



DRIVE A LITTLE – SAVE A BUNCH!
3893 COMMERCIAL ST SE • SALEM
MORE INFO AT NORTHERNLIGHTSTHEATREPUB.COM

Sensory  Sensitive Showings

SAT, OCT 5
Toy Story 4
(PG)
11:00 AM
TICKETS ARE JUST \$4
SPECIAL SHOWING FOR KIDS AND ADULTS WITH AUTISM OR OTHER SENSORY SENSITIVITIES.

OPEN CAPTION SHOWING
SPIDER-MAN: FAR FROM HOME (PG)
Saturday, Oct 5
5PM-6PM (exact time TBA),
TICKETS \$4/EACH. Special showing with captioning shown on screen.

LIVE STAND UP COMEDY
Lights, Comedy, Laughs!
Saturday, October 12
CHARLIE WIENER & MIKE DEVORE will perform at 7pm and 9pm. Admission is only \$10. Ages 21 & over only. Reserved seating for this show. Purchase tickets at box office or at our website.

Today in History

The Soviet Union inaugurates the “Space Age” with its launch of Sputnik, the world’s first artificial satellite. The spacecraft, named Sputnik after the Russian word for “satellite,” was launched from the Tyuratam launch base in the Kazakh Republic. Sputnik had a diameter of 22 inches and weighed 184 pounds and circled Earth once every hour and 36 minutes, traveling at 18,000 miles an hour. Visible with binoculars before sunrise or after sunset, Sputnik transmitted radio signals back to Earth strong enough to be picked up by amateur radio operators.

— October 4, 1957

Food 4 Thought

“You’ve got to think about big things while you’re doing small things, so that all the small things go in the right direction.”
— Alvin Toffler, author of Future Shock, born Oct. 4, 1928

The Weeks Ahead

Through Saturday, October 12
Willamette University Theatre presents *Men on Boats* by Jaclyn Backhaus. For more details visit willamette.edu/arts/theatre.

Through Tuesday, October 29
Keizer Art Association’s October show is Colors of Autumn. An artist’s reception will be held at the Enid Joy Mount Gallery 2-4 p.m. on Saturday, Oct. 5. Gallery hours are 1-4 p.m. Tuesday to Friday and 10 a.m. to 4 p.m. on Saturday. keizerarts.com.

Friday, October 4
The Nightmare Factory opens at 7 p.m. Open Friday and Saturday through November 4. Tickets are \$15 each. nightmarefactorysaalem.com. (See story Page A1)

Meet the Small Business Development Center. This free one-hour class, taught by Edith Wuerch, helps clarify the best next step towards creating a business. From 12 - 1 p.m. at Chemeketa Small Business Development Center on the second floor. 626 High Street NE, Salem.

Saturday, October 5
McNary High School’s class of 1979 will hold their 40-year reunion at the Keizer Civic Center. For more information, go to mcnary79.net or email the reunion committee at mcnaryclassof79@gmail.com.

Sunday, October 6
“Finding the Psalms in Our Hymns” a hymn festival led by Dr. Carl P. Daw, a professor of theology at Boston University. There will be a choir and brass ensemble conducted by Paul Klemme. 4-5 p.m. at St. Paul’s Episcopal Church, 1444 Liberty Street SE, Salem.

Monday, October 7
Keizer City Council meeting, 7 p.m. Keizer Civic Center, 930 Chemawa Road N.E.

Tuesday, October 8
Keizer Parks Advisory Committee meeting, 6 p.m. Keizer Civic Center, 930 Chemawa Road N.E.

Wednesday, October 9
Elsinore Theatre’s Wednesday Film Series presents Alfred Hitchcock’s *Rope*, 2 p.m. and 7 p.m. Admission is \$6 or \$40 for 8 admissions.

Keizer Planning Commission meeting, 6 p.m. Keizer Civic Center, 930 Chemawa Road N.E.

Thursday, October 10
Keizer Traffic Safety, Bikeways and Pedestrian Committee meeting, 6 p.m. Keizer Civic Center, 930 Chemawa Road N.E.

