



# What do YOU think?

Opinions, thoughts and thank you letters from readers

## Join the Kiwanis Club

To the Editor:

Kiwanis Club of Willits has an exciting opportunity for you! Some ways you could be involved with our club supporting our youth:

1. Boys and Girls Club.
2. Youth Baseball.
3. Youth Football.
4. 4-H Activities.
5. Local school activities and needs.

Maybe fundraising is your passion:

1. Organize community dinners.
2. Sports events.
3. Fishing contests.
4. Auctions / garage sales.
5. Food booths.

Be on a Kiwanis Scholarship Committee:

1. Willits High School.
2. Leadership program for 10th through 12th grade.

We are very mindful of our senior citizens. Every spring in April, we have a day where we help seniors with chores they cannot do around their homes. This is called "Kiwanis One Day." All Kiwanis Clubs around the world do community projects on that particular day. Kiwanis is an international organization, first founded in 1915. We are in 160 countries, with 600,000 members.

From www.kiwanis.org: "Service is at the heart of every Kiwanis club, no matter where in the world it's located. Members stage nearly 150,000 service projects and raise nearly \$100 million every year for communities, families and projects."

If you would like more information or would like to join our club, or just want to help us with our projects and fundraisers, please contact our president, Matt Rountree, at 841-7052, or some of our members: Jim Brandyberry, Doug Sawyers, Chuck Persico, Dan Pinon, Paul Ubelhart, Chuck Senter or Tom Peterson.

Kiwanis is open to anyone 18 or over, male or female, that has a passion to better our community. We meet the second Monday of each month at the Boys & Girls Club, 1265 Blosser Lane, in Willits. November through June, we meet at 6 pm. July through October, we meet at 7 pm. We have a guest speaker that usually speaks for 20 minutes. We talk about coming events, and have lots of fun. Our board meeting follows the regular meeting. Our next meeting is October 14 at 7 pm. We invite you to join us.

Jim Brandyberry, Willits



Kiwanis Club and 4-H members during "Kiwanis One Day," when these volunteers help senior citizens with chores they can't do themselves around their homes.

Have something to say?  
Send us a Letter to the Editor!

**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

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## Summer Reading success

To the Editor:

The children's Summer Reading Program in Willits, "Reading is So Delicious," came to a delicious finale with stories, songs, music and ice cream in the Recreation Grove Park across from the library.

Thanks to the Friends of the Willits Library, the children also left with certificates of completion, free books purchased from the Book Juggler, and a bag of goodies!

Special thanks to Richard Jeske, who provided the stories, music and songs, and to Emmy Good, who came to assist with the program and have fun with the crowd.

Another part of the summer's programming was the Food for Fines program, where the county libraries all collaborated with local food banks. Patrons brought in canned food items and received \$2 worth of waived fines. Willits staff and volunteers did a stellar job of letting our patrons know about the program, and it paid off in many ways. More than 400 pounds of food went to the Willits Food Bank! Patrons who were blocked from checkout and hadn't been coming to the library returned with cans and are back as active users.

Thanks so much to the Friends of the Willits Library for their strong, continued support of the Summer Reading Program and the children of the Willits community.

Judith Kayser, children's librarian,  
Willits Library

## Thanks from WEF

To the Editor:

The board of the Willits Educational Foundation would like to thank EVERYONE who supported our recent Garden Party event. Participation and contributions to this event allowed us to raise over \$16,000. All of these funds will go to art, music and library programs in the Willits Unified School District. The schools will receive their funds this fall.

Over the past three years, this event has raised \$44,000 to support programs for our town's students! This would never be even remotely possible without the amazing support of the Willits Rotary Club. The community owes such a debt of gratitude to these people for their tireless efforts on behalf of Willits students.

Sponsors for the event included: 101 Burgers and Donuts, Adam's Restaurant, Baechtel Creek Inn and Spa, Bud Garman Construction Services, Dr. Angus and Emily Matheson, El Mexicano Restaurante, Flowers by Annette, Jerry Myer - State Farm Insurance, Lo-Buck\$ Market, Marete and Earl Myers, Mariposa Market, North Valley Bank, Padula Ranches, Sanhedrin Nursery, Savings Bank of Mendocino County, Scott's Tanks, SHN Consulting Engineers and Geologists, Shuster's Transportation, Sparetime Supply, Super 8 - Willits, and Willits Furniture.

So many individuals and businesses donated items for the silent auction and for the prize drawings. We are constantly reminded of the kindness of people throughout not only Mendocino County, but from Sonoma County as well. Wines and beers were generously poured from many local and out-of-area wineries and brewers. Many people purchased tickets for the affair, and bidding on the auction items was exciting! Sheriff Tom Allman once again proved to be the most capable of announcers and auctioneers.

The Basics provided beautiful music. Tia Lawrence was a marvelous barkeeper. Flowers by Annette made beautiful table arrangements. Amazing chefs created the food. The selection of appetizers included barbecued tri-

tip, oysters and sausage, with Rex Bohn (Humboldt County supervisor) volunteering to do the cooking. Willits High School students served small plate appetizers directly to those who preferred sitting and enjoying the ambiance. The students were also kept on the run while refilling the abundant appetizer bar. It was a time to enjoy a beautiful garden (thanks to Phil and Kathy Shuster), meet with old and new friends, and anticipate the excitement of a new school year.

Employees of Kohl's in Ukiah were on hand in the morning to volunteer much-needed help with set up. Kohl's Cares has been an extremely supportive organization that goes above and beyond in support of local school children.

A special thanks to The Willits Weekly for your continuous help and news articles full of colorful pictures! You have done so much for us.

We only wish that we could list every single volunteer and business who helped in every way imaginable, but it would take up a whole page of the paper!

We would like to invite all interested parties to join us at our monthly meetings. The next meeting is October 22 at 5 p.m. in the Willits High School Media Center. Check us out on Facebook or call for information, 459-4429.

Students and teachers of WUSD will have a little extra during this terribly tight budget year, because of YOU, Willits!

Joan Thomas, president, WEF  
Susan Jones, past president, WEF

## Bullies

To the Editor:

Bullies always get their way on the playground, and sadly this behavior continues on to adult life.

Repeatedly, the residents of the Willits valley have questioned, researched, protested and educated themselves about the overkill bypass project ... to no avail. The bullies keep pushing.

Crushing, smashing, destroying, drying our valley, our hearts, our soul, our future. With endless financing and machinery at their beck and call, the bullies refuse to listen or to be stopped.

Even with lawsuits pending, even with many unanswered questions, the bullies march on. Speeding through town all night with grossly overweight trucks. No scales to check their weights, pulverizing Main Street with their tonnage. (Notice the layer of dust now covering our town?) Main Street crumbles further as I write this.

The truckers speeding 45 mph through town, while three Willits Police cars and a sheriff harass a homeless guy on the side of the road. These are commercial drivers; they know laws and limits ... yet a blind eye is turned in the name of progress.

So I ask - no matter what, at all costs, at laws being grossly broken or ignored, at all loss to each one of us - what can stop a bully. Apparently nothing. From a 25-year Willits resident.

Whitney E. Eads, RN/MSN, Willits

## Where are the WW boxes?

- |                          |                        |
|--------------------------|------------------------|
| 1. Old Mission Pizza     | 5. Ardella's           |
| 2. Brewed Awakening      | Downtown Diner         |
| 3. Ace Copy and Shipping | 6. Scoops              |
| 4. Willits Post Office   | 7. J.D. Redhouse       |
|                          | 8. The Country Skillet |

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See us out and about? At the Farmers Market? We are happy to take any cash donations!

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# Hometown Business

The ladies and littles of ER Energy: Mattie Pinon, Mary Fonsen, little Grady, little Kane, Yardeley Herman and little Lily in front.

All about commerce, life, and the need-to-know info

## Made their Move

### ER Energy sets up shop in Safeway Shopping Center

If you haven't been check out the offerings at ER Energy yet, now is certainly the time. The large selection of name-brand kitchen items and bake ware, barbecues and accessories, gift items and much more is ready for the community to come and browse at the store's new location in the Safeway Shopping Center.

ER Energy continues to provide high-quality items and alternative energy solutions at their more convenient and closer-to-downtown location. ER Energy moved to the Safeway plaza from the south end of town at the beginning of September.

One might be surprised to see what is available at the store; pizza stones, cast iron pans, barbecue spices and sauces, barware and shakers, bamboo service pieces, baking and cupcake pans, blenders, food processors, espresso and coffee makers, clocks, wind chimes, soaps, lotions and much more.

They also carry professional-grade pots and pans from Le Creuset, All Clad and Lodge: any of which would make a great to-be-used-for-many-years gift for a new couple or a young person just starting out.

Sharp and solid cutlery from Wusthof, Messermeister and Dexter also make great gifts for those who love to



Above left & center: Wood and pellet stoves and colorful French Le Creuset cookware are displayed at the new store. Above right: ER Energy owners and staff pose with a pig-shaped barbecue at this year's Mendocino County Fair and Apple Show.

Photos by Maureen Moore of Mphotographress.com

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COLUMN | On the Screen

Film Review:

## Two films set in India

'The Best Exotic Marigold Hotel' and 'The Life of Pi'

These two award-winning films from 2012 and 2011, respectively, have far more in common than India and people thrown into life transitions. "The Life of Pi," directed by the eminent Ang Lee and based on the novel by Yann Martel (with a masterful screenplay by David Magee), garnered 4 Oscars plus 46 other wins and 76



Golden Globes, along with 16 other nominations — all with a stellar cast of British actors. In fact, both films are remarkable but for very different reasons.

