



## Life's Fit Pageant

by Erik Weiser & Rachel Young

### Viva La Resistance

**R**esistance training (also known as weight or strength training) increases muscle size, strength and endurance by overcoming resistance. This resistance can come in the form of free weights (e. g. barbells, dumbbells and medicine balls), weight machines or one's own body weight. Resistance training is a very important part of wellness regardless of one's goals, as it strengthens muscles and other lean tissue such as bones, ligaments, tendons and fascia.

Men have been incorporating resistance training into their workout routines for many years now. Some women are now 'hitting the weights' too because they understand the benefits. Many women still shy away from this type of training for fear that it will "bulk them up". The fact is, unless starting at an early age and having a certain body type, lifting heavy and often eating thousands of calories, the opposite will happen and a leaner look will be achieved. In the long run, adding muscle serves to ramp-up your metabolism which will aid in keeping unwanted fat in check. In addition, proper strength training will improve your posture giving you a leaner look as well.

Older men and especially women are prone to bone density loss and only weight bearing exercise (and minerals in one's diet) will prevent this loss. While bearing weight (and for a short time after) our bones, which normally have a positive charge, become negative. This change allows minerals like calcium to adhere to our bones helping to form new matrix. Without this reversal in polarity caused by loading, all the calcium in the world will not increase your bones' density.

Whether you are weight training to reduce the effects of aging or to win your next race, it is important to train properly to reach these goals. Training properly includes breathing correctly, maintaining proper form (spinal neutrality), and letting your body recover between sets and workouts. How many sets and repetitions should you do? The answer varies depending on your goals, but in general more reps and less intensity will create leaner fibers. Keep in mind though, if you are doing too many reps (25 plus) you are probably working with too light of a

weight and might as well be doing cardio.

Many are overwhelmed by the choices faced in a gym setting. There are free weights, balls, bands, machines and a host of other devices. Safely make use of a variety of them, especially the ones that allow you to train in the most natural way. Avoid machines if you can do the same exercise with free weights or cables. If you sit at a desk all day don't go in and sit on the bike or a piece of equipment, instead do something standing on one leg, kneeling or side-lying. If you have a job where you do certain repetitive motions, think of functional exercises to oppose these movements. Ask yourself what might be weak and seek to strengthen that muscle or group of muscles. Conversely, think of what might be tight and seek to lengthen these muscles through proper stretching. In the end, it's all about having proper length-and-tension relationships in your body.

Next time you're pumping iron:

- Make sure to warm-up properly and thoroughly – the older we get, the less five minute warm-ups are sufficient.
- Slow down - think quality of movement rather than quantity or getting to that magic number of 15 or 20 reps the magazine told you to do.
- Breathe consciously – exhale while shortening the contraction and inhale while lengthening.
- Think of your muscles as systems -- make sure you are not only concentrating on main mover but all the muscles that support the movement.
- Lift in the three different planes that define space – front-to-back, side-to-side and rotationally.

Be sure to rack your weights when you're finished and send questions, comments and sporty asides to Erik at [outdoorodyssey7@hotmail.com](mailto:outdoorodyssey7@hotmail.com).

*This is Part 4 of a 5-part series on Fitness and Wellness. In our next article we will discuss issues surrounding Professional Assistance and/or what to look for in a Personal Trainer and Gym or Fitness Studio.*

*Erik and Rachel hold advanced national personal training and nutrition certifications and have over 25 combined years of formal experience in fitness and wellness.*



## Love your Landscape

by Adam Haynes

### Fall is the Best Time to Plant Trees, Shrubs & Perennials

**S**imply put, the life of a plant is in the roots. If a plant is healthy and thriving, there's no doubt that its roots are strong and growing. For a new tree, shrub or perennial, fall is the best time to plant. Fall is the season for plant roots to grow below ground and become strong in advance of spring when blooming occurs. When a plant goes dormant during the winter, energy is transferred to the roots. The better and more extensive the root system, the healthier the plant will be during the growing season and all year long since the roots gather nutrients and water.

If a tree is planted in fall as opposed to spring, it will be less stressed in its growing season because of the head start the root system had during the winter months.

We have a significant dry season here in the Rouge Valley with several months where we may not see rain in any significant amount. A great advantage to planting now is that your plants will have the advantage of being in-ground during the rainy season. And, once the rains begin, you'll save on your water bill so long as we receive adequate precipitation.

In case you need another reason to plant in the fall, local nurseries offer great deals this time of year!

The importance of the first two or three growing seasons for any plant is vital, especially the first dormant season to allow roots to grow strong. When planting, amending the soil helps in creating a better environment for the roots to thrive. And, adding organic soil amendment to the native dirt is helpful for maximum root growth. Remember to mulch the top layer of your new planting with 2 to 3 inches of mulch, keeping the mulch away from the trunk.

Another great thing to plant in the fall is bulbs – crocus, tulips, daffodils, etc...

Remember last month's article about planting with the deer in mind? Well, deer will not eat daffodils. So get out there and plant daffodil bulbs with no worries!

