

~ FINE PRINT ~

WHO WE ARE

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

Our Mission

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

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

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

Acknowledgements

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All articles, stories, opinions and letters that appear in the *Applegater* are the property and opinion of the author, and not necessarily that of the *Applegater* or AVCN.

PROTECTION OF COPYRIGHTED MATERIAL

All materials submitted for publication must pertain to the Applegate Valley, be original (no reprinted articles, please), and be the intellectual property of the author unless otherwise credited.

All articles submitted to the *Applegater* are subject to edit and publication at the newsmagazine's discretion and as space allows. When too many articles are submitted to include in any one issue, some articles may be placed on our website or held until the following issue.

Letters to the editor must be 450 words or less. Opinion pieces and articles cannot exceed 700 words. Obituaries are limited to 500 words and one photo.

PHOTO REQUIREMENTS

All photos submitted must be high resolution (300 dpi) or "large format" (e.g., 30" x 40"). If you have questions, email gater@applegater.org.

Photos submitted for the masthead are on a volunteer basis. Credit is given in the issue in which it appears on our website and on our Facebook page.

All submissions for the next issue must be received at gater@applegater.org by the deadline (see Editorial Calendar).

Applegate Valley
Community Newspaper, Inc.
PO Box 14, Jacksonville, OR 97530

A huge THANKS to these generous donors to the *Applegater*.

CONTRIBUTOR

Chris Bratt, Applegate, OR

SUPPORTER

Elaine Thomas, Grants Pass, OR

SPONSOR

Jan Buur, Santa Barbara, CA
Douglas Clarke, Spring Creek, NV
Diana Cooper, Jacksonville, OR
George Rice & Virginia Heenan, Talent, OR

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Help us ensure that we have the ongoing support needed to publish the *Applegater*. All contributions are tax-deductible and receive recognition in the *Applegater*.

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Masthead photo credit

Thanks to **Teya Jacobi** for the lovely photo of Canadian geese paddling on Squaw Lake.

Editorial Calendar

ISSUE	DEADLINE
FALL (Sept - Nov).....	August 1
<i>Agriculture-Wine</i>	
WINTER (Dec - Feb).....	November 1
<i>Holiday-Arts</i>	
SPRING (March - May)....	February 1
<i>Commerce-Community</i>	
SUMMER (June - Aug)....	May 1
<i>Environment-Fire-Recreation</i>	

Advertisers!

We can help you reach your market. The *Applegater* is the **only** newsmagazine covering the entire Applegate Valley.

With a circulation of 11,000 and a readership of more than 20,000, we cover Applegate, Jacksonville, Jerome Prairie, Murphy, Ruch, Wilderville, Williams, Wonder, and areas of Grants Pass, Medford, and Ashland.

For more information, contact:
Ron Turpen • 541-601-1867
ronaldaturpen@gmail.com

Next deadline: August 1

The benefits of singing with others

BY HARMONY HAYNIE

It has been scientifically proven that singing together in a group reduces stress and anxiety while elevating beneficial hormones in your blood, such as endorphins and oxytocin, which positively affect your mood. It is also really *fun*!

How does this work? First of all, singing together creates a climate of friendship. Many of us can be quite shy about our voices, but when we show up to sing in a community choir, we muster up the courage to share a deeper part of ourselves with others. This open sharing often creates a lasting bond of friendship with other choir members, maybe due, in part, to the release of oxytocin, which stimulates feelings of trust and bonding. The outcome is that singing together can help to dispel the feelings of loneliness and isolation that are an unfortunate part of life. In addition, we gain self-esteem from facing and overcoming uncomfortable feelings and being accepted by the all-inclusive group.

Second, singing in a group involves our minds in a collective goal. This involves deep focus and concentration, firing up parts of our brain that may not be used for other, less creative parts of our lives. Learning new music stimulates both the creative regions of the brain (right hemisphere) and the part used for mathematics (the left). A single activity that engages the whole brain is beneficial for communication between our creative and logical centers: both creative inspiration and memory retention.

Third, regular singing is a type of meditation and has similar benefits: increased memory and concentration,

increased focus, lowered heart rate, and reduction of cortisol (the stress hormone). It requires focus and concentration on the breath and deep, full-bodied breathing, both of which inspire relaxation. In addition, the sounds made while singing vibrate your entire body. When people join up with others involved in the same "frequency" (i.e., song), a collective field is created, which can even cause members' hearts to start beating in sync!

Aside from these amazing benefits to our mental and physical health, singing in groups is trending! According to Chorus America, 42.6 million adults sing in choirs, up by almost 10 million over the previous six years. These choirs number in the hundreds of thousands and cover a wide range of musical styles, from barbershop to pop, church, gospel and world music, among many others. There is literally something for everyone.

Why miss out on a fun, energizing, and stress-reducing opportunity? This summer, you can discover these benefits for yourself by coming to sing in the Williams World Music Summer Singing Series that I am hosting. This series will take place every other Monday night from 7 - 9 pm at the Williams Grange in Williams, starting on June 4 and ending on August 27. There is no commitment and no need to be able to read musical notation. Each week will be independent of the others. For more information, please email me.

Harmony Haynie
Director, Williams World Music
Summer Singing Series
harmonysue23@gmail.com

LETTER TO THE EDITOR

The solution to everything

Dear Editor:

Suppose the National Institutes of Health declared they solved cancer. We'd be delighted! But suppose their solution comprised telling us cancer no longer exists and they were defunding research.

Suppose the Defense and State Departments announced they solved all international conflicts. Again, we'd be delighted, unless their solution was to argue that international conflicts have all disappeared.

Sound ridiculous? Think again!

This is the how the Trump administration and Congressional Republicans address the problem of global warming and its disastrous climate chaos consequences. Exactly as climate scientists across the globe provide irrefutable confirmation, we are seeing conspicuous warming trends in the Rogue Valley and alarming climate consequences.

Meanwhile, Congressional and state Republicans, along with the Trump administration, have solved our problem. While individual Republicans disagree occasionally, collectively the party has solved the problem with a "See No Evil, Hear No Evil, Speak No Evil" philosophy. They have ignorantly decided that the consensus of 97 percent of climate scientists and all professional scientific organizations and academies of science across the world is a conspiracy—so we needn't worry. Despite the Defense Department identifying global warming as a national security threat, Trump is now closing down global warming research at NASA. Problem solved; insanity rules!

The precious environment that is our Applegate Valley is not served by denying science. Our agriculture, our forests, and our water supplies will suffer if this insanity continues.

Alan Journet, Jacksonville, OR

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