



## Quality is #1

with Tami Quinn Hollenbeck

According to a national survey, water from their own well is the preferred source of drinking water for 81% of Americans. These results are consistent with other surveys that show Americans are interested in preserving the quality of their rural lifestyles.

This brings up the topic of a “quality” well that will be your lifetime water supply. The original construction of your well is a key factor in acquiring a water supply that will be sufficient for your needs and demands.

Wells are no different than any other household system that needs repair or replacement from time to time, as well as continued maintenance.

For well owners who may be experiencing problems, call your favorite Well Pump and Filtration Company and have your well system checked and possibly equipped with an appropriate water conditioning or treatment device Made in the USA Water Care System. *Water is a geological cocktail, so DRINK MORE WATER!*



WELL PUMP & FILTRATION SERVICE

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

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

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## Did death take a vacation?

BY HAYRIYA HEIDI HANSEN

It may be summer now, a season that engenders thoughts of relaxation and enjoyment, but death takes no vacation! As air fans the flames of fire on earth and time marches on, everyone—each of us and those we know and love—will eventually die. There is no guarantee when, where, or how. Some die way too young; some old, infirm, or feeble of mind or body.

Did you know that by 2030 there will be more people over 65 than under 18? It's called the Silver Tsunami! One result of this shift is that, while currently there is an average of seven non-paid caregivers (family and friends) available to help a person during an advanced illness, by 2030 that number is predicted to fall as low as four.

These are just a couple of statistics regarding what's coming. Are you prepared? Are we as a community prepared? Is the medical system prepared? Has the pandemic given us any indication of the state of our healthcare system? How will those of us living rurally fare? What do we need or want in the greater rural Applegate region to cope with this fast-approaching Silver Tsunami?

One group gives me some hope! SOLADA, the Southern Oregon Living and Dying Alliance, is a group of dedicated local healthcare and end-of-life professionals who are working to sustain a community of people to respond to grief, healthcare, and end-of-life questions and concerns. Offering classes and workshops to help prepare us all for the inevitable, SOLADA's aim is to present information and offer support to help us navigate the unknown future as gracefully as possible.

Past classes have included Advanced Care Directive training; How to Navigate the Commercial Funeral Home Experience; Complicated Death: Suicide, Homicide, Missing Persons, and Infant Death; and panels of health professionals offering information and answering questions. Many more subjects have been presented and discussed over the last year and a half.

SOLADA offers an ongoing Death Cafe from 4:30-6:30 pm the last Tuesday of every month at True Juice in Grants Pass. Additionally, Death Cafes have been offered in other locations and will continue to be held. There have been

Death Doula meet-ups and soon there will be a monthly grief group to help us all process and support each other during these challenging times.

The steering committee has a clear intention, purpose, and mission statement to serve our community members before, during, and after death, with classes, resources, and healing connections.

Future classes are planned for the fall and winter months, including When the Last Leaf Falls, Fare-Thee-Well Ceremonies, Death Cafe at the Applegate Library, Honoring Our Ancestors, and more.

While we have taken the months of July and August off to enjoy the earth, air, and water, watch for our updated website late in August. Please feel free to contact us at [soladaoregon@gmail.com](mailto:soladaoregon@gmail.com) and visit [solada.org](http://solada.org).

We look forward to hearing from you and welcome your comments, questions, and class requests. We are grateful to our community members for being so receptive to our alliance, and we look forward to being of more service in the future.

Till we meet, may you and yours be blessed with health and happiness.

Thank you for reading.

Hayriya Heidi Hansen  
SOLADA Steering Committee member  
[soladaoregon@gmail.com](mailto:soladaoregon@gmail.com)

## Where did you get that book?

BY THALIA TRUESDELL

The Friends of Ruch Library (FORL) has come up with many effective ways to get books into the hands of eager Applegaters, from multiple Little Libraries around the community to four commercial outlets to online sales. Donated books in great condition can become gift books in a variety of ways.

FORL stocks four Little Libraries in the area for your convenience. You may take a book, leave a book in good condition, or just lean up against the post and read. These gems are located at Ruch Outdoor Community School (ROCS), Cantrall Buckley Park, McKee Bridge, and on China Gulch Road. Please help yourself!

Now that COVID restrictions have been relaxed, free gently used books for both children and adults are frequently offered at the ACCESS Food Pantry at the back of ROCS on Mondays. FORL also provides funding for younger ROCS students to receive a free book from the Scholastic Book Fair held annually at the school. Free books often find their way into gift and prize baskets for reading program incentives at the library.

Online sales offer FORL an avenue to maximize the value of selected

donated books by listing them on Amazon. Some of these treasures are also offered as silent auction items during some FORL functions.

Ruch Country Store sells gently used paperbacks and selected hardback books for FORL on a rack in the store, and the volunteer who stocks it is kept busy! Ruch Hardware Store stocks FORL's books on gardening and home repair—available for purchase just when you need help or advice.

The A-Frame Bookstore and Book Barn, both adjacent to the Ruch Library, are the real treasures of our valley. The bookstore is open Tuesday, Thursday, and Saturday from 1-3 pm and is well stocked with previously loved books of every genre, DVDs, audio books, and gift books. The Book Barn opens its doors once a month on the first Saturday (September: noon-2 pm; October and winter hours: 1-3 pm) for folks to peruse the thousands of books available in this well-organized collection. All sales in the Book Barn are by donation.

Need a book? The Friends of Ruch Library has you covered!

Thalia Truesdell  
541-899-8741

### ■ WILLIAMS LIBRARY

*Continued from page 6*  
storytime and craft session in a safe and fun environment

**K9 Reading Buddies**, 3-4 pm Tuesdays. Trained therapy dogs provide a non-intimidating environment for children to learn to read out loud. Young readers will explore language and books during this special storytime.

Williams Library branch hours are 1-6 pm Tuesday, Wednesday, and Saturday, and 11 am-4 pm Fridays.

Come to the grand opening of the new library in late September!

Brandace Rojo  
Communications and  
Partnership Manager  
Josephine Community Library  
[brojo@josephinelibrary.org](mailto:brojo@josephinelibrary.org)



## Free overdose reversal training in Williams

Rogue Harm Reduction offers free overdose reversal training including free take-home naran/naloxone (to reverse opioid overdose) and fentanyl testing strips. Overdose intervention training typically lasts about 20 minutes. Fentanyl test strips training takes about 10 minutes. Walk-ins are very welcome!

As Rogue Harm Reduction enters our fifth year, we would like to share that multiple local overdoses have been reversed due to our services. We encourage our neighbors in the valley to come meet us, ask questions, and get trained. Thank you for your support!

### Fall training and distribution days

Thursday, September 14,  
5:30-7:30 pm  
Sunday, October 1,  
10:30 am-1:30 pm  
Sunday, November 5,  
10:30 am-1:30 pm

We are at the Sugarloaf Center in Williams at 206 Tetherow Road. Park in the large gravel parking lot, and take a short walk to the Sugarloaf Center, located at the end of the driveway. Or, if needed, drive through to the upper lot next to the Sugarloaf building.

Contact Rogue Harm Reduction at [rogueharmreduction@gmail.com](mailto:rogueharmreduction@gmail.com). Find us on instagram @rogueharmreduction. Rogue Harm Reduction is a volunteer-run, nonprofit health collective working in partnership with and trained by the HIV Alliance. Learn more at [hivalliance.org](http://hivalliance.org).

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