

Triple R Bar & Grill Hires New Chef

The Russian River Resort is very proud to announce that with the recent hiring of Mary Durham, there is one more to the small group of female Executive Chefs in West County.

A graduate of the Culinary Institute of America in Hyde Park, NY, Mary spent twenty-five years in the mortgage business before deciding to close that chapter of her life and go to culinary school. She was the sous chef under the previous chef, so she's more than ready to hit the ground running.

Chef Mary believes in using the fresh local ingredients from Sonoma County to make food that people really love to eat at reasonable prices. "I want people to feel like this restaurant is their kitchen away from home, so we've worked hard to lower the price point but keep the portion size and the high quality ingredients the same. We're calling it 'Back to Basics'. But don't worry – the Pork Chop is still on the menu!"

Resort and restaurant owner Scott Mandell says "I am thrilled to have Mary as our new executive chef. With Mary's management background in the mortgage business for the last two decades, you can imagine that she runs a pretty tight ship. Her efficiency with her new menu, which has local favorites from our menus from the last three years and many new dishes, has allowed us to lower the price of nearly everything we serve. We are very proud to be associated with such a talented and dedicated chef, and I think the local community will love what she is doing – even more so at the new lower prices."

Also new this fall, Chef Mary is doing a **Sunday Comfort Supper** every Sunday night from 5 to 8:30 pm



beginning October 7th. It will include a salad, entrée, dessert and beverage for \$16.95. For your entrée, you can choose from perennial favorites like Fried Chicken, Lasagna, Meatloaf or Spaghetti & Meatballs.

The Triple R Bar & Grill began serving Chef Mary's new dinner menu on September 20th. Her new brunch menu began on September 30th. Restaurant hours are Thursday through Monday from 5:30 p.m. to close (except the Sunday Comfort Supper, which begins at 5pm) and Sunday Brunch from 9:30 am to 1 pm

And, as always, local patrons receive a 10% discount in the restaurant.....just remind your server!

Triple R - Russian River Bar & Grill, 4th & Mill Streets, Guerneville, 869-0691, www.RussianRiver.resort.com

Sebastopol wins 3 Awards

Bay Area produces enough solar electric power for 61,725 homes

By Marty Roberts

The NorCal Solar Energy Association announced they will present the first annual City Solar Awards©. The City Solar Awards recognize cities in the ten Bay Area counties for the amount of solar electric technology installed. Awards are given for the number of systems, amount of energy being produced, and watts per capita.

Sebastopol has won THREE awards: a City Solar Award for 1st Place for Total Number of Projects Installed and 2nd place Total Watts Installed and 2nd place Watts per Capita among small cities.

"NorCal Solar has calculated how much solar electric power the cities have installed under the California Solar Initiative in relation to their neighbor cities. We are encouraging these cities to set specific long-term goals and we know this is one piece of the puzzle to meet our environmentally-friendly long term energy needs."

The ten county region hosts more than 8,403 solar electric systems, which produce more than 82 megawatts of electricity – or enough electricity to power 61,725 average homes. The Bay Area has the more solar installations per capita than anywhere in the U.S.

The City Solar Awards project was created to:

1. Provide a baseline measurement of solar installations for the 106 cities in the ten Bay area counties, thus allowing them to set goals and measure progress for new systems.

2. Develop cooperation and friendly competition to help the environment and our energy needs among the cities and its residents.

3. Educate the public about solar technology and the many financial incentives that have made solar more affordable for homeowners and businesses as a source of clean, green energy in the Bay Area.

Rebuilding Together

Sebastopol is accepting applications for our 2008 projects. Our project work day will be April 19, 2008.

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Applications are available now! The deadline for accepting applications is December 1, 2007. Applications are available at the Sebastopol Area Senior Center, 167 North High Street. For information or to contact Rebuilding Together - Sebastopol, please call 707-823-6636; email us at <mailto:rebuild@RTSebastopol.org>rebuild@RTSebastopol.org; or fax your request to 780-0253. Visit our website at <> <<http://www.rtsebastopol.org/>>www.rtsebastopol.org; beginning October 1. We look forward to working with the West County community.

Empowerment Center Opens in Guerneville

The house is warm, friendly and buzzing with conversation on Wednesday, September 12th at the Open House for the Russian River Empowerment Center. The houses' rooms and outside patio are filled with natural light providing a bright backdrop for the many and varied community service agency representatives, citizens, and members of the Empowerment Center to meet and exchange information. Everyone attending shares their enthusiasm for the Empowerment Center's mission to help fill the gap in mental health services along the Russian River.

The Russian River Empowerment Center is a consumer-driven mental health and wellness center that provides a safe, supportive and friendly haven for those who want to transcend serious and persistent mental illness by learning and implementing new skills and behaviors, fostering self-worth, self-determination, recovery, responsibility and choice.

Open four days a week, Tuesday through Friday from 9:30 am until 4 pm. They are a drop-in center located at 16229 Third Street, off Armstrong Woods Road in Guerneville and welcome your phone calls, 707-604-7264.

"A right delayed is a right denied."

— Dr. Martin Luther King

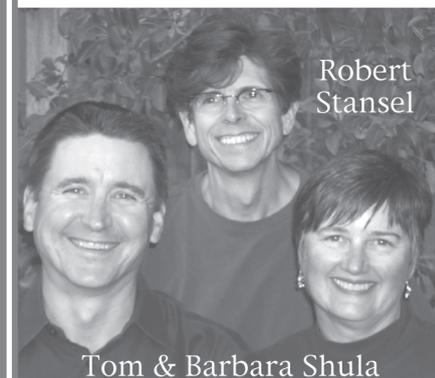
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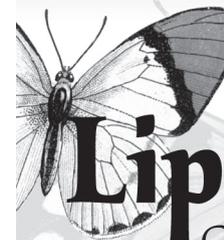
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