

The Evolution of Violence

How Talen Barton became a killer, and what we can do to prevent future violence

By *Jed Diamond, Ph.D., LCSW*

When I first heard that Talen Barton had killed his best friend Teo Palmieri and Teo's father Coleman Palmieri, I was stunned. When I learned that he had nearly killed Coleman's wife, Cindy, and her brother, Theodore, in the rampage, I was shaken to my core. I worked with Cindy, a medical doctor at Long Valley Health Center in Laytonville, and remember when she and Coleman first moved to the area. I knew that they had taken Talen to live with them a number of years ago and treated him as one of the family. After mourning the loss of life, I needed to understand how this tragedy had happened.

The headline in the Ukiah Daily Journal on October 6, 2015 summarized the outcome: "Barton handed 71-year sentence in Laytonville stabbings, likely off to San Quentin."

Men and women who work in law enforcement see too many killers like Talen Barton. One detective said he was encountering "pure evil," that Barton was an "absolute monster."

Mendocino County District Attorney David Eyster, prosecuting on behalf of the people, summarized the way we treat killers under our present system: [You're going to] the warehouse of the forgotten."

We must be willing to go deeper

If we are going to prevent more killings, we have to go deeper to understand how Talen Barton became a killer. Talen Barton is 19 years old. Most mass murderers are young men who were once innocent little boys.

I've been a therapist for more than 40 years. I've worked in mental health settings as well as jails and prisons. I've seen many young men in prison who appear to be cold, heartless killers, pure evil. But I've learned to look deeper and what I've found is this: Every mass killer was once an abused, neglected, or abandoned child.

What happened to Talen Barton?

Talen was born in Phoenix, Arizona, May 17, 1996, at 12:04 am. His unmarried mother was 18 years old and addicted to methamphetamine. She had a history of heroin and cocaine abuse. She gave birth at age 16 to Talen's older brother, Royal, who was named after the father. The father left shortly after Talen's birth, and the two boys spent their early years being raised by their drug-addicted mother and a succession of abusive boyfriends.

When Talen was 8 years old, he and his brother went to live with a couple in Palo Cedro, in Shasta County. According to a July 22, 2015 report, published at www.KRCRTV.com, a former legal guardian of Talen Barton, who spoke to KRCR on condition of anonymity, said of Talen:

"He had a heart of gold, I mean he couldn't do enough. He was a pleaser. He would do anything he could to please somebody." But even as an 8 year old, it was clear that the previous seven years had been horrific.

Talen's former guardian continued his remembrance with the KRCR reporter: "He said he heard stories from Talen that he and his brother would spend nights trapped in a closet, bound at their hands and feet by duct tape. In another story, the boys said they would line up against a wall while

What do YOU think?

Opinions, thoughts and thank you letters from readers

their mom's boyfriend would throw knives at them."

There were also reports that Talen had been sexually abused.

Try and imagine spending the first seven years of your life subjected to this kind of abuse. I can only imagine the helplessness and rage of a 7-year-old boy, terrorized by a man, who binds him, hands and feet, and repeatedly locks him in a dark closet. I can't even imagine the degradation and anguish of a 7-year-old child being sexually abused so early in life. I can only speculate at the trauma of being lined up against a wall while a man throws knives at you and how it may relate to killing his foster father and brother with a knife 12 years later.

Talen Barton in his own words

I've seen many young men in custody. They are generally terrified, but cover their feelings with a cool, uncaring exterior. It's only when they trust enough to open up that we get a glimpse into what is really going on inside. Interviewed by the probation officer in jail, Talen said: "It was really f----- up what I did. I deserve to be in jail for the rest of my life."

In a letter to a friend written from jail, Talen shared rather openly his understanding about why he did what he did.

"You have great faith in me when you say you don't believe I did my deeds in a sane frame of mind. I'm sorry to say I did. As unfortunate as this whole situation is, it's one caused 110 percent by me, while rational. What was my motive? Truly, simply, hatred. A lot of it was due to a fermenting hatred for Teo caused by strife and petty squabbles. More than that though, it came about due to a deep self-loathing brought about by years of mistakes and lies made mostly by me but also by others."

It isn't difficult to imagine that the source of his anger wasn't "strife and petty squabbles" with Teo and his family, but the cauldron of suppressed rage at the men who abused him, the mother who failed to protect him, and perhaps the brother who shared his degradation.

What we can do to prevent future violence

Here are some of things I take from these tragic events: If we only focus on the last act of violence we'll never truly understand what turns someone into a killer.

When we read the stories in the newspaper, it's easy to conclude that the person who committed such horrendous acts of violence must be "pure evil," a "monster," someone who should be punished, warehoused, and forgotten. But that perception is based on what we see on the surface, the last straw. We need to have the courage to look more deeply.

There are better ways to protect society than sending Talen to San Quentin for 71 years.

As a society, we have become fearful of young males. When they commit crimes, our own rage is triggered and we want to punish them severely. We want to hide them away. We fool ourselves if we think that warehousing and forgetting this young man will make us more secure in our homes. Talen (and all angry young men) needed love, compassion and protection as a child. He still needs our love and support now.

We must understand violence as a response to violence.

I certainly don't condone what Talen did. I still have nightmares seeing Cindy and her family being brutally attacked by this 19-year-old killer. But, seeing the full picture, I also see 7-year-old Talen growing up in a household where he was abused, neglected and abandoned, where he was bound and locked in closets, and had knives thrown at him. We can't understand his last act of violence without understanding the violence perpetrated on him as a child.

It's time we ended the cycle of abuse and violence.

One of the things that prompted me to write this was how little most people know about child abuse, neglect and abandonment, particularly with boys. We want to be tough on crime, which usually means tough on young males, but fail to look at the roots of violence in abusive families.

When an abused woman "snaps" and kills the man who has abused her, we understand her response and offer compassion and support. We need to offer the same compassion and support for young men who become violent following years of abuse.

We need a new approach for preventing violence.

Some believe that better mental health services might have prevented these killings. Although better-supported mental health services are vital, we need a whole different understanding of violence and mental health treatment. Talen wasn't mentally ill the way most people think of mental illness. He wasn't hearing voices. He wasn't delusional. He didn't act "crazy." He was an abused child whose first seven years were horrendously traumatic, so much

so that even having a great deal of love and support in later years couldn't reverse the damage.

We need a new kind of prevention and treatment that is trauma-based, that seeks to understand these early childhood experiences and how they impact our lives now and forever. I highly recommend the book, "Childhood Disrupted: How Your Biography Becomes Your Biology and How You Can Heal," by Donna Jackson Nakazawa, which offers the latest research findings on the impact of early trauma on later health and well-being. We all can learn and benefit from being aware of ways our adverse childhood experiences can impact our adult lives.

Jed Diamond, Ph.D., LCSW is a psychotherapist and author who specializes in working with men and their families. He lives and works in Willits.

What are 'adverse childhood experiences'?

By *Sheryn Hildebrand, executive director, CASA of Mendocino and Lake Counties*

Did you know that unhealed emotions can take a serious toll on your health? Have you ever heard of an "ACE" score? ACE stands for "adverse childhood experiences" and has captured national attention. ACEs are traumatic experiences that can have a profound effect on a child's developing brain and body with lasting impacts on a person's health throughout their lifespan.

There are 10 recognized ACEs: Five are personal (physical abuse, verbal abuse, sexual abuse, physical neglect and emotional neglect), and five are related

to other family members (a parent who's an alcoholic, a mother who's a victim of domestic violence, a family member in jail, a family member diagnosed with a mental illness, and the disappearance of a parent through divorce, death or abandonment). Each type of trauma counts as one. So a person who's been physically abused, with one alcoholic parent and a mother who was beaten up has an ACE score of three.

There are, of course, many other types of childhood trauma: Watching a sibling being abused, losing a caregiver (grandmother, mother, grandfather, etc.), homelessness, surviving and recovering from a severe accident, witnessing a father being abused by a mother, witnessing a grandmother abusing a father, etc. The ACE study included only the above 10 childhood traumas because those were mentioned as most common by a group of initial research participants, and those traumas were also well-studied individually in the research literature.

The ACE research study poses the question of how childhood experiences may affect adult health. The research study was prompted when physicians at Kaiser Permanente in San Diego were conducting a special weight loss program for women whose weight was life-threatening. They noticed that several of the women were making excellent progress in substantially reducing their weight and were feeling much better. Strangely, despite their success, they began to put the weight back on.

When the primary physician working in the program started asking questions about the weight gain, the women offered various explanations that related to feeling safer at a heavier weight. This led to more questions and the discovery that nearly all the women had suffered some sort of child abuse. The physicians, Dr. Vincent J. Felitti and Dr. Robert F. Anda, who have since dug more deeply into the effects of early adverse experiences, have learned of the powerful impact that unhealed early emotions have on the development of a number of chronic adult health conditions, as well as on the choice to use illegal or legal drugs to self-medicate.

The ACE study is landmark research regarding the origins of disease. The higher one's ACE score, the more likely it is that the individual may develop addictive behaviors, as well as certain chronic health conditions. A person with 4 or more ACEs is 2.2 times as likely to have ischemic heart disease; 204 times as likely to have a stroke; 1.9 times as likely to have cancer; and, 1.6 times as likely to have diabetes.

The Children's Action Committee invites Mendocino County residents to participate in completing an anonymous ACE survey at <https://www.surveymonkey.com/s/DK8C7QB> or visit your local Family Resource Center for this survey.

Simply answering the questions can be insightful. After taking this survey, you may want to discuss this further by following up with a trusted physician, clergy or counselor, or connect to a family support program via the Mendocino County Family Resource Center Network by calling 707-272-1009.

Survey results will be tabulated by the survey monkey site, and tallied without any reference to specific individuals. The results will assist service providers in learning more about the prevalence of ACEs in our community and what kind of services and programs will be most useful in addressing these issues.

To learn more about the Adverse Childhood Experiences study, visit www.acestudy.org.

To learn more about the Children's Action Committee, visit: www.mendocinokids.org.

To learn more about CASA (Court Appointed Special Advocates) of Mendocino and Lake Counties, visit: www.mendocinocasa.org.

Sheryn Hildebrand is the executive director of CASA of Mendocino and Lake Counties.



Above, from left: Abigail Sherf shows off her decorated pumpkin. Kendahl Potter and Isabell Young really enjoyed decorating their pumpkins at the craft station. Ashley Sherf turns Aedan Lockwood into a spooky skeleton at the face-painting station.

Fall Festival in Brooktrails grove

Property Owners Association celebrates family and community

Fall was in the air Saturday when families gathered at Ohl Grove Park for the Brooktrails Fall Festival. More than 100 pumpkins were hidden throughout the park for The Great Pumpkin Hunt. Kids searched for their perfect pumpkin hidden among the redwoods, and then decorated

them with paint, glitter and even feathers. When asked what they enjoyed most about the festival, Kendahl Potter and Isabell Young exclaimed in unison, "the pumpkins!"

There were lots of other fun activities for the family. Pizza and baked goods were available for a donation, with the proceeds going towards new equipment for the playground in the Brooktrails recreational area.

Ashley Sherf provided her face painting skills, and it seemed like every child in attendance received some decoration. Sherf illustrated her wide range of talent with everything from butterflies to skeletons. After getting painted, the children could head over to the fall-themed photo booth. A box of props and costumes was provided so families could pose for some fun photos.

