

'Come As You Are'

The visionary art of Douglas Volz

A four-day-only exhibit at the Willits Center for the Arts, "The New Light Show," features 12 original oil paintings by Redwood Valley painter Douglas Volz. The exhibit opens today, August 1, and runs through Sunday, August 4, with an artist's reception on Saturday from 6 to 9 pm, with music and refreshments.

Volz, who moved to Willits in the 1970s and lived here for about 20 years, says his work is in the visionary art tradition. "I've been an artist all my life," Volz said. "I grew up with art. My mother and my grandmother were artists." Volz was co-curator of a 2008 exhibit at the Grace Hudson Museum, "Northern California Visionary Art: A Contemporary Legacy."

Visionary art, Volz said, is a worldwide art form, that has not been accepted in the U.S. at all, which he thinks has something to do with how Americans don't want to look at what's really going on, "the garbage in our back yard."

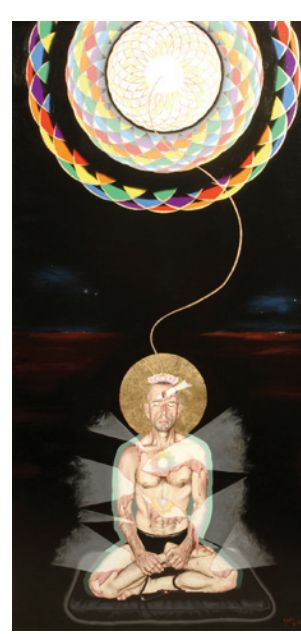
"There are amazing visionary artists all over the world, who are not being recognized here," he said. Volz characterized visionary art in general as "about assisting people to look at the important things in life."

Volz said he is hoping to awaken people with his art, which he calls "an encompassing form of art that is about awakening to spiritual consciousness, and realizing there's another way to live on this earth."

Working as a nurse at the Northbrook care center in Willits, Volz said, "changed my perception about life. In the presence of somebody who is dying, you start realizing what really matters. Paying the bills is important, yes, but is that really what life is all about?"



Three oil paintings by Douglas Volz. At left: "The Dawn of Perception." Below: "Guardians of the Sacred," 2001. Far below: "Light Body," 2006.



"A lot of my paintings are about meditation," Volz said, "because I've learned that meditation is about the most empowering thing that people can do: something that builds up your inner power. That term, 'Know Thyself' – that's what I feel a lot of people have given up on."

Willits Center for the Arts is located at 71 East Commercial Street. Artist's reception on Saturday, 6 to 9 pm. Gallery hours: Thursday and Friday, 4 to 7 pm; Saturday and Sunday from noon to 3 pm. Info: 459-1732.



Photos by Jennifer Poole

Castle of Cans

Kids attending Vacation Bible School at the Agape Church sit in front of a "castle" made out of the canned and non-perishable food brought in to donate to the Willits Food Bank. Church volunteer Linda Blum, who created the castle, sits in the back. The 85 kids attending had already brought in 550 items when this photo was taken, and that was before the big BBQ banquet finale on Sunday, July 21. "We always have a mission project," said director Suzanne Pope, "and we thought doing a local project would be nice this year."

Kinetic Carnivale Work Party

Volunteers, from left: Mark McKey, Janet Rayner (construction coordinator), Josh Tracy and Addison Moore (construction coordinator) take a break from building riser stages, information booths and ale stands for the Kinetic Carnival at last week's work party at the County Museum. Want to help? Attend the Volunteer Fair August 1 at the museum, 6 pm.



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It is good to remember: Every physical illness has some mental and emotional aspect. Looking at it, is part of the CURE. Call Wolfgang Ronnefeldt, M.A. 459-2101

Eckankar

Join us for a Community HU Song Tuesday, August 27, at 6 pm at Willits City Hall, 111 E. Commercial Street. HU is a simple, uplifting prayer or mantra and can help you experience divine love and find inner peace. Families and all faiths are welcome. Sponsored by Eckankar: Experience the Light & Sound of God. Information? Please call 972-2475.

Estate Sale

Estate/Yard Sale: Partial contents of old Scotts Valley - Upper Lake farm including antiques, farm equipment, house and patio furniture, building materials, set of 3 large truck tool boxes, tile setters tools, power mower, compressor, old military clothing, and more. Fri - Sat. 10 am-6 pm, 3535 E. HWY. 20, Nice. ph. 274 9196.

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Lakeport: Linda/279-8840, Ft. Bragg: Karen/937-4664, Coveto&Brooktrails: Linda/459-6698

Eckankar

Have you had a spiritual experience? You are invited to participate in an ongoing, spiritual discussion Tuesday, August 27, at 6:30 pm at Willits City Hall, 111 E. Commercial Street. Sponsored by Eckankar: Experience the Light & Sound of God. Information? Please call 972-2475.

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Adventure!

I love that the Harry Potter books broke out of the marketing niche called "Young Adult" to be read by fans of all ages. If you are such a reader, I urge you to take up a series based on a heroine of the same age as young Potter of Privet Drive. Her name is "Jacky" Faber aka, Bloody Jack.

