



# What do YOU think?

Opinions, thoughts and thank you letters from readers

## Great editorial

To the Editor:

I wanted to tell you how much I agree with you on your excellent editorial "Waiting for the votes to be counted." I would love to go to the polls and vote. I live one block from City Hall and, yet, must vote by mail.

Voting is such a communal event, and I would love to go in and vote but am not allowed. I agree voters should have the mail-in option, as some people can't or don't want to come in. Those of us who want to vote in person should be able to.

Voting is a very important activity to me. I grew up in Willits and my mother, Ruth Engstrom, always worked at the polls. Elvis Mills was in charge and had people desperate to work at the election.

People used to come vote just to visit with old friends and catch up on gossip. It was something important to do and, I bet, the voter turnout was higher.

I hope county officials will take your ideas to heart. It was a great editorial.

Susan Engstrom Johnson, Willits

## Election purgatory

To the Editor:

I would like to echo the sentiments expressed here and there throughout the community that the time has come for a change in the way our elections are run.

Leaving a small proportion of the vote uncounted on election night is understandable, but leaving over half the ballots uncounted is inexcusable. Mendocino County let 13,000 votes go uncounted on election night, an equivalent equal to 54 percent of all ballots cast. Statewide, the average is just 16 percent. We have the highest rate of uncounted ballots post-election across the state, year after year.

While I appreciate the complicated logistics involved in counting ballots, something has got to give. Leaving over half of the ballots out of the final election night count – and subsequently forcing an election certification purgatory of up to 28 days – isn't the way democracy works. At this rate, we might as well just gather in the village square and call for a show of hands.

Holding inefficient elections discourages people from voting in future elections. If fixing the problem requires we spend a little bit more money to end onerous vote-by-mail-only precincts, so be it.

Joseph Oslund, Willits

## Veterans 'Aid and Assistance'

To the Editor:

Wartime veterans or their widows or widowers who have in-home care or who live in nursing homes or assisted-living facilities may be eligible for a special monthly pension benefit called, "Aid and Assistance. The Mendocino County Health and Human Services Agency Veterans Services can help with applications for this benefit.

If military service requirements are met, the Veterans Administration (VA) determines eligibility for the Aid and Assistance benefit by adjusting for un-reimbursed medical expenses from the veteran's or surviving spouse's total household income. If the remaining income amount falls below the annual income threshold for the Aid and Assistance benefit, the VA pays the difference between the claimant's household income and the Aid and Assistance

threshold.

Many elderly veterans and surviving spouses whose incomes are above the Congressionally mandated legal limit for a VA pension may still be eligible for the special monthly Aid and Assistance benefit if they have large medical expenses, including nursing home expenses, for which they do not receive reimbursement.

The basic criteria for the Aid and Assistance benefit includes the inability to feed oneself, to dress and undress without assistance, or to take care of one's own bodily needs. People who are bedridden or need help to adjust special prosthetic or orthopedic devices may also be eligible, as well as those who have a physical or mental injury or illness that requires regular assistance to protect them from hazards or dangers in their daily environment.

For a wartime veteran or surviving spouse to qualify for this special monthly pension, the veteran must have served at least 90 days of active military service, one day of which was during a period of war, and may not have been dishonorably discharged. Wartime veterans who entered active duty on or after September 8, 1980 (or October 16, 1981 for officers) must have completed at least 24 continuous months of military service or have service in the period for which they were ordered to active duty.

The Mendocino County HHS Veterans Service Office issues Veteran ID cards to honorably discharged veterans and assists veterans with the many state and federal benefits and programs available to them and their dependents. To find out more, visit the HHS Veterans Service Office at 405 Observatory Avenue in Ukiah or call 463-4226. They are available to assist veterans and their families in completing all required application forms.

HHS Veterans Service Office,  
Mendocino County

## Farewell from Senator Evans

To the Editor:

For over 20 years I have served in public office, including more than a decade in the California legislature. Although I have enjoyed my job as a lawmaker, my first love is still the administration of justice. As I leave the legislature when my term expires at the end of November, I will return to my private law practice.