At right, from top: Even the little ones had fun finding a pumpkin during The Great Pumpkin Hunt. Lily Elliott is happy to show off her butterfly face paint. Kiran Cochran gives a big smile after finding his pumpkin in a redwood.

Below, from left: Kayden Troxler, Marie Fuentes and Alithia Gallups pose for a quick family photo after finding their pumpkins. Children had lots of fun jumping in the bounce house, provided by Jim Yokum. Photos by Alice Ledford



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

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Early fall at the farmers market

By *Caroline Radice, Black Dog Farm*

Early fall is one of the most exciting times at the farmers markets here in Mendocino County. Many of the summer crops are still abundant, with plenty of tomatoes and peppers still to be had. Cucumbers and summer squash are still available, but you'll need to come early if you want to get some, as most farmers' plants are slowing down at this point.

Fall and winter crops are starting to come in, with a large selection of winter squash, succulent greens and lettuces that have been enjoying the cooler nights and newly harvested root crops. If you're sick of eating zucchini, it's a great time to make a kale salad to go with your dinner!

Generally you can buy apples at the market right now - ask farmers if you can buy a bushel of seconds to can applesauce, and most will be happy to help you out with a great deal. Plain, unsweetened applesauce is a great pantry staple that can be eaten on its own for a healthy snack, as a side dish with pork chops or potato pancakes, or as a healthy sweetener for desserts. And you can pan fry apple slices with onion in a little oil or butter for a tasty accompaniment to meat dishes.

Don't forget you can freeze tomatoes whole if you're too busy to can them. Just throw tomatoes in a gallon Ziploc bag in the freezer, and pull them out to thaw when you need them (use them in soups, sauces, stews and casseroles). Ask a farmer if you can buy a whole box and stash them away, because by November they're not going to be around anymore, and we'll all be missing them.

It's super important to know that summer crops produce right up until frost, which often doesn't hit until mid- to late November in some areas of the county. Let's help farmers make all their hard work worthwhile by supporting them all year-round. Back-to-school season can be busy and distracting, but if we want to have thriving farmers markets, it's important to keep coming!

Many farmers have planted huge winter vegetable gardens to help make sure there's abundant produce 365 days a year, so you might be happily surprised to see how much produce is available even though we're transitioning away from the summer season.

Seasonal crops available now:

- tomatoes: cherry, paste and heirloom
- sweet and hot peppers: lots!
- eggplant
- all kinds of greens: lettuce, kale, chard, etc.
- apples
- winter squash
- grapes
- beets
- carrots
- radishes
- and more!

Smaller amounts, but still available for early birds:

- cucumbers
- summer squash
- green beans

Projects to make right now:

- pepper jelly
- fermented hot sauce
- freeze or can tomatoes
- freeze or can applesauce

The Willits Farmers Market is open year-round. We will be in the City Park through the end of October before transitioning to the Little Lake Grove on School Street. See you at the market from 3 to 6 pm on Thursdays!



Photo by Lara Eventid/ North Coast Opportunities

Crossword Puzzle & Sudoku

PUZZLE ANSWERS ON PAGE 13

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

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!

			1	2	3	4	5		6	7	8	9		
	10									11			12	
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47								48				49	50	51
52												54		
												56		
								55						

CLUES ACROSS

- LA team member
- Young Fr. woman (abbr.)
- Per __, each
- Feet
- Veggie toy
- Overdose
- US, Latin America, Canada belong to
- So. Am. plain (Span.)
- Point midway between N and NE
- Single
- Inactive
- Mother of Hermes
- Gives a new meaning
- Silent players
- One who adds Cluny trim
- Men or boys
- God of War
- Self-immolation by fire ritual
- Inevitable events
- Add piquancy
- Skin lesions
- Cannabis
- River of NE Turkey
- 2 family struggle
- A young swine

CLUES DOWN

- No longer practicing
- Military mailbox
- Cowboy Carson
- 7th Greek letter
- Nautical ladder rungs
- Hmong
- Fellow
- Maltese pound
- Coal blacks
- Japan Airlines bird
- Different concepts
- Secure a ship with ropes
- Elder

- __ student, learns healing
- 55300 MN
- Opie actor Howard
- World's oldest news gathering organization (abbr.)
- Luke's Jedi mentor
- Japan's knife & scissor city
- Medical antiseptic & dye
- Early female flyers
- Loses heat
- Belongs to famous computer
- Point midway between NE and E
- Moniker
- Environment
- Fills with joy
- Transportation charges
- Frosts
- Counterpart
- 2nd largest Hawaiian island
- Grimly humorous
- A dog's front foot
- Mures River city
- Steam bath
- South African Music Awards
- Sound made by a cat
- Clothing protectors
- Wife of Amphion
- God of fire (Hindu)
- Favorite weekday (abbr.)
- Japanese sashes
- Klutz
- "__ Koo," Debbie Harry debut album
- Tokyo
- Hardly any
- Cathode

COLUMN 1: Relationship Ins and Outs



Doris Wier
Columnist

Maintaining autonomy

Dear Doris:

How does one maintain a sense of autonomy, freedom and space in a long-term relationship without causing the partner to feel neglected or disconnected?

B.

Dear B:

This is a very interesting question. Thank you for submitting it. As usual, there are many aspects to it.

A quote by Khalil Gibran comes to my mind: "Let there be spaces in your togetherness and let the winds of the heavens dance between you. Love one another but do not make a bond of love: let it rather be a moving sea between the shores of your souls."

What Gibran speaks about, I think, is that in a healthy relationship, partners need to be able to pursue their own passions, be they in the form of work, hobbies, friends, etc. Our love always needs to allow for personal space. We don't want to suffocate each other, nor our love. Desiring personal space doesn't mean that we are less committed to each other or our partnership.

I think it is important that you allow yourself to fully feel the emotions that come up in you when you feel like you can't be alone or with friends because you are afraid of the friction this may cause between you and your partner. Examine the impact of these feelings on your partnership and your love for your partner as well. When you have clarity about those two inquiries, I recommend you have a heart-to-heart conversation with your partner. Share what you discovered. In addition,

ask your partner what would help to make him or her feel more connected when you're not there, and see if there is anything else you can do to help your partner feel better. Listen to your partner's needs and take them as seriously as your own.

Sometimes it doesn't take much. Taking your time to consciously say goodbye before you leave, sending a text message in between, and consciously reconnecting with your partner when you come back might be all you need to do.

In relationships, we need to be able to negotiate. Maybe when you're planning your alone time, you also need to plan your couple time together. Encourage and support your partner to also take time alone or with friends.

Be aware that many of us have abandonment issues from childhood, and that this may be the underlying cause of why your partner has a hard time giving you the space you need. Those issues can get triggered when you leave or want to do something by yourself or with someone else. It might cause your partner to feel insecure and may cause worry about the stability of his/her relationship with you. If your partner's abandonment issues are severe, he or she may need psychological help to understand and resolve them.

Also be aware that some people avoid any and all conflict. They sometimes express this by leaving or by doing something alone. If you or your partner are conflict avoiders, it is important to learn how to address conflict instead of running away from it.

Allowing for personal space in a relationship, as Khalil Gibran so poetically pointed out, will bring new energy into our partnerships and deepen our love for each other.

If you have any relationship questions, please send them to 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 and www.facebook.com/doriswier

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WPD Activity Report

October 4 to October 10

Prepared by WPD Sgt. Jake Donahue

The officers of the Willits Police Department handled 237 incidents this week. During this seven-day reporting period, WPD officers were assigned 37 criminal investigation reports, made 19 arrests, issued nine traffic citations and investigated four traffic collisions.

Of note this week

Sunday, October 4

A male subject was arrested in the Evergreen Shopping Center for inhaling nitrous oxide and for a violation of probation.

A male subject was arrested for a driver's license violation in the 1200 block of South Main Street.

A male subject was arrested pursuant to active Mendocino County warrants in the 1200 block of South Main Street.

A male subject was arrested for public intoxication in the 10 block of West Commercial Street.

WPD officers assisted the CHP with a traffic collision on Center Valley Road and investigated a report of a missing person.

Monday, October 5

A male subject was arrested pursuant to active Mendocino County warrants in the 600 block of East Valley Road.

A female subject was arrested pursuant to an active Mendocino County warrant in the 10 block of Baechtel Road.

A male subject was arrested for public intoxication in the 100 block of North Main Street.

Tuesday, October 6

A male subject was seen reportedly attempting to break into vehicles in the Safeway parking lot. He was contacted and arrested pursuant to an active Mendocino County warrant. He was also booked on an additional charge of drug possession.

A male subject was contacted while camping in the 10 block of West Valley Street. He was subsequently arrested pursuant to an active Contra Costa County warrant and was found to be in the possession of an illegal weapon.

A male subject was contacted during a disturbance complaint in the Safeway parking lot. He was ultimately arrested for drug use, and found to be in possession of several pounds of marijuana and firearms.

A male subject was arrested for drug use after causing a disturbance in the Safeway parking lot.

WPD officers were assigned reports for three traffic collisions, two thefts, two sexual assaults, a battery, and initiated a mental health commitment.

Wednesday, October 7

A male subject was arrested in the Safeway parking lot for public intoxication.

A male subject was arrested in the 800 block of South Main Street, pursuant to an active Mendocino County warrant.

A female subject was arrested at Howard Hospital after causing a disturbance and obstructing an officer.

WPD officers were assigned reports for a fraud investigation, for a subject passing bad checks, and for a mental health commitment.

Thursday, October 8

WPD officers were assigned reports for two death investigations, a burglary and a traffic collision.

Friday, October 9

A male subject was arrested at a residence in the 1200 block of Locust Street for drug use after officers were summoned there for a subject causing a disturbance.

A male subject was arrested in the Evergreen Shopping Center parking lot, pursuant to a Mendocino County warrant.

WPD officers assisted Little Lake Fire Department to investigate what appeared to be a "warning fire" that got out of control and burned vegetation in the Skunk Hollow area. LLFD quickly gained control and extinguished the fire.

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Getting ready for the Ranch Rodeo

This Saturday, cowboys and cowgirls will take to the Willits Frontier Days arena, rain or shine, for the annual Ranch Rodeo and barbecue cook-off.

Check in for contestants is 9 am, and the event will begin at 10 am. The event is free to attend for spectators, and barbecue-tasting tickets are available for \$10 each. Judging starts at noon.

The Ranch Rodeo differs from other events like the Fourth of July rodeo by asking the rodeo teams to compete in a series of six real-ranch life events, including calf branding, ranch doctoring, team sorting, reverse team roping, ribbon roping, and trailer loading.

For little spectators, a free kid's dummy roping event will be held at 2 pm, where they can hone their skills throwing a rope loop at a training dummy on the lawn in front of the Willits Frontier Days office. Three age groups can compete for prizes: Li'l Roper: 5 and under, Li'l Wrangler: 6 through 9, and Li'l Buckaroo: 10 through 15.

Several awards will also be handed out to those participating in the barbecue



The Willits Junior Horsemen are out selling tickets for this year's Willits Frontier Days raffle, for a quilt made by Rachel Cash and a redwood picnic table donated by Parlin Fork Conservation Camp with the help of Donny Arms. Tickets are \$1 each or 6 for \$5. The quilt is on display at J.D. Redhouse. Tickets: Danielle at 272-1340.

cook-off. People's Choice awards and Blind Judging awards will be given to the best beans, the best tri-tip and best bread. There will also be an award for the Best Decorated Table. Contestants in the cook-off will arrive at the grounds at 6 am to start cooking the tri-tip, which will be supplied by Willits Frontier Days. The official judging will be held at 1 pm. Tasters are welcome to come judge then, too.

