

Applegater

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November 1, 2008
Volume 1, No. 4

Applegate Valley Community Newspaper
Serving Jackson and Josephine Counties — Circulation: 9,000

Postal Patron
November-December 2008



Local conservationist receives award

BY DIANE GARCIA

Su Rolle, former USFS Applegate District Ranger and founding member of the Applegate Partnership, received the Southern Oregon Land Conservancy's 2008 Conservation Award Saturday evening at the local nonprofit organization's 30th Anniversary Celebration in Talent.

The Southern Oregon Land Conservancy's annual Conservation Celebration was held at Paschal Winery and commemorated the conservation of more than 8,200 acres of land. The Award is given annually at the event to honor lifetime achievements of local individuals dedicated to land conservation.

Rolle, who was the first woman in the state of Texas to earn a degree in Soil Science, moved to the Rogue Valley in 1979 and worked for the Ashland Ranger District where she supervised the range, wildlife, timber, and recreation programs.

Her nontraditional management style was instrumental in the on-the-ground recovery effort that followed the Silver Fire in 1987, which burned more than 96,000 acres in southern Oregon and included parts of the Kalmiopsis Wilderness Area. Rolle persuaded the Forest Service to use helicopters instead of the more invasive logging methods used at the time in order to maintain the roadless quality and natural beauty of the area.

See ROLLE, page 2

Farewell to Frank Ferreria
Owner of Applegate Red Winery
See page 16

33rd Annual Clayfolk Pottery Show

Clayfolk will celebrate its 33rd pottery show and sale at the Medford Armory on November 14, 15, and 16. Featuring a wide range of ceramic work by more than 60 artists, this show is free and open to the public.

Clayfolk is a nonprofit group dedicated to developing an understanding and love for the ceramic arts. The show includes live pottery-making demonstrations and hands-on experiences for children.

Work from artists highlights both the decorative and the functional, including dinnerware, jewelry, tiles, fountains, sculptures, and much more.

Live entertainment kicks off the show Friday night from 4 to 9 pm. On Saturday, November 15, doors open from 10 am to 7 pm and on Sunday from 10 am to 4 pm. The Medford Armory is located at 1701 South Pacific Highway.

For more information, visit us on the web at www.clayfolk.org

Contact: Julia Janeway, Publicity Chair
Tel. 541-488-5168 Email: pumphouse@mind.net



Thank you from the Applegater



On Sunday afternoon, September 14, a group of *Applegater* supporters met for afternoon tea with all the amenities and a silent auction. This event was held at Eve's Garden Café. A great time was had by all and more than \$2,000 was raised for the Gater. The *Applegater* board would like to thank everyone who supported this event.

See THANK YOU, page 12

Proceeds to benefit the Gater

The book you have been waiting for!

“Here in all their homely and self-depicting humor is a basketful of writings by the lanky and outrageous J.D. Rogers, a modern-day Mark Twain in green high-top sneakers, and a personal story-teller in the style of Robert Fulghum and Dave Barry.

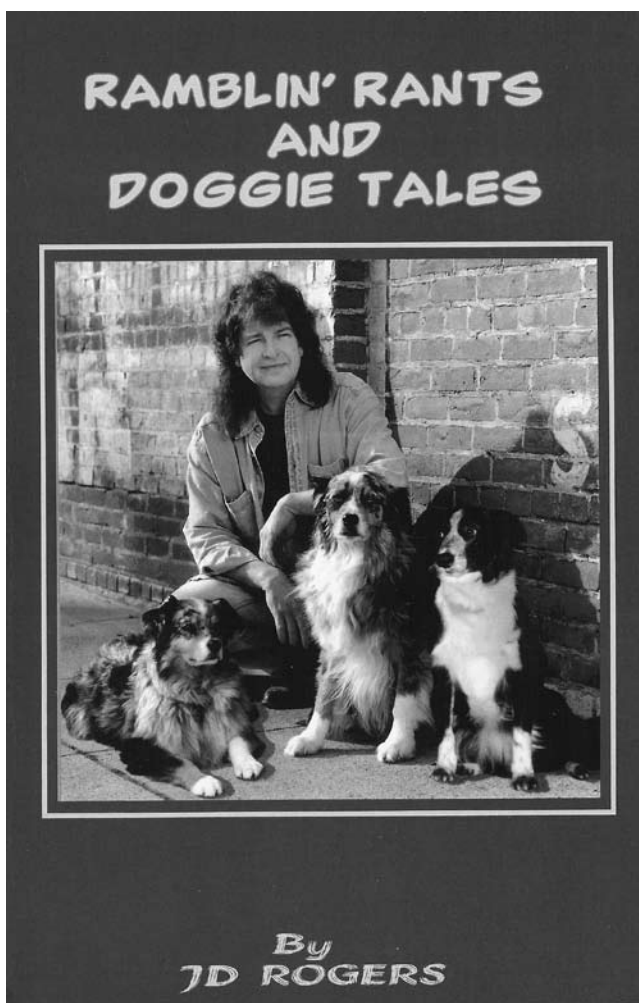
His often hilarious editorials from the *APPLEGATER*, a community newspaper in Oregon’s Applegate Valley, range from tongue-in-cheek stories about his days in Moab, Utah as a self-styled Rock Star to tender and uproarious episodes from his current life in the Oregon log cabin where he lives with two irrepressible dogs and his wife, ‘my bride Sioux.’

Mixed in with the fun is an appreciation of and commitment to preserving the forest of Oregon and the deserts of Utah in the form of some almost-serious rants about the injustices and absurdities of our American life.

In these pages are doggie tales (and much more) to enjoy and laugh with, as well as ramblin’ rants to share and ponder.” Odyssey Press

This is a great gift for you, your family and friends. The cost is a reasonable and well worth it, only \$16.95 plus \$3.95, for shipping and handling, the total being \$20.90. **Twenty percent (20%) of the proceeds will go directly to the *APPLEGATER*.**

Send your check or money order to: JD Rogers, 3905 Thompson Creek Road, Applegate, Oregon 97530.



ROLLE FROM PAGE 1

In 1989 Rolle became the District Ranger for the Applegate Forest District where she supervised more than 120 employees and brought her nontraditional forest management style to all the forest lands in the upper Applegate watershed, an area that covers 219,000 acres. Concerned over the effects of clear-cutting timber, Rolle ended the practice in the Applegate District, and adopted thinning instead.

In 1992 she helped found the Applegate Partnership, a diverse group of stakeholders who came together to manage the forestlands in the Applegate District. Two years later, Rolle took on the role of Interagency Liaison for the Partnership, tearing down barriers and building relationships among the different groups of landowners. The Applegate Partnership became a national and international model for managing forestlands using a community collaborative process, and Rolle received many awards and commendations for her role.

In 2004, after five years of retirement, Rolle became the first Conservation Coordinator for the Southern Oregon Land Conservancy and guided the management of the lands held in their trust, which included 35 properties and more than 6,000 acres of farm, forest and scenic lands.

The Southern Oregon Land Conservancy protects special lands in the Rogue Basin and surrounding areas for this and future generations by working cooperatively with landowners and communities.

It was the first land trust to form in Oregon and works with landowners and local jurisdictions that voluntarily choose to permanently protect lands in order to ensure that their conservation values are retained. For more information, visit Southern Oregon Land Conservancy online at LandConserve.org or call 541-482-3069.

Diane Garcia • 541-482-3069
diane@landconserve.org

WHO WE ARE

The Applegate Valley Community Newspaper, Inc. is a pending nonprofit 501(c)(3) corporation dedicated to the publication of the *Applegater* newspaper, which we feel reflects the heart and soul of our community. Make your contributions to either the Applegate Valley Community Newspaper, Inc. or to the *Applegater*.

Our Mission

The nonprofit Applegate Valley Community Newspaper, Inc., (AVCN) provides the many rural and diverse communities of the Applegate Watershed with a communications vehicle, the *Applegater* newspaper, free of charge to all watershed residents. Our bimonthly paper presents constructive, relevant, educational and entertaining reports on a wide variety of subjects such as:

- natural resource issues
- ecology and other science information
- historical and current events
- community news and opinions

AVCN encourages and publishes differing viewpoints and, through the *Applegater* newspaper, acts as a clearinghouse for this diverse community. We are dedicated to working together with community members to maintain and enhance the quality of life that is unique to the Applegate Watershed.

Acknowledgements

The *Applegater* is published bimonthly by the Applegate Valley Community Newspaper, Inc. and is funded by donations from our loyal readers and advertisements for local businesses.

Special thanks to Carole Moskovita for layout; Barbara Holiday, Joan Peterson, Sue Maesen and Paul Tipton for editing; Barbara Holiday, P. R. Kellogg and homeschoolers Kelton and Jakob Shockey for proofreading; and Lisa Crean for bookkeeping.

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The *Applegater* requires that any and all materials submitted for publication be the intellectual property of the author unless otherwise credited.

Letters to the Editor cannot be more than 450 words. Opinion pieces and unsolicited articles cannot exceed 600 words. Community calendar submissions must be to the point. All submissions must be received either at the address or email below by December 1 for our next issue.

The Applegater
c/o Applegate Valley
Community Newspaper, Inc.
7386 Highway 238, PMB 308
Jacksonville, OR 97530
Email: gater@applegater.org
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Applegater

ISSUE	DEADLINE
Jan-Feb	Dec 1
March-April	Feb 1
May-June	Apr 1
July-August	June 1
Sept-Oct	Aug 1
Nov-Dec	Oct 1

Community Calendar

Applegate Valley Garden Club meets at 1:30 pm on the third Wednesday of the month from September through May. For meeting locations and programs call Sandra King at 541-899-9027 or Betty Lou Smith at 541-846-6817.

Applegate 4-H Swine Club meets on Tuesday following the third Wednesday of every month at 7 pm. For more information contact Charles Elmore at 541-846-6528 or Barbara Niedermeyer at 541-846-7635.

Applegate Christian Fellowship. For service times, call 541-899-8732, 24 hours/day.

Applegate Friends of Fire District #9 meets on the third Tuesday of each month at the Fire Station—1095 Upper Applegate Road—at 6:00 pm. New members are welcome. For more information, call Bob Fischer 541-846-6218.

T.O.P.S. (Take Off Pounds Sensibly) meets every Tuesday morning at Applegate Church, 18960 North Applegate Road (at the corner of Hwy. 238 and N. Applegate Road). Weigh-in starts at 8:30 am; the meeting starts at 9:00 am. Come join us!

Josephine County Soil and Water Conservation District (SWCD). Meets Thursdays at 6 pm. For meeting information, call Connie Young at 541-846-6051.

Applegate Valley Community Forum (AVCF) meets the third Thursday of each month, location alternating between Applegate and Ruch. For more information, call Pat Gordon at 541-899-7655.

Greater Applegate Community Development Corporation meets the second Wednesday of each month at 6:00 pm at the Applegate Library on North Applegate Road in downtown Applegate. For more information, call toll-free at 866-289-1638.

American Association of University Women (AAUW) Grants Pass area meets monthly from September to June. College degree required for membership. Days and locations vary. Contact Ann Kistler 541-471-1963 or Kathy Kirchen 541-846-9039.

AA Meetings Tuesday nights at 7 pm in Williams. Upstairs at the American Legion Hall. Contact Stan at 541-846-0734.

Applegate Library Hours
 Sunday..... closed
 Monday..... closed
 Tuesday..... 2 pm - 6 pm
 Wednesday..... closed
 Thursday..... closed
 Friday..... 2 pm - 6 pm
 Saturday..... 10 am - 2 pm
 (Storytime will be held Tuesdays at 2:30 pm.)

Ruch Branch Library Hours
 Sunday..... closed
 Monday..... closed
 Tuesday..... 11 am - 5 pm
 Wednesday..... closed
 Thursday..... 1 pm - 7 pm
 Friday..... closed
 Saturday..... 12 pm - 4 pm
 (Storytime will be held Tuesdays at 11 am.)

Friends of Ruch Library Board of Directors meets monthly. Check with the Ruch Library for schedule. 541-899-7438.

Food & Friends. Senior Nutrition Program invites local 60+ seniors to enjoy a nutritious, hot meal served at 11:30 am Monday through Friday at the Jacksonville IOOF Hall located at the corner of Main and Oregon Streets. A donation is suggested and appreciated. Volunteers help serve meals or deliver meals to homebound seniors. For information about volunteering (it takes 40 volunteers to keep the Jacksonville program going) or receiving meals, call Food & Friends at 541-664-6674, x246 or x208.

Williams Library Hours
 Sunday..... closed
 Monday..... closed
 Tuesday..... closed
 Wednesday..... closed
 Thursday..... closed
 Friday..... closed
 Saturday..... closed

Josephine County Farm Bureau For meeting information, call Connie Young at 541-846-6051.

Upper Applegate Grange #839 Business meetings: first Thursday at 7:30 pm. Potluck/Social meetings: fourth Friday at 7:30 pm, open to the public. Join us for informative meetings, fun and involvement in community service. Sponsors of Boy Scout Pack #18. Call 541-899-6987.

Williams Rural Fire Protection District Meetings: fourth Wednesday of the month at 7 pm at the Williams Fire Department.

Williams Creek Watershed Council Meetings: fourth Wednesday of the month at 7 pm at the Williams Creek Fire Station. The Public is welcome. For more information, call 541-846-9175.

Williams Grange Pancake Breakfast, second Sunday of each month, 8:30 am to 11:00 am. Closed July and August. Bring the whole family! 20100 Williams Hwy, corner of Tetherow Road near the Williams General Store. For more information, call 541-846-6844.

Wonder Neighborhood Watch Meetings, second Tuesday of each month, 6:30 pm, Wonder Bible Chapel.

Applegate Fire District Board of Directors meets on the third Wednesday of each month at Station 1 – 18489 N. Applegate Rd. at 7:30 pm. Except for the months of March, April and May, which are held at Headquarters – 1095 Upper Applegate Rd. For more information, call 541-899-1050.

Applegate Neighborhood Network (ANN) meets on the last Wednesday of every month at the Ruch Library. All interested persons are welcome to attend. ANN is a community organization dedicated to protecting, preserving, and restoring the Applegate watershed. For more information about ANN, call Duane Bowman, 541-899-7264.

