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The Jacksonville Review

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- Mary Anderson:
Retired Registered Nurse

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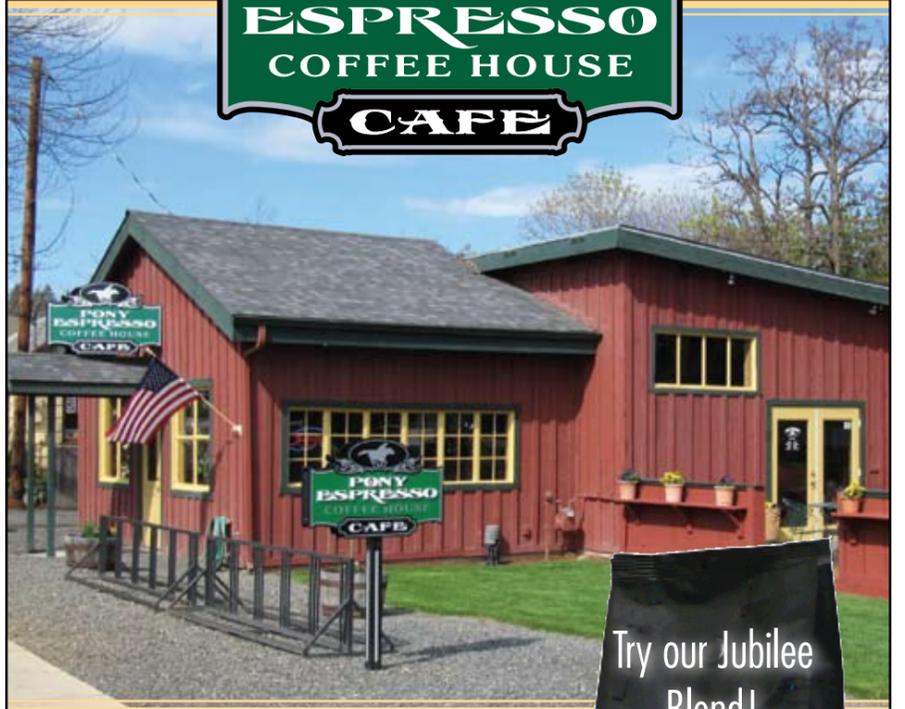
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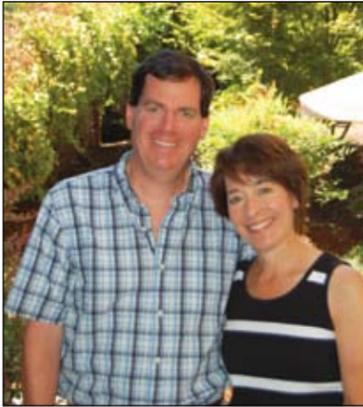


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The Jacksonville Review

Events Dining Lodging Shopping News

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About Our Cover:

On October 10, 15 & 16, Meet the Pioneers returns to Jacksonville by popular demand! (See page 12). Take torch-lit tours of Jacksonville's Historic Cemetery and hear from Pioneer Spirits who share stories of life in Jacksonville from the 1800's. On the cover, cast members Steve & Mary Ann Carlson portray mercantile owners, James S. Howard and Martha Snuggs-Howard during last year's event.

Cover photo by Mike Tupper.

My View

by Whitman Parker, Publisher

The excitement of September's Jubilee celebration still hangs thick in the air as pinot noir grapes are being harvested from the hillsides of nearby vineyards. Hopefully, you had a chance to partake in September's festivities – lectures, presentations, concerts, art exhibits, craft demonstrations, historic workshops, melodramas, building tours, picnics, movies, archeology digs, farmers markets, Oktoberfest, and the hilarious outhouse races following the parade. The September Jubilee was a success thanks to the leadership of City Administrator Paul Wyntergreen and an incredible volunteer effort. Special thanks to super-volunteers Terry Erdman, Jerry Ferronato, Jim Fredericks, Terri Gieg, Ed Hunt, and Rick Kaufman.

It's now "political season" in America. By mid-October, Jackson County will have mailed-out voter information pamphlets and the General Election ballots for the November 2 General Election. This year, you have an opportunity to choose (4) citizens to serve as your representatives on Jacksonville's City Council.

In this election cycle, Jacksonville has (3) four-year seats to fill, and (1) two-year term to fill Linda Meyers' vacant seat. (Christina Duane is running unopposed for the two-year seat.) The candidates (in alphabetical order) seeking four-year terms are: John Dodero, Paul Hayes, David Jesser, Jim Lewis, and Dan Winterburn. All of the candidates have completed a five question Candidate Questionnaire prepared by the Review – you'll find it located inside this issue! The candidates are varied, as

are their positions on a variety of topics such as public service levels, budgeting, historic preservation and other important LOCAL topics. Please take the time to read each of the candidates' responses and then cast your vote(s) for those whom you feel will best represent you on the council.

Since we could not have possibly posed every question to the candidates, you are invited to join the Jacksonville Review for a Candidates Forum on Thursday, October 14 from 7-9 pm at the Naversen Room at the Library. The event is being hosted by The Review and moderated by Carolyn Kingsnorth. I encourage you to email me additional questions in advance of the event which may be chosen and posed to one or all candidates. It's my hope that the evening will provide an opportunity for you to meet the candidates face-to-face and to learn more about those who will be making serious decisions and impacting our lives.

Jacksonville is facing serious issues and needs serious-minded citizens to serve and make tough decisions that impact all aspects of our daily lives. In the very near future, decisions must be made relevant to finalizing and funding a public safety program, managing the watershed, budgeting, staffing city departments, protecting our historic character, and managing and planning for growth. By becoming more informed and voting, you'll make a difference in Our Small Town with Big Atmosphere!

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For Jackson County Commissioner



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"Mark has worked hard to make his farm-based business a success and to build an entire new industry which has thrived. Mark will work hard to ensure that our great heritage of agriculture and our famous quality-of-life will endure for generations."

- Peter Sage,
former County Commissioner

"Mark understands that the health of our economy is directly related to the health of our schools."

- Peggy Penland,
former MSD Board Chair

"Mark has proven himself an effective advocate for children here and in Salem. We need him working full time for Jackson County's families."

- Karen Starchvick

"As a successful entrepreneur, Mark knows what it takes for small business to succeed in our county."

- Bill Thorndike

"Raised in the valley, a leader in his industry, actively involved in causes important to us all, Mark Wisnovsky is the face of a new southern Oregon. Please join me in supporting him as county commissioner."

- Senator Alan Bates

"For nearly two years, Mark committed time and energy to bettering the educational experience of all students in the district helping to ensure the success of the school bond campaign."

- Mike Moran

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 <p>760 E California St Jacksonville \$495,000 3 Bedrooms • 2.5 Baths 2660 Square Feet • .70 Acres Views, RV Parking, Shop</p>	 <p>2099 Knowles Rd Medford \$849,000 3 Bedrooms • 2.5 Baths 2887 Square Feet • 35.23 Acres Million \$ Views, Pagnini built</p>	<p>MINUTES TO PAVE</p>  <p>3131 Old Stage Rd Central Point \$649,999 5 Bedrooms • 5 Baths 4257 Square Feet • 5.02 Acres 4 Irr. Acres, 2 car gar w/shop/RV</p>	<p>MINUTES TO PAVE</p>  <p>2404 W Hillside Dr Central Pt \$795,000 3 Bedrooms • 3 Baths 2490 Square Feet • 6.31 Acres Pave & gated entry, irrig, Octagon w/ 2 conicals (cooling towers).</p>

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CITY HALL HAPPENINGS



A Few Minutes with the Mayor

by Bruce Garrett

This October 19th, Jacksonville celebrates its official 150th birthday. The Sesquicentennial Jubilee held September 17-25th was a prelude to Jacksonville's actual date of incorporation. The act to incorporate the town of Jacksonville was passed by the House of Representatives of the State of Oregon on October 12, 1860 and by the Senate on October 15, 1860. John Whiteaker, Governor of the State of Oregon, approved and signed the act on the 19th day of October, 1860, our observed birthday.

William Hoffman, then County Clerk of Jackson County, Oregon, gave notice of the Act of Incorporation calling for an election to be held at the County Clerk's office on Wednesday, November 28, 1860. Qualified electors of the Town of Jacksonville could vote for or against the Act of the Legislature incorporating the Town of Jacksonville. Following the vote, "it appeared that 134 votes had been cast, of which 107 had been cast "For Incorporation," and 27 votes had been cast "Against Incorporation."

Following the vote for incorporation, another vote was set for the 11th day of December, 1860, "for the purpose of electing 5 Trustees, 1 Recorder, 1 Treasurer, 1 Marshall, and 1 Street Commissioner; to serve as officers of the Town of Jacksonville." There were 190 votes cast and the officers elected were: William Hoffman, Benjamin F. Davis, J.A. Brunner, John S. Love, Joseph Burpee, Trustees; Henry Klippel, Recorder; G.M.

Banks, Marshall; J.T. Glenn, Treasurer; C.C. Beekman, Street Commissioner. The officers-elect met at the County Clerk's office on the 17th day of December, 1860, and were sworn into office. William Hoffman was elected President of the Board of Trustees becoming the first Mayor of Jacksonville. One can see a photograph of William Hoffman, Jacksonville's first Mayor, with a quick visit to Old City Hall.

The issues facing these men were numerous. It is interesting to note that upon incorporation of the Town of Jacksonville, a provision was also made for a Marshall and a Street Commissioner. Based on the early stories, one can understand the need for a Marshall - but a Street Commissioner?

Perusing these names, it quickly becomes apparent that the first leaders of Jacksonville were business people. They were men of vision dedicated to the growth and prosperity of the Town of Jacksonville. Happy Birthday Jacksonville, we look forward to the next 150 years.

For the history buffs, William Hoffman served two terms as President, 1861 & 1862. He was followed by Henry Klippel, 1863; Max Muller, 1864; James R. Wade, 1865 & 1866; D. Linn, 1867 & 1868; Alex H. Martin, 1869, David Linn, 1870; Jas. A. Wilson, 1871; Newman Fisher, 1872; John Bilger, 1873; C.C. Beekman, 1874 & 1875; Newman Fisher, 1876; David Linn, 1877 & 1878; N. Langell, 1879; and T.G. Reames, 1880 - 1882.

Mayor Recognizes Outstanding Performance

At the start of the September 7 City Council meeting, Mayor Garrett recognized **Kathy Tiller** as an outstanding city employee.

Kathy currently serves dual roles as a part-time Police Clerk and Administrative Assistant. When she was hired by the city in 1995, one of her first projects was helping build the first city website. Her varied Police Clerk duties include responsibility for evidence and property. As the Police Records Clerk, she maintains alarm permits, the fire

protection surcharge relief program and residential parking permits.

On the administrative side, Kathy spends her afternoon hours working as the City Hall receptionist where she is actively helping build a computerized data base for Ordinances, Resolutions and Proclamations. Kathy has been married for 23 years to Charles, a paramedic with Mercy Flights - they have two high school-aged children, Nolan and Megan. **Congratulations Kathy!**

For up-to-date City minutes, meeting times & updates, please visit: www.cityofjacksonvilleoregon.com

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CITY OFFICE
Monday - Friday
8:30am - 4:00pm
(541) 899-1231
MUNICIPAL COURT CLERK
Monday - Friday: 1pm - 4pm

PLANNING DEPARTMENT
Monday, Tuesday & Friday
9am - 12pm & 1pm - 4pm
Wednesday: 9am to 12pm
Thursday - Closed

JACKSONVILLE CITY SCHEDULE

CITY COUNCIL: Tuesday, October 5, 7:00pm (OCH)
PLANNING COMMISSION: Wednesday, October 13, 6:00pm (OCH)
CITY COUNCIL CANDIDATE FORUM - Q&A SESSION: Thursday, October 14, 7-9pm (NVR)
HARC HEARINGS OFFICER: Wednesday, October 20 10:00am (CC)
CITY COUNCIL: Tuesday, October 19, 7:00pm (OCH)
HARC: Wednesday, October 27, 2-5pm (OCH)

LOCATION KEY: CH - Old City Hall (S. Oregon & Main) CC - Community Center(160 E. Main Street) NVR - Naversen Room (Jacksonville Library) FH - Fire Hall(180 N. 3rd St. @ C)

City Offices (541) 899-1231
www.cityofjacksonvilleoregon.com

From the Firehouse to Your House

by Ops Chief, Devin Hull

Do the Drill

Your home should be a safe haven. If you do not regularly check for home fire hazards, there is the potential for danger. This year's theme for Fire Prevention Week is "Do the Drill." From October 3-9, fire safety advocates will be out spreading the word that, with a little extra caution, preventing the leading causes of home fires is within your control. The major sources are cooking, heating, electrical and smoking-materials-related fires. Fire Prevention Week was established to commemorate the Great Chicago Fire, the tragic October 8-9, 1871 conflagration that killed more than 250 people and destroyed more than 17,400 structures.

Survivors of the Chicago fire never forgot that they'd been through a blaze that produced countless tales of bravery and heroism. But the fires also changed the way firefighters and public officials thought about fire safety. In 1920, President Woodrow Wilson issued the first National Fire Prevention Day proclamation, and since 1922, Fire Prevention Week has been observed on the Sunday through Saturday period in which October 9 falls.

According to the National Archives and Records Administration's Library Information Center, Fire Prevention Week is the longest-running public health and safety observance on record. The President of the United States has signed a proclamation proclaiming a national observance during that week every year since 1925. Jacksonville firefighters along with thousands of firefighters across North America are visiting schools and other sites in the community to teach the basics of fire safety and prevention. The National Fire Protection Association (NFPA) has been the official sponsor of Fire Prevention Week since 1922.



In the event of a home fire, having operational smoke alarms cuts your chances of dying nearly in half. They should be installed on every level of your home, including the basement, and outside each sleeping area. They should be tested once a month, following the manufacturer's instructions. Batteries need to be replaced once a year or as soon as the alarm "chirps," indicating that the battery is low. Replace all smoke alarms after 10 years, even those that are hard-wired and ones with "long-life" (10-year) batteries. A fire can spread through your home rapidly. In fact, you may have as little as two minutes to escape safely once the smoke alarm sounds. In addition to maintaining smoke alarms, it's vital that families develop a basic home fire escape plan so they know what to do when a smoke alarm sounds.

It is important to remember that fire safety starts in the home and can greatly lessen the possibility of injury and property damage. Let us help you keep your home fire safe. Call the Jacksonville Fire Department at 541-899-7246 to get more information or schedule an appointment for a home smoke detector check.

The Jacksonville Fire Department invites everyone to join them for an **Open House on Thursday, October 7 from 5:30 pm - 8 pm. In addition to fire engine displays, there will be free hot dogs, fire extinguisher demonstrations, blood pressure checks, a hose crawl and bunker relays. Come out and meet your Jacksonville professional fire and emergency medical crew!**

New Fire Department Staff Sworn-In

At the September 7 City Council meeting, Mayor Bruce Garrett officially swore in **Chris Arnold** as Jacksonville's new part time Administrative Fire Chief.

Arnold's first official duty was to swear-in **Chris Moore** as a full-time Captain. Moore had worked on a part time basis for one year before the full time promotion. Next, Arnold swore-in two newly-hired firefighters - **Robert Pierce**, who was hired September 1st as a full-time firefighter and **Alex Cummings**, who is filling a vacancy as part-time firefighter.

Pictured here outside City Hall: Operations Chief Hull, Firefighter Robert Pierce, Firefighter Chris Moore, Firefighter Alex Cummings and Fire Chief Arnold.



Staff Realignment Saves City \$10,000

A restructuring of city staff positions after Planning Tech, Collin May resigned will save the taxpayers money. May left his Jacksonville post in September after taking a position with Jackson County's Planning Department in the GIS Division - a position the Review was informed was considered a "dream" job by May. As such, May's Planning/Building Tech position was reduced to halftime and transferred to Alice White, who has

served as the City Receptionist/Court Clerk. White will now serves as part time Planning/Building Tech and part time Court Clerk. A new half-time receptionist position has opened as a result. The City Recorder's position was increased from half-time (20 hours) to 32 hours.

The net result was a reduction of one-quarter of a fulltime employee for a net savings of approximately \$10,000.

CANDIDATES FORUM
Thursday, October 14th 7:00-9:00pm
Naversen Room at the Jacksonville Library
The Jackson County Elections Division mails ballots on 10/15/2010.

LETTERS & MORE

DO NOT SIGN THE PETITION! Guest Opinion by Tony Hess

I am corresponding to all of you to urge you not to sign the city council recall petition being circulated by Hubert Smith. This action is a slur upon the city and citizens of Jacksonville, and is a terrible thing to do at the outset of our 150th anniversary. The reasons given for the recall are petty and entirely without fact or founding. A recall should only be considered when there is clear evidence of malfeasance of office, none of which has occurred or any evidence of such has been presented.

According to an article in the Mail Tribune, Mr. Smith states that the reason for the recall is that the citizens "voted down an increased fire surcharge." This is a totally false and misleading statement. The voters voted down a combination of a tax levy combined with a fixed in-place surcharge. Prior to the May vote, the city council had stated many times that if the voters rejected this method of financing a fire department (which was the minimum for adequate fire protection,) then the council would have no recourse but to increase the surcharge to provide the fire protection needed by everyone in town, including Mr. Smith. Additionally, the proposal that was rejected by the voters was to bring in enough revenue to fund a full-time eight man fire department. The council voted to raise the surcharge just enough (from \$20 to \$31) to cover a six man department and to maintain critical reserves. The council action actually is less costly to the citizens than the voter-rejected proposal.

I was a two-year member of the Economics Committee that developed, along with city staff, an accurate five-year projection of the funds needed for a fire department that would provide

the protection needed. The analysis not only included funds for operations, but calculated the revenue flow that would maintain a minimum reserve of \$100,000 for emergencies. This amount was considered the minimum to cover any unexpected large expense or to cover the costs of a major fire in Jacksonville, and also to finish paying off the new fire engine which had not yet been purchased when the surcharge was originally started. This computer model clearly showed that the surcharge would need to be \$31.00 per month, or a similar amount of money to be raised by a tax levy. What part of fire protection does Mr. Smith not understand? If the citizens do not want to pay for fire protection by the surcharge, then the only other choice is to pass a tax levy. Fire departments cost money in any city, and the cost to Jacksonville's citizens is the lowest compared to neighboring towns.

Once again, the city council acted responsibly and in the only way possible to provide fire protection. Do not give any credence to Smith's action by signing his recall petition or voting for any sort of recall action. At one time or another, many of us have disagreed with some city council decision or another, but we elected these officials and they have done nothing close to meriting a recall. Everyone in this community, including the city council, should take a deep breath and a step back, and act with respect and consideration for other people's opinions, and take stands on facts and not resort to falsely-based actions to further their opinions or causes.

Please speak to your friends and neighbors, and encourage them also to reject this attack on Jacksonville's reputation and public safety department.