For more information: Marcy at 272-5395 or Robbie Burgess at 489-0476.

—Maureen Moore

At top, from left: The 2014 barbecue winners. A cowboy sorts cattle in the arena. BBQ tasters Gabe and Holly Madrigal smile with Willits Frontier Days President Marcy Barry. At left, from top: Stetson Burgess catches a calf. Marta Barlow gets ready to throw her lasso. Mike Fonsen, Dan Arkelian and Stetson Burgess watch the action in the arena from atop their horses.

Photos by Maureen Moore

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2015 Harvest Moon Celebration

Downtown open late, music and sales on Friday, October 23

The community is welcome to come enjoy the 2015 Willits Chamber of Commerce Harvest Moon Celebration on Friday, October 23 in downtown Willits.

Businesses and restaurants will be staying open late until 8 pm, to give shoppers a chance to enjoy the downtown corridor, get their holiday shopping started, have a bite to eat, and check out new or favorite stores.

Though still in the spirit, this year's event will be a little different than Harvest Moons of the past. There won't be booths lining the sidewalks, but music and refreshments will be coordinated by store owners in their own shops or parking lots.

"We were in the process of planning a different event, something more similar to the Taste of Downtown event they hold in Ukiah," explained Willits Chamber of Commerce's Lynn Kennelly. "But when that became more of a task than we were prepared for, or had the manpower for, we decided to maybe focus our efforts and get a jump start on planning on the upcoming Small Business Saturday in November."

However, several downtown businesses wanted to hold the Harvest Moon celebration regardless, so an abbreviated version of the Harvest Moon was planned, instead.

Many of the participating businesses plan to have sales and specials, and they encourage the community to come check out what is available locally and to have a night out in

the – hopefully! – still nice fall weather.

The whole town will be involved in the business pumpkin decorating contest, however, which will kick off on October 23 and run through October 31.

"We are encouraging businesses from all over town to participate in this year's contest," said Kennelly. "We already have about 22 businesses signed up, and we expect to have around 30 or so to judge."

The decorated pumpkins are to be displayed starting October 23, and the public is encouraged to stop into businesses showcasing the official Pumpkin Contest sticker on their window and check out the decorated pumpkins. Ballots are available at each business that has entered a pumpkin. Judging will end on October 31 at 4 pm.

The winner of the contest plus a surprise prize will be announced on Facebook and then in Willits Weekly.

The Willits Chamber of Commerce is also encouraging businesses to be a part of the trick-or-treat route that will offer little kiddos a chance to get healthy snacks at local businesses.

Avenues to Wellness has provided a list of healthy options that businesses can choose from if they're looking for ideas on what to pass out to ghouls and goblins. Look for the "Healthier Halloween Treats" list at www.avenuestowellness.org.

Contact the Willits Chamber of Commerce at 459-7910 for more information.

HARVEST MOON Celebration
Friday, October 23rd
Downtown Willits
Stores open until 8pm

Celebrate FALL at your local stores & restaurants
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FOR MORE INFORMATION CALL: (707) 459-7910



Above: Jake and Kaleb Whitehurst of J.D. Redhouse.

Below, left: Chris Harper and Greta Kanne, owners of The Book Juggler, with Zeus the dog.

Below, right: Stephanie Webb of The Flower Lady of Willits.



At top: left and right: Zombies cling to the chain-link fence at the Skunk Train Depot. Top, center: Kristina Carbone-Smith sells Zombie Train T-shirts and souvenirs. Above: One of the on-train zombies gives an ominous look. Below: A family, just escaped after a ride on the Zombie Train.

Photos by Damian Sebohian



Zombie Train

'If we make it out alive, it will be a miracle'

Editor's Note: We found this hand-scrawled note stuck under the door of the Willits Chamber of Commerce office at the Skunk Train Depot....

I've managed to survive this long in the hills without having to risk going into town for supplies. My humble cabin has remained undetected by the undead horde that has spread all over the world. Too many people in my life have been zombified; too many to count.

For all I know I might be the last living soul breathing this morbid air. Then again, the war might be over, a cure found, humanity slowly picking itself up from the rubble of its own folly. Looks like I'll be finding out soon enough.

I've finished the last of the black beans and rice, and my .22 is all out of ammo. If I can't hunt, I can't eat. If I can't eat...

So, into town I head, following the old Brooktrails path, guided by the moon's soft light. I'd hit the old Mendo Mill store first. I know they started carrying weapons and ammo when the zombies first got out of hand. With some luck I could find a crossbow. Gunfire attracts the undead, the same as light.

Crossing Main Street from the old 101 Burger joint to the old Wild West Express, I'm amazed by the quiet. Abandoned cars all chaotically parked on the street, some overturned, some stripped down to their naked chassis, cold and alone.

Crossing into City Park, I'm startled by what sounds like human voices. I hide behind a tree. I see a family walking east down Commercial Street. Actually, they're more like jogging. They look unarmed and scared, periodically looking behind them. Where could they be going with such a purpose? There's no one chasing them, from what I can tell. Mendo Mill, maybe? The Willits Library? I heard a rumor zombies were allergic to books.

I follow them from a distance and when

they cross North Marin Street, I notice something peculiar. More people. And they all seem to be headed towards the Skunk Train, of all places.

I hurry to catch up to them and discover that the Skunk Train, now called the Zombie Train, has been making nightly evacuation runs, that the zombies are mostly being held off at the old Safeway parking lot, but they won't be held off for long. The military presence is small, but they're running the show now, and getting people out of Willits.

I get in line with the other frightened weary mortals, some whose faces I recognize. Do they recognize me? It doesn't matter. Small talk left with satellite phone service.

A tall woman in camo is barking orders on the open car as we board. Some people are moved to the back car, some to the front. The conductor welcomes us in a voice that sounds anything but confident, but determined to hold it together. The car is muggy, and people take their seats, fear behind their shifting eyes. Behind the fear, dare I say, hope?

A bubbly young scientist starts making a speech, and everyone is startled by her enthusiasm. Apparently they've been working on a cure and have found some success. A few examples are on the train with us. While docile, these zombies look anything but cured. I don't have a good feeling about this.

The scientist tells us not to call them zombies, it's insulting. There's this new politically correct term for them now, but I can't bring myself to say it. These are monsters, and they're on the train with us. Maybe I should abandon train? Too late. The whistle blows, the conductor announces our departure. The train lurches forward.

If we make it out alive, it will be a miracle.

Next evacuation: Saturday, October 17 at 7 pm. Get there early, and remember, stay human. For tickets and full schedule through October 31: www.skunktrain.com/zombie.html.

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Thursday, October 15

Great ShakeOut Earthquake Drill Day! "Millions of people worldwide will practice how to Drop, Cover, and Hold On at 10:15 am on Thursday, October 15 during Great ShakeOut Earthquake Drills!" California already has 9.9 million people signed up to participate; the North Coast is up to 52,329. Why participate? "What we do now will determine our quality of life after our next big earthquake. Are you prepared to survive and recover quickly?" So far the biggest group of participants in Mendocino County are various schools, including the Willits Charter School. You can register as a family, a business, a tribe, an organization, a neighborhood group, or a number of other categories: for more info, including how to "Drop, Cover, and Hold On," visit www.shakeout.org/home.html.

Miscarriage and Infant Loss Awareness Day Event: starts at 6 pm on Thursday, October 15, at the old baseball fields on Commercial Street in the back field. "We will be participating in the 'Wave of Light' and will be lighting candles in remembrance of all babies who are no longer here with us. The candle lighting will take place at 7 pm. If you have experienced or know someone who has experienced a miscarriage or loss of a baby, please know you are not alone! We are holding this event to remember your baby and bring light to all lives! All proceeds will go to the 'Now I Lay Me Down To Sleep' organization." Info: Felisha Webb via Facebook or by phone at 707-354-3146.

"Wildfire! – Are You Prepared?": Now and Then Film Series presents; "Following a brief video on wildfires, there will be emergency responders from both CalFire and the Brooktrails Fire Department to speak on personal and property preparedness and answer questions from the audience. A special slide show presentation will be given by Trina Johnson, who lost everything in the Valley Fire. She has been collecting photos of the aftermath showing what happened to various structures and information about why they did or did not survive the conflagration. We invite anyone who has been directly affected by wildfire to tell us about your experience. In addition there will be displays featuring a grab-and-go emergency evacuation kit and information about the Community Emergency Response Team (CERT) Program." 7 pm. Little Lake Grange, 291 School Street. Donation of \$5 to \$10 will go to the Valley Fire Relief Fund. Serving heirloom popcorn with organic butter and Fair Trade chocolate. For more information call 459-6362 or 841-6955.

Shanachie Pub: Aaron Ford, singer-songwriter from San Francisco: folk, Americana, blues. Visit www.cdbaby.com/Artist/AaronFord. 8 pm, No cover. 50 South Main Street, behind Adam's Restaurant. Info: 459-9194.

Friday, October 16

Cal Fresh (Food Stamps) Open Enrollment: Friday, October 16 from 9 am to 3 pm at the Senior Center, 1501 Baechtel Road. Must bring: Identification, proof of where you live, Social Security cards, Earned income, Unearned income, bank statements, immigration status. Info: 459-6826.

'Fright Night': Tonight is opening night for this seasonal selection of four short tales of horror and humor at the Willits Community Theatre, including adaptations of Edgar Allan Poe's "The Tell-Tale Heart" and W.W. Jacob's "The Monkey's Paw," and two short dramas, "10 Ways to Survive the Zombie Apocalypse" by Don Zolidis and "Starla" by David Skeele. Director Jason Edington says "Fright Night" is "guaranteed to leave willing patrons chuckling and covering in their seats." Performances of Fright Night are scheduled for Friday and Saturday, October 16 and 17 at 8 pm, Sunday, October 18 at 2 pm, Friday and Saturday, October 23 and 24 at 8 pm, Sunday, October 25 at 2 pm, Thursday, October 29 at 7 pm, and Friday and Saturday, October 30 and 31 (Halloween). Advance tickets are \$10 for the Thursday and Sunday shows and \$15 for the Friday and Saturday shows. Tickets are available in person at Mazahar, 38 South Main Street; online at brownpapertickets.com; or by phone 24/7 at 1-800-838-3006 FREE. Tickets will also be available at the door for each performance until sold out. A special benefit show for Emandal Farm will be held on Thursday, October 22 at 7 pm. Tickets for the benefit performance are \$15 and available only through Tamara Adams at 707-459-5439. The WCT playhouse is located at 37 W. Van Lane (behind Shanachie Pub).

Shanachie Pub: Mitchell Holman Revue: former member of It's A Beautiful Day, Holman still jams with many original psychedelic players in the SF scene, performing on bowed bass, acoustic piano, and guitar. 9 pm, No cover. 50 South Main Street, behind Adam's Restaurant. Info: 459-9194.

Saturday, October 17

19th Willits Walk for Wellness: the annual fall Walk for Wellness is set for Saturday, October 17, starting at a new location: City Park, at Commercial and Humboldt streets. Meet at 9:30 am; walk starts at 10 am. "It's Fun! It's Free! This will be an informal walk, no registration required. We'll walk the 10,000 steps, five miles, in reverse direction, and see our community from a new perspective. Join friends and family for a healthy outing and enjoy the fall weather. Bring water and dress for comfort and joy. Men, women, children, and well-behaved pets on leashes welcome (also our bicyclist friends). Info: Willits Healthy Action Team (W.H.A.T.), Jed Diamond: 459-5505.

