



W ROGUE VALLEY F M MESSENGER



BUSTING
FULL THROTTLE INTO
THE NEW YEAR

OUR **RED HOT** WINTER
OUTDOOR GUIDE // PG 10

NEWS

Farm land in jeopardy, and not the TV show // pg 7

PROTEST

Trump means boots on the ground in Ashland // pg 8

BEER

A Dive Bar Tour: Macrobeer consumption! // pg 23

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CONTENTS

PUBLIC PROFILE

On the Trump Administration's first day in office, January 21, hundreds of cities will stage marches. "Retired" from activism, Ashland-resident Samae Chlebowski has been pulled back into organizing and has helped plan a march in Ashland.



page 8

FOOD

Our intrepid food reviewer Melissa Haskin makes a plateful of resolutions to explore some of the standouts in the region (while our beer reviewer resolves to skip craft beers and visits dive bars).



page 22

PICKS

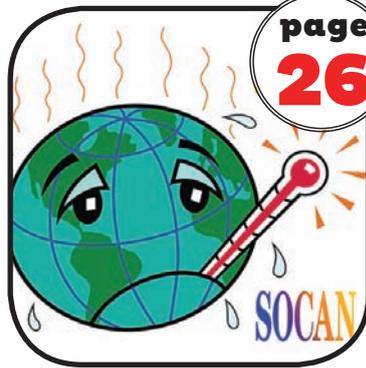
Boxing matches? Punk rock? Dinners with a master beer brewer? Who says that January is the time for hibernation? Our Associate Editor Sara Jane Wiltermood has gathered up the most exciting happenings in the region, and laid them on a silver platter for you.



page 13

OUTDOORS

Sure, losing a few pounds is a nice resolution, but what about thinking bigger. Like the planet! Southern Oregon Climate Action Now (SOCAN) are creating a program to train Master Climate Protectors—and you're welcome to join. Yup, make this the year you save a polar bear (and the planet)!



page 26



DON'T SHOOT THE MESSENGER

- LETTERS 4
- NEWS 5
- PUBLIC PROFILE 7
- FEATURE 8
- OUR PICKS 9
- LIVE MUSIC AND NIGHTLIFE 13
- EVENTS 14

SOUND

- FOOD & DRINK 20
- CULTURE 22
- SPORTS & OUTDOORS 25
- SCREEN 26
- WELLNESS 27
- FREE WILL ASTROLOGY 28
- WEED GARDEN 29
- REC ROOM 30

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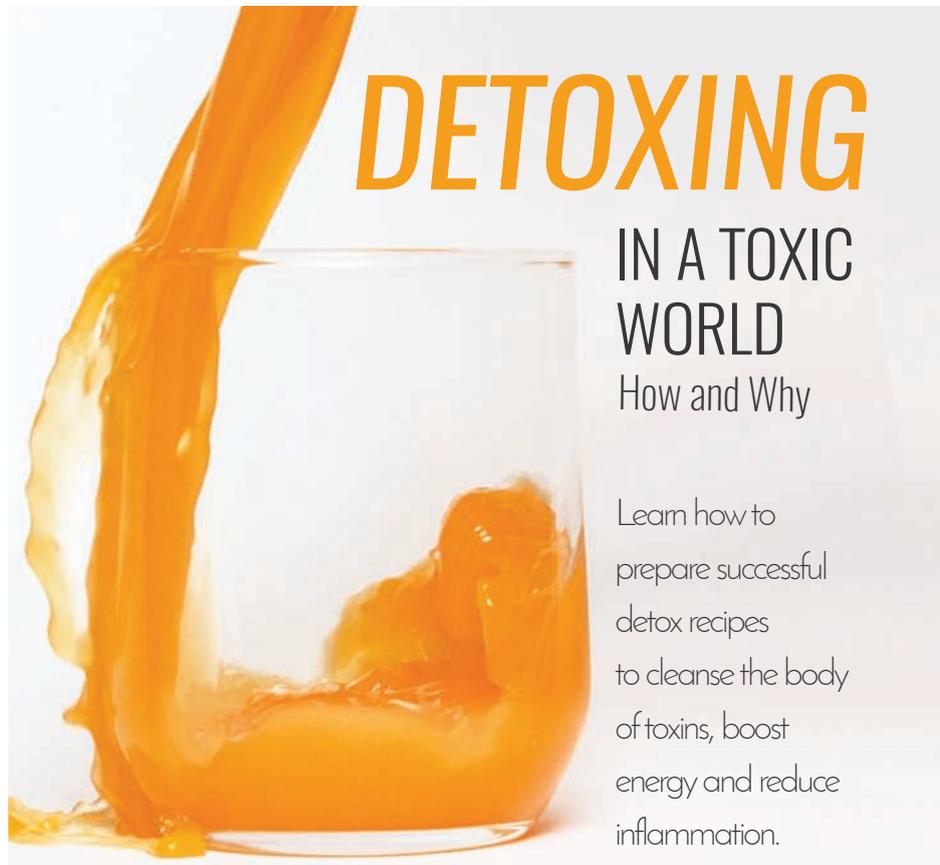
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DON'T SHOOT THE MESSENGER