Friday, October 11 – Sunday, November 3
Enlightened Theatrics presents *The Rocky Horror Picture Show*. Visit the box office or EnlightenedTheatrics.org for tickets and more information.

Friday – Sunday, October 11 – 13 and Friday – Sunday, October 18 – 20
Sorry, Wrong Number / The Hitchhiker, two one-act plays by Lucille Fletcher. Staged reading at Keizer Homegrown Theatre at the Keizer Cultural Center, 980 Chemawa Rd. N.E. Tickets are \$10; free admission for Oregon Trail card holders. Performances at 7 p.m. Fridays and Saturdays; 2 p.m. on Sundays. Visit Facebook.com/keizerhomegrowntheatre for more information.

Saturday, October 12
The Historic Elsinore Theatre presents Aureum by Halcyon Shows, an aerial and acrobatic adventure tale, 7:30 p.m. Tickets range rom \$35 to \$55. elsinoretheatre.com.

Rose pruning, winter protections and disease control seminar at Egan Gardens, 9805 River Road N.E. Salem, at 2 p.m. A hands-on pruning tool sharpening clinic will follow the talk. Admission is free but registration is required. Call(503)-393-2131 ext. 2 to reserve a spot. Visit egangardens.com for more details.

Tuesday, October 15
Free admission all day at Hallie Ford Museum of Art, 700 State Street. Hours are 10 a.m. to 5 p.m.

Thursday, October 17
McNary Hall of Fame Banquet will be held from 5:30 - 8:30 p.m. at Quality Suites, 5188 Wittenberg Lane, Keizer. Ticketsare \$60 for individuals, \$100 for couples, \$350 for a reserved table of seven and event sponsorship is \$1,000. Contact gragg_scott@salkeiz.k12.or.us or visit www.keizerchamber.com

Add your event by e-mailing reporter@keizertimes.com

ADULTS: NAMI can teach you how to help struggling teens with your stories of survival

By ERIC A. HOWALD
Of the Keizertimes

The Marion Polk chapter of the National Alliance on Mental Health (NAMI) is looking for adult volunteers to share their experiences with mental health challenges at local schools.

The new program is called Ending the Silence. Volunteers take part in training that will prepare them to share their personal stories about struggles with mental health or loving someone who does.

“For volunteers, it is a day-long training and starts with facilitators working with them to tell their story. By the end, they’ve had opportunities to highlight different aspects of their story for different audiences, respond to questions and do some roleplaying,” said Brenna Bandstra, a NAMI trainer and presenter.

Once volunteers pass through the course, they are paired with another regular NAMI volunteer to visit local classrooms.

“[Volunteering] is all peer-based,” said Sarah Zecchini, another NAMI trainer and presenter. “We don’t focus on clinical backgrounds, it’s more about lived experience. As long as you have lived with mental health issues or loved someone who has.”

To volunteer or sign up for any of NAMI’s multitude

of mental health support offerings, contact Bandstra or Zecchini at info@namimari-onpolk.org or visit the group’s new website at namior.org.

NAMI is a network of mental health advocacy, research, support and education. It represents those living with major depression, anxiety disorders, schizophrenia, bipolar disorder, obsessive compulsive disorder, panic disorder, post-traumatic stress disorder and borderline personality disorder. Annual membership is \$40 per individual or \$5 for those with financial need.

Zecchini discovered NAMI when fighting her own battles with mental health, she was introduced to the group while in recovery and volunteered to be a presenter after making it to a more stable place. Now, volunteering with NAMI is one of the tools she uses to stay grounded.

“When I teach these courses, I get to help people understand what it means to deal with mental illness. It has helped me normalize myself and my own feelings. When you are in that space, there is no logic to the thoughts. When I have to repeat what I went through as a presenter, I have a constant reminder that these things can be handled with responses other than flight or fight,” Zecchini said.