WFD 4th Annual Ranch Rodeo: Willits Frontier Days 4th annual Ranch Rodeo is set for Saturday, October 17 at the Willits Frontier Days Rodeo Grounds. Check-in at 9 am; starts at 10 am. Calcutta Auction and BBQ Cook-Off at 12 pm (\$10 tasters). Calf-Branding, Working Ranch Horses, Ranch Doctoring, Trailer Loading, Reverse Team Roping, Team Sorting

What's Happening Around Town

and Ribbon Roping. Free admission to event spectators. Fun Kids Dummy Roping event at 2 pm. More info: Marcy Barry (272-5395) or Robbie Burgess (489-0476).

'Fright Night': 8 pm at Willits Community Theatre; see Friday, October 16 listing for details.

Sunday, October 18

Sock and Undie Sunday: the Willits United Methodist Church is conducting a sock and underwear drive for adult participants in community mental health programs. "Sock and Undie Sunday" will be held on Sunday, October 18. Adult sizes Large and Extra Large are needed the most. Donations of new, unopened packages of socks and underwear can be brought to the church office, on Monday, Wednesday, or Fridays between 9 am and noon. Donations can also be brought to the church on Sunday morning, October 18. "The community is invited to be a part of our worship service at 11 am, with fellowship time after the service. Our theme for our worship is 'Fear and Faith.'" The church is located across from the Little Lake Grange at 286 School Street.

'Fright Night': 2 pm matinee at Willits Community Theatre; see Friday, October 16 listing for details.



The Tannahill Weavers: One of Scotland's premier traditional bands plays the Willits Community Theatre, 37 West Van Lane. 7 pm. A diverse repertoire of Celtic specialties, including fire-driven instrumentals, topical songs, original ballads and lullabies. Advance tickets are \$20; tickets will be available at the door until sold out. See article elsewhere on Calendar page for more details.

Monday, October 19

Willits Dances of Universal Peace: monthly event, 7 to 9 pm at the Cultivate Wellness Studio, Room 4, Little Lake Grange, 291 School Street. "Circle dances and chants drawn from cross cultural traditions to celebrate sacred mystery. Joyful & heart opening. Easy to learn, live music." Info: 459-9085.

Tuesday, October 20

Tightwad Tuesdays at the Noyo Theatre: All 2D movies that are in their

second week are \$5 on Tuesdays at the Noyo Theatre for all ages, all showings. This week's Tightwad movies: "The Martian" and "Pan." For showtimes: www.noyotheatre.com. 57 East Commercial Street. 459-6660.

Healthy Harvest Workshops: Tuesday, October 20 and Tuesday, October 27 at the Little Lake Grange, 291 School Street. Presented by North Coast Opportunities and GROWN LOCAL. "Cook simple, healthy food like jams, salsas, pickles, pestos, salads and more. Process and preserve seasonal produce. \$20 covers produce, recipes, and a bounty to take home. All other materials provided. Space is limited! Contact April Cunningham for more information and to reserve your spot today! Scholarships are available." Info: acunningham@ncoinc.org or 707-467-3212.

"The Truth About Cancer": an 11-part video series presented over six Tuesdays, at 7 pm, continuing through October 27, with a discussion the final evening. "28 doctors, 11 scientists, 9 survivors and 1 attorney break their silence and expose the truth about cancer, what causes it, conventional protocols, and the proven alternatives to prevent, treat and beat it 100 percent naturally. Don't miss any part of this important series. It may be lifesaving information for you or a loved one." Willits Environmental Center, 630 South Main Street. Suggested donation at the door. Refreshments for sale. 459-4110.

Thursday, October 22

'Fright Night' Special Benefit: a special benefit show for Emandal Farm – catered by Emandal Farm – is set for 7 pm at Willits Community Theatre; see Friday, October 16 listing for details about the play. Benefit tickets are \$15 and available only through Tamara Adams at 707-459-5439.

Friday, October 23

The Mentoring Network: This youth group for girls, part of the Little Lake Grange's Youth Program, starts up again on Friday, October 23. For girls in sixth through 10th grades. A free program organized by herbalist Donna D'Terra, teacher coordinator, and Michelle J. Cummins, L.Ac., student coordinator. Topics include cooking and nutrition, movement, herbal crafts and life skills. Runs every Friday through December 11, from 4 to 5 pm in the Cultivate Wellness Studio, Room 4 at the Little Lake Grange, 291 School Street. Pre-registration is required. Contact Michelle at 707-972-1601.

Harvest Moon Celebration: Celebrate Fall at your local stores and restaurants on Friday, October 23 in downtown Willits. Stores open until 8 pm; great specials & sales; Business Pumpkin Decorating Contest (vote for your favorite); Willits Chamber of Commerce's Local First Committee. Info: 459-7910.

Live concert by Seattle Jim Page: American folk singer-songwriter-guitarist and social activist Jim Page is making a stop in Willits at the Little

Lake Grange, 291 School Street, on Friday, October 23. 7 pm, \$15. Born in California, Page "found himself in San Francisco during the iconic 1960s. The artistic creativity and political and social awareness of those times fired his imagination and led him to become the illustrious singer songwriter he is today." Now based in Seattle, Page has received multiple awards and recorded more than 15 albums, and his songs have been recorded by The Doobie Brothers, Christy Moore, David Soul, Leftover Salmon and more. "Jim's been writing great topical songs for as long as I can remember, bringing his acute wit and wry humor to a host of subjects that can really use both. I'm a longtime admirer," said Bonnie Raitt.

'Fright Night': 8 pm at Willits Community Theatre; see Friday, October 16 listing for details.

Saturday, October 24

Free Tire Recycling Days: A special event to allow tire recycling at no charge, starts Saturday, October 24 and runs through Saturday, October 31 (on days transfer station is open), at the Willits Transfer Station, Franklin Street. Open hours: Tuesday-Saturday, 9 am to 4 pm. Limits: 9 tires per vehicle per day, NO rims, 17" maximum. NO tire dealers may participate. Sponsored by the Mendocino Solid Waste Management Authority (468-9704) in cooperation with transfer stations operators.

Hazmobile in Laytonville: The HazMobile household hazardous waste collection team will be at the Laytonville Fire Department Parking lot, Willis Avenue in Laytonville on Saturday, October 24, from 9 am to 1 pm. HazMobile accepts toxic materials like paint, antifreeze, pesticides, herbicides, pool chemicals, gasoline, solvents, acids, bases, toxic cleaners, auto and household batteries, mercury and fluorescent light tubes, that can't go in the trash, for recycling or special disposal. Free to households; 15 gallon limit/per day. Larger amounts from households as well as small business waste is also welcome at the collection, but an appointment must be made and a fee will be applied per gallon of waste. When bringing materials to the HazMobile, the public should be careful that items are kept in their original containers (except motor oil which can be consolidated), that nothing is leaking, and that all containers are tied down. Info and schedule, call the Recycling Hotline, 468-9704, or visit www.mendoRecycle.org

Benefit Yard Sale: A fundraiser to support the Awana Children's Group program at Agape Bible Church, 290 South Lenore Avenue. "We welcome Mary Kay, Party Lite, or any small business and yard sale items. You keep all money from your sales." 9 am to 3 pm. \$15 per space; tables provided. For more info, contact the church at 459-1905.

Seventh-day Adventist Church Centennial Celebration: The Seventh-day Adventist Church, founded in 1915 in Willits, is celebrating its 100th anniversary! Adventists worship on Saturdays, and the public is invited to the 10:45 am service at the church, 399 West Mendocino Avenue, followed by an afternoon and evening program at the Adventist School,

22751 Bray Road. Program will include lunch (a vegetarian lunch with an Italian theme) and then afternoon community time, when everybody is invited to share memories. Three of the former ministers are coming back for the celebration, as well as representatives from the Northern California Conference. There will be historical displays and photos all around the school gym. Then a light supper and a gym night, with volleyball, basketball and other family games. For more info, visit the "Willits Seventh-day Adventist Church" page on Facebook, or call 459-5714.

Oktoberfest at The Center: The Center, at the corner of Main Street and East San Francisco Avenue, invites everyone to come to their first Oktoberfest celebration on Saturday, October 24. Welcome fall with beer, barbecue and bands.

American Legion Oktoberfest Dinner: American Legion, Post 174, presents its annual fundraising event, Oktoberfest Dinner, on Saturday, October 24 from 5 to 7 pm. Veteran's Memorial Building, 191 North Main Street. Menu: marinated, roast pork, red cabbage, white potatoes w/parsley, green beans, salads, dessert and apple cider. \$18 per adult, \$9 per child under 12, children under 5 are free. Tickets may be purchased at the door.

'Fright Night': 8 pm at Willits Community Theatre; see Friday, October 16 listing for details.

Sunday, October 25

Little Lake Grange Pancake Breakfast: the last fourth-Sunday breakfast of the year on October 25, from 8 to 11 am at the Little Lake Grange, 291 School Street. "With live music. \$7 buys you a plate of the best 'scratch' pancakes & local farm eggs to be found anywhere around." Choose Sourdough Wholegrain or Hank's Famous Buttermilk Pancakes – now offering gluten-free pancakes, too! – Beeleer's Quality Bacon, organic local farm fresh eggs made to order with real butter. Juice, organic coffee or tea. Sides of organic fruit and Amish maple syrup \$1 extra. \$7, \$6 seniors; \$4 children under 10.

'Fright Night': 2 pm matinee at Willits Community Theatre; see Friday, October 16 listing for details.

Column | At the Movies



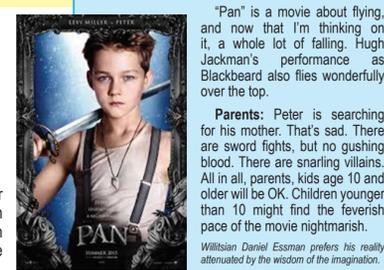
'Pan'

The Story: Infant Peter is abandoned on the orphanage steps to be raised in a grim dormitory; the boy's only nourishment is goopy porridge. Then he's kidnapped into slavery by Blackbeard's pirates. He escapes, meets a delightful warrior princess, saves the fairies, including Tinkerbell ... and learns to fly.

Daniel Essman *Columnist* **My Thoughts:** Copy the clichés and kitchen sinks from a dozen different movies, install them all in

this one, then racket through them faster than a person can blink ... and there you have "Pan" the movie.

Heck and darn ... so many stolen plot points. If I were a critic, I'd puke, wince and blanch. But I'm not a critic. Children won't know any better. I believe they will love the movie for its spectacle: The pirate galleons gliding through the sky, the sword fights, the mermaids, the plucky hero escaping certain death ... again and again and again.



"Pan" is a movie about flying, and now that I'm thinking on it, a whole lot of falling. Hugh Jackman's performance as Blackbeard also flies wonderfully over the top.

Parents: Peter is searching for his mother. That's sad. There are sword fights, but no gushing blood. There are snarling villains. All in all, parents, kids age 10 and older will be OK. Children younger than 10 might find the feverish pace of the movie nightmarish.

William Daniel Essman prefers his reality illuminated by the wisdom of the imagination.