Protecting Students

Before holiday break, a student at Ashland High School posted a message on Facebook that she had been sexually assaulted, and alleged that there were other “multiple” cases and a “rape culture” at the high school. The message set off a tense debate about the extent of sexual assault within the student body, and also the administration’s response.

At press time, those investigations were continuing, and are immediately troubling. What’s more, in the larger context, sexual assault is one of the most persistent plagues at our country’s schools. However, what had been promising is that for the past three years, the Obama Administration has taken admirable steps towards modifying that culture and individual behavior.

It is, however, frightening to consider what attitude Donald Trump will bring to this problem—and in what direction his administration may lead this problem.

Simply stated, sexual assault in high schools and college campuses is an epidemic. A far-reaching study conducted by the Association of American Colleges a year ago announced the troubling results from a survey of 150,000 students at 27 universities, that one out of four women are sexually assaulted during their years at college.

Much has been made about the connection between athletes and “rape culture”—as has been part of the concern at Ashland High. While those reports are prevalent, those incidents distract from the larger picture, that these incidents of assault, stalking and rape are wide-spread throughout student body populations, from football and swim teams to drama and chess clubs as well. Appropriately, the Obama Administration has confronted the issue on as many fronts as possible, and both through social media and administratively.

Two Septembers ago, the White House announced an ambitious campaign to change culture on campuses: The “It’s On Us” campaign, a series of short videos—often with young celebrities—encouraging safer and more appropriate sexual conduct, in particular honing in on consent and bystander intervention. The task that the “It’s On Us” campaign is undertaking is enormous. Changing culture on a campus—let alone campuses nationwide—is akin to changing the direction of a giant freighter ship at sea; it is a slow process. That said, the program has scored several major, empirical successes: Some 300 colleges are actively promoting the campaign.

More telling, though, is the depth and reach of the program. It was not simply rolled out as a grassroots effort, but is a highly sophisticated media campaign. “We are committed to creating an environment—be it a dorm room, a party, a bar or club, or the greater college campus—where sexual assault is unacceptable and survivors are supported,” said a press release from the White House when the program was first announced in September 2014.

But what that elementary sentiment did not reveal is how clever the media plan is: The campaign has employed the NCAA as a collaborator, with student-athletes creating short videos and leading seminars at dozens of colleges. Moreover, addressing that idea of a fragmented media landscape, the “It’s On Us” campaign is perhaps one of the most clever and modern media campaigns. In addition to partnering with the NCAA, the campaign has launched on several other media platforms—meeting students where they are; like, working with both Electronic Arts, a video gaming company, and with Viacom, which owns MTV, VH1 and BET.

Moreover, the Obama administration understands/stood that changing public policy takes more than social media, and also doubled-down on legislative enforcement. The Sexual Violence Elimination Act, for example, was signed into law in 2013, effectively forcing colleges and universities to document numbers of stalking cases, dating violence cases, and domestic violence cases, as well as the sexual assault cases in their annual security reports—and tying federal funding to compliance. It is an incredibly difficult task to change culture and societal attitudes, but the Obama administration has made honorable and pragmatic efforts.

It is keenly worrisome that the new administration lacks the cleverness, sophistication and empathy to continue these efforts. That likely lack of leadership leaves the responsibility with local school districts. We hope that the local principals and districts takes up proactive measures. In a letter responding to recent student accusations, the principal quickly pointed out that alleged sexual assaults had not occurred on campus. That is not the point; what is important that they take any and all appropriate trainings, protections and investigations for students. We hope they respond better in the upcoming term, with more concern about individual students than about their legal liabilities. 🚫

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LETTERS



HAVE SOMETHING TO SAY?

Speak Up

Send your thoughts to:
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Letters must be received by noon Friday before next print date for inclusion in the following week's paper. Please limit letters to 250 words. Submission does not guarantee publication.

RE: RE: SARCASTIC WEED

Dear Daniel MacSweeney: My name is Michael Johnson. I'm a cannabis grower in Southern Oregon, and I felt compelled to respond to your letter (December 15). It's full of so many inaccuracies and biases, I felt it necessary to correct the record, and respond to your questions as best I could.

