

# Applegater

Photo: Lee O. Webb

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## Hiking Limpy Botanical and Waters Creek Trails

BY LINDA MULLENS

Two great hiking trails in or near the headwaters of the Applegate are Waters Creek Trail and Limpy Botanical Trail. Both are located not far from Grants Pass and are at low elevations, making them accessible year-round and excellent places to explore the earliest of the spring flowers.

**Limpy Botanical Trail** provides an easy one-mile hike through a variety of unique habitats, creating one of the best trails in southwest Oregon to observe a high diversity of native plant species. Walking the trail every two to three weeks during the spring will provide a visitor with an almost complete change in flowering species with each visit. As early as late February, the first bloom appears—the small “spring-queen” (*Synthyris reniformis*), but it requires a discerning eye to spot it hidden among many forest-floor species. In early March, the purple flowering fawn lilies (*Erythronium hendersonii*) are easy to

spot carpeting the beginning of the trail. Other highlights are the sweet smelling wild azaleas (*Rhododendron occidentale*) blooming around Mother’s Day, and fields of blue camas (*Camassia quamash*) showcasing in late May. A plant list is available from the Ranger District and records 250 plant species along Limpy Botanical Trail, including 43 shrub and tree species.

Beautifully illustrated interpretative signs by local artist Paula Fong provide an opportunity to learn about plant communities, featured plant species, and serpentine soils. Serpentine soils can limit the growth of plants and many species are just unable to tolerate the soil’s high mineral content and low levels of calcium.

A boardwalk passes through a Jeffrey pine savannah, protecting the fragile serpentine soils when wet in the winter. Jeffrey pine is able to tolerate these soils, while nearby granitic soils grow the more common ponderosa pine (*Pinus ponderosa*),

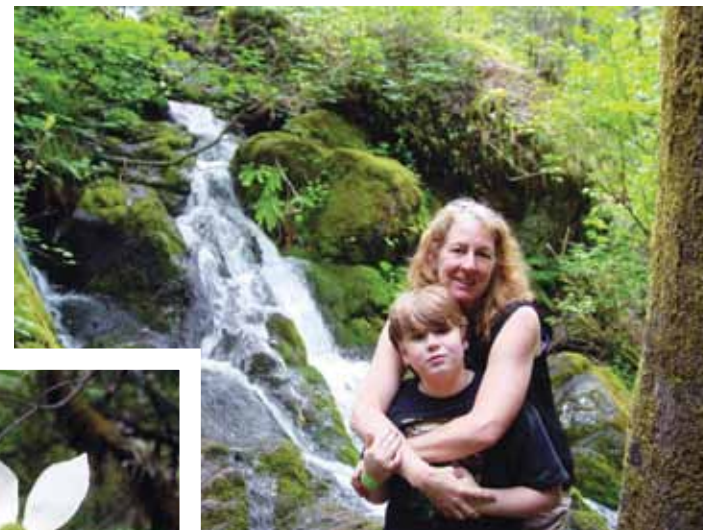
another three-needled pine. Other unusual species growing on



Western dogwood (*Cornus nuttallii*).

serpentine are California coffeeberry (*Rhamnus californica*) and Brewer’s oak (*Quercus garryana* var. *breweri*), a low-growing subspecies of white oak.

Numerous benches are placed along the trail and provide places to relax and spend meditative moments, enjoy the creek, a waterfall, or a scenic view overlooking the lower portion of Limpy

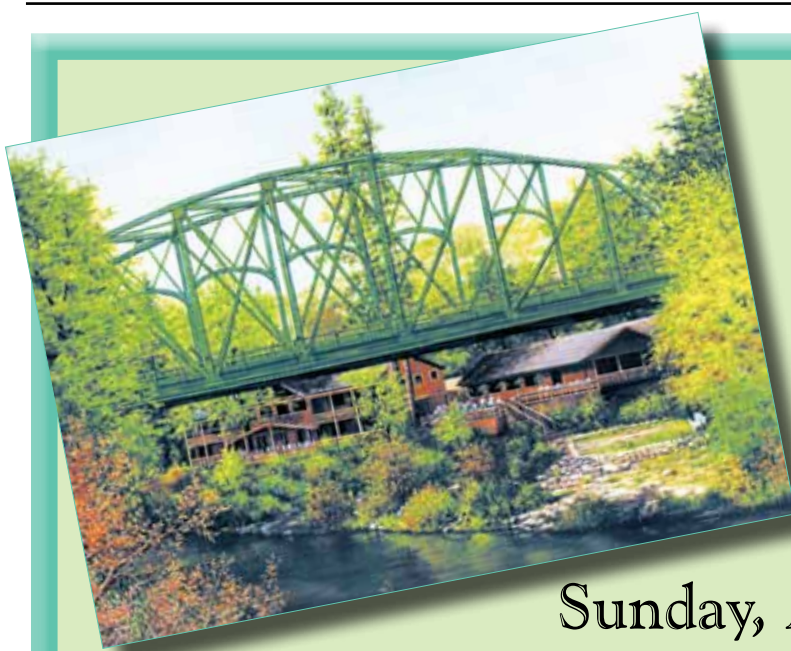


Author Linda Mullen and son Josh at the waterfall, Limpy Botanical Trail. Photo by Linda Mullens.

Creek drainage (which empties into the Rogue River). Wooden bridges provide access across Limpy Creek where red alder (*Alnus rubra*), big-leaf maple (*Acer macrophyllum*), and even Port Orford cedar (*Chamaecyparis lawsoniana*) provide lush shade in summer months.

**Directions:** Take Highway 199 south about 7 miles from Grants Pass (measured from the intersection of Highway 199 and 238). Turn right onto Riverbanks Road (just after crossing the Applegate River). Go 4.5 miles and turn left onto Limpy Creek Road.

See TRAILS, page 12



## Applegate Lodge to hold BBQ fundraiser for the Applegater

Sunday, April 26 • 3 pm – 7 pm

In spite of tough times, the Applegate River Lodge & Restaurant has stepped up to demonstrate its continuing support for the Applegater.

On Sunday afternoon, April 26, the Lodge will hold the first BBQ of the season with all proceeds going to the Applegater. What a day is planned! In addition to the tasty menu of chicken, salad, baked beans and bread, here is what else is happening:

- Our award-winning local Applegate Valley wineries will be pouring wine.
- Live music will be provided by Duke Davis & Friends.

• A silent auction is planned with a wide variety of items to bid on—something for every budget. Some examples are plants from Forestfarm, gift certificates for local services, and local artwork. There is even a catered dinner for six at your home donated by local epicureans from Eve’s Café. What a way to impress your friends and family for a special event.

So get your tickets now for the BBQ and join us from 3 to 7 pm on Sunday, April 26, at the Applegate River Lodge & Restaurant in downtown Applegate. Tickets are just \$10 for adults and \$6 for ages 12 and under. Kids four and under are free! An affordable afternoon of food and fun for the whole family! What a terrific way to support our very own Applegater.

The Applegater is looking for volunteers to help with the serving and clean-up. We are also looking for donation items to add to our silent auction display.

We are grateful for the following wineries for their donation of wine or services: Devitt Winery, Quady North, Schmidt Family Vineyards, Troon Vineyards and Wooldridge Creek Winery.

Locations for tickets: Applegate River Lodge & Restaurant; Applegate Store; McKee Bridge Store and Restaurant; Ruch Country Store; Outpost Farm and Garden; Williams General Store; and Murphy Country Nursery or call 541-846-7673.

## Williams Quilt Show and beyond

BY CLAUDIA BEAUSOLEIL AND PEG PRAG

A “quilting” is a gathering of people of many ages and backgrounds to create in harmony, things of beauty and comfort.

A big thank you to all affiliated with the Williams Community Quilt show held on February 8 at the Williams Grange.

Blankets wrap you in warmth, quilts wrap you in love. When one person makes one square of a quilt to be given to celebrate someone, this reflects a community coming together to share, create and celebrate a generational gift to be passed on in families. Forty-eight quilts were displayed—baby quilts, wedding quilts, birthday quilts, coming-of-age quilts, friendship quilts and loving, healing comfort quilts.

Forestfarm Nursery was the impetus of making traditional friendship quilts back in the 1970s. A special quilt was presented with love and best wishes, along with a potluck party of celebration. This tradition has been ongoing throughout our community in many different homes.

Several members of our community contributed their time and efforts to help make the quilt show a success. Kathy Escott made the flyers. Daryl Jackson and Lisa Horn took pictures. Tressi Albee,

See QUILT, page 13



APPLEGATE LODGE  
**Applegater Fundraiser BBQ**  
 featuring the



**OF  
 DUKE DAVIS &  
 FRIENDS**

Sunday, April 26 • 3 pm – 7 pm

Tickets are \$10 for adults, \$6 for 12-5, and 4 and under free. Locations for tickets: Applegate River Lodge & Restaurant; Applegate Store; McKee Bridge Store and Restaurant; Ruch Country Store; Outpost Farm and Garden; Williams General Store; and Murphy Country Nursery.

**Applegater now online!**

The *Applegater* is now publishing a web site 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 nonprofit organizations and Gater advertisers can post special events (sorry, no classes) 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 web sites** 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 [www.applegater.org](http://www.applegater.org). Be sure to add the Gater web site to your favorites!

Gary Brauer, Webmaster  
 AVCNGaryBrauer@gmail.com

*The Gater is gratified  
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 Caroline Spear and Daniel Newberry,  
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Thanks also to those who helped  
 make the Art in the Applegate  
 benefit a success:  
 Nancy Y. Adams, Peggy Bjerkan,  
 Hounds Reach Studio, Shady Cove  
 Candies, Ginger Steele and  
 Valley View Winery.

Help us ensure that we have the  
 ongoing support needed to publish the  
*Applegater*. All contributors will receive  
 recognition in the *Applegater* each issue.

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**Spring cover  
 photo credit**

This issue's photo entitled "Meadow  
 Habitat along Waters Creek Trail"  
 is by Lee Webb, wildlife biologist/  
 photographer. [lowebb@charter.net](mailto:lowebb@charter.net).  
 The yellow flowers in the photo are  
 spring gold (*Crocodymium multicaule*).

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<i>Applegater</i>	
ISSUE	DEADLINE
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Fall	September 1
Winter	December 1
Spring	March 1

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 Please patronize our  
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 the Gater to you.**

**WHO WE ARE**

The Applegate Valley Community Newspaper, Inc. is a 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 quarterly 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 quarterly 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 June 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](mailto:gater@applegater.org)  
 Website: [www.applegater.org](http://www.applegater.org)



## 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 Monday 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.

Email calendar information to [gater@applegater.org](mailto:gater@applegater.org).

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.

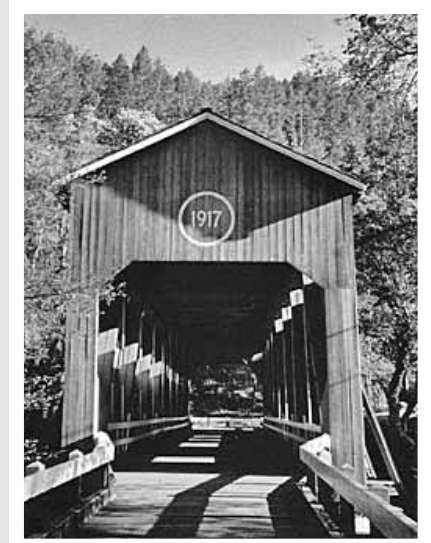
**Women Helping Other Women (WHOW)** meets the second Thursday of the month at 10036 Hwy 238 (Gyda Lane) at 6:30 pm for a potluck meeting to plan work parties at each other's homes. New members are welcome. For more information, call Thalia Truesdell at 541-899-8741 or Sioux Rogers at 541-846-7736.

**Applegate Lake Cub Scouts Pack #18** (Ruch Region) Outdoor activity (fishing, rafting, hikes, etc.) the first Friday of each month; regular meeting the third Friday of each month. Upper Applegate Grange from 10 am to 1 pm. All boys in grades first through fifth including homeschoolers, Ruch students, and non-Ruch students are welcome. For more information, contact Cub Leader Vic Agnifili at 541-899-1717.

## McKee Bridge Day Come join the fun!

The McKee Bridge Day Celebration will be held at the bridge (9000 block of Upper Applegate Road) on Saturday, June 13, 2009 from 10 am to 4 pm. The celebration will include a BBQ lunch by the Lion's Club, games, displays, and craft vendors. The proceeds will go the McKee Bridge Historical Society to inspect, maintain and preserve the bridge. We will be celebrating the Historical Society's tenth anniversary. The public is welcome.

Please call me if you have any questions.



Robert E. Van Heuit, President  
 The McKee Bridge Historical Society  
 541-899-2927



**Jackson County Master Gardener Association  
 and  
 Oregon State University Extension Service**

### Special Classes and Activities

Thursday, April 16

**GARDENING IN CLAY SOILS**

**Marcus Buchanan, OSU Extension faculty**

Clay type soils comprise only 13% of the local area, but probably comprise a greater percentage of the land that gardeners tend. This class will provide a broad overview of the properties of clay soils and discuss strategies for making clay soil a good home for roots! Qualifies for M.G. re-certification hours.

Now through May 1

**THE SPRING FAIR BOOK SHACK NEEDS DONATED BOOKS**

The Master Gardener Spring Fair Book Shack is looking for your used books to help benefit The J.C.M.G.A. Scholarship Fund. We are looking for books on the following topics: gardening and landscape (all aspects), bees, birds, butterflies, insects, rocks, varmints, wildlife, worms, how to books, arts and crafts, cookbooks, canning and preserving, wine, winemaking, health and all children's books. Please absolutely NO magazines.

Please drop your books off at the O.S.U. Extension Office on Hanley Road.

Saturday and Sunday, May 2 and 3

**SPRING FAIR**

**Mark your calendars!**

It's almost time for the Jackson County Master Gardener Association's Spring Fair. Please mark your calendars! The date has been changed from April to the first weekend in May (Saturday, and Sunday, May 2nd and 3rd at Jackson County Fairgrounds).

Saturday, May 9

**SUMMER CARE OF GRAPE VINES**

**Chris Hubert, Quail Run Vineyard**

Learn the most important grape management techniques after pruning. The proper summer management of grape vines includes early season shoot thinning, controlling head suckering, training vine growth for the rest of the season and controlling crop load. Class will take place outdoors in the vineyard. Come dressed to work. This class qualifies for Master Gardener re-certification hours.

Thursday, May 14

**SMALL SPACE GARDENING**

**Marjorie Neal, Master Gardener**

This class will discuss techniques to get the most return from your gardening efforts. Using raised beds, containers, intensive planting techniques such as interplanting and succession cropping all result in bigger yields of vegetables for the space available. This class qualifies for Master Gardener re-certification hours.

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

Saturday classes 9 am-12 pm • Weekday classes 7 pm-9 pm

To learn more about Jackson county Master Gardener Association go to: <http://extension.orst.edu/sorec/mg> or call 541-776-7371.

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## HEARD IT ON THE GRAPEVINE

# Six easy steps to pairing food and wine

BY CHRIS DENNETT

In the world of food and wine, one of the more daunting tasks for many people is that of pairing the two. When done well, food and wine pairings can border on the sublime. When done poorly, the pairing can be worse than forgettable. There are, however, a few guidelines that can be followed that will help you make the most of your pairings.

Before I get into the specifics about pairing food and wine, there are two important things to keep in mind. First and foremost, the enjoyment of wine and food is one of the things that separate humans from the rest of the animal kingdom. It's meant to be fun, and it's meant to make you happy. Second, don't be afraid to try things that fly in the face of conventional thinking. Sure, there are traditional pairings in food and wine in the same way that there are traditional recipes. But the world of wine is one that can be heavily populated by irrationally traditional people with overly developed encyclopedic knowledge and underdeveloped creativity and forward thinking. So don't take yourself too seriously, be open to new ideas and flavors, and always trust your own palate. At my restaurant, some of the most successful pairings that my chef and I have made are ones that seem odd at first glance: for instance, white pepper-seared Ahi tuna with Syrah.

So here are six things to keep in mind while pairing food and wine that will help you be a success every time.

**1. Taste the Wine First.**

In my experience, this has made all the difference. While most people will decide what to make and then head to the store to grab a wine that will work with it, I believe it is much easier to pair food with a wine than it is to pair a wine with food. There are two reasons for this.

First, generally speaking, wine can vary more dramatically than food. For instance, the Cabernet Sauvignon grape can have a variety of flavors that depend on factors other than the actual fruit. The nuances of soil, climate, ripeness at time of harvest, and winemaker style can make this single variety jammy, vegetal, herbal, or gamey, to name but a few. While I guess technically the soil and weather could slightly change the flavor of broccoli, food is almost always grown so that it tastes the

same. You will never find a farmer that grows their broccoli crop in such a manner as to magnify a particular aspect of the natural broccoli flavor – something that vineyard managers and viticulturists in this country will do with their grape varieties.

Second, and connected to the first, most of us are more familiar with food than we are with wine. Think of it this way: which can you more easily imagine, the taste of cherries, or the taste of malbec from Mendoza, Argentina? Because winemakers have different styles and use different fruit from different places, every wine will have something different happening. You can get a good sense of what to expect in general terms from particular varieties, but every wine is different, and the average person will have more success tasting a wine and imagining a food pairing with it than the other way around.

If you don't have time, or don't want to taste your wine first, you can almost always find reliable tasting notes online.

**2. Consider the Flavor Interactions.**

There are essentially three ways that you can play with the flavor interactions of food and wine. You can match a wine with a food that has similar flavors, contradictory flavors, or some combination of both. All ways are complementary when done right.