Bandtra’s journey to be-



National Alliance on Mental Illness

coming a NAMI presenter started after the sudden death of her brother who she saw battle with schizoaffective disorder.

“[NAMI] gave me hope after my brother passed away and it helps me be more supportive. Every class I teach humbles me and brings me down to earth. It’s helped me be more aware of what loved ones are feeling and how I can help,” she said.

Other resources offered locally through NAMI are:

- Family Support Group on the second and fourth Saturdays of each month from 1-2:30 p.m. at Salem Hospital on the sixth floor of Building A. Family members and friend of those with mental health challenges are welcome.
- The NAMI Marion-Polk Connection Peer Support Group, a weekly 90-minute recovery support group program for adults living with a mental illness. The peer-led group provides a place where people learn from one another’s experience, share coping strategies and offer mutual encourage-

ment. Meetings are held every Monday from 5:15 to 6:45 p.m. at the Recovery Outreach Community Center at 2555 Silverton Road N.E. in Salem.

- Family to Family, a 12-week course for family members of individuals living with severe mental illness. Presenters provide information on the clinical treatment of mental illnesses and teach the knowledge and skills that family members need to care for themselves as well as their loved ones.
- In Our Own Voice is a 90-minute interactive, multimedia presentation by individuals living with mental illness that offers hope and provides insight into the recovery process. Presentations can be scheduled in schools, workplaces or during community gatherings.

“All the support programs are evidence-based,” Bandstra said.

“And the focus is on two things: they are not alone and this is what can be done,” added Zecchini.

AWARD: ‘She is committed to doing the right things’

(Continued from Page A1)
issues and she has held key leadership positions with the League of Oregon Cities, the Mid-Willamette Council of Governments and the Salem Keizer Metropolitan Planning Organization.

“Her work directly contributed to the development of transportation and funding packages, better League [of Oregon Cities] governance and increased intergovernmental cooperation,” said Sean O’Day, executive director of the Mid-Willamette Valley Council of Governments, in a nomination form.

One of Clark’s peers, Mayor John McArdle, of Independence, was effusive in his praise of Clark’s statesmanship.

“Real leadership isn’t easy, it often necessitates dealing with very difficult, challenging issues, issues that others prefer to ignore – not Mayor Clark,” McArdle wrote. “She is committed to doing the right things. She operates with grace, sensitivity, passion, the highest ethical standards and is an inspiration to others.”

Through her involvement, Clark has worked to preserve the home rule authority of cities in Oregon. Her efforts have directly contributed to the development of transportation funding packages and increased intergovernmental cooperation.

“This honor means so much to me because it comes from you, the people who know me,

who work with me and whom I love and respect. People who share a passion for serving all people with dignity and respect,” said Clark in her acceptance speech.

James C. Richards was a city councilor for Bay City and was the administrative officer for Tillamook County. His many years of involvement in intergovernmental affairs serve as a model for others and is the standard by which nominees are evaluated.

The League of Oregon Cities helps city governments serve their citizens by providing legislative services, policy setting, intergovernmental relations, conferences and training, technical assistance and publications.

traffic court

NO LICENSE

Dakotah James Inman, \$235; Caritina Vasquez Vasquez, \$245; Ashton Edwin Maloney, \$245.

NO INSURANCE

Rebecca Lynn Lee, \$600; Irene Ursula Cordova, \$600; Juan Dominguez, \$600; Dawn Rachelle Clayson, \$245; Brianna Michelle Baldie, \$600.

NO PROOF OF INSURANCE

Jared Brian Potter, \$642; Enrique Santana Medina-Ortega, \$300.

DRIVING WHILE SUSPENDED

Enrique Santana Medina-Ortega, \$1,258; Rebecca Lynn Lee, \$1,258; Michael William Juencke, \$1,258; Irene Ursula Cordova, \$1,258; Maria Isabel Cortez, \$1,258; Armando Lopez, \$1,258; Terra Brooke Denney, \$1,258; Juan Dominguez, \$1,258; Brianna Michelle Baldie, \$1,258; Joy Annette Billings, \$440; Kelleen Ann Wells, \$265; Rudy Lee Sobremonte, \$440.