I am immeasurably grateful for the faith, trust and support of our great community and the hard work of my dedicated staff and supporters.

Together, we wrote the nation's first Homeowner's Bill of Rights, improved our foster care system, protected the coast, kept state parks open, updated regulation in support of California's wine industry, preserved the California Environmental Quality Act (CEQA) as the cornerstone of California's environmental protection laws, and much more.

As chair of the Senate Judiciary Committee, I worked to strengthen consumer and privacy protection and keep our courthouses open in the face of massive budget cuts. I also chaired the Legislative Women's Caucus, advocating for the interests of women and children.

When California faced the recession and the possibility of economic collapse, as chair of the Assembly Budget Committee I was able to prevent the worst of many attempts to dismantle public and social safety net services. After many difficult years, I feel confident that the state is moving in the right direction under Governor Brown's leadership and with a strong Democratic majority in each house.

California's unemployment level is dropping; the state

budget is projected to see a modest growth of approximately \$5.6 billion in 2014-2015, instead of the \$34.7 billion deficit of previous years, which wreaked havoc in the lives of millions of Californians. Our rising home prices and numerous new building permits show our state is well into recovery.

Today, California leads the nation in implementing the Affordable Healthcare Act; 5 million uninsured Californians now have access to indispensable health services. Our economy is now recovering faster than most other states', and we've even reclaimed our title as the world's eighth-largest economy. Together, we have pulled ourselves out of the worst depression in history.

As I return to my private practice, I will continue to be a strong advocate for progressive values, working families, equal protection and justice in our community. I hope my efforts over the past two decades have contributed in some small measure to a better future for us all. As I bid you farewell from public office, I look forward to joining you again as a private citizen. I'm deeply honored to have served as your representative for so many years and I am so grateful to each of you for your support.

Senator Noreen Evans, Second Senate District

## On to Sacramento

To the Editor:

I'd like to thank the people of District Two for your support – now on to Sacramento! I look forward to representing you in the California Assembly. It is an honor to serve this diverse and dynamic region, and I look forward to getting to know you even better in the coming years.

Many thanks to my family, friends old and new, my staff, and everyone who works to make the North Coast such a special place.

I look forward to serving you,

Jim Wood, assemblyman-elect, District Two

## Thank you!

To the Editor:

Because of our supporters, we had a resounding victory on Election Night, not just for our campaign, but for our Northern California values and priorities.

And we simply could not have done it without you.

On behalf of our entire team – and especially my wife, Erika and me – I thank you for your votes, for the hundreds of thousands of doors knocked and phones dialed, for the generous contributions, for the posts and tweets and shares, and for the incredible support, encouragement and friendship you have shown throughout our amazing grassroots campaign.

Thank you especially for everything you do to make Northern California the best place in America to live, work and raise a family.

Now, we start the hard work of making sure that our values and priorities are at the top of the list when important decisions are made in Sacramento.

I look forward to working with you closely as we get the job done for our local communities and all of California. Thank you!

Mike McGuire, state senator-elect,  
District Two



Photos by Maureen Moore



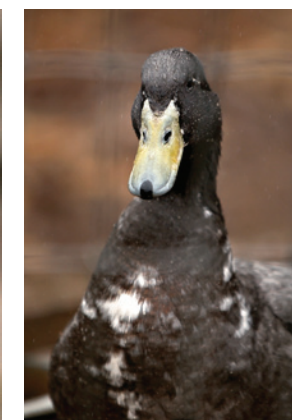
## Measuring the Rain

### Willits Weekly seeks rain data from local residents

Are you a rain gauge owner in Willits? We are looking to include rain data from all over the Willits area over the coming months. Email us at willitsweekly@gmail.com or call 459-2633 for info!