For example, if you are tasting a white wine that has good stone fruit flavors (like a typical viognier), you can choose to complement the fruit characteristic by matching it with something similar in flavor, like fresh or dried apricot with rich cheese (to balance the body, which I will address next). A contradictory flavor that would match well with this viognier would be a spicy Thai stir fry. Spicy and sweet are always good counterpoints and, while there may not be any residual sugar in our make-believe wine, the strength of the fruit will be perceived by the palate as sweet against the spice. Finally, to use something that has a little bit of both, any food with a heavy ginger presence would work well with this wine, since the mild sweetness of ginger will match the fruit of the wine, and the natural spice of the ginger will complement at the same time.

**3. Consider the Relative Gravity.**

Perhaps the most important aspect

in food and wine pairing is the relative gravity or heaviness of the wine and the food you want to pair it with. This is where the traditional concept of red wine with red meat and white wine with white meat comes from. It's not that red always goes with red, it's that heavy always goes with heavy. You will typically match white wines with fish not because the meat is white, but because fish tends to be a more delicate protein with more subtle flavors, and white wines will not overpower the fish.

Choosing your protein for the pairing is so vital, because some are heavy (beef, lamb, duck, elk or other game), some are light (flaky whitefish, shellfish, and most poultry), and some can go either way depending on how you prepare it (pork, salmon, and meaty fish like Ahi or swordfish). The most important thing to remember is that you can always find something to match or contradict flavor, but relative gravity in both your wine and food are more or less static. They should always be matched. In other words, don't serve Tempranillo with ceviche, or Sauvignon Blanc with braised lamb shank.

**4. Make the Food as Dynamic as the Wine.**

Remember that your food, like your wine, should be well-balanced. The best pairings include all the various elements of flavor interaction and relative gravity. It allows both the wine and the food to shine and the sum to become more than its parts. But remember that balance is important, and that means not trying to do too much. The food should be dynamic not in its difficulty or complexity of preparation, but in its simplicity and complexity of natural flavors. Which leads us to our fifth and final step...

**5. Keep it Simple and Respect Your Ingredients.**

Food is good just as it is, and some of the best dishes are prepared simply, without a bunch of fancy preparations and complicated sauces. Don't abuse your food; let it speak for itself. For example, if you need to beer-batter your prawns, deep fry them and serve them with a sauce made of figs, cherries, morels, port, garlic, shallots, and cream in order to stand up to a Mouvedre, maybe you should choose a different protein for your

wine. In my estimation, simple, fresh, quality ingredients always will be better in a pairing.

Both food and wine have enough going on with their flavors by themselves, you don't need to make it more complicated. Choose one or two things in the wine that you want to emphasize and stick to that, using one or two things in your food to accomplish your goal. You'll find that it makes pairing food and wine that much more interesting, since both have multiple facets. You might choose to highlight the red cherry flavor of your favorite Pinot Noir this week with duck in a cherry gastrique, and honor the same wine next week with an apple sage pork roulade that accentuates its more tannic tea characteristics.

**6. Cook with the Wine.**

Finally, give cooking with the wine you're pairing a shot. If you're pairing clams with a Chardonnay, steam them in the Chardonnay. You will find that most dishes will benefit from a touch of wine anyway, and what better way to bring the food and wine closer than to cook your food in the wine you're drinking?

Time to put it all together. At the beginning of this article I talked about a pairing that my chef and I made with Ahi tuna and Syrah. Here's why we did what we did, and why it was successful:

We seared the Ahi in white pepper, which was something we tasted in the wine (similar flavor interaction). Ahi is a meaty fish (matching relative gravity) so it could stand up to the body of a Syrah. We finished the dish with just a bit of some pickled onion that provided a nice sharp acidity to compliment the rich dark fruit of the wine (contradictory flavor interaction).

So give it a try, keep experimenting, and don't get discouraged if something you try doesn't work out perfectly. The real fun in mastering wine and food pairings is eating good food and drinking good wine.

Chris Dennett  
541-779-0135

Chris@elementsmedford.com

*Chris Dennett is proprietor of Elements Tapas Bar and Lounge on Main Street in downtown Medford.*

## Squaw Lakes has new interpretive trail and a wildlife viewing blind

If you haven't been up to Squaw Lakes in a while you may want to make a trip. Thanks to two Eagle Scouts it now has a wildlife viewing blind and a new interpretive trail. Both seniors at South Medford, Garrett Gustafson and Lucas Asman-Prudell, completed their Eagle Scout projects at the lake last summer. Gustafson and Asman-Prudell, 18, are Ruch School alumni.

The wildlife viewing blind is on Big Squaw between campsites 10 and 11 at the north end of the Lake. It is 8' x 10', with a metal roof and a resting bench to sit and view wildlife without them viewing you. Gustafson would like to thank local businesses for donating over \$1,200 worth of materials: Jacksonville Lumber, Economy Plywood, Hughes Lumber, Mainwaring Construction, Lowe's, Home Depot, Miller Paint and the numerous hands-on volunteers who helped with the construction.

Asman-Prudell created and refurbished a nature interpretive trail identifying native trees and shrubs. He installed boxes for his pamphlets at both ends of the trail. The trail is #928 and goes to Little Squaw or from Little Squaw back to Big Squaw.

Gustafson and Asman-Prudell are with Troop 7 based in Medford at the United Methodist Church.

Meg Gustafson • 541-899-8807

*Photo from left to right standing in front of the Wildlife Viewing Blind at Big Squaw: Dave DeCarlow, Scoutmaster Troop 7; Lucas Asman-Prudell, Eagle Scout; Garrett Gustafson, Eagle Scout; Gary Leaming, Troop Leader; Dale Coleman, former Boy Scout; Tom Suttles, Troop 7 Scoutmaster; and Dog (Dog's name unknown).*





## DIRTY FINGERNAILS AND ALL

## Dirty enough

BY SIOUX ROGERS

When my sister and I were little kids, we loved to play in the mud, take mud baths, make mud pies and, knowing us, probably even ate a few "pies." Seems as if that practice has now come full circle as "righteous wisdom." Kids need to eat more dirt. In fact, seems as though we all need to be a little dirtier. If you ask my husband or my late mother, they would both agree I am extremely compliant in the dirt department, always have been.

Years ago, my very alternative family physician, Dr. Joseph D. Walters, said to me, "A carrot is not a carrot unless it is grown in healthy soil." Although I always understood his wise statement—and indeed practiced organic gardening even when I gardened on a warehouse rooftop—I never fully understood the implication of his wisdom. Dr. Walters said that if you eat a vegetable, say a carrot, grown in depleted soil treated with synthetic fertilizer and toxic chemicals, the nutritional value of the carrot is minimal compared to a carrot grown without toxins in an "alive" soil. He was very focused on the necessity of the mineral content found in the soil. So while some of you may freak out over my lack of "hygiene," I do believe that if I grow my carrots in friable soil (good soil teaming with earthworms), I have healthy soil.

Consequently, this is where you can say "Yuck." I pull my carrots from the ground, give them a medium wash-off with the hose or just a firm blue-jean rub and then, dirty fingernails and all, I crunch away. And, no, I have never been sick from a "dirty carrot."

From my very early teachings from Dr. Walters, who also was an organic gardener, I formulated my garden practice on what he taught me about the human body. He often explained, "A healthy body can withstand many insults, same as your garden." As a society, we now are learning how very true that is, especially related to stress, any kind, whether you be a plant or a person.

Dr. Walters never mentioned the "dirt factor." Most likely he figured I was ahead of the curve in that area. Somehow, I think I just had a genetic instinct that some dirt was fine. Most people never die of dirt. Now there is much new research substantiating my basic instinct.

Since the early part of the century until the present, many of the most feared diseases have disappeared. Remember polio, chicken pox, measles, mumps, whooping cough, even herpes and AIDS? Most of those dreadfuls are not even household conversation anymore. Well, of course, I know why. We immunize and take lots of pills. Now we are facing a plague of autoimmune everything: diabetes, dozens of cancers, brain disorders, overactive thyroids, lupus, ulcerative colitis and a plethora of the unnamed. One of the well-researched theories is we are "too clean." We need to eat more dirt.

A Canadian newspaper, *The Ottawa Citizen*, in an article dated February 6,

2009 titled, "Honey, Eat Your Dirt," the author (not mentioned by name) says, "Parents know that children should eat more fruits and vegetables, but probably don't know that there's something else missing from the kids' diets: dirt. . . . Children need to eat a little dirt now and then to develop healthy immune systems."

There is a growing body of evidence that suggests this is due to excessive hygiene—the old too-much-of-a-good-thing problem. British epidemiologist David P. Strachan first suspected in 1989 that [too much] cleanliness could lead to illness, dubbing this idea "the hygiene hypothesis."

*New York Times* health writer, Jane Brody in an article on January 27, 2009, quoted the microbiologist-immunologist Mary Ruebush from her new book, *Why Dirt is Good*: "What a child is doing when he puts things in his mouth is allowing his immune response to explore his environment. Not only does this allow for 'practice' of immune responses, which will be necessary for protection, but it also plays a critical role in teaching the immature immune response what is best ignored."

One leading researcher, Dr. Joel V. Weinstock, the director of gastroenterology and hepatology at Tufts Medical Center in Boston, said in an interview that "the immune system at birth is like an unprogrammed computer. It needs instruction."

None of the many scientists studying the connection between "too-much-too-clean" and the immune system are even remotely suggesting that handwashing is not necessary after using the bathroom, changing a diaper or prior to handling

food. So don't "ick" them out too fast. What they do suggest, short of a plague, is good old soap and water (not antibacterial hand-squirts).

No one is disputing the control of disease through sanitization in third-world countries, but apparently that is not the end of the story. There is a price to be paid. While I did not mean for this to be a "medical article," I find the numerous studies extraordinarily interesting and exciting, almost too simple, maybe too obvious. For lack of space, and the nature of this column, do a web search for "cleanliness and the immune system."

With all this said and done, even with the jury not completely in, have a good romp barefoot in your garden. Before your next daily supplement becomes "dirty dirt in a capsule," let your dogs kiss you and your baby. And while you are at it, pull a carrot from the patch, wipe it on your jeans, and munch away.

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

## Ruch Schoolyard Gardens



Photo left to right: Catherine Gustafson; Taylor Burgess; Amber Morse; Principal Terri Dahl; and Phillip Newsome.

Ruch School now has a greenhouse thanks to the Medford School Foundation and grant writer Terri Dahl, principal of Ruch School. Donations of gravel from Sue Pennington of Frontier Roack and construction of the greenhouse by Nick Hale, Jim Mainwaring and Gary Gustafson made our greenhouse a reality. Right after spring break, elective classes and after-school enrichment will be offered to Ruch School kindergarten through eighth grade students. A greenhouse wish list has been started, which includes a wheelbarrow, a small storage shed, potting supplies and volunteers with time or expertise. Our future plans are to become a real schoolyard garden, growing native plants, starts for the garden, and become self-sustaining.

Contact Ruch School office manager Denise McCollum 541-842-3850 or Meg Gustafson 541-899-8807 for more exciting details!

Meg Gustafson • 541-899-8807

## Springtime allergies and Chinese medicine

BY NADINE LEVIE

Heaven joins with Earth in the form of the gentle rain of spring soaking deep into the land, exciting the seeds which have lain dormant and hidden under winter's blanket. The energy of Heaven is Yang and the energy of Earth is Yin. The mixings and interactions of yin and yang happen in the area between heaven and earth, the place where we live. Concepts of Traditional Chinese Medicine are based on observations of nature and of these interactions. We who live in the Applegate have a wonderful opportunity to "tune in" to these traditional theories and thought patterns as we have chosen to live close to and in harmony with nature.

Balance of energy (yang) and matter (yin) along with temperature and the five elements of nature (wind, fire, earth, metal, water) form the basis of all phenomena, including sickness and health. Where there is balance and harmony there is health. As we are part of nature, we can gather clues on how to live by observing the nature of the seasons.

Many people experience spring allergies and/or springtime fatigue. There is an explanation for this that comes directly from an ancient text, *The Yellow Emperor's Medicine Classic*, Asiapac Books. In this book there are many observations and discussions on why people get sick and the theories put forth in this classic form the basis of theories of acupuncture and Chinese herbal prescribing. There is a discussion of how people should behave in winter in order to maintain their health and have enough energy in spring. The sap of trees goes deep inside the tree in winter, seeds are dormant and many animals hibernate. This is the slumbering nature of winter. "The three months of winter are the season for closing and storing. . . . Do not disturb the yang qi (energy) in this season. Sleep early at sunset and get up later after sunrise. . . . Let your spirit be as calm as if it

is in hiding, and as if you have some private matter to keep from others. Remain happy and contented as if you've come to know a secret." (*The Yellow Emperor's Medicine Classic*) It is important to conserve and store our vital energy in order to meet the tremendous energy demands on us in spring, for deep within our being we, too, like the seeds in the earth, burst forth. If we are "running on empty" we experience allergies, as our bodies are not able to meet the challenges presented by pollens that are blowing around or we experience profound fatigue. Western naturopathic medicine refers to adrenal fatigue.

You can see how out of sync our lives are with the energetic nature of winter. Electric lights keep us up at all hours and even though we may feel like "hibernating," we tend to feel guilty if we are not doing something.

The small amount of theory I have presented here will not prevent your allergies this spring if that is your tendency, but can perhaps lead you in a direction of using the observations of nature to bring balance into your life. It is not too late. Start being aware of each season and enjoy your unique place between heaven and earth.

As for spring: "The three months of spring are the season of renewal for all things. With everything flourishing, the world is full of life. To accord with the season, go to bed a little later and get up a little earlier. Go for a stroll in the courtyard, loosen your hair, relax your body and freshen up your mind. Enjoy the season and do not do anything harmful to your health. Let things grow and do not harm them, give and do not deprive." (*The Yellow Emperor's Medicine Classic*)

Nadine Levie • 541-840.8736  
desertwhisper8@yahoo.com

Nadine Levie is a practitioner of chinese medicine and acupuncture.



## MY OPINION FROM BEHIND THE GREEN DOOR

**Whacking the woods**

BY CHRIS BRATT

The BLM (Bureau of Land Management) is living in an illusion. BLM's Washington, D.C., office, along with Oregon's state managers and directors, didn't realize their anti-environmental policy bubble had burst along with our over-inflated economy under the Bush administration. No longer will the majority of Oregon's citizens allow the BLM to trash our public forests solely for political and economic reasons. This is especially true for BLM's ill-fated Forest Plan Revision of 2008.

But the legacy the Bush administration has left us with is more than just a deficient partisan Forest Plan Revision. They have left us with the question, "Can the BLM ever be trusted to manage our public forest lands in Oregon?" My answer is no, as long as the law governing BLM's actions is open to the present lopsided interpretation. Except for a short period under the Clinton administration in the 1990s, the BLM has maintained the perverse view that they are obligated by law to cut excessive amounts of timber first and only consider protecting all other resources as a secondary duty.

This corruption of the language outlined in the California and Oregon Lands Act (O and C Act), the law under which BLM operates, is driven solely by political and financial interests. There is constant pressure from 18 Oregon counties and private timber companies that benefit financially from this unreasonable position, to continually boost logging levels on our public forest lands.

Together these folks have made a mockery of protecting our public forest resources in Oregon and disregarded most citizen concerns in the process. BLM ignored the best available science, their own legal mandates and the extensive

meaningful public input they received when they recently decided (December 30, 2008) to implement their Western Oregon Plan Revisions (Revisions). This decision proposes to increase logging volume by 87% on BLM-administered land throughout Oregon by mostly clearcutting old-growth stands of trees. This Revision also will move many endangered species closer to extinction and increase the amount of BLM land dedicated exclusively to off-road vehicle use by 266% with no substantial analysis of the adverse impacts.

BLM managers and spokespeople believe that their Plan Revision has no flaws and say the Revision complies with all applicable laws. (They always say

---

**This decision proposes to increase logging volume by 87% on BLM administered land throughout Oregon by mostly clearcutting old growth stands of trees. This Revision will also move many endangered species closer to extinction and increase the amount of BLM land dedicated exclusively to off-road vehicle use by 266% with no substantial analysis of the adverse impacts.**

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that even when they continually lose in courts.) But BLM's Forest Plan Revision is so preposterous, many people including science, industry and environmental groups, think it is in danger of ending up in the garbage pail. Many of the nation's environmental groups believe the Revision is so flawed and in violation of so many environmental laws that BLM will be unable to implement any of its proposed actions. Just the decision to approve BLM's Revision Plan last December already has sparked citizen outrage and a flurry of lawsuits. It seems if BLM continues to pursue further actions under the provisions of their Revision Plan, they will become more unwelcome and powerless to accomplish anything positive in our

communities.

The prime example of BLM's intransigence that irks me the most in their Revision is their Off-Road Vehicle Action Plan for Southern Oregon and the Applegate, in particular. In case you haven't heard them coming, there are a lot more motorcycles and four-wheelers coming soon to a neighborhood near you. BLM's Plan Revision has provided for seven new local (Medford District) Special Recreation Management Areas called Off-Highway Vehicle 2.

**Emphasis Areas**

Approximately 68,000 acres of BLM public land has been allocated

the west is rampant and unrestrained with off-road enthusiasts making their own trails willy-nilly throughout the forest. These unchecked practices by off-road users will continue as long as they still have approved access to these millions of public acres.

BLM claims that within the next five years, they will have "limited" off-road vehicle use to specific roads and trails on all 2.4 million acres outlined in their plan revision. The BLM also claims at other times they don't have to accomplish everything they promise in their management plans. Since our local BLM hasn't designated any off-road trails or roads on 17,000 acres they promised 15 years ago, I'm not too hopeful they will manage to do it on 2.4 million acres in five years.

It's clear the BLM has ridden roughshod over any opposition to these seven local (68,000 acres total) Emphasis Areas for off-road vehicle use. They have never considered the public outcry for an opportunity to influence where off-road vehicle activity will occur. Instead, BLM has chosen their Emphasis Areas for management where off-road vehicle users have established hundreds of miles of illegal trails, caused severe damage to the land and increased conflicts with private landowners who are now within or adjacent to those Emphasis Areas.

