



## New Home, New Well

from Tami Quinn Hollenbeck

Did you hear the one about the three holes in the ground filled with water?

No?

-Well, well, well.... It's a Deep Subject!!!

Have you recently purchased a home with a well on it? If so, congratulations! When you live in a home that is supplied by well water it is your responsibility to make sure the well water is safe for drinking. It is recommended by the Department of Environmental Quality, as well as your favorite pump company, of course we hope is it Quinn's, that well water is tested for bacteria and other contaminants at least once a year. The chemistry of well water can change over time and can sometimes go unnoticed as the color and smell may not change. At Quinn's Pump Service we recommend that the well, pump equipment, and filtration is maintained at least once a year also. Servicing the equipment annually can help aid in the prevention of system failure. If you haven't had your well water tested or your well equipment maintenance done in the past year, you should stop reading this and call Quinn's 541-479-9355. If you call Monday-Friday 8am to 5pm a live person will answer your call!



**WELL PUMP & FILTRATION SERVICE**

Call us Mon. - Fri. 8 - 5, you'll have a live person answer the phone that is ready to help you!

Quinn's Well, Pump and Water Filtration is located at 6811 Williams Hwy. We install, maintain and repair complete water pumping systems, and we offer a complete line of water filtration equipment. Contact our professional staff by phone, e-mail, or visit our office. [www.quinnswell.com](http://www.quinnswell.com) CCB #192047

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# Explore the Klamath-Siskiyou bioregion

BY SAMANTHA VOYAGER

People come to the Siskiyou Field Institute (SFI) to learn about and explore the Klamath-Siskiyou bioregion. SFI is a conduit for scientists and naturalists to share their passion and knowledge with the public each year through adult education field courses and youth education programs.

There is a lot coming up at SFI, including our fall series of Adventure Learning Program courses. These courses, for ages 12 and up or ages 18 and up, cover a wide array of topics. See below for a complete list of classes running through the end of this year. Visit [thesfi.org](http://thesfi.org) to learn more.

**Fall Migration Birding on the California Coast.** Tuition: \$140. 8 am-5 pm Saturday, September 28, and 8 am-2 pm Sunday, September 29. Explore some of the most active sites at this time of year with an expert birder, while improving your bird ID skills, increasing your knowledge of avian ecology, and gaining a better understanding of Humboldt's bird habitats. This intermediate class will explore a variety of landscapes to identify and learn about the species encountered, searching out for any rarer species that have been reported in the area!

**Microlichens on Bark.** Tuition: \$160. 8:30 am-5 pm Saturday, October 5, and 8:30 am-4:30 pm Sunday, October 6. Under the instruction of an acclaimed lichenologist, students will learn to

identify the common crustose lichens living on bark. Armed with both hand lenses in the field and microscopes in the classroom, they will learn which species are common on conifer bark versus hardwoods, practice keying to genera and species, and learn collecting methods, curation, sectioning, and interpretation of taxonomic characters for these lichens.

**Guided Forest Therapy.** Tuition: \$75. 9 am-2 pm Saturday, October 12. Immerse yourself in nature and engage with all your senses under the direction of a Certified Forest Therapy Guide. Forest therapy is based on forest bathing, or shinrin-yoku, a Japanese practice. By immersing ourselves in nature and engaging our senses, we can reap the many benefits of forest therapy, such as calming overstressed nervous systems, improving immune function and cardiovascular and respiratory health, and reducing stress and depression. The practice of Forest Therapy is open-ended, with no predetermined outcome, but focuses instead on fostering a reciprocal relationship between the forest and the participant.

**Mushrooms of the Cascades.** Tuition: \$80. 10 am-3 pm Sunday, October 20, and Sunday, November 10. Learn how to safely identify and harvest local mushrooms! This course will help you search out native fungi fruiting in the fall and identify key characteristics of typical species to help you tell the difference between toxic, inedible,

and edible types. Enjoy expert field guidance while exploring some known fungi fruiting hotspots in the forests of the Southern Cascades.

