

## A Cup of Conversation

### Happy

by Michael Kell

We kept this big guy. Look at that face. How could we not? Mary calls him Happy. That's fine for a house pet but not for a hunter. I'll call him Happ when he's in the field. It works.

Happy was the firstborn and the biggest pup all the way through weening. By the second week a strange large growth developed on his skin and matted deep in the fur. It was unsightly and impossible not to notice. Happy was blemished and the prospects of someone wanting him were slim.



Happy got his name because his mood was a constant bright light. The first to pounce, the first to wag, the first to lick in love. He was the biggest but never bullied the smaller and weaker. It is almost like Happy knew he was blemished so had to be...better. I told Mary he was ours if no one wanted him. Candidly, I had my favorite picked out from day one and it wasn't Happ.

By week four it was time to have the vet take a look at the growth in his fur. She was very gentle and methodical. Happ's fur was shaved down to the skin and it was difficult to tell how deep the growth went. We'd just have to see what grew back. Week five and six, potential owners came by to check out the pups. They all inquired to the bald spot and mottled skin on the largest male. After hearing what we knew, they quickly moved on to the other pups. Clearly, Happy-pup was damaged goods. Over the weeks, we'd accepted Happy's imperfection and focused on the virtues making him so special.

By week seven all the pups were spoken for except Happ and my original favorite who was never on the market. By the eighth week, Happ's fur had grown all the

way back and there was no sign of further growth in his skin. I had a decision to make.

Throughout the weeks, there was a family deciding if they could fit another dog in their busy lives and if so, which pup? The parents had picked a beautiful silver-white female we called Silver but their middle-school aged daughter loved Happy from the start;

ugly blemish and all. She'd come by after school to spend time in puppy heaven all the while holding Happy and loving on him in particular. The family eventually decided things were too much in transition to take on a puppy so regrettably had to pass altogether. A tough call, especially for the daughter.

In the end, we chose Happy in honor of the special young lady who naturally loved without prejudice in a shallow, cynical world. She looked beyond the flesh and into the substance of that blemished little pup, a virtue she valued far more. What a rarity in a society worshipping beauty and image above all else. Whatever the parents did raising that sweet girl, we need to bottle it up and distribute it widely.

Be good not bitter.

Michael is a coffee entrepreneur and sometimes author living in the Pacific Northwest with his lovely wife, Mary.



## People, Animals & the Earth: Better Together

by Megan Flowers, Sanctuary One Executive Director

In 2007 Sanctuary One became the first care farm in the United States. Located near the Applegate Lake on 55 acres, Sanctuary One is surrounded by forestry land, and encourages people to disconnect from the busy world by connecting directly to the world in front of them.

Care farms are a part of health care systems in other countries, offering non-clinical therapy sites where youth and adults work and learn. Since we established our care farm, there are now dozens starting in the United States.

We have a three prong focus at Sanctuary One. Our mission is to provide a refuge for animals and a healing place for people while promoting environmental stewardship. We believe that when people, animals, and the earth connect, good things happen.

We also believe care farms can serve as models for treating animals humanely and honoring their intrinsic physical and spiritual value.

Since its founding over ten years ago, Sanctuary One has provided a refuge for over 700 animals in need. Mistreated, frightened, sometimes sick, they have found a healing home with us, thanks to the generosity of our donors and the teamwork of staff, volunteers, and interns.

Sanctuary One has a luxury not all animal rescues have: if an animal isn't adopted, we are their forever home. Animals, however, are not the only ones who find happiness at the farm. Volunteers often tell me Sanctuary One is an island of peace in a world of chaos. Volunteers of course, aren't the only ones impacted by our care farm.

We are now in our third year partnering with Maslow Project, a local nonprofit serving youth experiencing homelessness. One recent high school

graduate told us on her very first visit to the farm that "working with Sanctuary One has showed me that there are people who care more about the animals than themselves; with my past experiences in life it is hard to believe that there are people that have so much love to give."

Through our partnership with the RASA Center for Yoga and Wellness, we started a new program series in 2017 called Farm Flow. We expanded in 2018, and with support from community members,



we have been able to provide sponsored participation in three series: one for veterans, one for breast cancer survivors, and another for those going through grief. 100% of participants say the Farm Flow

yoga retreats exceed expectations. A breast cancer survivor told us, "Farm Flow Yoga provided not only a healthy form of exercise to ground and connect in a positive way—it was emotionally, spiritually, and environmentally wonderful. You are a gift to us as well as the animals." From our veterans session we heard that "practicing yoga to the sounds of happy pigs; I didn't even know that was on my bucket list! Such a sweet way to connect with myself, others, veterans, rescued animals and nature!"

This summer, we have an amazing supporter who will match every tour ticket sold in June. Each \$10 tour ticket will be matched with a \$10 donation. We hope you join us Friday or Saturday at our 10:30am tours and come experience the Sanctuary One magic yourself. You can reserve your spot online at [sanctuaryone.org](http://sanctuaryone.org).

If you're looking for a volunteer opportunity out in the country, contact us about our monthly volunteer orientations; learn more and apply online. We hope to see you on the farm.

Family owned and operated since 1989.  
Serving authentic Texas Style BBQ,  
Cowboy Burgers, Steaks, Sandwiches, Wraps,  
Pasta Dishes, Entree Salads & so much more!

## Back Porch Bar & Grill

Eat in or dine out To go orders Britt Boxes Catering

Open 7 days a week. Kick off your boots & stay awhile!  
605 N. 5th St. • Jacksonville • 541-899-8821

### Animalkind

holistic veterinary clinic

#### Natural Health Care for Animals

- acupuncture & herbs
- clinical nutrition
- homeopathy
- chiropractic

Jeffrey Judkins, DVM

Carolyn Love, DVM

541-702-2288

[www.animalkindvet.com](http://www.animalkindvet.com)

310 E California St, Jacksonville

### SNAP

FITNESS 24-7

650 G Street • Jacksonville  
541.702.0700

fast • convenient • affordable

[www.SnapFitness.com/jacksonville](http://www.SnapFitness.com/jacksonville)

**Summer Ready!**

**SUMMER SPECIAL!**  
3 Months - \$120 (includes key)  
New Members Only - Expires 06-30-19

Like us on Facebook!

### mustard seed cafe

In pursuit of yum since 1958

**Our Patio is open!**

*a whole lotta' Yum!*

Tuesday-Saturday: 7am-11am Breakfast, 11am-2pm Lunch  
Sunday & Monday: CLOSED  
130 N. 5th Street • Jacksonville • 541-899-2977