In refusing to allow the public a say as to where off-road activities should be allowed, the BLM has failed to meet the specific directions outlined in their own planning documents and goals.

Let's hope the new administration in Washington can rectify this widespread mismanagement by the BLM and get them back to their mission of caring for the land and resources of our nation.

Chris Bratt  
541-846-6988

**Applegate Fire District Awards Banquet**

The Friends of the Applegate Fire District hosted a wonderful evening of camaraderie and pride on March 6, as the Applegate Firefighters celebrated another extraordinary year of serving this diverse community. It was an evening to recognize the accomplishments and acknowledge the spirit that guides the future of this fire district.

The banquet, held at the Applegate Community Church on North Applegate Road., is one of four annual events hosted by the Friends to support the firefighters. A dinner of superb tri-tip and chicken was provided to the volunteers and distinguished guests. The annual awards and video containing rare photos of the past year is looked forward to with anticipation. Firefighters Tailse and Cody Goodnough have the opportunity to collect photos from training and emergency scenes throughout the year to produce this great entertaining contribution through New Focus Productions.

Accolades and awards in recognition of 2008 were given to the following individuals:

Spouse of the Year - Brenda Van Leeuwen  
 Marc Chaput Spirit Award - Jack Lynch  
 Hall of Flame - Gary Sciocchetti  
 Chief's Award - Chris Wolfard  
 20 Years of Service - Brad Barnes  
 Firefighter of the Year - Ron Slack  
 Rookie of the Year - Daniel Boyajian  
 Junior to Firefighter - Anthony Ryan  
 EMT of the Year - Jeff Vinyard  
 First Responder of the Year - Greg Paneitz  
 Instructor of the Year - Rob Underwood  
 Most Alarms - Fred Secco  
 Most Drills - Bill Dunlap & Daniel Boyajian  
 Officer of the Year - Cody Goodnough  
 District Employee of the Year - Darren Bucich

Below from left:

Back Row; Gary Sciocchetti-Hall of Flame, Jeff Vinyard-EMT of the Year, Cody Goodnough-Officer of the Year.

Middle Row; Brad Barnes-20 Years of Service, Chris Wolfard-Chief's Award, Bill Dunlap-Most Drills District Wide, Greg Paneitz-First Responder of the Year, Bob Ziegler-Safety Committee Recognition, Jack Lynch-Marc Chaput Spirit Award, Rick Koppen-Most Drills, Daniel Boyajian-Rookie of the Year, Ron Slack-Firefighter of the Year, Jeff Hoxsey-Most Drills, Rob Underwood-Instructor of the Year.

Front Row; Carey Chaput-Safety Recognition, Bob Ettner Most Drills, Brenda VanLeeuwen-Mary Ziegler Spouse of the Year Award





## TRENDS AND OBSERVATIONS

# Powering our future

BY RAUNO PERTTU

A friend called to tell me about companies that are turning discarded plastic drink bottles into synthetic fleece. Most plastic is made from petroleum and she had learned the amount of plastic used in the conversion of recycled bottles into clothing is equal to about 500,000 barrels of oil per year. At first glance, that sounded like a substantial number.

First, that large-sounding number of 500,000 barrels of oil needs to be put into its own perspective. The half million barrels of oil for plastic fleece is less than 0.0017 percent, or one 60,000th of the total world consumption, which is about 30 billion barrels per year. The US consumes about a quarter of the world's oil, or somewhat more than 7.5 billion barrels per year.

After review, I expanded the question of energy conservation to all of the world's plastic drink bottle production. I then added all those plastic bags used around the world. The total oil consumption numbers for all that plastic got much higher. According to an article in *businessshrink.biz* entitled "America's dirty little oil secret: Plastic Bottles and Bags", the total world consumption of oil to make plastic bottles and bags is between 147.4 and 207.4 million barrels per year. As huge as those numbers sound, the new much larger number is still only about a hundred fiftieth (less than two days) of the world's annual oil production. For an even larger perspective, according to Simon Osborne's May 15, 2007 article "Grow your own plastic" on the online BNET business network, about four percent of petroleum is converted into plastic. Another four percent is consumed in the manufacture of plastic, so about eight percent of world petroleum production is used in the manufacture of plastics.

Sadly, because the total energy consumed in gathering, cleaning and recycling this plastic is significant, it may be that recycling this plastic doesn't actually result in any significant energy savings. To me, this means that the more important reason for restricting the use of plastic bottles and bags and for recycling them is that they are a major bulk problem in landfills and create numerous aesthetic and environmental problems when thrown away.

In summary, while the ongoing efforts of many groups to reduce the use of plastic bottles and bags are important from many environmental aspects, these efforts won't significantly alter the world's energy consumption. In some ways, focusing on these types of issues as ways to save energy can actually distract us from addressing

potentially more important issues impacting our future energy consumption.

To clarify, we need to look at a breakdown of U.S. primary energy consumption by source and sector, which was compiled by the Department of Energy's (DOE) Energy Information Administration in its Annual Energy Review 2007. The DOE lumps energy sources into five categories: petroleum (39.8%), natural gas (23.6%), coal (22.8%), renewable energy (6.8%), and nuclear electric power (8.4%). It sorts energy consumption into four sectors: transportation (29.0%), industrial (21.4%), residential and commercial (10.6%), and energy used for the production of electric power (40.6%).

The review reveals some important numbers. The largest source of energy, petroleum, provides almost all (96%) of our transportation energy—mostly gas and diesel for our cars and trucks. Petroleum also provides almost half (44%) of the energy used by industry. The other large source of industrial energy is natural gas (37%). Natural gas also provides 75 percent of our primary residential and commercial energy because electricity is not considered a primary energy resource. While coal accounts for only 22.8 percent of our energy consumption, it is the source of 51 percent of our electric power generation. Virtually all of our use of nuclear power is for electric power, wherein it accounts for 21 percent of our electricity. Fossil fuels and nuclear power together account for 95 percent of our electric power. Renewable energy accounts for only nine percent of our energy consumption in the four sections. The DOE's list of renewable energy includes hydropower, geothermal, wind, solar thermal and photovoltaic, wood and wood derived fuels, geothermal, and "Other Biomass."

Hydropower, at 6.4 percent of electric production, is the largest source of renewable power. Biomass, which includes wood-derived fuels, waste, and biofuels, provides 2.5 percent of our energy needs. Burning of wood products accounts for slightly more than a third of power generation within the biomass category. As of 2007, wind provided 0.32 percent of our energy needs and solar provided 0.08 percent. Last year, the DOE estimates the U.S. figure for wind power jumped to more than one percent, and could climb to as high as 20 percent of our power supply by 2030. I remember similar lofty growth forecasts for geothermal power many years ago. While the optimistic geothermal forecasts never materialized, some European countries are actually deriving up to several percent of their

power from wind turbines today.

These numbers are not static, nor are they a statement of future desired energy sources or of priorities. They merely reflect the realities of a starting point to the often repeated goal heard from politicians of "energy independence". These numbers clearly state that we can't just stop using fossil fuels and ignore nuclear power in our future power needs without an abrupt collapse of modern society. Until we have truly electric cars, wind and solar power can't replace gasoline and diesel fuels in transportation, and therefore won't reduce our dependence on petroleum.

It's easy to say, "Let's replace our old energy sources with renewable sources", but actually accomplishing that task won't be nearly as easy as saying it. Any major shift to renewable energy will be very expensive and complex, and will take time. In today's economy, the front-end capital requirements and almost certain rise in energy costs that will accompany the shift to renewable energy have increased importance.

A substantial replacement of fossil fuels by renewable energy may ease existing problems, but will also create a whole new set of problems. I will touch on only a few.

Wind power is expensive and is currently economically dependent on government subsidies. At the point wind power becomes a significant contributor to our electric needs, wind turbines and their associated infrastructure and power collection systems will be a very visible part of our landscape. They will also create their own environmental impact challenges. Because wind is fickle, our need to have a dependable power supply will mean that we will need some sort of method to store power from times when the wind blows to when it doesn't or we will need backup generators.

Although new wind turbine designs are trying to address the problem, the experience of many countries has been that wind power is actually available (meaning enough wind blows) less than 20 percent of the time. New turbine designs to account for lower wind velocities can only partly improve the situation because low wind velocities have less available energy. Because wind power can't be counted on when needed, conventional power plants are typically kept running as backups at nearly the same levels as if the wind power didn't exist. Wind power therefore currently doesn't have the desired effect of replacing conventional power plants. Other hurdles, including major and expensive necessary modifications to the nation's power grid to accommodate

wind generators, are too lengthy to discuss herein. In summary, it will not be fast and easy, nor will it be inexpensive to make wind power a major player in electric generation.

On smaller scales and for heating purposes, solar energy has a sunny future. However, large-scale solar power faces problems similar to those that challenge making wind power a major contributor to our energy needs.

Utilizing biomass to create energy for our needs is an indirect way of using solar energy. Plants convert sunlight and soil nutrients into biomass which can then be used as burnable fuel. Biomass is a less efficient energy source than coal or oil, but it is replaceable and doesn't result in nearly the same carbon dioxide generation as fossil fuels because it recycles the carbon from living plants over a short time span. Unlike wind and solar power generation, biomass can be used as base load power because it doesn't depend on weather or daylight.


However, biomass opponents already question the sources and potential pollution aspects of biofuels. They worry about the damage to soils and to the environment from growing crops for biomass fuels and are concerned about the water and fertilizers needed to make the plants grow. Perhaps a greater hurdle can be the lack of available large tracts of land needed to grow large quantities of biofuels. Other potential biofuels sources, such as algae, could bypass this problem. Further, the economics of growing, transporting and utilizing biomass as a significant fuel for power generation can be challenging. Despite these obstacles, power generation from biomass will continue to grow in importance in the future.

In getting back to the problem behind the solutions, it is clear that there will be no practical short-term fix to our energy dilemma. Most of the easy solutions that we hear offered will make only minor differences in the overall problem. This doesn't mean that they are not worthwhile to enact, especially because many, such as reduction in the use of plastic bottles and bags, improve our environment in other ways.

However, any serious changes to our pattern of energy consumption will involve large expenditures, higher energy costs and improved technologies. To be successful, the long-term goal of a major contribution from renewable energy will also need a clear plan of our goals and how we intend to accomplish them.

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jrperttu@charter.net

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# JACKSON COUNTY

Library Services

## Ruch Library News



### A Geologic History of the Applegate

by Mark Prchal

Saturday, May 16 at 1:00 at the Ruch Library

Mark Prchal is a geologist living and working in the Applegate Valley. He is an enthusiastic speaker who is always eager to share his knowledge of our local geology.

Prior to 1988, California's geologic map of the Klamath Mountains had many holes that were not mapped due to being too complicated. Mark was hired by the State of California specifically to map the geology of some of these previously non-mapped and incorrectly mapped geologic terrains between Happy Camp and the Oregon border. This work was published by the State as *Regional Geologic Map for the Weed Quadrangle, California* (RGM004A), 1988. Much of the Applegate Valley is in the same geologic province as he mapped for the State of California, i.e., the Western Paleozoic and Triassic belt of the Klamath Mountains

This program is free and refreshments will be served."

### Oregon Reads Books

This winter has been anything but dull at Ruch Library. Circulation statistics keep going up, from 1501 in November to 1692 in December to 1951 in January. Many people are taking advantage of the new free highspeed wireless Internet in and around the library building, and we just concluded the annual Winter Reads program for adults with drawings for free books and a book gift certificate. There have been staff changes over the winter: Betsy Brauer is the new Ruch Branch Manager, following Janis Mohr-Tipton's move to Central Point Branch. Lisa Martin is the library assistant on Tuesdays and Thursdays; Kristi Kowalski and Thalia Truesdell staff the library on Saturdays. And as always the library is the go-to place for help with schoolwork, research, job search/resume preparation, and tax forms, as well as free public computers, and our collection of books, CDs, movies, magazines, and reference material.

Ruch School sixth graders spent the morning of February 19 at the library for a research session in preparation for the annual "Night of the Notables," during which each student gives a presentation in character as a historical personage. This year's choices of notable people includes Cleopatra, Georgia O'Keeffe, Thomas Edison and Ronald Reagan. Betsy and library volunteers taught the basics of research which will give students a good foundation to build on up through high school, and they also provided individual help.

Because the next issue of the *Applegater* won't appear until July, we have to look far into our crystal ball to give you an idea of library events for that period. Some aren't in final form yet, but you can definitely look forward to these:

Oregon Reads began February 17. For Oregon's 150th birthday year (that's

"sesquicentennial," to be precise) the books to be read statewide naturally relate to the history of our favorite state. This year there are three choices, one each for adults, young adults, and children.

*Stubborn Twig*, by Lauren Kessler (adults), tells the story of an Oregon family through nearly a century beginning in 1903, when Masuo Yasui arrived in Hood River, to seek his fortune. Thirty-seven years later he and his family are successful orchardists, active in the orchardists' cooperatives, the Methodist Church, and the Rotary Club; in the backlash after Pearl Harbor, their lives were disrupted and many were sent to the internment camps set up for Japanese-Americans. A fascinating and moving account which also explores what the American dream has meant, and what it means to be an American.

*Bat G*, by Virginia Euwer Wolff (young adult), is about a sixth-grade girls' baseball game in the rural Oregon of 1949, when teams from two small towns meet for their annual game. Added to the traditional spirit of rivalry are other deeper conflicts: one player's father died at Pearl Harbor; another girl was interned with her family in the "relocation camps." The *School Library Journal* has high praise for this book, which "speaks volumes about courage, responsibility, and reconciliation. All in a book about softball!"

*Apples to Oregon*, by Deborah Hopkinson, author; Nancy Carpenter, illustrator (children). The subtitle tells the tale: Being the (slightly) true narrative of how a brave pioneer father brought apples, peaches, pears, plums, grapes, and cherries (and children) across the Plains. A reviewer says, "a hilarious tall tale—from the team that brought you Fannie in the Kitchen—that's loosely based on the life of a real fruiting pioneer."

Oregon Reads will be taking place in nearly every public library across Oregon, with discussions and special events or speakers. Watch the library's bulletin boards for more details; visit [www.jcls.org](http://www.jcls.org), or sign up on our email list (front desk, or send your email address to [akantha@mac.com](mailto:akantha@mac.com)) to get notices about these and other library events. Plan to join your friends and community in this shared reading experience, and read these books with your children too.

We will celebrate Dia de los Niños/Dia de los Libros with craft activities on April 30.

**Summer Reading Program** for children and teens begins June 8, 2009. The theme for 2009 is "Be Creative @ Your Library," and there will be plenty of activities and prizes to fill summer days.

### Volunteers needed

Would you like to commit an hour or two a week to helping out at our library? Volunteers can help in many ways. Just now, we need:

- Story-hour person, reading to pre-schoolers and kindergartners, each Tuesday at 11 am. (about 45 min.). "Storybags" with books and activities are provided by the library.

- Display designers and assemblers, to add seasonal and theme-based displays around the library and in the display cases. Here's a chance to have fun, help the library be more attractive, and promote interest in aspects of our collection.

- Helpers for events connected with this year's Summer Reading Program. Events include arts and crafts, and (new this year!) science activities, for different age groups. You can help with ideas/planning/preparation, and hands-on at the events. The programs and activities are important for bringing young people

into the library during the summer, encouraging them to enjoy reading, and opening new interests to them.

- Shelves and shelf "readers." Essential and always needed in the library, to be sure all the materials get back to the right places where they can be found. This is a pretty easy and relaxing activity. We guarantee you'll come across some intriguing books for your own enjoyment too.

Most volunteer positions can be flexible in hours and days (Tuesday, Thursday or Saturday) and can require a commitment to specific events or to one or two hours per week for at least several months (since some training may be involved).

Ruch Library hours are Tuesday 11 am-5 pm, Thursday 1 pm-7 pm, and Saturday 12 pm-4 pm.

Betsy Brauer, • 541-899-7438  
Manager, Ruch Branch Library

### Friends of Ruch Library (FORL)

Through fundraising, volunteer time, and sponsoring special events (our current series is described elsewhere in this issue) Friends of Ruch Library works to support our branch library and maintain expanded hours and service. Here are some highlights of what is underway for 2009.

### Support for extended hours

Expanded service at Ruch—being open on Saturdays, and open 16 hours weekly instead of just 8—depends on community financial support. The county's reduced budget provides only 8 hours a week for our library.

FORL is the group heading up the work to continue extended hours. Our fundraising in 2007 and 2008 paid for expanded hours for 2008 and 2009, and now we are raising the money for 2010.

All the proceeds of FORL activities have always gone to supporting the library, but the need to raise \$12,000 each year for expanded hours has required much more than our traditional A-Frame Bookstore and annual book sale can provide.

Fundraising for 2010 began with the book sale in October 2008 and the December Art Show and Sale, and we are now planning for more events through the rest of 2009.

The FORL Board cannot do this alone: we need your ideas and participation. The annual members' meeting (on a Saturday in April) will include discussion of ways to raise the money for extended hours. Watch for details of time and date, as well as an accompanying special event.

If you have ideas or want to help in any way, you can phone or email the two contact people listed at the end of this article. The campaign will need a variety of volunteer help: ideas, planning, and organization; set-up/take-down/and other hands-on work at each event; phone-calling, publicity design, and more. There's something for everybody and every level of involvement. The 2007-2008 campaign featured very successful concerts by generous local musicians. Others with special skills may wish to donate the teaching of a class with the proceeds going to the cause of extended hours. What are your ideas? Please let us hear from you!

### Small Canvas Art Sale

Artists: we have had about 40 small stretched canvases (about 6 x 8 inches) donated, which we'd like to distribute to Applegate artists for painting/collage/sketching, with a theme of "The Applegate Valley". The completed works will be sold in an event to benefit Ruch Library. Contact one of the individuals below, to get on the list if you'd like to participate.