When a diverse group of seven retired Britons arrive in Pondicherry, India, expecting to make their retirement home in an elegant hotel in an exotic country, the optimistically exaggerated Best Exotic Marigold Hotel turns out to be a dismal disappointment. The young owner and manager, played by Dev Patel ("Slumdog Millionaire"), is passionately enthusiastic about the renovations still in progress, despite the curt, relentless objections from his first guests. In that group we have Judi Dench as a new widow who is comfortable with a low-cost experience despite some concessions, Tom Wilkinson whose mission as he ages is to find his old love (an Indian man who has since married and had a family), Bill Nighy as the husband of the classical shrew whose family has lost their entire life savings and who are only in India because the price was right, and Maggie Smith, a lifetime nanny forced to retire because of her age and a bad hip. It's a motley group whose only shared interest is tea, flavored with frustration over their new living conditions. Dev Patel offers the cornerstone for the movie:

"Everything will be alright in the end. If things are not alright, then it is not the end." Things do in fact turn out alright in the end, but it is the characters' journey to that ultimate place which makes this a compelling movie that will bring the viewer smiles, laughter and tears.

Nor can one ignore the powerful performances of the Patel family, where Dev's character is determined to be his own man against the wishes of his family, in particular his mother, who forbids him to marry the girl he loves and give up the decrepit hotel. The dynamics of a traditional Indian family have much in common with the somewhat rigid expectations and mores of the British group. Eventually, both groups move closer to the middle — and up.

"The Life of Pi" is set in Jaipur and starts out in the hotel owned by Pi Patel's father. The opening scenes are lush and exotic, in complete contrast to those in the other movie, and those entrancing scenes seduce the unsuspecting viewer into a sense of well-being in concert with the dreams that are working for the Patel family. That is, until political changes force the family to pack up their zoo and head to Canada, where they hope to sell their animals in order to start a new life. The only ones so blessed with a new life will be Pi (named after a French swimming pool where he learned to swim when his father literally threw him into the water) and Richard Parker. Richard Parker is the tiger, and it is Pi's and the tiger's struggle to survive that makes up most of the movie. I have to admit; I did not see "The Life of Pi" when it first came out or even when it garnered so many awards. My misconception was that it would be one of those CGI-driven films where the story takes a back seat to the computer-generated animals. I could not have been more wrong. This is truly, as the adult Pi states to the Canadian writer who is interviewing him for a book about his story: "a story to make one believe in God."

The film has religious overtones and symbolism throughout, including the name of the Japanese freighter which crashes at sea, leaving Pi with only a lifeboat, a raft, an orangutan, a hyena, a zebra and a tiger.

The ship's name, Tsitsum, comes from the Hebrew

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

**NOVO THEATRE** Willits, CA  
Times for 104 - 1010

**GRAVITY in 3D**  
(PG) 137 1hr 30mins  
Friday: 6:45 & 9:00pm  
Sat/Sun: 12, 2:15, 4:30, 6:45 & 9:00pm  
Mon-Thurs: 5:45 & 8:00pm

**INSTRUCTIONS NOT INCLUDED**  
(PG) 137 2hrs 20mins  
(In Spanish with English Subtitles)  
Daily: 5:30 & 8:15pm  
Sat/Sun: 12:15 & 2:45pm

**CLOUDY WITH A CHANCE OF MEATBALLS 2**  
(PG) 1hr 35mins  
Daily: 6:15 & 8:30pm  
Sat/Sun: 11:30am, 1:45, 4pm

Tight Wad Tuesday Films:  
**Cloudy & Instructions**

Sensory Sensitive showing of Cloudy with a Chance of Meatballs  
Saturday, Oct 5th @ 11:30am  
with lights on, lower sound, no ads

**Imagination Station**  
Preschool/Childcare Center

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Preschool: ages 2 - 5 • After-school daycare: ages 2 - 9  
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459-6543

# Puzzle Page

Activities & fun for kids of all ages

## In the Stars...

### ARIES

Mar 21 - Apr 20

A blue mood is nothing to worry about, Aries. It is just your body telling you that you may need to slow down a bit. Take heed and you'll recharge in no time.

### TAURUS

Apr 21 - May 21

Taurus, you are beginning a contemplative phase of life right now, but you won't have to sacrifice your social life to do so. Take a few days off from socializing and then return.

### GEMINI

May 22 - Jun 2

Try to avoid any deep conversations or controversial topics this week, Gemini. Right now it's best if you focus on more trivial matters and enjoy yourself.

### CANCER

Jun 22 - Jul 22

Cancer, give yourself more time to figure everything out if you are feeling indecisive about someone. Don't forge ahead without feeling entirely comfortable with the person.

### LEO

Jul 23 - Aug 23

Leo, don't drop everything you're working on to address a developing issue at home. Others can handle the situation just as well as you, so keep your focus on preexisting tasks at hand.

### VIRGO

Aug 24 - Sep 22

Virgo, listen to friends and family members when they encourage you to try something new this week. Trust your instincts, as they seldom turn you in the wrong direction.

### LIBRA

Sept 23 - Oct 23

You have no time for gossip this week, Libra. Your plate is already full at work and at home, so avoid getting caught up in anything that compromises your focus.

### SCORPIO

Oct 24 - Nov 22

Scorpio, though it may feel like others are flying past you while you're slowly plodding along, eventually things will even out and you'll end up where you need to be.

### SAGITTARIUS

Nov 23 - Dec 21

Create some plausible plans for the future this week, Sagittarius. Keep a journal to help you keep track of your ideas and make sense of your plans.

### CAPRICORN

Dec 22 - Jan 20

Capricorn, your generosity finds you devoting much of your time tending to the needs of others this week. Enjoy your time helping others and don't be afraid to accept their gratitude.

### AQUARIUS

Jan 21 - Feb 18

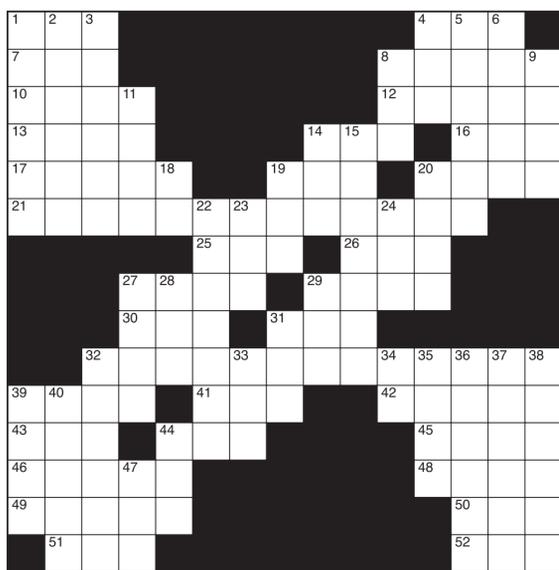
Don't get too hung up if your week is all work and little play. While your schedule might be hectic in the coming days, some relaxation time will arrive this weekend.

### PISCES

Feb 19 - Mar 20

Pisces, make the most of new opportunities that present themselves this week. The effort you put in will pay off in due time.

## Crossword Puzzle



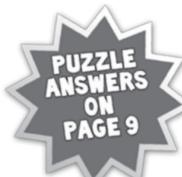
### CLUES ACROSS

- Belaya river port city
- Arbitrageur businessman
- Leavened bread
- Exploiters
- 7 deadly
- Minimal unit of metrical time
- 12th Jewish month
- Our 50 states
- Fiddler crabs
- Them in Spanish
- Texas Gov. Richards
- Single integers
- Areas of a city
- Goat and camel hair fabric
- Misery resulting from affliction
- Icelandic island
- Publisher Adolph
- Oxalis crenata
- A major division of geological time
- Edith Bunker actress
- Parent organizations
- Express pleasure
- Entrap

- Fabric with a corded surface
- A food additive to enhance flavor
- Database management system
- Betel palm genus
- Notch
- Hungarian is a Finno-\_\_\_\_\_ language
- Works a garden's soil
- A right angle building extension
- Burgh on the Firth of Clyde
- Owed as a debt
- Atomic # 106
- Mountain peak covering
- Request for quiet
- Macaws
- Lyric poems
- #8 potassium rich fruits
- Star Wars' \_\_\_Wan Kenobi
- Express wonder
- Works a garden's soil
- Alias
- Opening
- Bones
- Harlequinade clowning (Mid. Eng.)
- Lose resilience
- Syrian pound
- Finishes
- Held over
- Brass that looks like gold
- Cuddle
- Small sailboat
- Dorsal plates on arthropods
- A waterproof raincoat
- Latin: around time of

### CLUES DOWN

- Not visible or perceived
- A ribbed woven fabric of silk, rayon or cotton
- Growth rings
- Volcanic mountain in Japan
- Rebroadcasts a show
- A British suspender
- Parent organizations
- Express pleasure
- Oceans
- Molten metal scum residue



## Sudoku



Level: Advanced

### 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!



From left: Varsity players make their entrance onto the field; Jody Ward, Tanja Ramming and Saren Ramming smile during the parade; varsity's Josh Slaughter helps sell tickets for the team's fundraiser.

Below from left: Katie Summers and Diana Bell watch the game; cheerleaders dance on the field during halftime; the stands were full of cheering fans.

Photos by Maureen Moore

## Homecoming for WHS

Football, cheerleaders, floats, royalty, drawing and more

It is a new season in many ways for the students and staff of Willits High School, and the football players and coaches of the WHS Wolverines football teams are no exception.