**Plein Air Painting: Autumn Mountainscapes.** Tuition: \$75. 10 am-3 pm Saturday, November 2. Experience art-making inspired directly from nature. You'll learn how to start a painting or drawing in the field with expert guidance in the plein air process. Each student will choose a scene and be instructed on the best way to approach and finish their unique project. All skill levels and media are welcome, and plenty of individual instruction will give you the confidence and knowledge to create art on location.

**Truffles of the Siskiyou.** Tuition: \$140. 9 am-5 pm Saturday and Sunday, November 16-17. Nearly 400 different types of truffles are known to exist in the Pacific Northwest. Many, including gourmet edibles, are found in the diverse Siskiyou bioregion. Through a series of labs, lectures, and field trips, you'll discover how to find hidden truffles, both common and rare. Learn where to look for truffles, how to identify them by sight, smell, and under the microscope, and what their important ecological roles are in mycorrhizal networks.

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## How do you find your calm?

BY HAYRIYA HEIDI HANSEN

Happy fall to all of our loyal Southern Oregon Living and Dying Alliance (Solada) followers. And a big greeting to those who are new to us.

It has been quite a summer for most of us as we navigate the heat, the fires, the many political and world changes, all while managing our own personal and family lives.

I constantly wonder how each person copes. How do you self-regulate? What resources do you rely upon to center yourself? How do you find your calm? How do you cope with the irrefutable fact that we are all going to die and we don't know when? Do you ignore this fact? Do you grieve the death of others? Grieve your own eventual demise? Do you live in fear? Do you not live your life to the fullest for fear that you might put yourself in harm's way? Do you distance yourself from family or friends who have received a terminal diagnosis? How do you cope with the grief that inevitably accompanies life?

Perhaps you've never thought about these questions. Maybe it feels like too much. Or maybe you believe that if you ponder these questions or allow yourself to process some of the feelings, they would overwhelm you and you'd never stop crying. But what if you get curious about these questions, face your grief, engage in

end-of-life conversations...did you ever consider that, perhaps, you could live a richer, fuller, more embodied, present life?

Solada is here to assist our community members by asking these questions. Our nine-member steering committee works hard to offer classes, conversations, rituals, and films to educate and enrich the lives of the folks living in our rural watershed.

Solada's mission is connecting compassionate, dedicated, service-oriented individuals who are promoting positive death literacy in word and action. We are cocreating a community around conscious living and dying to increase our capacity to serve and care for one another and our planet.

It is our sincere hope at Solada that, by bringing people together to have conversations and support each other, we can create a more compassionate, death-literate and death-positive community.

We invite you to visit our website at [solada.org](http://solada.org). Check out all that's available from death cafes and educational trainings to our upcoming film, *End Game*, to our available online information.

Additionally, I'm really excited to announce that we will be presenting the film, *The Magnitude of All Things*, in four southern Oregon locations. This is a beautifully filmed, deeply courageous

documentary, which illuminates the worldwide environmental crisis juxtaposed with an intimate personal terminal diagnosis. Locations and dates are to be determined. That said, we will likely present this film sometime in October in Ashland, the Ruch/Williams area, Grants Pass, and Brookings. Please watch the Solada website for more information. In the meantime, check out the trailer for this extremely potent film at [youtube.com/watch?v=TIVYm31gK5A](https://youtube.com/watch?v=TIVYm31gK5A).

During the few remaining days of summer and into autumn, please ponder the questions I've posed. Start to acknowledge the salient fact that... you will die and you don't know when. Ask yourself if you are prepared. Is your end-of-life paperwork in order? Have you appointed a medical representative in case you are unable to speak for yourself? There is so much to consider no matter what your age, your health condition, or your life circumstances.

The Southern Oregon Living and Dying Alliance is here to help. We are local folks volunteering our time to help our neighbors get prepared for the ultimate journey. Visit [solada.org](http://solada.org) or, better still, join us for one of our many offerings.

Here's hoping we are able to meet or meet again. Till then may you and yours enjoy health and happiness. May you be awed by the miracle of life!

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