Vacant City Council Seat Filled

The City Council voted to appoint **Jerry Mathern** to fill a vacant council seat until January 1, 2011. The seat was vacated when Linda Meyers resigned in August. Ignoring past protocol and again playing political games, Councilor Donna Schatz, with the backing of Councilors Paul Becker and Dan Winterburn, lobbied for and supported Mathern. Councilor John Dodero's plea to follow past protocol and appoint the next highest vote getter from the last City Council election was again ignored. Dodero's argument that

David Jesser was "someone who can fill the seat right away...an individual with experience on the Planning Commission who meets the criteria... a person who knows what's going on," fell on deaf ears. Ignoring Dodero's logical argument, a motion to appoint Mathern was approved 4-2. After accepting the nomination, Mathern was then sworn-in by Mayor Garrett before assuming the vacant seat. In the past, Mathern has served on the City Council and Planning Commission.

Jacksonville Firefighters Give Muscular Dystrophy the "Boot"

The Jacksonville Fire Department helped raised more than \$3400 for the Muscular Dystrophy Association during this year's "Fill the Boot" campaign in late August. **Jacksonville Fire Chief, Chris Arnold** said, "Our guys did an outstanding job and raised \$600 more than last years MDA campaign. We truly appreciate the generosity here in the Jacksonville area."

When MDA was first founded in 1950, nothing was known about muscular dystrophy. Nobody knew why little babies were born healthy and then within months of birth were losing muscle tone and dying due to an inability to breath. Nobody knew why boys with seemingly normal strength were having difficulty walking at around age 5 and by age 16 were on the cusp of the end of their lives. And, nothing was known about why Lou Gehrig was losing his grip on his baseball.

Rebecca Long, the local Medford MDA Coordinator told the Review, "When MDA was founded, that nothingness became something very special...and it has only been because of generous donors and sponsors like the Jacksonville Fire Department that we now have the answers to these questions...and so many more."

Long stressed, "MDA has funded research that has led to the discovery of the causes of most of the 40 neuromuscular diseases in our program... our scientists have learned how to extend the life spans of many of our pediatric

diseases and is developing potentially life saving drug therapies for many of our diseases including DMD, SMA, Pompe's, ALS and many more." "As a result," she added, "MDA can now effectively treat several diseases that were once considered fatal - transforming fatal

disorders into chronic disorders. Today, thanks to volunteers like the Jacksonville Fire Department, Jerry's kids are growing up and starting families of their own." Nationwide, MDA is committed to fighting until every one of the estimated one million Americans affected by neuromuscular disease has access to a cure. Long concluded, "We, the world leader in neuromuscular disease are very proud to be partners with the Jacksonville Fire Department, a 56 year tradition with firefighters across the nation." For information on the MDA services available at Providence Hospital, contact Rebecca Long at 541-858-9815 or email rlong@mdausa.org



BYE, BYE, PETER BRITT!

featuring Robert Helberg as Peter Britt

5:30 P.M.—7:30 P.M.
WEDNESDAY, OCTOBER 20TH
HISTORIC JACKSONVILLE COURTHOUSE
206 N. 5TH STREET, JACKSONVILLE
\$25 PER PERSON

Enjoy an evening with Peter Britt at the historic Jacksonville Courthouse as he shares the history of Jacksonville through his stories, photographs, paintings, and artifacts.

COMPLIMENTARY HORS D'OEUVRES & WINE

A fundraiser for the Jacksonville Heritage Society.
Proceeds support the preservation and maintenance of Jacksonville's historic buildings.
(Historic Jacksonville Courthouse Complex, Beekman House, Beekman Bank, and Catholic Rectory)

POLICE BLOTTER Jacksonville Police Department

A consolidated report based on type of calls & number of incidences

August 24, 2010 to September 22, 2010

Call Type - Total Calls

Alarm - False - 9	Intimidation, Threats/Harassment - 1
Animal Problem - 7	Larceny - 4
Assist- Other Government Agency - 13	Liquor Law-Furnishing - 1
Assist - Other Law Enforcement Agencies - 9	Missing Person - 1
Assist - Public - 14	MVA Injury - Other - 0
Civil Complainant - 1	MVA Non-Injury - 1
County / City Ordinance - 6	Property Found/Lost - 5
Disorderly Conduct - 1	Sex Crime - 2
Disturbance / Noise - 13	Sick/Cared For - 1
Domestic Disturbance - 5	Subpoena Service - 1
Drug Law Violation - 1	Suicide-Attempted/Threat - 1
DUII - 1	Suspicious - 11
	Traffic / Roads - 9

Letters Policy: Letters to the editor may be emailed to whitman@thejacksonvillereview.com or mailed to PO Box 1114, Jacksonville OR 97530.

All letters are limited to 300 words unless otherwise agreed to in advance.

Editor reserves the right to edit letters for punctuation and grammar.

Thank you to our contributors!

- Cybele Abbett
- Duane Bowman
- Robert Casserly
- Kathleen Crawford
- Julie Danielson
- Linda DeWald
- Janet Eastman
- Paula & Terry Erdmann
- Kay Faught
- Kate Ingram Flaherty
- Jim Fredericks
- Bruce Garrett
- Adam Haynes
- Devin Hull
- Constance Jesser
- Darla Jochum
- Carolyn Kingsnorth
- Amy Kranenburg
- Louise Lavergne
- Sandy Metwally
- Carol Jo Pettit
- Dirk Seidliki
- Skip & Gayle Stokes
- Kathy Tiller
- Cheryl Von Tress
- Steve Wall
- Eric Weiser
- Allison Weiss
- Hannah West
- Rachel Young

Photographers

- Janet Eastman
- David Gibb
- Skip & Gayle Stokes
- Mike Tupper (Cover)

CANDIDATE Q&A

Question #1 - City Services: The 'want list' of services seems endless while the City's revenue is constrained. Are there areas where you feel the City should spend more money? If so, how would you propose increasing City revenue to cover additional costs for those services?



John Dodero: First it should be said that the Council should have a better understanding of the level of service the People of Jacksonville are willing to support. On the Fire Department I propose we rescind the surcharge increase and put what I feel is a more reasonable levy proposal on the ballot to fund a force of 5 ½ Firefighters and Paramedics. If the levy fails we will have to make do with a department of 2 ½ people which will be funded by the surcharge of \$20. As for the Police Department, the funding is adequate at this time. Public Works is in good shape. Administration could use some consolidations of efforts and diversifications of positions for cost and space savings.

Jacksonville is very lucky to have competent and professional City employees to keep our City running efficiently. This did not happen by mistake, things were done by past councils to staff the departments with capable people, adequately fund each department to maintain the good moral of our City employees. My goal as a Councilor is to listen and maintain good relationships with our city's employees and continue to focus on the needs of our city and Citizens.



Jim Lewis: I do not believe the City needs to spend more on current services. We are providing a reasonable level of service while staying within the budget. Unfortunately, we live "close to the bone" and are not always able to set aside a comfortable cash reserve. Ballot Measures 47 and 50 seriously constrain Oregon cities' ability to increase revenue based on property tax. Therefore, the frequent alternative is to seek a levy, passed by the voters, to address a particular need.



Christina Duane: Although we will eventually need a new fire station, I believe we should postpone expansion and instead increase staffing/EMT capabilities for the highest level of emergency care. Protecting life is a primary role of government and skill level and response times are critical to saving lives. With paramedic capabilities, we can then create a Rural District and offer services to surrounding rural communities which will help fund the department and sustain it thus allowing us to roll back the surcharge. Creating a Rural District may take up to two years and require an initial investment but long term result

would be financial stability and increased levels of care. I estimate it would take 300,000 dollars to pay salaries of two additional staff for two years and additional training for staff. A capital campaign would be the method to pay for this rather than a government imposed tax or surcharge. It is over-taxation that we will be attempting to roll back and to avoid in the future by strengthening our capability and increasing our tax base.



Dan Winterburn: The City budgets a little more than \$2 million for basic Fire/Police services. The general fund is less than \$1 million. 'Streets' is over 1.1 million. 'Parks' under 1/2 million. Almost \$5 million for a town of 2,700 people. Recently the county transferred several county roads --AND MAINTENANCE THEREOF-- to us. This added burden increased City expenses.

We cannot keep adding more services. We just do not have the resources: government can't respond to the wishes of every group in town that has an agenda. A WANTS LIST IS NOT A NEEDS LIST. The Council must

learn to say NO to nonessential items!

People who move to Jacksonville must accept the limited services of a small town. The Council's first priority should be to preserve our small-town way of life.

In order to increase available City revenue for additional services, I would prioritize NEEDS over WANTS. The Council must consider if we need a proposed service, especially in these difficult economic times. We did that on the "City Center" CAC where we threw out the WANTS and considered only the NEEDS.

We must maintain a tight fiscal policy!



Paul Hayes: The City of Jacksonville is a beautiful, idyllic town. However, like most small towns, Jacksonville has limited financial resources. For this reason, it is extremely important that the City Council behaves in a fiscally responsible manner. The City Council cannot continually look to Jacksonville's residents to fund unnecessary and ill-conceived projects. The implementation of the recent surcharge to support the Jacksonville fire department is but one example of the financial burden that is imposed on Jacksonville residents when the City adds services it cannot afford to fund. As a former accountant, with a

background in management and financial planning, I have the experience necessary to ensure that Jacksonville remains a thriving, vibrant community without depleting our limited financial resources. Careful budgeting and informed decision-making can go a long way toward getting us through these economically challenging times, while still ensuring our community has the necessary funds to protect the health, safety and well-being of our citizens. It is time for the City Council to act intelligently and efficiently. This means making better use of our existing resources without looking to the taxpayers to fund unnecessary services.



David Jesser: Jacksonville provides its citizens with an exemplary level of services, particularly for a town of approximately 2600 people. My belief is that the city should not be looking to spend any more money, particularly in these challenging economic times.

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CANDIDATES FORUM
Thursday, October 14th 7:00-9:00pm
Naversen Room at the Jacksonville Library
The Jackson County Elections Division mails ballots on 10/15/2010.

CANDIDATE Q&A

Question #2 - The Budget: Budgeting City expenses to stay within the City's very tight revenue stream is one of the most difficult challenges faced by the Council each year. Unpopular decisions must be made to meet budgetary constraints. Which employment positions, if any, would you reduce or eliminate? Which City assets, if any, would you sell and which leases would you increase? Which City services, if any, would you reduce or eliminate?



John Dodero: I have advocated for many years that we should consolidate City services and departments. Specifically we should cluster our City structures so the departments can communicate more easily and in some cases share facilities and equipment. Another cost saving strategy would be to "Hybrid" our departments; to cut the numbers of employees need to do the City's business.

Another option is on the revenue side is to review the fees and process for planning services to cover our costs, and streamline our planning process. This will save staff time and free them up to do other administration tasks.

I support selling the Bruner building because the city cannot maintain it properly; it would go on the tax rolls and benefit our commercial district. I also support selling a portion of our watershed to cover the costs of repairing the spillway and addressing other long term problems.

The record will show in the last two budget cycles I put forward the only major budget cutting ideas; they were both rejected by the Committee. In 2009 I proposed to contract out our planning which would have saved \$80K, and in 2010 an across the board salary cut for all employees.



Paul Hayes: City Council members are bewildered by the City's Budget. Money moves between departments so freely, and with such little accountability, that the year's final expenses bear little, if any, resemblance to the City's originally approved budget. This disregard for our city's budgetary requirements must stop. The City Council should be required to approve financial transfers between departments before such transfers are made. Requiring such approval creates transparency and holds the City accountable for its actions. In addition, our City Council must curb excessive spending. Our City payroll

currently exceeds \$1,000,000, and an additional half million dollars is paid out in benefits. City Personnel are moved from one position to another. To ensure that only necessary employees are put on the payroll, the City should be required to provide the Council with job descriptions for review and approval. This would cut down on personnel expenses and eliminate unnecessary and redundant positions. Such careful management of our budget would also prevent the city from having to sell city assets or increase property leases until a time when the real-estate market has improved.



Christina Duane: We should postpone expansion of our City offices and using a campus approach, using underutilized buildings due to current economic conditions. All planning for a civic center in the future should center on current City Hall location (Miller Sampson House) as the CAC had previously recommended due to its proximity to the park, and the downtown core. The police department can move into the newly purchased Hinger house with a minimal remodel which will meet their immediate needs.

Interns have proven effective in working with City staff on grant writing to seek funding for historic preservation and for travel and tourism grants that can fund marketing efforts to draw valley residents, regional and international travelers to Jacksonville in the off season. This increases revenue with reoccurring residual income through the hotel tax. We can also explore a private public partnership to develop the area around the skate park into a recreational center for all ages to include indoor/outdoor pool, climbing walls, a gym and teen center. If developed in partnership with a recreational company, the City could make money on by leasing City land, and community development fees.



David Jesser: Tough question. Most anyone finds it difficult to let someone go from his or her job due only to budgetary constraints. Additionally, when you lose an employee it's natural to see a diminished level of service, a subject that generally meets resistance. That leaves me most interested in managing what we have not enlarging or eliminating what is already in place.

We have four departments to consider if cuts become necessary: Fire, Police, Admin and Parks / Utilities. I would protect public safety first which leaves Admin and Parks / Utilities vulnerable. Hopefully we are not pushed to this, but if necessary I would take a "top down" approach at first. We could look at early retirement concepts, delay rehiring and consolidate positions. Past that it is generally a matter of tenure or level of expertise, which would guide the uncomfortable choices that might have to be made. Restructuring is not a welcome task but it is one that our budget committee would certainly be able to accomplish.

Regarding the leasing and selling of city assets, I would use the cities most recently adopted property dispensations plan as my guide.



Jim Lewis: I would not further reduce or eliminate any current positions. The City has, in the past two years, reduced its number of full-time employees. It remains to be seen how effective these cuts will be in the long run regarding fiscal gain and levels of service. I favor the proposed ownership swap in our watershed between the Motorcycle Riders' Association and the City. Had the current Council approved that, we would have solved a number of management issues and very probably have received over \$800,000. In the current market, I do not think the sale of any other asset would produce true value.

As stated in answer #1, I do not favor reduction in services.



Dan Winterburn: In these economic times I would ask every department head and the City Administrator to take a 5% pay cut as we see happening across the country.

I completely agree with public sentiment that the Hinger House should be sold. It was obtained and financed in a clandestine way that still embarrasses the Council. This was done in Executive Session, of which I think we have too many. We should be more transparent.

I think if we try for efficiency we could "abbreviate" some city services without totally eliminating them.

The 'Streets' budget item is \$1,156,000 and the 'Water' budget item \$1,160,000. I think Water is of prime concern here. Cemetery and Historic Preservation funds can't be touched. That leaves Public Works and/or City Administration as areas to cut. (Justification for the street sweeper was that it was mostly funded by a grant.)

A major budgeting change I propose is to put the Fire Department back into the General Fund where it always was until a surcharge-minded council moved it out. This way the Fire Department could compete with other departments for city funds. This would be a good move to later eliminate the surcharge!

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Order deadline is Friday, October 15th at noon

Please pick-up an order form at the Jacksonville Fire Department
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CANDIDATES FORUM
Thursday, October 14th 7:00-9:00pm
Naversen Room at the Jacksonville Library
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CANDIDATE Q&A

Question #3 - Historic Character: On a scale of 1-10, with 10 being 'of greatest importance,' how would you rank your interest in protecting Jacksonville's historic buildings, architecture, and traditions? If important to you, what specific steps would you take to protect Jacksonville's historic integrity?



John Dodero: The best way to respond to this question is to relate what I have done in the past and will continue in the future.

In the 1980's Jacksonville was taken to court by 1000 Friends of Oregon for violation of statewide landuse Goal 5 for protection of historic resources.

The case related to open space around historic structures, at that time buildings in our Historic Core could be build lot line to lot line and this would allow infill to impact existing historic buildings. I was chair of HARC and Planning Commission, after a year of work and lots of opposition our

solution was to restrict lot coverage in the Core to 50%.

This lesson brought home to me that; areas around historic resources are just as important as the resources themselves and to understand the context of our town and the developments that surround it impact our historic integrity.

We also adopted our "Village Pattern" of development; dense in the center and sparse at the edges. This also served as the rationale for the Jacksonville trail system that protects our natural backdrop into perpetuity.

I have served on HARC ten years and understand the task at hand.



Jim Lewis: The historic character of our town is what makes it unique and is one of our most important community resources. Protecting this resource is a "ten-plus" priority. I would be very watchful for any weakening of our current ordinances governing historical compliances or lessening the jurisdiction or authority of the Historical and Architectural Review Commission. My personal commitment to our history is reflected in my current service as vice-president of the Southern Oregon Historical Society board.



Christina Duane: Our Historic Preservation Fund grant program, helps property owners repair and restore their historic properties but in our downtown, the scope and cost of work required to maintain our larger buildings goes far beyond the amounts of money available in that fund therefore need to create a matching grant program specifically for our downtown buildings. Funds could be raised through a public awareness and donation campaign, public private partnerships, and grants.

Maintaining our agricultural buffers at our gateways, is of highest priority in maintaining historic character, and our National Historic Landmark Designation, making our

town a retreat for both residents and visitors alike, and raising our property values. We need to work with our agricultural neighbors and help encourage the success of their agricultural endeavors and encourage Agritourism to guard against urban expansion into agricultural areas. While preferring infill to expansion, we must also maintain spacial relationships between buildings, which is critical to retaining our National Historic Landmark Designation. In our building code we must balance mass with pockets of open spaces in order to create environments that are livable. Insuring that some open space between and around buildings are maintained preserves historic character.



Dan Winterburn: My interest in protecting Jacksonville's historic buildings, architecture, and history ranks on top. Our history is appreciated by all citizens, and coupled with our small-town way of life is the major reason most of us came here. (As an aside, towns with historic buildings generally demand higher real estate prices.) My motto is "I WILL NOT SELL OUR HISTORY."

A major step in protecting our historic integrity is to support the efforts of our volunteers on the Historic Architectural Review Commission. Their job is difficult even under the best circumstances. They are our front-line defense against those who would ignore history and

destroy the very foundation of what constitutes our City.

Another important step is to develop a plan under the banner of "Saving Jacksonville's Historic Buildings." Citizens, businesses, and civic leaders would come together, organize, and develop funding and a methodology to save our historic buildings for future generations to enjoy. This may be the most important thing our City Council can do... to save our heritage. I would ask the City Council to develop and support this plan using every available resource to achieve success.



Paul Hayes: Fewer than 2500 locations in America bear the honorable distinction of being a National Historic Landmark. As one such location, Jacksonville stands apart from all other cities, and it is our responsibility as Jacksonville residents to safeguard our city's unique historical identity. Therefore, I consider the preservation of Jacksonville's historic character to be of the greatest importance. However, I also understand that Jacksonville is a growing city with modern needs. If Jacksonville is to remain prosperous without sacrificing its historical identity, the City must work with downtown landlords

and merchants to create practical solutions for improving our community. Existing regulations and restrictions make it time consuming and expensive to improve and repair Jacksonville's historic buildings. These regulations benefit no one. Instead, we need regulations that effectively preserve Jacksonville's historic character while accommodating the needs of modern businesses and landowners. Financial grants exist to aide in the preservation of Jacksonville's historic areas. The City Council must actively seek out these grants, and avoid the kinds of disasters that occurred on "C" Street. The people of Jacksonville are committed to preserving Jacksonville's unique historical identity, and it is time for the City Council to work with these residents rather than against them.