New coaching staff, new athletic director, new principal, new superintendent, new freshmen and a new field are all factors for this year's WHS sports teams, and so much change always has its challenges. But it was agreed by all that the new field was very nice and was great to play on during the Wolverines' first league game for 2013.

Though both teams did lose to the Middletown Mustangs last Friday at the annual Homecoming game, a few players from both JV and Varsity made some notable plays, varsity football coach Nick Williamson reports.

For the JV team, sophomore Justin Thom scored two touchdowns thrown by fellow sophomore Blake Leslie; linebacker Kyle Martinez made an interception; and his fellow linebacker Kris Novo had a fumble recovery. The team was able to score two touchdowns during their game, for a final score of 12 to 27.

Varsity also had some players to note: senior receiver Ryan Hendry (also a senior Homecoming king nominee) caught a 50-yard pass from quarterback Robbie Elder, also a senior. Coach Williamson noted that Elder showed improvement in his passing. Damon Niesen and Sam Tyrell both contributed, making some important receptions to keep drives alive. However, the efforts were still not enough



to win the game, which ended in a score of 0 to 67.

"They showed a lot of heart," said Williamson. "They didn't give up, and all worked together to finish the game as a team."

Heading back to the practice field, Williamson noted plans for the teams to work on stopping the run and tightening up the pass defense in preparation for their next game at Clearlake tomorrow evening.

Everyone is welcome to come and cheer on the teams at away games and at the next home game in two weeks against Fort Bragg: Friday, October 18, at 5:30 pm (JVs) and 7:30 pm (varsity).

A stand full of cheering fans were certainly present for last Friday's game, however, as Willits High School alumni, family and friends came to cheer on the new generation of athletes. Attendance estimates, including from Willits Police Department's Officer K.D. Harris, ranged between 400 and 600 people.

The JV and Varsity cheerleaders shouted, danced, flipped and kicked throughout the evening, offering the boys on the field and the crowd in the stands a fun show and lots of encouragement to keep the boys playing through the end.

During halftime of the Varsity game, the Homecoming Court was presented and the class floats were displayed. The Homecoming king and queen, Jon Montez and Adeja



Avansino smiled for the crowd, and Grand Marshal Tanja Ramming and Athlete's Choice Jody Ward were honored. Ramming's 2-year-old niece Saren joined them in the convertible for their lap around the track.

The football team is also holding fundraisers to help raise money for new equipment at some upcoming games.

"The WHS Football Parents Organization is putting on the 50/50 drawing during home games to raise money for the football program," said varsity's Colton Pinson's mom Kim. "During Friday's game we raised a total of \$666, so the person who won the raffle received \$333 and the team received the other \$333. We are also contacting businesses in town to sponsor the team this year. So far we are getting a good response."

Volunteers (student and adult) sold donuts and cake, raffle tickets for the huge Sober Grad basket as well as the 50/50 raffle, WHS sports apparel, and orders for the 2013 yearbook. Volunteers also ran the busy concession stand, selling, among other things, hamburgers, nachos and coffee to warm up the game attendees. The Willits Boosters Club is hosting an Abalone Dinner fundraiser on Saturday, October 26, at the Willits Community Center.

If you would like to help sponsor the WHS Wolverines or are interested in more information about the teams, contact Willits High School at 459-7700.

Far left: Tom Fuchs. Left: Max Rusek.

## New Community HealthCorps members to serve in Willits



Community HealthCorps members Max Rusek and Tom Fuchs will be helping out in the Willits, Ukiah and Lakeport schools over the next year, providing dental health education to elementary school students in the classroom. Rusek and Fuchs are doing this community service through the Mendocino Community Health Clinic organization, which runs the Little Lake Clinic in Willits, as well as clinics in Ukiah and Lakeport.

The two corps members will also conduct outreach in the three cities, at homeless shelters, soup kitchens, food banks, senior centers, and at community events, to assist residents with health insurance eligibility and provide health education.

Rusek is from Plover, Wisconsin, and is a graduate of the University of Wisconsin-Madison. He hopes to gain perspective on the healthcare field and to gain knowledge of how community health will influence medicine in the future. Rusek plans to pursue a MD-MPH (public health) degree after the program, and looks forward to spending his service time in

beautiful Mendocino County.

Fuchs is from Goshen, New York, and is a recent graduate of Binghamton University. He hopes to develop his altruistic integrity and work in the field of health. In the future, he hopes to become a research physician with a degree in neuroscience.

Each year, new Community HealthCorps Members arrive in Mendocino County to spend the better part of a year improving the health and wellness of local communities. Founded in 1995 by the National Association of Community Health Centers, Community HealthCorps is the largest health-focused, national Americorps program. It exists to promote health care for America's underserved, while developing tomorrow's healthcare workforce (www.communityhealthcorps.org). This year, eleven HealthCorps members will assist local health centers and community benefit organizations like Mendocino Community Health Clinic to promote health and wellness all over Mendocino County.

From left to right: Bri Tyler (who ran to town in 3 hours and 10 minutes), Blake Tiggemann and Michelle Kluskiewicz (who both did the run in 2.5 hours), and Gabby (who made the trip on a bike), celebrate everyone's arrival at Willits city limits on Commercial Street.

## A run to town

Emandal employees run nearly 16 miles to Willits

Three employees – Michelle Kluskiewicz, Blake Tiggemann and Bri Tyler – ran the rugged dusty hills from Emandal Farm to Willits on Tuesday, September 17.

Michelle began running in the spring as a way to clear her head and keep herself fit, with her end goal being a run to town in the fall. (Emandal is known for its amazing food and sinful desserts served not once, or twice, but three times a day!)

Michelle's dedication to running inspired all of the other employees to join her in her journey at the end of the Emandal season. To their astonishment, this past Tuesday, they actually did it! Michelle, Blake and Bri on foot, and Gabi on her mountain bike.

They sacrificed sleeping in and were up at 6 am, stretching, drinking coffee, and pumping each other up for the long journey ahead. Their loving and wonderful friends, Samantha Ferm and Whitney Donelson,



volunteered to drive a safety and water vehicle along the way.

At mile one, Christina McCoy and Jade Rosario were waiting with a trumpet and a bongo, dancing and cheering their friends on their way.

Emandal owner, Tam Adams, and Sarah, Linden and Magnolia Adams met the group at the Willits city limit sign 15.9 miles later, where they rejoiced in victory.

They hope to make an Emandal "Run the town" an annual challenge!

25237 Blue Jay Lane

### HOME FOR SALE

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~~~~~  
1st Person To Call or Text With The Correct Answer Wins A Free 1st Run Movie Rental!  
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Last Week's Answer: The U.S. Post Office Brought To You By:  
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COLUMN | Lin Checks In: Health Care in Mendocino County



## Affordable Care Act

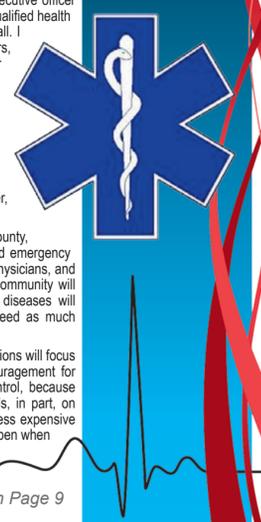
My name is Linnea Hunter, and I am the chief executive officer of Mendocino Community Health Clinic, a federally qualified health center with a mission to provide access to care for all. I have been in health care for the better part of 30 years, and this is the first of a regular column that will cover information about health and health services in Mendocino County.

Since health care reform is in the news and on people's minds, I thought I'd start with that. Despite what you may hear to the contrary, the Affordable Care Act (ACA) has tremendous potential. It shifts health care in America from a focus on sickness to a focus on prevention and wellness; providing for better, less expensive care in the process.

Within a year or so, right here in Mendocino County, we're likely to feel the effects of the ACA in reduced emergency room wait times, increased access to primary care physicians, and lower-cost prescription medications. People in our community will become healthier overall, in part because chronic diseases will be managed more effectively – so people won't need as much emergency care.

Let's say you have diabetes. Health care organizations will focus on providing nutrition education and stronger encouragement for regular blood tests to keep the diabetes under control, because their payment from the federal government depends, in part, on their patients staying healthy. A blood test is much less expensive than having a foot amputation, which is what can happen when diabetes gets way out of control.

Read the rest of Health Care | Over on Page 9



## Welcome Daniel Loube, M.D.

Pulmonologist

Please Join Us in Welcoming Dr. Loube to the Ukiah Valley Rural Health Center.

Dr. Loube earned his medical degree at George Washington University Medical School in Washington, D.C.

Dr. Loube specializes in caring for patients with asthma, chronic obstructive pulmonary disease (COPD), lung cancer, occupational respiratory diseases, lung disease, pulmonary fibrosis and sleep apnea. He has a passion for helping his patients improve their quality of life with the proper education and treatment of their respiratory conditions.

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## Thursday, October 3

**Brooktrails Board Candidates Forum:** 6:30 pm at the Brooktrails Community Center, 24860 Birch Street. Sponsored by the Brooktrails Property Owners Association. Three of the five seats on the Brooktrails Township board are up for election in the November 5, 2013 election. Three incumbents: George Skezas, Tony Orth and Rick Williams are running for reelection, along with two challengers: David Paland and Gino Zalunardo. Brian Weller will facilitate the meeting. This will be a highly interactive meeting with plenty of time for questions and answers, and all Brooktrails residents are invited. Info: Brian Weller, 459-4499.

