Morgan, Travis Loomis, Nathalia Santana, Travis Franco, Yamilet Garcia, Magdalena Manzano and Motherwell Morgan from Fort Bragg High School.

For more information about the Mendocino College Foundation, or to donate towards any of their programs, call the foundation office at 467-1018, or visit <http://foundation.mendocino.edu>.

– Katie Fairbairn, executive director, Mendocino College Foundation

## Howard Hospital's free sports physicals

give kids a chance to play local sports

Summer is in full swing and for many parents – and kids for that matter – going back to school is probably the last thing on their minds. But to fully participate in school activities, a sports physical needs to be done.

Fifteen-year old Jocey Thieman from Round Valley is on her game. This young athlete, who plays basketball and volleyball, is doing her part now to make sure that she meets the requirements to play when school opens in the fall. And she is thankful to Frank R. Howard Memorial Hospital for offering free sports physicals to young athletes in Mendocino County.

Kristi Thieman, Jocey's mother – the pair came to the first free sports physical day on June 28 – says it is a great service to the community. "We learned about it last year, but we missed it. So this year, we made it a point to go. Even though we have private insurance, our deductible is pretty high. So getting this for free definitely helps."

As a parent, Thieman recognizes the importance of keeping kids active and giving them every chance to participate in sports. But sometimes the costs associated with sports can be pretty high, with uniforms and all the other equipment added up.

Michael Medvin, MD, the emergency room physician at HMH who conducts sports physicals, agrees. "The idea to provide free sports physicals really came from the fact that I know how important physical activity is for our kids. Expenses associated with playing sports can sometimes be prohibitive to kids being able to participate. By providing free sports physicals, we are helping reduce the barriers that parents may face to keep their kids active and healthy in our community."

In California, sports physicals are required for all students participating in sports. Dr. Medvin underscores the importance of getting a sports physical, not just to participate in sports, but also for overall health. "It's important to get a physical done prior to involvement in sports, because we are doing a physical exam to make sure you don't have any issues that would create problems while you are playing sports. We also ask a lot of screening

questions to help us identify potential health issues that may preclude you from playing sports or make you more prone to accidents or injuries when you're playing. And sometimes we discover conditions that would have

never been diagnosed otherwise," he explains.

The return to school is still weeks away, so scheduling a sports physical probably isn't high on your list right now, but if you follow the Thieman's lead, your athlete will be well ahead of the game.

"There's always a big rush at the end of summer. But parents should get them done as soon as possible, because a sports physical done now will get you through the entire school year," said Dr. Medvin.

Sports physicals don't necessarily make your kids better athletes, but they will definitely ensure they are healthy and lessen the potential for injury. Last year, HMH staff performed 249 free physicals during the three weekend events. HMH hopes to give every student athlete an opportunity to play by offering these free sports physicals in the years to come.

"We've made a commitment to improve the health of our

Kristi Thieman, from Round Valley, and her daughter, Jocey, who had her sports physical done early this year.



community, and this is just one of the ways we are fulfilling this promise. And with our new hospital coming soon, it can only get better," concludes Rick Bockmann, HMH president and CEO.

Free sports physical exams are open to all children in elementary and high school participating in a sports program. The next back-to-school sports physicals are scheduled for July 19 and August 9. To register, please call 456-3185.

– Cecilia Winiger, for Frank R. Howard Memorial Hospital

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