Women Helping Other Women (WHOW) meets the second Thursday of the month at 10036 Hwy 238 (Gyda Lane) at 6:30 pm for a potluck meeting to plan work parties at each other's homes. New members are welcome. For more information, call Thalia Truesdell at 541-899-8741 or Sioux Rogers at 541-846-7736.

Email calendar information to gater@applegater.org.



Art sale will benefit Ruch Library again this December

You are invited to the second annual **Applegate Artisan's Exhibit and Sale** on Thursday, Friday and Saturday, December 11, 12 and 13, from 12 to 7 pm. Twenty-five Applegate artists and crafts people will display a wide variety of their work, with 30% or more of all sales donated to the Library. The money raised will go towards maintaining the extended hours at the Ruch Library. Do your Holiday shopping early, while supporting the Ruch Library. Come and see the work of Applegate's finest artisans in a gallery setting at the Ruch Library:

- | | |
|---------------------|--------------------------|
| Jewelry | Collages |
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| Pottery | Candles |
| Mirrors | Paintings |
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| Christmas Ornaments | Wood-turned Bowls |
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| Hand-crafted Paper | Reed Baskets |
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Thalia Truesdell • 541-899-8741



Jackson County Master Gardener Association and Oregon State University Extension Service

Winter Dreams - Summer Gardens

Saturday, November 1, 2008 • 9 am to 5 pm

Stevenson Union, Southern Oregon University

This one-day gardening symposium features more than 30 horticulture classes to choose from. Topics are varied and suitable to both novice and seasoned gardeners alike, including: vineyard start-up and management by Weisinger's Vineyards, composting with worms, large harvests from small spaces, identifying and managing bugs in your garden, and Stan Mapoloski, a popular local personality, will be giving an especially useful course on plant choices for the Rogue Valley.

Pre-registration is strongly recommended by October 29 to guarantee class selection and lunch. Registration cost is \$50, or \$25 for full-time students, and covers your choice of four classes and lunch.

Information and registration are available online at the Jackson County Master Gardener website at <http://extension.oregonstate.edu/sorec/gardening>.

Look for brochures at local garden centers and nurseries, or contact Bob Reynolds at 541-776-7371.

Caring for Garden Tools in All the Seasons

Thursday, December 11, 2008 • 7 pm to 9 pm

by Colby Troxel, Grange Co-op

How to care for your garden tools year-round, with emphasis on the end of the gardening season will be covered. Sharpening of gardening tools also will be included.

There is a fee of \$5.00 per class unless indicated otherwise. Classes are held at the OSU Extension Center located at 569 Hanley Road, Central Point, Oregon. 541-776-7371.

The Jackson County Master Gardener Program, a program of Oregon State University Extension, educates local gardeners on the art and science of growing and caring for plants. Trained Master Gardener volunteers extend sustainable gardening information to their communities through educational outreach programs.

To learn more about Jackson County Master Gardener Association, go to: <http://extension.orst.edu/sorec/mg>.

Chris Greene • 541-664-5898 (after 10 am)

cgreene00@juno.com

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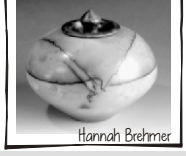
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Hannah Brehmer



Alesia Clark

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Saturday 10am-7pm
Sunday 10am-4pm
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Ginger Steele

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In town/to town

BY MEG GUSTAFSON



When I come home to the Applegate I am always greeted by the “White Horse of Sterling Creek.” He stands majestically at the three-mile marker as a sentry to the gateway of home. One rainy day through the foggy mist I saw his lips move and I heard him say, “Welcome home, Meg.” On another rare day as I was heading in “to town,” he would not make eye contact with me. I brushed it off originally, but it still unnerved me throughout the day. Rightfully so, I got a speeding ticket and a flat tire. You get the picture; no eye contact from the White Horse means turn around and go home.

As Applegate residents, we have two choices for a response when a friend calls and asks what you have been up to. Choice #1: I have been “in town,” spoken with a sense of survival, or Choice #2: “I have to go “to town,” murmured with a slight whine.

Every year Merriam-Webster adds about 100 new words to their dictionary. Last year a few of these new words were:

Mouse Potato: a person who spends a great deal of time on the computer

Himbo: an attractive vacuous male

Bahookie: a person's buttocks (I actually think we already have enough words to describe this anatomical landmark.)

So I'd like to nominate a new word for 2009:

In town/to town: a time period (usually unbearably long) doing errands, mundane life duties either looming ahead of you or already accomplished with a serene sense of survival. Origin Applegate Valley, Oregon.

My friend Justin Pereira of Thompson Creek thinks we need to clarify the definition of “in town” further by adding the words “the

interior.” The dreaded interior is defined by Justin as anything past Bi-Mart on Jacksonville Highway. For example, Costco and Fred Meyers are definitely within the boundaries of the “interior.” So when he's asked what he has been up to he can say, “I have to go to town, but it's not too bad, it's not “the interior.” I've never asked him his landmarks for Grants Pass...mmmm.

So let's all shop, eat and talk local since we now speak the same language. And when we come home to the Applegate we can “woot,” which some of you may know was one of the Merriam-Webster's new words last year. “Woot:” expressing joy, after a triumph for no reason at all.

Author's Note: My friend Kathy Shepard (a former Sterling Creek resident) called today and asked me what I was up to. I knew I had two responses: I was either going in to town or had just come back from town. But on this day my answer was that I was frantically searching for a picture of “the White Horse of Sterling Creek” for an article for the Applegater. “What?” she asked immediately knowing what horse I was referring to. “Is the White Horse of Sterling Creek still alive?”

“Mmm...” I thought. “I wonder if I am writing about a dead horse?” In fact, I realized I had not seen him in his landmark spot. Through the phone chain of Sterling Creek I found he was owned by Bob Hayes and his brother Don. I got Don's wife Doris on the line and asked if the “White Horse of Sterling Creek” was still alive and maybe available for a photo shoot? Doris let me know that “Shadow” was very much alive, pushing 24 years of age, but unavailable at press time for an interview or photo shoot because “he is out of town on a hunting trip with Bob and Don.”

Now that is really something to woot and whinny about!

Meg Gustafson
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megngary@connpoint.net

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DIRTY FINGERNAILS AND ALL

Talk about being confused!

BY SIOUX ROGERS

As usual, I spent hours pondering what would be interesting to write about and what you would find interesting to read. My initial idea was, as I see it now, overly biased and undereducated. I thought I would give this column over to heirloom plants and the case for saving seeds. I must admit, I am now overwhelmed as to the contradictory statements I found in my quest.

For the sake of enlightenment, I will just present, in *Reader's Digest* form, some of what I have read. This article will not include information on genetically engineered crops.

What is the difference between "heirloom plants" and "hybrid plants"? The basic definition seems to be a timeframe of at least 40 to 50 years ago. The values of heirloom vs. hybrid are clearly at odds. Growers of the newer hybrids view lovers of the heirloom culture as relatives of a tree hugger. Proponents of heirloom seed saving and growing march to the tune as the saviors of world food diversity. Who owns and is producing the new and old seed variety should be of concern to both groups, not a dividing ground. Sadly, this is not true.

"Heirloom plant" (from *Wikipedia*, the free encyclopedia):

"An heirloom plant, heirloom variety, or (especially in the UK) heirloom vegetable is a cultivar that was commonly grown during earlier periods in human history, but which is not used in modern large-scale agriculture. Many heirloom vegetables have kept their traits through open pollination, while fruit varieties such as apples have been propagated over the centuries through grafts and cuttings. The trend of growing heirloom plants in gardens has been growing in popularity in the United States and Europe over the last decade.

"Some people grow heirloom plants for historical interest, while others want to increase the available gene pool for a particular plant for future generations. Some select heirloom plants due to an interest in traditional organic gardening. Many simply want to taste the different varieties of vegetables, or see if they can grow a rare variety of plants."

As for the date as to what qualifies as "heirloom," that seems to vary by a few years depending on the literature. Generally, from 1940 to 1950 is the acceptable timeframe. The transition from heirloom to hybrid seems to be when the Mendelian (the pea guy) techniques took over and the large seed companies began wooing the commercial farmer to shift to the more profitable but "unstable" hybrids. As previously mentioned, this was about 50 to 60 years ago.

Prior to the resurgence in heirlooms, this also meant the seeds were not available commercially. This does not seem to be so anymore, as I have noticed commercial seed growers jumping on the proverbial bandwagon

and selling heirloom tomato seeds, especially "stabilized."

Heirloom seeds have subcategories, albeit a bit confusing, but go something like this:

It can be called "Commercial Heirloom" if it existed pre-1940 but was sold by commercial companies. A "Family Heirloom" is a seed variety handed down from generation to generation. It generally is very stable, producing the same type of previously known plant. Then there is "Created Heirloom," which means that cross-pollination was done for at least five generations and a stable new heirloom was created. Lastly, there is the "Mystery Heirloom," rather like the "Created Heirloom," except the birds, bees and wind did the job, not humans. (Above information gleaned from Planet Veggie Garden.)

Unlike hybrids, heirloom tomatoes, or heirloom plants in general, may have different names in different parts of the country. To make this more confusing, heirlooms are very adaptable, so the same plant with the same name may taste very different if it is planted in Maine or California. One of my sisters was comparing this to her vast music knowledge and said, "That is something like Baa Baa Black Sheep, the Alphabet song and Twinkle Twinkle Little Star all having the same melody but a different title." Right, something like that.

Basically, planting an heirloom seed means you can plan on harvesting the exact type of tomato Grandma gave you when you were a child.

Renee Shepard, one of the garden gurus and a personal heroine of mine, wrote an article discussing heirloom vs. hybrids in general, not just tomatoes. The next few paragraphs are from her thoughts, but first I must quote her directly with this timely statement: "When it comes to the world of garden seeds, warring factions can make the Republicans and Democrats seem nonpartisan."

"Hybrid seed" (from *Wikipedia*, the free encyclopedia).

"In agriculture and gardening, hybrid seed is seed produced by artificially cross-pollinated plants. Hybrids are bred to improve the characteristics of the resulting plants, such as better yield, greater uniformity, improved color, disease resistance, and so forth. Today, hybrid seed is predominant in agriculture and home gardening, and is one of the main contributing factors to the dramatic rise in agricultural output during the last half of the 20th century. In the US, the commercial market was launched in the 1920s, with the first hybrid maize. Hybrid seed cannot be saved, as the seed from the first generation of hybrid plants does not reliably produce true copies; therefore, new seed must be purchased for each planting."

Now back to Renee's thinking. Hybrid breeding is not the same as genetic engineering, cloning or a test-

tube baby. If you eat a hybrid anything, it will not alter your DNA. Hybrids are like designer cars, built for certain commercial qualities.

In general, hybrids are easier to grow, more productive and more uniform in size.

When a hybrid tomato, for example, is first put on the market, meaning the first several years or so, it is labeled as 'F1'. They are not as stable as one would generally expect, but eventually do stabilize. From the website "About.com/gardening...but for the moment a tomato like the popular 'Early Girl' does not produce seeds that reliably have the features you expect in an 'Early Girl' tomato. Seed from hybridized plants tends to revert to the qualities of the parents, so tomatoes grown from seeds saved from your 'Early Girl' tomatoes might still be tasty, but not so early." Actually, as I found out this year, one of the parents of hybridized plants is often a cherry tomato due to their disease resistance and hardy quality. So guess what we had growing in the middle of our dahlia garden: a fabulous orange cherry tomato!

In summation, hybridizing was commercially started because they are easy to harvest as they are bred to be the same shape, size, and mature at the same time. They also are bred to be more disease-resistant. That, of course, is a good quality for any type plant.

I am sure you are waiting to quibble about "taste." Well, not all of the hybrids taste like wet cardboard. In fact, I have found, much to my dismay, that my chickens turned down my own homegrown heirloom tomatoes. Now that is a sad story. At the same time, I have had delicious organic hybrids bought from local markets.

Basically we all know tomatoes are rich in vitamin C, and contain significant amounts of vitamins A and B. They also are rich in the minerals iron, potassium and phosphorus. But have you heard of "lycopenes"? Lycopenes are just recently being studied and understood as one of the most important components of tomatoes. Because lycopenes appear to be so very important in many of the antioxidant studies, the

following is just a very brief and partial synopsis of what I found.

"Lycopene is not produced by the body, but must be obtained by eating foods that are rich in it. Found most abundantly in tomatoes and tomato-based sauces, lycopene is the nutrient that gives tomatoes and other red fruits and vegetables their vibrant color..."

A study conducted by the Harvard Medical School and the Harvard School of Public Health examined the diets and health status of more than 50,000 men. Follow-up surveys were performed over a 12-year period. Nearly 2,500 men were diagnosed with prostate cancer during that time. The researchers found that the more lycopene the men ate in their diets, the lower their risk of prostate cancer. Lycopene also has been tested in scientific studies for its role in heart disease prevention. Scientific findings reveal that higher blood levels of lycopene concentrations are associated with a lower risk of heart disease in women. Higher levels of lycopene are found in cooked tomato sauces than in raw tomatoes..." (<http://www.barillaus.com/Home/Pages/Lycopenes.aspx>)

Additional Reading

Sesso HD, Buring JE, Norkus EP, Gaziano JM. Plasma lycopene, other carotenoids, and retinol and the risk of cardiovascular disease in women. *American Journal of Clinical Nutrition* 2004 Jan; 79(1):47-53

Giovannucci E. A review of epidemiologic studies of tomatoes, lycopene, and prostate cancer. *Experimental Biology and Medicine* 2002 Mar 6; 94(5):391-8

To finish off this confusion, I will quote, once again, Renee Shepard. "As in most areas of life, gardeners should celebrate diversity. Plant the best hybrids as well as exceptional heirlooms. Enjoy the process of seeing what successes each growing season produces, and keep experimenting. In the end, gardening is an art in evolution in everyone's backyard, and a full palette of variety options are its tools." Wish I had said that first.

For the Love of Dirt
Sioux Rogers • 541-846-7736
mumearth@apbb.net



A bowl of the author's delicious heirloom tomatoes.

