

Phone: 530-473-2306
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Dear Friends of Wilbur...

We hope you enjoy our new Wilbur Newsletter format that will bring our readers directly into the "essence" of Wilbur events and activities. You can read my column towards the end of the body of the newsletter.

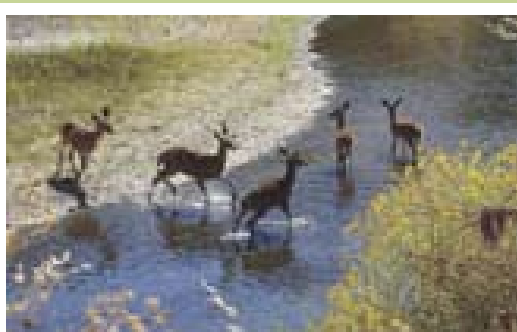
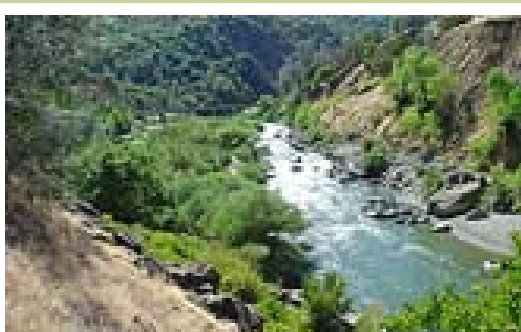
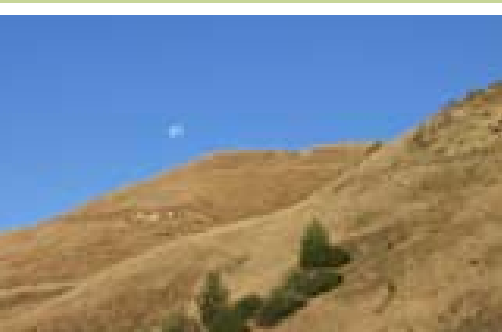
Warmest Regards,
Richard



Wilbur Fall Special

Half-off Wednesday!

Come spend two nights at Wilbur and receive 1/2 off Wednesday night when staying Tuesday or Thursday. Offer good Sunday through Thursday with a minimum two night stay in a room of equal value, non-holiday periods only; not combinable with other discounts. Offer valid thru November 15th.



Did You Know...?

The fall season brings to Wilbur crisp starry nights, cool gentle evenings, and warm autumn days.

UPCOMING WILBUR EVENTS

Writing Workshop with Clive Matson

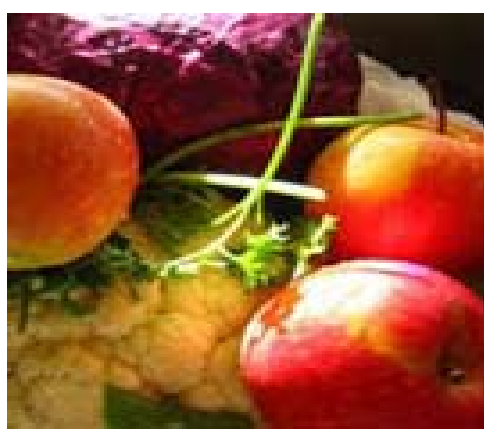
WRITING AND POWERFUL EXPERIENCE

November 2nd-4th

Clive Matson has published seven books of poems, and several manuscripts. ☞ This workshop is for beginners, intermediate writers, and professionals who want to expand their horizons. ☞ Your nighttime dreams - with their vivid scenes and soul-clenching transformations - are expressions of your talent, and every person has loads of it.

Learn more at www.matson-ford.com or check with the Wilbur reservation desk for more information 530-473-2306.

Guest Chef Weekend with Charlie & Marion



November 16th - 17th

☞ Back by popular demand, Chefs Charlie and Marion Cascio return to present their culinary delights for a regular Guest Chef weekend.

☞ More information about Wilbur's Guest Chef program is available on the Wilbur website at www.wilburhotsprings.com.