When you complain about the fences that we are "hiding behind," you must be unaware of the root of the problem. Growers are not hiding: it's the state that mandates the visual barrier. No medical cannabis may be seen from a public roadway, so says the state. If you don't like the fences, write your State Representative.

And to your question about where will all of the product go? Oregon currently is on track to purchase nearly 60,000 lbs. of flower this year through licensed retailers, and that's not counting all of the edibles and extracted/concentrated products. That's not counting all of the unregulated recreational use. And that's completely ignoring the tens of thousands of Oregonians who produce their own cannabis to treat a myriad of illnesses. You're wrongly assuming that Oregon doesn't need a lot of cannabis. It does. For many this is life-saving medicine. For a lot more it's a relatively harmless form of relaxation and recreation.

In response to your questions about our access to banking, it's been a real struggle. Due to federal banking laws, no local or national banks are willing to work with the industry. There are slowly becoming exceptions, but it's been a very tough piece of the puzzle. That being said, there are easy way to pay your employees on the books, and pay all of your State and Federal payroll taxes, without having adequate access to the banking system. Don't accuse us of being criminals, just because you don't understand banking and payroll.

As far as the harvest laborers that you mention, it's simply a matter of seasonal agricultural labor, and the labor economy that's there to serve the needs of the farmers. If you're familiar with agricultural zone's in other areas of the country, harvest time brings an influx of labor. Whether it's Latino farm workers, or tattooed tribal hippies, does it really matter? These aren't steady jobs; they are seasonal temporary positions. It's difficult to staff these positions, most people don't want to do it, and often farmers are happy to take the help they can get.

And to your last point, about how I feel about being out here "growing weed for a living, and raising children?" I feel fucking awesome. I couldn't be happier. I produce a carbon neutral product that helps people.

I do it organically, and I do it legally. I am proud of my occupation, and I'm tired of Canna-Bigot's like yourself trying to paint us as poor parents or bad citizens due to our choice of agricultural crop.

I am proud to show my children that I was a part of the revolution that brought this plant from the shadows to the light. Of those who stood up to the lies of prohibition, who risked incarceration, and who brought us to where we are today.

The reefer madness era is over. The truth has won out.

Embrace the future. Or go move to Idaho. Because the cannabis industry in Oregon is here to stay.

- Michael Johnson

RE.: SARAH WESTOVER

Phoenix is in a time of great change. A \$72 million freeway is coming to end after 12 years of planning and construction. Phoenix is also the natural gas hub for Southwest Oregon with new pipelines and a direct interstate pipeline connected to the major international lines to the east. The big question where are we going?

- Glenn Archambault

HEY MESSENGER



Advice from the *Rogue Valley Messenger*

BY ALEX OWL

Hey Messenger: I'm a 35 year old father of three. All of my kids have different mothers and it is really hard balancing my time. To make it worse, two of my kids' moms are both trying to get back together with me. The problem is that I have a different girlfriend and she even thinks she might be pregnant. I just feel like I keep making the same mistakes and I guess I was looking for advice.

-B.E.

Dear B.E.: You are most definitely making the same mistakes repeatedly. You need to stop having unprotected sex with all women, immediately. I am sure you have noticed by now that a child is a huge responsibility. You are very clearly having problems being responsible for the ones you already have. My advice would be: 1) continue to be a good father to the three kids you know you have, 2) shut down the romantic pleas from their mothers, and 3) focus that energy on your current relationship. You two need to find out as soon as possible if she is pregnant, and you need to support her in whatever decision she makes.

Hey Messenger: I've been "trolling" this guy through Facebook who believes he is a faith healer for a few days now. He told me that he is the son of God, and that Jesus is the son of himself and God the Father. He also told me he is Adonis in the flesh and that Jesus is actually Cupid. Oh yeah, he also regularly hears the voice of God. I pretended to have AIDS and asked him to heal me to get his attention, and then I pretended that he really did heal me. Then I acted as if I was in love with him. Then he told me that I

could come live with him, in his family's house and we could get married; anyone who marries him gets eternal life. He said that he gets \$735 a month in the form of a "crazy check." I think he's talking about a disability payment? Anyways, it's really fun to mess with him but I was wondering if this is morally wrong.