MY OPINION FROM BEHIND THE GREEN DOOR

A territory to care for

BY CHRIS BRATT

There is a venerable citizen forester who taught many of us small woodlands/forest owners in the northwest a lot about how we should be caring for our public and private forest lands. His name is Orville Camp. He and his wife, Mary, have for many years, managed and conducted tours on their own 180-acre forest parcel just south of the Applegate Watershed in Selma, Oregon.

One of Orville's theories of sustainable forest management that he practices has got me thinking seriously about its implementation on our public forest lands nationwide. He believes that the reason public land management agencies like the Bureau of Land Management (BLM) and the U.S. Forest Service have so much trouble and controversy managing our public forests is because their foresters never really spend enough time in the forest or have any individual authority to manage the land. Neither do they live in the rural forest communities they are affecting with unpopular management plans crafted elsewhere in a political urban environment.

Orville's contention is that foresters should not be managing our nation's forests from a computer in the city. Under his stewardship concepts, every forester would be assigned a parcel of forest land (2,000 acres or more) to live on and caretake. He believes that foresters must become intimately involved with their forests and take full responsibility for keeping these assigned acres of trees healthy and vigorous. They should work with the community in making management

Orville's contention is that foresters should not be managing our nation's forests from a computer in the city. Under his stewardship concepts, every forester would be assigned a parcel of forest land (2,000 acres or more) to live on and caretake.

decisions. He insists the results of this more personal forest management would lead to more permanent forest jobs and products while creating more sustainable rural communities and healthy forests.

From my perspective, it's time Orville's proposal is granted some consideration by the BLM and Forest Service. Under their present joint Northwest Forest Plan, his idea of having federal foresters actually live and work in forest communities would fit perfectly into the common adaptive management approach these two agencies have adopted.

Throughout this entire ecological region of more than 24 million public forest acres here in the northwest, surely many thousand acres could be set aside for this kind of experiment in

ecologic, economic and community development. Orville's (and others) success on the small private scale managing their woodlands also may be an answer for agency management success. Putting agency foresters on the ground following the standards and guidelines of the Northwest Forest Plan and our existing environmental laws would lead to more intelligent and accountable site-specific management decisions for our public lands as well.

This is a critical and necessary time for choosing new approaches like Orville's for managing our vast public forests. Old federal agency proposals for revising existing forest plans (the BLM is already revising downward the ecologically sound, balanced and comprehensive approach found in the Northwest Forest Plan) must be looked at now as being based on more harmful forest-wide management considerations and faulty assumptions. These revisions put forward by timber interests and reactionary politicians years ago must be reevaluated in light of our faltering economy and increased awareness of the environmental consequences of such actions. Ideas like Orville's also become more important given the very real threats like global warming to sustaining the broader functioning of our ecosystems.

Could federal foresters living and working on the land they manage do a better job? With help, I believe they could. We have many good, well-trained people working in forestry who would love to get out of the office and into the field. The help they need must come from upper level bureaucrats who are willing to examine contemporary approaches to ecosystem management and forest science, make sure that logging levels are not placed above other forest uses and values, provide adequate funding and reject political lobbying and interference with on-the-ground decisions.

If you think, as I do, that Orville Camp's idea has merit, you might want to explore his other ideas for forest management. He has written, *The Forest Farmers Handbook—a guide to natural selection forest management*, Sky River Press, Ashland, Oregon 1984. He also has submitted alternative management proposals for BLM-managed lands in the area where he lives.

Like many of our nation's institutions, our federal land management agencies are experiencing their own crisis of confidence. I say give them all a territory to care for and lots of good ideas to manage it. Maybe this will revitalize their commitment to sustainable forestry, habitats and communities.

Let me in on any good ideas you have.

Chris Bratt
541-846-6988

VETERANS' CORNER

Fall musings

BY VICTOR CORTEZ

As I write this, October has just begun, a few trees have turned color with slower changing trees seemingly in no hurry to change. The first rainstorm is due tomorrow, Halloween is filling the stores and the Palin-Biden debate is about to make history.

As you read this, November is here. Rain is our friend, Halloween sugar rushes abound, the election is here, and a sincere domestic Thanksgiving wish is gracefully delivered in a timely manner.

The concept of writing to you 30 days in the future about things yet to have happened is interesting and challenging in that my perception of what is true has yet to occur. And yet, if I am correct, what I apply here with ink to paper is/was the prediction of the future, past. With that disclaimer, let me bring you up-to-date.

There is now a post office box for submissions and information exchange for Veterans' Corner which is: Veterans' Corner, c/o Victor Cortez, P.O. Box 3285, Applegate, Oregon 97533. Please remember I must receive any

information no later than the 20th of the published month for printing the 1st, 40 days later. Example, Sept. 1 issue release, Sept. 20 deadline for Nov 1st issue. Nov. 20th for Jan. 1st issue. Please remember dates for listing scheduled events.

VPC-ITO (Veterans, Parenting, Community—In That Order), as presented last issue, has some successes and some disappointments to relate. One disappointment is that I cannot report on the meeting that recently took place because it hasn't happened yet. That future-past trick required that I wait until information that I received September 30 (yesterday) be assimilated into reality.

A few days prior I had read in the *Mail Tribune* that White City Southern Oregon Rehabilitation Center and Clinics (SORCC aka "the Dom") was to receive two new vans from the Disabled American Veterans (DAV) in a ceremony the Dom. Nervous tension developed as I reacted instinctively to brace myself for combat. We had been waiting patiently for BM (Bureaucratic Movement) on our request for a van in the Applegate Corridor for months now, with no word from the Veterans Administration or SORCC in White City. I started developing that invisible feeling again. I knew we had to act, to fight for one of those vans, to keep pushing for Applegate Medical Services and to correct the disrespectful treatment of one of our Applegate Veterans. Tomorrow we march on the Dom. I

won't sleep tonight.

In the morning, dosed with coffee and my pain and head medications (stress always kicks it up a notch), I polished my armor, sharpened my sword and awaited my trusty steed. (Kathy the Rock Lady, a non-veteran affiliate volunteer, showed up to drive me instead.) On the way, I practiced my tact. Post Traumatic Stress Disorder (PTSD) anxieties tend to spew forth unintelligibly when I'm treating my survival guilt with penance of service due for family members.

As usual, all my prep was nullified shortly after arrival by those famous BM words, "He's not in his office at the moment but if you would like to take a seat..." BM's and waiting, two of my favorite things. While we wait... a

short description of Dan Kelly, Assistant to the Director at SORCC.

Dan Kelly was the liaison who came to Applegate Community Church and spoke to our VPC-ITO group, early in our attempts to bring veterans' services to the Applegate. He has been helpful, honest and realistic. There are communication

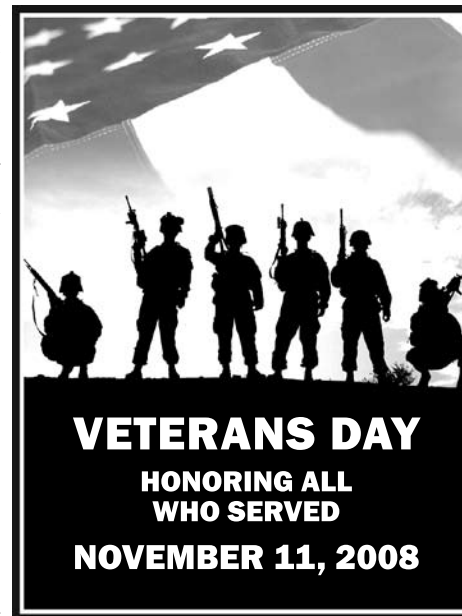
issues that have limited cooperation and dissemination and the desire to work with us whose PTSD, manias or just choice have led us to choose the rural sanctuary of Applegate as our asylum. For this I thank him and hope you will also by calling and encouraging him on behalf of Applegate Veterans at 541-826-2111 ext. 3346.

So...now that Dan has arrived, we catch up and get to the point. I show Dan the article about SORCC receiving the two vans from DAV. "Are either of these for us?" I posed. They are finalizing, but as it stands, both vans will be headed for the Applegate. One pointed towards SORCC White City, the other towards Grants Pass Veterans' Center. Eureka! Achievement! Success! But wait, the details are unclear so the cheering is on hold. Logistics take time but hopefully at this reading, someone will be scanning the *Applegater* on their way to SORCC in the comfort of a new transport van and can thank Dan for the rest of us. If not, hopefully soon.

Next on the agenda was the disrespectful treatment by an SORCC bureaucrat in eligibility whose name I won't mention because I don't know it. I can say that Dan Kelly would like to know the name for follow-through. It was his hand-carried delivery that precipitated and expects better treatment than that which was delivered to our fellow veteran. Hurrah!

With that we move on to the Applegate Medical Services agenda.

See VETERANS, page 7



TRENDS AND OBSERVATIONS

Passing of an era?

BY RAUNO PERTTU

The banking “bailout” was the latest in a series of events that could mark a historic turning point for the world economy and, more importantly, for us in America. The bailout and other changes could mark the beginning of the end of an era where we have been the dominant economic and military superpower.

Many changes seem to point to this possibility, of which the bailout is only the latest. It has been apparent for several years that China’s economy could overtake ours in the next several decades. This financial crisis could allow China to catch us sooner than forecast. The stimulus package passed by congress will not solve the underlying economic crisis. It will only be designed to ease the blow until real solutions can be enacted. There will be no quick and easy road back to a booming economy.

Numerous economists have pointed out that our current crisis is creating a massive buying opportunity into U.S. banks and corporations. Dollars held by China and India, as well as Middle Eastern oil money, are buying U.S. stocks and assets that have become very cheap during our bank crisis. This buying is transferring ownership of these banks and corporations, and creating worries not just for us, but also for the foreign buyers.

Alia McMullen reported in the *Financial Post* on October 1 that Mr. Fan Gang, consultant to the People’s Bank of China monetary policy committee, worries that China’s huge holdings of U.S. securities will decline in value in this crisis. He additionally worries that China’s export sales to the U.S. also will suffer. He is concerned about reinvesting into the U.S. economy as opposed to diversifying by investing elsewhere in the world, but stated that outside the U.S. “There’s not many assets you can buy because basically

it’s the U.S. that issues the bonds and borrows the money.”

This banking crisis has created worldwide fallout. A likely result is that the dollar will continue to have increasing competition as the dominant international currency, and the U.S. will be looked upon with suspicion as a place for foreigners to invest. To avoid further dependence on our economy, China, for one, hopes to replace at least part of its lost U.S. sales market by increasing its own domestic demand.

To avoid further dependence on our economy, China, for one, hopes to replace at least part of its lost U.S. sales market by increasing its own domestic demand.

Other factors are contributing to our erosion from the position of the world’s leading superpower. For example, in an October 1 online article “Tectonic Shifts Create New World Economy,” *Business Week’s* China Bureau Chief Dexter Roberts stated that another reason for this shift in superpower status is the fact China and India graduate about half a million scientists and engineers per year versus 60,000 here (and he could have added many of our PhD students return to their native countries such as China and India on graduation). According to Mr. Roberts, economists are seeing a major shift in technological advancement from the western countries to Asia. New technological advances will create the high-paying jobs and strong companies of the future—in China and India. He stated that the power shift toward China and India is geopolitical as well as economic.

Much has been written about this ongoing major economic, geopolitical and military shift. In an orderly

economic world, the emergence of China and India has been forecast to occur over a period of decades. In the aftermath of this crisis, if our economy stalls and if China’s economy can overcome the initial blows created for it by our problems and resume its rapid economic growth, its economy could overtake ours much sooner.

The world has seen many superpowers emerge, bloom and fade. So, what happens to superpowers when they fade? We were anointed with the throne of superpower after World War II. Russia, although a major military power, never achieved our economic and cultural status. With the collapse of communism, we were alone on the superpower stage. Europe had already begun to fade from the world power stage before World War II and could give us a peek into our possible future. Today, Europe has a high standard of living. It doesn’t spend nearly as much as us on military budgets, and doesn’t feel the same need to fight foreign wars to protect its interests. For the time being, this has worked out well for Europeans. Only time will tell if this works long-term.

We can’t assume that we would ease into the same comfortable post-superpower prosperity as Europe. For better or for worse, we have been the world’s policeman. During the Cold War era, this was probably critical for Europe’s survival. In today’s world, playing the world’s policeman seems to have at least as much downside as upside. As we give up our exclusive position on the superpower scene, China, to a lesser extent India, and possibly Russia with its petrodollars and nukes, will become dominant players. This is not a particularly comfortable scenario.

As China and perhaps India begin to emerge as new superpowers, their standards of living are rising rapidly.

From an optimistic view, ignoring any potential aggressive intentions of China, this could be beneficial. If this continues, coupled with technological advances, many of the world’s long-standing humanitarian problems associated with poverty and population will improve. Of course, these gains will be coupled with increased demands on the world’s resource supplies and increased environmental stress.

An improving standard of living is coupled with declining birth rates. Declining birth rates in turn allow even stronger economic growth. Europe’s continuing prosperity has been in part due to its very modest and even negative population growth. Of course, this situation has created its own problems with an aging population. To further complicate matters, one key segment of new population growth in Europe is its poorly integrated young Muslim minority.

The United States is the only economically advanced nation with a strongly growing population. To maintain our standard of living, our economy has to continue to grow by at least the same rate as our population. As in Europe, the growth of our ethnic group of European origin is minor to even negative. Our projected continued dramatic population growth is by our Hispanic, and secondarily by our Asian ethnic groups. As a result, our future culture will almost certainly be quite different from today.

The effect of this current economic mess on our future is unclear. One aspect of the future that does appear likely is that our role as the world’s only real superpower may be ending. Future historians may point to this current bank crisis as a key historical moment in that transition.

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VETERANS

As it looks, basic medical services in the Applegate are off the table with the success of their transport vans. The powers-that-be believe that medical services and support can best be delivered at the SORCC. However, mental health services are still on their agendas.

In Grants Pass, there has been a shuffle at the Veterans’ Center. Wayne Price has retired (thank you for your service, Wayne), and a new group leader, Mark Levno, is digesting the old responsibilities and new agendas. Unfortunately, at the time of this writing, Mark had not been brought up to speed on what we are trying to do in the Applegate. However, Mark was open to being filled in and has promised to cram. As I understand it, options are being explored on the “what’s” and “how tos” of bringing mental health counseling for Veterans to the Applegate. It’s on the agenda under the “Can Do” list. We have the space graciously offered

by the Applegate Community Church. We will have vans for transport and we have the patients. All we need now is the talented Dr. WHO?