## Rain Totals in Willits

Name	Location	Last 24 hours	So far this season
Willits Sewer Plant		.09 inches	5.5 inches thru 11/18
3rd Gate, south-facing	2,400 feet		9.4 inches thru 11/13
Lucky Monkey's Ranch	2 miles west of Willits where Skunk Train tracks cross Hwy 20		4.35 inches thru 11/14
Willits Water Plant		.09 inches	5.5 inches thru 11/18



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## Willits Unified School District

### Town Hall Meeting Part I

## December 9, 2014

Willits High School Media Center  
299 North Main St.

### 5:30 - 7:00 PM

Local Control Accountability Plan (LCAP)  
Student Achievement  
District Multiyear Outlook

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### The Rules: LETTERS

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

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

# W

## NOTICE!

### EARLY DEADLINE NEXT WEEK:

Due to the Thanksgiving holiday, Willits Weekly will be printing early next week: the paper will be distributed on Wednesday, November 26. Early deadline is end of day Sunday; and earlier submissions are encouraged! The best way to submit letters, calendar items, press releases or anything else to Willits Weekly is by email at willitsweekly@gmail.com.

## Willits Weekly

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

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## Willits Weekly

EST. 2013

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In the mail:  6 Months - \$40  1 year - \$75  Additional donation included \$ \_\_\_\_\_

Home delivery:  6 Months - \$30  1 year - \$50 (Home Delivery only available in Willits, Brooktrails & local areas) (call for details)

Please make checks payable to Willits Weekly | P.O. Box 1698 in Willits, CA 95490

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### QUESTIONS: 707-459-2633 | 707-972-7047

Web: www.willitsweekly.com Facebook: www.facebook.com/willitsweekly Email: willitsweekly@gmail.com





Left: Girl Scouts mid-song hold up letters as they sing about each letter.

Below from left: Members of the scouts hold hands, as they sing their farewell song.

After the candle-lighting ceremony, scouts decorated the votives with tissue paper to resemble stained glass.

Ann Maglino lights the candles on the birthday cake in front of excited scouts.

Photos by Rachel Belvin



# Girl Scouts: Out and About

Founder's Day celebration, 'Scout Shout' and Nut Sale

There's been lots of activity lately with the local Girl Scout troops including their current fundraiser, the Fall Nut Sale, the "Scout Shout" last week, and last month's Founder's Day celebration.

Scouts are out selling nuts and other fall-time goodies, including chocolate-covered pretzels, honey-roasted peanuts, spicy Cajun mix, chocolate-covered raisins and more. The girls and leaders from Junior Troop 10457 have been out in front of Safeway recently selling treats. Monies raised from the sales will go to help fund field trips and more for the troop.

The monthly "Scout Shout" was held Tuesday, November 11 in conjunction with Veteran's Day. The scouts learned about local government, laws, acts of citizenship and created posters thanking veterans for their service to our country. Attendees from Daisies and Brownies all the way to Senior Scout troops participated. The girls from troop 10457 created the posters which will be taken to the Veterans Memorial Building to be displayed for all to see.

The Founder's Day celebration focused on learning about the history of the organization and its founder, Juliette Low. All scout troops are encouraged to hold the yearly program near Low's birthday, October 31, to re-dedicate themselves to Girl Scouting. The Willits troops celebrated with birthday cake, a candle lighting and votive decorating, and singing and skits about the founder. The event was held at Blosser Lane School on Monday, October 20.

Those interested in signing their daughters up for Girl Scouts are welcome to call Loretta Tognoli, director for the local service unit, at 1-800-447-4475. Junior troop 10457 meets on alternating Mondays from 4 to 5:15 pm at the Little Lake Grange. The girls are 9 to 10 years old. For more information about this troop, please contact Ann Maglino at greengables@wildblue.net or call 984-6747.



At right from top: Girl Scouts Grace, Mara, Vicky, Haley, and Berenice hold signs made for the Veterans Memorial Building.

Photo from Ann Maglino  
Scouts get ready to perform a skit with objects about the founder; Girls hold candles during the lighting ceremony; Emmelia King lights candles for the scouts.