David Jesser: My interest in protecting our buildings, architecture and traditions = Ten.

Our history, our national historic landmark status and in particular the protection of our historic structures is an issue of paramount importance. In today's world the cost of caring for our historic properties is feat of monumental proportion. Government is hamstrung by tight budgetary constraints and can't be expected to foot the bill. Clearly, it will take more than just well timed sound bites to effectually care for these structures, it will take a great deal of money and other resources to ensure their safe future.

I will support changes in use of historic structures and actively work to attract compatible non-profits, individuals or businesses that will be good stewards of our historic treasures. I will support HARC's efforts to ensure that changes made are within our historical context and code, balanced with a respect for property rights. Additionally, I will see that the Planning Commission continues to oversee that any changes in usage are appropriately vetted through timely and thorough performance review. As do most of us, I will faithfully continue the tradition of putting history first as we make decisions regarding the present and our future.

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11:00 am – 03:00 pm

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CANDIDATES FORUM

Thursday, October 14th 7:00-9:00pm

Naversen Room at the Jacksonville Library

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CANDIDATE Q&A

Question #4 - Tourist or Residential Town: Many of the decisions facing the Council concern the on-going battle between those who want to see Jacksonville as a town for tourists and those who want to see Jacksonville as a town for residents. Where does your emphasis lie and how will you specifically support your position?



John Dodero: My wife Cathey and I ran two businesses over a twenty year period in downtown Jacksonville. I understand the importance of our business community. Living very close to the Britt grounds for the last thirty three years also informs my prospective. I chaired both the Parking and Planning Commission for many years and have dealt with the conflicts caused by the business sector "Bumping Up" to residential areas.

A vibrant, diverse, business and arts community is central to Jacksonville's identity; it provides important services to our Valley and revenue to Jacksonville, not unlike what Jacksonville in its "Hay day".

Through more than three years of public outreach programs that I have been involved with there has always been support for refinement of our business sector and so as not to have Jacksonville turn into a "Suburb of Medford" or a "Bedroom Community".

I will continue to encourage appropriate business models through landuse planning and actions while working to mitigate conflicts that impact the lives our Citizens. This can be done through further refinement of the Economic Element of our Comprehensive Plan, and implementation of measures in the Plan into our land use ordinances and Generalized Landuse Map.



Jim Lewis: First, I do not believe there is a "battle". I am not personally aware of any ongoing tension on this question. People who choose to live here value our unique historic flavor. The historical aspect of our town is what makes it attractive to visitors who in turn, make it possible for local businesses to thrive during the tourism season and survive the quiet of winter. The alternative to this good relationship is a town of empty shop fronts, restaurants, guest rooms, and businesses that allow residents to shop at home.



Dan Winterburn: One must consider that residents comprise the bedrock that make up, govern, and finance any city. Without them there would be no history, culture, or even tourist trade. It is their city. Therefore, any efforts made to attract tourists in a historic setting must abide by City rules (e.g., HARC) designed to preserve our historic buildings, architecture, and culture. This can be achieved.

Tourism and residential customs are not always mutually exclusive. Jacksonville, and its buildings and culture are important to our residents, yet our historical buildings attract tourists from everywhere. Recently, for example, several people we met near Portland said they and their friends were eager to visit us because of our history. The Jacksonville Visitor's Center records the thousands of tourists who inquire and visit us every year because of our Historical treasures. Without them there is no tourism.

I believe a Community/Senior center discussed in the next response would help our residents –and attract tourists-- if it provided a panorama exhibit of who and what we are, historically and today. In other words, it would help build a stronger Jacksonville, inside and out.



Christina Duane: The decision of whether or not we should share our town was made for us when the entire town became a National Historic Landmark. We then had a sacred trust to share it. Our challenge is to share it in a way that maintains the livability of our town for residents and in our economic development and zoning we should also encourage businesses that cater to residents especially in the fifth street commercial corridor. Residents and visitors enjoy the same things about Jacksonville which are its history, from historic structures to the Cemetery and the towns authenticity as not spoiled by commercialism, Britt

Festival, our Woodland Trail system and walkability, fine shops and restaurants, culinary discoveries and wine tasting, art and music throughout the town and our wildlife. All of these must be preserved enjoyed and shared. A specific way to help residents maintain our quality shops and restaurants is to increase visitorship by both regional travelers and valley residents in the off season to sustain our local businesses. A community center/sports park as mentioned above and previously explored for the skate park area would address the needs of families in Jacksonville.



Paul Hayes: Tourism is the life's blood of Jacksonville. Our town possesses a unique history and beauty that draws travelers from across the world. Unlike other communities that have been overtaken by subdivisions and unrestricted residential growth, Jacksonville has remained committed to its historic roots. And the Jacksonville community has benefited as a result. Studies show that unrestricted residential growth can lead to communities that lack the resources and funds to meet the community's needs. Although residential growth in Jacksonville is inevitable, this growth must be controlled. Otherwise,

such growth risks overwhelming our resources and undermining the uniqueness of our community. Moreover, emphasizing residential growth over tourism could have dire financial consequences for our merchants. This is because the majority of Jacksonville's residents do not actually shop at Jacksonville businesses. As such, merchants depend upon tourists, not residents, to support the local economy. Preservation of our historic downtown community is essential if we are going to draw these tourists to Jacksonville. Residential growth will come, but we must insist that this growth enhances rather than detracts from our community.

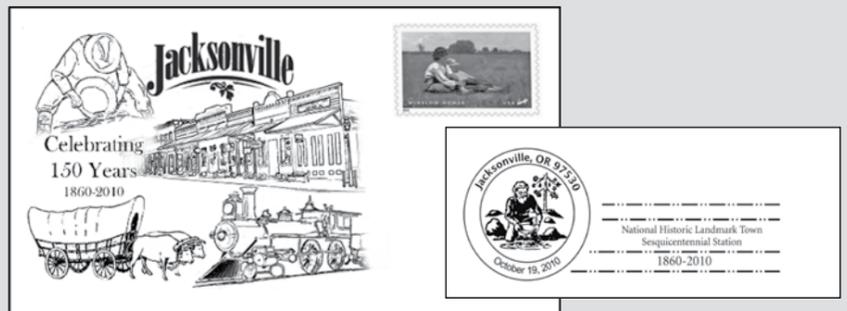


David Jesser: Battles are for warriors and enemies, not families and neighbors. For me, as a resident and a business owner, the issue is one of balance being vastly more important than emphasis.

Tourism is Jacksonville's primary industry. One should be able to support and enhance our local industry while at the same time protect our town's essence and sense of place. Actually it is that sense of place that makes Jacksonville so very special. Tourists discover that they have found something extraordinary, a retreat from the hustle and bustle of city life. Yet Jacksonville provides them with unexpected luxuries, architecture, history and culture. We as residents value those same features and expect them to continue to be part of our Jacksonville experience.

Economic vibrancy also works in two ways: supporting real estate values and working to protect historic structures, issues dear to us all particularly in this "new normal" economy. My emphasis will be to continue balancing my work protecting that sense of place in parallel with active, strong support for our local business community.

Calling all Stamp Collectors!



The Jacksonville Post Office will be offering a special commemorative envelope and cancellation stamp on October 19, 2010 in the courtyard next to the post office. The stamp and envelope were designed in honor of our town's 150th Anniversary. Please contact the Jacksonville Post Office for more information.

**Friday & Saturday
October 8 & 9
9:00 a.m. – 4:00 p.m.
\$5 FEE for residential car
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- Acceptable Items:**
SORT CLEAN & DRY plastics into Soft Plastic, Hard Plastic, Nursery Pots/Trays.
For a longer list of items, go to www.jcrecycle.org
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| six pack rings | laundry baskets |
| tarps | synthetic wine corks |
| greenhouse film | plastic strapping |
| fertilizer & seed bags | drip irrigation |
| drip tape | election signs |
| landscape fabric | Nursery Plastics |
| Hard Plastic | nursery potting trays |
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1420 E. Main, Ashland
*Businesses and large loads: \$5.00/yard.



CANDIDATES FORUM

**Thursday, October 14th 7:00-9:00pm
Naversen Room at the Jacksonville Library**

The Jackson County Elections Division mails ballots on 10/15/2010.

CANDIDATE Q&A

Question # 5 - Hypothetical Question: Jacksonville was just awarded an unrestricted grant for \$1,000,000. The funds must be spent within one year and may not be placed in savings. How would you allocate the grant?



John Dodero: Our first priority should be to build a new fire station because our existing one is made from unreinforced masonry and is in danger of collapse in a strong earth quake. Our existing station should be relocated and in my view consolidated with public works. This would enable us to have shared spaces to spread the benefit of our investment to other departments, save costs on maintenance and energy cost. We would also have a constant presence at our maintenance yard for a higher level of security for city equipment and supplies.

This plan would allow us to build on property we now own, have adequate parking and working room for our fire staff, surplus the property the fire hall now sits on for commercial use to enhance our commercial district.

The record will show that I put this idea forward in 2006; I think it was a good idea then and still is now.

In closing would respectfully ask for your vote, I have had the honor to work on many councils, commissions and committees in Jacksonville government since 1988. I have very good relationships with city staff members and most other members of your City Government.



Jim Lewis: Since 1994, when city administration "temporarily" moved into its current quarters in the Miller House there has been discussion of construction of an adequate civic complex. A million dollars would advance us toward that goal and make a bond measure more attractive to voters. (Hypothetically speaking)



Christina Duane: 1. 300,000 for historic preservation specifically of downtown buildings, funds to be managed by HARC and rewarded as matching funding for projects to be determined through HARC's granting process. This would double our money for downtown preservation.

2. 300,000 to fund additional training of our fire department in EMT, raising three of our staff to the level of paramedic and increase our staff by 2 for a period of 2 years. This will enable us to form a Rural District and provide service to surrounding rural communities increasing our revenue so that over time we can lower or

roll back the surcharge and have a sustainable department.

3. 400,000 toward the repair of the dam in Forest Park.



Dan Winterburn: The obvious response here is to 1. Pay off all debt; 2. Repair the dam in the watershed; and 3. Build a Community/Senior center. Reduction of debt reduces the burden of interest charges while freeing up that money for vital services. This is not the time to increase debt; it is time to reduce it.

The dam has to be addressed next because of safety and liability issues. Until now, the money for such repairs has not been available. Repair of this dam would reduce the City's risk for catastrophe while paving the way for making the Forest Park safer when developed.

A Community/Senior Center would be of great benefit now. It would unite our community even more by providing a meeting place where people of all ages could enjoy various activities including table games, film entertainment, television viewing, lecture speakers on a variety of topics, library resources, and computer facilities. It could also be a stopping off place for tourists.

The Community/Senior center in Bandon was financed entirely by grants and community contributions. I've discussed such financing with the person responsible for their success, with the idea of accomplishing the same feat here!



Paul Hayes: If awarded a grant of \$1,000,000, I would pay off our city's debts. Jacksonville currently owes \$290,000 for the purchase of the Hinger House. In addition, the Hinger House will cost the city another \$50,000-\$100,000 in necessary remodeling costs. The City also needs to set aside an estimated \$50,000-\$400,000 to remove or repair Jacksonville's reservoir/dam. Jacksonville will also have to repay the \$300,000 the City borrowed from Urban Renewal. In addition, the City needs to pay for the purchase of a fire engine and pay off indebtedness on the water bond. Finally, the City needs to make substantial

repairs to the properties listed on the City's surplus list, as these are properties the City would like to sell once the real-estate market improves.



David Jesser: Reduce long-standing liabilities and build a stronger sense of community. Here are a couple of ideas.

a. Fix the dam. The following excerpt is from the Jacksonville Dam Feasibility Study authored by the Rogue Valley Council of Governments Natural Resources Department. "In summer 2009, the Oregon Water Resources Department inspected Jacksonville Dam and noted that the dam was in poor condition As a result of the inspections and concerns noted, the dam was reclassified as a high hazard dam." It seems relatively clear that the dam is a liability in its current state and that Jacksonville would benefit from its repair.

Jacksonville would benefit from its repair.

b. Build a community center that is fully accessible to seniors and families alike. What a great way to connect a community, give them a place to play and a place to learn from one another. I would think that in an evolving community, such as Jacksonville, this connection would make all of our lives richer.

SOUTHERN OREGON ARTISTS RESOURCE

Art Event Calendar - October 2010

by Hannah West

Art Exhibits

"Monumental" - South Stage Cellars, Jacksonville

An ongoing display of Jacksonville Artist Cheryl Garcia's metal art, distinguished by her trademark warm patinas and bright color accents, continues through November 7. From wall art and small metal sculptures inside to large sculptures for landscape design throughout the garden area, Garcia's work provides something for everyone to enjoy. Incorporating a Garcia piece into just about any scheme will add a lively focal point which blends naturally into its surroundings while making a meaningful statement punctuating the overall design.

"Three Points of View" - GoodBean Coffee, Jacksonville

This month's art display features the photography of three women with individual styles: Alice LaMoree of Rio Querencia Images, Ruch, snaps her shots as a third career with a mature and appreciative eye, sharing with us a combination of exquisitely captured natural subjects and rustic architectural observations. Emily Nakano, 19, of Jacksonville reminds us of the often overlooked beauty in old things through her fresh and keenly observant field of vision. Lahna Marie of Medford, a young mom shows us her unique artistic flair which reveals an eccentric eye for eccentric things, enhanced with digital techniques.

"Oregon" - Medford Public Library

Jacksonville artist Katharine Gracey's ongoing exhibit at the Medford Public Library will be available for viewing through December 7. Framed acrylics on watercolor paper, selected from her "Oregon" collection, portray well known locations around Oregon. Gracey's landscapes, surrounded by rich borders, create a charming appeal reminiscent of 20th century French and Italian styles.

"Paper Talk" - Rogue Gallery & Art Center

Jeonghan & Choong Yun from South Korea share a show of large scale pieces influenced by their natural surroundings. Jeonghan's papermaking process creates stunning handmade paper "paintings." His monotype prints are abstract but grounded in the earth. Choong, Jeonhan's wife, has a gift for painting stunning, colorful florals. The show will be on display until October 16.

"Viva la Vida: Synthesis of Cultures" - Rogue Gallery & Art Center

This exhibition is the centerpiece for a month-long series of cultural presentations exploring the traditions of the Day of the Dead Latin-American holiday. Organized especially for RGAC by Avenue 50 Studio, a Latino community art center in Los Angeles, the exhibition showcases art by 30 prominent Latino artists from the Los Angeles area. The major theme of the exhibition, curated by Los Angeles Community College professor of Mexican Art History, Raoul De la Sota, focuses on the practice of preserving memories of our ancestors that is shared among so many cultures throughout the world. After an Opening Reception 10/22 from 5-8pm, the exhibit continues through Nov. 27.

Classes & Workshops

Jacksonville artist Elaine Frenett will be teaching a workshop: **Field and Travel Journaling with Watercolors at the Siskiyou Field Institute October 2-3.** The two-day class presents ways to approach any scene, plan illustration entries & consider page design, with a focus on watercolor techniques. All levels of artists are welcome. Call (541) 597-8530 or register at the Siskiyou Field Institute's website: www.thesfi.org

Rogue Gallery & Art Center is offering a wide array of fall classes, workshops and open studios for adult students of all levels of experience. Kids can join in the October 11 Drop In & Draw and After School Art Studios on Wednesdays. For more information, contact Holly Kilpatrick at 541-772-8118 or email holly@roguegallery.org

Please find details about these events and more on our blog: blogs.soartists.com/ArtMatters/
Subscribe to the Southern Oregon Artists Resource online calendar! www.soartists.com/calendar.html
Compiled by Hannah West Design, LLC. Submit your art event to soar@soartists.com or call 541.899.2012

CANDIDATES FORUM

Thursday, October 14th 7:00-9:00pm

Naversen Room at the Jacksonville Library

The Jackson County Elections Division mails ballots on 10/15/2010.

SPOTLIGHT

It's Another Outstanding Cast from the Past: Meet the Pioneers 2010

This October marks the return of **Meet the Pioneers** to Jacksonville's beautiful Historic Cemetery. This will be our 5th Annual production of this very popular Jacksonville event. The "Cemetery Player" tours have played to sell-out crowds each year. In 2008, MTP was awarded an Ovation Award and recognized as Oregon's Best Heritage Event by the Oregon Festivals & Events Association. This year, the tour will celebrate Jacksonville and its 150 years of history, 1860-2010.

Come meet the Spirits of some of Jacksonville's early Pioneers during a guided walking tour through the torch-lit cemetery. The Spirits, in period dress, will share their stories of what life was like in and around Jacksonville during the mid 1800's.

The 2010 slate of visitors includes two early-day judges who will share legal news. You'll meet a lawyer whose law office and home remain a part of the Jacksonville landscape and get to know two well-to-do merchants who built two of Jacksonville's largest and most beautiful homes, both of which remain popular attractions today. You will also be introduced to a Gunsmith, who along with his family, called the current City Hall "home." Then, there's the Colonel, who fortunately for us, sold some land that enabled platting of the Jacksonville Cemetery! You will also visit with an early Jacksonville Newspaper Editor and hear from a noted Pioneer woman.

Also, come hear from local historian and story teller, **Larry Smith**, and learn all about Robby Collins and his fabulous work and efforts to save Jacksonville's historic buildings. Jacksonville would not be what it is today had Mr. Collins not stepped-up to the plate. Larry will be speaking in the Ticket and Boarding area

in the D Street parking lot prior to the main event.

All of these very interesting Pioneers and their families are waiting to greet you at this year's Meet the Pioneers.

Tour dates are:

- Sunday afternoon, October 10, 2pm until 5pm (last tour departs at 5pm) and on,
- Friday and Saturday evening, October 15 & 16 4:30pm until 7:30pm (last tour departs at 7:30)

Tickets are available at the **Jacksonville Visitor and Information Center** (next to the Post Office) or by calling **541-899-8118**.

Ticket prices are:

- Adult \$10
- Children \$5 (12 years of age and under)
- Family \$25 (up to 2 adults and 3 children)

All tours will depart from the D Street Parking Lot, every 15 minutes and take approximately 1 hour to complete.

Proceeds benefit ongoing restoration and preservation projects in the cemetery and the Boosters Club support for the Music Program at the Jacksonville Elementary School.

This is a wonderful entertainment value for the entire family and a great way to learn the history of our community. Thanks for supporting these two very worthwhile community causes.

The Friends of Jacksonville's Historic Cemetery and their event partner, the Jacksonville Boosters Club, look forward to welcoming you and your family to Meet the Pioneers.

Please visit the Friends of Jacksonville's Historic Cemetery for additional details about the tours and a photo tour from last year's event at www.friendsjvillecemetery.org.