-Anonymous

Dear C.C.: Wow. Okay. Wow. Yes, that is probably morally wrong. At the same time, when a person expresses belief in a reality that is so disconnected from ours, it is NOT advised to break their delusions unless you are a doctor who specializes in such sensitive procedures. It can actually be dangerous to the sufferer, or even to the people around them. My advice, if you are asking for it, would be to stop talking to him gradually, but to maintain his narrative as you have been doing. If you want to take the next step and help him, you could get in touch with his local disability office and explain the situation. Your trolling seems to have revealed that he could be on the verge of making rather huge life-altering decisions based on little to no judgment, which could have a seriously adverse consequence. Someone else could come along who is not just pretending and push him too far. Another possibility is that another pretender could come along with much worse intentions, and take advantage of his mental state. It is unfortunate, but it doesn't sound like he is getting much support from his own family. 🐼

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NEWS

Where Have All The Farmers Gone? An Aging Population of Farmers Sets Off Alarm Bells

BY PHIL BUSSE

The average age of a farmer in Oregon in 1982 was a moderate 50. Twenty years later, it had risen to 55, according to a report co-released late last year by Oregon State, Portland State University and Rogue Farm Corps; and disturbingly, by 2012, had risen to 60. The change is significant because that aging population of farmers means the land in Oregon dedicated to farming is keenly vulnerable; specifically, in the next two decades, two-thirds of agriculture property will be transferred from its current owners to someone new, with no guarantee the land will remain as farmland.

The report, "The Future of Oregon's Agricultural Land," takes a measured and calm tone, but the writing is on the wall: Farming in Oregon is steadily becoming at-risk as the farming population ages without a new generation there to replace them; a trend critical on numerous fronts, as potentially weakening a major economic force for the region, as well as undercutting a strong provider of the character of Oregon, from its family-run apple orchards to its beef farms.

"The cost of farmland in Jackson county increased almost 30% in the ten years between 2002 and 2012, from \$3,604 to \$4,682 per acre," points out Nellie McAdams. "Meanwhile," she continues, "the proportion of land being farmed in Jackson County shrank from 14 to 12% during this time." An attorney, McAdams is the Farm Preservation Program Director for Rogue Farm Corps, and a fifth generation Oregonian who grew up on her family's hazelnut farm.

The study exposes a vulnerability that has been largely hidden, or at least obscured by changes in the popularity of local food. For example, the United States Department of Agriculture has reported a 180% growth in the number of farmers' markets over the past decade, with 170 local farmers' markets reported throughout Oregon. Yet, in spite of the increase in consumer interest in local food supply and family-farms, the fact remains that farmers in Oregon are getting older on average, and there are fewer people to replace them.

"Food producers who sell direct to con-

sumers and their supporters have earned great visibility in Oregon," concedes McAdams. "However," she adds, "most farmers do not sell through these channels. Older farmers, who will be passing their land on sooner, are also less likely to engage in direct-market farming."

McAdams continues, "As land becomes more expensive to buy and farmers' profits continue to diminish, more land is likely to come out of farming. When land is no longer used for

ten years earlier. That decline means, in addition to the aging population of farmers, fewer men and women are stepping into the profession, further reducing opportunities for farmland to be transferred to the next generation.

"We need to act quickly," emphasizes McAdams. "Once farmland is developed, it is impossible to return it to farming and open space. And once land is sold out of the family it is very difficult to purchase it back."

The study points out that farm operators



**ROGUE FARM CORPS TRAINS ABOUT 70 FARMERS AND RANCHERS EACH YEAR.
PHOTO COURTESY OF ROGUE FARM CORPS**

farming, it becomes more vulnerable to development, which would take it out of production and open space forever."

According to the data collected in the report, the future ownership of farmland in Oregon is entering a particularly tricky period of time. What is currently a virtue—that the bulk of farmland is locally and family-owned—is also a vulnerability; about 85% of Oregon's farms are operated by sole proprietors, with another 10% organized as family partnerships or family corporations. Less than 2% of Oregon farms are non-family corporate entities, but that means there are potential difficulties when the current owner retires or dies, and there is no one in the family who wants the land.

The numbers and concern is further compounded when recognizing another line-item from the study: 24% of all Oregon farmers in 2012 were beginning farmers, down from 32%

aged 55 and older today control about 64 percent of agricultural land in Oregon; meaning, 10.45 million acres that could change hands in the next 20 years. But there needs to be someone there to take over that farm land.

"To fill the pipeline of farmers providing food for our communities," McAdams continues, "we need beginning farmers and ranchers who are trained and prepared to start or take over existing farm businesses."

She points out that programs hosted by Rogue Farm Corps train about 70 farmers and ranchers each year. Of those, 3 out of 5 pledge their commitment to the profession. There also are programs at Oregon State University and community colleges throughout the state.