**Shanachie Pub:** from Montana: The Dodgy Mountain Men, "mixing the rhythms of bluegrass, the soul of the blues and the energy of rock 'n' roll with a plethora of other musical traditions." 7 pm. 50 B South Main Street. Info: 459-9194. Visit: [www.dodgymountainmen.com](http://www.dodgymountainmen.com).



## Friday, October 4

**Mendocino College Fall Plant Sale:** with "plants of all kinds that grow well in our area." Today from 9 am to 5 pm; Saturday, October 5 from 9 am to 3 pm. Mendocino College's Agriculture Center, Ukiah campus, 1000 Hensley Creek Road, "near the grove." Ceramic and art sale, too. Info: Jim Xerogeanes, 468-3218.

**"Roasted Chicken Dinner to Go":** Dinner for two: \$25, presale tickets only from the Harrah Center, 1501 Baechtel Road. Pickup from 5 to 7 pm. Menu: one-half roasted chicken, rice pilaf, cole slaw, dinner rolls and homemade apple cobbler. Info: 459-6826.

**Poet John Trudell:** "Poet Tree" reading, also with local poets Linda Noel and Dan Roberts. At Area 101, north of Laytonville. Dinner at 5 pm, followed by poetry at 6 pm. Free admission; donations for the Laytonville High School scholarship fund accepted after the reading. Information: 984-7286.

# True grit

Still time to sign up for Saturday's Ranch Rodeo

The public is welcome to come cheer on the cowboys and cowgirls this Saturday at the second annual Ranch Rodeo, starting at 1 pm at the Willits Frontier Days rodeo grounds. Admission is free.

Three riders and their horses are all that's needed to create a team to compete, for those interested. The events for the Ranch Rodeo, designed for day-to-day cowboys and cowgirls, include calf branding, ranch doctoring, team sorting, ribbon roping, reverse team roping and saddle cow riding.

All teams must compete in all events to be eligible to win. First- and second-place teams will receive cash payouts, and the third-place team will receive headstalls embellished with braided hide knots made by Bobbie Yokum.

There's also a dummy roping event for kids. Three age groups can compete, and each group's winner will receive a \$50 prize sponsored by Buttercups Children's Boutique, Monkey Wrench Men's and Women's Wear, and Tiger Lily's Boutique.

To sign up as a team, or for more info, go to [www.willitsfrontierdays.com/yearound.html](http://www.willitsfrontierdays.com/yearound.html) or contact Marcy Barry at 272-5395 or Mary Fonsen at 354-0112.

## 'Beyond Beyondananda' at WCT

If you've seen the Swami Beyondananda before, here is a chance to see him again ... and to go "beyond Beyondananda" to meet the man behind the Swami, Steve Bhaerman. The Swami will appear for one night only, Saturday, October 12 at 8 pm at the Willits Community Theatre Playhouse.

You'll laugh ... you'll learn ... you'll laugh ... and you'll laugh some more.

Pg.6

Shows by Cosmic Comic Swami Beyondananda, whose favorite yoga pose is tongue-in-cheek, have been described both as "comedy disguised as wisdom, and wisdom disguised as comedy."

Who is Swami, Really? Swami Beyondananda is the cosmic comic alter ego of writer, humorist, performer and uncomptomator Steve Bhaerman. Bhaerman has had a varied career as author, teacher,

# What's Happening Around Town

Things to do, see and enjoy in and around Willits

**'Instructions Not Included':** Spanish-language romantic comedy starring and directed by Mexico's Eugenio Derbez, opens tonight for a two-week run. Noyo Theatre, 57 East Commercial Street. "Instructions Not Included," rated PG-13, plays daily at 5:30 pm and 8:15 pm, with Saturday and Sunday matinees at 12:15 pm and 2:45 pm. \$8 general admission; \$6 children 3 to 11; \$5 seniors 62+; shows starting before 5 pm: \$6. Info: 459-NOYO. See article on Calendar page for more details.

**Shanachie Pub:** folk punk from The Crux, "multi-instrumentalists, performing barn dance tunes, klezmer jams, pirate shanties, and bluesy dirges in a theatrical performance style." 8 pm. \$5. 50 B South Main Street. Info: 459-9194.

## Saturday, October 5

**T.R.A.I.L. Benefit Ride at Ridgewood Ranch:** to benefit Ridgewood T.R.A.I.L. Riders Association, a therapeutic riding program. Featuring three levels of rides. Check-in from 8 to 8:45 am with coffee and snacks; rides begin from 9 to 9:30 am. BBQ at 12:30 pm, featuring pulled pork and chicken, with organic fruits and veggies from Ridgewood's organic garden. 2 pm: Seabiscuit Tour. Late registrants can call 459-5640 or email [ridgewoodtrail@gmail.com](mailto:ridgewoodtrail@gmail.com). Ride & BBQ: \$50; BBQ only \$15 (public is welcome); BBQ child under 12, \$10; guided Seabiscuit tour (optional): \$15. Riders under 16 must be accompanied by adult. Call or email for directions: 459-5640 or [ridgewoodtrail@gmail.com](mailto:ridgewoodtrail@gmail.com).

**Annual Blessing of the Animals:** in honor of St. Francis of Assisi, at 11 am at St. Francis in the Redwoods Episcopal Church, Commercial and Main. "All animals of any size and type are welcome, but they must be on a leash or in a carrier for their own safety. Even stuffed animals are welcome! The service is brief, with a few prayers and perhaps some songs, and the blessing of each critter.



Invite your friends! Meet in the arbor outside the church; in case of rain, the blessing moves indoors into the church for the brief service at Saint Francis in the Redwoods Episcopal Church. Info: Rev. Mary Fisher, 459-6295, or Rev. Betsy Bruneau, 459-3390.

**"Cloudy with a Chance of Meatballs":** special "sensory sensitive showing" at 11:30 am at the Noyo Theatre, East Commercial Street. This is the fourth sensory sensitive screen the Noyo has offered: with lights on, lower sound, and no trailers or ads. These screenings are meant for autistic kids and their families, but

are also suitable for families with toddlers and hyperactive kids – no pressure for kids to remain in their seats or to stay quiet. \$6; kids under 3 are free. Info: 459-6660.

**Ranch Rodeo:** starts at 1 pm at the Willits Frontier Days Grounds. Free admission. "Watch cowboys and cowgirls showcase Life-on-the-Ranch events." Calf branding, ranch doctoring, team sorting, ribbon roping, reverse team roping, saddle cow riding, kid's dummy roping. Info: Mary 354-0112 or Marcy 272-5395. See article elsewhere on Calendar page for more details.

## Sunday, October 6

**"A Taste of Honey":** a dramatic reading of a "gritty working class play" by Selah Delaney "about a teenage girl and her domineering, flamboyant mother." The play, written by Selah Delaney, then 18, was "a sensational theatrical success when staged in London in 1958." It has been re-staged many times, as recently as this year in the Edinburgh's Royal Lyceum Theatre, and it was made into an award-winning movie. This dramatic reading, directed by local playwright Don Samson, has a cast of five: Tara Logan, Mary



# Sample ballots

Sample ballots for the November 5, 2013 election were mailed out last week, on September 26, and voter registrar Sue Ranochak said Wednesday that those who haven't gotten their sample ballot by Saturday, might call the Elections Office at 463-4371 on Monday to inquire.

Ranochak reminded voters to look at the back cover of the Sample Ballot to check where they will be voting, to find their polling place or to determine if they're a mail-in voter. The sample ballot pamphlet is slim this year, with no countywide ballot measures, and many district and board candidates choosing not to run candidate statements, Ranochak said.

The last day to register to vote for the November 5, 2013 election is Monday, October 21. Voter registration forms can be found at the Willits Library and the Willits Post Office, as well as the Elections Office in Ukiah at 501 Low Gap Rd., Room 1020. California voters can also register online at: <https://rtv.sos.ca.gov/elections/register-to-vote/>.

## PERFORMERS: There's still room!

Still room for a few more aspiring performers for the "Willits On Stage" variety show, October 19 at the WHS auditorium, to benefit Willits Community Services and Food Bank. Call Kevin at 456-9429 or Marcia at 354-2801.

## Book Sale

Friends of the Willits Library's annual book sale is looking for volunteers to set up for the sale; cashiers are always needed, too. Please see the sign-up poster in the library or call 459-5908 for info. Members night is Thursday, October 17 from 6 to 9 pm (FOWL members get first crack), and the public sale is Friday, October 18 from 10 am to 6 pm, Saturday, October 19 from 10 am to 4 pm, and Sunday, October 20 from 10 am to 3 pm (Sunday is \$3 a bag day).



## Willits Stamp Club



The Stamp Club's next meeting is on Wednesday, October 16 from 5 to 6 pm at the Willits Library, 390 East Commercial Street. This meeting's program is: "United States stamps to trade." "Everyone is welcome," says Marv Talso, including teens and Boy Scouts, who can get a merit badge in stamp collecting. "We will help anybody get started." The Stamp Club, which has been going for about a year and half in Willits, meets every other month. Refreshments are served.

Willits Weekly | October 3, 2013

## Thursday, October 10

**'A Taste of Theatre':** All ages are invited to this free sampling of WCT's upcoming series of Master Classes including Playwriting, Directing, Acting and Theatre Tech. Learn how theatre is really made. 7 pm at Willits Community Theatre, 37 W. Van Lane. Info: 459-0895 or [www.willitstheatre.org](http://www.willitstheatre.org).