This series by American author L.A. Meyer is as chock-full of adventure as you could ever imagine. Little Mary Faber is an orphan struggling to survive on the mean streets of London in the early 1800s. She takes it into her mind to join the crew of a sailing ship, posing as a boy, because the food and living conditions will be so much better than what she's had to endure. The conditions on a British sailing ship during the Napoleonic wars were pretty frightful, but our Jacky is full of pluck and luck: she manages to pull off the ruse.

There are 10 books in the series so far, starting with "Bloody Jack: Being an Account of the Curious Adventures of Mary Jacky Faber, Ship's Boy," which was published in 2002. Jacky has adventures on the sea and adventures on land, mostly in the area of old Boston Harbor, but as she grows up, she wanders about Europe, about frontier America and to far exotic ports of call. Jacky gets in many tight spots with the likes of pirates, spies and enemies, but she retains her cleverness, her ability to read strangers' intents, and her emotional goodness.

That's not to say that Jacky is an angel, far from it. She can flirt mightily (when dressed as a girl), steal hearts, cheat at cards, tell a good yarn, and play the fiddle in a tavern to earn a few coins. She will steal your heart if you give her a chance!

I recommend reading this series in chronological order, because Jacky gains more experience and skills in each story. The latest, "Boston Jacky," will be coming out in September.

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

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

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Thanks to the Mendo Hunnies Willits Relay for Life team for this recipe, which was included in a fundraising cookbook the team made up. Mendo Hunnies raised (so far) \$3,406.72 in donations for the 2013 Relay for Life, to benefit the American Cancer Society: more than three times their \$1,000 goal.

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Community News

Heartwarming stories & local tidbits



Above: Bobbi Lippmann poses with Kona and Cayman who all walk in memory of Rick; below: Mike Tobin poses with grandson Connor McCoy; two Relayers share a moment during the pre-ceremony

More photos online at <http://photographpress.zenfolio.com/relayforlife2013>



It was appropriately "hot" in Willits for the "Carnival Carnivale" themed Relay For Life, which kicked off at 10 am Saturday at Recreation Grove Park and concluded 24 hours later on Sunday morning. 2013 is only the second year that Willits has done its own Relay For Life, but many Willits folks are long-time veterans of the Ukiah and/or other Relays For Life, and it shows.

By all accounts, participants and organizers alike are impressed and inspired by what the people of Willits have achieved, including the \$46,991.47 (and counting) raised so far to benefit the American Cancer Society. Though the 2013 Relay event has come and gone, those involved are determined to hit their financial goal before the official end of the 2013 event, August 31.

"Our goal of \$50,000 is totally reachable," said Jennifer Sookne, co-chair of the Willits Relay. "We'll just have a few more car washes, bake sales ... get a few more donations from people." Donations can be made directly to a Relay team member or online at the American Cancer Society website: Search for "Relay for Life of Willits."

Despite being in his own battle with cancer, Mike Tobin, member of one of two teams from Body Works gym, won the prize for the top fundraiser, bringing in an individual total of \$2,761.58 (and counting) to add to his team's total of \$5,854.12 (and counting). The top fundraising team this year was Miracles in Motion, which raised \$6,100.05 (and counting).

Cancer survivors kicked off the big event Saturday morning, warming up the track at Rec Grove and "celebrating their victory over cancer" with the always moving and inspiring first lap of the day, the "Survivor's Lap." Breast cancer survivor Carol Duell participated in the Survivor's Lap. "I always enjoy the Relay," she said. Diagnosed and treated in 1996, Duell participated in her first Relay

For Life event the following year.

"I just do the Survivor's Lap now: it was a wonderful group," Duell said of the survivors who joined her for the first lap down at the Rec Grove this year. "I am 76 years old now," she said explaining, as if she needed an excuse, that she is not on a team this year.

With further prodding, Duell revealed that she did, in fact, do more in support of this Relay, and she does do more in her everyday life in support of those battling and surviving cancer.

Duell returned for the Luminaria Ceremony at 9 pm, and "walked a few laps" with old friends. She also "came back and had breakfast" in the morning and "did the last lap" at 10 am.

"My favorite part of any Relay is the luminaria ceremony," she said. "That was really cool."

In her daily life, Duell volunteers for the Cancer Resource Centers of Mendocino, helping to gather, sort and store the wigs, hats, scarves, special bras and prosthetic devices which CRC has available for cancer patients and survivors. "We provide it free. Take what you need," she said, "That's what I'm doing to help."

Relay co-chair Sookne said she was "exhausted" Monday following the event: "happy exhausted."

"It has been a wonderful ride and an honor to serve," Sookne's co-chair, Jen Miller said. "If you had a wonderful time at this year's Relay, I know you just can't wait until Relay 2014."

Plans are underway already for the 3rd annual event next year, scheduled for July 26 and 27, 2014.

Kathy Tobin and Alice Langton Sloan are stepping up as co-chairs for next year's event.

Relay For Life

Volunteers close to \$50,000 goal



Above from top: Mike Tobin of Body Works gym accepts the Gold Team plaque; one of the teams shows off the quilt being raffled; the Kroh family worked the Positive Prevention booth; Holly and Ben O'Neill walked with Ben's mom Annie in the survivor's lap; two ladies have fun at the "Kiss Cancer Goodbye" tattoo/kissing booth

Photos by Maureen Moore

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