Jacksonville's GoodBean Coffee Company Wows Java Judges

Michael & Mary Kell, the founders of Jacksonville's GoodBean Coffee, brought home a Gold and two Silver Medals at the 2010 Best Coffee in Oregon Invitational Championship held at the Oregon State Fair in Salem. GoodBean was the only coffee roaster to win medal honors in three out of the four categories for Best Coffee in Oregon 2010.

On Saturday, August 28, Oregon State Fair officials awarded the Kell's the Gold

Medal for the Best

Evening Coffee in

Oregon for their

Dark Mountain

Espresso blend.

GoodBean was

also awarded two

Silver Medals for

their 100% Organic

Peruvian coffee in the

"Best Day Coffee" in

Oregon. This coffee

is 100% Fair Trade,

which means the source

producers in Peru receive a premium

price over and above market levels.

Lastly, they picked-up a second Silver

Medal for their Mocha Java Decaf in the

"Best Decaf Coffee" in Oregon category.

The competition featured twenty of

Oregon's best coffee roasters and was a

double-blind judging event officiated by

top coffee professionals from the Pacific

Northwest.

Michael exclaimed, "This is a huge

honor for GoodBean and for Southern

Oregon business to have won... it's been

a good year for us - it's our 20-year

anniversary, too!"

The Kell's founded the GoodBean in

1990 after leaving Northern Colorado in

1989 to "build a life somewhere in the

Pacific Northwest after growing up on the

beaches of Southern California!"

After taking note that the quality of

life they'd both enjoyed as kids had

given way to freeway gridlock and urban

sprawl, they set their sights on the snow-

capped mountains of Colorado. "But, as

the longtime local couple say, "ten-foot

snow drifts until June was too much for a

couple of beach kids." Leaving Colorado,

they headed to Idaho, Washington and

Oregon, looking for a place to land. Mike

recalls, "The Rogue Valley was our last

stand because we were both resolved not

to cross over the California border. As it

turns out, this was where we were meant

to be all along!"

Reflecting on twenty years in the bean business, Michael says, "Coffee's been good to us...we've raised a couple of our own kids and a thousand others over the last two decades. Being a local merchant in a small town is about the coolest vocation anyone can have, especially running the local watering hole/coffee house!"

Laughingly, Michael admits, "The coolest coffee house in Southern Oregon was built on the back of Mary's

personality. We were a good team in those days and still are. While Mary took care of the customers, I took care of everything else, pretty much. As Mary spent the day bouncing from laundry to lattes, I just ran 'til I dropped."



Mary, Michael & Savannah Kell

In the 1990's GoodBean opened a second store in Ashland. When absentee-managing Ashland teenagers proved a bit much, the Kell's focused on building the wholesale side of their business. The hard work has paid off.

Today, you'll find their coffee being served in local restaurants, hotels, cafes, universities, hospitals, and country clubs. And, you'll find bags of their world-class coffee on grocery store shelves - a major focus they plan to continue. "Our plans now are simple," says Michael. "We

want to grow the distribution end of the business. Last year, we started in the local grocery stores and have expanded into the regional supermarket chains with the fall addition of 20 of the 60+ Ray's Food Places and more to follow." And, while many Jacksonville locals miss the smell of roasting coffee wafting through town, the Kell's decision to move their roasting operation to Medford enabled them to grow the wholesale end of the business.

During this 20th Anniversary year, look for many promotional events including the GoodBean's expanded Facebook Fan Page where the Kell's will be "waxing nostalgic, celebrating and re-telling old stories about life, love and business over the past two decades!" Michael and Mary conclude, "We'll see what the good Lord has for us...up to this point, it's been a very, very good life and a Gold Medal for Best Coffee in Oregon is a big juicy cherry on top."

A Room of His Own!

Well-known and well-liked Jacksonville wine maker, **John Guerrero**, has opened a wine tasting room inside **Élan Art Gallery** at 245 W. Main Street. For now, you can taste John's wines on Friday evenings and during the day on Saturday and Sunday. Since receiving his degree in Enology from UC Davis in 1985, Guerrero has served as the wine maker for Valley View Vineyard in

Jacksonville. Since then, he's produced award-winning reds and whites for Valley View along with his own JF Guerrero label, including the ever-popular Il Carino Rosso red.



It's a Wrap!

Cherie Renau, owner of **Élan Gallery** is hosting a book signing and demonstration party on Saturday, October 9 from 3-6, featuring Wanda Wen - author of "**The Art of Gift Wrapping, 50 Innovative Ideas Using Organic, Unique, and Uncommon Materials**" published in

April (\$24.99). Wen, a gift wrapping and paper expert says, "Adding ribbon to a gift is like adding icing to a cake... it finishes-off a wrapped gift box with aesthetic beauty." Call Elan Gallery for more information at 541-899-8000.

Blue Door Garden Store Celebrates Second Year!

October 1st marks the second anniversary of the opening of **The Blue Door Garden Store**. Since then, store owner **Kay Faught** has expanded the store to carry artwork by local artists and has increased the selection of Felco and Fiskars inventory along with a wide variety of unique garden tools and garden statuary. She also carries the full line of "Renee's Garden Seeds" and has added more organic products.

Kay says, "I have tried to listen to the local gardening community and focus on unique, hard to find, quality tools that offer great ergonomic design. It's also

important for me to educate newcomers to the benefits of our local Oregon State Master Gardener program. I've been amazed and humbled by the comments and support I have received from this community and from my returning customers! It has been above and beyond what I had hoped."

Her goal is to stay the course and continue to grow her business. She laughs, "At times I don't think I can get more items in my store...but then I see a great new garden item and somehow find the room!"

Bridge Over Untroubled Waters

A new foot bridge is being installed in the Forest Park thanks to a great volunteer effort and a Boosters Foundation grant. The majority of the planning and construction was done by Booster Foundation Board members, Rob Buerk and Steve Casaleggio, along with Booster Club members Tony Hess, Dick Ames, Bob Budesca and a young mountain-biker-volunteer named Christian McPherson. Christian just happened to have ridden by on his mountain bike and ended up volunteering for the project. He's a Cascade Christian sophomore and a fine example of today's Jacksonville youth. With the work crew formed, work began on the bridge over Cantrell Creek at the old mine site. First, rock-filled gabions (wire baskets filled with about 5 tons of hand-carried rocks) provided foundations on each side of the stream. Relying on his own home experience, Rob lead the installation of a 12-foot by 5-foot stone wall to protect the west bank from erosion. Then, two 26-foot glue-lam beams (400 pounds apiece) were hauled across to be anchored on the gabions. The heavy equipment for the project came courtesy of The Jacksonville Public

Works Department, who also volunteered their free time to help make the project a reality. The final project steps will include installing the planking and rails with an extension for a viewing site for the mine opening. Completion is expected in the next few weeks, weather and busy Booster schedules permitting. Special thanks go to Tony and Dick for spade work, literally and figuratively, in bridging a gap in the Forest Park trail system.





The Unfettered Critic

by Paula Block Erdmann & Terry Erdmann

Blowing Our Own Horn: Star Trek The Original Series 365

While back, you may recall, we took advantage of our "unfettered" status and reviewed *you!* This time we've decided to push the premise all the way and review (are you ready?)—us.

You are aware that absolute power corrupts absolutely, aren't you?

Many of you know that we write for a living. Whenever you innocently ask how we're doing, we tend to respond, "Terrible! We have no time for anything other than walking the dogs because we're soooooo behind on our writing deadline!"

Which may lead you to wonder, as you hastily back away, what the heck do they write?

Magazine articles. Website content. Trivia game content. Books. Especially books.

And what do we write about?

Let us answer this way: Have you ever known someone who found a cute little ceramic frog and put it on her desk as a kind of joke? And then, when her birthday came around, her friends decided to "add to her collection" and give her ceramic frogs? And then, for Christmas, more frogs? And soon, through no fault of her own, she became renowned as a frog collector?

In that same sense, we once accepted a publisher's assignment to write a book about *Star Trek*. And then another. And before long, even through we'd previously written about many subjects, we became known as *Star Trek* book authors.

Not that there's anything wrong with *Star Trek*. In fact, we love the way it uses entertainment to delve into important subjects: sociology, ecology, religion, science, politics, comedy. Plus, of course, it helps us pay the mortgage.

So we were thrilled, a year ago, when Abrams Books, publisher of beautiful, critically-acclaimed art books that grace coffee tables worldwide, commissioned us to create a photo-heavy tribute to the first *Star Trek* show, known to its fans as "The Original Series." We were less thrilled when we learned that the majority of the photos had to be "rarities" that readers hadn't seen before. Where in the world were we going to find images that hadn't surfaced in all of *Star Trek's* forty-

four years of existence? Nevertheless, we accepted the challenge—and spent the following months contacting actors, filmmakers, private collectors, photo agencies, even the Smithsonian Institute, where the eleven-foot-long shooting model of the *U.S.S. Enterprise* lies in state. We sent a photographer to the home of a memorabilia collector in Michigan to take new shots of forgotten props. We tracked down a photographer from TV Guide Magazine who'd covered the very first *Star Trek* Convention all those decades ago.

Once we'd assembled enough images to fill 365 two-page spreads (hence the title of the book), we began to write, boldly crafting paragraphs that would evoke the mood surrounding the era: its turbulent politics, the developing space

program, the sexual revolution, the naïve idealism. And, coincidentally, the miracle of creating decent visual effects on a shoestring production budget.

It was like putting together

a patchwork quilt; if we located a meaningful piece of fabric, we found a way to work it in. Our hope was to spotlight the things that made *Star Trek* special to its audience in the first place, from memorable characters to the futuristic gadgets that influenced much of the technology that you use today. (You do carry a "communicator" in your pocket or purse nowadays, don't you?) Along the way, we hoped to convey how *Star Trek* turned out to be more of a cultural icon than a simple TV show.

So, how'd we do?

Star Trek The Original Series 365 landed in bookstores on September 1st. It's already gone back to press for its third print-run.

Not that we have time to celebrate—because we're soooooo behind on our (next) writing deadline!

Paula and Terry each have long impressive-sounding resumes implying that they are battle-scarred veterans of life within the Hollywood studios. They're now happily relaxed into Jacksonville.



Garden of the Month

by Kay Faught

My Neighbor's Garden

Fall brings harvest time and fall grasses. This month's garden offers it all, including grasses, art, and abundant tomato beds! Evie Ault and her husband moved from San Diego to their 20 acre valley home on Griffin Lane in 2002. The home is tucked in between forested hills and offers views of the Sterling Creek valley. After assessing the needs, Evie began gardening it in 2005. Since then, she's added to the one birch tree, lawn, and deck which were the only offering back then.

Evie had no real "plan" in mind, but she wanted trees. She has created the rest one piece at a time. Now, with more than 60 trees on the property, there is a range from birch, aspen, conifers, and a fruit tree, to jewels such as quince, forsythia, verbena, and masses of snow in mountain filling her beds. Side beds contain bunny ear grasses, peonies, tulips, and shrubs of variety and texture. Evie's love of glass art sculpture is evident in many pieces in the garden, as well.

As I approached the home, I was taken into a world of garden art and color. Near the front door, a striking pottery water sculpture blended so beautifully with the surrounding planting that I knew the home must be gardened by an artist. A small granite bench and pair of glass garden boots greeted me, making me excited to see the rest!

The front walk which is edged with lamb's ear branches to the left of the house. The path tempts one to follow its progression of mass plantings of bright petunias, hyssop, shrubs and mugo pine, all of which naturally connect to the surrounding woods. Evie has artfully designed the garden to wrap to the side of the home, by the pool, and then to the back of the home that offers the patio and valley vista.

As the walk curves toward the side, beds begin to change. This garden is a great example of designing to draw you into areas of a garden. Midpoint, a detour (two large planters popping with annuals!), directs one to the pool area. Integrated and maintaining the garden

mood, the pool is not allowed to become the focus. Counter to the pool, a circular paver ground fountain bubbles center-stage in a section of lawn. Viewing the pool, one is immediately aware of the graceful rock wall rising above it and hosting a 20 ft. row of blue fescue grasses. That single design piece softens the pool area, and provides a visual buffer for four raised box tomato beds behind the fescue! It is beautiful.

Heading into the back yard and patio, white guara bows to large pots, tucked into the bed and filled with veggies, including peppers. Standing on the curtained back patio, one naturally turns to look down the valley to the serene view, though an astounding vision holds you to the yard - a wistful strong 20 ft. long hedge of Carl Forester grass that grabs your attention. The bold green row of grasses rise-up to soft yellow heads,

which at eye level, provide a glimpse of the fields beyond. I wish I could describe the scene of garden perfection of mood, color, and movement.

Evie's biggest frustration has been weeds, "shared" by

the fields. While she loves the movement and color of the fields, they create work. She has no garden "regrets," but speaks of putting the "cart before the horse" in her planting. Many of the trees have been moved closer to water and she has added more irrigation and mulch to many areas.

Her greatest joy...vegetables and the delight of seeing a garden start to finish. In San Diego, she could never see her tomatoes "finish off" nor was it "delightful" to garden. As she handed me her first ripe tomato, Evie commented, "It is delightful here. I have water, sun, and land." When asked why she gardened, her reply was, "Why not?"

Indeed! One of my true tests of any garden is not wanting to leave... I could have stayed forever!

Kay is the owner of Blue Door Garden Store, located at 155 N Third St. Specializing in paraphernalia for the home gardener; she carries garden gifts, decor, and a wide variety of pots, tools, gloves, and organic product.



It's All About Jazz at the 22nd Annual Jazz Festival Oct. 8-10

The rejuvenated Medford Jazz Festival swings into Southern Oregon Oct. 8-10 with 16 hot bands, six jazz and dance venues. As the longest-running jazz

festival in Southern Oregon and Northern California, the Medford Jazz Festival showcases a talented lineup of national, regional and local bands playing Dixieland, Zydeco, Swing, Jump-Jive and Big Band for three phenomenal days of music and dancing. Bios and videos of all bands are available on the Medford Jazz Festival website at www.medfordjazz.org.

Dance with the stars. This year, dancing reaches new heights, leaps, bounds and swings with the spacious Kids Unlimited performing arts stage serving as the exclusive dance site. The Medford Jazz Festival is proud to feature national level dance instructors offering free demonstrations (with admission), workshops and lessons for beginners to the advanced dancer. Benji Schwimmer, along with his legendary father Buddy Schwimmer, known as the "King of



Swing," will be performing as well as a pair of Oregon-based dancing instruction partners with Drew Laiche and Catherina Erfurth from "Eugene Swing" and Russ

Bruner and Susan Kane from Portland's "Swing Time."

The Medford Jazz Festival is a 501c3 non-profit organization dedicated to cultivating, fostering, sponsoring, and developing, the understanding, taste and love of traditional jazz music as an art form through youth programs and the annual Jazz Festival. The Festival Education Program will again reach over 15,000

local students during the week leading up to the Festival as a featured Jubilee band will perform for local schools. Since its inception, the Jubilee has donated more than \$160,000 to Medford School District 549C for youth music programs.

For tickets or information, visit www.medfordjazz.org or call (541) 770-6972 or (800) 599-0039. On the website are maps of all of the venues, links to accommodations, and more information on each of the performers.



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Calendar of Events - October 2010

- ☐ **So. Oregon Artist Resource (SOAR) Art Event Calendar.** See ad on page 11.
- ☐ **Until December 7: JACKSONVILLE ARTIST KATHARINE GRACEY PRESENTS "OREGON ART COLLECTION: IMAGES TO REMEMBER,"** Medford Branch Library, 205 S. Central Ave.
- ☐ **October 2, 9:00am-Noon: CEMETERY CLEAN-UP DAY, Jacksonville Cemetery.** See ad this page.
- ☐ **October 9, 7:00pm: PANDORA'S BOX: A BEAUTIFULLY CHAOTIC TALE, Bigham Knoll.** Silent auction to benefit The Maslow Project of Southern Oregon. Tickets available at Willowcreek, Jacksonville Barn and South Stage Cellars.
- ☐ **October 9 & 10: MOBILITY UNLIMITED GLASS HARVEST FESTIVAL, Gathering Glass Studio, 322 N Pioneer St., Ashland.** See ad on page 26.
- ☐ **October 10, 15 & 16: MEET THE PIONEERS, Jacksonville Historic Cemetery, tickets on sale soon at the Visitors Center. This outstanding event has SOLD OUT every year!** See article on page 12.
- ☐ **October 11, Noon: THE JACKSONVILLE SENIORS FASHION SHOW to benefit the Old Library & Collectibles Thrift Store, Jacksonville Food & Friends, and Jacksonville Community Center, at the Old Presbyterian Church, located at California & 6th Streets. Luncheon provided with at \$6 donation. For more information, call 541-899-9555.**
- ☐ **October 30, Noon-4:00pm: JACKSONVILLE ELEMENTARY'S 2010 HARVEST CARNIVAL.** See ad on page 4.
- ☐ **October 31, 5:30-8:00pm: HARVEST FESTIVAL, Jacksonville Presbyterian Church.** See ad this page.



Jacksonville Elementary Launches Box Tops Fundraiser

Jacksonville Elementary School has announced the launch of their 2010-2011 Box Tops for Education fundraising campaign. This year the school has set a goal of earning \$2,000 through Box Tops to purchase books, school supplies, and help support our school programs like the Harvest Festival and Britt Play. Jacksonville Elementary School supporters can earn cash for our school with Box Tops through everyday activities such as buying groceries, shopping online, and buying books.

Here's how you can help:
 Clip "Box Tops for Education" from hundreds of General Mills products and send them to Julie Danielson, Box Tops Coordinator, at Jacksonville Elementary School, 555 Hueners Lane, Jacksonville. You may also deposit your Box Tops in collection boxes located at the following locations: Jacksonville Elementary School, Jacksonville Post Office or Visitors Center, Royal Mobile Estates Community Center, or Jacksonville Vision Clinic.
Sign up to Support Jacksonville Elementary School on the Box Tops website at btfe.com.

Shop Online: Jacksonville Elementary Clinic will earn up to 15% of qualifying purchases when you shop at over 100 popular online stores at Box Tops Marketplace®.
Buy Books: Jacksonville Elementary will earn up to 6% of purchases made online at Barnes & Noble through the Box Tops Reading Room™.
Help a Classroom by purchasing needed items through the My Class Essentials™ registry.
 For more information, visit btfe.com or contact Julie Danielson, Jacksonville Elementary School Box Tops Coordinator, at danielson2020@charter.net.

Cemetery Clean-Up Day!

JACKSONVILLE CEMETERY

Saturday, October 2nd
9am – noon

Get your gloves on, bring your rakes, blowers and pruners and help spruce-up Jacksonville's Historic Cemetery before this year's Meet the Pioneers event. As always, you'll be treated to local coffee and morning refreshments plus all the bottled water you can drink! This is a wonderful community event and a great way to pitch-in and meet new friends, too! Meet at the Sexton's Tool Shed in the cemetery near the flagpole.

For more information, call Dirk at 541-826-9939

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macarlson@connpoint.net

SCHEDULE

Tuesdays
 9:00 a.m.
New Session October 12th

Saturdays
 9:00 a.m.
New Session October 16th

Naversen Room
 J'ville Public Library

(541)890-7703

Friends of the Ruch Library Book Sale!