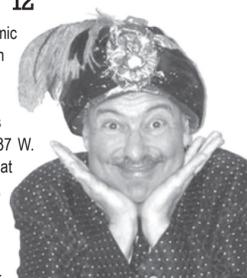
## Friday, October 11

**WHS Volleyball Take Home Tri-Tip Dinner:** Dinner includes: whole tri-tip, salad, bread, potatoes and dessert. Pick up or delivery. Pick up at Flowers by Annette, 1701 Valley Road, between 4 and 6 pm, \$55. By pre-sale ticket; tickets are limited. Info: 459-6588.

**Shanachie Pub:** Darius Lux with Susan Stewart & Steve Loebis. 8 pm.

## Saturday, October 12

**"Beyond Beyondananda":** Cosmic Comic Swami Beyondananda, with writer, humorist, performer and uncomptomator Steve Bhaerman, one night only, 8 pm, at the Willits Community Theatre Playhouse, 37 W. Van Lane. Tickets, \$15, available at Goods' Shoppe, 56 S. Main Street, online at [brownpapertickets.com/event/471507](http://brownpapertickets.com/event/471507), or call WCT at 707-459-0895 to reserve by credit card. See article on Calendar page for more details.



**Shanachie Pub:** Deep Chatham, folk. 8 pm.

# Ongoing Events:

**Farmers Market at City Park:** Summer produce, including tomatoes, zucchini, eggplant, watermelons and more from area farmers, plus live music, flowers, crafts, baked goods, dinner and more. Every Thursday at City Park, across from City Hall, from 3 to 6 pm. In the park through October.

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

**Open Mic at Shanachie Pub:** Every Wednesday at 8:40 pm. Sign-ups start at 3 pm.

# Save the Date:

**Kiwanis Club meeting,** Willits Kids Club, October 14

**Now & Then Films:** "Gasland, Part II," Little Lake Grange, October 17

**Friends of the Library Book Sale,** Community Center, October 17 to 20

**Harvest Moon Celebration,** downtown Willits, October 18

**"Willits On Stage,"** WHS Auditorium, October 19

**15th annual Willits Walk for Wellness** and Community, October 20

**WHS Boosters Abalone Dinner,** Community Center, October 26

**Halloween Party,** Shanachie Pub, October 31

## Bulb Sale & Fall Rummage Sale to benefit WCS

*Lilah Garman, one of the WCS students* *will be selling bulbs*  
Photo by Kara Garman

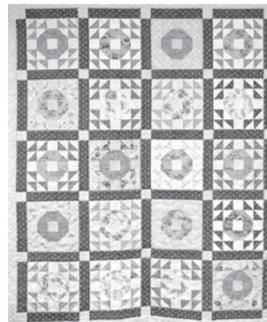


Kids, parents and volunteers are hard at work fundraising for Willits Charter School this weekend, with the annual bulb sale in full swing and a parking lot full of rummage sale deals at 1431 South Main Street.

On Saturday from 9 am to 2 pm, students will be selling donated goods – priced to sell – for the school's annual Fall Rummage Sale.

The bulb sale runs through Friday, October 11. Charter School students all have packets and catalogs featuring the 28 varieties of bulbs: tulips, daffodils, crocuses, hyacinths, and more. Anyone wishing to order bulbs, which will be available for pickup near the end of October, can do so at the rummage sale or by contacting any WCS student, or by stop by the front office of the school.

Both fundraisers' proceeds will help fund the annual camping trip to Camp Wente. This year's group just returned from the trip funded by last year's sales. The trip is always scheduled after the first few weeks of school, allowing for students and staff to get to know one another, and to have a fun school-year kick-off event. Info: 459-5506.



Two quilts made by Suzen Ingle who will be showing at the Falling Leaves Quilt Show this weekend.

– Maureen Moore

# Abalone Dinner

The WHS Boosters Club is hosting an Abalone Dinner on Saturday, October 26, to help raise funds for Willits High School's sports programs. The dinner, at the Willits Community Center, will have two seatings: at 5:30 pm and 6:30 pm. For tickets or more info, call: Donna at 459-2752 or Mark and Sheri Mercer at 459-3445.

## Playing at the Noyo Theatre: 'Instructions Not Included'

"Instructions Not Included": a romantic comedy starring and directed by Mexico's Eugenio Derbez, opens October 4 at the Noyo Theatre, 57 East Commercial Street, for a two-week run. "Instructions Not Included" has made history by becoming the U.S.'s most successful Spanish-language film ever. Last weekend, "Instructions Not Included" took in \$3.4 million to reach a total of \$38.6 million in box office sales, surpassing the previous Spanish-language film, "Pan's Labyrinth." Derbez, 52, acts the part of a playboy whose life is changed when he is left with a daughter he never knew he was going to have, the result of one of his countless

casual flings. Lois Hoover of the Noyo Theatre said it was a fight to get the Spanish-language film in Willits for two weeks, as the distributors didn't think the area had a large enough Hispanic audience. "I believe this is a sweet film with great cross-over potential regardless of our demographic," Hoover said, "and I've heard that people are driving as far as Santa Rosa to see it.

"Instructions Not Included," rated PG-12, plays daily at 5:30 pm and 8:15 pm, with Saturday and Sunday matinees at 12:15 pm and 2:45 pm. \$8 general admission; \$6 children 3 to 11; \$5 seniors 62+; shows starting before 5 pm: \$6. Info: 459-NOYO.

Pg. 7



Top: Leta Garman rides Cora. Above: Isaac Silva adjusts his helmet after completing his leadline class on Twist.

Below from left: Emma Garman rides Patches; Nakai Chilson rides Judge Me Best; Lilah Garman rides Dance Step Green Mountain, and Zoe Alvarado rides Ruby.

Photos by Maureen Moore



Left: Elaine Mancini rides Miss Golden Daze.

# Horse Show

Willits Junior Horsemen hold schooling show last weekend

Maureen Moore  
Designer & Photographress  
maureen@willitsweekly.com

Equestrians in their braided and bolero-ed best demonstrated their pleasure and equitation skills to judge Nancy Williams on Saturday, at the Willits Junior Horsemen Association's schooling horse show.

Riders enjoyed nice weather and a well-tilled arena Saturday, but Sunday's gymkhana event had to be rescheduled TBA this month, due to that morning's downpour.

Saturday started with model horse and showmanship classes, where judging is focused on the horse, which is shown in hand, not under saddle. The judge looks for correctness in confirmation and breed typiness, and handlers often showcase their horse's ability to be handled at halter.

The English division and the Western division followed, both of which had pleasure – judged on the horses – and equitation – judged on the rider – sections in three age groups: 12 and under, 13 to 18, and Open. The riders with the highest cumulative score

in each age group won awards for their efforts.

The 12 and under High Point winner was Gracie Silva; Reserve High Point went to Nakai Chilson; and a third-place award went to Samantha Arms. The 13 to 18 High Point winner was Thais Reed. The Open High Point winner was Gracie Silva; Reserve High Point went to Angie Herman; and third place went to Nakai Chilson.

High Point winners received a metal saddle rack. Reserve winners received a hay bag, and third-place winners received a saddle cover.

Currently, the Willits Junior Horsemen are accepting new members, and anyone aged 7 to 17 is welcome. Currently, membership is up to about 20 kids, partly with the resurgence of energy from new Junior Advisor Kathryn Baechtcl.

"It's exciting to get the club really going again," noted Baechtcl. "We encourage anyone who is interested in joining to

come to a meeting and see what we're all about."

Meetings are held on the second Tuesday of the month (October 8, this month) at 6 pm at the clubhouse at the Willits Horsemen's grounds (use the entrance off of East Valley Road).

Dues are \$15 for the year, which entitles members to use the arena, to participate in events and practices, and to receive a discounted class fee for shows and events throughout the year.

Members also enjoy going on field trips and participating in fundraisers: their next trip is to attend the National Finals Rodeo at the Cow Palace on October 19. This spring's chicken coop raffle fundraiser helped pay for the trip to the Cow Palace, and also helped purchase a new PA system for the association.

The group can be contacted on Facebook on their "Willits Junior Horsemen's Association" community page, or for more information, contact Baechtcl directly at 489-6565.

A complete list of results from Saturday's horse show follows:

Model Horse 3 & Over: first: Sherry Boek with I'm Havin' Fun Sassin'; second: Sue Lynn with Casper; third: Lilah Garman with Dance Step Green Mountain; fourth: Lynnae Cummings with Christine's Glory; and fifth: Samantha Arms with Zephyr.

Showmanship 12 & Under: first: Gracie Silva with Elan's Lucky Playboy; second: Nakai Chilson with Judge Me Best; and third: Samantha Arms. Showmanship 13 to 18: first: Calayan Knight with PGN Scotch Toddy. Showmanship Open: first: Angie Herman on Jacob; second: Sherry Boek, third: Nakai Chilson; fourth: Samantha Arms; and fifth: Sue Lynn.

Leadline Walk/Trot: first: Isaac Silva on Twist.

English Pleasure Walk/Trot Maiden: first: Elaine Mancini on

Read the rest of  
**Horse Show**  
Over on Page 11



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# m•pho•tog•ra•phress

[uh-tog-ruh-friss]

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

Facebook 707-972-7047 maureengetsmail@gmail.com

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# Classifieds & More

The rest of Concerns | From Page 1

**Addition / Decking / New Home**  
Are you looking to add a room, remodel, add a new deck or replace an existing one, build a new custom home or have pest work done? Local licensed contractor #386275 since 1979. Zanardi Construction. Andy: 707-459-6670

**For Rent**  
2 bedroom, 1 bathroom house in town. Freshly remodeled, move in ready, \$1,100 per month, no dogs. Call for showing: 489-7165

**For Rent**  
2 bedroom, 1 bath, close to downtown. No pets. No smoking. Water/garbage paid. \$770/month. Armo: 459-9601.