"Some of these have family farms to return to," explains McAdams, "but many first-generation farmers do not have land and infrastructure to start a business on." 🍷

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NEWS

PUBLIC PROFILE

Samae Chlebowski

"It's Your March"

BY TUULA REBHAWN

The day after the 2016 presidential election, many people felt let down by their fellow citizens. For women and members of other historically marginalized groups, discouragement gave way to fear as they considered the ways the new administration would/could affect their lives.

While dropping her daughter off at school in Ashland that morning, Samae Chlebowski (pronounced "Lebowski"), commiserated with another parent, her friend Sharon Dohrham.

"We were just deflated," Chlebowski recalls. "In shock." The two vowed to do something—anything—to raise spirits and fight back.

It was a major decision for Chlebowski. Thirteen years ago, she stepped out of activism when her parents both passed away around the same time.

"My family was hyper-aware of the challenges the world faced," says Chlebowski, whose mother was a holocaust survivor. Living in Portland, Chlebowski had channeled her activist blood into countless political marches and rallies, as well as into her work as an art teacher. When she became a parent herself, she decided to take a step back from direct action—as well as teaching—and let her kids take priority. Samae and her husband Chris moved to Ashland four years ago, where she is a stay-at-home mom.

After the election, Chlebowski realized that to be good role model to her kids, signing petitions and giving money to political organizations was not enough.

"I've never felt so much fear over something that's happened in my lifetime," she admits. Her inner activist had stirred from slumber. After putting her head together with Dohrham and discussing with their wider community of local parents, she decided to direct that inner activist to lace up her boots and join the national Women's March movement.

What started as a march on Washington, D.C., to be held on January 21, has seeded "sister marches" across the country and even internationally.

Although she describes her past political experience as "class president in middle school," Chlebowski has been to enough marches to know that they have a special ability to generate positive change. "It's the energy of the march that's most powerful," she says, excitement in her voice. "It's acknowledging that we have a community that will come together in a time of crisis."

Chlebowski and Dohrham began reaching out to the community for support of the sister march, and found it immediately. Soon, the Southern Oregon Women's



March had professional graphics, a website, a Facebook event, a handful of local sponsors, and hundreds of individual supporters.

Chlebowski credits the national Women's March organizers for the training that enabled her and other "green" organizers to give local communities a voice.

"We've had the opportunity to learn from the experts on how to market our march, organize volunteers, handle permits, and connect with other march leaders," she says. "It's been so exciting to be involved with this amazing, revolutionary group of women and men." Over 100 sister marches will take place on the Trump Administration's first day in office.

"What I've been telling people is, 'It's your march,'" she says. "This is your opportunity to be heard." Rather than rile against injustice, bigotry, and corruption, though, Chlebowski emphasizes that she and her fellow organizers want to keep the focus positive.

"We're supporting marginalized groups, focusing on what we will do, what we can do, and how we can come together," she says.

The Southern Oregon Women's March will begin at 11 am at the Ashland Library and proceed toward the Lithia Park Bandshell, where speakers and performers will set the tone for the next four years of activism.

"Our goal is to have 1,000 marchers," she says "and I think we'll get there." The group is also raising funds to cover the march's costs. Three weeks before the event, they're halfway toward their \$5,000 goal.

It seems that Chlebowski has found her activist niche in Southern Oregon.

"This is truly a remarkable place to live," she concludes, "and a remarkable place to make change." 🍷

FEATURE

The Lazy Way to Better Health in 2017

Let Someone Else Do the Work

BY MELISSA HASKIN

In 2011, CBS' "Parks and Recreation" introduced us to Treat Yo Self Day. It's not a birthday or Christmas, but a day of the year when you splurge on yourself. In the words of Tom and Donna, "Clothes? Treat yourself. Fragrances? Treat yourself. Massages? Treat yourself. Mimosas? Treat yourself."

There's one thing in that sequence I want to draw attention to: massages.

Each year, we learn more and more about how massage therapy can be beneficial. So far studies have shown it helps with a variety of conditions from fibromyalgia to insomnia. In 2012, Dr. Josephine Briggs, director of the National Center for Complementary and Alternative Medicine at the NIH told the Washington Post, "We have enough data to say the evidence is there that this really does help with back pain in particular." Four years later, she says this still holds true.

In the last month of 2016 alone, dozens of new studies related to massage appeared on PubMed, a government website that archives research from peer-reviewed biomedical and life sciences journals. Among those was a study that concluded that massage can contribute to the well-being and health of elderly adults in residential care.