Please, veterans and friends, place a call to Mark Levno. Please thank and encourage him for progress toward achieving the goal of a therapist in the Applegate. A few calls could help. Oh yes... and welcome him to the neighborhood. His phone number is 541-479-6012.

Side Notes:

- VPC-ITO will be having a follow-up meeting on Thursday the November 13 at the Applegate Community Church at 8 pm. Call 541-227-4871 to confirm date.
- Veterans Exchange and VPC-ITO are looking for:
 - 1 Woodcutters and wood buyers.
 - 2 Labor seekers and job seekers
 - 3 Caretakers and caretaking situations

- 4 Renters and landlords
- If you are in the Applegate corridor—come see us. Let us match you up. Let’s keep it local and it’s a free service.
- Looking for submissions of your

PTSD symptoms and how they affect your relationships or lack thereof.

- Also seeking Veteran Prose/Poetry. Until next...Out. Victor Cortez

FROM PAGE 6

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Way to go!

BY JOAN PETERSON



A van-pooling destination in downtown Medford.

A recent train trip from Portland to East Glacier National Park this past summer was a revealing experience. Someone else was driving. We didn't have to remove our shoes or stand in line before taking off. The porters and staff people were polite and helpful in every way. "This is the life," my husband and I sighed in one breath. "Public transportation is the way to go."

What if we had public transportation from Applegate to Medford and back again...every day, and maybe a shuttle on the weekends? We could go to work with an easy mind instead of dodging those bikers and school busses, and the wine tasting folks could come and go safely on the weekends from town to the wineries and home again without worries about a designated driver. The designated driver would be provided by a shuttle service.

These days, with the gas prices hitting the ceiling and insurance and maintenance costs adding up with our vehicles, a van-pooling option could save us a lot of money. I learned from Nathan Broom at Rogue Valley Transit District (RVT) that there is a van-pooling system already in place

at RVT if we can show a need for it. RVT works in partnership with Enterprise Rent-a-Car to provide vans to five or more commuters who are on the same commute-to-work route.

Van-pools operate like a co-op. A van can have two or three drivers, one the primary driver and one or two to relieve the primary driver when necessary. Each van has a contact person and a treasurer to handle the expenses. When I talked to the Enterprise office in Portland, I learned that Enterprise offers assistance in starting up a van-pool and help with the maintenance and insurance costs, but overall, the van-pool is virtually autonomous. To top it off, RVT will pay up to 50% of van-pooling expenses for qualified vans, and that includes fuel.

Enterprise in Portland states that the funds are available according to need. At the present time, there is greater need for vans in the Portland area, but their company is searching for companies in southern Oregon that might have a need for their employees to use a van in commuting to work. If the company does have a need for a van, they can contact Rogue Valley Transit District and, if they have five or more people who would be on a commuter route, a van can be provided to them,

saving them costs of wear and tear on their own cars. The funds are made available through Oregon Department of Transportation.

Or, you might be able to join a current van-pool. If you are an individual with a van-pool route and commute time that matches your own, Enterprise offers a free Ride Matching Program that matches your commute schedule to existing van-pools and car-pools.

According to a September 25 article in the Medford *Mail Tribune* by Paris Achen entitled, "Intermodal Transportation Hub," Medford has combined the Greyhound bus station with Rogue Valley Transit's downtown station at 220 Front Street. The central location will make transferring between local and regional bus services easier for travelers who previously had to walk through downtown to transfer. The site also will be a stop for a shuttle that takes Amtrak passengers to and from Klamath Falls. The new station is owned by RVT and will be leased to Greyhound. Greyhound has taken out a ten-year lease. The station offers ten daily departures with connections

to cities across the nation. Just think, if Applegate had a van-pool service to the new Intermodal Transportation Hub, we could go anywhere in the U.S. with just the price of a ticket. We could read and relax as we travel. No dodging those trucks on Interstate 5.

Another option that would work well for the weekend wine tasters is a shuttle service that could bring people from Jacksonville to the Applegate Valley on Saturdays and Sundays.

There are already a few limousines that provide this service, but at a rate not many can afford. It would be beneficial to our wineries if a shuttle could be provided to take the customers home safely with a designated driver after a day of wine tasting.

It's time for us to create a new paradigm for ourselves if we want to continue living so far away from town. We might have to live more cooperatively with our neighbors and to share in our transportation as well as in other ways. Van-pooling might be a first step toward reducing our carbon footprint.

Joan Peterson • 541-846-6988

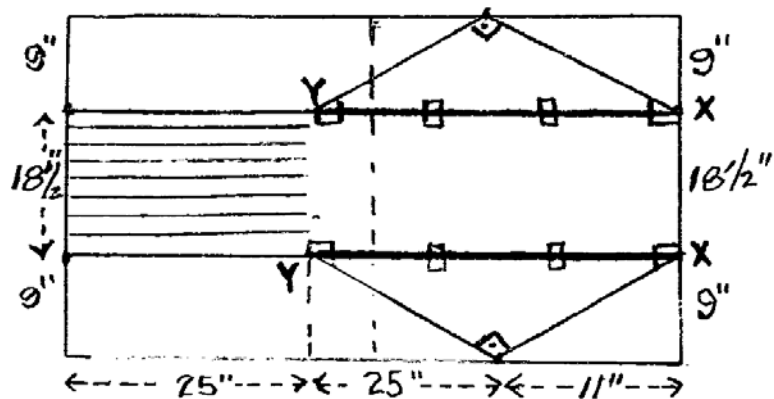
A possible van-pooling depot in downtown Applegate?



FUN AND GAMES

By Marvin Rosenberg

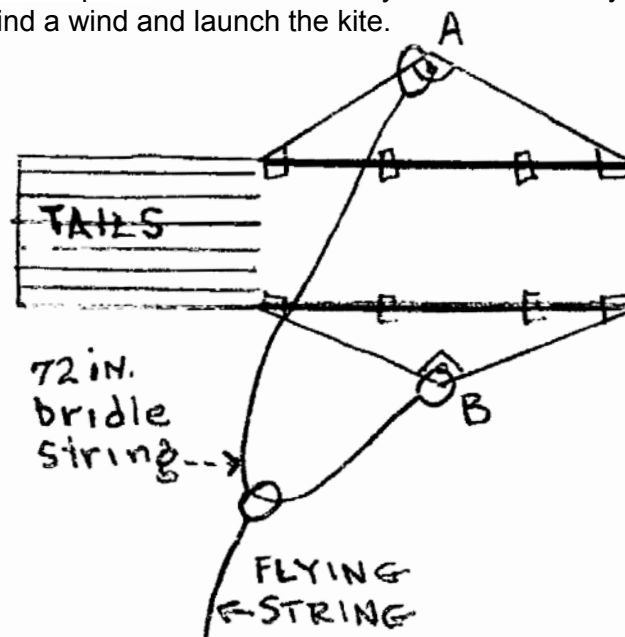
Make a kite using a large trash bag.



You will need:

- A plastic bag (20 gal.),
- Two, 1/4 in. dowels or wood strips, 3-ft. long,
- A ruler, masking tape, scissors, kite string and
- A ballpoint pen. (You can cut the kite pattern bigger or smaller but keep the same proportions.)

1. Tape the two dowels from X to Y.
2. Place tape for strength at A and B and attach the bridle string. Make a loop at the center of the bridle string and tie on the flying string.
3. Cut the plastic to make as many 25-inch tails as you please.
4. Find a wind and launch the kite.



Have FUN!

HEARD IT ON THE GRAPEVINE

Tempranillo —The southern Oregon appellation's rising star

BY CHRIS DENNETT

Everyone who drinks wine is familiar with the big varietal names in the local wine industry: syrah, viognier, merlot, cabernet sauvignon, cabernet franc, and pinot gris, to name a few. But there is another, less well-known outsider that may have one of the brightest futures in southern Oregon. It is a thick-skinned grape with tight blue-black clusters when ripe that hails from Spain, and it is known here as tempranillo.

For those of you familiar with Spanish wines, this newcomer is no stranger. Tempranillo is almost synonymous with Spanish wine, and is referred to by many as "Spain's Noble Grape." It is grown widely throughout Spain, and comprises the majority of blends in the famous growing regions of Rioja and Ribera del Duero, where it also is known as tinto, or tinto fino. It is, however, relatively new to commercial cultivation in the United States.

The word "tempranillo" is a diminutive of the Spanish word "temprano," meaning "early," and is a reference to the fact that it is an early ripening grape among the other Spanish varietals. As we will see, this is one of the things that makes it so well suited for our particular region. It first landed in the Americas with Spanish conquistadors in the 17th century, but was not planted for commercial use until the late 20th century, where it had little success in California's Napa Valley because the growing season wasn't quite right. And, as a wine, it was getting lost next to the exceptional cabernet sauvignons coming out of that region, which were juicier and better suited to the new American palate.

Then something changed in the 1990s: tempranillo pioneer and visionary Earl Jones came on the scene.

Jones and his wife long had had

an affinity for Spanish wines in general, and particularly the tempranillo grape, which was the main variety in their favorite wines from the Ribera del Duero region in north central Spain. Jones had been visiting Spain for years and could not understand why Americans had never been able to grow and market Spanish grape varietals successfully. In 1989, he decided to take matters into his own hands. He began a search that he hoped would find the perfect terroir (soil) in the U.S. to produce a quality tempranillo commercially. It was a search that would ultimately land him in southern Oregon's Umpqua Valley where, in 1995, his groundbreaking Abacela Winery planted tempranillo alongside other varieties never before seen in the Pacific Northwest.

So what's so attractive about southern Oregon for tempranillo? In short, it's the weather. Jones made an extensive climate study, trying to find places in the U.S. that mirrored the climatic conditions in Ribera del Duero, widely accepted as one of Spain's finest regions for tempranillo production. He discovered that it was southern Oregon and, more specifically, the Rogue Valley, Applegate Valley, and Umpqua Valley.

To get elegance and acidity from tempranillo you need a cool climate. But to get high sugar levels and the thick skins that give the rich deep color, you need heat. The Ribera del Duero region has both of these aspects in what is known as an inland Mediterranean climate. It is typified by relatively short mild winters, variable wet springs, long mild autumns, and hot dry summers. It is common during the summer there to have extreme daily temperature variations of more than 40 degrees, with days reaching 100 or higher, and nights in the mid to high 60s. This should sound familiar to southern

Oregonians. Our climate appears to be an almost direct copy of Northern Spain's temperature patterns.

To put it in layman's terms, some grapes are not yet done maturing when our weather begins to cool (think Cabernet Sauvignon), leaving them with long hang times and low sugar levels. Other grapes that thrive in the cooler climes (think Pinot Noir) have a difficult time dealing with the hot weather of July and August. But Tempranillo ripens quickly, getting to the desired sugar levels sooner, making it more suitable for our sweltering summer months. It is a grape that could just as easily have been indigenous to southern Oregon.

The wine it produces is a rich ruby color, and has flavors and odors of berries, plum, tobacco, herb, and leather. It can be slightly tannic and is best served alongside big foods with strong flavors—it can be paired with lamb, beef or strong cheeses.

As we move toward the end of this first decade of the 21st century, tempranillo continues to get new plantings and take over blocs in existing vineyards. Don't be surprised if you start seeing more local tempranillos at stores and restaurants. As this varietal comes into its own in southern Oregon, you are sure to see more of it. Here is a list (probably not complete, so please forgive) of who is doing what with this varietal in southern Oregon.

Abacela. The cornerstone of their winery and the first importer to the southern Oregon AVA (American Viticultural Area). They produce a wonderful, easy-to-drink Umpqua Cuvee, and an award-winning Reserve version. They also use the grape in their Rosado, which is a blend of tempranillo and grenache (known in Spain as garnacha).

Eden Vale. These locals produce a wonderful, rich tempranillo that is

reflective of the tinto style from Spain. A particular standout is their 2002 vintage.

Red Lilly. This is, in fact, the only wine that this craft producer and custom crush client of Roxy Ann makes. It is a quality wine, and has consistently won awards everywhere it has been placed. In Spain it would be a reserva (aged at least three years in cask or bottle). The 2003 is somewhat tighter than the 2004. Both are good now, and undoubtedly better in seven to 10 years.

Roxy Ann. They just recently planted more tempranillo, and word has it they will be releasing their first one this fall. It will be extremely limited, but they expect production to increase over the next few years.

Valley View. Winemaker John Guerrero's Spanish heritage had him thinking about these grapes years ago. They are now producing two different tempranillos, one from Applegate fruit and one from Rogue Valley fruit. Both are quality wines, although my favorite is the Applegate Valley tempranillo.

We should expect to see more from this varietal rising star of southern Oregon. Pour a glass, raise it, and repeat after me, "Viva tempranillo!"

Chris Dennett

Chris@elementsmedford.com
541-779-0135

Chris Dennett is proprietor of Elements Tapas Bar and Lounge on Main



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THE STARRY SIDE Swinging Milky Way

BY GREELEY WELLS

We're just in the autumnal equinox as I write this in September, the mid-point between summer and winter's longest and shortest days. These nights the Milky Way, our galaxy, is running north to south with the Northern Cross on its side overhead in the middle of it. By the time you read this the galaxy will be almost diagonal across the sky north/east to south/west. By mid winter it will be east/west, a startling counter clockwise swing through the night sky. By this end point Orion will be leaping up while lying down in the eastern sky and later in December even Sirius, the dog star should be rising following Orion, our old favorites of the winter.

Now here's something: you can have a sneak preview of all this in one sleepless night or a few nights if you like. Just after the sky is dark go out and check it. You will see the Milky Way somewhere between north/south and towards diagonal. By midnight it will surely be diagonal and by predawn you will see the mid-winter sky with the east/west orientation of the Milky Way replete with the Northern Cross almost perfectly upright on or near the western horizon! The next season's constellations are always in our predawn sky. The later you try this the further along will be the procession. With a winter look you'll see into spring with further counterclockwise turning of the Milky Way till it's south/east to north/west and eventually north to south again: full circle!