**Help Wanted**  
Position available for a registered veterinary technician. Please bring resume to the Willits Pet Care Center at 90 South Street.

**Hospital Rummage Sale**  
Howard Hospital Auxiliary Rummage Sale. Saturday, Oct. 5, 9 am to 3 pm, outside Scoops on N. Main St. Gently used items plus hot dogs donated by Scoops. Proceeds will purchase needed equipment for the hospital. Call 456-3245 if you have donations.

**New Patients Welcome**  
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**Old Cars Wanted**  
ALWAYS LOOKING for Cars, Scooters & Motorcycles! '40s thru '50s. Show Car to Parts Car. Please call Alan: 489-7165 or email agrossman@pacific.net.

**Pinball Machines**  
PINBALL MACHINES for sale. 459-6372.

**Puppy Training**  
Puppy and level 1 dog training class offered in Willits, Mondays, Nov. 4 to Dec. 2. Space limited to 8 students per class; require minimum of 6 to hold class. You must register in advance. Willits Community Center; \$150 for 6-week course. Puppy class: 5:15 pm - 6:15 pm; Level 1 class: 6:30 pm - 7:30 pm. Info: www.wellmanneredmutts.com or Sallie Palmer at 707-463-3647 or 621-3647 (DOGS).

**Counseling**  
Imagine CLARITY and PEACE in the midst of drama and confusion. Call Wolfgang Ronnefeldt, M.A. 459-2101.

**Eckankar**  
Have you had a spiritual experience? You are invited to participate in an ongoing, spiritual discussion Tuesday, October 22, at 6:30 pm at Willits City Hall, 111 E. Commercial Street. Sponsored by Eckankar: Experience the Light & Sound of God. Information? Please call 972-2475.

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**Estate Sale**  
1695 Lilac Lane, Brooktrails. Saturday, October 5, 8 am to 4 pm. No early birds. King-sized bed and linens, plus other linens. Nightstands, dresser and mirror, oak table and 4 chairs, and other furniture. Lovely dishes and glassware. Many kitchen items. Table saw, drill press, and other tools. Books, cookbooks, and miscellaneous items. Cash only.

## Puzzle Answers From Page 4

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

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

**Recipe by Suzen Ingle**  
2 pounds venison steaks  
1/2 cup flour  
1/2 teaspoon pepper  
2 cloves minced garlic

Cut steaks into about 1/4 inch strips; coat with the 1/2 cup flour and pepper. In a large skillet, brown venison in olive oil. Add garlic, Worcestershire sauce, beef broth and catsup. Mix well. Cover and cook for about an hour, on low heat, or until the venison is tender.

**Recipe by Suzen Ingle**  
2 tablespoons Worcestershire sauce  
1 to 1-1/2 cups beef broth  
2 tablespoons catsup  
1/2 cup dry red wine

Add wine and mushrooms, and simmer for about 20 minutes. Stir in enough of the flour/water mixture to thicken the gravy, and stir well. Remove from heat, add the sour cream, and mix well. Serve over buttered egg noodles or rice.

areas such as Round Valley, Point Arena and Anderson Valley."

The performance of Ortner in fulfilling certain other responsibilities also drew criticism. Dr. Todd Harris reported on the total adult case load, countywide, telling Mental Health Board members Ortner was currently handling 30 cases on the coast and 44 inland. A few minutes later, Wynd Novotny, director of Manzanita Services, one of the major players in providing county mental health services, reported her group currently is handling 16 cases not included in Harris's numbers.

This caused some disgruntlement among board members.

"All we ask is that [Ortner] give us credible, usable numbers," chairman Shaw said. "Because without those, we can't really fulfill our obligation to the board of supervisors and the public."

Board member Dina Ortiz criticized Ortner for what she believed was a lack of racial sensitivity. After looking at a report presented by Montgomery, Ortiz noted Ortner's information on the ethnicity or

poverty level guidelines, visit <http://aspe.hhs.gov/poverty/13poverty.cfm#guidelines>.)

Even if you don't qualify for Medi-Cal, you may qualify for reduced cost health insurance under the ACA. Go to [www.coveredca.com](http://www.coveredca.com) and use the Shop and Compare Tool. This online "calculator" allows you to enter your family size, number of dependents, income, and location, to choose from several levels of insurance with varying deductibles and copayments.

People were able to start signing up on October 1 for the new plans, and they will go into effect January 1, 2014. Local health clinics and Mendocino County Health and Human Services have hired outreach coordinators to help people register.

After so many years in health care, I'm happy to see that we are moving in a direction that saves money and provides better care for the people in our community.

Liz 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](mailto:lhunter@mchcinc.org).

## The rest of Health Care | From Page 5

Also, people who weren't eligible for health insurance before will become eligible for it, so they will be more likely to seek care before their health issue becomes a crisis. Among those same lines, preventive care like mammogram screenings are covered under the ACA, so illness can be identified and treated sooner and less expensively. These changes will save patients and taxpayers money!

One of the ways the ACA expands health care insurance is by making more people eligible for Medi-Cal. Right now, people at and below the federal poverty level are eligible; however, as of January 2014, people with household incomes up to 138 percent of the poverty level will also be eligible.

Poverty guidelines are based on family size so, for example, a family of four with two dependents is considered in poverty if they make \$23,550 or less a year. The new guidelines will allow these same households to make up to \$32,499 and still be eligible for Medi-Cal. That's a big jump and is estimated to affect about 4,000 people in Mendocino County. (For more details on federal

**With the general deer-hunting season in the B-Zones in full swing, here are two recipes for successful deer hunters – and those who cook for them**

## Two versions of Venison

**Recipe by Kyle Lovell (with anecdotes from his sister, Alicia Logan)**  
**Venison with Gravy**  
"It's an eyeball recipe"  
"Pretty hilarious talking with my brother about his venison recipe," laughed his sister and fellow hunter, Alicia. "He said: 'I cut my meat up, I flop in the flour and then toss in some oil – the end! Oh wait, I salt and pepper it, too.'"  
After some more encouragement, a more complete recipe follows:  
Venison, ham steak or backstrap  
Flour for breading and a little more for gravy  
Milk for gravy  
Garlic salt  
Pepper  
Oil for frying

Heat oil in sautee pan, and slice venison into 1 inch pieces. Mix flour, garlic salt and pepper together in bowl. Toss venison into flour mixture, and then fry pieces in hot oil. "Don't overcook, you still want to see some blood," notes Kyle. Remove from pan, and put on plate when they have reached desired level of doneness.  
Make a gravy out of the drippings in the pan by adding a handful of flour and scraping the browned bits up from the bottom. Add in milk, and whisk until thick.  
Serve the gravy over the top of the meat.

## Venison Stroganoff

**Recipe by Suzen Ingle**  
2 pounds venison steaks  
1/2 cup flour  
1/2 teaspoon pepper  
2 cloves minced garlic  
2 tablespoons Worcestershire sauce  
1 to 1-1/2 cups beef broth  
2 tablespoons catsup  
1/2 cup dry red wine  
1/4 pound mushrooms, sliced  
Another 1/3 cup flour (I use Wondra flour for this), mixed with 1/2 cup water  
1 cup sour cream

Add wine and mushrooms, and simmer for about 20 minutes. Stir in enough of the flour/water mixture to thicken the gravy, and stir well. Remove from heat, add the sour cream, and mix well. Serve over buttered egg noodles or rice.

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# Congratulations Column



## Newbie Sephora Maciel

Sephora Aurora Maciel was born on September 1, 2013 to parents Michael and Amanda Maciel. She weighed 8 pounds, 9 ounces and was 21 inches long. Excited family welcomed her, including grandparents Jim and Toni Maciel and David and Shelley Moore.

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WCA showcases

# Landscapes, seascapes, flowers and more

Left: Artist Robert Yelland points to one of his plein air oil paintings.  
 Below left: Yelland's favorite of his paintings, "Greenwood Beach."  
 Below right: Artist Nancy Nasarian Reed straightens her watercolor, "The Gateway."



The October show at the Willits Center for the Arts is "Nancy Reed & Friends," with six artists who have studied with teacher Anne Maglente – and who still paint together – showing their work.

Three of the artists – Nancy Nasarian Reed, Robert Yelland and Lynne Whiting – were hanging colorful oil and watercolor paintings at the art center Tuesday afternoon.

Whiting was working on placing her paintings "from west to east," she laughed, starting with oils done in Mendocino, Manchester and Big River, going east with a landscape painted from Black Hawk Road (off Black Bart Road), then Lake Mendocino, Mount Diablo and Yosemite, and ending up with landscapes painted in Sedona, Arizona.

Whiting said she was determined not to paint the "icons" of Yosemite – Half Dome and El Capitan – like everybody else, but once she got there, she knew she had to.

Whiting has just recently taken up painting with oils again, after 20 years of working with watercolors.

She and fellow exhibitor, Robert Yelland, recently enjoyed "MOPO" – the Mendocino

Open Air Paint Out – a plein air festival (painting in the open air) put on by the Mendocino Art Center, which attracted 80 painters from the North Coast and beyond. Both artists, Whiting from Willits and Yelland from Branscomb, have been members of the Artists' Cooperative Gallery in Mendocino.

MOPO was a week's worth of intensive painting during the day with a "wet paint sale" every night, including painting demonstrations by celebrity artists, and one two-hour painting challenge – get it painted and hung within three hours.