Poultry Processing Workshops

Tuesday, October 27
The Grange Farm School is hosting a Poultry Processing Workshop for anyone interested in experiencing how a chicken gets from pasture to plate! Start the day with a talk on sustainable "broiler" (meat chicken) practices, then move on to chicken butchering and processing demonstrations and practice. Lunch will then be provided, followed by a lesson on the many ways to prepare pastured poultry in the kitchen. Each attendee will have the opportunity to process and take home one pasture-raised bird, with the option to participate further in the processing of the Farm School's 125 broilers both Tuesday the 27th and Wednesday the 28th. Maximum 20 participants, reserve your spot early! Reservations can be made at manager@grangefarmschool.org. \$50 for two lessons, lunch, and take home your own Farm School chicken. \$35 for two lessons and lunch, plus practical experience in processing chickens

Workshop begins Tuesday, October 27, 9 am, at the Ridgewood Ranch. Lunch at noon, cooking class runs until approximately 2:30 pm. Processing the remaining chickens will continue through Wednesday, October 28 for those interested in more practice.

Halloween with the Dirt Floor Band

Saturday, October 31 at Shanachie Pub

The Dirt Floor Band, together again: original kickass-punk-grass. "The DFBs live performances showcase a raw, ragged-edged intensity that invites the audience to join in for a slightly insane night of music, dancing, and a damn good time." Starts at 9 pm. No cover. Shanachie Pub, 50 South Main Street, behind Adam's Restaurant. Info: 459-9194.

Ongoing Events

"Common Thread": October's show at the Willits Center for the Arts features three fiber artists who use the dye pot as their palette: Ursula Patch, felt and mixed media; Stephanie Hoppe, woven rugs and tapestries; and Anita Sison, natural dyes on fabric. Runs through October 25. WCA is located at 71 East Commercial Street, 459-1726; regular gallery hours: Thursdays and Fridays from 4 to 7 pm; Saturdays and Sundays from noon to 3 pm. To arrange for viewing times by appointment, call Ursula Patch at 459-7054.

Willits Summer Farmers Market: from 3 to 6 pm every Thursday at City Park on East Commercial Street, with summer produce, local meats and fish, local grains, dinner, baked goods, gift items, chocolates, crafts, live music, the new edition of Willits Weekly, and more.

The Emandal Chorale: ongoing rehearsals on Wednesdays, 5 to 6:30 pm, for the Chorale's 21st season, at the Little Lake Grange great hall, 291 School Street. No auditions: Open to all who love to sing.

Willits Frontier Twirlers Square Dance Club: Monday night workshops at the Willits Center for the Arts, upstairs in the great room. Newer dancers from 7 to 8 pm; plus dancing from 8 to 9 pm. Lawrence Johnstone, caller. Guests always welcome! Info: Jenny Watts, 459-9526.

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

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

– everyone is welcome to drop in."

Willits Library Public Events: "Pajama Story Time" for families, Tuesdays at 7 pm. "Stories for Crawlers and Walkers," Thursdays at 11 am. Technology group for help with hand-held devices, Fridays at 1 pm. Youth Game Night, ages 10-14, Fridays from 5 to 7:30 pm. Drop-in Knitting Circle, Saturdays from 3 to 4:30 pm. 390 East Commercial Street. More info: 459-5908.

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

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

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

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

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

Shanachie Pub: Open Mic every Wednesday. 8 pm. Sign-ups start at 7 pm. Movie Night every Tuesday. 50 South Main Street, behind Adam's Restaurant. Info: 459-9194.

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

Laytonville Summer Farmers Market: Mondays from 2:30 to 5:30 pm at Harwood Hall, 44400 Willis Avenue, Laytonville. Buy local: vegetables, juice, bakery, beef, lamb, pork, crafts, hot soup, baked goods, and more.

The Tannahill Weavers

Sunday, October 18

The Tannahill Weavers, one of Scotland's premier traditional bands, will perform at the Willits Community Theatre on Sunday, October 18 at 7 pm. The famed quartet plays a diverse repertoire of Celtic specialties, including fire-driven instrumentals, topical songs, and original ballads and lullabies. Since their first visit to the United States in 1981, the band has played to increasingly large audiences across several continents and recently been touted as among the most exhilarating of the classical Celtic bands. Garrison Keillor, the host of "Prairie Home Companion," once remarked, "These guys are a bunch of heroes every time they go on tour in the States."

The band is comprised of Roy Gullane on lead vocals and guitar, Phil Smillie on flute, bodhran and whistles, John Martin on fiddle, cello and viola, and on pipes, the award-winning Lorne MacDougall. With a name derived from the legendary Scottish poet laureate Robert Tannahill, the band offers a unique combination of traditional melodies, rich vocals and rhythmic accompaniment that demonstrates the centuries-old and varied musical heritage of the Celtic people. They have released nearly 20 albums, including their third, "The Tannahill Weavers," which won the Scotstar Award for Folk Record of the Year. The Tannahill Weavers turn their acoustic excitement loose on audiences with an electrifying effect. Their one-time show at WCT offers a rare opportunity for patrons to enjoy the music that may be old-time Celtic, but the drive and enthusiasm are akin to straight-ahead rock and roll.

Advance tickets are \$20 and available in person at Mazahar, 38 South Main Street; online at brownpapertickets.com; or by phone 24/7 at 1-800-838-3006. Tickets will also be available at the door until sold out. The WCT playhouse is located at 37 West Van Lane (behind Shanachie Pub).

– Steve Hellman, for WCT

8th anniversary sale at J.D. Redhouse

Saturday, October 24

A Friday, Saturday and Sunday sale with big celebration on Saturday to celebrate J.D. Redhouse's 8th Anniversary. Saturday's events will include a bounce house, raffles, fall photos, face painting, Kemmy's Pie tasting, and a visit from the Mendocino County Care-A-Van from 11 am to 2 pm. 212 South Main Street. All weekend long the community is welcome to come by to enjoy special pricing on fudge and \$1 mini ice cream scoops in the Sweet Shop and sales and specials throughout the store.

Republicans to host debate party in Willits

The Mendocino County Republican Central Committee will host a Republican debate party, Wednesday, October 28 at 5 pm at the Willits Grange Hall, 291 School Street. GOP Central Committee also holds its monthly meeting in Willits that day, from 12:30 to 2:30 pm at the Country Skillet, 708 South Main Street. For more info contact Evelyn Hayman at 707-948-6467 or go to www.mendocountygop.net.

Valley Fire Fundraiser
Sunday, October 25, 2015
Dinner • Music • Auction

Presale Tickets: Available All Mendocino Mill Stores Super Chavez Market Ukiah

Redwood Empire Fairgrounds 4 - 8 pm

Featuring The Ford Blues Band The Funky Dozen La Nueva Historica de Tierra Caliente

All money raised goes to the Little Lake Grange, 291 School Street, North Coast Opportunities and the Redwood Empire Fairgrounds. For more information contact Marcy Barry at 707-459-5439.

– submitted by Inner Resource Institute

Senior Center Lunch

Week of October 19 through October 23

Monday: Spaghetti/Meat Sauce

Tuesday: Swiss Chicken Casserole

Wednesday: Baked Sole & Wild Rice

Thursday: Pulled Pork on a Bun

Friday: Egg, Bacon, Potato Bake

Harrah Senior Center serves lunch five days per week from 11:45 am to 1 pm. 55 and older: \$5.50 per meal; under 55 \$7 per meal. Includes soup, entrée, vegetable, bread, dessert, and drink. 1501 Baechtel Road. Info: 459-6826.

New Programs Beginning at Inner Resource Institute

We are launching three new free programs this week at Inner Resource Institute, 1500 Hearst Road (at Hearst and Valley roads in the old Grace Baptist Church building).

• Morning Meditation: Every morning at 6 am. 40 mins of Tranquility Meditation, a sweet blissful silent meditation.

• Kirtan: Every Thursday at 7:30 pm. Devotional singing and chanting led by Chinmayan, who has been doing Kirtan for 50 years. We do simple, easy to learn, but uplifting songs.

• Sunday Morning Service: 10:30 am. Join us for a morning of Satsang and fellowship consisting of a short talk on practical spirituality; meditation; Kirtan and worship; and a prayer service in which we pray for individual, family and humanity's needs (if you can't attend please email us your prayer request).

Call us at 707-357-4676, or email us at innerresourceinstitute@yahoo.com.



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707.964.0259

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Cardiology
475 N. Forbes St. | Lakeport, CA 95453
707.263.6346

Lakeport Rural Health Center

Pediatrics and Internal Medicine
487 S. Main Street | Lakeport, CA 95453
707.263.4360

Willits

Redwood Medical Clinic
Family Medicine
88 Madrone | Willits, CA 95490
707.459.6115

Ukiah

Adventist Heart Institute
Cardiology
115 Hospital Drive | Ukiah, CA 95482
707.463.2400

Mendocino Family Care

Family Medicine
115 Hospital Drive | Ukiah, CA 95482
707.463.1900

Ukiah Valley Rural Health Center

Allergy Oncology
Behavioral Health Pain Management
Family Medicine Pediatrics
Internal Medicine Urology
Ophthalmology

260 Hospital Drive | Ukiah CA, 95482
707.463.8000

Womens Health
1050 N. State Street | Ukiah, CA 95482
707.462.2945

Ukiah Valley Medical Specialties

Orthopedics and Physical Medicine
260 Hospital Dr., Suite 107 | Ukiah, CA 95482
707.467.5278

Gastroenterology
415 Hospital Drive | Ukiah, CA 95482
707.467.5275

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Cosmetic Surgery
246 Hospital Drive | Ukiah, CA 95482
707.463.8011

Ear, Nose, and Throat
1165 S. Dora St., Ste. C-2 | Ukiah, CA 95482
707.462.8855

Ophthalmology and Optometry
1165 S. Dora St, Ste. B-1 | Ukiah, CA 95482
707.467.5218

Ophthalmology
248-B Hospital Drive | Ukiah, CA 95482
707.467.5250



Above: Back row, from left: Rose, Tammy, Jenni, Tami, Carolyn, Jessica, Britanni, Stephanie, Emily. Front row: Trina, Janelle, Crysten, Katelyn the Flower Lady, Megan, Naomi and Destiny.
At left, from top: Katelyn Garcia demonstrates for the group. Participants enjoy the floral workshop. The finished pumpkin arrangement.



Fall Flowers & Fun

Flower Lady Katelyn Garcia holds first floristry class

The inside of The Flower Lady of Willits' downtown building was transformed into a mini-classroom and party venue for the shop's first Floral Workshop.

Owner Katelyn Garcia was inspired to create her own girls' night out event where attendees can come and enjoy some wine, eat some treats, create an artsy project, and have fun with friends.

There were 15 in attendance for the October 8 event; each created a festive jack-o'-lantern arrangement, featuring roses, mums, statice, seeded eucalyptus, lemon leaf and fern.

"I was only expecting a few people to sign up for this first one," laughed Garcia. "But then people kept sharing on Facebook, and it filled up really quick! We're already planning the next one for November."

Tables were set up with the hand-painted keepsake containers, which were filled with blocks of floral foam and water.

Attendees were walked through the arrangement by Garcia. The group taped the foam, filled in greenery, and then placed

the flowers. Crowning Glory finishing spray and glitter mist finished the arrangement. An optional jack-o'-lantern sticker allowed those wanting to add a face to their pumpkin another fun easy option.

"Everyone's arrangement turned out a little different," said Garcia. "It was great to have the general idea on how to do the arrangements, but then to give the group the creative license to complete them just how they wanted."