This counter clockwise swinging of the Milky Way helps you to understand the strange movement of the sky above us. It is not just a simple east to west overhead swing but some sort of counter clockwise turning also. I'm still trying to figure out this complicated movement but it sure is beautiful. It's very complication adds much to its beauty and mystery.

P.S. Anyone notice my mistake last issue? Anybody reading this column? The meteors appear to fan out *from* the radiant in the east, not towards it! Sorry. Gee, I guess I'm not perfect after all.... shucks.

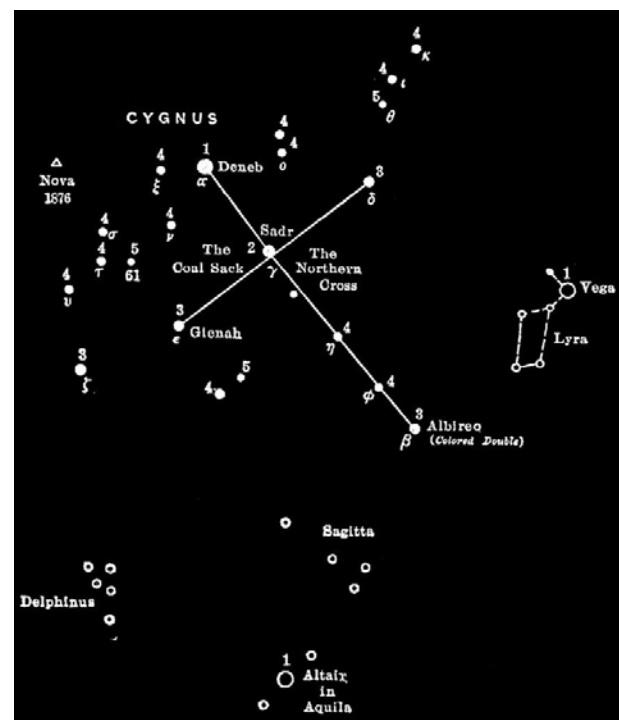
The Planets

Venus and **Jupiter** dance for several hours in the southwestern November sky after the sun sets, then they set as well. With them are **Antares** and the moon on October 31 and November 1-3, as well as November 29, 30 and December 1 when Antares will have already set. In December Venus and Jupiter get even closer, side by side on December 1 with a crescent moon near by. Venus passes Jupiter and continues to rise as Jupiter falls to the horizon.

Here's something interesting: on New Year's night the very bright Venus has the crescent moon to it's upper right, a final show for the parting old year's last evening.

Jupiter as mentioned above is left or south of Venus in November. Jupiter heads for the horizon line as the days pass and Venus rises higher. In December watch the dance change as Jupiter falls into the horizon by month's end passing Mercury both low in the sky, side by side on the 31. But on the 28 there's a tiny sliver moon joining them, if you've got a good southwestern horizon view.

Saturn rises after 1 am and by dawn is almost overhead in November. At dawn with some light in the sky with it, Saturn is in a perfect exposure for your telescope. Something bright is hard to see over a very dark sky. The rings are almost on edge. Notice the shadows of both the rings on the planet and the shadow of the planet on the rings.



Photos: Top—Northern Cross, www.gutenberg.com
Bottom—Milky Way, www.bigcigarastronomy.com

Mercury is basically invisible. It's very low early in November and then disappears into the sun, joining Mars which we cannot see at that time.

Of Special Note

On the first Sunday of November, the second, change your clocks back one hour from daylight-savings back to Standard Time. Officially the 1-2 am hour is repeated. The mnemonic is: "Spring forward, Fall back."

The Taurid meteors are very favorable this year between November 5-12. A swarm is possible this year and the radiant (where they appear to radiate from) is up all night.

Try to look when the moon is less, or down. Predawn is always recommended but any time will work.

The Geminid meteor showers peak during the predawn hours of December 14. Try to avoid the full moon, which will interfere with your viewing of the meteor showers.

The **moon** for November is full on the November 13. Look for it just north of the Pleiades. This moon is called the Hunter's Moon, Frosty Moon, or Beaver Moon and the December 12 moon is called the Noon Before Yule or the Long Night Moon.

During November and December the great square of Pegasus rises to be almost overhead. The Pleiades and Taurus are up in the east and the Northern Cross is almost perfectly upright in the west with the now east/west Milky Way.

The winter solstice is Sunday, December 21. These are our shortest days and longest nights (about 14 hours!), bundle up! Although a bit confusing, our coldest temperatures are yet to come! Go figure.

Greeley Wells
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Green and solar tour great success

BY TOM CARSTENS

Applegate Valley's first solar home tour in 22 years was, by all accounts, a great success. The sold-out tour took place on a rainy Saturday, October 4. Two buses transported more than 100 participants to three solar homes and two businesses in the valley. The homes included the 12 year-old Everson off-grid earth berm home, the Adams' brand new grid-tied Energy Star solar home with a ton of energy-saving features, and the Carstens' two year-old award-winning EarthAdvantage home. The businesses included the Conner Vinery, which powers a portion of its pumps and equipment from solar energy, and the Wooldridge Creek Winery, which makes excellent use of passive solar construction to keep power bills low.

An organized tour at each site was conducted by each of the homeowners and the contractors who helped them put in their systems. Banking, design, real estate, and tax experts also were on hand to help out. Tour patrons, most of whom were from the Applegate Valley, said they really appreciated the opportunity to learn about the variety of systems, green measures, and tax breaks that are becoming increasingly available to the

average homeowner now. All participants received a complimentary tote bag filled with a variety of literature to take with them to augment what they learned on the tour. Everyone said that they felt they received excellent value for their ten-dollar ticket.

It wasn't all work. Delicious box lunches were provided by Eve's Cafe. At the end of the tour, the sun came out and everyone enjoyed relaxing and talking at the winery. Wine was provided by Wooldridge and broker Yolanda Haynes contributed delicious food prepared by Jacksonville Inn. The tour could not have taken place without the active participation by GACDC volunteers and a host of others who helped usher patrons and keep things on track for this action-packed event.

Tour organizers already are planning another great tour for the Applegate Valley and possibly the Williams Valley for next year. These tours are in conjunction with the state and national tours that all happen at the same time. If you have a green and solar home that you'd like to show next fall, please give me a call. When we get the word out, people see that going green and solar makes great sense.

Tom Carstens • 541-846-1025



Above—Eric Hansen from Electron Connection explains solar installation at the Adams home. Photo: Tom Carstens
Below—Cecile Everson explains details about the construction of her interesting home on Sterling Creek. Photo: Linda Pinkham



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Praise for solar ovens

BY KRISTI COWLES AND ARTHUR COULTON

This summer for the first time, we invested in a solar oven, and we have been enchanted with the results pretty much every day since. A brief web search found us a non-profit company in Minnesota (www.solarovens.org). Have a look. We admire the fact that they send their ovens to people who spend most of their day hunting for fuel with which to cook their food; sometimes it's even just grass. Can you imagine? Each solar oven sold in North America sends five ovens to third-world countries. These provide fuel, free food and sterilized water.

But back to the food we've been cooking. So far we've cooked brown rice (two hours), vegetables (summer squash, carrots, potatoes, onions, garlic, beets), whole chickens (three hours), chicken breasts, meat loaf, wild Pacific salmon (1-1/4 hours)—to give you a sense of kinds of food. Since we now have two raised bed gardens, Swiss chard, basil, beet greens, and onions all go into our crustless quiches, which we also bake in our solar oven some mornings. Sometimes we have leftovers, which we re-heat as soon as we arise the next morning. They are ready in about an hour. The only thing we've not tried yet is baking sweet breads and cookies. Soon, though. What has also been neat is that we eat our biggest meal late afternoon and have light snacks at night; better for the body and better for sleeping.

The highest temperature the solar oven can achieve is a wee bit over 300 degrees. So cooking in it is obviously slower, but who cares? We're not using energy from the grid! It's a wholesome feeling to go outside, lift the two round, black roasters out of the oven, come inside and feast! It feeds our souls to know that we are being this green, just using the sun—so available every day for at least four to five months per year. As the hours of sunlight diminish, as well as the intensity, it's obvious that food will take longer to bake.

In winter we have a little white wood cook stove, and do pretty much the same in it, both stove top and oven. So really, the only time we'll be cooking using the grid is, well, probably about 10% of the time. Cool, aye? Try it, you'll like it.

PS: By the way, we eat 100% organic—after all, food IS medicine.

PPS: If this article intrigues you, it's a good idea to order your solar oven around March, as they can get backed up in Minnesota now and then. When we called to check on our order, the woman who answered said that talking to us on the phone prevented her from putting in screws. We enjoyed hearing that. She was so patient with us.

Kristi Cowles and Arthur Coulton
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◆ SAMMY'S ◆ OATMEAL COOKIES

This recipe came from an old sailor of the Applegate as told by Charlotte Butcher.

John "Sammy" Smasel served on the USS Arizona alongside Charlotte's father, Carmon Shull, around 1920 and 1921. When Sammy came home to the Applegate, he lived on Highway 238 near the Provolt Church that he attended. Every Thursday was the ladies missionary circle and Sammy made sure that the ladies and kids had all the cookies they could eat. Now Sammy loved coffee and cigarettes and always had both going even while making cookies. After Sammy passed away the ladies tried to make Sammy's cookies like he did, but they never tasted the same. So, they added some strong coffee, but they still were not quite the same. They decided he had a secret ingredient—remember he smoked a lot.

Sammy's Recipe:

- 2 cups of brown sugar (packed)
- 1 cup of shortening
- 2 eggs beaten lightly
- 2 cups of flour
- 1 teaspoon soda
- 2 cups of quick oats or 1 cup of quick oats
- 1/2 cup of chopped nuts
- 1/4 cup of STRONG COFFEE

Dissolve 1 teaspoon baking soda in the coffee.

Mix all ingredients well and drop from a teaspoon onto a greased baking sheet. Bake at 375 degrees until brown for approximately 10-15 minutes.

Now, if you think the secret ingredient is needed, go for it!

Linda Fischer
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Cantrall-Buckley update

BY LAIRD FUNK

Five hundred cubic yards of drainfield rock, 2,300 wetland plants and 5,000' of drip tubing and we're done! Hard to believe, but in essence that's all that's left to do to complete the entire new waste water collection, wetland treatment and re-use system for Cantrall-Buckley park. After thousands and thousands of feet of pressure sewer line and electrical conduit and all the wiring it contains, and tens of thousands of gallons of new septic tanks with pumping units, the wastewater improvement project for the park is coming down to the end.

About mid-September, a major step was accomplished with the installation of a 4,000-gallon fiberglass septic tank to serve as the dosing tank for the drip dispersal system in the campground meadow. Jim Bottroff's crew arrived on a warm Wednesday morning and proceeded to excavate the 20' x 12' x 10' hole needed for the tank and bed it with one foot of round ¾" rock. Next day, on a truck too big to make it up into the campground, the tank arrived and was unloaded on the roadway. This required that we carry the tank, dangling from the bucket of large tracked excavator, nearly a quarter mile to the waiting hole. Into the hole it went followed by yards and yards of more round rock and topped off with the two access risers. Then we set the two large valve boxes that house the control valves and filtering system (top photo).

This tank will receive and store the treated water from the wetland treatment cell. In my last report, the cell was excavated and waiting the next steps. Late in September those steps happened with the invaluable help of the Jackson County Corrections public service work crews. Arriving at the park on a chilly fall-like morning, I was greeted by 30 orange-clad workers with supervisors and a giant 2,800 lb.-roll of 45-mil thick pond liner that would measure 168' x 65' when unfolded. Working on the long lawn of "D" Area our initial job was to unroll and unfold the accordion folded liner, refold it like a tarp and reroll it into a size we could better handle over at the treatment cell.

The rest of the day was spent by one crew raking and leveling a 4" layer of sand on the bottom and the 45 degree walls of the prepared cell. Bottroff's new conveyor delivery trucks made it look almost easy as they threw sand 45' to the far wall and made it stick with the help of the crew and a judicious application of water. After that they filled the bottom and finished off next day with the remaining long side (middle photo). Using a tractor to lift the liner roll, it was placed on a truck and hauled to the treatment cell where it was positioned carefully on the end of the excavation and rolled down the bank to the bottom. After that, the job got harder as the combined crews proceeded to unroll the huge roll down the length of the cell and up the



other end, all the time being unable to step on the sand bed because it had to remain absolutely smooth.

After the sun warmed up the material, the 30-man crew unfolded one side of the liner and passed it up to waiting helpers on the bank. Then, lining up all along that side on the bank and pulling one section at a time into a straight line, they carefully aligned the unopened edge of the liner down the middle of the cell. After that, the crews unfolded and handed off the remaining section to helpers on the west bank and folded the corners so that it lay properly. Justifiably proud of their accomplishment, most of the crew (some seemed camera-shy) happily posed for a portrait in the now lined cell (bottom photo).

Meanwhile Roy Hogg of TruRoy

Electric installed all of the control panels in the two control buildings and started making the connections needed to make a system out of the thousands of feet of various wires we had pulled. With some control panels being interconnected, it was a challenge to sort out which wires went where and then where else. But now it is mostly done and we are waiting for PP+L to bring us power to the campground.

In October, Jackson County will be modifying the water system with the help of Quinn's Well Drilling which has donated much of their labor and parts to the project. Work also will start on the new bathroom sewer and power systems and grading for the bathroom site. Stay tuned for the next update!

Laird Funk • 541-846-6759



We Wish You Well! with Bob Quinn

Amidst this holiday season, all of us here at Quinn's Well Drilling & Pump Service would like to take this opportunity to thank all of our valued customers & faithful readers of our weekly columns. We wish you & yours a joyful holiday and would like to share with you this week—The Goose Story...

This fall, when you see geese heading south in a "V" formation, you might be interested to know what science has discovered about the way they fly.

- As each bird flaps its wings, it creates an uplift for the bird behind it. The whole flock adds at least a 71% greater flying range than if each bird flew on its own. Lesson: People who share common direction are traveling on the thrust of one another.

- Whenever a goose falls out of formation, it suddenly feels the drag & resistance of trying to go it alone and gets back into formation to take advantage of the bird in front of it. Lesson: If we have as much sense as a goose, we will stay in formation with those who are headed where we want to go.