Other research from the year found that 15-25 minute scalp massages can reduce the stress hormone cortisol and improve blood pressure. And while there's already evidence that massage can help with cancer-related fatigue, new research published in December pinpointed the benefits of massage in the neck and shoulder region for breast cancer patients.

For those of us in the Rogue Valley (aka land of little sunshine in winter) what may be most applicable is that massage can help with depression symptoms, as a 2010 meta-analysis

in the Journal of Clinical Psychiatry showed. Bye bye seasonal depression.

I'm no expert, but it sounds like the research gods are saying "you, go get a massage." I mean, it's the laziest way to better health in 2017. You just pay a lady (or man), and then lay there while they do all the work.

Here's a trick, some people don't know about, either. Some insurance companies will offer a discount if you use a massage therapist from their network. Some insurance companies will cover massage therapy as a treatment for certain conditions if it's recommended by a doctor. In a car accident? Car insurance may cover massage. Those who are curious or think that massage could help with their conditions should contact their insurance companies to find out if massage is covered and if so, what the conditions of receiving treatment are.

There's one more way to get cheap or free massages. Some employers offer what's called "alternative care insurance." In 2015 my employer offered one of these plans and it was heaven. The deal worked like this: I showed up with some basic information from my employer at an approved provider and then for the price of \$20 I received an hour-long neuromuscular massage, no questions asked. There was a limit on the number of times per year I could go, but I never hit it. That price was a heck of a deal, too. In the Rogue Valley I've seen rates as low as \$60 per hour and as high as \$105.

That isn't to say the full price tag isn't worth it. After all, everyone deserves a Treat Yo Self Day.

I'll leave you with this thought from Philip Whitmore, director of Siskiyou Massage Center in Ashland: "Take care of yourself this coming year. You deserve an hour break from your life activity to recover, heal, relax." 🍷



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FEATURE

WINTER OUTDOOR GUIDE

BY MIKE DICKENSON



OK, the holidays are over. Time to ditch the ugly Christmas sweaters and don a styling parka and enjoy the beautiful (and at times chilly) Great Outdoors. We can't all be glacier climbers, but our Winter Outdoor Guide should provide some insight on outdoor winter pastimes that aren't so treacherous yet just as exhilarating.

BACKCOUNTRY AT CRATER LAKE

"I think what makes Crater Lake so unique for backcountry skiing is the varied terrain that the amazing landscape offers," says Eric Peterson, an educator and wilderness guide with twenty-seven years of backcountry skiing experience in Oregon.

"A skier can choose from kicking and gliding on cross-country skis, or one could head out for the steeps on alpine touring or telemark gear. Another reason that makes Crater Lake so special is the caldera itself. On a day with clear skies, one can ski with a view into the caldera and surrounding peaks, which is awe-inspiring."

If you are not familiar with the area, Peterson highly recommends checking in with the Park Rangers who have maps and can help people orient themselves with the skiing terrain.

"There is some avalanche terrain in the park, and people should know where it is and what the current avalanche danger is, as well as what the forecast is and how it will affect snow stability. If cross-country skiing, the Rim Road is a great choice and it can be accessed either from the Rim Village - West Rim Road - or from Park Headquarters - East Rim Road. One thing backcountry skiers should be aware of is that it is illegal to ski into the caldera, and it is also very dangerous due to the terrain being avalanche prone. It is also extremely difficult for the rescuers to aid and recover a skier needing help down in the caldera."

Though the Park Service does not provide skiing guides, they do have a volunteer Ski Patrol on weekends and during the holidays that can offer condition tips and advice on where to ski.

"Before heading out in the backcountry, one should have some basic knowl-



ERIC PETERSON EARNING HIS TURNS AT CRATER LAKE
PHOTO CREDIT: DARIN REMBERT

edge and training in snow safety and survival, as well as knowing how to use a map and compass. Knowing some wilderness first aid and snow safety and rescue is also a wise choice."

"I've skied in the Park as early as October, and as late as May. One thing to consider in the springtime is the Park will be actively removing snow on the Rim Road, which usually starts on the Westside and North Entrance, and then finishing with the East Rim Road. The Park also has a very informative website that updates the snow and weather conditions, as well as road closures and snow removal progress."

DOGS IN THE WINTER



PRODOGZ DOG TRAINING OWNER JASON LAKE WITH FRIEND. PHOTO COURTESY OF JASON LAKE

head trainer of Prodogz Dog Training, is well aware of this fact.

"Anything that gets your dog out and exercising, whether it be winter or summer, your dog is going to truly enjoy it. Most dogs don't actually mind snow; most of the time it's the human counterpart that prevents winter activities."