The Friends of the Ruch Library will hold their Annual Book Sale on Saturday, October 9, from 9:00am-4:00 pm in Ruch under the tent at 7632 Hwy. 238, (next to Crystal Clear and Ramsey Realty.)
 For more information, please call 541-899-1044.

Local Author at Applegate Library

Local Southern Oregon author Ellen Levine will be reading passages from her latest novel, *Looking for Karma* at the Eden Café on Sunday, October 10, from 3 – 4 p.m., at the Applegate Branch Library, 18485 North Applegate Road. Books will be available for signing and purchase with a portion of the proceeds to benefit the Friends of the Applegate Branch Library. Members of the Friends group will receive a discount on the price of the book.

Jacksonville Branch

340 W. "C" Street
 541-899-1665
Storytime: Wednesday - 11am

HOURS OPEN

Monday	Noon-5
Wednesday	10-5
Thursday	2-6
Saturday	10-2

(funded by JFOL)

Ruch Branch

7919 Highway 238
 541-899-7438
Storytime: Tuesday - 11am

HOURS OPEN

Tuesday	11-5
Thursday	1-7
Saturday	Noon-4

jcls.org

ENTERTAINMENT THIS MONTH AT THE BELLA



OCTOBER

1 & 2	THE RHYTHM KINGS
7	DAN TILLER
8 & 9	MILESTONE REVIEW
14	DAVID PINSKY
15 & 16	THE BRIAN SWANN BAND
21	ANDY CASAD
22 & 23	GREAT MINDS UNPLUGGED
28	DAVID PINSKY
29 & 30	THE BLUES DUSTERS UNPLUGGED

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The Community is Invited to

Harvest Festival

Sunday Oct 31
 5:30pm - 8:00pm

Jacksonville Presbyterian Church
 425 Middle Street

Free Carnival! Cotton Candy, Popcorn, Bounce House, Raffle, Entertainment, Mini Golf, Face Painting, Cake Walk.

ADMISSION: Bring non-perishable food items for our drive to help those in need

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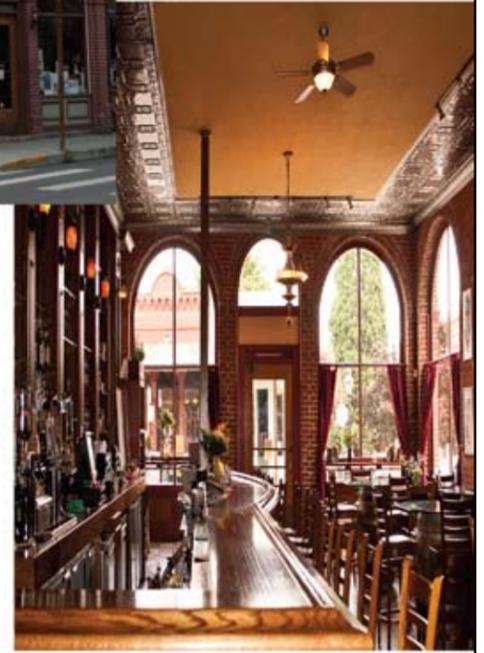
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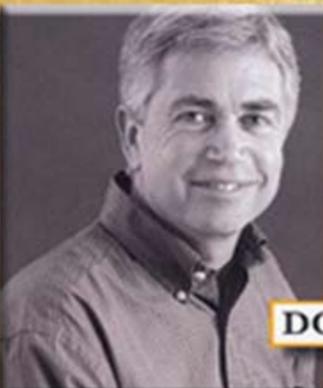


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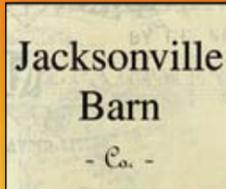
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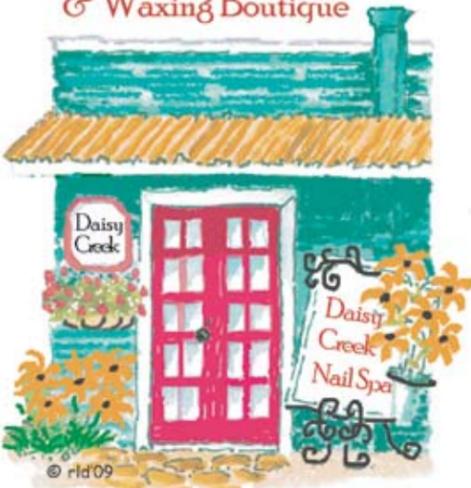
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Greeted and Greened by Sunflowers

By Janet Eastman

Wish you were here, Vincent van Gogh, to paint this: About 200,000 sunflowers are colorizing the Schmidt Family Vineyards in the Applegate Valley.

They stand like waist-high greeters with bright yellow faces, welcoming visitors at the gate. They emblazon three separate fields, further decorating a view of vineyards, herb gardens and mountains. Their sturdy stems hold up heavy, plate-size flower heads that follow the sun and nourish the spiraling florets that become seeds.

But the sunflowers are more than a mesmerizing portrait of Provence. They're green. Really green.

Landowner Cal Schmidt says the oil from the sunflower seeds will be extracted and made into a clean-burning alternative fuel.

He's contracted with Kit Doyle of Southern Oregon Seed Oils, based in Murphy, to plant and harvest the sunflowers in soil that's too wet and heavy to satisfy wine grapes.

"Beats the heck out of looking at weeds," says Schmidt, referring to the 20 acres of sunflowers growing for the first time on his 75-acre property.

He now has more land devoted to this seasonal crop than his decade-long commitment to Merlot, Syrah, and Cabernet Sauvignon vines.

The black-oil sunflowers have high yields, produce instant income and are environmentally safe, says Schmidt, ticking off some of the benefits. The sunflowers don't need pesticides, commercial fertilizers or irrigation. Plus, he adds, the beauty of the sunflowers fits with his property's picturesque setting.

Seed-oil processor Doyle made a pitch earlier this year to Southern Oregon winery owners about his vision for locally grown seeds that can be converted into feed, food and fuel. He set his sights on wine grape growers with land ripe for sunflower, camelina, pumpkin and other seed-oil plants.

Schmidt said yes and seeds were planted in June.

Before Thanksgiving, Doyle will harvest the sunflower fields with a combine, press the seeds and separate the oil from the meal. The meal will be used as high-protein feed for chickens, cattle and sheep.



The oil could be used as an ingredient in everything from cosmetics to cooking and biodiesel cars. Eventually, with new technology, it could run a gas engine or bigger: Doyle's website (<http://seed-oils.com>) says the U.S. Navy and Air Force are testing fighter jet fuel made from camelina oil.

Schmidt, who grew up on a wheat farm in Kansas, understands the need to rotate his crops. In the fall, he'll plant "naked" pumpkin (so named because there are no hulls). Next year, he'll put camelina on his upper 10 acres.

In the meantime, visitors to Schmidt Family Vineyards do not ignore the floral greeting at the gate. "People love them," says Schmidt, adding good-naturedly, "They have more questions about the sunflowers than my wine."

Schmidt's daughter, Rene Brons, says people who come into the tasting room always comment on the sunflowers. "They want to know about them the second they walk in the door. One neighbor called and thanked us for the 'eye candy.'"

Schmidt Family Vineyards, 330 Kubli Road, Grants Pass, OR 97527, (541) 846-9985 - "Sunflowers" photo by Janet Eastman.

Jacksonville Travel Tales

by Skip and Gayle Stokes

Iam snuggled in my sleeping bag on soft sand, looking up at a rectangle of sky strewn with stars. My muscles feel exercised, and grateful for the relaxation of the sandy bed as it easily contours to fit my body. I can smell the blending of pungent and perfume scents that waft from various wildflowers and shrubs, and my taste buds are still relishing the chocolately-goodness of the dutch-oven dessert. Then the melodic sounds of a Native American flute begin drifting through camp, providing a kind of harmony to the rhythm of the river as it churns its way through the canyon.



Gayle wades across Havasu Canyon.

Riding the Colorado River on oar-powered rafts through the Grand Canyon has to be one of the most exhilarating, yet peaceful and spiritual experiences one can have. However, each person's adventure will be unique, and will depend on what is brought to the trip and where in life's overall journey the trip is made. My husband and I first experienced the Canyon from the river in 1983 when we were in our early 30's. At that time we were very excited at the prospect of thrilling rides through the huge whitewater. My husband, a geology enthusiast, was fascinated with the exposed layers representing almost 2 billion years of Earth history. After only a few days, though, the beauty and spirituality of the canyon seeped in and enveloped us almost without our realizing it. For our second trip, it was that beauty and spirituality that brought us to the canyon. The whitewater rides were no less thrilling, but they were more of a bonus to the main attraction.

Those with their own rafts can opt to apply for a permit to run the river as a private party. However, we've found going with a commercial outfitter to be extremely satisfying: well-trained guides ensure that you'll have a good experience, and there is no waiting and hoping for one of the few permits handed out to private groups. The outfitters have mastered the logistics of dealing with 14 nights of camping and cooking. They know which camp sites are better for which conditions and are also trained to handle the human waste problem (all human waste must be transported out of the canyon).

Sometimes the river guides are actually much more – as was the case on this trip when we met Charly Heavenrich, whose rich philosophical discussions led to guidance of a different sort. Charly was the person playing the native flute, and often at night, after we'd tucked in, he'd send out its haunting notes to lull us to sleep.

The days consisted of floating through multi-colored strata. Sometimes the canyon walls rose sharply on either side of us. Other times we had more open vistas. Our boats plunged through rapids with huge waves that often crashed down on top of us, as we yelled and grinned and came out drenched. We hiked up side canyons to small clear pools that reflected the orange and red rock and the blue sky. We walked through abandoned villages of the Anasazi, with pottery shards scattered about. We marveled at the fossils of ocean-dwelling organisms, left by ancient seas. Coming from the non-desert Pacific Northwest, it was hard to refrain from taking numerous pictures of the brilliant magenta-blooming cacti.

We had decided on a spring trip this time to avoid the oppressive heat of summer hiking. It brought other rewards as well: bird-song in the morning, blooming desert plumes that painted hills and cliffs with yellow spikes, and full



Traveling through geologic time.

waterfalls in the side canyons surrounded by lush greens and golden columbines.

The Canyon did not yield its magic freely. We had to endure cold temperatures and even sleet a couple of days.

Sand worked its way into everything --sleeping bags, coffee, and toothpaste. Head winds at times made it seem as if the boats were standing still, even when we were paddling with all our might to help the oarsman.

Then I would hear the canyon wrens trilling song cascading down the canyon, catch the exotic scent of a desert shrub, or look up at the towering canyon walls with their embedded earth history, and feel the spirit of the Anasazi surrounding us.

At those times, there is a peace in just being – well worth the price.



Speaking of Wine

by Duane Bowman

Blended Wines

Why are Americans so enamored with wines labeled with a single grape variety? While the reasons may have evolved, I trace its start to the 1976 Paris Wine Tasting event. Sometimes referred to as the "Judgment of Paris."

If you haven't heard of that event, it was a sort of publicity stunt arranged around the bicentennial birthday of the US. The idea was to pit some American wines against their French counterparts and even though the Americans were dog-on favorites to lose, the event might garner some attention for the event organizer. The outcome was so certain the mainstream press didn't even show up. Only one reporter documented the event – but that was enough.

American Chardonnays from Napa took 4 of the top 5 spots against the Chablis of Burgundy. A Stags Leap red took the top spot in the Bordeaux red class. This "David defeats Goliath" story put Napa wines on the world map and was the seed that started the long American love affair with Chardonnay and varietal wines.

Americans immediately realized the opportunity. Tying wine quality to the grape rather than to its place of origin leveled the playing field. It gave American wines a new way to compete with their French cousins. The marketing story for the American wine industry was set and varietal labeling was its hallmark (wine language lesson here – grapes come in varieties, wines are called varietals). The wine industry convinced the wine-buying public to ask for wines by grape names – Chardonnay, Zinfandel, Pinot Noir. That marketing strategy was so successful that much of the new world followed America's lead.

Americans are good at marketing but over time we began to realize what we'd wrought. Marketing under varietal names inevitably lead to the American consumer's belief that the best wines were those made from a single grape variety. But are they?

When asked that question, I usually tell people, "Making a pure varietal wine is like cooking without spices." Sure, you can do it, but why? The art of cooking isn't in frying an unseasoned steak, it's

in the harmony of the flavors the chef manipulates to delight our palates. Similarly, the art of the winemaker is in our manipulation of flavors in the wine. We blend to mute some and to enhance others. It's where the art in winemaking resides. The problem with wines made from a single grape variety is that, well, they're often boring.

But how are American wineries going to make less boring wines when they've gotten on the bandwagon of promoting varietal wines? We could ask our government to make a rule that will allow us to continue using varietal names even when the wine is a blend! And that's exactly what we've done.

So for those who claim they love Cabernet Sauvignon – do you really know what you're drinking? Just how much Pinot Noir is in that bottle of Pinot Noir someone is raving about? In the United States (except in Oregon), a wine can be called Pinot Noir if at least 75% of the wine is made from that grape. Meaning 25% can come from any other grape – white or red. So a California Pinot Noir can be 25% Syrah or anything else and usually is. Your Chardonnay can contain Semillon or Viognier, or whatever else the winery chooses to put in it – and they do. So if the winery is so into blending to improve their quality maybe you should increase your own awareness of wine blends.

The most amazing wine experiences you'll ever encounter will have one thing in common: the incredible complexity of the wine – a swirling myriad of primary and secondary flavors and smells that defy the fact they came from a grape. Well made blended wines have a built in advantage in achieving such complexity over wines chained to the attributes of that single grape.

So next time you're going to buy a bottle, look for something without the name of a grape on the label. Next time you're visiting a winery, ask to try their blended wines. Just remember: blended wines are the spice of life.

Duane Bowman is a Director of Applegate Valley Oregon Vintners Association and winemaker at Cricket Hill Winery located at the 2 mile marker on Little Applegate Rd. Find him at www.crickethillwinery.com or email duane@crickethillwinery.com

Britt Celebrates 2010 Season; Looks Ahead to 2011

A message from Jim Fredericks, Britt Festivals Executive Director

The 2010 Britt season has just finished, and with summer concert memories still fresh, we want to thank the community for a wonderful season. We are grateful for our members, our concert patrons, and, of course, our wonderful home community of Jacksonville.

The spirit and beauty of Jacksonville adds to the uniqueness of the Britt hill, and we are happy to have so many partners and supporters in the city. Thanks to Mayor Garrett, to Paul Wyntergreen, to our friends at the Chamber and at JOBA, and to all the merchants and neighbors in the town who are so supportive of Britt.

We had many successes in the 2010 season. Attendance on the hill was up over 2009, and we brought 37 incredible concerts to the Britt stage. Highlights included Steve Martin and the Steep Canyon Rangers in an evening of bluegrass and comedy, crowd favorite Michael Franti & Spearhead, the witty antics of pop rockers Barenaked Ladies, legendary singer-songwriter Jackson Browne, guitarist extraordinaire Tommy Emmanuel and jazz crooner Harry Connick, Jr. Britt concerts are such wonderful community events, and the evenings are always made so much nicer by all the friendly faces out on the hill.

Our 48th annual Britt Classical Festival included more highlights, from the opening concert featuring violinist Chee-Yun, to an unforgettable evening with legendary pianist Emanuel Ax, to a spectacular closing night with fan favorite Jon Nakamatsu. Our Classical Festival owes so much to the city. For three weeks, Jacksonville becomes home to 90 Britt orchestra members as they rehearse, perform and relax in their summertime home, with the help of our generous orchestra host families. Thanks for opening your homes and your hearts.

The incomparable Britt Experience is all about the uniqueness of the venue. Before I came here, I had no idea just how wonderful that is. While the artists that come to Britt tour all over the country, seeing a concert at Britt is a truly a one-of-a-kind experience, with its intimate feel, gorgeous views of the valley and relaxing atmosphere. The Britt hill remains a favorite venue for artists and audiences alike—I heard this all season long from touring managers and artists. In her concert this summer, folk rocker Brandi Carlile recalled performing as an opening



act in recent years, and she told the audience it was a dream come true to return as a headliner. She said after the concert that she couldn't wait to come back.

We made a few changes at the hill, all in the interests of making the Britt experience more enjoyable:

- We worked hard to keep ticket prices low
- We introduced the new Grass Pass, which offered affordability and flexibility on purchasing lawn tickets
- We launched the Classical Annual Fund, with all gifts directly supporting the Classical Festival. We received gifts of all amounts both local residents and visitors, and are so grateful for the response.
- We built a new member hospitality deck, which provided a comfortable, fun space for Britt to thank our upper level members, and for members to mingle with each other.
- We built a new merchandise deck to provide a more accessible, pleasant spot to purchase artist merchandise (an Eagle Scout Project led by Blake Muir)
- We refurbished the pavilion to clean and protect it.

While we made great strides this year, we still need to find ways to improve our revenue streams, and change the way we operate across many fronts. Britt is a non-profit organization, and for the past few years, we haven't been able to make ends meet. We are currently working on changes to our membership model to better use membership revenue and offer benefits to engage members.

In addition to membership changes, for 2011 we are also looking at introducing new food and beverage options, along with improvements to the Britt hill to create a more enjoyable Britt Experience. We will look at changes across many fronts, to ensure the Britt Experience is around for future generations.

Please join us as we continue to improve. Join us as a member, join our business supporters, or look to the many other ways you can support Britt throughout the year. Or, join Britt as a volunteer, and become part of the wonderful community of people that helps put on every concert. We need your help. We're thankful to be part of the city of Jacksonville, and we're proud to hold our concerts in one of the most beautiful concert venues in the country.



The following Jacksonville Business Owners and/or residents support David Jesser for City Council in the upcoming election. As a business leader, David has served Jacksonville admirably over the past several years in various capacities, serving on numerous City Boards, Committees and Commissions. Electing David will help provide a much needed balance to the Council.

Supporting David Jesser for City Council

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Love your Landscape

by Adam Haynes

Living with Deer - Landscaping Tips

Those of us living in Jacksonville have the privilege of living with wildlife all around us... not the least of which is our resident deer population. The deer seem to be everywhere and grab the attention of visitors and locals on a daily basis. At a recent Britt concert, an onstage singer spotted a deer in the distance and shouted, "Hey, that's a deer!" Most of the locals just shrugged their shoulders and thought, "Yeah, what's the big deal" to themselves.

Loving your landscape and living with deer don't always go hand in hand. However, with the proper plant selection and design, the two

can co-exist! One challenge I face when designing and installing landscaping in Jacksonville is choosing what plants to plant that the deer won't eat.

The most obvious solution to the plant munching problem is deer-proofing by building a post and wire deer fence and enclosing the area you want to landscape in the first place. Of course, if you want to have any kind of a vegetable garden, this is a must. The drawback of not fencing means your "deer friendly" landscape will be limited by what you can plant that



the deer won't chew down to the dirt.