### The A-Frame Bookstore

Our bookstore is tiny on the outside, but inside is a whole world of books (as well as CDs and DVDs) at the most reasonable prices you'll find anywhere, from twenty five cents to one dollar. All proceeds support the Ruch Library.

We now have one bookcase full of New Arrivals, changing every month. The Children's Room has a section of materials for learning/teaching math, science, language, and so on (home schoolers, take notice!). Other special sections feature large print books, and books on cassette.

The A-Frame Bookstore is open the same days at the library but slightly fewer hours: Tuesday 12-4 pm, Thursday 2-6 pm, Saturday 12-4 pm.

Stop by for a visit soon. And your donations of books/CDs/DVDs are always welcome. Recycle, clear your shelves, and help your library!

### Keeping in touch with FORL

Our web site at [www.forl.org](http://www.forl.org) has the up-to-date Calendar of events at the Library, a page of expanded descriptions ("More About Events"), and pages about "Staff and Volunteers", "Library News", a form to print out and join FORL (\$6/year) and "Library Resources". This last page has how-to's about some not-so-well-known services and features, including: download free audiobooks; get books at another branch sent to Ruch for you to pick up; find help, during library hours or not, with web searches, reference questions, and homework; renew your books by phone or computer; find out about delivery of library materials to household individuals.

The new *Applegater* online calendar, [http://www.applegater.org/Community\\_Calendar.htm](http://www.applegater.org/Community_Calendar.htm), is a great new listing of community events including those of FORL. And the Outpost's website has a community calendar too, at <http://outpostintheapplegate.com/pages/events>. Check both these resources for fun and useful stuff and be sure to submit your group's events to them.

FORL also sends out emails (prior to each FORL event) and a newsletter every two or three months. The newsletter goes out to our email list and we will be posting printed versions on the library bulletin boards.

Ruch Library is our community center in so many ways, and FORL is the community organization formed long ago to support it. We want to include everyone. Please let us hear from you.

Contact Cynthia Cheney, [akantha@mac.com](mailto:akantha@mac.com) to be added to our email list, participate in the Small Canvas Art Sale, or with suggestions about the website.

Contact Kaye Clayton, FORL President, 541-899-1044 to volunteer, offer ideas about fundraising or FORL activities, or participate in the Small Canvas Art Sale.

## Applegate Library News

Oregon celebrated its 150th birthday this past February. The Oregon State Library is promoting a statewide reading program. The program is about early immigrants who settled in Oregon. The reading material consists of three books, one for each of three age groups. The adult book is "Stubborn Twig" by Lauren Kessler. It is about several generations of a Hood River Japanese Family. There will be some special activities at some of our library branches that you may want to participate, watch for news releases in the near future.

Speaking of special activities, Bev Mays won the Barnes and Noble gift certificate drawing for the adult Winter Reads Program this past year. Congratulations Bev!

It's not just the books that make us remember the library, it's the services: Phyllis, Thalia and Carole who are there to answer your questions, help you use the computers, lead you to the "sale shelf" where you can purchase barely used books for a dollar. And don't forget the meeting room, the place we all count on for so many of our own uses: Applegate





**Ruch Library Chautauqua**  
**Magic Carpet Made of Steel:**  
**Songs of America's railroads**  
**Friday, May 1, 7 pm**

Jeni Foster grew up on the high plains of Montana listening to the far-off whistles of trains that evoked images of exotic places and people whose lives were very different from hers. The glory days of the great American railway system may be gone, but hundreds of folk and popular songs remain to tell the story of our great romance with the rails. Jeni Foster will discuss the folk music that served as a soundtrack for the golden era of train travel in "Magic Carpet Made of Steel: Songs of America's Railroads."



Jackson County Library Services and the Friends of Ruch Library are pleased to sponsor this Oregon Chautauqua from the Oregon Council for the Humanities. This free, public program will take place on Friday, May 1, 2009, at 7:00pm, in the Community Meeting Room, Ruch Branch Library, 7919 Highway 238, Ruch.

In her interactive presentation, Jeni shows how these songs reflect an American sense of adventure, opportunity, and freedom. History resonates in the songs of the construction gangs who built the transcontinental rail lines, the Gandy dancers who lined the tracks, conductors on the Underground Railroad, Civil Rights workers in the 1950s and '60s, and American composers like Duke Ellington, Aaron Copland, Woody Guthrie, and Steve Goodman. Jeni demonstrates how these songs are emblematic of our nation's development in their vitality, romance, and cultural diversity.

Jeni's been singing since she could talk - early on serenading the cows on the ranch and then entertaining at family gatherings, weddings and funerals. She took up the guitar as a teenager and sang at every opportunity in high school and college. During her time as a grade school music teacher she found that she particularly enjoyed connecting music with history and literature. Jeni's done that in more recent years by developing programs that combine lecture and music with audience participation in singing along on the choruses. She's performed widely across our great state and elsewhere, and we're especially pleased to have her here in the Applegate as a prelude to National Train Day, May 9.

This program is made possible by funding from the Oregon Council for the Humanities (OCH), an independent, non-profit affiliate of the National Endowment for the Humanities that is dedicated to the belief that knowledge and ideas are fundamental to the health of our communities. Details about OCH's programs and publications, which include Oregon Chautauqua, Humanity in Perspective, and Oregon Humanities magazine, can be found at [www.oregonhum.org](http://www.oregonhum.org).

For more information, call the Ruch Branch Library at 541-899-7438.  
 Pat Gordon • 541-899-7655

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**APPLEGATE**

**FROM PAGE 8**

Partnership meetings, yoga classes, men's groups, weaving classes, choir rehearsals, storytelling, special community programs, etc.

And a special activity to look forward to is an upcoming program: Thomas Doty's one-man storytelling of traditional and original native stories to be held at the library on April 19, 2009 at 3:00 pm. Admission is free and refreshments will be served. Come and join us for the special Sunday afternoon and meet your neighbors. People of all ages are invited to attend.

It's not too late to become a member of Friends of the Applegate Library (FOAL)! Some of you have received our newsletter inviting you to renew your membership with the FOAL. Don't forget to send in your \$15 check to Friends of the Applegate Library, Applegate Branch Library, P.O. Box 3308, Applegate, Oregon 97530. If you are not already a member, well, it's time you joined to support your local community library...the one we worked so hard to reopen last year. Remember?

Joan Peterson • 541-846-6988

**Thomas Doty to perform his stories from the native west**



On April 19, storyteller Thomas Doty will perform "Doty and Coyote: Stories from the Native West." The program will be held at 3:00 pm at the Applegate Branch Library, 18485 North Applegate Road, Applegate, Oregon. It is recommended for ages five and older. Admission is free.

Thomas Doty's latest Doty and Coyote stories will be available to purchase following his one-man storytelling.

Thomas Doty is nationally known for his impassioned performances of traditional and original native stories. He has released several recordings,

including daily and weekly broadcasts on public radio, and has received a number of awards, including a Lifetime Achievement Award from the national American Indian Program. Doty has published many books and is included on the Oregon Literary Map.

"Stories touch us deeply on many levels of truth," says Doty. "They entertain, they teach, they heal. I keep the Old Time stories alive as well as create new ones to keep my art vibrant and healthy." Doty has been called "One of the best of Oregon's storytellers" and "a master of his art."

Doty's performance is sponsored by the Friends of the Applegate Library. For more information, call Joan Peterson at (541)846-6988. For more information about Doty and his art, visit Doty's web site ([www.DotyCoyote.com](http://www.DotyCoyote.com)).

Joan Peterson • 541-246-6988

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## Serving your community

BY CLAUDE ARON

*"We must not, in trying to think about how we can make a big difference, ignore the small daily differences we can make which, over time, add up to big differences that we often cannot foresee." – Marian Wright Edelman*

My wife Arlene and I were fortunate enough to have had the opportunity to retire a little over five years ago—back when the economy wasn't looking quite as dismal as it is today. Our dreams of retirement consisted primarily of leaving the daily grind of the work world behind us and of having the time and freedom to do the things we enjoyed most, but that we never seemed to have enough time for. We also talked about looking for opportunities to volunteer our time for worthy causes—though that really was a vague and abstract notion at the time.

After having lived in big, bustling cities our entire lives, we also wanted to find a place to live that was more calm and peaceful. We had spent time in southern Oregon previously and found that it had a lot of what we were looking for: natural beauty, good weather, culture (music, art, theater, etc.), and a reasonable cost of living. We were ecstatic to find a beautiful home in the Applegate Valley and many wonderful people who became fast friends. We've come to feel a sense of connectedness to our neighbors, to the land and a real sense of community that we had never experienced as strongly as city-dwellers. This led us to the idea that we wanted to do something to contribute to the well-being and improvement of our community.

One of the first things we became involved in was working with local groups who provide food, clothing and school supplies to needy families and individuals. Initially, we helped to package and deliver meals to families during the Thanksgiving and Christmas holidays. It felt good to be able to brighten the holidays for those who otherwise would have little cause to celebrate.

In addition to helping established organizations with their efforts, Arlene also took it upon herself to initiate her own efforts in the Applegate and for the last few years has collected generous donations of money, which she has used to buy school supplies for students with financial hardships and donations of warm clothing to help folks get through the cold winters.

These types of efforts often gain a lot of visibility and focus around the fall and winter seasons, and especially around the holidays when people tend to be more thoughtful and generous, but certainly there are people in need year-round. To help fill such an ongoing need, Arlene now delivers meals to seniors one morning a week as part of the Food for Friends program in Jacksonville, and both of us spend one afternoon a week helping out at the Applegate Food Pantry, a local food bank that has been operated by our friends Matt and Donna Epstein for many years. It provides food for families that are experiencing hard times and struggling to make ends meet. As you might expect, the numbers of people in need have grown as the economy has faltered and it has been gratifying to be able to help provide a source of emergency food to those hungry families.

But, as the old saying goes, "man does not live by bread alone," so we also have tried to find other ways to contribute to the vitality of this community. Both of us have participated in the SMART reading program at the Ruch school, I have been volunteering with the program committee of the Friends of the Ruch Library to organize monthly programs at the library, and Arlene has just recently begun volunteering at the Ruch

library itself. It's our feeling that a well-informed and culturally diverse community is a more vital community and we hope that our participation in these activities does a little bit to promote that. And, as a side benefit of our participation, we've also met many wonderful and interesting people we might not have crossed paths with otherwise.

Now, my purpose in relating our activities isn't to toot our own horns and convince you that we're great humanitarians, but rather to share our positive experiences and perhaps get you thinking about what kinds of activities you might want to get involved in yourself. We can attest to the fact that not only is it good for your community, but it also makes you feel good about yourself, provides a way to widen your social network, and, according to a report from a government agency (the Office of Policy and Research Development), can even have positive health benefits. Their study, entitled *The Health Benefits of Volunteering: A Review of Recent Research*, concludes with:

"This report summarizes the impressive findings from a number of studies that have explored the relationship between volunteering and health. While these studies may differ in terms of their specific findings, they consistently demonstrate that there is a significant relationship between volunteering and good health; when individuals volunteer, they not only help their community but also experience better health in later years, whether in terms of greater longevity, higher functional ability, or lower rates of depression."

Now, if you're working full-time and you're raising a family, you're probably saying to yourself about now that "Sure, these folks can find the time to volunteer because they're retired, but I just don't have the time." That's a valid point, and the last thing I'd want to do is lay a guilt trip on anyone. If you volunteer out of guilt, you probably won't find it a fulfilling experience. But consider that you can volunteer for as little or as much time as you choose. Can you spare a couple of hours a month? Or maybe just get your feet wet in this volunteering thing by helping out during the holiday season once and seeing how it works out?

Another idea for people with limited time that Arlene has been trying to promote lately is the idea of volunteer job sharing. Do you have a friend who would be willing to share the load with you? For example, if there's a volunteering opportunity that requires a once-a-week commitment of two hours, two people can alternate weeks, transforming it into a biweekly commitment. It doesn't even have to be an equal split—maybe one person can do it only one week a month and the other person can do it the rest of the month. I'm sure any organization looking for volunteers would be happy to accommodate any arrangement you come up with as long as you're sincere and serious about your commitment.

So, have I convinced you that volunteering to help out in your community is something worth trying? If so, go out, find a need and fill it. Not sure where to start? The Medford *Mail Tribune* website has a long list of volunteer opportunities at:

<http://www.mailtribune.com/apps/pbcs.dll?article?AID=/99999999/COMM20/70411001>

Or contact your local school, library, museum, hospital, police department, fire department, senior home, food bank or animal shelter and just ask them what you can do to help them out—you'll be glad you did!

Claude Aron • 541-846-0380

## The Third Conference on Klamath-Siskiyou Ecology

The Deer Creek Center for Field Research and Education, the Siskiyou Field Institute and Southern Oregon University are pleased to announce the Third Conference on Klamath-Siskiyou Ecology: "Sustaining Biodiversity in a Changing Environment" May 28-30 in Selma, Oregon. This conference will bring together scientists, resource managers and engaged citizens to discuss the scope and consequences of environmental change in the ecologically diverse Klamath-Siskiyou bioregion. The conference will include a broad spectrum of topics including, (1) forest ecology and management, (2) watersheds, rivers, and fish, (3) wildlife ecology, (4) endemic and sensitive species, (5) forest pathogens and invasive species, and (6) hidden diversity ("the small things that run the world").

"One of our main goals is to advance knowledge

about environmental change," says Andrew Englehorn, Conference Coordinator. "The Siskiyou have long been known among ecologists as one of the most biologically diverse places in North America. The research presented at this event will bring science to the public, providing a forum to discuss the impacts of a changing environment in this bioregion."

Dr. Susan Harrison, Department of Environmental Science and Policy, University of California, Davis will deliver the keynote address entitled "Revisiting Robert Whittaker: Botanical Responses to Climate Change in the Klamath-Siskiyou."

For further information, please contact Andrew Englehorn at the Siskiyou Field Institute (andrew@thesfi.org; 541-597-8530) or visit us on the website at [www.thesfi.org](http://www.thesfi.org) for updates and registration information.



# THE STARRY SIDE Spring

BY GREELEY WELLS

See the buds, feel the warmth, smell the green, Daffodils have broken through at my place at this writing at February's end. It's spring! Dear renewing Spring. In the night sky the loud and raucous proliferation of stars is setting in the west as the sentinel, Sirius, bright in the west dominates. Gone are Taurus and Orion, only his faithful dog remains. The stars are fainter, the sky quieter with large areas of almost nothing going on. It's because in spring we stand on the milky way below and around us at the horizon line. But don't worry it's about to tip up again in the east, its sentinel is already there in the northeast: Vega the bright star in the little constellation Lyra. It's the leading edge of the summer triangle, soon Deneb and finally Altar will follow. But summer is just a hint. Spring does have it's star and constellation magnificents. Cassiopeia is under the north star now. Then moving up from her is the Little Dipper whose tail or handle's end is the north star. Next going upward is the huge Big Dipper and over it all and past the zenith of the sky is Leo the Lion. Notice that the Big Dipper pointers work both ways. From them you can find the north star by going down. By going up or overhead they point to Leo. This set has been rising and it will be the main sight for this season. Remember you can "follow the arch" of the dipper's tail and it will lead to Arcturus and keep going in roughly the same arch and find Spica. Arcturus is in Bootes made of not too bright stars and off to the east is one of my favorites: Corona Borealis a neat little "C" shape that is very distinctive though not very bright. And since I'm a Virgo that's another reason I like Spica, a rather shapeless maiden who holds an ear of wheat in her hand. No I've never really figured her out. But she is large and dim with Spica standing alone. I told you the spring sky was dim, that large southern exposure a case in point.

As the season ticks on, like the clock that it is, the whole eastern horizon, well into the north and south, will be aglow with the milky way. The darker your sky the greater the show. By June the summer triangle in all it's glory will grace this bright river of light with many bright stars. We'll concentrate on these for the summer discussion. In May in the southwest setting soon is the bright Capella in Auriga, what I think of as a five-sided kite with two tiny triangles straddling two sides. Almost due west and side by side are the Gemini twins: Caster and Pollux, the very last of winter's stars. They stand parallel with the sunset and fade into it as May turns into June.

## THE PLANETS

Mercury, the ever elusive planet, has it's best show this year in April and in easy evening sight. Look about mid month in the west-northwest at sunset. On the 26 a two-day-old moon hangs just to the left of Mercury with the Pleiades between them - gorgeous! With optical aid it's a crescent shape and easy to see in the sunset light (always the best time to look at planets). Mercury will

be found in the midst of the Pleiades on May 15 and again on June 15. In May Mercury fades towards the sunset and is gone on or about the May 18.

Saturn is high in the south at sunset and remains for the night the one visible planet of April. The ring system is narrow for those looking closer and then open a little at month's end. In May Saturn is still high in the south but setting at around 3 am. On the May 17 Saturn stops it's westward drift and begins moving eastward against the background stars for the rest of the year. June is Saturn's swan song. It starts the evening lower and lower in the southwest and ends the evening with setting by 1 am on June 15. It'll be completely gone by September. Also leaving are the rings.

Jupiter is rising 2-1/2 hours before the sun in our April dawn sky, Mars and Venus are there too. On April 19 Jupiter is quite near the moon. As Saturn sinks in the west Jupiter rises in the in southeast in May. June's Jupiter rises around midnight.

Venus rises due east about 50 minutes before the sun at dawn beginning the month. On April 22 the moon occults (hides) Venus at about 5:18 am! And that's Mars (a dim pin point) looking on from below and off to the right Jupiter watches it all. By May 10 and into June, Venus rises two full hours before dawn and is the predominate, bar none, dawn "star." Venus and Mars get closer in June and on into July.