At left: Candles decorated with tissue paper.

Photos by Rachel Belvin  
Below: Scouts Vicky, Haley, Grace, Mara, Sylvia, and Peri at the Founder's Day Program

Photo from Ann Maglino



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Left: Dinner volunteers ready for the diners, from left to right: Chris Martin, Earlene Gleisner, Diane Smalley, Greg Byers, Lucy Sharp, Ree Sloum, Sally Rulison, Doris Wier and Olin Cox.

## Celebrating the local harvest

9th annual dinner sold out at the Grange

Last Saturday, November 8, the Willits Environmental Center (WEC) hosted the Ninth Annual Harvest Dinner and fundraiser at the Little Lake Grange. The tradition of a community Harvest Dinner began as collaboration between the Little Lake Grange and Willits Economic Localization (WELL). This year the sell-out crowd of 180 was treated to a 100 percent organic gourmet dinner, much of which was supplied by local farmers.

"When the WEC decided to host this year's Harvest Dinner, we decided to feature 100 percent organic, from the bread and butter to the coffee, tea and wine," said Ellen Drell of the WEC. "Organic is good for the earth, good for the farmer, and frankly, it's what people want to eat. So we wanted to showcase a delicious, elegant, diverse menu with all organic ingredients that are readily available, not exotic, just good basic food, and people loved it."

Redwood Valley chef Olin Cox, with his experienced helpers, donated his time and expertise to guide the WEC's team of volunteer prep cooks and servers to prepare and present the dinner. Cox was joined by Sara O'Brien on entrees, Tamara Adams on dessert, and Sheryl Smith on sauces.

"We couldn't have done this without the extraordinary generosity of the chefs, the many individuals and businesses that donated food, and the small army of WEC member volunteers who set up, decorated, cooked,

served, bartended, provided music and cleaned up," said Thayer Craig, president of the WEC board of directors.

"We also want to acknowledge the Little Lake Grange, whose members, through hundreds of hours of volunteer work, have made the Grange such an exceptional community space for events like this. And of course we want to thank all the community members who came to enjoy a fabulous meal and support the work of the Environmental Center," said Craig.

The evening began with socializing and vocals and guitar music provided by Madge Strong and Diane Smalley of the local trio Chanterelle. In the Harvest Dinner tradition, the meal began with everyone joining in a moment of thanks, this time in a song of thanks led by Strong and Smalley. Dinner was accompanied by a great selection of music just right for good conversation provided by DJs Doug Prado and David Knudsen.

"We wanted to include a little 'business' too, especially for those new to the work of the Environmental Center," Drell said. WEC board members were introduced to the diners. Some in attendance announced upcoming events. WEC board member Rosamond Crowder announced that fellow board members David and Ellen Drell had received the

Read the rest of **Harvest** | Over on Page 14



Above: Chef Olin Cox and Doug Prado prepping dinner in the Grange's commercial kitchen.

Right: Head chef Olin Cox stirring up something tasty.

Photos by Rosamond Crowder



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Organic Yukon Gold Potatoes <b>99¢ lb.</b>	Organic Granny Smith Apples <b>\$1.39 lb.</b>	Organic California Green Beans <b>\$2.49 lb.</b>
Organic Fuji Apples <b>\$1.59 lb.</b>	Organic Satsuma Mandarins <b>\$2.39 lb.</b>	Organic Cranberries <b>\$3.49-7 oz. clamshell</b>

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**Thursday, November 20**

**WUMC Annual Souper Luncheon and Holiday Bazaar:** at the Willits United Methodist Church, 286 School Street, across from the Grange. Lunch is from 11:30 am to 1 pm, and includes soup, bread, dessert, coffee and tea for \$7. Coffee or tea and pie only is \$3.50. The Holiday Bazaar is from 10 am to 2 pm and consists of handmade craft items, homemade baked goods, opportunity drawing baskets, and white elephant bargains. Info: 459-2855.