If you don't fence, you are limited to the kinds of plants that can be used in a landscape. Therefore, it is most important that a hardscape creates interest on its own, without plants. For example, creating raised planting areas or berms is a great way to create contour and interest. Adding boulders and rock is another. Dry stream beds can add a great aspect to a landscape, too. Here, it's about creating interest with something attractive to look at even before the plants go in. The plants are icing on the cake - they just enhance what's already there.

There are plenty more on the list, but here are some of my favorite plants that work with deer: Boxwood, Shasta daisy, Pine species, Fir species, Cedar species, Birds Nest Spruce, Barberry, Ferns, ornamental grasses, Lavender species, (most any herbs work) and Rhododendrons.

Remember, here in Jacksonville, you can still have a wonderful landscape despite the deer - it's just a bit more of a challenge!

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Jacksonville Elementary has had a terrific start to the school year! Students who live north of Highway 238 (Rossanley Drive) are now back in the Jacksonville Elementary attendance area. Consequently, our school welcomed approximately 65 new students (formerly of Oak Grove Elementary) this year. Students, families and teachers had a chance to eat lunch together and enjoy the music of the Ashland Blues Society at a Back-To-School BBQ on September 9.

Our school community also came together for another successful Jog-A-Thon which raised money for PTO events such as field trips, our Art Program, Science Fair, classroom funds and the Writers' Workshop. The PTO would like to thank the following businesses for sponsoring the Jog-A-Thon this year: Bostwick Construction and Millwork, the Jacksonville Vision Clinic, Southern Oregon Gymnastics Academy and Southern Oregon Orthopedics. All participants had a blast jogging on the Jacksonville track while raising money for our organization.

Our school was honored to be included in Jacksonville's 150th celebration parade on September 25th as a part of the Jacksonville Jubilee. Students, teachers and parents dressed in their best western wear and even performed a scatter square dance during the event.

New to Jacksonville Elementary this year is the PTO-funded Writers' Workshop and Festival. In the Writers' Workshop, volunteers will assist teachers and students with editing and publishing students' writing as well

as facilitate small group discussions throughout the school year. Each student will select a favorite finished piece of writing to be included in JVE's 2010-2011 Anthology. We need local authors and writing enthusiasts to assist with workshops and the Writers' Festival. The Writers' Festival is scheduled to be held in the late spring of 2011. This event will be a school-wide celebration of writing during which students will share their work in multi-grade forums with local authors and volunteers serving as moderators. Please contact Amy Kranenburg at amy.kranenburg@gmail.com if you would like to participate.

Jacksonville Elementary has a special Art Program paid for by the PTO and instructed by parent volunteers. Beginning later this month and culminating with an Art Exhibition in March, each class experiences scheduled art sessions where students learn about and create art inspired by master artists such as Pablo Picasso, Eric Carle, Jackson Pollack and Vincent Van Gogh. Please contact the school office at 541-842-3790 if you would be interested in contributing to this program.

This month, we invite the community to join us on Saturday, October 30 for our annual Harvest Carnival which will be held at the school from 12-4pm. The carnival is filled with family-friendly booths such as an old-fashioned cake walk, face painting, hole-in-one golf and our local "Balloon Man".

Happy Fall from the Pioneers of the Future!

New Rogue Valley Symphony Season 2011 Begins

The Rogue Valley Symphony opens its 43rd season performing in Southern Oregon the weekend of September 24 -26, 2010. Music Director Martin Majkut will lead the 70-piece orchestra in three performances featuring world renowned pianist Alexander Tutunov performing Gershwin's Piano Concerto. Also included on the program are a favorite of Maestro Majkut, In the Tatra by Slovakian composer Vítězslav Novák, and the beloved Fifth Symphony of Beethoven. Performances are Friday, September 24, 7:30pm at the SOU Music Recital Hall in Ashland; Saturday, September 25, 7:30pm at the Craterian Ginger Rogers Theater in Medford; and Sunday, September 26, 3:00pm at the GP Performing Arts Center in Grants Pass. Mr. Majkut will lead pre-concert talks one hour prior to each performance.

Appointed in June, Maestro Majkut has an action-packed season of music planned for Rogue Valley listeners. One of the first impressions Majkut had while visiting Southern Oregon was the stunning landscape of the region. The mountains so closely resembled the mountains of his Slovakian homeland that he immediately felt "at home." This landscape inspired his first program and led him to create a musical postcard for the audience. Novák's Romantic tone poem, In the Tatra, depicts a thunderstorm in the Slovakian Tatra Mountains and represents Majkut's heritage. Gershwin's Piano Concerto is Majkut's postcard from "where he has found home" in America. Local favorite pianist Alexander Tutunov will display his showmanship in this jazz-classical hybrid. Infectious rhythms and singable melodies, two of Gershwin's greatest attributes, are abundant in this virtuosic concerto. The final piece on the program defies borders: Beethoven's Fifth Symphony. This work is iconic of the Romantic style and indeed the orchestral canon. Passions will be sparked by the first movement's well-known "fate motive" presented by the orchestra and Majkut.

In the second concert of the season in November, the symphony musicians will be performing the world premiere of a new work by one of their own, principal trombonist and composer, Mark Jacobs. Las Ranas de Katanchel is rooted in Mayan mythology and includes the sounds of frogs, birds, insects and thunderstorms that Jacobs recorded in Mexico. This concert series will also include two well known symphonic

works, Schubert's Fourth Symphony and Elgar's Enigma Variations. These concerts will be presented Friday, November 5 at 7:30 pm in Ashland; Saturday November 6 at 7:30 pm in Medford; and Sunday, November 7 at 3 pm in Grants Pass.

Majkut says that the January concert series includes "a healthy dose of Mozart" to "help conquer the melancholy of the season." Virtuoso clarinetist Jon Manasse will be presenting Mozart's Clarinet Concerto, and the orchestra will play Symphony No. 41, the "Jupiter", which was Mozart's last symphonic work. Grieg's beloved Holberg Suite will feature the string section of the orchestra. The January series will be presented on Friday, January 28 at 7:30pm in Ashland; Saturday, January 29 at 7:30 pm in Medford; and Sunday, January 30 at 3 pm in Grants Pass.

Cellist Elinor Frey will return to the Rogue Valley to perform Schumann's passionate Cello Concerto and the orchestra will perform Stravinsky's exciting Firebird Suite. The performance of the music from the Firebird Suite will include an art exhibit of local artists' interpretations of the Russian folk tale that inspired Stravinsky's masterful work. Also featured on the program is the Youth Symphony of Southern Oregon in a "side-by-side" production of Dvorak's most famous Slavonic Dances. These concerts will be presented on Friday, February 25 at 7:30 pm in Ashland; Saturday, February 26 at 7:30pm in Medford; and Sunday, February 27 at 3 pm in Grants Pass.

The final concert of the 2010-2011 Season will bring dramatic works by Berlioz, Sibelius, and Brahms to the Valley. Berlioz's festive Roman Carnival Overture begins the concert. Talented violinist Steven Moeckel joins Majkut and the orchestra for Sibelius' dark and earthy Violin Concerto. Brahms' First Symphony will provide a triumphal close to Majkut's first season as the Rogue Valley Symphony's new Music Director. The season finale concerts will be presented Friday, April 15 at 7:30pm in Ashland; Saturday, April 16 at 7:30pm in Medford; and Sunday April 17 at 3pm in Grants Pass. The Rogue Valley Symphony Orchestra is generously supported by 2010-2011 season sponsor Mr. Jim Collier.

Tickets are on sale now for the Symphony's season. First time subscribers to the orchestra's full season of five series concerts in Ashland, Medford, or Grants Pass receive a 50% discount on the price of season tickets. Those interested should contact the Symphony Box Office at (541)552-6398



Diabetes Dialog

by Carol Jo Pettit

A huge "thank you" to so many people who made the American Diabetes Association's annual Step-Out Walk to Fight Diabetes successful! If I were to generalize our supporters, I would say they are diligent, intelligent, and reliable.

Our Gold Sponsors, Dr. Yujen Wang and Dr. Sheri Sheibani of Oregon Retina Specialists in Medford and Grants Pass, provide support in so many areas—financial, committee activity, and medical direction.

We could not make our fund-raising goal without the other sponsors, too: Miguel's Restaurant for lunch, Great Harvest Bakery and Fred Meyer for breakfast, Oregon Eyecare Center, and Novo-Nordisk.

Joan and Bob Issacs from Val-Pak, who send those wonderful blue envelopes full of coupons every month, provided complimentary advertising to 160,000 homes in the Rogue Valley. Plus Joan's Table Rock Kiwanis connection provides the manpower to stuff goodie bags for walkers. Her enthusiasm is contagious!

Kyle Pace from KDRV-TV News Watch 12 arranges our broadcast advertising

activities. Plus he's our representative at the Chamber of Commerce's Greeters gatherings. And no meeting would be complete without Kyle's wholehearted commitment to the cure.

Whitman Parker of the *Jacksonville Review* produces such a fine newspaper that we at ADA are proud to be a small part of it. And he tolerates my pushing the deadline a little!

The Southern Oregon ADA Walk Committee makes it all happen: Logan Deere, 2010 Junior Ambassador; Angie and Floyd Deere and family; Stephanie Brech, Julie Grey, Joan Issacs, Denise Jones, Kathleen Jones, Bill Macy, Julie Maudlin, Brandi McRae and Josh Tilley, Janice Monahan, Kyle Pace, Tammi Peterson, Don Pettit, Carrie Prechtel, Jaqui Robbins, Mary Stansell, Sheri Sheibani, M.D., and Curt Tejcka. Cindy Benton is our Associate Director in Eugene, and Sally Norby is the ADA Director in Portland.

A sincere "thank you" to each and every person associated with the walk, and to YOU, our walkers and fund raisers. When the CURE arrives, you will be a part of it!



Sociability

by Linda DeWald

Take the "I can" challenge!

When you see a problem, do you find yourself saying "They should..." (fill in your solution)? "They" might refer to your neighbors, or family, or a business, or a governmental entity, or a myriad of other candidates. You might sit and gripe about the issue with your social group. We all find ourselves in that mindset from time to time.

The "they should" mode can turn into a habit of mind where you get stuck (maybe bitter). It is certainly understandable, and only human, but not much fun and often not good for you. As example, your blood pressure might rise when you get riled-up talking about the problem. Also, just carping will likely not result in a solution.

Here is an alternate idea for you and your social group: say "I can" instead. Brainstorm how your group can lend a hand to solve the problem. Can you think of an issue that is fixable by your group?

You can organize a time to focus on a solution just as you would any other social gathering: announce the time and place to meet and work on it, identify what you plan to accomplish, and list what to bring to get the job done. I'm not talking about a lofty goal that will change the world, just something personal to you, and achievable.

Work Parties

One definition of sociability is "offering opportunity for social interaction: allowing people to mix in an informal way." Well, work parties can fill the bill, especially if there is an emphasis on "party."

A few snacks and liquid refreshments can really motivate your group, particularly if you are exerting yourselves physically. In the Nunan Square neighborhood of Jacksonville, neighbors are assisting on a project to improve the arbors in their park. Neighbors will do some sanding and painting to lower the costs and produce a higher quality outcome. A notice posted at the communal mailbox, plus a neighbor's request voiced at the neighborhood's Tuesday in the Park get-togethers, produced a half dozen volunteer workers.

The camaraderie as you work together may enhance your relationships in unexpected ways. Spin-offs include: the shared pride in your work; collective joy at completion; and the group's satisfaction that the problem is solved.

Volunteerism

If you are interested in the "I can" mentality, you might want to read a

new book by Stephen P Kiernan entitled *Authentic Patriotism, Restoring America's Founding Ideals Through Selfless Action*. The book is about "the noble power of every individual to effect change," and "not waiting for government or a free market to solve a problem."

Those quotes sound lofty, and many authentic patriots make significant improvements to their communities and beyond, but the concept can translate to anything personally relevant to you, however small. For such a small example, read on.

How about picking up other's dog poop! Now I've gone too far; right? Yes; the dog owners *should* have picked up the poop. No question about that, but it's sitting there for all to see. Think about it: if you remove the unfortunate visual, all who walk by after you will benefit and it will enhance your community just a tiny bit.

If you like rationalizing, as I do, remember the last time you did something not-so-perfect that impacted other people. Then pick up the poop as penance for that. Just grab a dog-poop bag from one of our Jacksonville dispensers, bend over and fill it, then drop it into one of our charming Jacksonville barrel-style trash containers.

You might pay an athletic club good money in an exercise class to make that same bending over movement, and here you get it for free!

It's all about You

"I Can" or "We can" is all about individuals or social groups exercising their right to make things better. How will you determine what project to take on? This thought from the Kiernan book says it all: "people ... simply adopt a certain attitude about their role in society, and then the need comes and finds them."

If you prefer structure, Jacksonville volunteerism is stellar. We have great clubs that are a real asset to our community. So joining an existing group may work best for you. Also, you can check-out author Kiernan's site: www.B1campaign.com for inspiration.

I just hope people take some small positive action once in a while. That's feasible, even with a busy schedule. Add a party atmosphere to the event, with a post-project get-together, and sociability takes on a renewed and satisfying meaning.

I would love to hear your suggestions and creative ideas. Please email your story to me at facilitations@charter.net.



Images that Inspire

by Janet Eastman

When Fred Stockwell returns to Jacksonville early this month, he will feel as if he's visiting a foreign land. That's because the respected photographer has spent almost three years in Thailand, helping people who live in a garbage dump. Time away from the Rogue Valley has changed his life.

And he has the photographs to prove it.

Stockwell will be exhibiting his photographs at South Stage Cellars' Tasting Room from 4 to 6 p.m. on Saturday, Oct. 9. He has been invited by the winery's owners, Don and Traute Moore, and their son Michael, to talk about his "one man Peace Corps" – how Stockwell stumbled upon 400 desperate Burmese refugees living in a garbage dump a few miles outside of Mae Sot, Thailand and discovered that bringing them the most basic items of food, clothing and medical supplies has saved lives.

Stockwell has since increased his efforts, improving the water system, distributing blankets and mosquito netting, and helping to restore a makeshift school. But at the end of the day he realizes that buying a \$1 pair of rubber boots for a barefoot child is as powerful an act of humanity as any larger project.

Before moving to Thailand in January 2008, Stockwell was an aerial photographer who had lived in Rogue River, then Ashland since 1994. A story about his past and present life was the cover story of the September issue of the *Jefferson Monthly*, a magazine published by JPR, the regional National Public Radio station.

Readers of the story who knew Stockwell and those who didn't are now offering to help the men, women and children who have escaped the slave camps, genocide and civil war of Myanmar, also known as Burma. These Burmese are illegally living in Thailand and hide in the dump. Throughout the day, garbage trucks empty piles of rubbish on the land and the Burmese pick through the heaps to salvage materials they can use to build flimsy shelters. They also hunt for plastic bags and bottles they can recycle for money.

Stockwell will spend October in Oregon. He is hoping to meet with small and large groups of students, church members, service club groups and anyone who is interested in learning more about

the people he feels responsible for helping, people he refers to as "gentle, generous Buddhists with high moral values and extremely strong family bonds." Then Stockwell will return to Mae Sot to continue the work he has taken on.

The Moore family heard about Stockwell's volunteer work and offered to host a free event at their Tasting Room.

"It's inspiring to hear how Fred has put



Fred Stockwell in Myanmar

his life on hold to help people who are so in need," says Michael Moore. "And it's uplifting to learn how through his work, each of us can directly help. We're very honored to be hosting this event."

On display during the event will be some of the hundreds of images of the refugees Stockwell shot at their request. He will give a short talk about what he's seen and answer questions.

Signed prints of Stockwell's photographs will be available for purchase, with all the money going to help the Burmese refugees he has befriended. There will also be a pair of rubber boots, the kind that Stockwell buys for \$1 and gives to the children of the dump. Anyone wishing to contribute toward buying more boots can put change inside the boots.

As Stockwell says, "A small amount of help at the right time can go a long way."

For more information, visit www.eyestoburma.org or email Fred Stockwell directly at fred@stockwellphotos.com

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SightSeeing

by Julie D. Danielson, O.D.

Are Your Arms Too Short?

If you are over the age of 40, you have probably noticed a decrease in your ability to see things up close. This natural aging process, during which the eye's crystalline lens loses its ability to focus on near objects, is called presbyopia. In early stages, you may discover that if you just hold things a little further away, you are able to focus well enough. But eventually, as your arms seem too short to reach that focus, you will need another solution.

While presbyopia cannot be prevented or reversed, there are now several options available to treat it, depending on your lifestyle. You may choose reading glasses, whether prescription or over-the-counter, to relieve eyestrain while performing near tasks like reading or using a computer. Over-the-counter type readers will not correct astigmatism or compensate for a difference between the right eye and the left eye. In addition, the inexpensive lens materials used in these readers may have lesser quality optics which could lead to eyestrain or headaches. Prescription readers will provide the clearest, most comfortable vision for near activities.

If you find the constant search for reading glasses to be inconvenient, you may want to consider bifocals. These lenses allow you to see clearly for far when you

look straight ahead and clearly up close when you gaze downward. Bifocals may be used even if you do not need a distance prescription. If you don't like the look of bifocal lenses, progressive lenses can give you all the benefits of a bifocal without the visible line.

Another option for treating presbyopia is contact lenses. Monovision is the use of a distance contact lens in the dominant eye and a near contact lens in the other eye. You may be a candidate for bifocal contact lenses, which correct distance and near in both eyes.

While laser vision correction will not allow your eyes to change focus from distance to near like they did when you were younger, you may opt for monovision correction similar to the contact lenses above. Other surgical corrections include a recent advance in cataract surgery in which the natural lens of the eye is replaced by a flexible implant. This implant can change position in the eye and allow you to focus on both distance and near objects.

Presbyopia can be very frustrating, especially if you have never needed vision correction before. Your optometrist can evaluate your daily visual demands and help you to find the best solution to meet your needs.

Julie Danielson, an optometric physician, is available by appointment at (541) 899-2020.

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Tax Tips You Can Use

by Kathleen Crawford
Enrolled Agent

The August tax article stated that there are four options for dealing with an IRS tax debt. That article discussed three of the options, but left the fourth option for this article. The fourth and most common way for taxpayers to pay off a tax debt is the installment agreement.

Installment agreements can be easy to set up or hard. Most people have to pay a set up fee of \$105 to get started. The other condition that can trip up a taxpayer is that all returns must be filed on time and the taxes paid on time or the agreement defaults and the taxpayer is back in trouble.

There are several kinds of installment agreements. The easy agreements to set up are called Automatic or Streamlined agreements. If the taxpayer owes less than \$10,000 and can pay the entire amount within three years, the IRS will automatically agree to set up a payment plan. In fact, that agreement can be set up with a telephone call to the automated response system. If a taxpayer owes less than \$25,000 and can full pay in 5 years, the IRS will streamline the agreement and not require financial information. Any other situation gets very hard, very fast. Professional help is advised.