The November Thanksgiving Floral Workshop will feature a sunflower and rose centerpiece, complete with candles and an oven-to-table stoneware bowl.

The event will be on Sunday, November 22 at 3:30 pm. Spots are \$37.50 per person with limited availability.

Garcia is also offering private parties for those who want to hold workshops at their homes, or to plan a group event for bridal showers, birthdays or other fun events.

To find out more or to sign up, contact Garcia at 459-9075 or check out the shop's Facebook page under "Flower Lady of Willits" or the website at www.flowerladyofwillits.org.



Above: Attendees work on their arrangements at the tables. Greening the pumpkins with fern pieces allows coverage of the foam and is a base for the flowers, which were added next.

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OBITUARY |

Arden De Jung

Arden Clifford De Jung was born in Bemidji, Minnesota on November 12, 1936, to Ruth and Art De Jung, the eldest of five children. The family moved to California in 1950. After graduating from Willits High School in 1953, Arden joined the Air Force. Soon after completing his service, he met his future wife while on a business trip to Australia.

With his father, De Jung began several redwood manufacturing businesses in Willits, first crafting patio furniture and then branded signs. Several of these signs can be seen around Willits, including the "City of Willits" signs to the north and south of town, on the front of St. Francis Episcopal church, and Brooktrails Golf Course, where he enjoyed many years playing.

Besides being an avid golfer, De Jung loved to travel and study trivia, and he wholeheartedly loved animals, especially granddogs, Eliot and Stella.

He is survived by wife of 49 years, Dorothy, his daughters, Alison and Jocelyn, son-in-law Jason, and grandchildren Samuel and Phoebe. A celebration of De Jung's life will be held Saturday, October 24 at 3:30 pm. In lieu of flowers, donations to the Ukiah Animal Shelter would be greatly appreciated.



Furry Friends Hoping for a Home Lovable Snape

Meet Snape! This adorable pup is a 4-month-old Pit Bull mix looking for his forever home! This lovable bundle of joy will be great for any home due to his very young age – as long as you're willing to do puppy/potty training. He spends all of his time with his 2-year-old best friend, and kennel mate, Camo. We hope that when you take one look into his bright, beautiful blue eyes that you will want to be his forever people!

Come out to meet Snape and all of his friends. The Humane Society for Inland Mendocino County, where you can come visit, play with and/or adopt dogs and cats, is open to prospective adopters from 1 to 5 pm, Wednesday through Friday, and from 11 am to 3 pm, on Saturday and Sunday. 9700 Uva Drive in Redwood Valley (right down the street from the broiler). Info: 707-485-0123 or hsmc@pacifi.net or visit www.mendohumaneociety.com.

Amazing Athletes of Willits High School



Cross Country | Morgan Riley, age 15, Sophomore

Position: 3 mile runner

Breakfast of Champions: Cereal

Love for the Sport: "I love that cross country is independent."

My "Amazing Athlete" this week is Morgan Riley, who came in second place out of 29 varsity runners at her home course in Brooktrails last week, with a time of 20:17 on the 2.87 mile course. That makes her the fastest Willits girl in the last 10 years, and #7 on the all-time list. She has one more chance to improve on that time when Willits runs their last home meet on October 28.

- Coach Dave Smith



Girls Soccer | Gisele Nieto, age 15, Sophomore

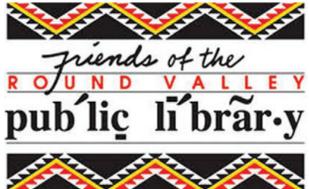
Position: Center midfielder

Breakfast of Champions: Fruit, melon.

Love for the Sport: "Soccer has always been there for me; it's the only sport I know. I love working with others."

My "Amazing Athlete" this week is Gisele Nieto ("JZ"). She has a superior attitude, and she plays 120 percent all the time. JZ is the smallest member of the team, and plays the biggest. She is amazing.

- Coach Melissa Johnson



Congratulations

Friends of the Round Valley Public Library: Arts Champions 2015

Congratulations to the Friends of the Round Valley Public Library for being named one of the Mendocino County Arts Champions for 2015 – in the brand-new category of Art Organization Champion for the Arts. Friends of the Round Valley Public Library is a nonprofit volunteer organization devoted to supporting the library facility and services and enhancing the life of Round Valley residents. This organization provides free exhibit space for artists and continues to work to expand the library's capacity to support the arts and community activities. Their aim is for the Round Valley Public Library Commons to become "the new heart of our community," to bring together the diverse groups in the area.

Other 2015 Arts Champions, named last week by the Arts Council of Mendocino County, are the North Coast Brewing Company (Business Champion for the Arts); Ukiah attorney Mary Ann Villwock (Individual Champion for the Arts); coastal author Ginny Rorby (Artist Champion); and the Pacific Community Charter School (Education Champion).

The Mendocino County Art Champion Awards are annually celebrated in October to coincide with National Arts and Humanities Month, a coast-to-coast celebration of culture in America. Each year, nominations for the Arts Champion awards are received from the community. The winners are selected by the Arts Council of Mendocino County's board of directors.

The 2015 Mendocino County Arts Champion Awards will be presented by the Mendocino County Board of Supervisors at their Tuesday, October 20 meeting, with an official proclamation and a public reception at the county administration building, 501 Low Gap Road in Ukiah.

For more information on the Arts Council of Mendocino County programs and services, visit www.artsmendocino.org or call 707-463-2727.

OBITUARY |

Meredith Bliss



Devoted wife, mother, sister, aunt, grandmother, great-grandmother and friend to many, Meredith Arlene Bliss, 78, died Thursday, October 8 at her Willits home with her loving husband of 61 years, Paul Clinton Bliss by her side. Meredith was born June 27, 1937 in Oakland, California.

She married the love of her life on February 6, 1954 and, sharing the love of family, they had six children. In 1976 they moved to Laytonville where Meredith taught music at the elementary level, and gave private lessons for many years, as well as being involved with the Laytonville Theater Group and the Laytonville Rodeo Association. She was the 1993 Laytonville Rodeo Association Grand Marshal.

Meredith was a loved community volunteer. Upon moving to Willits, she became an avid supporter of the American Legion Auxiliary and received their lifetime service awards, and also belonged to the Daughters of the American Revolution. She had a love for our country like no other and could be seen representing the legion at most community functions.

A devoted Christian, Meredith had a true belief in God and her faith, and enjoyed attending St. John Lutheran Church. She was also a long-time member of the Lagunita Rebekah Lodge.

Meredith is survived by her husband, Paul C. Bliss, and children: John and Cecile (Bliss) Eifman, Katrina (Bliss) Peers, Doug and Alicia (Bliss) Berry, Meredith (Bliss) Boone-Denham, Paul, Jr. and Sabrina Bliss; nieces: Doreen Ligertwood and Barbara Jean Bottome-Hazelhorst; 16 grandchildren; nine great-grandchildren; and numerous grandnieces and grandnephews. She is also survived by a dear friend, Don Grauer. Everyone will miss her gentle smile, loving hugs and great laughter.

Meredith was preceded in death by her parents Clarence and Alicia Bottome; her son, Darrell P. Bliss; her sisters, Manon and Clariece Bottome; her brother, Chet Bottome; and her nephew Walter Bottome and niece Clyrcye Bottome.

A memorial service and potluck is set for Sunday, October 18 at 4 pm at the Veterans Memorial Building, 169 North Main Street, Willits. Donations may be made in Meredith's name to American Legion Auxiliary Unit 174, or to St. John Lutheran Church.

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

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When re-elected, I will eagerly devote time and research to the issues facing the students, staff and community. Being a knowledgeable participant in discussions and decisions is an important role of a trustee; protecting the dignity and diversity of all individuals is my goal. I am embracing technology — assisted education, student success and collaborative decision-making. To increase my effectiveness as trustee, I have completed 10 units of the Excellence in Trusteeship Program toward a certificate.

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Community HU Song
In our fast-paced world, are you looking to find more inner peace? Join us for a Community HU Song, Thursday, October 15 (a week earlier than usual), at 6 pm at Willits City Hall, 111 E Commercial Street. HU (pronounced hue) is a simple, uplifting prayer or mantra that can help you experience divine love and an inner calm. All faiths are welcome. Sponsored by Eckankar: Experience the Light & Sound of God. Information? Please call 972-2475 or visit miraclesinyourlife.org.

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For Sale
McNab/Rhodesian 7-week-old puppies. First shots, wormed. 5 male, 2 female. Willits: 459-2129.

Help Wanted
Mortuary Transport Driver. On call, nights and weekends. Must have valid CDL and pass a drug test. Pick up an application at Anker-Lucier Mortuary, 95 W Commercial St, Willits.

Volunteer Opportunities
The Willits Senior Center has many areas where your expertise and talents are needed. Front Desk, Thrift Store, Dining Room, Sunday Bingo, Sunday Breakfast, Special Dinners, Landscaping, Garden, Firewood. Come join our Team. Call Mariya at 707-459-6826.

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

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6	1	8	2	3	7	5	9	4
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Redway man held in meth bust

A September 4 traffic stop in the 29800 block of north Highway 101 in Willits resulted in the arrest of a 44-year-old Redway man on suspicion of possessing methamphetamine for sale.

Deputies stopped the Toyota 4Runner at about 11 pm for expired registration tags.

As the driver was being contacted, a deputy standing on the passenger side observed a jar of marijuana in the cup holder inside the car, according to sheriff's Capt. Greg Van Patten.

When deputies subsequently searched the vehicle, they discovered three methamphetamine smoking pipes and approximately one ounce of crystal methamphetamine.

The driver, Peter Ryan Rodriguez, was arrested for possession of methamphetamine for sale, possession of methamphetamine, and possession of drug paraphernalia.

Rodriguez was booked into Mendocino County Jail.

This report was based on a press release from the Mendocino County Sheriff's Office.

The rest of HMH | From Page 1

The CDPH inspection team is in Willits this week for a follow-up inspection.

In a statement Winger provided, Rick Bockmann, president and CEO of HMH, wrote: "The first inspection identified some areas of focus for us. We have spent considerable time working on those areas. As you can imagine, securing licensure for a new hospital is a very complicated and comprehensive process, as it should be."

The licensure process is rigorous when hospitals open emergency rooms or build new additions, Bockmann said, "But in our case, we are opening a new hospital, so it is even more complicated."

Once HMH gets licensed by the state, the hospital will need a couple more weeks to move patients and staff "and officially open our doors," Bockmann added.

"I know the whole community is excited for us to open the new hospital, as we all are," he said. "For now, HMH continues to provide excellent care to the community at our current location on One Madrone."

One rumor around town, that the exemption from earthquake safety standards for the old hospital will have expired before the new hospital can open, is inaccurate, Winger said.

"In order to satisfy California's seismic requirements, HMH had to receive a certificate of occupancy for its new building. Assembly Bill 81 [written by Assemblyman Jim Wood] extended the deadline for getting the certificate of occupancy to September 1, 2015, and HMH received the required certificate of occupancy several weeks before this deadline," Winger said.

"HMH is, and will continue to be, a fully licensed and operating hospital as it transitions from its existing building to its new facility."

Some residents have also been hoping the hospital's new farm-to-fork restaurant, Roots, might be open to serve the public before the hospital officially opens. But there are no plans to open the restaurant early, Winger said, "We will open the entire hospital at the same time, including Roots."

The rest of Indigenous | From Page 1

physically, sexually and mentally abused."