**Shanachie Pub:** Steven Bates, guitar. 6 pm. No cover. Visit [www.stevenbatesmusic.com](http://www.stevenbatesmusic.com). 50 South Main Street, behind Adam's Restaurant. Info: 459-9194.

**"The Angel of Chatham Square":** Last weekend of this holiday production at Willits Community Theatre, a romantic drama set in New York City in 1948, written by Healdsburg playwright Audie Foote. 7 pm tonight, runs through November 23. This is the heartwarming story of waitress Kitty Fleming as she meets and befriends Willie, a seemingly down-and-out homeless vagrant living among the other bums in the Bowery. Directed by Christine Dill, with performers Kelly Kesey, Rod Grainger, Gretchen Anderson, Ron Greystar, Pete Winslow, Tim Suttles, Mike A'Dair and David Patch. Advance tickets are available at Mazaahar at 38 South Main Street; online at [brownpapertickets.com](http://brownpapertickets.com); or for credit card orders, phone the WCT office at 459-0895. Tickets will also be available at the door. The WCT playhouse is located at 37 West Van Lane (behind Shanachie Pub).

**Now & Then Film Series:** a screening of "Ground Operations - Battlefields to Farmfields," a documentary film "about combat veterans who are transitioning from careers as professionals dealing death into sustainable farmers, ranchers and artisan food producers. Let's watch veterans who create healthy new lives for themselves and delicious food security for communities across America." 7 pm. Little Lake Grange, 291 School Street. Program also includes farmer-veteran speakers and a conversation about local food and farming.

For more info, visit: [www.groundoperations.net/synopsis](http://www.groundoperations.net/synopsis). Suggested donation, \$5. Organic popcorn and chocolate, refreshments for sale by the Grange. Info: 459-6362.

**Friday, November 21**

**Free Zumba for Teens:** Zumba is always free for teenagers on Friday nights at Studio Joy, 1262 Blosser Lane. Class at 6 pm with Melissa. Info: 707-841-7499 or [www.studiojoywillits.com](http://www.studiojoywillits.com).

**"The Angel of Chatham Square":** 8 pm, see Thursday, November 20 listing for details.

Playwright Audie Foote will be present after the show to answer questions; see article on page 12 for more info.

**Diggers Dancehall Fridays:** Joey D Productions presents: Dancehall, Dubstep, Hip Hop, Reggae, Trance, Latin: Positive Music /Positive Vibes every Friday at Diggers Bar, 244 South Main Street. 21+. 10 pm to close. No cover. Tonight: Special Guest DJ.

**Saturday, November 22**

**Republican Central Committee:** Monthly meeting of the Mendocino County Republican Central Committee is in Willits this month: Saturday, November 22, 10 am to noon at the Willits City Hall Conference Room, 111 E. Commercial Street. Info: Stan Anderson, 707-321-2592.

**Dyddly Gallery Special Event: 2 to 6 pm today at 1760 South Main Street.** "Join us for some light appetizers and treats while you enjoy great local creations done by glass artist Gwendydd M., fabulous paintings by Patsy B., and photography by Erin C." Info: 707-472-6372 or [dyddly@gmail.com](mailto:dyddly@gmail.com).

**Toys for Tots drop off locations in town**

Little Lake Fire Department will be a drop-off center for the "Toys for Tots" program this holiday season. Come by our office, 74 East Commercial Street, for a visit, bringing an unwrapped gift for a girl or boy and make someone's Christmas morning memorable. Thank you from the staff and volunteers of the Little Lake Fire Department.

Lisa Epstein's State Farm Insurance office at 733 South Main Street will be a drop-off center for the "Toys for Tots" program this holiday season. The office is open Monday through Friday from 9 am to 5 pm. Info: 459-4044

**Christmas Craft Faire**  
December 6, 2014  
Tables rented for \$25.00 to crafters to sell their wares  
Snack Bar • Bake Sale • See's Candy

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**Christmas Store**  
Dec. 5-Dec. 14, 2014 • 9 a.m.-4 p.m.