If a taxpayer cannot set up an automatic or streamlined agreement because he owes too much or cannot pay enough per month, the IRS will require a financial statement. The reason for this is that, at that point, the question changes from "How much do you owe?" to "How much can you pay?" The financial statement is very detailed and looks at household inflow and expense outflow using IRS limits for food, housing, and transportation. The difference is the expected payment.

The IRS gives no amount for credit card bills or school tuition. They expect to be paid first. If the taxpayer's financial condition indicates that no monthly payments can be made, then the IRS can put the taxpayer into "Currently Uncollectible" status. Collection is suspended and the computer watches the tax returns for a change in income level that would payments affordable.

The last option only applies to people who upon filing their annual return find that they cannot pay all of the money owed before April 15. A taxpayer can request an extension to pay of up to 120 days. Penalties and interest accrue, but the IRS does not hassle the taxpayer for the 120 days. The alternative is to pay the IRS something every time the taxpayer gets a bill letter- about every 30 days- and pay off the debt before the fifth letter. This information applies to federal taxes. The process for Oregon income tax debt is similar, but sadly, the Oregon Department of Revenue moves very fast from asking to taking and can be heartless. There is a taxpayer who owes \$700. Oregon has started garnishing his weekly wages. By the time we can get someone in Salem to answer the telephone and talk to us, he will be homeless and have no way to get to work, but Oregon will have it's money.

The fine print: This article is for information only. Please see your tax professional for questions about your individual tax situation.

The Jacksonville Tax Lady is located in beautiful, historic Jacksonville at 610 N. Fifth Street across from the Pony Espresso. Kathleen and Angela can be reached at 541-899-7926.



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Soul Matters

by Kate Ingram Flaherty, M.A.

In Defense of Melancholy

I am, by nature, a melancholy person. After years of grappling with it, judging it, hating it and trying to change it, I give up. I'm coming out of the closet. I am embracing, if awkwardly, my melancholia. I see it as integral to my personality, perhaps even helpful to my writing. Fun, it is not, nor is it easy. In my next life, in addition to having a body like Penelope Cruz, I'm going to choose a different sort of nature, something lighter and easier. But for now, I accept my fate. I don't like it, but I accept it.

Not that I have much choice. Melancholy is a temperament. It means "mournful," "soberly thoughtful," "pensive." If it were a crayon, melancholy would be Cornflower Blue rather than Midnight Blue or Pitch Black. Melancholy is the condition of being exquisitely sensitive. It is the experience of taking in all of life at once, without excluding the ugly or uncomfortable.

The term "melancholy" fell out of fashion some decades ago: given it's meaning, I do not wonder that the word disappeared from our vocabulary. Americans can barely tolerate introversion, much less withstand a good bout of melancholy or, god forbid, a full-fledged clinical depression. Instead, we medicate these conditions, an act that implies there is something wrong with entertaining these dark visitors; as though such states of mind and soul are invading viruses that, uncontained, might cause a widespread and disastrous pandemic of sad and unproductive people.

Americans have a seeming inability to tolerate that which is not bright or pretty or easy. We eschew the dark side of life, the shades of blue and gray. We do not see life as it actually is, easy and difficult, both; happy and sad, both; bright and dark both. We split-off the difficult believing, mistakenly, that if you play your cards right, you can avoid the messier, less pleasant aspects of life.

It is human nature in it's most basic form to gravitate to that which is pleasurable and avoid that which is painful. I understand this point of view. I do. I don't want to get wrinkles. I'd like to be happy-go-lucky. I don't want to feel everything as intensely as I do.

I know for a fact that I am a much happier, nicer person when I am getting a new crown at the dentist's. With the help of nitrous oxide, the ten thousand thoughts and mess of emotions I juggle on a daily basis fade quickly and strangely into the drug-induced mist and life seems effortlessly easier. I would be a

better wife and mother if I could just stay in a happy haze of nitrous on a regular basis. How much nicer it would be to obviate the niggling, sharp finger of too-much-awareness poking it's bony finger into my ribs.

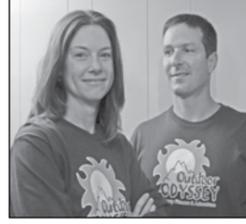
Nicer, yes, but not normal. This is not how life works. There is no light without dark, no joy without sadness, no appreciation without deprivation. The absence of one negates the other. You cannot feel deep joy unless you have experienced profound grief, and vice-versa, which is consoling when you find yourself in the throes of loss. I recall vividly right after I was widowed my brother saying to me that it was only because I had dared to love so deeply that I was grieving so profoundly. Melancholy lives with this tension of holding the opposites.

The Taoist Yin-Yang symbol is the imagistic representation of the unity of this field of existence. Light and dark flow eternally and seamlessly into one another, each containing the seed of the other within it's center. They dwell in each others embrace. Melancholy is the experience of entertaining this seeming duality. It is the sadness in the midst of joy. As a mother, melancholy is the joyful mourning of watching my baby disappear into an independent child. Melancholy is the simultaneous experience of the agony and the ecstasy of life.

Despite a cultural conditioning that attempts to eschew the ugly, difficult and uncomfortable, the fact remains that no one wants a box containing only cheerful, cheeky, orange crayons. You need blue and green and even black to draw a full picture of life. I have a dear friend who is, by nature, a Sunny Yellow crayon. He is perpetually, maddeningly cheerful. I both envy him and am hugely annoyed by his eternally good-natured disposition. I cannot be this way and, truth be told, I don't want to be. Someone has to be blue, and I'm good at it. His nature balances and compliments mine. He is the yang to my yin.

Each of us, inhabiting our true natures, adds to the complexity, the nuanced layering of life. And though I may not have an easy time being Cornflower Blue, it's actually a pretty nice color. I don't think I could handle Fire Engine Red. I don't have the energy. I'm too busy being pensive. But it's nice to know that it's not a complete box of crayons without me.

Kate Ingram is a writer and life coach when not chasing chickens or mothering. To comment on something you read or to schedule an appointment, please write kate@anamcaracoaching.net



Life's Fit Pageant

by Erik Weiser & Rachel Young

What's up with Supps?

What are Supplements? Well ... just that - substances added to complete one's dietary intake. They can aid in weight management, sports enhancement, disease prevention, meal replacement and detoxification. Top-selling supplements include: vitamins, creatine monohydrate, calcium, glucosamine/chondroitin, branch chain amino acids, protein powders, meal replacement bars and drinks and soluble fiber.

As trainers, Rachel and I steer people towards getting a full-spectrum of nutrients through whole food as much as possible. We are naturalists when it comes to living well and bolstering one's body. We generally tell our clients to stay away from unnecessary supplements such as fat burners and performance enhancers because of safety issues (and/or their usage being a waste of money). Examples: ephedra -- pulled off the shelves by the FDA for potential damage to the heart. Creatine -- shown to cause kidney and liver problems. Steroids... well, we all know the verdict on those.

Unlike drugs, dietary supplements do not have to be proven to be safe before going on the market, but thankfully federal authorities can act to take them off the shelves if they are shown to be unsafe.

Supplements we feel good about suggesting to our clients, friends and family

With over-farming and a host of other issues, it is getting tougher and tougher to get a full spectrum of nutrients in our diet (especially for someone on a restrictive regime). In fact, the average adult would need to consume 5000 - 8000 calories per day to capture all their body requires. To insure you are getting all you need, we recommend a quality (food based) **Multivitamin**.

Another supplement on the top of our list is **Fish Oil**. There are numerous conclusive studies on the efficacy and importance of good quality marine oil in one's diet (sorry veggies and vegans). Marine oil contains high levels of omega-3 fatty acids, most notably eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). These Omega-3 fatty acids have health benefits ranging from reducing the risk of heart attack and coronary heart disease to combating depression, bipolar disorder and schizophrenia and controlling cholesterol. Omegas are also good for skin, hair and joint health.

Linus Pauling was right. **Vitamin C** is amazing! It is not only an antioxidant that protects cells against damaging free radicals, but as a precursor to elastin and collagen (constituents in all lean tissue)

C aids cardio, prenatal health, eyes and even skin.

Calcium is the mineral most likely to be deficient in the average diet. Surprisingly, we get little to no calcium from dairy products despite dairy industry claims. Calcium is very important, though. It not only helps strengthen bones but is necessary for muscle contraction. It helps regulate the heart and plays an important role in the transmission of nerve impulses. It aids blood clotting and is involved in the stimulation of contractions of the uterus during childbirth and in milk production. It also regulates the secretion of various hormones and aids in the functioning of various enzymes within the body.

Tips for Supplement Success

- You get what you pay for. In general, health food stores are a better place to purchase and learn about quality supplements than drug or grocery stores.
- Beware of claims that sound too good to be true, and be extremely cautious about supplements manufactured outside of the USA (Europe and Canada are exceptions).
- Food-based supplements are generally more bio-available (absorbable) than chemical-based supplements.
- Supplements should be free of binders, excipients, preservatives, coloring, yeast, and sugars and other stuff your body doesn't need.
- Store supplements in a cool and dry place away from light (marine oil should be refrigerated).
- Seek out the freshest date upon purchase and check the date before taking (many supplements are very perishable).
- Take fat-soluble vitamins with food containing fat (important to help your body break the supplement down properly).
- Take calcium with your Vitamin C for better absorption and take in the evening as it can have a calming effect on the central nervous system.

Consult a medical expert before taking any supplement.

This is Part 3 of a 5-part series on Fitness and Wellness. In our next article we will discuss issues surrounding resistance (weight) training.

Erik and Rachel hold advanced national personal training and nutrition certifications and have over 25 combined years of formal experience in fitness and wellness. As always, send questions, comments and witty asides to: outdoorodyssey7@hotmail.com.



HomeWorx

by Cheryl von Tress

Our creative publisher requested a bit of levity for columns this month. I hope you'll enjoy my musings.

Top Ten Reasons to Hire a Designer

10. When you're only able to use and enjoy 2,000 sq ft...and you're paying a mortgage on 3,000 sq ft.
9. When your newly emptied nest needs more than a few new feathers to fluff it up.
8. When your 'Jumpin' Jack Flash' bedroom decor... is ready for a 'Moonlight Sonata' makeover.
7. When your "Do-It-Yourselfer" running shoes... now feel like mountain climbing boots.
6. When that lovely "Cream of Asparagus" paint chip... looks more like "Baby Diaper Offerings" when painted on your dining room wall.
5. When you want Dom Perignon style...and have a Korbel budget.
4. When your house looks like oatmeal...and what you really want is salsa!
3. When you want an HGTV look... and you're living with an IWOH (I Want Outta Here) look.
2. When your remodeling discussions send you to Google...looking for a divorce attorney instead of a contractor.
1. When your remodeling stressors change your cocktail choice to a blend of liquid Xanax, Prozac and Ambien!

Cheryl von Tress Design serves clients in Southern Oregon and Northern California. Contact her at 541.899.2824 or www.cvtdesign.vpweb.com



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"DEADLIER THAN THE MALE"

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Join your friends as Jacksonville resumes its winter MOVIE NIGHT. This month's feature is "Deadlier Than the Male," starring Britain's Richard Johnson as classic detective Bulldog Drummond, Elke Sommer as an assassin who kills for the sport of it, and Jacksonville's own Steve Carlson as Drummond's American nephew who becomes involved in the intrigue while visiting London.

Produced during the swinging 1960s, "Deadlier Than the Male," mixes action and suspense with dry wit as it gently spoofs the James Bond formula. And if the gorgeous Elke Sommer's ("A Shot in the Dark") high cheek bones and pouty lips aren't enough to fill your evening, Steve Carlson will be with us IN PERSON for a Q & A following the film.

"Deadlier Than the Male" isn't just a rare gem, it's a downright treasure of the genre.



Southern Oregon Historical Society

by Allison Weiss

Seeing the Forest and the Trees

Hanley Farm is many different things to many different people – a tangible reminder of the role agriculture played in the development of the valley; a respite from the hustle and bustle of the growing surrounding towns; an example of turn-of-the-century rural architecture, and so on. The farm, occupied by members of the Hanley family from 1854 to 1986, retains much of the “sense of place” that it did during their residency. This is due to the well-preserved farmhouse and outbuildings but also because of the beautiful landscape that envelops the property.

The landscaping is more than just trees and shrubs. It tells a story about the Hanley family, about their sense of aesthetics, their travels, their personal interests, and their self-sufficiency. The landscaping tells visitors to the farm what was important to the people who lived there. Those people included women who were active in the Jackson County Extension Service and local garden clubs. From the implements they left behind, we know that they canned much of what they grew (we found canned peaches dated from 1923!), and may have made their own wine, as indicated by a grape press left on the property.

Of course just like the landscaping surrounding your house, the farm landscape has grown and evolved over time. Today the gardens and trees around the house cannot be identified with one particular time period of the Hanley family residency but when viewed as a whole, they still reflect the family’s strong interest in horticulture.

Many of you probably remember that the farm was formerly referred to as The Willows, a reference to the weeping willow tree planted c. 1860s that framed the front of the farmhouse. The original willow tree died but its offshoot lives on and was designated as an Oregon Heritage Tree. The property also has several other notable specimens – the Hooker Oak, which predates the farmhouse by ten years; the huge Black Walnut planted by Martha Hanley in 1885; and the giant Sequoia that towers over everything on the farm.

Like all living things, the landscape requires much care and attention and to properly maintain this many trees is a

nearly overwhelming task. Because so many staff at SOHS had been laid off during the past ten years, maintaining the landscaping fell low on the list of priorities. We are lucky that the kind folks at Oregon Safe Tree took an interest in the trees at Hanley and decided to take on the arduous tasks of getting the landscaping under control. Owner Joseph Powell used the farm as a training site for his crew of tree climbers and, so far, has donated over 160 hours of work.



As luck would have it, while Oregon Safe Tree was in the middle of pruning the trees near the house, half of a seventy-foot walnut tree weighing over ten tons fell down during a windstorm and collapsed on top of the farm’s irrigation dam. Oregon Safe Tree to the rescue! In no time, the crew was removing the tree and our dam was back up and running. A disaster was avoided by their generosity and willingness to share their expertise with SOHS.

So on behalf of everyone who cares about Hanley Farm, I want to thank our very good friends at Oregon Safe Tree for helping us preserve the horticultural legacy that the Hanley family left behind. The farm is looking better than it has in years thanks to yet another great community partner.

Oregon Safe Tree can be contacted at www.oregonsafetree.com or (541) 621-0511.



Hey Steve, What's it Worth?

by Steven Wall

Numismatics or the Collecting and Study of Coins

While I profess to know a little about a lot and a lot about a little, one subject which I lack a depth of knowledge in is coin collecting. So, when I come across a coin collection, and need to know about it, I call my friend, Marty Clapp, of Marty’s Coins & Currency, in Grants Pass. Marty is strictly coins, and he knows his stuff. This month, I had the opportunity to speak with Marty about his favorite subject - coins and collecting them. We did a little question & answer and here’s the result:

Q. If I just inherited a collection of coins and want to sell them, what should I do?

A. First, get them appraised by a reputable coin dealer before you do anything else. Definitely don’t sell them right away. Try to get a good understanding of what you have and this is best done through an appraisal. It is almost always worth the cost.

Q. What makes one old coin more valuable than another?

A. There are basically three factors in determining the value of a coin: 1) Mintage quantity, or how many were produced. 2) Metal content such as gold, silver or other. 3) Condition

Q. Are some coins valued just for their metal content?

A. Yes, there are coins called, “junk silver” which date from 1964 and back.

Their only value is the silver contained in the coin. They are usually coins that are in very poor condition.

Q. How do you determine condition of a coin?

A. All collectible coins are graded using one of two grading systems. Within these systems are approx. 12-13 different grading scales based on condition. It

is fairly complex to the novice.

Q. Are coins a good investment?

Generally, that depends upon the type of coins.

According to many experts, the best type of investment coins are rarer, key date coins issued by the United States, in the best grade you can afford to buy them in. If you

can’t afford the expense to buy key dates in high grades, then buy common coins in the finest grades you can. Coins sold on TV are generally not good investments.

Q. Marty, what’s the most expensive coin you’ve ever handled?

A. That would be an 1893 S Morgan silver dollar. It sold at auction for \$3,500.

Wow, that’s a lot for a dollar! I guess appraising a coin collection is a good idea, then. You never know what you might have. Thanks, Marty, that was a lot of bang for the buck!

Steve Wall lives in Jacksonville and is the owner of Wall Auctioneers. He may be reached at 541-261-4103 or wallerprises@msn.com.



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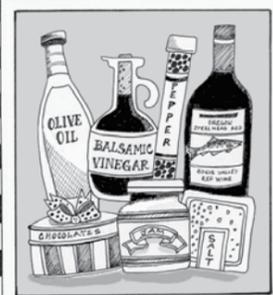
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Joyful Living
 by Louise Lavergne

Living a balanced life

People often say that they don't come to yoga or do their relaxation and wellness practices because they don't have time, are too busy or are too stressed—but that's the crucial time to start (or continue) to take care of ourselves. We often find ourselves juggling all of the things going on within and around our lives. Sooner or later we take on too much, and everything falls on top of us. Then we have to deal with the consequences.

Balance is the key to a Joy Full life. It's easier to achieve balance and maintain good health by taking care of ourselves before our bodies break down. Unfortunately, many people wait until they are sick before they act. But look at the return on your time investment—it takes longer to heal than it takes to stay healthy!



Here is a quick and easy practice to help you keep your stress level down and create more balance in your life.

Tattva Balance
 This practice helps balance the meridians of the body and the two hemispheres of the brain.

- Keep your back straight, chin tucked in slightly. Extending your torso tall, feel your head being pulled up towards the sky, tailbone pulled down to the center of the earth.

- Spread your fingers wide apart, with the fingertips of each hand pressing together. With your thumbs pointed toward your body and your palms apart, your hands will look like a teepee.
 - Keep your hands in line with your heart, forearms parallel to the ground.
 - Starting with a deep breath through your nose (into the belly), exhale through rounded lips with eight puffs as you press your navel in for each count.
 - Open your eyes slightly and focus on your nose or fingertips. You can imagine a river running through the center of your hands with the current going away from you.
 - Pull in your navel on each powerful exhale. As you exhale, let mental tension, worries or fears flow out with each puff. Imagine those things taken away by the current.
 - Practice for 1 to 3 minutes.
- This is a powerful way to move the stress out of your body and clear your mind. Remember to take time to breathe, laugh often and En-Joy each moment.
 © Louise Lavergne 2001-2010

*Louise is the owner of JoyFull Yoga LLC in Jacksonville where she offers group and private sessions. As yoga provider for Triune Integrative Medicine in Medford, she works with patients of Dr. Robin Miller. She is also a Motivational speaker and creator of the stress management program YOGA on the GOTM. She has been practicing and teaching yoga and meditation for over 20 years.
 www.joyfull-yoga.com; 541-899-0707*

Calling All Foodies
 by Constance Jesser



The following is a recipe from an Afghanistan restaurant we used to frequent in Chicago years ago called The Helmand Room. I find myself craving this dish when the weather turns cold and fresh pumpkins are available. The Ras El Hanout gives this dish a nice spicy note.