Mars moves up and closer to Venus all April, in our dawn sky. On May 21 Venus, Mars and a beautiful crescent moon make a nice triangle in the dawn sky. Mars is still hard to see as it's blown out by the dawn's light. On June 15 Mars emerges from dawn's twilight and Venus and Mars drift together. Notice Mars just upper left of Venus and below a crescent moon on the June 19 in the dawn.

## OF SPECIAL NOTE

April 22 shows us the Lyrid meteor showers, they seem to radiate from the southwest near Vega in early evening and move into the morning sky by midnight. There may be a dozen or so meteors per hour, not a big shower.

May has it's Eta Aquarid showers. On the early morning of May 6 in the east is the radiant. It's a little better than the Lyrid's but with a full moon which always impinges on the smaller meteors.

The crescent moon grazes the Pleiades on April 26 in the western sky.

April's full moon is on April 9 and is called the Egg, Grass, Easter or Paschl Moon. May's full moon is May 9 and called the Milk Moon or Planting Moon. June's full moon is on the June 7 and is called the Flower, Rose or Strawberry Moon.

May your night skies be dark and warm and the meteors many!

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## Williams Creek Watershed Council and Williams Elementary School's Salmon Egg Program receives grant funding

The Williams Creek Watershed Council (WCWC) is grateful to have recently received a grant from the Cow Creek Umpqua Indian Foundation to support the Williams Elementary School "Salmon Egg Program." Now in its sixth year, this program provides an opportunity for students to learn about the life cycle of salmon that live in our local streams. Every October, 100 Chinook salmon eggs (provided by Oregon Department of Fish and Wildlife) are hatched in an aquarium in the school library. The alevins (baby fish) are cared for by a team of fourth and fifth grade students under the tutelage of WCWC volunteer, Karen Rogers. The whole school eagerly watches the development of the alevins. Once the fish have reached fry stage (juvenile) they are released into the Rogue River.

Last year, WCWC received its first grant from the Ashland Community Food Store in support of the Salmon Egg Program. With this grant we were able to improve the aquarium and purchase related educational materials for the students. This year's Cow Creek

Foundation grant will be used to purchase additional educational materials for every student, upgrade the aquarium system to include refrigeration and reimburse volunteers for gasoline and other expenses. Thanks to this new grant, we will also be able to expand the program to include field trips for students to see natural salmon spawning sites, as well as fish hatcheries.

This project is a partnership between WCWC, Williams Elementary School students and teachers and the Oregon Department of Fish and Wildlife. Together with the Cow Creek Umpqua Indian Foundation, the Ashland Community Food Store and our volunteers, we are excited to offer this community outreach program. This enables Williams Elementary School students to learn about native fish and healthy stream habitat. For more information about this and other watershed enhancement projects, please contact the Williams Creek Watershed Council at 541-846-9175.

Evelyn Roether • 541-846-7163





Waters Creek Trail. Photo by Lee Webb..



**TRAILS**

**FROM PAGE 1**

Proceed 2.3 miles to the small gravel parking lot, restroom and trailhead.

**Waters Creek Trail** has two loops. The first is a one-mile loop that is graveled, providing a great walk for families with small children or those desiring an easy stroll. The trail travels through an open meadow bordered by oaks, and then follows the riparian area of Waters Creek. The 2.5-mile second loop is definitely more of a workout, climbing higher up the slope and passing through a mixed conifer/hardwood forest setting.

Waters Creek Trail was constructed using proceeds from a selective logging sale in the late 90s; the trail is located adjacent to these upslope-managed sites. Signs of prescribed burning and the opening of the canopy are now almost impossible to distinguish. Numerous draws that flow water in the wet season were protected with a vegetative buffer. Harvesting some timber, while providing for a visually pleasing recreational experience, has been successful.

Interpretative signs that line the trail have become well-worn, but are worth checking out for information about some key forest elements and even some quotes

on the varying philosophies that society has of nature.

**Directions:** Take Highway 199 south 12.5 miles from Grants Pass (measured from the intersection of Highway 199 and 238). Turn right onto Waters Creek Road just south of Wonder (about a half mile from the Wonder store). Travel 2.5 miles, just past the Forest Service boundary, to parking site and restroom.

Limpy Creek interpretative signs were recently replaced as a memorial to the late Larry Cosby, who designed and implemented the trail (also Waters Creek Trail) and for many years provided the graphic layout for the *Applegater*.

*On a regular basis I meet locals who share what a meaningful place these trails are to them and their family. They say these hikes are a "must do" for any of their out-of-town visitors. In addition, both trails have had lots of community involvement with and support for their creation and maintenance. If you have not discovered these hikes, add it to your must-do list. And, as with most locations in SW Oregon, be on the lookout for poison oak.*

For more information, please contact Wild Rivers Ranger District on the Rogue River-Siskiyou National Forest, 2164 NE Spaulding Avenue, Grants Pass, OR 97526, 541-471-6500.

Linda Mullens  
Rogue River-Siskiyou National Forest

Trailhead of Limpy Botanical trail. Photo by Linda Mullens.





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**Fun and Games** by Marvin Rosenberg

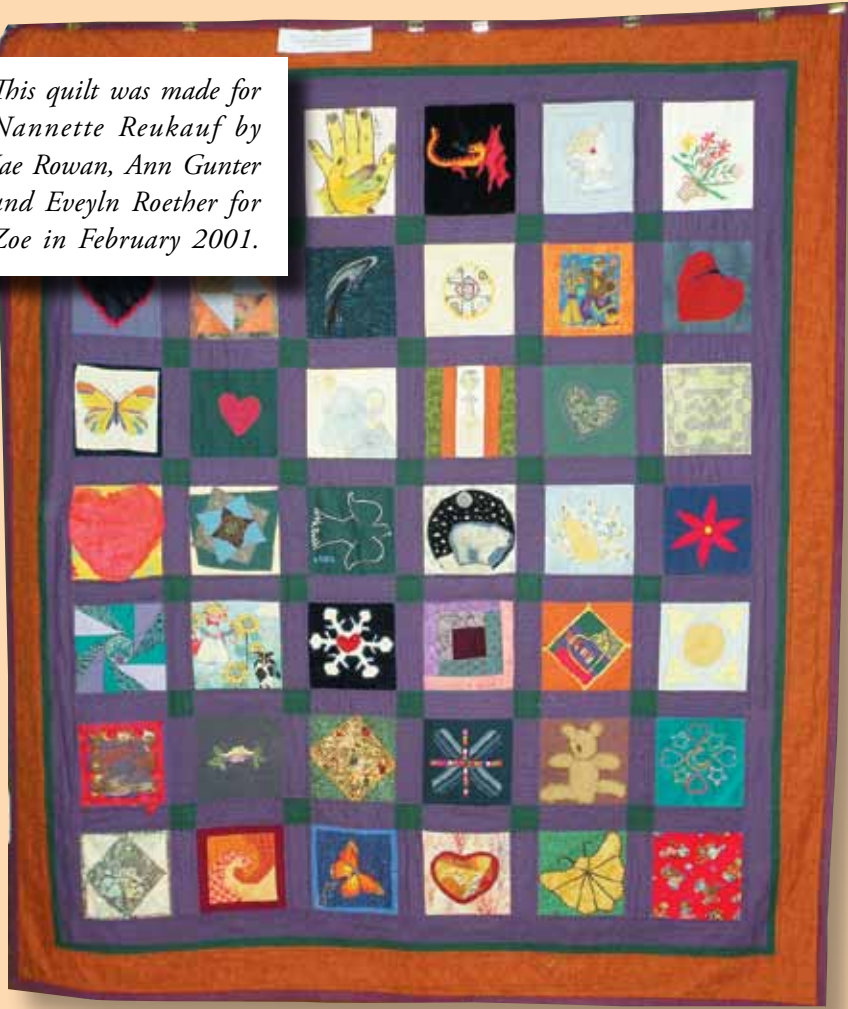
This is an easy one, called **FIND A PAIR**.

A Ruch school child is in a hurry in the early morning when it is still dark out. The child is very organized and has only two colors of socks in his drawer and, being a very methodical child, knew the drawer contained eight blue socks and ten red socks. The question is, how many socks was it necessary to remove from the drawer before it was certain that there was a pair to match?

**Answer on page 24.**



*This quilt was made for Nannette Reukauf by Jae Rowan, Ann Gunter and Eveyln Roether for Zoe in February 2001.*



*All quilt photos by Darryl Jackson.*



*This quilt was made for Kathy Kali by Jana for Joulian Kali Montague in May 2005.*



**QUILTS**

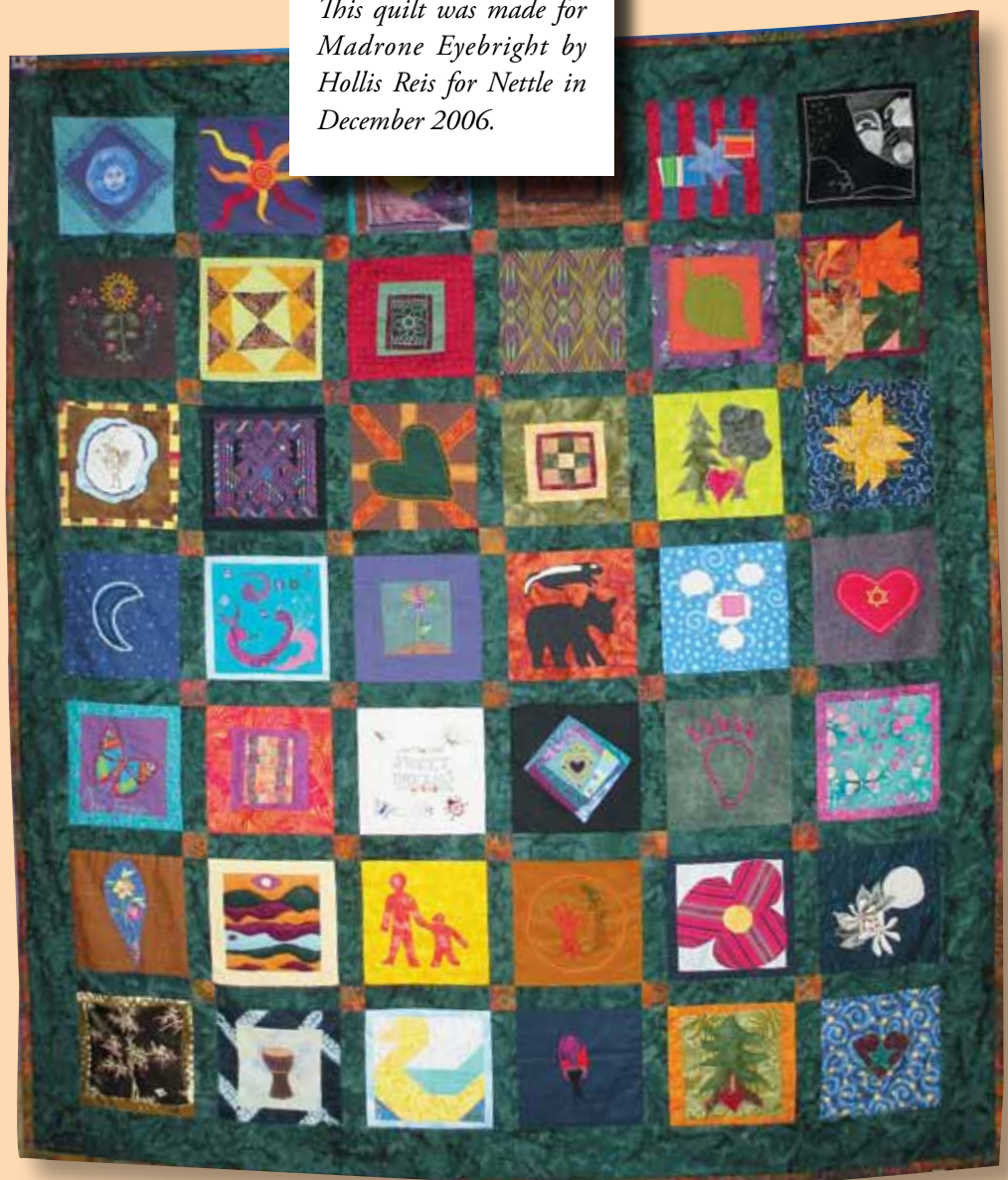
**FROM PAGE 1**

Hollis Ries, Grandma Wendy, Kathy Escott and Peter Henry helped hang the quilts and cleaned up the Grange. Tressi Albee, Hollis Ries, Peg Prag, Madrone Eyebright and many others helped construct many of the wonderful, wild, beautiful Williams quilts on display. To all of the women, men and children who contributed quilt squares for more than 30 years, a big thank you from the owners of the quilts and from our community who made it all happen.

Inspired by the quilt show, the Williams Arts Guild will be starting a free quilting group at the Pacifica facilities. People with knitting, sewing or beginner quilt projects can join in. The group is a just-for-fun monthly get-together to help with projects and support each other. For more information, please call Peg at 541-846-9230 or LouAnn at 541-846-6951.

Claudia Beausoleil and Peg Prag

*This quilt was made for Madrone Eyebright by Hollis Reis for Nettle in December 2006.*



*This quilt was made for Abby Hatfield by Tressi Albee and Brooke Turner for Sarah Thea Hatfield in April 2004.*





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## Support your local farmers, economy and health

BY MELANIE JESSEE

This is a very important time of year for farmers who are getting ready for the growing season, and the perfect time to ensure you get a share of the delicious veggies to come!

The reason I am writing this is to encourage people to sign up and help farmers with their spring start-up capital needs. From the mouth of a farmer, "If there ever was a year that farmers should rely on their members instead of credit, 2009 would be the perfect candidate for that."

I know that with the way things are going, especially with salmonella recalls happening daily, many of you right now are concerned about food safety and the health of your families. Many of us are also struggling with the failing economy and the sky rocketing costs of food. So this is one of the simplest, healthiest choices you can make right now for your family, community and local economy.

### What is Community Supported Agriculture (CSA)?

"CSA is a partnership of mutual commitment between a farm and a community of supporters which provides a direct link between the production and consumption of food. Supporters cover a farm's yearly operating budget by purchasing a share of the season's harvest. CSA members make a commitment to support the farm throughout the season, and assume the costs, risks and bounty of growing food along with the farmer or grower. Members help pay for seeds, fertilizer, water, equipment maintenance, labor, etc. In return, the farm provides, to the best of its ability, a healthy supply of seasonal fresh produce throughout the growing season. Becoming a member creates a responsible relationship between people and the food they eat, the land on which it is grown and those who grow it.

This mutually supportive relationship between local farmers, growers and community members helps create an economically stable farm operation in which members are assured the highest quality produce, often at below retail prices. In return, farmers and growers are guaranteed a reliable market for a diverse selection of crops." (With permission from the UMass Extension)

Depending on the CSA program you choose, a share consists of approximately 20 weeks of produce, which often contains recipes from the farmer to help you diversify your diet and learn new ways to cook the veggies provided. Many CSA programs also consist of eggs, dairy, poultry, meat, and even beautiful fresh flowers!

Prices vary between CSAs and you often can choose between a large share (for larger families or three or four adults) and a small share (enough for two adults or a small family). Some programs also give you "CSA bucks" which allow you to choose what veggies you get and when.

### Why is Community Supported Agriculture important?

- CSA encourages direct communication

and cooperation among farmers and consumers.

- CSA provides farmers and growers with a fair return on their labor.
- CSA keeps food dollars in the local community and contribute to the development and maintenance of regional food systems.
- With a "guaranteed market" for their produce, farmers can invest their time in doing the best job they can producing food rather than marketing their products.
- CSA supports the biodiversity of a given farm and the diversity of agriculture.
- CSA creates a sense of social responsibility and stewardship of local land.
- CSA puts "the farmers face on food" and increase understanding of how, where, and by whom our food is grown.

Buying local also greatly reduces our dependency on fossil fuels. Much of the fossil fuels used in our current food system go towards transportation and packaging, therefore buying local also saves energy and reduces the strain on our natural resources as well." (With permission from the UMass Extension)

### Resources:

There are many resources to find local CSA programs. I will list a few, but this is by no means all of them!

THRIVE in the Rogue Valley: [www.thriveoregon.org](http://www.thriveoregon.org) <http://rogueflavor.org>  
 \*Thrive also helps local food businesses buy/sell local products

Local Harvest: [www.localharvest.org](http://www.localharvest.org)  
 \*Find farms & products anywhere in the US

### Here are a few Rogue Valley CSA programs:

Blue Fox Farm <http://bluefoxorganics.com/csa/>

Dunbar Farm 326-1666

Eagle Mill Farm & Education Project: <http://eaglemillfarm.org/>

Fry Family Farm: <http://www.fryfamilyfarm.com/>

Mud Puddle Farm <http://mudpuddlefarmoregon.wordpress.com/>

Siskiyou Sustainable Coop <http://www.siskiyoucoop.com/>

Plaisance Ranch: <http://www.plaisanceranch.com/>

\* Plaisance Ranch does not have a CSA, but they do have a farm store that sells Certified Organic Beef, produce, eggs, wine, and Applegate Artisan Bread.

Again, there are tons of resources and farms not listed here. I encourage you to check them out as well as support stores and restaurants that carry local products. Those in the Rogue Valley can also check out the Rogue Flavor Guide. It is a free guide to farms, wineries, breweries, grocery/specialty stores and restaurants that carry local products and more in the Rogue Valley

Melanie Jessee  
 541-761-7686

Rogue Community College student majoring in environmental studies

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# Residents support biomass drop site

BY TOM CARSTENS

Last year, Biomass One, the 30 MW electricity plant in White City offered to grind up and haul away our biomass waste for free if we set up a drop site, similar to the one we had in Murphy for so many years. (Their portable grinder is pictured.) So the Applegate Partnership and the Greater Applegate Community Development Corporation (GACDC) teamed up with SOU and yours truly to ask residents of the valley if they would support such a site.