**Toy Run and Party**  
Sunday, November 30 at Little Lake Grange

Bikers and their friends have set the annual Toy Run and Party – an afternoon of food, music, drinks and merriment – for Sunday, November 30 this year, starting at 12:30 pm at the Little Lake Grange, 291 School Street. The event, a benefit for the Willits Community Christmas program, kicks off with a bikers' parade led by Santa and Mrs. Claus and the Little Lake Fire Department, starting at the Evergreen Shopping Center at noon, rain or shine. Bikers then head down Main Street, to Commercial Street, and to School Street to the Grange.

The event is open to everyone in the community – organizers emphasize that the Toy Run Party is "not a biker-only event!" Admission is one unwrapped toy, for the tri-ty dinner and buffet provided by the Willits Rotary Club, live music by The Wild Mendohoulas (New Orleans-style rhythm and blues), a no-host bar, and a giant live auction and raffle.

Info: check [www.WillitsToyRun.com](http://www.WillitsToyRun.com) or "Willits Toy Run" on Facebook; email [HOG@bellsprings.com](mailto:HOG@bellsprings.com), or call 459-6372.

**Willits Unified School District Town Hall Meeting, Part I**

Tuesday, December 9 from 5:30 to 7 pm at Willits High School Media Center, 299 North Main Street.

Topics: Local Control Accountability Plan (LCAP); Student Achievement; District Multiyear Outlook. "Be a Part of the Future."

**Small Farmers Association**

The Small Farmers Association 2014 Annual Meeting Roundtable Extravaganza is set for Tuesday, December 2 at Little Lake Grange, 291 School Street. Public part of the meeting starts at 6 pm; \$10. "5 speakers to answer your questions": with Matt St. John, executive director, Regional Water Quality Control Board, speaking on: 2015 State Water Board Marijuana Permitting Program; Lois Bickford, state representative, Native American Vets, speaking on: PTSD and Medical Marijuana; Lanette Davies, Sacramento dispensary owner and lobbyist, and ACLU board member, speaking on: The Federal Re-Scheduling Marijuana Hearings; and Lauren Michaels, Police Chiefs Association legislative aide: Give your input for the 2015 Cultivation Bill in Sacramento.

Plus a Farmers Table: "Have a friendly chat with legendary farmers from the Alan Chadwick days. Learn about French intensive, biodynamic, organic and sustainable farming and breeding practices from a farmer with 20+ years experience in France, India and now Mendocino County. Find out what it means to be Small Farmers Association Certified."

More info check "Small Farmers Association" on Facebook or [www.smallfarmers.us](http://www.smallfarmers.us). Email [smallfarmersassociation@unseen.is](mailto:smallfarmersassociation@unseen.is) or call 707-489-0996



**BEYONCE-INSPIRED DANCE CLASS**

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Four Mondays: November 24, December 1, 8 & 15

7 to 8:30 pm @ Studio Joy 1262 Blosser Lane, Willits

\$60 cash or check, 1st class for 4 class package



**Pearl Marill** is an actress, dancer, and choreographer born and raised in Willits. Pearl's award-winning work has been shown locally and internationally. The Beyonce-Inspired Dance Class was founded in San Francisco by BayAreaFlashMob, and Pearl is excited to bring this class to her hometown over the holidays!

Register Early – Space is Limited!  
Call 831.818.9899 or [pearl.marill@gmail.com](mailto:pearl.marill@gmail.com)

**LOVE THY NEIGHBOUR**

**“St. Vincent”**

Bill Murray always surprises me. He's got a low-key charm. He never oversells or telegraphs a punchline. He moves from sarcasm to pathos so smoothly that he takes my breath away. He's due for an Oscar.