Those Native American children, their children "and now their grandchildren and great-grandchildren, have become the legacy of the United States Indian boarding schools and the federal policy that established and sustained those schools."

In addition, the resolution calls for "a comprehensive national study of the policy and its impacts, which... should include complete documentation of the events that took place at each of the boarding schools; the fate of each of the native students; the gathering of testimony from those who attended the schools; and the recommendations to Congress for truth, healing, reconciliation, redress and justice."

"In an effort to promote truth, healing, reconciliation and redress and justice," the resolution calls upon the County of Mendocino "to acknowledge the various harms, acts of genocide and ongoing historical and inter-generational trauma to Native American, Alaskan native and other

native and other American indigenous peoples for the generations of harm caused by the United States Indian boarding schools and the federal policy that established and sustained those schools."

The United States, the resolution avers, has "never offered a meaningful apology, or offered to provide any redress to Native American, Alaskan

American indigenous peoples resulting from the United States Indian boarding school policy," and to "strongly encourage" the county's schools "to include both the history of the boarding school era and the teaching of Native American, Alaskan native and other indigenous peoples' languages in school curriculum."

Discussing the resolution, Supervisor Carre Brown noted her great-granduncle (her great-grandfather's brother) John Burke had a great deal of sympathy for the Native Americans' situation and had married a Native American woman.

Burke owned a large ranch in the Hopland-Ukiah area, and during a time of particularly harsh treatment of local Native Americans at the hands of whites, Burke "harbored the whole tribe on his land, to protect them."

McCowen added: "It is important to recognize what took place when the indigenous peoples here were displaced by the first wave of illegal immigration that took place in this country."

HARRAH Senior Center Events

~ November 6 ~
Potato Bar

~ November 21 ~
Tea & Togs Fashion Show

~ November 25 ~
Thanksgiving Pie Sale

~ December 4 thru 14 ~
Christmas Store

~ December 5 ~
Craft Faire (tables for rent)

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The rest of WCA | From Page 1

implement a strategy to raise that money."

Part of that fundraising could take place during art openings and closings, Barksdale's team suggested. "Have raffles at every art opening and closing, and try to get artists to donate perhaps some of their more minor pieces," Barksdale said.

Other ideas contemplated included: using more aggressive marketing and advertising strategies; cooperating with other competing venues to coordinate dates and times that don't conflict with other events; and creating more mass-appeal events.

The group recognized that, in order to organize and implement these strategies, WCA's highest priority must be to expand its volunteer pool.

"We need to reach out to the senior center and other organizations so we can harness a strong volunteer network," said Perri Kaller, speaking for the second team. Such a network could "ensure newspaper coverage, attract community members to rent the building for events, and work with the Mendocino College extension to create more arts programs."

Other areas WCA is seeking volunteer help with include: publicity, hosting shows, fundraising, grant writing, legal matters, building maintenance, and computer skills.

According to the current WCA mission statement: "Our mission is to present, promote and teach the arts in all their forms, provide space for community enrichment and artistic expression, and to bring inspiring educational presentations into local classrooms."

For more information about future meetings, and how get involved with the Willits Center for the Arts, contact volunteer coordinator Nancy Reed at 459-1239.

Membership forms are available to download at www.willitscenterforthearts.org. Individual memberships are \$35; \$25 for students and seniors; \$50 for families; and there are categories for sponsors, patrons and benefactors, too.

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Above: The decorated Pumpkin Cake, topped with chocolate hearts and fresh flowers. Dried fruit and pumpkin seeds garnish the bottom of the cake.

Right: "The inside! That's four, count 'em, four layers of luscious gluten-free pumpkin cake and chocolate ganache filling and frosting," says baker Kathryn Sterngold.

Photos by Kathryn Sterngold

With pumpkin season in full swing, making a cake featuring the flavor of the season seems only proper. This recipe by SugarKat's Kathryn Sterngold focuses on flavor, festivity and allergy sensitivity by swapping traditional flour for a gluten-free alternative. Decorate with flowers, more chocolate or pumpkin seeds, and enjoy!

Preheat oven to 350° F. Prepare two 8 inch by 2 inch pans, lining with parchment paper and greasing the paper and sides of cake pans with spray oil or butter. Use 2 tablespoons of gluten-free flour to thoroughly dust both pans. Remove the excess flour by tapping the pan upside down, while keeping the liner intact. Set aside.

In large mixer bowl, beat eggs on medium speed until light-colored. Slowly add white sugar while machine is beating, then slowly add the brown sugar. Continue to beat at a medium high speed for about 5 minutes. Scrape down the sides of the bowl.

In a separate medium bowl, add all the dry ingredients together, except for the pumpkin seeds, and whisk evenly to combine. Set aside.

Turn down the mixer to low, and slowly add the pumpkin, applesauce, oil and vanilla extract. Mix only until combined.

With mixer on low, slowly add reserved dry ingredients one cup at a time, increasing speed to combine in between additions. Scrape sides of mixer bowl. Fold in the pumpkin seeds by hand.

Pour evenly into the two prepared cake pans.

Bake for 30 to 35 minutes, depending on your oven, and begin checking for doneness after 25 minutes. It's done when the middle

of the cake will slightly spring back when lightly depressed. The crumb will be moist when tested with a toothpick.

Remove from oven, and let cool in pans. Carefully turn out on to a rack for complete cooling.

Frost with your favorite frosting. I used a scrumptious chocolate ganache, but cream cheese frosting spiked with cinnamon would do wonders also.

This also may be baked in a large, very well-greased and floured Bundt pan for 1 hour. Again check for doneness as stated above, before removal.

This cake is so moist, reminiscent of fall flavoring, and that it's great for all your gluten-loving friends, too. Give it a try; you'll be delighted with the outcome.

Gluten-Free Pumpkin Cake

- 1 cup white sugar
- 1 cup brown sugar
- 2 1/2 cups canned pumpkin (not the pumpkin pie flavored pumpkin)
- 1/2 cup applesauce
- 1/2 cup coconut oil or canola oil
- 4 large eggs, room temperature
- 2 teaspoon vanilla extract
- 1 1/2 cup gluten-free flour (I used "Cup4Cup")
- 1/4 cup quinoa flour
- 1/4 cup almond flour
- 2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/4 teaspoon ground cloves
- 1 teaspoon ground ginger
- 1/4 teaspoon ground cardamom
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 cup roasted pumpkin seeds, chopped

The rest of Legislation | From Page 1

standards take effect in January 1, 2018," Brown's statement said, "state agencies will begin working immediately with experts and stakeholders on crafting clear guidelines, so local government, law enforcement, businesses, patients and health providers can prepare and adapt to the new regulated system."

In a press release, Sen. McGuire said the package "will change the face of a multi-billion-dollar industry that has gone largely unregulated for almost 20 years."

In a separate signing statement for Assemblyman Wood's AB 243, Gov. Brown wrote: "Unregulated marijuana cultivation poses one of the greatest threats to our fish and wildlife in the state. AB 243 sets California on a new path for responsible marijuana cultivation, but the damage to our ecosystem is occurring today. I am directing the Natural Resources Agency to identify projects to begin the restoration of our most impacted areas in the state."

The three bills are, in part, considered preparation for a potential ballot initiative called the "Control, Regulate and Tax Cannabis Act of 2016," submitted to state officials last week by ReformCA, "an initiative of the Coalition for Cannabis Policy Reform." This act, if approved for the ballot and passed by voters next year, would essentially legalize recreational use of marijuana, treating it much like alcohol.

The Medical Marijuana Regulation and Safety Act signed by Brown last week will create a new government agency: the Bureau of Medical Marijuana Regulation. As an extension of the Department of Consumer Affairs, the bureau will issue temporary licenses to various medical cannabis sectors, with the goal of having a new cannabis market up and operational by January 2018.

The governor, with Senate approval, will appoint the chief of the bureau.

According to the Marijuana Policy Project: "Seventeen different types of annual businesses licenses would be available, including indoor and outdoor cultivators of different sizes, plant nurseries, processors, testing labs, and dispensaries. A new class of business licenses – distributors – would be responsible for all transport between businesses."

The Department of Consumer Affairs will have "the sole authority to create, issue, renew, discipline, suspend, or revoke licenses for the transportation and storage, unrelated to manufacturing, of medical marijuana, and would authorize the department to collect fees for its regulatory activities and impose specified duties on this department in this regard."

The state licensing application process requires electronically sending fingerprint images to the Department of Justice for criminal background checks. Applicants must also "provide documentation issued by the local jurisdiction in which the proposed business is operating certifying that the applicant is or will be in compliance with all local ordinances and regulations."

Interviewed on KZYX's "The Cannabis Hour" radio show, Hezekiah Allen, chairman and director of the California Growers Association (formerly called the Emerald Growers Association), said of the new bills: "This legislation represents the strongest consensus that's ever been forged. There are new, clear policy benchmarks in the legislation."

A central purpose of the California Growers Association is to ensure that the new regulations won't discourage small farmers. "That's why it was important to get the best opportunity possible to bring small business in," Allen said. "The number of larger cultivation sites will be limited explicitly for the purpose of getting the small businesses the opportunity they need to be licensed."

A qualified medical marijuana patient who "cultivates, possesses, stores, manufactures, or transports cannabis exclusively for his or her personal medical use, but who does not provide, donate, sell, or distribute cannabis to any other person" will not have to be licensed. A primary caregiver "for the personal medical purposes of no more than five specified qualified patients" has the same rights as a qualified patient, and can also "donate or provide cannabis" to those five patients. Such persons, the bill says, are "not thereby engaged in commercial cannabis activity and [are] therefore exempt from the licensure requirements."

Melissa Sanchez, a Sacramento attorney who helps marijuana farmers comply with regulations, said on "The Cannabis Hour," that people getting ready to be licensed by January 1, 2018, should "make sure they're ready to fill out the paperwork [and] have all their legal and accounting affairs in order, so the process is really smooth and as simple as possible."

For those farmers who refuse to comply with the new regulations, enforcement will be business as usual. "I think the unfortunate truth is it won't be a very happy future," said Allen, referring to growers who continue to engage in black market cannabis farming. "It won't be a very sustainable future."

"Law enforcement is going to continue raids; they're going to continue enforcing the law," he said. "For folks who choose to remain out of compliance, I think it's going to be every bit as stressful and every bit as traumatic as the last 30 years of prohibition has been."

For those concerned with the federal government's classification of marijuana as a Schedule I substance, and therefore subject to federal Drug Enforcement Administration enforcement, attorney Sanchez was confident those concerns should be put to rest. "The people who are willing to take that next step and come forward will be protected, not only by the new framework but by the memo the federal government itself has put out," she said.

That memo was submitted by the Department of Justice in August of 2013 in response to Colorado and Washington states' new marijuana laws. It reads in part: "The department's guidance in this memorandum rests on its expectation that states and local governments that have enacted laws authorizing marijuana-related conduct will implement strong and effective regulatory and enforcement systems that will address the threat those state laws could pose to public safety, public health and other law enforcement interests."

In his signing statement, Gov. Brown emphasized the "robust tracking system" in the new regulations "sends a clear and certain signal to our federal counterparts that California is implementing robust controls not only on paper, but in practice."

To read all three bills in full, go to <http://leginfo.ca.gov> and search by bill number. For more information about the California Growers Association, visit www.emeraldgrowers.org.

The rest of Brown Act | From Page 1

"Previously I intentionally hit 'Reply All' on my computer because I am not sure [Superintendent Pat Johnson] is providing each board member with the same information," Harris told Willits Weekly.