This past summer I drew a 10% random sample from all 7,046 of the Applegate watershed tax lots in Jackson and Josephine Counties. In all, 687 survey forms were mailed out and 357 were returned, for a response rate of 52%. Statistically, that provided us with a reliable sample within a margin of error of 5%. I tabulated the results at SOU in October and delivered a report to the Partnership and the GACDC in November. The results of that survey are summarized below.

**SUPPORT:** 79% of respondents thought that the concept of a biomass drop site was a good idea. 68% said they would actually use it to drop off slash and other wood waste. Support was a bit stronger among Josephine County residents.

**THINNING:** 83% of respondents said they thinned their property at least once per year. Of those who said they would use a drop site, 50% said that having a waste site close by would motivate them to thin more often.

**DISTANCE:** 45% of those who would use a site said they would travel up to ten miles to haul their wood waste. An additional 25% said they would haul further than ten miles.

**USER FEE:** About 70% of potential users said they wouldn't mind paying a small charge to help offset the cost of running a site. Almost all thought that \$5 per pickup load would be about right.

**PREFERRED SITE:** Of six sites listed, Murphy received the support of 40% of the respondents. This might be reflective of the fact that about two-thirds of the tax lots are in Josephine County.

**MISCELLANEOUS DATA:**

**Age:** Over half of respondents are over 60. Less than 5% are 40 or under.

**Residency:** 72% of respondents have lived here more than 10 years.

**Production:** 89% of respondents say their property produces wood waste.

**Disposal:** 86% of respondents burn their wood waste.



**Air:** Only 1% thought air quality was poor.

**Wildfire:** 69% rated the risk of fire on their property as moderate to high.

The full report has a lot more information, including a synopsis of all the written comments and suggestions (43% of respondents chose to comment). If any of you would like to see the entire report, give me a call and I'll arrange to e-mail a copy to you, complete with charts, tables, and analysis.

I'd like to thank all of you who participated. The Partnership and the GACDC have the data and will meet in January to discuss next steps, if any. If anyone has more thoughts on this, let them know how you feel, or give me a call.

Tom Carstens • 541-846-1025



## Choosing a Well Drilling Contractor #17

with Bob Quinn

*You're preparing to arrange for a well on property you own or are planning to buy. Take the advice of the Oregon Ground Water Association and choose your contractor wisely.*

The decision is an important one, because it is the presence of a healthy water supply that gives value to your land. Among the suggestions of OGWA are these: How long has the contractor been in business and constructing wells? Is the firm licensed, bonded, and insured? Will they provide references from recently drilled wells? Do they provide a written agreement or contract that sets down an understanding of the work to be performed? Are the details and costs estimates of well construction included? Is there a checklist of things to be included in the project?

In addition to these suggestions, you might also want to know the experience of homeowners in the surrounding area, the depth at which water was found, the flow rate (gallons per minute), and the costs. Such information can be enormously helpful, and a good well driller should be able to provide it without obligation.

Bob Quinn is a member of the Oregon Ground Water Association and owner of **Quinn's Well Drilling and Pump Service** at 6811 Williams Hwy., Grants Pass. As part of a tradition of information and service that began more than 50 years ago, these columns are provided by the firm to help take the mystery out of well drilling and ground water. If you have a question about your well or one you are planning, please call Bob or his helpful staff for advice, estimates, or helpful information at no obligation or cost.

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# Is ethanol really helping?

BY TASHA KNOWLTON

About a year and a half ago I was rooting for ethanol plants. I thought that it was a great idea to put ethanol into our gasoline because it would reduce the amount of carbon monoxide and hydrocarbon tailpipe emissions. The difference might not have been drastic, but if we could improve our environment in the slightest way, I thought the idea must be good. But is ethanol really helping anyone?

Since the E-10 (10% ethanol, 90% gas) mixture came to our community, I have heard people saying that they have noticed a downgrade in the performance of their vehicles. In the March edition of the *Outdoor Life* magazine, it discusses the problems that ethanol has been causing in boats. Bud Tillman, a Suzuki dealer in Florida, said that they had more than 200 boaters come in with boat problems. New filters were getting clogged up and full of water, and screens and injectors were getting ruined. Ethanol was supposed to burn cleaner and cooler and was supposed to be easier on engines than pure gasoline.

Ethanol has the power to dissolve fiberglass fuel tanks and in some cases it has caused severe engine problems. Ethanol is very corrosive and sounds like it could be dangerous to some of our vehicles. When I did research on ethanol plants a year and a half ago, people were saying that ethanol would be cheaper, but gas prices have been higher than ever. The only good thing that ethanol seems to be doing is reducing the carbon monoxide and smog emissions.

Our community is full of farmers who have to use heavy equipment on their crops. They cannot afford to have ethanol ruin this expensive equipment. Each year, my grandparents grow fields of corn to sell right here in our community. If anything happened to their equipment, they wouldn't be able to do this and a major part in their livelihood would be ruined. Farmers—let alone everyone else—cannot afford these problems. However, one thing that has seemed to improve the function of the ethanol is fuel stabilizer. *Outdoor Life* magazine says that keeping the tank filled to the brim to prevent condensation

will also help.

On the other side, I have heard many people say that the ethanol has no effect on their vehicles. They have vehicles that run just as well as when they filled them with pure gasoline. So ethanol, in some cases, isn't a bad thing.

I still have faith that one day ethanol will be more useful to us. If we could find a way to improve the performance of ethanol, then our environment could be improved, little by little. It's the nuances of assistance—like switching to a more environmentally friendly way of fueling cars—that can make a difference in our community and our nation. If we could just discover an efficient way to prevent ethanol from degrading the performance of vehicles, all would be good. Until then, we can do what we can, like putting in the fuel stabilizer, to prevent the negative effects of ethanol.

Tasha Knowlton

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Hidden Valley High School Student

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## Tall Tales from the Editor

# Burning tale or Tail of woe

The local meteorologist reported that an incoming cold front would be the coldest weather we've had in five years. By Montana standards our cold front would be a winter heat wave, but here in Applegate, Oregon, that meant "colder than hell." (Where did that term come from, anyway? I was under the impression, from my childhood Sunday-school days, that "hell" was exceedingly hot, not cold. Very confusing!)

When the cold front hit, my bride Sioux had her laptop computer set up on the kitchen table and a candle burning in the center of the table. Sioux was explaining to me why the candle was necessary. "The smell relaxes me. And the flicker of the candle gives me a feeling of warmth." I think "feeling" is the operative word.

Sioux always says she likes to multitask, but trust me, that is very open to interpretation. While she was using the computer and gazing at the candle, she also was baking twelve-dozen cookies for the annual cookie exchange party the next day. Cookies were stacked all over the kitchen—on the counters, on the window ledges, well, everywhere. Why? Because Sioux made up her own recipe to use up my frozen apple pulp left over from this past fall's apple pressing. So as calculations go, her twelve-dozen cookies turned into at least fifty dozen. I should have hired a U-Haul to help her get them to the party.

Our two Border Collie/McNab dogs, older Utah and five-month-old McGee, were keeping warm by the stove. McGee had just had every guy's nightmare surgery a few days prior to this baking fiasco. That's right, we did our civic duty and had him neutered. The thought makes me want to cross my legs—tightly! Poor McGee had to wear one of those awful plastic cone-shaped headgear contraptions. We had to refrain from calling him "Queen Elizabeth"—you know, like from the sixteenth century. Since he could see only straight in front of him with this new trendy headgear, he constantly was running into everything in our tiny cramped kitchen quarters.

I was sitting at the kitchen table enjoying a nutmeg-laced eggnog with my buddy Jimmy Bean, when our niece, Chloe the cat, and all her luxurious long calico hair decided to join me at the table. I was having this very philosophical conversation with her, querying who she thought she was jumping up on the table. Apparently she knows and looked at me as if I were one step below retarded. I had to be persistent, "This is a no-no. Off the table, Chloe!" She sprawled out, fastened her gaze on me and swished her tail. I turned to say something to Sioux, who was unloading

another twenty-five dozen cookies from the oven. Man, do I love the smell of baking cookies, but suddenly there was a strange burnt stench in the air. When I turned back to the table, Chloe was swishing her tail again, but this time it was through Sioux's "relaxing" candle. Chloe was on fire! I yelled something like, "Sioux, our kitty is on fire." Well, maybe I really yelled, "Holy smoke, we have a flaming grimalkin." Actually I can only take Sioux's word that I yelled something like that as I was lunging for the flaming Chloe, who was running around emitting deafening cat screams. Chloe was only mildly singed, and actually was running away from mad dog McGee in his Elizabethan collar, who thought this was a new game as he was crashing and turning over everything in our scrunched-tight kitchen—you know, the one with cookies on every conceivable horizontal space. In all the bumping and upheaval, Sioux, of course, dropped some cookies, but old Utah helped her by scarfing them up as fast as they hit the ground, while I rubbed my hand up and down Chloe's tail and extinguished the flames. Burnt cat hair filled the air as the soot particles drifted around the kitchen and alighted on some of the dozens and dozens of cookies.

As I was grabbing Chloe, I had a vision of her running through the house and the entire place going up in flames. I wasn't sure our homeowner's policy covered flaming feline tail.

Chloe fared quite well, and is just missing several tail hairs and one of her nine lives. McGee learned that "cat on fire" is not an inside game, and Utah learned that with patience, his Mom would most likely drop something yummy while she is multi-multitasking. This time Utah was especially content as his bounty was at least two month's worth of cookies gleaned from the kitchen floor. Sioux still had plenty of cookies for the cookie exchange and apparently no one complained about the "fuzzy" icing on some of the cookies. They must have had a delicious organic flavor, probably from my apple pulp.

As for me, the few moments of burning tail has given me many days of just laughing out loud. We all need to laugh and it better be hearty and out loud or we may drown in a melted glacier of tears. As we look upon the smoldering ruins of the financial world on Wall Street, you and I will pay the price for their napalm lies, government-sanctioned theft, blatant hypocrisy, and benign neglect by our one-party political systems. Yet the streets are quiet and I don't know why.



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

## 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:

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7386 Highway 238 • PMB 308  
Jacksonville, OR 97530  
Email: [gater@applegater.org](mailto:gater@applegater.org)

Dear Editor:

Rauno Perttu's article in the winter issue of the *Applegater* about his wife, Jan, having the dreaded Alzheimer's disease is such a personal heartrending account of what they have been through and are facing. It's bad enough when the disease attacks the elderly but it should never happen to one so young.

There are so many terrible diseases throughout our world. It almost discourages one from knowing which ones need the most financial support. Cancer has always been a top-priority which is now being treated with more hope of recovery.

When Parkinson's disease suddenly attacked my brother and my son-in-law's father, as well as a very dear friend several years ago, it became very difficult to accept the "no cure" verdict.

It will be a wonderful day when the "cure" verdict comes to those like Jan. So many diseases have disappeared just in my lifetime. Hope and cures are on the way. It doesn't stop now.

Evelyn Williams, Jacksonville, Oregon

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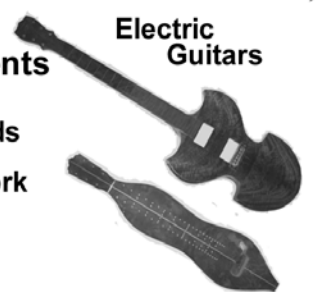
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# Beaver rescue on the Applegate River

BY CHAS ROGERS

Living on a river can be difficult these days, especially for the wildlife that has used them for homes and survival for millions of years. With shrinking habitat, and riparian encroachment, the American beaver has been challenged by trappers, traders, and settlers since before the foundation of the State of Oregon. These native inhabitants rely on the continued flow of creeks and rivers as well as the development of wide and varied riparian habitats. Influences to the landscape over the past 150 years or more has been dramatic and detrimental to beavers following the arrival of settlers and trappers.



Beaver in live suitcase trap ready for transport to release site.



Transporting the beaver to the creek for release in the suitcase live trap.



Beaver just released into new habitat where it has a chance to survive.

I recently had the chance to experience the American beaver up close, something I had only read about or seen off in the distance in remote waterways. Most beaver inhabit pools or ponds that are dammed with sticks and logs, but some are found in muddy banks along larger streams. This particular beaver occupied a large slow water pool on the banks of the Applegate River. Numerous beaver sticks and small piles of woody debris could be seen in the river and along the banks where trails of muddy tracks lead upward to the surrounding hardwood riparian forest.

Stepping lightly, I ventured into the muddy banks to examine the humble structure where the beaver dug into the bank and covered the entrance with hundreds of small sticks. Although it did not look like much, there was a kind of special presence to the site. The quiet setting with the river slowly rolling by with swooshes and trickle sounds, deer on the opposite side grazed the low grass, and a pair of hawks circled and dove nearby. However, my fascination was with the young fish that seem to gather near the pile of sticks like a magnet attracts iron filings. There were hundreds of juvenile salmon clinging to the site for protection and survival. A school of what looked like Chinook or Coho salmon waited for a time when they would migrate downstream and return to the sea for the next stage of their life cycle.

As I moved about on the water's edge, the fish darted off in mass to the opposite side of the pile and moved through the sticks as if they knew each hole and hiding place in the cluster. They seemed to know the beaver that occupied this den was a part of their life cycle and they needed its care. The sticks and muddy debris were the best place to gather a school of fish to summer over until their time to move downstream with spring flow. This was more than a hiding place for young fish, but a sanctuary for wildlife that depend on the beaver.

I had been brought along to see the process of removing the beaver from this site. A complaint had been filed due to property damage to several small

trees along the bank. The landowner had found that the beaver had gnawed down cottonwood trees along the driveway, felling them into the road and blocking the way to his home. Other trees were in jeopardy if the beaver was allowed to continue with his habits. Rather than use a kill trap or shooting the animal, this beaver was given a chance to survive by referring the problem to a specialist in live trapping to move the beaver to an isolated stream system. The trapper donated his time and expertise to relocate this beaver for its high value as a restoration partner in maintaining stream habitat. This one beaver may get a second chance.

The live trap is designed to catch the beaver during movement, usually at night, and is a "suitcase" trap that catches and holds the animal safely. Since these are nocturnal animals, these traps will be set for several days and nights until one is caught. The trapped beaver must be rescued immediately to keep it from harm and moved to a new site at once. Most trapped animals are vicious and dangerous, but beavers are not harmful unless provoked and stay quiet in the trap in the car as it awaits its fate.

Beavers are unique among large rodents, their large flat tails are used like a rudder to guide them through the water, and are vegetarians feeding on young trees and shrubs. They live in family groups that work tirelessly to create a home for themselves and relatives. Being social animals, each beaver establishes itself into a colony where the work can be shared. They are the only other animal, besides humans, that build and develop a home and surroundings as well as create habitat for themselves and many other species of wildlife. They are constantly at work chewing sticks, digging holes, and caring for their young. In their work, they can dam up a stream and pool water, holding back surface water onsite longer and releasing it slowly for long term discharge. This holding pond is the survival area for the family to hide from its predators such as coyote, mountain lions, bears, dogs, and humans.

Holding water on the land and

releasing it slowly is only one important aspect beavers do. Ponds and wood debris collected by beavers are one of the best survival habitats for juvenile salmon. Beaver ponds slow flood waters, encourage deposition, and collect fine sediment that clogs streams. Ponds can raise the water table of the surrounding area, develop rich bottomland with high nitrogen levels, and reduce erosion. As the pond fills with sediment and gets shallower, eventually the beavers will migrate to another spot, leaving the site to regenerate into a thick wetland that supports many species of wildlife dependant on the beavers work.

Transporting and relocating the trapped beaver to another site was the most rewarding part of this process. Once we reached the designated release site, the holding cage was dragged to the new area and the trap was opened. At first, the beaver could not understand what was happening to him. Confused, but still alive, it slowly slipped into the water and swam away to a deep pool on the opposite bank. Its nose broke water and black eyes stared back in relief. Sneaking a peak back, the beaver saw that it had been given another chance to live, another chance to establish a home, another chance to complete its life cycle in a tributary of the Rogue Basin.

As I drove home that night, I realized that something great had just happened to the beaver and to me. I had witnessed the relocation and release of one of the most important of animals in the river system. Considered a pest, a nuisance to mankind, this beaver had inspired hope to our efforts to help save the salmon runs in the Rogue River Basin. It had risen from the mud of the Applegate River to the ranks of partner to society. With dedication to the river itself, we released this American icon, the lowly beaver to complete its life cycle. Questions remain as to the ultimate fate of the symbol of Oregon, the American beaver. Can we learn to protect and value the deeds of the busy beaver? Can man learn to live with this industrious builder? Where will the next beaver rescue occur and what chance does it have to survive?

Chas Rogers • 541-846-6003

## Simply the best

BY SANDY SHAFFER

Our Applegate Valley Rural Fire District #9 has won yet another award! At the Special Districts Association of Oregon's annual 2009 Awards Banquet held in Portland on February 7, Fire District #9 picked up the top "Outstanding District Program" award for districts with 6-25 employees. Fire Chief Brett Fillis was there to receive the award, along with Office Manager Carey Chaput and me.

Our Fire District was nominated for their collaborative, innovative and invaluable efforts in implementing the Applegate Fire Plan. Given the checkerboard land ownership in the Applegate, we needed a leader to take charge of the daunting task of implementing the priority fuel reduction projects from the Fire Plan. Fire Chief Fillis did just that, and in the six years since the Fire Plan was written, District #9 staff and volunteers have worked with private, state and federal land owners to plan and complete strategically-placed hazardous fuels treatments across ownership borders. Grants were obtained by the District to help landowners complete defensible space work that was complementary to work being completed on neighboring federal lands.