- When the lead goose gets tired, she rotates to the back and another takes the lead. Lesson: It pays to take turns doing hard tasks and sharing leadership.

- Geese honk from behind to encourage those up front to keep up the speed. Lesson: We need to make sure our honking from behind is encouraging, not something less helpful.

- Finally, when a goose gets sick or wounded & falls out, two of the other geese fall out of formation to stay with him until he is able to fly or dies. Then they launch out to form another "V" shape & catch up with the group.

Bob Quinn is on the board of directors for the Oregon Ground Water Association and owner of Quinn's Well Drilling and Pump Service located at 6811 Williams Hwy. As part of a tradition of information that began more than 50 years ago, these columns are provided to help take the mystery out of well drilling and groundwater.

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Tall Tales from the Editor

Our little cosmic bungalow or A class five financial storm



It seems as though it was decades ago when I saw those magical first rays of sunrise transcending the morning sky—hot pink and red neon lighting. Chris “Madman” Allen and I were preparing ourselves for an unskilled climb of 12,721-foot Mt. Peal in the La Sal Mountains of southeast Utah.

The night before we had set up our base camp in a grove of fir and spruce trees in Dark Canyon, near Dark Canyon Lake, both of which lie on the east side of Mt. Peal. The morning air was quite cool (a few degrees above freezing) for late July. Madman Allen and I already had warmed ourselves up with a pot of strong Irish coffee and the nourishment and additional benefits from a couple of homemade brownies. The late Doo Doo the wonder dog also was making this excursion with us into the abyss.

We had a couple of soft underbelly hatchery-raised rainbow trout left over from the afternoon before’s fishing adventure. As we tossed those dried out leftover miserable excuse for rainbow trout onto our morning campfire, they provided us with an amazing amount of bright light. We felt like early whalers who scoured the oceans in search of whale oil for better lighting. Now don’t get all ticked off at me for using excess stocker trout for camp lighting. In those days it just seemed easier than packing a Coleman lantern, mantles, and fuel around. I gave up the habit of using stocker trout for lamp oil decades ago. I can’t say for certain if Madman Allen has given up such a despicable,

pathetic habit or not. I haven’t gone fishing with him for those placid white inbred stocker rainbow trout since the last century.

We loaded our daypacks with bottles of Mickey’s wide-mouth malt liquor, Doo Doo’s drink of choice, and barbecue potato chips for added nourishment on our climb. Anyhow, on that morning, Doo Doo was already preoccupied with a squirrel that was chatting relentlessly at him from high up in a fir tree, a repeat performance of the evening before. Doo Doo was sitting at the tree base staring up at the heavens and giving an occasional primal whimpering cry, or maybe it was a prayer to the great all-seeing poodle in the sky to bless him with squirrel stew. I had a hard time convincing him it was time to go and start the climb.

By the time we hit the halfway point on our climb, the sun was rather warm on our backsides. Being dressed in buckskins—we thought we were reincarnated mountain men—we were sweating profusely.

It was at this point we had to transverse a slide rock alley way. We were almost across this very unstable, geological fool’s crossing when Doo Doo saw a mountain marmot above us on the slide rock alley way. Doo Doo was off after the marmot before I could tell him “no,” a word he always despised. As he carelessly forged ahead, his look said, “Won’t my ancestors be proud of me if I can make my own lunch.” The “you’re mine” marmot chase of Doo Doo’s started the slide rock under our

feet to rapidly begin moving down the mountainside. We discovered a new sport called “mountain man slide-rock surfing.” When the rockslide ground to a halt, we’d surfed a good 40 to 50 feet. It felt like we surfed for miles even though the slide was over as fast as Doo Doo had started it.

This seemed to be the perfect time to take a break and toast yet another victory over natural selection. When Doo Doo heard the twist top opening on a Mickey’s, he quickly gave up his search for marmot steak and scampered back to his party bowl to celebrate with us. While the three of us recharged our brain cells, we gazed out at the San Juan Rockies silhouetted in the distant eastern horizon. Between

At that point, a bad dream boiled over the top of Mt. Peal from the west. We had obviously angered, at the same time, the gods of wind, thunder, rain and hail as they descended upon us.

us and the San Juans lies Paradox Valley, Naturita, home to the Incline Bar, Gypsum Gap, San Miguel and Dolores Rivers, UraVan, Coke Oven Ranch, the Bedrock Store, bloated sheep, wayward horses, uranium mines, Indian ruins, and a lifetime of exploring; but first we had to reach the top of Mt. Peal.

We had worked our way to within 300 feet or so of our destination when I asked Madman Allen, “Was that thunder I just heard?” At that point, a bad dream boiled over the top of Mt. Peal from the west. We had obviously angered, at the same time, the gods of wind, thunder, rain and hail as they descended upon us. Quicker than you can say “deep-fried mountain men,” Doo Doo, who hated getting wet and was terrified of thunder, found a small overhang that he could crawl into. Before the lightning could locate the fake silver conches on my fake beaver hat, Madman Allen and I tried to wiggle our way into the little clam of the micro overhang. Doo Doo, who was becoming one with the rocks in the back of his hideout, started growling at us. I believe he was trying to convey the warning, “If you two crowd me or try to move me, I’ll be the only survivor of this climb. I’m not kidding. You two go play out in the lightning and next time check your local weather channel first.”

Madman Allen and I barely had ourselves out of the storm’s fury. Unfortunately our little cosmic bungalow had a downward slope to it and we soon had water dripping and running on us. I just love the smell of wet buckskins. Not! When Doo Doo started growling again, Madman Allen asked him if he’d like a Mickey’s. That changed Doo Doo’s attitude. It was very difficult, but we managed to free a Mickey’s from my backpack and all three of us shared the bottle.

I believe the storm lasted around

20 minutes, but it is hard to say. Time slows down when you’re cold, wet, and in a compromising position with a deranged lunatic. And I’m not referring to Doo Doo the wonder dog.

When we were sure the lightning had left our area and blue was the color of the sky again, we crawled out of our dungeon. It took a while for the circulation to return to our bodies, but when it did we toasted yet another victory over natural selection!

From the top of Mt. Peal the world around us looked surreal. It was truly worth the dangers we encountered from the storm’s three inches of new hail on that last leg of the climb. We didn’t linger, though, as another storm was rapidly descending upon us.

The thunderstorm that caught us on our climb of Mt. Peal was a breeze compared to the financial storm on Wall Street. From the top of Mt. Peal, I could see the next incoming storm and could rather accurately gauge its severity. I knew what action would be required of me: find a safe hiding place.

With this Wall Street storm, there really is no hiding in a cosmic bungalow and no apparent cave of safety. Every aspect of all of our lives is affected by the relentless pounding of this class five financial storm. It appears we will all suffer from this firestorm, possibly for years to come.

We can thank the unregulated financial banking monopolies for these woes. Some say we the public carry some of the responsibility through our complacency. That may be so, but behind closed doors the banking monopoly was created and allowed by our congress. Where oh where is Teddy Roosevelt when we all need a monopoly buster? Most aspects of our lives, whether we realize it or not, are controlled by the oil, food, insurance, pharmaceutical, etc., monopolies. There is no free marketplace when most everything is controlled by those government-sanctioned monopolies.

We need leaders, both financial and political, with a conscience who will plan for the long haul rather than the next financial quarter and their own padded bank accounts.

Everyone deserves the opportunity to make as much money as they can as long as it is done honestly. The person who robs a bank and gets caught goes to jail for maybe 20 years. When the snakes in suits on Wall Street clean out the vaults of our investments and retirements, they are rewarded with tens of millions of dollars. Both are criminals, but who do you think should be taken to the proverbial hanging tree?

Check out the ad on page two for my new book published by Odyssey Press. It’s a collection of my columns from over the years. It’ll make the perfect Christmas gift.



The Editor,
J.D. Rogers
541-846-7736

Farewell to Frank Ferreira

Owner of
Applegate
Red Winery

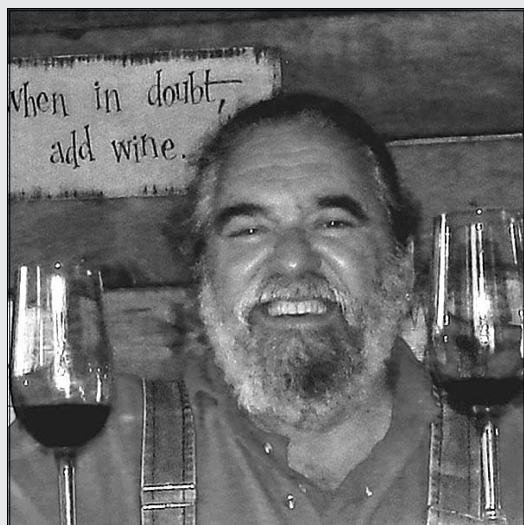


Photo by Gabriella Sarrouh, age 9, San Carlos, CA

What a huge loss to our community! We are very saddened by the recent passing of Frank Ferreira, owner of the popular Applegate Red Winery.

Not only did Frank produce excellent wines, but he enjoyed sharing them. And share he did—all the while entertaining visitors with humorous stories and his larger-than-life laugh. We will miss Frank and extend our heartfelt condolences to his family.

LETTERS TO THE EDITOR

Opinion Pieces and Letters to the Editor represent the opinion of the author, not that of the *Applegater* or the Applegate Valley Community Newspaper. We are a community-based newspaper that receives diverse opinions on different topics. Letters should be no longer than 450 words, and may be edited for grammar and length. Opinion Pieces should be no longer than 600 words. All Letters and Opinion Pieces must be signed, with a full street address or P.O. Box and phone number. Individual Letters may or may not be published in consecutive issues.

Address Opinion Pieces and Letters to the Editor to:
 The *Applegater* c/o Applegate Valley Community Newspaper, Inc.
 7386 Highway 238 • PMB 308
 Jacksonville, OR 97530
 Email: gater@applegater.org

Dear Editor:

My name is Randi Martin and I have a problem. At the bottom of Applegate school hill, Highway 238 drivers are disobeying the law and they are told to slow down, signs show to slow down and a light warns them of a school zone. I can't help but notice that they ignore that. I have come to school and heard kids talking about how they have almost got hit. So my question to you is: Is there any way you can make it safe to come to school? Well I have a couple of ideas.

1. Law enforcement
2. A camera to take pictures
3. Talk more about it (newspaper, TV, etc.)
4. Enforce the law
5. Have a school zone guard

Thank you,
 Randi Martin, Applegate School

Dear Editor:

Living in the culturally famished Manhattan I don't know what I would do without the news of the Applegate Fire District, the Cantrall-Buckley Park, and the Williams Creek Watershed Council (all exotic sounding areas I hope to see one day). Keep up the good work. Although much of my limited donation money is currently going to ensure that Sarah Palin stays in Alaska and thus does not have wider duties that may bring her here and perchance mistake me for a moose, here is my pittance.

Best wishes,
 Bob Raber . New York, NY

Dear Editor:

I am happy to support this wonderful publication—as a landowner though not a resident.

Keep it up!
 Dr. Phyllis C. Moeller , Los Angeles, CA

Opinion

A lesson from Ike?

BY SANDY SHAFFER

Watching the coverage of Hurricane Ike last month, I found myself grateful that New Orleans was spared, confused that some Galvestonians decided to stay put, and astonished at the destruction in Houston. Two to three million folks without power for how long – a week? Unbelievable!

A lesson, I think, for us all. Not to fear hurricanes, but to take **our** survival in situations like Ike into our own hands.

Could you and your family survive at home for a week without water and electricity? Would everyone, including your pets, have enough to eat and drink? Would you have a way to contact authorities or a neighbor? And, could you provide first aid to a family member or friend if needed?

In our region, floods, wildfires and winter storms can put any of us in the Applegate into this type of situation. Are **you** prepared?

Both Jackson and Josephine Counties have survival information on their websites. So does the Red Cross. A "72-Hour Kit" for your home includes supplies such as canned

foods, water, canned milk, first aid items, blankets and other items that could help save your life. Do you have something like this set up for your family?

Because "being prepared is another form of insurance," my hubby and I are putting our "kit" together this month. It's not been difficult. You can go to one of the following websites **now**, before winter sets in, and prepare your own family kit.

www.applegatefd.com and look for the link "Emergency Preparedness."

www.co.josephine.or.us and go to "Emergency Preparedness," download the Family Emergency Handbook.

www.co.jackson.or.us and hit "site map," then under "documents and forms," go to "Emergency Preparedness Plan for Families."

www.redcross.org/services/prepare

Sandy Shaffer • 541-899-9541

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Opinion

What's with the haze?

BY TOM CARSTENS

Boy, this past summer was a doozy for haze, wasn't it? The cause, of course, has been all the wildfires burning just over the border in California. Every now and then, the weather conditions are just right for some of that smoke to reach our valley.

What's in that haze, anyway?

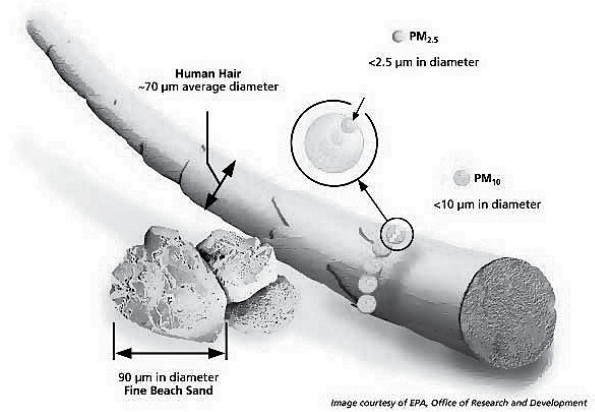
In rural areas like ours, haze almost always results from combustion of woody bio-mass—in summer, the culprit is wildfire, in winter it's usually slash pile burning or emissions from older woodstoves. An inversion air layer (i.e., colder air trapped beneath warmer air) develops in the valley, which prevents the air containing the smoke from rising up and dissipating. Dissipation also can be affected when the air is very calm, so wind doesn't get rid of the air, either. That's why, before we burn, we have to call the air ventilation index number in Jackson County at 541-776-7007, or in Josephine County at 541-476-9663. If the ventilation index is high enough (400 or above), then the valley won't get choked with smoke. This is also why both counties have had to adopt EPA standards for woodstoves and their operation. Newer woodstoves actually burn almost all of their own smoke, so particle emissions are very minimal.