"In the last instance it was absolutely an accident," she said. "And in the last instance, Mrs. Rodriguez threatened me."

That threat took the form of an email Rodriguez sent on September 21, warning Harris she was prepared to go public with charges that Harris was violating the Brown Act. "I've asked you to stop several times," Rodriguez wrote. "This was not a threat. It was a promise that I will inform the public. We're elected officials legally bound to uphold the principles of our office. I take that responsibility very seriously. I gave you the courtesy of another warning. Next time I won't warn you. I'll take appropriate legal action and inform the public."

Rodriguez also urged Harris to talk to Superintendent Johnson if she has concerns about how the district is being run. "Please send your correspondence to the superintendent only," Rodriguez told Harris. "These are your viewpoints, and I don't care to hear them outside of a meeting."

"I've asked on multiple occasions not to be included on emails that violate the Brown Act," Rodriguez wrote. "This is [your] last reminder before I send the emails to an attorney. The law states you may not discuss topics with more than one board member outside of a public meeting. I will pursue this matter

agreement with Redwood College in Fort Bragg to provide educational and administrative services through June 2017. According to the college's website, school attendance targets were met for the 2014-15 school year.

Paul Ubelhart

Paul Ubelhart, 84, has a long history as an educator and as an active and involved Willits community member. He began his career in education as a teacher for a small school district in California's Central Valley and taught there for 10 years. Coming to Willits in 1967, Ubelhart was principal at Baechtel Grove Middle School for 20 years and then was principal of Willits Unified's small schools – Sanhedrin High, Sherwood School, the Vineyard School, Mill Creek School and Crazy Horse School – for five years. He retired from Willits Unified in 1991.

He's been a member of the Rotary Club, the Kiwanis Club, and the Willits Planning Commission. He's been president of the statewide Retired Teachers Association. He is currently a member of the William F. Harrah Senior Center board of directors.

In 1991, Ubelhart went back to school at Mendocino College, where he was a part-time student for five years. He graduated from the college in 1996, earning a degree in electronics and electronic technology. While at the college, he became involved in the student council and served there as a commissioner of vocational education.

He has served as a trustee on the Mendocino-Lake Community College board of trustees for 10 years. During that time, he served as president and vice president of the board.

Ubelhart believes the college is doing well right now. "I think we're doing a lot of good stuff. What we have to do is continue to strengthen what we do," he said.

Ubelhart said the college needs to continue to reach out to high school students. "It's so important. I really believe in the college reaching into the school system as far as possible, to stress that it's important that people continue their education past the 12th grade."

Ubelhart sees vocational training as a growth area for education at the college. "The nursing program we have now is fantastic. We are providing jobs, and we are providing ways for people to stay in the area," Ubelhart said. "We are always going to need more plumbers and more auto mechanics."

But Ubelhart also thinks the college needs to expand its business classes. "How do you start a business? What kinds of challenges will you meet as a business owner and how can you successfully overcome those challenges? Those are questions that

if it does not stop.

"The community has a right to know you're breaking the Brown Act."

Contacted by Willits Weekly, school board chair Cynthia Carni downplayed the significance of Harris' violations. She also hinted the Brown Act controversy is just the tip of the iceberg.

The Brown Act "has been discussed a lot of times," Carni said. "We've had three different study sessions, explaining how it works. We have had professionals come in and explain things to us."

The Brown Act, she noted, "is a complicated set of laws. It isn't clear cut. It's like, you can't do this, but you can do that. And the two things are close; it's not easy."

"So we have these study sessions or workshops, and then we'll do well for a while, and then someone will start up again."

"I think in general there are some people who sort of naturally fall into a gray area on this and they just do it," she said. "It's like they just don't get it or they forget it or – I really don't know why they do it. And then there are some people who just won't do anything wrong."

According to Carni, Harris and Rodriguez have had what English writer Charles Lamb called "an imperfect sympathy" for some time. "They've got stuff there, and it goes way back," she said.

Harris admits there is some animosity between herself and Rodriguez. "I think Mrs. Rodriguez has a problem with me," Harris said. "Let's just say we have longstanding issues that go back like 14

The candidates, from left: Paul Ubelhart, Rick Kale and Perri Kaller.

Submitted photo and photos by Mike A'Dair

The rest of Candidates | From Page 1

are important to people in our area, and I think we could expand what we are offering now in that area.

"I think I am the right person for the job," he added.

Rick Kale

Rick Kale, 47, has lived in Willits with his wife and children since 2002. Before moving to Willits, and for a short period thereafter, he was an attorney.

Kale told Willits Weekly his wife convinced him to become a teacher. In 2004, he began his teaching career with Laytonville Unified, teaching English and social sciences to 11th and 12th graders in continuation and in advanced placement classes. He taught in Laytonville for 10 years, from 2004 to 2014.

In March 2011, after Annette Pinon resigned from the Willits Unified school board, Kale offered himself as an applicant for the vacant seat on the district board. The board instead selected former Willits mayor and contractor Wayne Bashore to fill the post.

Kale is now working as principal of the Round Valley Elementary/Middle School in Covelo. Over the past year, he has been teaching evening classes in American Government at Mendocino College.

Kale believes Mendocino College provides a crucial function in our community as a bridge between an insular, community-based view and a more expanded view that allows students to leave Willits and Mendocino County and live in the greater world beyond.

"One of the problems young people face here is the geographical problem. We are a remote, rural county. A lot of our young people are brought up in the belief that 'the world out there' is big and scary, and there is a special virtue in staying local and sticking around here."

"That is a wonderful philosophy, but it can be limiting for young people. Where is the bridge between, say, the high school existence and the values you've grown up with, on the one hand, and getting your toes wet or even taking the leap, into the greater world? The bridge is Mendocino College."

"The college should be helping our high school students and our younger, college-age students bridge that gap, so they can see that path. Sometimes that means having a logical end to an educational program. Like a level of certification in automobile repair, or in sustainable technologies. Because then, a student who might not have a strong idea what he or she can become, can come to the college and make a two-year commitment. At the end of that time, they have a piece of paper that can help them get a job and start making

years ago, when we first moved here."

Rodriguez denies that. "I wouldn't say I had a bad experience with Laurie. I would say, Laurie had a bad experience with me," Rodriguez said. "Quite frankly, I wouldn't characterize it as anything very significant."

"About 14 or 15 years ago, I served on the Willits Youth Soccer board, as I do now, and [Harris] had some complaints to the board. She was angry about something. I don't even remember what it was now. I just remember she was unhappy ... and came off as very abrasive."

Harris said: "I think we have a very tense relationship [on the school board]. I probably contribute to that because I'm very outspoken. That's me. That's how I am. That's why I was elected."

"I want the public to know exactly what is going on. I think the Brown Act and Robert's Rules of Order stop us from doing that," she said. "I'm not a finance person. I can balance my checkbook, but some of that stuff – well, I just don't know what they're talking about, and I don't think the public knows either."

Rodriguez chose not to run for reelection to the school board in the November 3 election, and no other candidates filed to run. At the October 6 board meeting, Georgeanne Croskey was voted onto the soon-to-be-empty board seat.

Croskey will be sworn in on December 2.

Although she did not vote for her, Harris said she is looking forward to having Croskey on the board. "I think she will add new views to our panel," Harris said.



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The rest of **FFA Dinner** | From Page 1

Dinner ticket sales accounted for some of the total raised – Willits FFA Alumni treasurer Annette Pinon noted they served around 100 people – but many who weren't able to attend the dinner also donated money.

The rest came from the silent auction held throughout the event and the live dessert auction held at the end.

The always-popular dessert auction had a few dozen entries, and the top three earners were the Oatmeal "Randrup" Raisin cookies made by Maureen Moore (purchased for \$510 by Peggy Randrup); the German Chocolate Cake by Robert Goleman of Bollivar's Fine Foods and Confections (purchased for \$302.50 by John Ford), and the Chocolate Raspberry Torte made by Amanda Maciel (purchased by Mike Griggs, Sr. for \$210). Griggs gave the torte to Aybrie Whitehurst, who had been looking longingly at it on the display table all evening. Whitehurst promptly dug in while the rest of the auction lots were sold.

Running the auction and emceeding the event was former Willits FFA member Andrew Hosford, who had the honor for the second year in a row. Hosford is also a new member of the Willits FFA Alumni group that put on the dinner, which is the advisory

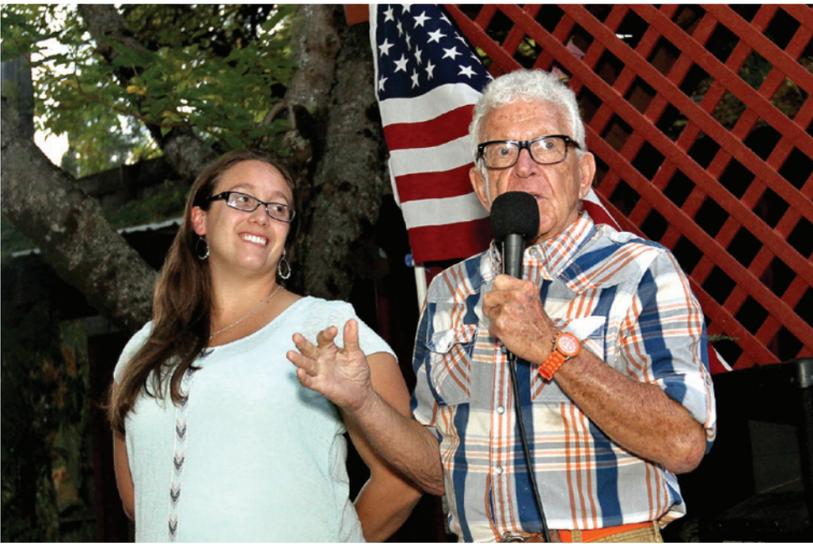
body to help improve and enhance the ag program at Willits High School.

Hosford shared the mic with several speakers including FFAers Hailey Riley and Lilah Garman, who spoke about their experiences with the program, what they have learned being a part of FFA, and what they hope to do this year.

Both current ag teachers, Kelley Case and Becky Bowlds, spoke to the crowd. Case talked about conferences and fairs recently attended by the chapter and her classes this year. Bowlds also talked about her roster of classes and some exciting opportunities for the welding program, including Justin Mosher's expert TIG weld on FFA alumni Randy Clark's old sheep stand.

Past ag teacher and current FFA Alumni group member Chuck Ream and FFA Alumni group President Mattie Pinon both also spoke about the future of the program and their appreciation for all who attended.

There was also a moment of silence for the passing of Greg Randrup, past Willits FFA ag teacher and an instrumental part of the program's success over the past several decades. Randrup passed away unexpectedly in August of this year.



At top, from left: The current Willits FFA officers, from left: Caitlyn Forrester, Courtney Humphries, Sierra Skinner, Kylie Reed, Elizabeth Rountree and Destiney Gamez. Right: FFA teacher Kelley Case addresses the crowd. At left, top, left: Peggy Randrup and her brother Robert Larsen battled over the Oatmeal Raisin Cookies, which were displayed with Greg Randrup's signature Mendo Mill apron, sandpaper squares and pencils. At left, top, right: Aybrie Whitehurst in all of her post-torte glory. At left: Mattie Pinon and Chuck Ream talk to the attendees of the 2015 Willits FFA Blue and Gold Dinner.

Photos by Maureen Moore



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