Granted, some dogs thrive more than others. "Dogs like Burmese Mountain dogs, Greater Swiss Mountain Dog, Alaskan Malamute and Anatolian Shepherds usually can handle the colder weather unlike the great Dane, Greyhound

Just because it's cold outside doesn't mean that you and your dog can't enjoy the winter season. When all of your friends have bailed on your winter adventure, rest assured that Fido will still want to come along. Jason Lake, owner and

or the Whippet due to coat type and length. Dogs usually with longer hair also often have hair on the bottom of their feet between their toes which adds a layer of protection well walking on cold hard surfaces."

Lake recommends that owners of short-coated dogs should perhaps buy their canine counterparts specially made coats that help keep their dogs warm.

"There are also specially made shoes and boots that can help protect dog's feet when on long hikes or when walking on rough terrain. Generally, dogs do not like things on their feet so when trying to utilize shoes for your dogs it can take some time for the dog to get use to them before utilizing them on the hikes. It is also important to carry water for your dog even though it may be chilly outside."

Not every dog owner is a winter-sport enthusiast, but for those who are, your dog will more than likely be thrilled to accompany you as you snowshoe up a mountain. Or, for those interested in a more Norwegian flavor, there is always Skijoring, a combination of cross-country skiing and dog sledding.

"The dog is outfitted with a dog sledding harness," Lake says, "which is attached by rope or towline to a skijoring harness worn by the human which allows the dog to hold its owner on skis."

But it's not always necessary to venture off into the great unknown to give the dog some exercise.

"I personally like to bring my dog for a walk up Roxanne in Medford. It's a well maintained road to the top of the mountain along with ample parking at the bottom. Besides a beautiful view it also provides rest areas for both the dog and their handler. If your dog is as crazy as mine for chasing balls, then a simple game of tossing a snowball can provide hours of entertainment for both the dog and its owner."

FEATURE

SNOWMOBILING

David Jordan fell in love with snowmobiling as a teenager and never looked back. Now a family man, Jordan has become the President of the Rogue Snowmobiles of Southern Oregon, one of the biggest snowmobiling clubs in the state of Oregon with an average membership of over 200 family memberships each season.

“Snowmobiles allow a person to get to places no one else gets to see in the winter months. As a rider you can enjoy the 1000’s of miles of groomed trails we have here in Southern Oregon.”

Jordan says that snowmobiles are required to have an up-to-date license and registration just like every car on the road. The price for a 2 year registration is only \$10 so it’s very inexpensive to get one. Every rider is also required to have a current driver’s license or snowmobile license which you can get for free through the snowmobile club.

“When buying a new Snowmobile people need to think about what kind of riding they want to do,” he says. “Trail sleds are for people that wish to just stay on groomed trails and enjoy the scenery.

Mountain sleds are for people that wish to go anywhere. Getting in to snowmobiling can range anywhere from \$3500 for a used sled and trailer or \$13,000 for a brand new mountain sled.”

However, Jordan says that if someone wishes to get into the sport without buying a sled first they can simply go to Diamond Lake Resort and rent them. “I recommend this to all new people as an inexpensive way to try out the sport and get a true feeling for it.” He mentions that Diamond Lake has over 200 miles

or so of groomed trails and overnight accommodations that allow you to ride right from your room.

Another good spot is 1000 Springs at mile marker 63 on Highway 62. “It offers a warming shelter open to the public which makes for a great gathering place to get out of the weather. There are over 130 miles of groomed trail there, too.”

Jordan is definitely a fan of off-trail riding, as well. “From the top of Mt. Bailey at Diamond lake you can see all the way to Mt. Hood and Mt. Shasta. Diamond Lake also has a trail that takes you to Crater Lake which in the winter is a special place!”

Lastly, Jordan stresses the importance of safety. “Be prepared to have survival gear and maps or GPS. Let people know exactly where you are going. Dress for

what weather can hit you, not necessarily the weather you have at the start of riding. Never ride alone and never drink and ride. Know your limits and the limits of your sled.”



DAVID JORDAN CATCHING SOME WINTER AIR
PHOTO COURTESY OF DAVID JORDAN

SNOW CAMPING



CAMPING UNDER 8 FEET OF SNOW PHOTO CREDIT: MIKE DICKENSON

While many people enjoy spending a night camping under the stars, few are as eager to do so when the ground is covered in snow, though for some, that can be part of the allure. “Getting away from the crowds is one of the reasons I enjoy winter camping,” says Erik Sol, a teacher in the Outdoor Adventure Leadership Degree Program for Southern Oregon University.