Why all the concern with the smoke?

Besides cutting visibility, it can cause stinging eyes, runny noses, burning throats, coughing, and even bronchitis. But the health concerns are really much more serious, because the most dangerous aspects are those we may not even be aware of. The haze contains some very unhealthy stuff...stuff like carbon monoxide, which in the concentrations we experience, is an irritant to our respiratory systems. It also is full of suspended solid stuff, called particulate matter, abbreviated "PM." Ongoing scientific research has pinpointed the really small particulate matter as a serious health issue, because these microscopic particles can penetrate the lower reaches of the lungs, sometimes lodging in the small alveoli (air sacs) where oxygen enters the bloodstream and carbon dioxide is expelled. The worst of these particles are the really small ones, called PM 2.5 because they're only 2.5 microns in diameter. As you can see from the diagram, this is about 30 times smaller than the diameter of a human hair!

What's the problem?

PM 2.5 primarily affects the cardiovascular and pulmonary systems of all of us. But those most at risk are those with less than healthy hearts or lungs. Research suggests there is a higher risk of heart attack. Research has shown that children, asthmatics, and the elderly also suffer increased risk. Higher risk groups definitely should try to limit exposure to this poor quality air by staying inside if possible. All of us should try to limit our physical



activity outside.

Because of these health concerns, EPA has adopted stringent PM 2.5 air quality standards. The healthy air standard is 35 micrograms per cubic meter of air, which equates to an air quality index (AQI) of 50. A PM 2.5 air quality index over 150 is basically unhealthy for everyone.

Air quality is monitored all over the state; all of Oregon is currently in compliance. The monitoring station in the Applegate Valley is located at Provolt. It continually samples our air quality. You can access this information very easily by going to the DEQ website at www.deq.state.or.us/aqi. You can receive recent Applegate Valley daily readings by clicking on "Past AQI's" and up-to-the minute information by clicking on "Hourly Data." Or you can see hourly pollution indices for any region of Oregon by clicking on "Air Quality Index" at the Quick Link section of the DEQ home page.

So, if we're in compliance, why the fuss?

The problem is that air quality results are 24-hour rolling averages. Within any 24-hour period, the air quality can deteriorate rapidly and then improve just as quickly without making much of a dent in the overall averages. Additionally, local conditions can vary—the monitor might not pick up poor air quality in a side valley, for example, or wind direction can skew results.

What can we do to cut our risk?

When it gets thick out there, it's best to curtail outdoor physical activity. Put off mowing the lawn for another day. Settle indoors with your windows closed. If you have an air conditioner or air filter, turn it on. Try to think of something for the kids to do inside. For those of you who don't have the option of retreating indoors, you can purchase face masks that will help filter out the microscopic particles. Look for the PM 2.5 standard.

(Thanks to the Jackson County Office of Environmental Health for helping with this article.)

Tom Carstens • 541-846-1025

Come Ye! Come Ye!
to the


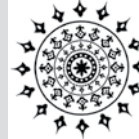
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EARL'S PEARLS

Old saws and new lights on soft-tissue injuries

BY EARL SHOWERMAN, M.D.

Soft tissue injuries can include contusions, or deep bruises, muscular strains and joint ligament sprains. Tendonitis is another common soft tissue injury, most often caused by repeated micro trauma. All these types of injuries can be quite painful if not incapacitating. The good news is they all usually respond remarkably well to the standard modalities of treatment, which have been used for millennia, dating back to the time of Hippocrates. The modern acronym for this ancient clinical wisdom is **RICE**: Rest, Ice, Compression and Elevation. Appropriate management using these principles far outweighs the benefit of taking pain medications, which has never been shown to speed healing.

R—Resting the injured area until the pain and swelling are better is perhaps the most important component of treatment, and often the most neglected. While most minor soft tissue injuries will be much better after three days of limited activity, more serious sprains or strains may take weeks or months to heal and regain the full integrity of the affected joint or muscle. For instance, hobbling around on a seriously sprained ankle is a very bad idea precisely because it increases pain, swelling, and tissue damage, while preventing the connective tissue the opportunity to heal. Because connective tissue heals very slowly, a badly sprained ankle may take up to a year to rehabilitate fully.

I—Ice packs applied every few hours for two to three days is highly effective in reducing pain, swelling, and further bleeding into injured tissues. Pain relief from cold applications is probably due to a “counter-irritant” effect because at first the pain increases with the cold pack, then it becomes slightly numb. The best way to apply cold treatments is with a plastic bag of crushed ice or a frozen pack. Chemical cold packs are a waste of money because they keep their cool for just a few minutes. Cover your skin with a dry towel, apply the ice pack and wrap the pack in place with an elastic bandage to create a little compression, and repeat for 30 minutes every two to three hours. Ice packs should be avoided, however, if you have chronic circulation problems.

C—Compression helps reduce swelling and restrict motion. An appropriately sized elastic bandage wrapped snugly around the injured area counters the progression of swelling and thus reduces pain and hastens early recovery. However, elastic wraps do not stabilize severe joint injuries or provide mechanical protection. For this, a brace or rigid splint is much more effective.

E—Elevation is another means of reducing pain and swelling. Keeping the injured part at or above the level of the heart is the optimal position, since this promotes venous and lymphatic drainage away from the injured site.

Using these techniques for just two to three days can significantly change the progression and duration of soft tissue injuries, although significant joint sprains are often worse after the first few hours as the swelling develops. Medicine to reduce pain and inflammation such as acetaminophen or ibuprofen can be very useful, especially at night

when pain symptoms keep you awake. Plaster or fiberglass splints may be needed for several weeks after a serious sprain or strain. These devices are designed to protect the joint from further injury until it has healed enough to be stable under stress. Rehabilitation exercises generally speed the recovery of joint stability through range of motion and muscle strengthening exercises.

Immediate medical attention is recommended, however, if there is any deformity of the area, or if you are unable to move the joint or bear weight immediately after the injury. Surgery may even be needed if there is evidence of severe disruption of a joint. Immediate medical attention also is needed if the area becomes numb, cold, blue, or more painful, or if there are signs of infection such as increased redness, swelling, and heat.

Until recently, I have thought these well-worn physical techniques with appropriate rehabilitation were about it when it came to treating soft tissue problems. Then I was introduced to the benefits of low-level laser light therapy (LLLT) and found it to be remarkably effective in a very short time for several different kinds of shoulder joint problems.

That LLLT is potentially effective in a wide variety of both medical and dental problems has been suggested by recent case studies and review articles reported in peer-reviewed professional journals from around the world. Although many of the early studies suffered

from poor design and inadequate controls, LLLT appears to be safe and effective in treating arthritic and injured joints, spine problems, carpal tunnel syndrome, various dental problems, including gingivitis, herpes infections and TMJ, and as an adjunct to wound healing.

The theory behind LLLT is that the pulsed laser light energy is “biostimulative,” that there are cellular photoreceptors that absorb the light energy, which increases the levels of ATP, the cellular fuel that aids repair of damaged tissue by fibroblast cells. The beneficial effects reported include enhanced synthesis of endorphins and reduced pain, as well as reduced inflammation and swelling. An article in the *Journal of Rheumatology* on the management of neck disorders in 2007 found a course of LLLT to be as effective as or better than all other conservative management strategies.

While LLLT has yet to be broadly embraced by medical practitioners in the U.S., in 2002 it was approved by the FDA for pain management and has gained a following in certain areas of medicine, including sports medicine. Articles in this year's October issues of *National Geographic Adventure* and *Life Extension* magazines promoted the benefits of LLLT for a variety of problems.

All this I would come to understand personally after embarking on a round of LLLT therapy last year for chronic rotator cuff tendonitis of my right shoulder that had been a problem for about three years. Following just two to three treatments of 30 to 40 minutes each, my shoulder felt better than it had for some time. After completing the five-week ten-treatment course, my shoulder had recovered

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close to 95% of its function and was virtually pain free. Later in the year, I injured my left shoulder, landing on it when I fell off my mountain bike. After a week of fairly severe pain, only partially relieved by using a sling, ice packs and daily ibuprofen, I returned to the clinic for more LLLT, and after just six treatments over three weeks had close to 100% recovery. Finally, I also had excellent results with a short course of LLLT when I injured my knee backpacking this summer.

Since this is a new technology not widely embraced by traditional practitioners and institutions, insurance coverage is uncommon. Still, for the cost of a diagnostic x-ray, I have received remarkable results from another form of energy; one that I believe will find its way into physician practices in the future. If it's good enough for Paul Pierce, who injured his knee during basketball playoffs, underwent LLLT, and went on to become the NBA Finals MVP, then it's good enough for me.

Earl Showerman, M.D. • 541-899-8721

Applegater now online!

The Applegate Valley Community Newspaper is now publishing a website that is a companion and expansion of the content and services that the printed *Applegater* newspaper provides.

Highlights of what this website will offer include:

- **Index and viewable/downloadable issues** of the *Applegater* starting from March 2008.
- **Expansion of content and pictures** of selected articles that appear in the printed paper.
- **Community calendar** that everyone can post to by contacting our webmaster via email.
- **Community services directory** with contacts, current activities and bulletins for all our major community services such as police, fire, library, BLM, etc.
- **Directory of local businesses.**
- **Listing of websites** that pertain to the Applegate Valley.
- **Changing collection of images** of scenery and activities within our beautiful valley.

We encourage you to log on to <http://applegater.org>.

Gary Brauer, Webmaster
AVCNGaryBrauer@gmail.com



Applegate School Principal Stephanie Hart receives check from GACDC Chairman David Laananen.

Wine Fest raises money for schools

The Second Annual Applegate River Wine Fest was held on Friday, August 15, at Cantrall-Buckley Park, sponsored jointly by the Greater Applegate Community Development Corporation (GACDC) and the Applegate Valley Vintner's Association. Proceeds from ticket sales will be used to support GACDC programs including the Cantrall-Buckley Park campground improvement project that is presently under construction. A silent auction was held at the event to raise money for programs and improvements at Applegate and Williams Schools.

Although record-high temperatures kept a number of people away, those who attended enjoyed tastes of wine from 13 Applegate wineries and food from the Applegate River Ranch House, Eve's Garden Café, the Magnolia Grill, and the Out Of The Way Café. The wineries also donated a bottle of each of the wines being poured to include in a raffle prize. Mark Gostnell and Buzz provided music for the evening.

Auction items had been generously donated by local artists and businesses. Auction sales raised more than \$2,000, which has been divided equally between the two.

David Laananen • 541-846-0500

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 - NO containers with chemical residue

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Please SORT CLEAN & DRY plastics into the following categories ahead of time

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potato chip bags</p> | <p>Plastics with Numbers
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yogurt containers
deodorant bottles
cups</p> |
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BACK IN TIME

Covered bridges

BY EVELYN BYRNE WILLIAMS WITH JANEEN SATHRE

As a young girl, I remember traveling through the covered bridge at Applegate and two others, Cameron and McKee in the Upper Applegate. To enter a covered bridge in the summer time was refreshing, an escape from the penetrating sun with an offering of a cool breeze inside. It also was a good place to escape from the rain or snow. School children who walked through the bridges to school must have enjoyed it, as I once did with my school chums. It offered a place to run a race, without stepping on any of the cracks, or to holler as loud as one could so the sound could be heard bouncing off the walls. It also could be a place to just listen to the river gently flowing beneath.

Covered bridges were never built for future generations. A bridge's life span was not much over 35 years. Who would have thought, back then, a covered bridge would someday become a historic entity? If the Applegate covered bridge was here today it would almost be a shrine in the valley, and the Applegate Historic Society would be truly blessed in having such a nearby treasure and attraction.

To be realistic, there is no way that the Applegate covered bridge could have been saved. When steel began to take the place of wood, bridge building changed dramatically. The holding weight and longevity of steel was a tremendous improvement and there was no longer

a need to cover the bridges from the elements.

Most covered bridges were very dark inside, which was the case of our three bridges here. Accidents could occur when entering the dark chambers from the bright sunlight or during the dark winter. The McKee Bridge had some window openings in later years, probably after a car and truck had collided inside. The openings also allowed the air to circulate, which was found to be important in preventing deterioration.

Some covered bridges have been saved from destruction, nostalgia taking precedence over practicality, with money being donated to save and restore the bridges.

Even though the Applegate covered bridge is no longer here, it will always be a cherished memory for those of us who used it and are left to tell something about it.

The first spanned bridge at Applegate was built around 1872 by Thomas Mee. (He also constructed the first bridge, called the Centennial, across the Rogue River located at Rock Point, in 1876. Thomas and his brother, Warren, were farmers and loggers living on Thompson Creek.*)

In 1892, Jackson County built the covered bridge, which saw many years of service by the increasing population of farm people living here in the Applegate. Forty-two years later the bridge was in need of repair and Jackson County opted for a new replacement. Sometime in February, 1934, the new 180-foot span of steel was started, to be finished in June. The work was contracted to the Mountain States Construction company of Eugene,



The Applegate Bridge circa early 1930s..

with Fred Lindsay as superintendent. The cost was \$32,806.

The Applegate Valley began preparing a celebration for the dedication of their new bridge. A committee was appointed to investigate the cost of a bronze plaque bearing the "Pioneer Bridge" name. The state highway commission agreed to install the plaque for free.

The sponsors of the event were the Applegate Community League, Applegate Grange, and the Applegate Extension Unit. They made a special effort to invite all the pioneers of the region to participate. All southern Oregon and northern California residents were cordially invited to attend. A picnic lunch would be at noon. Those participating were asked to bring their own eatables and table service. Coffee would be served free and the Home Economics Club of the grange would have cold drinks and ice cream for sale.

One of the greatest turnouts of "old settlers" ever seen in the vicinity came for the celebration. Mrs. Louisa Ray, 87, cut the ribbon, symbolizing formal opening of the fine new span for traffic. She had come west from Illinois in 1853 and was married in Jacksonville 19 years later, in 1872. She was the only surviving Granger of the 1870s and had

been a resident of the Applegate longer than any other woman.