☞ Make your reservations early to ensure your place "at the table," call 530-473-2306.

Wilbur's Special Birthday Program

Happy birthday to you, happy birthday to you!

Wilbur would like to gift you a Special Birthday Discount

☞ During the month of your birthday, returning guests presenting ID showing the date of their birth will receive 25% off the cost of their stay between Sunday and Thursday during their birthday month, holiday periods excluded.

☞ This gift is for the birthday person plus one guest occupying the same room.

Get a Massage at Wilbur

Massage and chiropractic services are available at Wilbur by appointment for an added fee.

Please call ahead...

530-473-2306

For more information on Wilbur therapists go to www.wilburhotsprings.com

YOU ARE ARE INVITED TO LISTEN TO

MindBodyHealth

With Your Host: Dr. Richard L. Miller



Tuesday, 9am

National Public Radio Affiliate KZYX & Z
 88.1 • 90.7 • 91.5 FM Radio

Mendocino County Public Broadcasting
 On your computer at www.KZYX.org

Intervention from Dr. Richard L. Miller

☞ Due to the fact that almost every family in our country has a member who suffers, or has suffered, from alcoholism or drug dependence many of us are familiar with the word intervention. Intervention is a professional tactic which is used when a person has a serious illness which, by its very nature, prevents the person from being fully aware of their illness and the danger they are in. A typical intervention begins with friends and family of the afflicted person sitting in a room with that person each, in their own way, expressing their love of the afflicted person along with their perspective on the illness and why they believe it is essential that the person get into residential treatment immediately.

☞ Interventions came into being through the specialty of chemical dependence treatment. The illness of chemical dependence, or as it is sometimes called "drug/alcohol addiction", is one in which the suffering person may have little if any awareness of their disease or its severity. The intervention was designed to save the lives of alcoholics and other drug addicts by getting them into treatment before irreparable damage was done.

Interventions are rarely, if ever, done on cigarette smokers or overweight/obese persons, but I now raise the question: why not? Is there any good reason why we should not begin intervening on the lives of cigarette smokers and the overweight/obese? Should we not attempt to treat them before their illness does irreparable damage to them? And what about overweight/obese children? Should we not intervene in hope of sparing them years, if not decades, of humiliation, misery, and ill health?

☞ Some of you might be thinking "if we intervene on these smokers and overeaters where will it end?" Are we not imposing our values on these folks? Do they not have the right to be addicted to nicotine since it is legal? Do people not have the right to be overweight and obese? These are important questions that require due consideration. Certainly we do not want the government intervening on our personal habits so long as they are within the law. But what about close friends and family? What are we to allow or request from them?

☞ If your best friend has bad breath and you honestly give feedback you may be helping your friend address a serious underlying illness that the bad breath is a symptom of. How far are you willing to go if your friend smokes cigarettes or is overweight or obese?

Wishing you all in good health,

Richard

Richard Louis Miller, M.A., Ph.D.
 Wilbur Caretaker in Chief since 1972



STAFF POSITIONS

Seeking qualified person for Front Desk/Reception.

Full-time, 40 hours per week. Salary plus laundry,

internet access, benefits and full use of facilities and

grounds. Hospitality experience preferred.

Call (530) 473-2306 between 10:00 a.m. and 5:00 p.m.



Massage Therapist

Wilbur is looking for experienced **massage contractors** for it's rotating program. Please contact Meg at 530-473-2306 for more information.

Wilbur Work Exchange

Seeking part-time help for Wilbur's 3-month live-in position. Full use of facilities plus room and board provided in exchange for 20-25 hours per week; nights and weekends required.

"In all the world, no waters like these"

May abundance and joy enter each of your lives every day!

☞ From all of us at Wilbur

Ph 530-473-2306 · Fx 530-473-2497 · www.wilburhotsprings.com



CREDITS: Photos: Meg Solaegui; Newsletter editing, layout and design by Wild West Communications Group: Ed Miller, Lolly Kupec and Abigail Gallup, Homewood, Lake Tahoe, CA, 530-525-5201

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