Yelland says coop members are assigned to sit in the Mendocino gallery twice a month, and he, too, enjoys painting the Mendocino coast's beautiful landscapes. His favorite painting, he says, is one called "Greenwood Beach" in Elk – the small coastal community of Elk used to be known as "Greenwood." "I think this one is my best," he said.

The plein air artists enjoy painting the same scene in company: seeing what catches the eyes of the other artists, with an end result often very different.

Paintings by Nancy Nasarian Reed are, mostly, closer to home, although she's showing paintings of the ocean, too: one a nighttime study of the heart-shaped spouts of two gray whales she and her daughter saw off the Southern California coast.

Reed was hanging her works in themes: "Teachers think in themes," she said. Reed, a substitute teacher at Baechtel Grove Middle School, was Whiting's "supervisor" when Whiting was student teaching back in 1980. Whiting has just retired after teaching for 33 years in Laytonville; Reed is now teaching the kids of some of her own former students.



### Read the rest of WCA | Over on Page 11

Left: Artist Lynne Whiting stands with oil paintings she is hanging in geographic order, from the Mendocino coast to Sedona, Arizona.

Photos by Jennifer Poole



Above: A painting by Nancy Nasarian Reed of a mural Reed painted with friends, after being inspired by a trip they took together to Greece.

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### The rest of WCA | From Page 10

"This is my flower wall," she said, about the first group of themed paintings; "this is my ocean wall; and this is my perspective/architectural wall." Some of the flowers were painted on art teacher Maglente's porch west of Willits; another was of a white fence and a flowering shrub outside a Willits dentist's office called "The Gateway." Reed, who has a masters of fine arts from the University of Massachusetts, Amherst, said Maglente has taught her techniques she didn't know before, like "making rocks with your fist," she said, pointing to a painting of rocks on a beach.

Other artists in the show are Linda Kostanecki, Judith Tauber, and Margaret Pirouette, and also honorary guest artist, Lydia Donna Dittmeier, January 4, 1953 to July 22, 2013.

"Nancy Reed & Friends" opens Thursday, October 3, at the Willits Center for the Arts, 71 East Commercial Street, and runs through October 27. Artists' reception is set for Saturday, October, from 6 to 9 pm, and features music by Richard Jeske and Jacqueline Morninglight, along with refreshments. Gallery hours: Thursdays and Fridays from 4 to 7 pm; Saturdays and Sundays from noon to 3 pm. Info: 459-1726.

### The rest of Movies | From Page 3

and refers to the Kabbalistic belief of God's "contraction" of Himself from the world of creation. That is truly what happens in those waters where Pi must survive with Richard Parker, who has outlasted the other animals who die or are eaten by the tiger. There are also the flying fish which bombard the boat when the tiger is starving, and Pi is languishing from his meager supplies. Manna from heaven comes to mind, along with the obvious comparison to Jonah in the belly of the whale. Even the floating island inhabited by meerkats which turn carnivorous at night is symbolic, although not to Pi who believes in its reality against the disbelief of the Japanese insurance investigators who need a more plausible story for how the boy survived his journey from the Mariana Trench to Mexico. From beginning to end, you will not be able to turn away from the screen, even when the gut or psyche cries out for you to do so. I, for one, will never look at the very lifelike stuffed tiger from my childhood the same way again.

For those who haven't seen the film, I won't ruin any of the major scenes that will toss you in a swell of gasps, tears and smiles.

Ultimately, what brings these two films together is an odd kind of counterpoint: redemption for the characters, and the ironic truth of a line from the first film: "Sometimes what happens instead IS the good stuff." Both films are good stuff and beautifully adapted from their respective novels.

Nancy Ellis-Bell is a former professor and current literary agent/author who has lived in Willits for the past 20 years. Aside from her passion for the sharing of ideas, she is also addicted to parrots, koi and a garden that just won't stop growing.

### The rest of Horse Show | From Page 8

Miss Golden Daze; second: Leta Garman on Cora; third: Lilah Garman; fourth: Zoe Alvarado on Ruby; and fifth: Emma Garman on Patches. English Pleasure 12 & Under: first: Nakai Chilson; second: Lilah Garman; third: Gracie Silva; and fourth: Emma Garman. English Pleasure Open: first: Angie Herman; second: Leta Garman; third: Nakai Chilson; fourth: Lilah Garman; and fifth: Gracie Silva.

English Equitation Walk/Trot Novice: first: Leta Garman; second: Lilah Garman; third: Zoe Alvarado; and fourth: Emma Garman. English Equitation 12 & Under: first: Nakai Chilson; second: Gracie Silva; third: Lilah Garman; and fourth: Emma Garman. English Equitation Open: first: Angie Herman; second: Nakai Chilson; third: Leta Garman; fourth: Lilah Garman; and fifth: Gracie Silva.

Hunter Hack Open: first: Leta Garman; and second: Lilah Garman.

Western Trail 12 & Under: first: Nakai Chilson; second: Gracie Silva; and third: Samantha Arms. Western Trail 13 to 18: first: Thais Reed on Princess. Western Trail Open: first: Gracie Silva; second: Regina Dickson on Doc Colonel Freckles; third: Sherry Boek; fourth: Nakai Chilson; and fifth: Sue Lynn.

Western Pleasure Walk/Jog Maiden: first: Sherry Boek; second: Thais Reed; third: Samantha Arms; and fourth: Noah Willoughby on Noah. Western Pleasure 12 & Under: first: Gracie Silva; second: Nakai Chilson; and third: Samantha Arms. Western Pleasure 13 to 18: first: Thais Reed. Western Pleasure Open: first: Gracie Silva; second: Sue Lynn; third: Regina Dickson; fourth: Nakai Chilson; and fifth: Sherry Boek.

Western Equitation Walk/Jog Novice: first: Thais Reed; second: Sherry Boek; third: Sue Lynn; fourth: Samantha Arms; and fifth: Noah Willoughby. Western Equitation 12 & Under: first: Gracie Silva; second: Samantha Arms; and third: Nakai Chilson. Western Equitation 13 to 18: first: Thais Reed. Western Equitation Open: first: Sherry Boek; second: Gracie Silva; third: Thais Reed; fourth: Regina Dickson; and fifth: Nakai Chilson.

Results provided by Willits Junior Horsemen

## Howard Hospital receives national 'Path to Excellence' award

Frank R. Howard Memorial Hospital (HMH) has received national recognition in patient satisfaction with a 2013 Path to Excellence award. HMH was recognized at the 19th Annual National Research Corporation's International Patient-Centered Care Symposium in Baltimore on Sunday, September 22.

HMH was one of two hospitals, in its size category, to be recognized as "most improved" – raising its already great hospital rating scores "to a whole new level," said Howard CEO Rick Bochmann.

Being recognized with this "Path to Excellence" award puts HMH among a select group of health care innovators leading the way on the path to patient-centered care.

National Research selected Path to Excellence award recipients based on their achievement within categories that patients themselves have identified as being most important to the quality of their care. The award is only earned by those organizations that are ranked by patients as top performers.

"National Research congratulates Howard Hospital for their outstanding achievements," said Susan Henricks, president

### The rest of Grants | From Page 1

When a landowner seeks funding, often they are required to invest some money, supplies or labor in the project. "Sometimes it does come down to what the landowner is willing to put into the project," Scriven acknowledged.

RCD says it can pursue other funding sources to help cover the landowner's contribution.

In the Russian River headwaters, Scriven reports success with improvements like rolling dips and rock-armoring.

The work is a win for the fish and the landowner, who no longer has to rush to the rescue of roads and water crossings.

"We have some very happy landowners right now," Scriven said.

Scriven said RCD has good grant writers, and by winning grant applications the RCD funds itself.

RCD began as the Willits Soil Conservation District. A relief to landowners with old and leaky tractors or marijuana plants is that the district is non-regulatory.

"We will not call the cops on you – and that is the important thing," Scriven said. "We can make a lot of improvements on a variety of lands."

Like Scriven, Carol Mandel of the Natural Resources Conservation Service said it is very much a landowner-driven process.

To get help, landowners need to show they can gross \$1,000 from food or pasture production, or be capable of producing timber.

"We take a liberal interpretation, we really do," Mandel said. She described how people can get help with old logging roads with sloping them to drain properly and building rolling dips.

"Where we can do this work, it really reduces sediment delivery," said Mandel.

In recent years landowner-oriented project successes were reported in Ukiah and Hopland, where grape growers organized to build ponds for storing frost protection water. "They did not want people turning on pumps all at the same time," Mandel said.

Reducing risk for a catastrophic wildfire is another type of landowner project people have started taking on.

"We are getting a lot of applications for people [who want] to do this," Mandel said.

For more information, call the RCD office in Ukiah at 462-3664.

### The rest of Tobin | From Page 1

me," he said.

As an adult, Tobin returned to school and earned an associate degree in General Studies at the Southeast Asia Division of Central Texas College. The campus was in Japan.

He has taught classes in law enforcement for Central Texas College and Mendocino College.

Tobin is a co-founder and co-owner of Body Works Gym in Willits, where he teaches free classes in karate to community youth.

Tobin describes himself as a public servant and problem-solver. "I have a deeply engrained sense of community," Tobin said. "I believe Mendocino County is the most wonderful place in the world to work and play. I see things not going the way they should be going, and I want to get in there and work on those issues."

When asked what he considers the key issues facing Mendocino County, Tobin said, "Our employees, our budgets, our pensions. The money that runs all that. We have to bring new businesses here."

Tobin said people who want to talk to him about his candidacy may call him at 459-2220, reach him by cell phone at 354-0565, or can follow him on Facebook at Michael Tobin.

### The rest of MCOG | From Page 1

week to the city council was another stop on the agency's latest tour.