Sweet Pumpkin with Lamb
 Serves 4-6

- 1 fresh small pie pumpkin – seeded, cut into wedges and peeled
- ½ pound ground lamb
- 2 teaspoons Ras El Hanout spice
- 1 tsp freshly ground coriander seeds
- sea salt
- 4 ounces tomato paste
- 1 cup Crème fraiche or Greek Yogurt
- 1/2 Cup Marcona Almonds (chopped)

Cover and cook the pumpkin wedges with some of the spices sprinkled over them with a small amount of water or vegetable stock (optional). Bake in a 350F oven until done (approximately 1 hour [longer if the pumpkins are large])

Cook the ground lamb over medium high heat with the spices and tomato paste until cooked through. Add the crème fraiche or Greek yogurt - reserve until service.

To serve: Place a wedge of pumpkin on a plate, place a generous amount of meat mixture over the pumpkin. Sprinkle with chopped Marcona Almonds (optional). Serve hot with pita bread, naan or Rice.

Constance Jesser is owner of the Jacksonville Mercantile and a professionally-trained chef. She can be reached at 541-899-1047 or www.jacksonvillemercantile.com

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Paws for Thought

by Darla Jochum, D.V.M.

Halloween Safety Tips

The summer sure seems to have flown by and now fall is upon us! With fall comes Halloween and all the treats and sweets that the occasion brings with it. I just wanted to remind everyone about the dangers this holiday poses for our furry friends and some simple steps you can take to make the day safe for your pets.

The most obvious emergency situation that we vet's see at Halloween is when pets get into Halloween candy and eat a large amount of chocolate candy, including the wrappers. The toxic component in chocolate is theobromine. Chocolate contains various amounts of theobromine. Baking chocolate is the worst for pets, followed by semisweet and dark chocolate, and then milk chocolate and chocolate-flavored cakes and cookies. Signs of chocolate ingestion can include vomiting and diarrhea, hyperactivity, seizures, and in extreme cases, death - not to mention possible blockage of the intestinal tract from consuming the chocolate with the wrappers. To prevent this from happening to your pet, be sure to keep all candy out of reach of your dogs and cats.

Another ingredient that is commonly used in sugar-free candy and gum is Xylitol. Xylitol is a sugar substitute sweetener used in many products and has rapidly grown in popularity in the last several years. It is estimated that 1 to 2 pieces of chewing gum

containing Xylitol is enough to affect a 20 pound dog. In mild cases of Xylitol ingestion, dogs may vomit and develop a low blood sugar level. In these instances, the prognosis for recovery is good. Some dogs, however, can have a sudden drop in blood sugar levels followed by liver failure and death. Since even tiny doses of Xylitol containing gum (or candy) are highly toxic to dogs, it is best to not even bring these products into your house.

Another common ingredient in candies and cookies that is toxic to dogs is the macadamia nut. The exact cause of the toxicosis from macadamia nuts is not known at this time and toxic signs have only been noted in dogs. In most cases of macadamia nut ingestion, dogs develop an inability to stand, become depressed, may vomit, and have tremors. Signs can develop 12 hours after ingesting the nuts. In most cases of macadamia nut ingestion, the prognosis for recovery is good.

So this Halloween, be pro-active and help your dogs and cats avoid these common hazards. Keep all candy well out of reach of your pets and read the label carefully on any sugar-free products you purchase and avoid bringing them home if they contain Xylitol. Have a safe and happy Halloween!

Darla may be reached at the Jacksonville Veterinary Hospital - 541-899-1081

Sanctuary One at Double Oak Farm

We believe that the earth is alive, that every rock, every tree, every single blade of grass, even the clouds above and the deepest depths of the sea, are all part of the fabric of life that weaves us together.

We believe that a farm can do more than grow food for people's bellies; it can heal our bodies and lift our spirits, too, if we work together with animals and the earth for mutual healing. We grow peace, love, and understanding just like we grow corn, squash, and strawberries.

We believe that all animals deserve to be treated with respect and kindness, and that it's our moral duty to provide a sanctuary for farm animals and pets who have suffered from cruelty and neglect.

Our motto is: People, animals, and the earth - better together.

We call our nonprofit Sanctuary One because we envision the day when there are care farms like ours all over the country. There are already many well-established care farms in Great Britain, Ireland, and northern Europe. Sanctuary One didn't invent care farming; we're just one of the first nonprofits to take the idea and transplant it to the United States.

Imagine if every state in the U.S. had a care farm like Oregon's Sanctuary One. Working together, we could provide a safe and caring home for animals that are rescued from cruelty and neglect; we could do something about the nature-deficient disorder that more and more children are suffering from because they are constantly



plugged into a computer instead of outside interacting with the natural world and animals; and we could show people all across the country that animal-assisted therapy and gardening can be a cheap, natural, and effective way to lower blood pressure, ease loneliness, and reduce stress.

Our care farm is located on 55 acres tucked away in the Upper Applegate Valley near Applegate Lake. We named the farm "Double Oak Farm" in honor of two magnificent old oak trees growing at the heart of the farm. Formerly a cattle ranch owned by the Winningham family, whose roots in the Applegate Valley go back to 1847,

Double Oak Farm has a sturdy century-old barn, a creek with trout swimming in it, irrigated hayfields, towering pine trees, a large duck pond, an organic garden, and plenty of places to just sit back, take a deep breath, and watch the clouds drift over the Siskiyou Mountains while your worries fade away.

Since Sanctuary One opened in the spring of 2008, hundreds of people from all over the U.S. have made a donation, including 13 charitable foundations. Dozens more have rolled up their sleeves and volunteered, including people who have come, at their own expense, from places as far away as Europe, Canada, and the East Coast to help heal people, animals, and the earth on our care farm.

These donations and volunteers have allowed Sanctuary One to provide a place of learning and healing for local children and adults, and to begin the difficult

Sanctuary - Cont'd. on Pg. 32

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Rock & Roll are two 10-week-old kittens. Case #K1530



Drake is 2-year-old mix who weighs 10 lbs. Case #K2216



Socks has a neat kinked tail & grey and white fur. Case #K1949



Ace is a happy 3-year-old male Yellow Lab. Case #1319

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Focus on:



Delivering Meals on Wheels is a rewarding experience, as any Food & Friends volunteer will tell you. Vi is one of many volunteers in Jacksonville who generously donates her time to bring a hot lunch to homebound seniors in her community. One of the reasons that she says she keeps at it is because of the satisfaction she gets from helping out. "I really feel good that I'm doing something good for people," she said.

Believe it or not, Vi started out as a Food & Friends client, so she knows firsthand the importance of the work she does. The home delivered meals provided much needed support while she was caring for her ailing husband. After his passing, she decided to contact Food & Friends to see how she could get involved and help others. After completing the application process and riding along with a seasoned driver to learn the ropes, she took over a route of her own and has been volunteering with us ever since – over two years now! She said she loves meeting different people, and has been surprised by how nice all the clients are. She said, "they're such wonderful people. They appreciate the meals so much and tell me that all the time."

Delivery of Meals on Wheels to homebound seniors is a wonderful opportunity for anyone looking to make a difference. Vi's advice to anyone thinking of becoming a Food & Friends volunteer is to "get out and do it! You just feel so good about yourself. Sometimes you're the only person they [the clients] ever see." She also commented that "People that have time on their hands should really get out there and try it. They'll really like it once they do."

Being a Food & Friends volunteer is easy, and people usually commit to about two hours, one day a week. Meal sites are open in most areas Monday through Friday, between about 9:00 AM and 12:30 PM. Help is needed at the sites to pack up meals for home delivery, serve lunch to seniors who come in to dine, and for cleanup. Volunteer drivers who take meals to the homebound are also needed in many areas.

If you would like to find out more about how you can make a difference in Jacksonville or in other communities, please contact Volunteer Coordinator Jan Yost at 541-734-9505 ext. 4.

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Sanctuary - Cont'd. from Pg. 31

work of transforming a traditional cattle ranch into a demonstration farm for natural and sustainable farm-management practices. We have also built safe, comfortable habitats for rescued horses, goats, llamas, sheep, pigs, cows, burros, chickens, ducks, geese, and other farm animals. Currently, there are 57 rescued animals living at the Sanctuary. With more resources, we can provide a good, loving home for many more, and for dogs and cats, too.

That's why Sanctuary One is undertaking a bold step forward to build cottages for rescued dogs and cats. We've spent over two years researching, obtaining permits, and designing the cottages. It's a big undertaking, and carries a big price tag: \$100,000. The job entails first laying in the infrastructure – septic system, water lines, power lines, pouring a foundation, etc. – then building environmentally friendly cottages from the ground up using as many recycled and locally sourced building materials as we can.

Our dog and cat cottages will house up to 75 cats and 28 dogs at a time in

two separate building each designed to provide maximum comfort and safety. Each cottage will include climate control, hot and cold water, an animal-friendly living room, a medical treatment room, apartments for animals who need peace and quiet, and big fenced-in play yards for healthful fresh air and exercise.

The cats and dogs who call Sanctuary One home will be the neediest of the needy. We specialize in rescuing animals transferred to us by animal shelters, humane societies, rescue groups, and law-enforcement agencies that have exhausted all other options to preserve an animal's life.

We have already secured a donor who will match all donations to our dog and cat cottage fund dollar-for-dollar, up to \$50,000. So now we are asking the community and animal lovers everywhere to join us and contribute to a special place where you can walk in the door, make yourself cozy, and meet the animals you've helped save.

For more information or to make a donation, visit www.SanctuaryOne.org, or call us at 541.899.8627.

IN MEMORIAM

Denis Osburn
February 9, 1948 - September 17, 2010

A familiar face to many in Jacksonville passed away peacefully from bone cancer at 8:00pm Friday September 17 at RVMC, with family and close friends at his side.

Denis Osburn, formerly of New York City, became known to many over recent years on his frequent visits to his parents, who lived just outside Jacksonville. He made his home here in 2007 to be with his mother, Ramona Osburn, who passed away shortly thereafter.

An unassuming and private man, Denis chose to live alone yet loved being in the company of people, and came to town every day to make his rounds, enjoying the companionship of friends and acquaintances at a number of favorite haunts throughout Jacksonville. He was quiet but keenly observant, and though many knew him only as Denis, each one was more important to him than they can ever know.

He is survived by his nephew, Jason Blair, Jason's wife Jennifer, and their children, Tommy, Tyler, Greyson and Sagan.

One of his last wishes, a Native American memorial, was held in his honor Sunday, September 19 at a very special LongHouse meeting, led by Roy



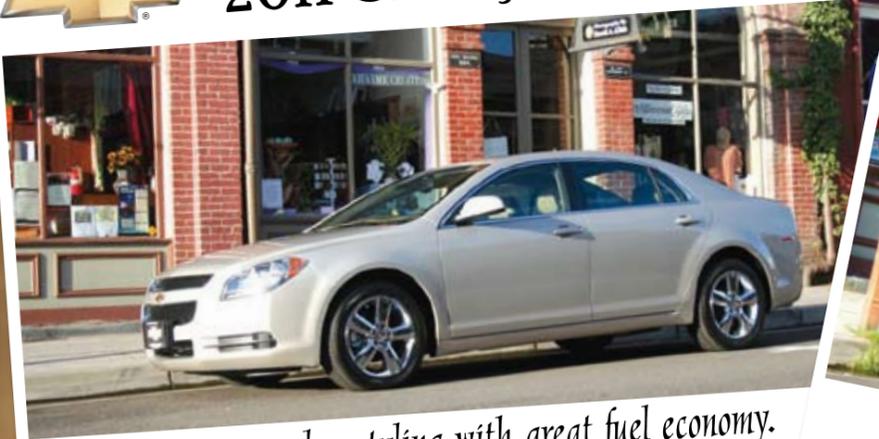
Hayes, Jr. (Loo' ting coom coom seen) and the LongHouse singers, with family members and close friends attending.

At this writing a gathering in his honor is being planned, to which he invited everyone who would like to come. He had many friends with a diverse array of beliefs and political views, and his only request was that no one be intolerant of anyone else, but that they gather in peace to share memories of good times they had spent with him.

Please contact Annette at (541)899-1088, abmc48@yahoo.com, or Hannah at (541)899-2012, webmistress@hannahwestdesign.com, to be added to the list of those we'll notify as these plans come together.

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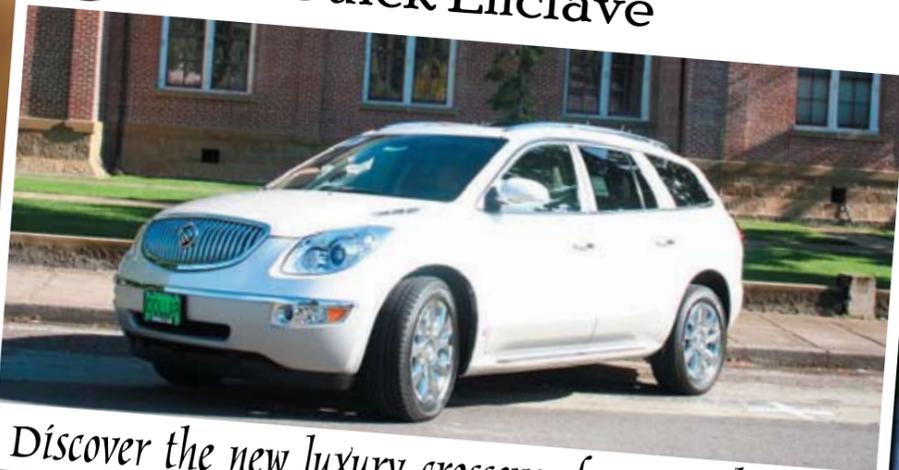


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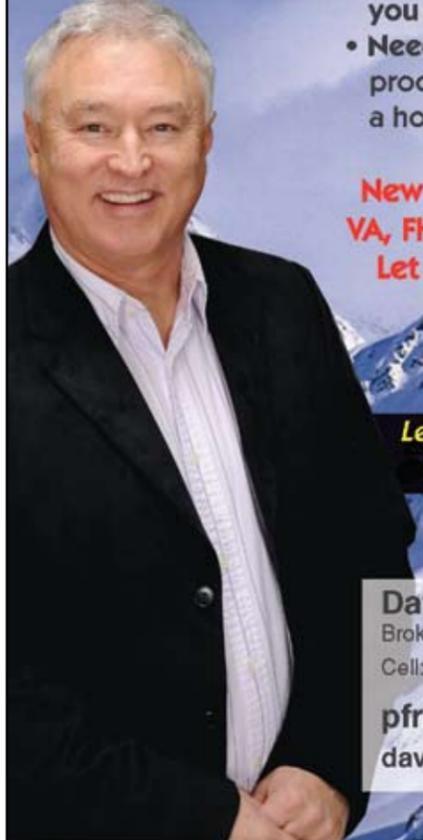


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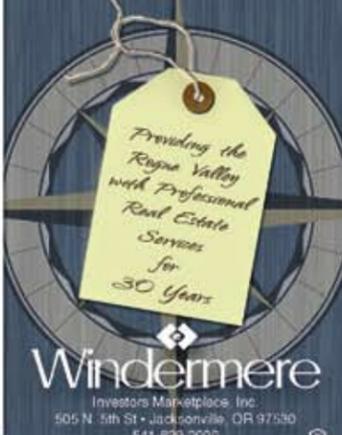
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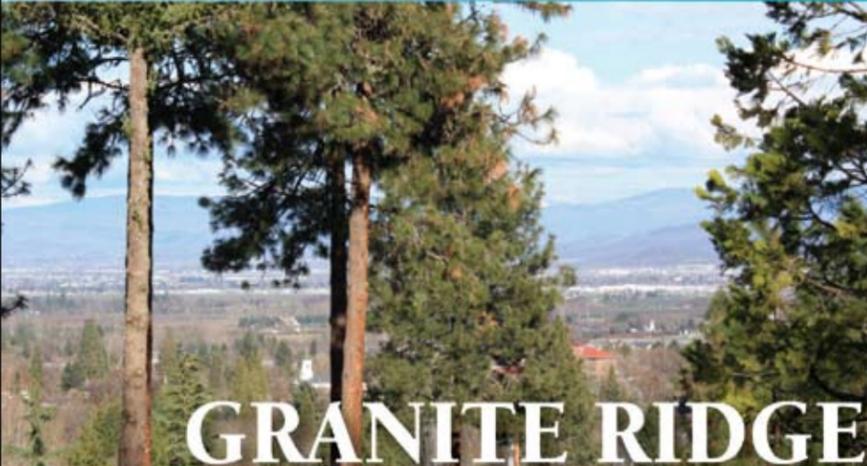
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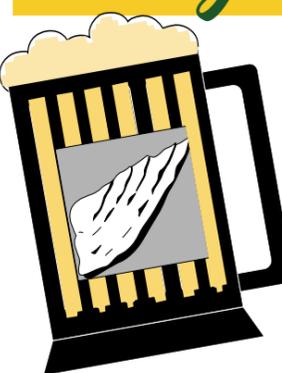
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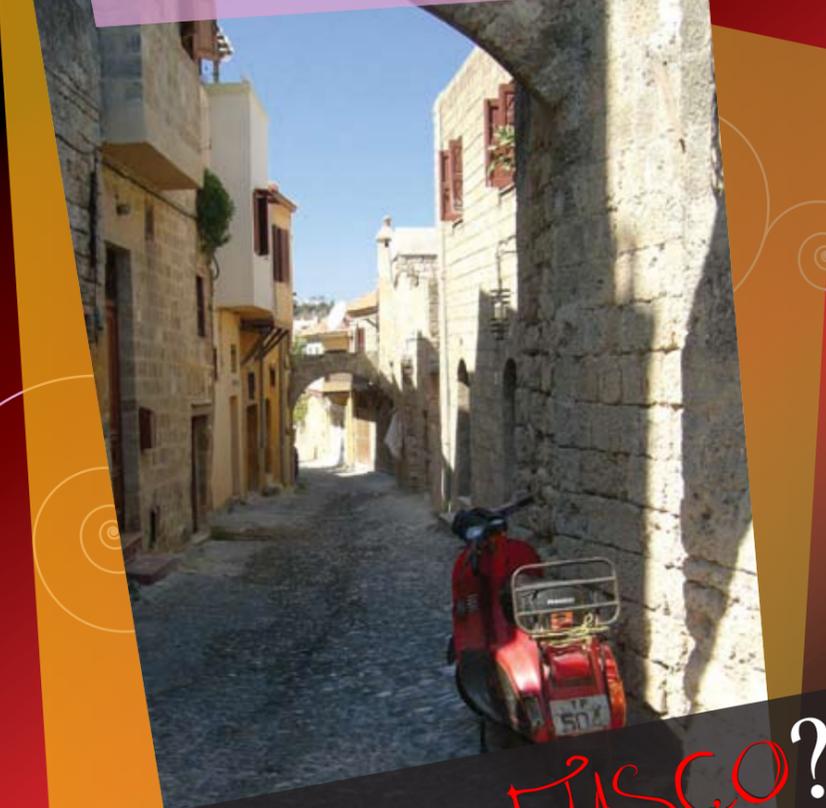
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