**The Story:** Vincent (Murray) has just two friends in the world, his grumpy white cat and Daka (Naomi Watts), a pregnant Russian stripper-slash-prostitute. He's more or less getting by when single mother Maggie (Melissa McCarthy) and her young son Oliver (Jaeden Lieberher) move in next door. Vincent becomes a surrogate father for Oliver, and that's the movie. But it isn't really the story that makes the

COLUMN | At the Movies

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Daniel Essman  
Columnist

movie, it's the scenes. They had me laughing out loud, or sometimes crying ... amazing!

Melissa McCarthy plays it straight, and she's great.

Naomi Watts does a Russian accent and subtle physical humor.... She's great too.

Jaiden Lieberher, whom I've never seen before but is now getting parts, is compelling. He can hold the screen next to all these fine actors.

I loved this movie.

**Parents:** There are a couple of (humorous) sex scenes. There's swearing. There are laughs and crude jokes, and also more importantly, the dual themes of forgiveness and kindness.

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

**NOYO THEATRE** Willits, CA

57 East Commercial Street - Willits  
707-459-NOYO (6696)  
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Happy Thanksgiving from the Noyo Theatre

**HUNGER GAMES: MOCKINGJAY PT. 1**

(PG) 13  
2 hrs 3 mins

Fri: 3:20, 6:10 & 9:00pm  
Sat-Thurs: 12:30, 3:20, 6:10 & 9:00pm

**DUMB & DUMBER TO**

(PG) 13  
1 hr 49 mins

Fri: 3:30, 6:00 & 8:30pm  
Sat-Thurs: 1:00, 3:30, 6:00 & 8:30pm

**BIG HERO 6**

(PG) 1 hr 48 mins

Fri: 3:05, 5:25 & 7:45pm  
Sat-Tues: 12:45, 3:05, 5:25 & 7:45pm

**PENGUINS OF MADAGASCAR**

STARTS WEDNESDAY, NOV. 26th

(PG) 1 hr 32 mins

Wed/Thurs: 12:45, 3:05, 5:25 & 7:45pm











# BLACK WEEKEND SALE FRIDAY

Shop Friday to be entered to win a **\$50 Gift Certificate!**



**40% off Clothing & Footwear**  
**25% off Toys & Gifts**  
**15% off Muck Boots - Friday Only!**



**30% off Clothing & Footwear**  
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**SEASONAL FUDGE FLAVORS**  
**Carrot Cake & Double Fudge Brownie**



**Fudge on sale for only \$10 per pound!**



## Amazing Athletes of Willits High School



**Cross Country | Rachel Kanonchoff, 17, Senior**

**Breakfast of Champions:** Yogurt or bagel and cream cheese

**Position:** Varsity girls captain

**Love for the Sport:** Cross country is challenging, and it feels like everyone is a family.

Team captain Rachel Kanonchoff is the only runner on the team who has not missed a single workout in two years. Her hard work and dedication has paid off, as she lowers her times each race. She set a PR (personal record) by more than a minute at her home course in Brooktrails.

**Football | Justin Thom, 16, Junior**

**Breakfast of Champions:** Cereal

**Position:** Wide receiver and cornerback

**Love for the Sport:** The anticipation before the games and the teamwork. Football is fun and makes me try my hardest.

Justin Thom had five receptions in the win over Kelseyville, including the game-winning touchdown for 67 yards. He also played good defense at safety, after switching from the cornerback position.

*Photos by Rachel Belvin*

### PHYSICAL MEDICINE & REHABILITATION

## Join Us in Welcoming Stephanie Kim, D.O.



As a physical medicine and rehabilitation physician, Dr. Kim specializes in the comprehensive diagnosis and management of pain of the spine, nerves, tendons, joints and muscles.

Dr. Kim received her undergraduate degree from the University of California, Berkeley and her doctor of osteopathy from Touro University California, College of Osteopathic Medicine. She completed her residency at Rush University Medical Center in Chicago where she was chief resident of the physical medicine and rehabilitation program.

She brings vast experience helping patients reduce or eliminate pain so they can get back to a healthy, active life.

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