USE OF MOBILE DEVICE

Juan Dominguez, \$600; Elena V. Masalignin, \$235; Karen Eileen Daniels, \$235; David Yazzie Sampson, \$235; Jonathan Bryson Edward Williams, \$235; Omar Luna Marquez, \$235; Jose Fonseca, \$235; Julie Ann Davis, \$235; Aaran Jesus Mendez, \$235; Sara E Oksanen, \$235.

SPEEDING

James Robert Kahn, \$342; Julia Gayle Rowley, \$135; Mary Alice De Mello, \$135; Elizabeth Ashley Christopher, \$165; Ondre Jamal Daniel, \$135; Clara Lynn Godfrey, \$135; Bethany Danae Werst, \$145; Curtis Troy Gibson, \$145.

FAILURE TO OBEY TRAFFIC CONTROL DEVICE

Carol Lynn Carroll, \$245; Emily Elizabeth Kramer, \$75; Harvard Schmidt Bauer, \$245; Beyatrys Guiynyn Van Zandt, \$235.

OTHER

Jared Brian Potter, \$150, failure to carry registration card; Irene Ursula Cordova, \$150, failure to use safety belt; Jose Bernardo Ortiz Reyes, \$115, improper positioning of vehicle; Alicia Renee Morales, \$265, failure of driver entering roadway to yield; Samantha Jade Schermann, \$250, following too closely; Rudy Lee Sobremonte, \$265, improper display of plates; Linda R Bailey, \$115, illegal stopping, standing or parking.

looking back in the KT

5 YEARS AGO

Coming soon: more apartments
In the last few years, apartments and a senior living center have been built on McGee Court. More of both are planned.

10 YEARS AGO

City-wide wifi makes debut
Wireless internet in Keizer launched Thursday. Clearwire has brought its clear Wi-Max service to the Salem-Keizer area, launching on October 1.

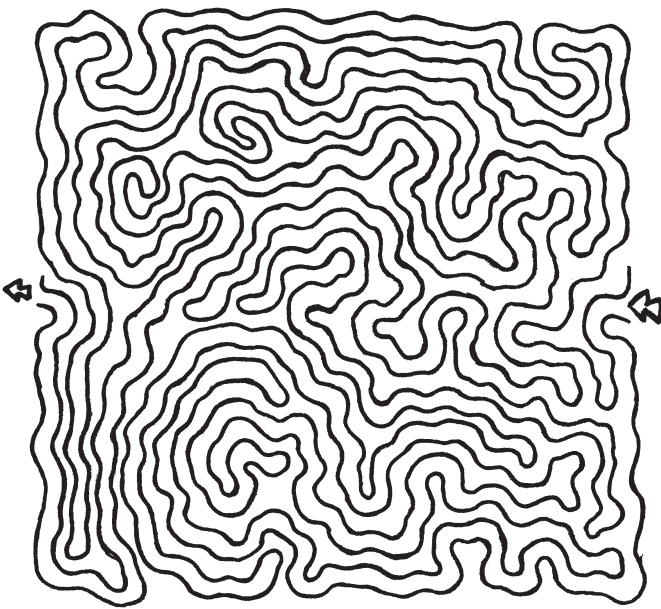
15 YEARS AGO

Officials dig in, launch station
City Officials manned a lineup of excavators to turn the first few shovels full of dirt for Keizer Station Tuesday afternoon, just hours after the last landowner agreed to sell his property to the project’s developers.

20 YEARS AGO

Skyline Ford to open dealership in cinema spot
Skyline Ford plans to open a new car dealership on the site of the recently-closed Keizer Cinemas in South Keizer. It will be Keizer’s first-ever new car dealership.

maze



Maze by Jonathan Graf of Keizer

sudoku

Enter digits from 1-9 into the blank spaces. Every row must contain one of each digit. So must every column, as must every 3x3 square.

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