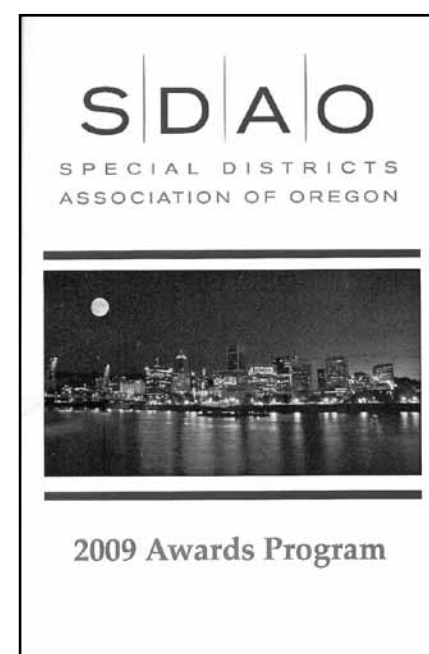
At least ten different fuels projects from our Fire Plan were completed due to the Fire District's enthusiasm and leadership.

This may sound like a "ho-hum, so what" deal at first, but only one other fire district in the state has been known to take the initiative to obtain grants and hire contractors to help their constituents perform hazardous fuels work. And when you add in the emergency preparedness planning and the fire prevention and education efforts that the Applegate Fire District has helped provide to us, our valley is more fire safe and fire savvy because of their work.

So, please join me in congratulating our Applegate Fire District on this wonderful honor!

Sandy Shaffer • 541-899-9541  
Applegate Fire Plan Coordinator

Who is the Special Districts Association of Oregon (SDAO), and what is a "special district," you ask? The SDAO was formed in 1979 to provide a broad range of membership services to special service districts throughout the state. It provides advocacy and a united



voice with state and other government administrative agencies, as well as training and information resources and support. Their mission is "to assist special service districts in providing cost-effective and efficient public services to the people of Oregon."

The SDAO has 35 different types



of districts, representing over 900 local governments of varying sizes and functions throughout the state. Fire/ambulance districts are the most common district types, followed by water, irrigation, road, sanitary, park and recreation, cemetery and charter school districts



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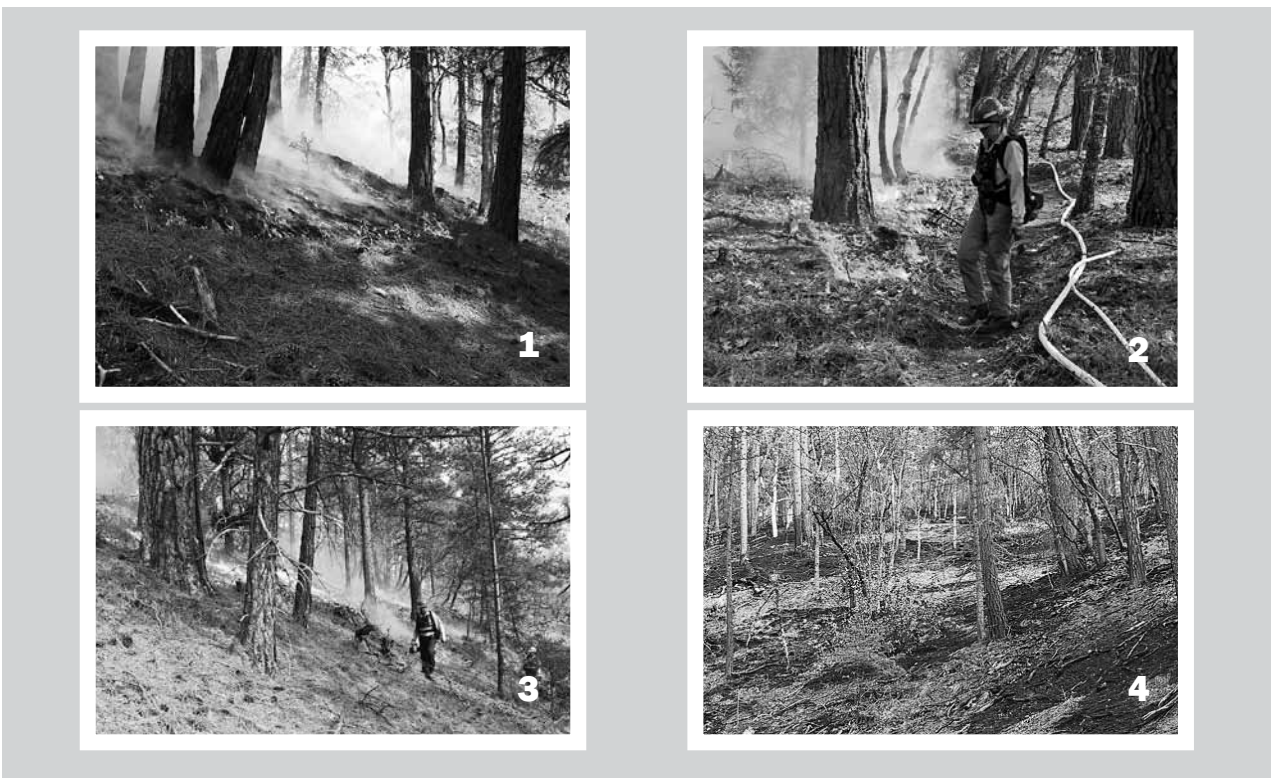
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# Controlled burning

BY AL MASON

The Medford BLM will intentionally burn over 7,000 acres this year. Other agencies and organizations will add significant acreage to that as well. With each smoke column comes a flurry of phone calls and sometimes media requests. Many people are still unsure as to why federal agencies are lighting the match. Others call in to ask how this can be accomplished safely and who exactly is out there doing the burning?

First, let's look at **why** some agencies are doing controlled burning in Southern Oregon.

The primary reason for doing controlled burns is public safety. Removing forest fuels and lessening fire intensity can reduce the risks and hazards to homeowners and firefighters during a wildfire. The majority of BLM lands are well within the wildland urban interface (WUI) and the protection of homes and firefighters is high on our priority list. Every controlled burn that you see is the result of years of planning and coordination by a team of experts. Controlled burns are strategically located in high priority treatment areas that are determined by community fire plans, county fire plans, and the latest computer modeling programs.

Secondly, controlled burning can improve forest health. The BLM is trying to reintroduce fire into an ecosystem that has been knocked out of whack by decades of fire exclusion. Fire exclusion became very effective after the 1910 fires that burned huge tracts of land in Idaho and western Montana. Congress called for firefighting crews to be hired and stationed all over the west. Forests grew thick, and woody biomass accumulated as each natural fire cycle was prevented. Firefighters did their job well. In southern Oregon the average natural fire frequency on a particular piece of ground may have been every 35 years or less. Many areas have "missed" several natural fire cycles. Now, by utilizing controlled burns in the periods before and after wildland fire season, we can slowly reverse this accumulation of woody fuel. Controlled burning can make forests more fire resilient. Low intensity fire can reduce the ground fuels and smaller vegetation that can act as a "ladder" for fire to climb into the forest canopy. Some areas are thinned to open the forest canopy enough to prevent fire from burning tree top to tree top. These treatments can be effective. For example, preliminary results from research in Northern California indicated that stand thinning *followed by controlled burns* resulted in much lower wildfire severity than stands left untreated or thinned stands without follow-up controlled burning. Additionally, wildfire quickly dropped from the crowns of trees to the ground when it reached treated areas (Skinner et al. 2004).

Now let's look at **how** controlled burning is done. Every individual burn has a specific burn plan that has been written by an expert and then reviewed by peers and land managers. The plan is custom to that particular location and examines factors such as vegetation, topography, proximity to water sources, natural barriers such as rock outcrops, proximity to homes, access roads and trails, hazards, special protection areas, and much more. The burn plan also prescribes an environmental "window" in which the burn must occur. This prescription window is defined by allowable temperature, wind speed, relative humidity and resultant fuel moisture conditions. The plan also spells out the minimum number of personnel and types of equipment that must be present on burn day.

In the days before the burn there are many communications occurring. Notifications are made to a multitude of cooperators. The burn boss (the person in charge on burn day) consults with the weather service, smoke management officials, and contingency resources. Contingency resources are personnel and equipment that will be "on call" during the burn. There are pre-burn checklists too long to describe here that must be completed and approved by several levels of management. Each burn is conducted by a team of experts that use an incident command organization to get the job done. The burn boss must adhere to a burn plan that was written and approved well in advance of the burn day. Multiple agencies and contractors are working in cooperation on any given controlled burn such as the BLM, US Forest Service, Oregon Department of Forestry, National Weather Service, and local fire departments.

The method or "ignition pattern" chosen to burn a particular location is spelled out in the burn plan with actual diagrams. The burn boss can make minor adjustments on burn day due to factors such as a wind direction shift or changing fuel moisture conditions. The burn team uses topography and wind to their advantage. Generally, the team will start at the top of the burn area and begin lighting a small strip of fire along the upper edge called the "head strip". This strip of fire is allowed to gently back down the hill with control lines and personnel keeping the fire in check along the top and flanks of the burn unit. When the head strip is established and is wide enough the burn boss directs firing personnel to take additional "strips" of fire across the unit in a side hill fashion. These strips of fire can vary in width depending on conditions and observed fire behavior. Eventually, the strips of fire reach the bottom of the unit and personnel begin to "mop-up" along the edges putting water on hot spots and critical holding areas. After the burn a smaller workforce is assigned to monitor and patrol the burn area until the burn boss declares the unit "out". This may take days or weeks. In Southern Oregon wildfire is a natural process that we cannot ignore. It is not a question of "if", but "when" will the forest burn again? So, thank you for tolerating those smoky days in the spring and fall. For controlled burning to be successful the BLM will need your continued tolerance of a few less than perfect air quality days. The payoff could be immense during the next fire season.

Al Mason • 541-618-2391  
 Fuels Management Specialist  
 Medford District BLM

Photo 1: Low intensity fire during controlled burn. Fire is gently and slowly backing down the hill. Area has been previously treated by cutting and piling brush and burning the piles.

Photo 2: Flank fire being brought down control line. Charged hoses are ready to spray water to cool hot spots. This control line was scraped to mineral soil with hand tools.

Photo 3: Controlled burn personnel are bringing strips of fire across the burn area by moving sideways across the slope.

Photo 4: After a controlled burn. Low intensity burning can be patchy in nature and doesn't always turn everything black. An occasional pocket of burned trees is expected and mimics what might have occurred historically.



# Researchers use a SOFT approach to battle wormy apples

BY RICK HILTON AND ALAN KNIGHT

*Note: Rick Hilton is with Oregon State University, Medford, OR and Alan Knight with the Agricultural Research Service, Yakima, WA*

While the “apple” in Applegate Valley refers to Jesse Applegate, the trailblazer and early Oregon settler, one might be forgiven for thinking that it referred to the apples that seem to be present in so many homesteads throughout the valley. Apples came to the Applegate Valley with the early settlers and miners. Apples served as a versatile resource—they could be eaten fresh, they stored well during the cold winter months, and they could be processed into sauce and squeezed into cider, including the hard variety. But ever since people began planting apples they have contended with a wide array of pests, from bears to microscopic diseases. One of the most well-known pests of apples is the codling moth. The proverbial worm in the apple is actually the caterpillar of a rather small and nondescript moth.

The codling moth is the key pest in commercial apple and pear orchards in the Pacific Northwest and around the world.

The caterpillar, or larva, bores into the fruit to feed on the seeds causing the fruit to rot or drop off the tree. It is not uncommon to find apple trees where the vast majority of the fruit have been infested with codling moth larvae. Even though there are many natural enemies of the codling moth—birds, bats, insect predators, parasitic wasps and diseases, they generally do not cause enough mortality to prevent the codling moth population from increasing. A codling moth larva spends much of its time inside the fruit, a perfect place to hide from both natural enemies and insecticide sprays. In the early 1900s most of the apple and pear orchards in the Rogue Valley were sprayed with lead arsenate, a stomach poison, for control of codling moth. After World War II, DDT was the pesticide of choice followed by other neurotoxins. These broad spectrum insecticides tended to cause other pest problems to erupt, spider mites being the foremost example. More recently, new behavioral methods for managing codling moths have been adopted. Thanks to a combination of research and entrepreneurship, many orchards now have the option of use mating disruption to control codling moth. By dispensing small amounts of the moth’s sex pheromone into the orchard atmosphere, the chemical communication between the sexes can be effectively disrupted, which prevents successful mating from occurring. This non-toxic approach was used on over half the pear acreage in the Rogue Valley last year.

By implementing mating disruption, orchardists can often avoid the use of the more toxic insecticides that kill both pests and beneficial insects. However, by adopting a less toxic method these orchards can become vulnerable to infestation from sources of codling moth outside the orchard. In light of the threat that these sources of codling moth present to commercial orchards, it was necessary to devise a program for controlling codling moths in small orchards and backyards. Unfortunately the mating disruption method used by commercial growers works best on large contiguous acreages and does not work on single trees or small plantings.

Instead, we came up with a multi-tactic approach for managing codling moths using only non-toxic, organically certified methods that are highly selective for codling moth. This Selective Organic Fruit Tree (SOFT) program consists of three components:

1) a suspension of microscopic nematodes that attack soft-bodied insects is applied to the tree trunk and base during the fall or spring to attack the full grown larvae that are overwintering in bark crevices hidden within a silken cocoon;

2) a microbial pesticide, an insect virus that infects only codling moths, is applied to the tree foliage when codling moths eggs are hatching during the summer; and

3) traps specifically designed to attract and capture female codling moths and thereby prevent eggs from being laid are put out in every other tree.

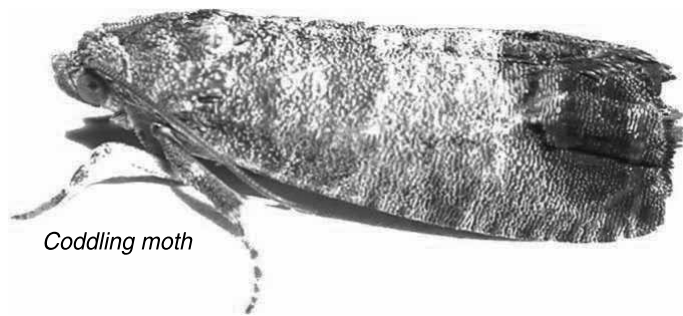
This combination of methods was tested last year in a number of locations throughout the Rogue Valley, including one site on Little Applegate Road. After just one year it is a little early to make any sweeping claims, but the preliminary results indicate that the SOFT program can dramatically reduce codling moth damage to the fruit and, even more importantly, very few codling moths survived, that should make it even easier to control codling moths in these sites in the upcoming year. A couple of factors that seemed to be important in reducing codling moth damage and survival were the degree to which the site was isolated from other sources of codling moths, not surprisingly, and the level of management that the trees received. Generally, it was easier to control codling moth in small trees where the fruit had been thinned. Cultivar was also important. Bartletts are one of the

most susceptible types of pear to codling moth damage; Golden Delicious apples are much more prone to codling moth attack than other cultivars like Granny Smith or Arkansas Black.

Recently, when we were invited to present our results to the January meeting of the Applegate Valley Garden Club, it was exciting to see a full house of interested homeowners who wanted to improve their management of




Wormy apples



Codling moth

their backyard fruit trees. More testing of the SOFT program is needed to refine and improve this approach. It is hoped that we can develop an optimal combination of methods that is effective without being too costly. If you have a small apple orchard or some backyard trees and are interested in using the SOFT program this coming season please contact Rick Hilton, richard.hilton@oregonstate.edu, at OSU’s Southern Oregon Research & Extension Center on Hanley Road for more information.

Richard J. Hilton  
Senior Research Assistant / Entomologist  
OSU-Southern Oregon Research & Extension Center  
569 Hanley Road  
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# Habitat for Humanity

BY DAN DAVIS

You may not be aware that Habitat for Humanity has been in the Rogue Valley for 21 years and has completed 33 houses for low-income families in need of housing. Some people have thought of this as a give-away program; however, nothing could be further from the truth. Habitat for Humanity is a hand up—building homes and building hope for families who need it.

We qualify and approve our families at income levels between 30% and 60% of the federal median. Applicants must show a need for housing, their living conditions must be substandard and/or overcrowded, be homeless, or paying more than 50% of their income on rent. They must show ability to pay the mortgage and be willing to “partner” with Habitat, with at least 500 hours of sweat equity toward the construction of their home.

Habitat families are hard-working people who will take advantage of the hand-up opportunity. Although Habitat for Humanity was founded as a Christian-based organization, there are no religious requirements for a Habitat family and we are proud that we have provided homes for families of various faith persuasions.

The houses are built largely by volunteer individuals, companies and contractors and are sold to the family with a no-interest 30-year mortgage for the cost of construction, with a formula in place to protect Habitat in case the family decides to sell their home or refinance. The mortgage is held by Habitat with the proceeds put into a revolving fund used to build more houses. The organization exists because of the many donations from individuals, churches and businesses that generously give cash and gifts of in-kind materials and services. The national Habitat for

Humanity sets standards and policies we must use, but does not financially support us. An important point is that funds given to the national organization are not shared with us locally.

Our ReStore, a new and used building material store at 160 N. Fir Street in Medford, is constantly being improved and upgraded with new and different items each day and reduced prices. The store is now open Monday-Saturday from 10:00 am-5:00 pm.

By recycling building material, we estimate the ReStore is saving 600,000 tons of trash from the landfill each year!! In addition, we offer a valuable service to many people with low-cost home-improvement needs. Remodelers find pieces to match an older product. Crafters find items for their creations. And ReStore is a treasure trove for landlords. In these economic times you might not be able to pay the price of a new appliance, sink, furniture, door, tiles, lighting fixture or any of many other items. The Habitat for Humanity ReStore is perfect for many needs, and we hope you can find the time to visit us.

The ReStore accepts donations of new and used building materials. This includes doors, windows, appliances, tile, paint, roofing supplies, fixtures, as well as many other items that can be used for home improvement. The items are resold at a fraction of the new price. Proceeds from the ReStore essentially covers our overhead, so that donations to the local Habitat affiliate all go directly to the cause of providing homes.