Finally, remember that fall is also a great time to spruce and clean-up your yard – the weather is cooler and next spring, you'll be well ahead of the game!

Contact Artisan Landscapes 541-292-3285 or visit [www.artisanlandscapeinc.com](http://www.artisanlandscapeinc.com)

## Sanctuary One at Double Oak Farm

by Robert Casserly

The story I learned as a child about the origins of this month's major holiday goes something like this:

After a tumultuous, four-month-long crossing of the Atlantic Ocean, the Pilgrims landed at Plymouth Rock on a cold November day in 1620. For four terrible months, 100 pilgrims huddled inside their 100-foot-long sailing ship, the Mayflower. Blood, sweat, tears, and even prayers availed them not. Food was scarce. Disease was rampant. Half of the pilgrims died.

Come March, the ice began to thaw and life returned to the Massachusetts wilderness. The pilgrims moved ashore. Like an angel of mercy, they beheld a wise and peaceful Native American dubbed Squanto who gathered together a group of his Wampanoag friends to teach the hapless newcomers how to stalk the native deer, snare the wild turkeys, and grow corn, beans, and squash. And the hunting and the harvest was good. In celebration, the Wampanoags and Pilgrims sat down and shared a feast—the first Thanksgiving.

Like most of the stories in our history books, I assume this story of the first Thanksgiving is a blend of myth and truth. Notwithstanding its historical accuracy, I think it speaks to the connection between local knowledge of the land we live on and a community's well being. Thus it's a story that has special meaning for the staff and volunteers at Sanctuary One at Double Oak Farm, where farming for health is what we're all about.

Sanctuary One is a little over three years old. In that respect, our knowledge of our 55-acre slice of heaven in the scenic Upper Applegate Valley is like a child's. We've made some childish mistakes as we become more literate in Applegate Valley earth-care, but we are learning, slowly but surely. As we grow we are trying to recapture a fraction of

the deep, indigenous understanding of the Applegate Valley ecosystem that was lost when the Rogue River Wars of the 1850s killed and displaced the Da-ku-be-te-de Indians who called the Applegate Valley home for hundreds of generations. The white settlers won the war, but in



Youth group visiting Sanctuary One to learn about farming for health.

the process destroyed 10,000 years of accumulated local knowledge. Real-life examples of our ongoing education into the joys and sorrows of permaculture-inspired farming in the Applegate include

learning which heirloom food crops grow best in our farm's stony soil; when is the best time to plant trees, build bee boxes, and harvest walnuts; where does the morning sun first caress the earth with light and warmth, thus sustaining the life of tender seedlings; why does the star thistle vex us so, and what does it take to firmly and finally eradicate the god-awful stuff; who does one call when one needs a holistic pig doctor, or a humane farrier, or a dowsers.

Thankfully, like the Pilgrims, we are lucky to have friends who know a lot more about the Applegate Valley and organic farming than we do. Our earth-care efforts are supported by several members of the Siskiyou Permaculture Resource Group (SPRG), a loosely knit group of individuals living in the Siskiyou bioregion who are interested in forming community, growing food, caring for the forests, natural building, alternative technologies, and using the principles of permaculture to make our lives and the world a better place. These folks are incredibly generous with their time and talent. On any given day, you might find a SPRG volunteer at our care farm helping us discover the usefulness of the comfrey, chamomile, and cocklebur which grow in healthy abundance on our farm. Or you might visit and find a SPRG teaching us how to leach acorns and pound them into flour, how to select the right



**I**t has been an exciting fall at Jacksonville Elementary School. Our annual Harvest Carnival was a great success and

we wish to express our many thanks to the coordinator, Nan Lippard for another fun-filled event. Students and families enjoyed playing games at a wide variety of carnival booths, taking a shot at our principal and teachers in the dunk tank, and braving "The Dragon" obstacle course. The local band, The Blank Notes rocked the carnival, performing two energetic sets during the festivities. The Blank Notes is a student-formed band of five 6th grade girls: Chloe Martin & Jordyn Pisors (Guitar and Vocals), Hannah McCoy (Bass & Vocals), Anna Johnson (Keyboards) and Emily Hardcastle (Drums & Vocals). The Blank Notes is looking forward to playing at more events and venues. Contact Theresa McCoy at [theresa@oregonsound.com](mailto:theresa@oregonsound.com) for booking information. Jacksonville Elementary is fortunate to be home to such talented students!

Jacksonville Elementary School's Fall Scholastic Book Fair will be held from Monday, November 15th through Tuesday,

November 23rd. This fantastic book sale is held during school hours and is open to the public. Please stop by for some early holiday shopping – there are many genres and titles from which to choose! Best of all, a percentage of the proceeds benefits our school.

The newly-formed Jacksonville Elementary School Publishing House is in the process of publishing and distributing students' writing projects. You might be treated to one of our students' stories the next time you reach for a magazine in a local waiting room!

This season, we are thankful for our wonderful teachers and staff as well as the countless family and community volunteers who work hard to make our school a special place where children can grow and learn. At Jacksonville Elementary School, "knowledge is the gold in our pan."