"We have not had a tremendous amount of public input," MCOG Executive Director Phil Dow said. But he added he thought the study has a sense of what people want.

Older residents living out of town, for instance, may want to move inside city limits so they can walk errands or catch an MTA bus.

"If you live out in the boonies, you are going to have to drive a point to get any type of public transportation," Councilman Larry Stranske noted.

Councilman Bruce Burton noted the area's real estate market has not asked for concentration over the past 40 years.

"What has been projected counter flows to what growth in the county has been for the past 40 years," Burton said.

"How does this vision balance with our general plan and other documents?" Mayor Holly Madrigal wondered.

MCOG director Phil Dow told the council the plan has been developed, and MCOG and its planners will now develop strategies.

"We do not do land use planning – what

### The rest of Strike | From Page 1

[in an] attempt to resolve the outstanding issues."

Angelo's press release also cites several examples of SEIU members engaging in activities county officials view in a negative light. It quotes county Director of Transportation Howard Dashiell as stating SEIU members have been, for months, "appearing at the road yards unannounced, even going to worksites themselves."

"It was so disruptive our safety officer eventually had to intervene, because the union was disrupting the work of our flaggers while they were on station, which is simply unacceptable and dangerous behavior," Dashiell reportedly said.

The press release also claims Health and Human Services Agency Director Stacey Cryer stated that at the September 24 labor action, striking workers at the entrance to the Yokayo Social Services complex, at the corner of South State and Gobbi streets in Ukiah, interfered with non-striking workers.

"We had about 100 SEIU employees wanting to work, who were being interfered with," Cryer said, as per the press release, "but as soon as the Ukiah Police Department and Sheriff [Tom] Allman arrived on scene, the picketers became more orderly and we were able to get the public's business underway."

Angelo's press release goes on to state that many county services remained unaffected. According to Angelo, the probation offices in Ukiah, Fort Bragg and Willits were open and operating. All court obligations were fulfilled, and juvenile hall operated normally and was fully staffed. The Health and Human Services Agency was able to provide many services.

According to Cryer, 178 clients were served on the strike day at the Employment and Family Assistance Center, 80 case actions were attended to at the Child Welfare Services center, and six veterans applied for services at the Veterans Services Center.

Angelo said normal operations at the county's Department of Transportation were halted by the strike, and the county's library system and Fort Bragg planning office were shut down on September 24.

Representatives from SEIU claim Cryer's allegations of SEIU interference with non-striking workers were false. "We wanted a clean strike. We put extra effort into making sure this strike was clean," said SEIU field representative Sandi Crawford-Madrigal. "Now it is true our people may have talked

the study was trying to do was integrate transportation with land use," Dow said.

MCOG will adopt the finalized plan, and there will be training for city employees, MCOG planner Nephel Barrett said.

To take a survey about your vision for Mendocino County or to review the plan yourself, go to [visionmendocino2030.org](http://visionmendocino2030.org).

**Vision Mendocino 2030's Guiding Principles from Vision Mendocino 2030's draft "Blueprint Plan"**

- Natural Resource Conservation
- Focused Development
- Economic Vitality
- Community Character and Design
- Transportation Choices
- Adequate Housing Supply
- Plan for Future Infrastructure
- Local Food System

with their people. We might have said, 'Hey how ya doin'?' Or 'We're sorry you have to cross a picket line to get to work.' That probably happened. But people were let through. To say we blocked them or interfered with them, that uncategorically did not happen, not even once."

During the labor action, striking workers were seen carrying a variety of signs which claimed the county was practicing "unfair labor practices." When asked in what way the county was acting unfairly, Crawford-Madrigal said: "Labor negotiations are supposed to be give and take. But they started out with offering us a one-year rollover with basically nothing. So we countered with a proposal we thought was reasonable. All we wanted was 1 percent. That would have impacted the county to a dollar amount of \$200,000, or \$250,000. They said no.

"That isn't give and take, and that's why the county's bargaining is unfair," Crawford-Madrigal said. "This isn't supposed to be serfdom."

According to Jennifer Smith-Camejo, an Oakland-based SEIU official, SEIU negotiators asked that the 10 percent reduction in wages workers agreed to in 2010, and which became a permanent giveback in 2011, be restored over the remaining three years of the contract. Smith-Camejo said the 1 percent that Crawford-Madrigal was referring to, meant that just one-tenth of the salary cut would have been restored in the first year.

The September 24 strike, she said, was supported by more than 600 SEIU members. There are 795 employees in the Mendocino County branch of SEIU Local 1021.

A key part of the equation is the county's general reserve fund, which now contains some \$8.7 million. According to Angelo's press release: "Mendocino County has undergone a major financial restructuring, in light of the organization's lack of preparation for the economic recession starting in 2008. The recession adversely impacted the county's primary source of revenue – the property tax – added over \$100 million in employee pension liabilities to the county's books and nearly brought the county to bankruptcy.

"The county needs to restructure, pay off its debt, build stability and realize economic growth before we can look at sustainable pay increases for our employees. Otherwise a pay increase is just another false promise," Angelo said.



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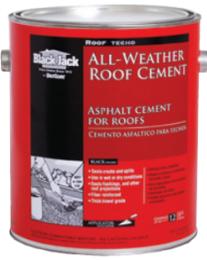
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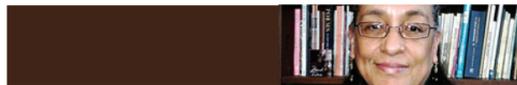
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COLUMN | Resendez Reads!



## Vampires, werewolves and witches, oh my!

As we approach the time of Halloween and the Day of the Dead, shouldn't a reader's thoughts lightly turn to the supernatural? This is a good time of year to dip an eye, or any other loose body part, into the genre.

2013 marks the end of one of my favorite vampire series, the Sookie Stackhouse novels by **Charlaine Harris**. They are the basis of the popular HBO adaptation "True Blood," which is in its sixth season. The book series started in 2001 with "Dead Until Dark" and continues through 13 titles to "Dead Ever

After," where the author ties up the plot lines among a large cast of characters.

At the center of it all is Sookie Stackhouse, a nice telepathic girl working as a waitress for Merlotte's Bar and Grill in the little Louisiana town of Bon Temps. The stories are charming in their depiction of regional life and credible in their portrayal of community factions struggling to coexist with vampires, shapeshifters and werewolves. Harris tosses in a few demons, witches and fairies to spice up the action.

As one series sadly ends, another happily begins! I've just discovered a young writer named **Mur Lafferty**. In "The Shambling Guide to New York City," this author cleverly uses an urban setting for her main character Zoe Norris, an unemployed travel writer desperate for a job.

Zoe is hired by the newly formed Underground Press, but her new boss and coworkers doubt she'll last long surrounded by a staff of vampires, zombies, death goddesses and water sprites. Zoe turns out to have great coping skills.

Despite undead mayhem, she produces a delightful guide to the city for any variety of monstrous being (they call themselves The Coterie) with an itch for travel. Look for the next book in 2014, when Zoe will be sent on assignment to New Orleans!

As ever, whether you read electronically, on the paper page or listen to audio books, please utilize our library system and take advantage of our county's delightful local bookstores, both new and used.

Local poet, Fran Resendez, is retired from 20 years of bookselling at the former Leaves of Grass Books in Willits. Getting her first library card was one of the happiest days in her reading life.

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Rotarians Mike Smith (kneeling), Jerry Myer (above) and Tom Allman, along with several bottles of wine from the "Wine Library" and the wine refrigerator.

## Willits Rotary Club turns 65, celebrates with a wine library raffle

The Willits Rotary Club has been serving the local Willits community for 65 years. To celebrate, the club is holding a raffle for a 65-bottle "Wine Library" of Rotary members' favorite wines, along with a 36-bottle wine refrigerator donated by Willits Furniture.

The raffle will be held in December. The tickets are \$20 each. One lucky winner will win this library of excellent wines. Many of our local wine makers have also donated special bottles for the library. All bottles are signed by their donors. Tickets are available for purchase at Willits Furniture, as well as from individual Rotarians. You can also call Rotary President Jerry Myer at 472-2940 or email him at [jerry@jerrymyer.com](mailto:jerry@jerrymyer.com) for tickets.

The Willits Rotary Club has a long history of supporting our community through things like college scholarships for graduating seniors, the arts and music programs at the schools, dictionaries to local fifth graders, the Senior Center, Phoenix Hospice, and the T.R.A.I.L. Program, just to name a few.

Most recently Willits Rotary Club is supporting the Honor Flight, which is sending several of our local WWII vets back to Washington DC to see the WWII memorial. Purchasing the wine raffle tickets helps the Rotarians continue to support our local community.

## Furry Friends

**Mr. Handsome** Hoping for a home

Meet Chip: He is an absolute joy and has quickly become a staff and a volunteer favorite. Chip is a pitbull terrier mix, who is about 1 year old. He weighs 52 pounds. He is silly, smart, affectionate and also very handsome.

We believe Chip will adapt to any new home, as long as he gets lots of love! We hope you will come meet Chip or one of his fellow canine or feline friends at the Ukiah Animal Shelter, 298 Plant Road in Ukiah.

Shelter hours: Tuesday, Thursday, Friday and Saturday from 10 am to 5 pm, and Wednesday from 10 am to 7 pm. Please visit our website to see more photos of adoptable dogs: [www.pawstoadopt.com](http://www.pawstoadopt.com) For more information, please visit the animal shelter during shelter hours, or contact Katherine Houghtby at 707-467-6453.



Photo by Rod Coats