Aubrey Edwards was master of ceremonies. The program started at 2 pm. The invocation was followed by community singing with a Grants Pass band accompaniment, then an address by C.E. Gates of Medford. The band played again after which there was an address by Arthur S. Taylor of Southern Oregon Normal School in Ashland. Pioneers were introduced and the audience sang the Oregon State song with band accompaniment. After the ribbon-cutting, the day's festivities were closed and a big dance followed at the Applegate hall that evening. It is noted that the proceeds from the dance were used for the bridge's bronze plaque. (It can now be seen when entering the bridge from the north.)

I am very grateful to Marguerite Black (now deceased) for sharing her copies of Maud Pool's "Big Applegate" newspaper articles, which appeared for many years in the Medford *Mail Tribune*. This valuable information enabled me to put this history together.

* Interview with Barbara (Mee) Ross

Evelyn Byrne Williams
with Janeen Sathre
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The Mee family.

Under democracy one party always devotes its chief energies to trying to prove that the other party is unfit to rule - and both commonly succeed, and are right.

Henry Louis Mencken

"In other words, a democratic government is the only one in which those who vote for a tax can escape the obligation to pay it."

Alexis De Tocqueville



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APPLEGATE OUTBACK: MY OPINION

Elk hunt

BY BOB FISCHER



It was early November and the tree leaves had turned brown. I could feel a sharp bite in the air as it blew across the mountaintop that I was sitting on. I could see an eagle soaring beneath me looking for a meal.

I was on the Montana, Idaho border in the Selway Bitterroot Forest in the Clearwater area. My hunting partners, Gil Smith, John Kilroy, Dick Pearce and I were elk hunting in an area called, "Death Creek." In this area deep in the forest live, black bear, mountain lion, grizzly bear, elk, deer and an abundance of other furry creatures, some dangerous and some not so dangerous.

It was four in the morning as I made my way across the Clearwater River. I could hear in the distance the haunting call of a bull elk. This was the same elk I had been tracking all week. Gil Smith and I called him "Hank Aaron" because he was batting a thousand with us. Every time we would get to within shooting range he would suddenly disappear, then reappear about a thousand yards away on the next mountain top calling his ladies to him.

The rifle I was carrying could reach him, but the accuracy at this extreme range is questionable, one mistake could cost you a loss of the animal. So I continued each day to try to get closer to him.

The day before, Dick Pearce had spent the night on the trail in hopes of finding him before he went deep into the woods.

Dick had returned to our base camp the next day a little quiet, not wanting to talk about where he had lost his sleeping bag.

A grunt and a growl snapped me back to reality. A small black bear plunged through the brush off to my right side. He probably was just as scared as I was, suddenly coming across each other.

I continued hiking up the trail, which leads to a small saddle between two mountains and on to the area where old Henry Aaron hangs out. As I approached the saddle I slowed and looked around at the blanket of feathers covering the trail and foliage. It looked as though a large bird had put up one hell of a fight. Then I found Dick's sleeping bag behind a downed tree. The bag had this large hole in the bottom of it. Later I would find out Dick had shot his down-filled sleeping bag.

I left his bag there to be picked up when I came

back and continued slowly working my way into the valley. I found myself partially surrounded by a small elk herd feeding and unaware of my presence. I saw small spike bulls and females, but no big regal bull elk. Then I heard him call from about 200 yards away in some deep brush. I started working my way towards him.

The herd became aware of my presence and suddenly elk were plunging through the trees and brush in every direction. In a matter of minutes they were gone, and then I heard the call. I got to a clearing looking up on his mountain to see old Hank come trotting out of the forest about 500 yards away into a clearing. He stood broadside to me, his head held high looking down on me.

His herd? They were slowly trotting out towards him. I sat down near a tree stump and watched him through my scope. I adjusted my scope for 500 yards and set the cross hairs on his chest. I watched him for several minutes marveling at this magnificent animal. I lowered my magnum rifle and smiled.


Old Hank had earned the right to live out his life with his ladies. He had found an area that most hunters would not attempt to climb through the 30-foot deep brush and fallen trees that surrounded his mountain. It acted as a barrier of protection for him.

I sat and watched him for about a half hour, then slung my rifle over my shoulder and headed down the mountain with Dick's sleeping bag.

Back at camp Dick told us that he had bedded down in his sleeping bag and was putting his rifle inside it. Dick said he pointed it down the path in case a bear was coming up the path. In putting the rifle into his bag he accidentally pulled the trigger. Feathers went everywhere.

I spent the next week chasing elk across the mountains and valleys. It was turning cold and snow clouds were moving into the area. Gil and I had been out about three weeks now and decided to head back to the big city. Although on this trip all I was bringing home was one deer, this trip, as most of my hunting trips are, I never came back empty handed. Seeing the country and being close to the wild animals is enough to make it all worthwhile.

Bob Fischer • 541-846-6218

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Bob's hunting tip #101



Always leave the tailgate down on your pickup truck. When the deer jump in, sneak up on them and shut the tailgate real quick before they can jump out.

BIRDMAN

North to Alaska

BY TED GLOVER

We took a cruise to Alaska in mid-September, the last one of the season. As we left our home in Williams, we drove north toward Seattle, stopping by the Ankeny National Wildlife Refuge just south of Salem. This area of the Willamette Valley is a favorite stop and produced a great variety of birds including great blue heron, tree and barn swallows, spotted towhee, bush tits and even a Bewick's wren. In and near the lake we spotted green-winged teal, cinnamon teal, northern pintail, pied-bill grebe and lesser yellowlegs. Also violet-green and cliff swallows darted over the water.

Our cruise left from Seattle and headed north to stop first in Juneau, the state capital of Alaska. As we sailed into this beautiful harbor, we were greeted by the sight of thousands of gulls and hundreds of bald eagles.

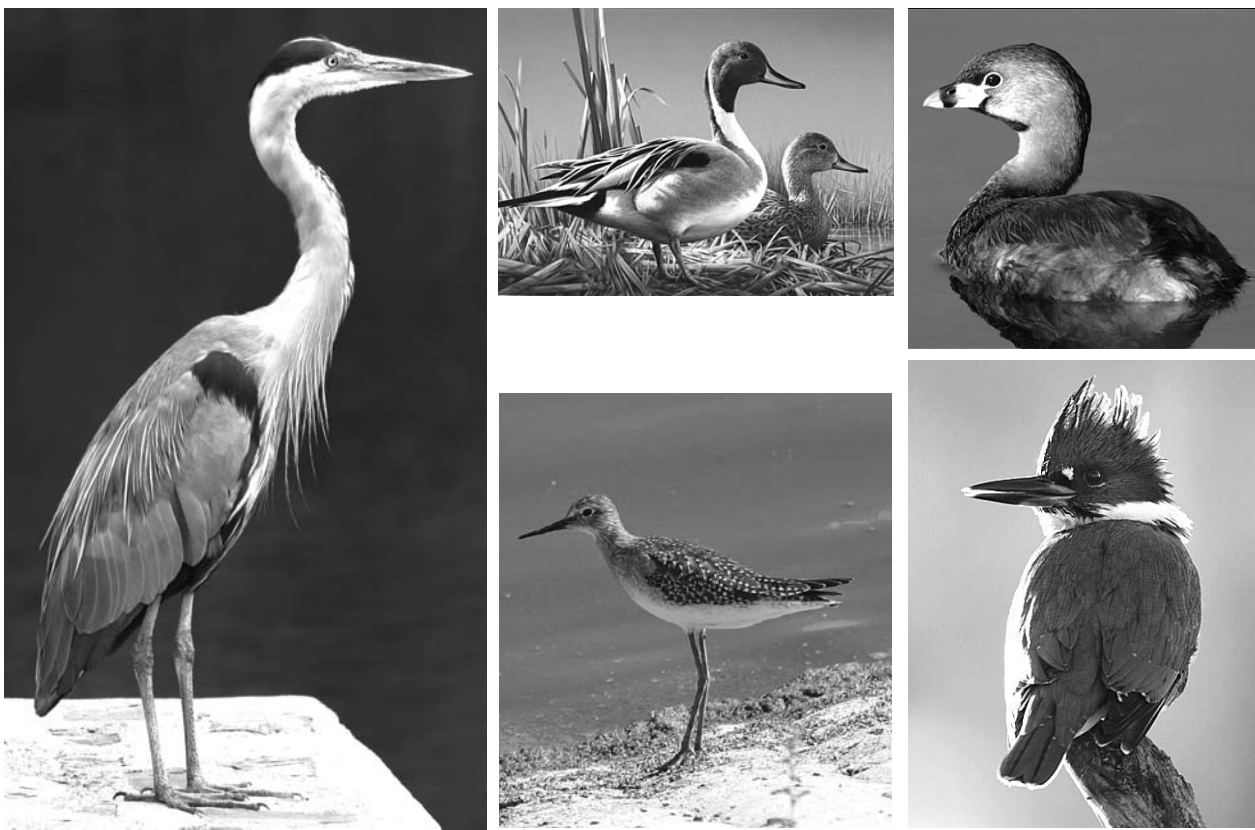
The cruise continued north to Glacier Bay National Park where we were treated to spectacular

scenery, several glaciers and a rare look at Mt. Fairweather at 15,300 feet. Numerous whales were seen including orca, humpback and minke. The bay was teeming with glaucous-winged gulls, black-legged kittiwake, pigeon guillemot and a few more bald eagles.

In Sitka, the major city on Baranof Island, we had a chance to do some hiking in the woods and around a marsh area. Bird life was abundant here including American wigeon and belted kingfisher. We also spotted chestnut-backed chickadee, winter wren, golden-crowned kinglet, white-winged crossbill, Townsend's warbler and hermit thrush.

Cruising the inside passage is a wonderful trip and the scenery spectacular. It's a great place to see birds, too! Total species count: 61.

Ted A. Glover
541-846-0681



Above photos, clockwise from left: Blue heron-www.dpughphoto.com; Northern pintail-Joe Hautman; Pied-billed grebe-www.animal.discovery.com; Belted kingfisher-www.animal.discovery.com; Lesser yellowlegs-stanislaus birds.org.

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Sheep in general—mini's in particular

BY A. M. BANTULA-HARKEY

The Egyptians portrayed sheep in their sculptures way back in 4000 BC. One showed they used them to tread their grain by driving them across freshly-sown fields in the Nile valley.

There are over 200 different breeds of sheep throughout the world. They are the most defenseless of all the four-footed domesticated animals and are completely dependent on man. Sheep are unable to return to a wild existence, as can a dog, cat or horse. Sheep are used mainly for their meat and wool. Horned breeds, like the Jacob (which usually have four horns - both the males and females), are used to make exquisite buttons and dagger handles from their horns. The wool is made into clothing, rugs and fine shawls, like the one that was passed through the eye of a needle in *Lord of the Rings*.

Wool comes in fine to coarse grades, depending on the breed of sheep, and in many colors from deep coal-black to pristine white and is dyed to give even more color choices.

Then there's my mini's, created over many years of selective breeding using Shetland Sheep as my basis. They are a small breed compared to the much larger commercial breeds, and are what is

referred to as broadtails, flattails or shorttails, because they are born with a short flat tail. The mini's are friendly, even the males with their beautifully curved horns. Their meat is lean and their wool is very usable for spinning, weaving and crafts.

In the last three years I have introduced Gotland traits into my flock for the betterment of the wool quality, which gives the fleece a beautiful and lustrous look and feel. The Gotland sheep are known for their friendly disposition.

Mini's look nice out there on our lawn, mowing and fertilizing the yard. They need to be shorn at least once a year, or you can let them rue, which means they will lose their wool on their own, but it will not be a very pleasant sight. If you've ever seen what a bison looks like out on the plains, or even a picture of one, you'll know what I mean, big patches of wool missing here and there. These mini's are hardy and adaptable, full grown they can stand at the shoulders about 12 to 18 inches tall. They have a wonderful personality and are just a fun and entertaining animal to own.

A. M. Bantula-Harkey
541-955-4793



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Happy Holidays!



Keep those articles, letters, opinions and "Reading the Gater" photos coming in. You are the Gater! All of you — donors, writers and our good readers — please accept our most sincere and grateful thanks.

The Applegater Staff and Board



Photos, clockwise from top left:

John and Di Chambers catch up on local news while visiting Notre Dame Cathedral, Paris, France.

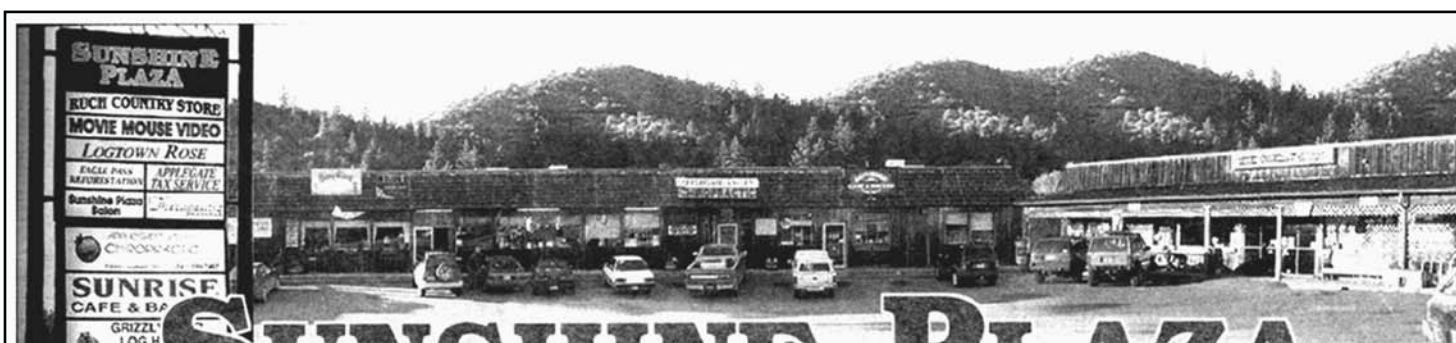
Alan and Diana Potts relax with the Gater at Ross Castle, County Kerry, Ireland

Toni Winter reading the Applegater in Guatemala.

After a 16-mile trek, Blair and Carol Moody read the Gater in front of the Matterhorn in Zermatt, Switzerland.

David Fischer going country in the Applegate.

Diana Suskind's Fine Arts Students at Fitchburg State College in Fitchburg, Maine read the Gater prior to working with their second grade students.



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