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## Tax Tips You Can Use

by Kathleen Crawford  
Enrolled Agent

Congress has tasked the IRS with closing the tax gap. You may remember that the tax gap is the difference between the actual taxes collected and the probable taxes that should be owed. The IRS has made several major changes in 2010 to try to get the tax gap down and find the money. The next articles will discuss the changes, such as increased 1099 requirements and registration of tax preparers. These will affect taxpayers over the next couple of years.

A major change that has been implemented in 2010 affects tax return preparers. The IRS is now requiring tax preparers to register and be tested. Tax preparers must register by December 31 or they cannot sign tax returns in 2011. The theory is that if tax preparers are better trained, fewer errors will be made and the correct tax will be figured. Just to insure that theory works, the IRS has also increased penalties for preparer errors and is assessing penalties more readily.

The process is that tax return preparers must register by December 31, then pass a basic competency test within three years, and have continuing education every year. This is a good thing for states where tax return preparers only need print-your-own-business-cards to prepare taxes. Several states, including Oregon, have had testing and licensing laws in effect for some time, but the federal mandate did not exempt anyone from testing.

This is important to taxpayers because it will increase costs. The first cost is the \$64.25 that each of the 1.2 million return preparers must pay annually for registration. One sad note is that \$14.25 of the fee is for the company that is tracking the registration and the IRS gave the contract to a Scandinavian company instead of a US company. The next effect on taxpayers is that many tax return preparers have said that they will retire rather than sit for a test. This will limit the number of preparers and supply-&-demand says prices will go up. In addition, the IRS will require every tax preparer to use e-file as of 2012 (except for a very few exceptions). Last, but not least, there are several questions about the requirements for consumer software and the number of mistakes allowed.

So, during the upcoming tax filing season, taxpayers should ask their preparer about the registration and insure that they know what the preparer intends to do. Also, taxpayers who use a tax preparer should insist that the preparer sign the return with his registration number.

**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.*

## Anita's Alterations



### Anita's Alteration Center

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## Focus on:

The leaves are changing and mornings are colder, letting us know that fall has arrived and winter is not far off. Soon, roasted chestnuts and hot apple cider will be offered while we browse the shops in Jacksonville as families gather and celebrate the holidays. In the coming months, you may find yourself thinking about how you can give back to others in our community.

Food & Friends needs the support of caring people like you to help provide meals to the hundreds of seniors who rely on us. We receive a number of new client referrals during the holiday season. Frequently, the calls are from family members who have come to visit over the holidays, only to discover that their loved one has aged significantly or their health has declined and they are now having trouble getting around well enough to prepare meals. Opportunities to make a difference in the lives of your senior neighbors are available in Jacksonville and throughout Jackson and Josephine Counties.

Volunteer drivers are needed to deliver meals to the homebound. Volunteers commit to about two hours, one day a week. If you don't have the time to drive every week, but still want to deliver meals, you might consider becoming a back-up volunteer to fill-in when our regular drivers are unable to deliver.



In addition to the folks delivering meals to our client's homes, we also need volunteers to help out at our meal site in Jacksonville. You can help pack up meals for home delivery, serve lunch to seniors who come in to dine, or assist in clean-up. If you are interested in volunteering, please call Jan Yost at 541-734-9505 ext. 4.

There are other ways you can help if you aren't able to volunteer. Financial contributions are always welcome and appreciated, as Food & Friends relies on the generosity of the community to meet the need for meals. You can make a tax-deductible donation through PayPal online at [www.rvcog.org](http://www.rvcog.org). Use the Food & Friends link and click on "Donate." Checks can be made payable to Food & Friends at P.O. Box 3275, Central Point, Oregon 97502.

Whether you volunteer, donate, or even help raise awareness about Food & Friends by spreading the word, we appreciate your support. Thanks for all you do to make our service possible, in the holiday season and throughout the year.

*For more information on giving opportunities, you may contact Jane Whaley at 541-423-1387.*

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### Sanctuary - Cont'd from Pg. 28

varietal of fig tree for the sunny side of the farmhouse, how a red wriggler differs from the common earthworm, or how to turn kitchen scraps, cardboard, straw, and manure into rich, fertile soil.

At the Sanctuary's ceremonial opening in March, 2008, Agnes Baker Pilgrim, spiritual leader and oldest living member of Takelma Indian tribe, called upon the Heavenly Grandfather to bless our care farm with clean, fresh water and help us in our efforts to protect rescued animals. We are happy to report the steelhead trout still swim in the clear, shady pools in our farm's spring-fed creek, hundreds of

supporters from all over the world have donated time or money to our cause, and our herd of rescued farm animals and house pets is hale and hearty. Thank you, Grandma Aggie!

This November, we will give thanks for everyone else who has helped the Sanctuary during these difficult times in our nation's history, most especially the teachers who teach us what we need to grow and prosper, like Squanto's gift to the Pilgrims.

*For more information or to volunteer to share your knowledge of the Applegate Valley with us, visit us online at [www.SanctuaryOne.org](http://www.SanctuaryOne.org).*