Please visit us at 160 N. Fir Street in Medford in our bright aqua-colored building (across from the *Mail Tribune*),

## Sanctuary One site chosen for women veterans retreat

Sanctuary One, also known as Double Oak Farm and located in the Upper Applegate area, is to be the site of a weekend retreat for a group of women veterans the weekend of April 10-12.

This gathering has been planned by Stacy Bannerman, nationally known advocate and dedicated worker for veterans and their families. Seed money for this pilot program has been received from Cow Creek Umpqua Indian Foundation. In addition, a Benefit Reception was held on February 27 at Woody's Pub and Grill in Medford to raise funds for this nonprofit veteran's organization, Sanctuary One.

Stacy Bannerman, the wife of an Iraq War combat veteran, has long recognized the unmet needs of our veterans, and has brought together a talented and concerned staff including Sara Rich, MSW, a trauma informed counselor “with a passion for creative and spiritual healing”; Amber Gray, clinician and creative arts therapist; and Susan Avila-Smith, a US Army veteran who has founded women's veteran's groups. All have deep family ties to the military service.

Goals of the retreat include opportunities for sharing experiences, help with VA claim forms, tools for dealing with service-related stress, including yoga, massage therapy, journaling and other aids. One of the important aspects of the gathering is the opportunity to have community with other women veterans in the relaxed and natural setting of the Applegate Valley, and help adjusting to the return home.

Women veterans will be lodged at the Applegate River Ranch Lodge. More information about the background of this program and Stacy's work can be read at [www.stacybannerman.org](http://www.stacybannerman.org). Persons interested in supporting Sanctuary One can go to their website at [sanctuaryone.org](http://sanctuaryone.org).

Ruth Austin • 541- 899-7476

or call the ReStore at 541-773-9095 if you have questions regarding a donation, inventory, or if you'd like to volunteer. When needed, we can also pick up donations at your location and deliveries are available as well.

We have relocated our administrative offices to the ReStore building to save additional overhead costs and dedicate more of our scarce resources to our mission. We are very responsible stewards of our donors' money.

If you'd like more information about Habitat for Humanity, you can visit our web site at [www.roguevalleyhabitat.org](http://www.roguevalleyhabitat.org). Or schedule yourself to join us

on our monthly HabiTour. The first Saturday of each month we load a bus at the ReStore to show off some of the work we've accomplished, as well as our current projects. The Habitat for Humanity Rogue Valley office phone number is 541-779-1983.

The true reward for us comes as we dedicate a new home and watch a new family with children take possession of their new home, knowing that this is going to make a huge difference in their lives and have major impacts on the future success of those children. That is the reason I am there.

Dan Davis • 541-779-1983

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BACK IN TIME

# Logtown

BY EVELYN BYRNE WILLIAMS WITH JANEEN SATHRE

Each spring some little yellow roses peak out from a spindly small bush, now 156 years old, located in a mediocre spot along Highway 238 between Jacksonville and Ruch, Oregon. The rose bush is the only evidence left of the village of Logtown, a flourishing settlement comprised of a store, hotel, livery stable, two meat markets, two blacksmith shops, three saloons, two Chinese stores, a school house and a church. Not only was this the center of a raucous gold-mining area, but a stage stop for an important supply road from Crescent City, California to Jacksonville, Oregon. There are some very interesting stories that have been handed down through the descendants of the miners who first scratched for gold along the banks of Forest Creek. But for now, this is the story of the Harrison rose, originally from England, which we now call the Logtown Rose.

It is not an outstandingly beautiful rose, supported on very thorny stems with tiny leaves. It survives because the deer can't stand it and the gophers don't stay long. The poor soil and lack of water doesn't seem to matter, either. Even an overdose of spray from the county roadside weed sprayer didn't entirely do it in, although it didn't look well for a few years. A tree planted behind the rose has roots now competing for water and nourishment. As though that is not enough, the dreaded star thistle showed up to add to the distress of the already constant vibration from traffic. If it survives all of this, I guess it may outlive most of us.

It is very special to me and my family because it was planted at Logtown by my great-grandmother, Maryum Bowen McKee. She had brought the little rose across the plains with her from Sullivan County, Missouri, to the Rogue Valley in 1853. My great-grandfather, John McKee, was a blacksmith who invented an improvement to a miner's pick, which he called a "strap-eye pick." This pick was in great demand. He built a large log house in Logtown for Maryum and their two little children. It was at the front gate to the yard where the tenderly cared for yellow rose found its new home.

My great-grandmother had twelve more children through the years. One died shortly after birth and a daughter, Martha Jane, died at age nine. She was buried behind their house next to the hillside. (Later moved to the Logtown Cemetery.)

When the gold mining petered out, my great grandparents moved to Little

Butte Creek near Butte Falls. Many years later when one of their daughters and her husband had purchased a new automobile, they took John and Maryum (her first ride in a car) to see their old place. They were heartbroken when they saw their old log house mostly gone. Only part of the front portion had remained standing, and looking out of one of the window openings was a range cow. Most of their life had been spent there and now to find Logtown almost completely gone was hard to bear. As they were leaving, Maryum glanced over to a broken-down gate and there she saw her little rose bush. Tears filled her eyes as she pointed it out to her family. "Look, my little rose is still alive."

There are a lot of descendants of this McKee family and they knew where the little rose was, but nothing was done to preserve it until the Jacksonville Garden club encircled it with some protective white posts during Oregon's Centennial year in 1959 and the Applegate Valley Garden Club planted 60 more Logtown roses across the front of the Logtown Cemetery. The Jacksonville Garden Club had a granite marker made for a dedication ceremony later that year for the little rose. The marker was unveiled by Miss Teri Lee Wolfe, a great-great granddaughter of John McKee. Two of John McKee's remaining children also attended and were introduced. They were Mary Thelma Higinbotham and John B. McKee. (It has been 50 years since that ceremony. Hard to believe.)

Sad to say, sometime later on an out-of-control car ran into the granite marker and it was destroyed. Rocks were then placed around the rose. The Applegate Valley Garden Club continued its care of the rose and the cemetery roses. In 1983 a member of the club, Myrtle Krouse, made a new wooden marker for the logtown rose. It was a beautiful hand-carved scene of Maryum watering her little rose. Another ceremony was held for the nice addition. Three of the McKee's remaining grandchildren were among the attendees; Clara Smith, Pearl Byrne and Dorothy Hackert. The marker is still there, but quite weathered and hard to see through the tree standing just behind the rose. *The rose and location of the cabin is only a few feet off of Highway 238, almost straight across what is known as Longnecker Road.*

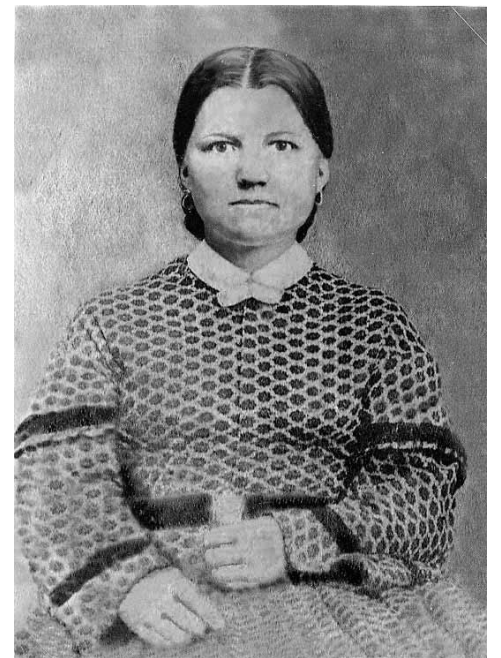
In 1878 John McKee filed and was granted a 160-acre homestead adjacent to

the land his cabin was on. The graveyard where early Logtown miners and settlers were buried was just inside the south boundary of this land. Since this was a government land grant he became the first "legal" owner of the property. Over the years several owners of the land had legal ownership of the cemetery, and all allowed the continued use as a cemetery. In 1939 an association was formed to make improvements and facilitate the continued use of the cemetery. Landowners Paul E. and Mildred Pearce and Walter W. and Edith Bell donated two pieces of land that had been used since the 1850s as a cemetery into the keeping of the Logtown Cemetery Association on October 17, 1940.

To see the Logtown Rose you need to stop at the cemetery or at the rose marker on Highway 238 sometime in the spring. A beautiful gate to the Logtown Cemetery was made and donated by Carl Offenbacher in 2008 that has a rendition of the rose on it. Or you can visit the Ruch Library where an outstanding wall mural by Marvin and Lilli Ann Rosenberg graces the lobby and has the yellow rose in it.

Evelyn Byrne Williams

*Photos from the collection of Evelyn Byrne Williams. Some information from "Ruch and the Upper Applegate Valley" by John and Marguerite Black.*



Above: Maryum Bowen McKee.

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Giving up driving, temporarily or otherwise, is never easy, and it's especially challenging when you live in our rural Applegate Valley. How many of you know someone who's needed transportation support at some time? There's something you can do to help. The Retired Senior Volunteer Program (RSVP) Call-a-Ride program is seeking volunteer drivers to transport elders to medical appointments. Training and reimbursement are provided. Call 541-857-7780. You could be helping other Applegaters and may need such help yourself sometime! Thanks, neighbors. Pat Gordon • 541-899-7655

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Above: Logtown marker with Clara McKee Smith, Pearl McKee Byrne, Dorothy McKee Hackert.

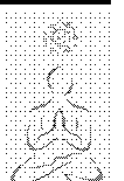


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**Saturday, April 4, 2009**

The Southern Oregon Beekeepers Association (SOBA) is hosting a one day Beekeeping clinic on April 4, 2009 at the OSU Extension Center 569 Hanley Road, Central Point OR 97502.

Come join us for a day to learn about honey bees and beekeeping. This class is suitable for beginning to intermediate beekeepers. The class runs from 9am-4pm and the cost is \$30 per person with additional family members at \$20 each. Hotdogs and hamburgers will be served for lunch. There will be door prizes donated by beekeeping suppliers.

SOBA is proud to have world-renowned beekeeper, scholar and author Dr. Dewey Caron to teach the class. Dr. Caron has a PhD in Entomology and has taught beekeeping for the last 30 years. His book *Honey Bee Biology and Beekeeping* is used as the text book for college beekeeping classes. The class will be an introduction to beekeeping touching on hive set up, pest management, swarm control and honey production. There will be honey bee hives on site for demonstrations. Bring your veil and an extra to share if you have any.

If you wish to attend bee school, email Marty Scala sobaemail@gmail.com or contact him at 541 944-5101. Due to the limited facility size and the hands on demonstrations planned, enrollment is capped at 100 people. Hurry and preregister now, this class will fill up fast.

**EARL'S PEARLS**

**Southern Oregon's CAD ASSET**

BY EARL SHOWERMAN, M.D.

The great masquerader and killer in modern medicine is coronary artery disease (CAD), the progressive narrowing of the major arteries that supply the heart muscle. Over a lifetime, depending on one's genes, blood pressure, diet and lifestyle, a significant number of us will develop CAD, the number one cause of death in America. Contributing to the enigma of CAD is the fact that most people develop it silently, and do not have any symptoms until one of their arteries is critically narrowed. Only when the heart muscle needs more blood than the coronaries can deliver do we develop symptoms.

The challenge of diagnosis is compounded because the initial symptoms are widely variable and usually only transient, lasting for just a few minutes in most cases. Further, men and women frequently describe very different types of complaints from CAD. While men tend to have the classical type of chest pain, called angina pectoris, women often have no pain, but rather describe symptoms of indigestion, fatigue or weakness when both genders have the same underlying pathology. Finally, our tendency to belittle or ignore these temporary symptoms is fraught with the danger of delayed diagnosis and treatment. As cardiologists like to say, "time is muscle", meaning the quicker an obstructed vessel is opened, the better the chances of a full recovery from a life-threatening event.

Angina, the transient chest pain of CAD, is often described as an aching sensation or a heavy, tight, squeezing pressure in the center of the chest. Angina pain may also be felt in the arms, neck, jaw or upper abdomen. Other symptoms suggestive of CAD include sweating, shortness of breath, nausea, and general weakness. Angina is typically brought on by physical exertion or emotional excitement. I have a friend who had his first symptoms only when climbing a ladder and another whose angina was brought on repeatedly when he drove his heavy-duty old truck. Pain that is highly suspicious for coronary disease is often ignored, especially by men, because it may be mild and quickly relieved by a short period of rest.

Recent onset (or the progressive worsening) of pain that fits the profile of angina indicates an urgent need for a medical work up. I personally do not hesitate to tell people who are over 40 years old to go to the emergency department immediately if they have angina-type symptoms. Severe chest pain that is unrelieved by rest is a good reason to make the 911 call, because ambulances in our region possess the necessary equipment to both diagnose a heart attack and to render life saving resuscitation.

As in most medical conditions, prevention is superior to intervention. However, if CAD is severe and there is a sudden complete blockage of an artery (most often with a blood clot), immediate medical attention can mitigate an otherwise lethal situation that threatens to cause serious, permanent damage to the heart. Applegate residents may not know that southern Oregon boasts the lowest mortality rate in the country

for heart attacks that are treated with an intervention strategy developed collaboratively among regional medical providers six years ago. It was my privilege to sit on the committee, led by local cardiologist, Dr. Brian Gross, which implemented a protocol that included early diagnosis by pre-hospital EKG's (administered by paramedics), and streamlined access to the cardiac cath lab at Rogue Valley Medical Center where the blocked vessels could be opened by emergency coronary angioplasty.

The acronym for this protocol is "ASSET" for acute ST-segment-elevation MI team. The results, published in 2007 as the lead article in the *American Journal of Cardiology*, demonstrated that ASSET reduced heart attack (MI) death rates to less than half the mortality of any other medical center in the country. The regional cardiologists, community hospitals, and EMS agencies have now collaborated for over five years in delivering the highest quality of care for the victims of coronary artery disease because all unnecessary delays to definitive treatment have been removed. Remarkably, in the initial study group, there was not one death among the 83 patients diagnosed with an MI by paramedics. Now over 90% of MI patients transported by ambulance to RVMC get their vessels opened in the cath lab within the 90 minutes of reaching the hospital.

This amazing regional record of medical excellence owes itself both to the considerable talents of our interventional cardiologists and to the institutional commitments made by community hospitals and EMS agencies. The primary impediment to even greater success with treating coronary disease lies first in the difficulty of recognizing the symptoms of CAD, and, second, in the natural resistance of patients to admit they have a problem. Asking for the right kind of help in a timely fashion is critical to outcomes of heart disease. As Dr. Gross said, "Educating the public to call 911 is important."

All that is chest pain, of course, is not CAD. In fact, most chest pain is not due to heart problems, but rather the result of minor injuries, muscle strains or spasms, respiratory infections, or gastrointestinal problems. The risk for developing CAD increases as we age and is worse for people with diabetes, hypertension, and high cholesterol. Smoking, obesity and inactivity also makes it more likely that chest pain symptoms actually mean something serious is afoot. Severe chest pain, or angina-type pain that radiates into the arms or neck and does not improve with rest and routine medicines, is a critical warning sign. Fainting, shortness of breath, extreme weakness and pallor, are also very worrisome. For high-risk chest pain, Applegate residents should consider all their "ASSET's", including the network of phone lines, medics, and transport vehicles which can connect us quickly to the finest group of physicians and technicians available anywhere in the known universe. Dropping that dime could prove to be your greatest asset.

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**BIRDMAN**



Black-necked stilt (*Himantopus mexicanus*). Photo courtesy Texas Parks and Wildlife Department © 2006.



Snowy egret (*Egretta thula*) by Loren Kutina.

# Winter migration

BY TED GLOVER

A trip into northern California in the winter is always rewarding for those of us who love to see and watch the large flocks of migrating birds that visit this time of year. Just south of Yreka, in the beautiful Scott's Valley area, we saw large concentrations of red-tailed hawks, northern Harrier hawks, American kestrels, turkey vultures and several golden eagles.

In the northern part of the Sacramento Valley numerous wildlife refuges are located and provide many opportunities to view large concentrations of waterfowl. Thousands of migrating snow geese spend the winter here along with ducks, white-fronted geese, tundra swans and white pelicans. Wading birds are common, too, including long-billed curlews, black-necked stilts, white-faced ibis and snowy egrets.

On the auto tour at Colusa National Wildlife Refuge we always see hundreds of black-crowned night herons. We were fortunate this trip to see a peregrine falcon and a great horned owl.

After leaving the Sacramento Valley, we drove

over to Clear Lake, one of the larger lakes in California. While in the area, we visited the Cache Creek Wildlife Area and saw many small forest birds on our hike including bushtits, golden-crowned and ruby-crowned kinglets, oak titmice, Hutton's vireo and Nuttall's woodpecker.

The highlight of our visit to Clear Lake was an early morning walk around Clear Lake State Park, a 565-acre oasis along the west shore near Kelseyville. We were only there for about three hours but spotted 56(!) different species of birds and waterfowl including: California and spotted towhees, bald eagles, orange-crowned and Townsend's warblers, California and mountain quail; and in the water, eared and western grebes, buffleheads, common and hooded mergansers and even a common loon.

It was a great trip coming back home via the coast. Total bird species: 121.

Ted A. Glover • 541-846-0681



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## Look who's reading the Gater!

Photos, clockwise from top left:

- L. to R.: Bonnie McKelligott, Claude Aron, John McKelligott, Arlene Aron in Washington, D.C. the day of the inauguration.
- Cathy Helton at the San Francisco Jazz Festival.
- Larry Hunt reads the Gater on a balcony overlooking the Seine, Paris, France.
- Applegate Valley residents on the beach in Las Barras de Piaxtla, a fishing village north of Mazatlan. L to R, Gary Conner, Cassie Conner, Jim Clover, Annette Parsons.
- Jim Bloom reads the Gater to his friends.
- Roz and Hal Macy in Panama.

**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.**

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