“The quietness can be awesome. No rustling of leaves, no bugs buzzing, and your friend’s face will be so cold he can’t tell the joke you’ve already heard a hundred times. On top of that, wildlife sightings can be amazing. Tracks become more apparent and seeing a unique set of tracks can set the imagination running. Many animals don’t blend in as well with a snowy background so seeing them becomes easier.”

Erik Sol is familiar with the wilderness and has years and years of guiding experience. As a Wisconsin native, he says that winter survival was inherent to existence there.

“Anyone can enjoy winter camping with the right knowledge and equipment.” He stresses the importance of synthetic, wool, and/or down clothing. “The term ‘cotton kills’ was born from winter camping. Managing body temperature and moisture levels is critical for comfort and survival. Making sure you have layers and the ability to insulate with high volume articles from light weight base layers to puffy down jackets is critical.” He mentions the importance of a four season tent, a high loft sleeping bag, and a closed-cell foam pad next to the snow and an open cell pad on top of that to keep insulated from the snow.

At night temperatures can drop well before freezing and it’s important to plan ahead. “Fill a Nalgene bottle with hot water and put it in your sleeping bag before bed. It’s like putting money in the bank, and

your water bottle won’t be a frozen brick in the morning.”

In Southern Oregon, there is no lack for winter adventure. When asked where to go, Erik Sol smiles and lists the classic destinations that would normally be packed in the summertime. “Crater Lake, Mount McLaughlin, Mount Shasta, Siskiyou Mountains (particularly near Mt. Ashland-McDonald Peak) – these are all great.”

Solitude, wildlife, stargazing – all are incredible benefits to winter camping. Sol believes that, “The self-efficacy you can develop from winter camping can be life changing. ‘I can do this’ may become your new mantra. The tasks and challenges winter camping presents can be empowering and can transfer over into everyday life. Lastly, once your adventure is complete your warm home, a hot toddy, and bed will have never felt so good.”

FEATURE

WINTER PHOTOGRAPHY



PHOTO CREDIT: NATE WILSON

Winter is a beautiful time to be in the Rogue Valley as well as an awesome opportunity to practice your photography skills. Whether your ambitions are to get published in National Geographic or gather a few more likes on your Instagram feed, a few simple tips will take your photography from amateur to amazing.

“A lot of times, the lighting during the winter can be flat and results in images that don’t have very much depth,” says Nate Wilson, a professional photographer based in the Rogue Valley. “To avoid that, try to find something interesting in the foreground when you’re composing a shot or look around for other ways to draw the eyes to your focal point of your image. One benefit to the flat light though, is that some forest scenes that would contain too much contrasting light in other seasons are much easier to capture in overcast days.”

The winter also presents more obvious challenges for the photographer. “Cold weather saps the life out of batteries, so you’ll want to bring extra and keep them

warm against your body if you plan on being out for very long. On the flip side of that, keep the camera cold and outside of your jacket to avoid condensation. Snow on the ground and other winter scenes can be difficult for a camera’s meter to process correctly, and often means taking a few test shots to get the right exposure. If all your snow shots are looking blue, try adjusting the camera’s white balance to an overcast/cloudy setting.”

Wilson also suggests a polarizing filter for bringing out deep blues in the sky on clear days. “This can make for great contrasts when there is snow on the ground.”

“I really enjoy driving along and exploring the Rogue River between the Hog Creek and Grave Creek boat ramps outside of Merlin. If you’re looking for snow though, the Natural Bridge Viewpoint on the Upper Rogue of Highway 62 is a great spot to check out too. For the more committed, there are ranger-led snowshoe hikes around Crater Lake as well.” ❄️



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[P] OUR PICKS



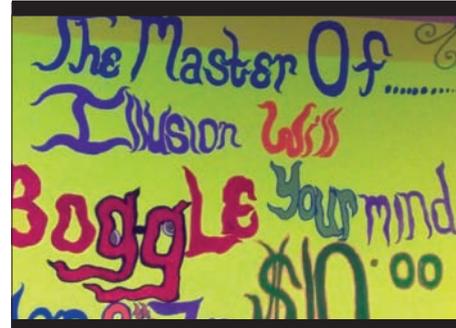
fri 6
Impulse Control
MUSIC—This alternative rock/post-punk band is not only featured as the first track in the Messenger's very own South of Portland: Music from the Rogue Valley cd with their catchy tune "Welcome to the Fold," but they also apparently enjoy newspaper Sudoku. (See the back section of this paper for Sudoku; be at this show to see Impulse Control.) 9 pm. J'Ville Tavern, 125 W. California Street, Jacksonville.



sat 7
Challenge of Champions
BULL RIDING—Eight seconds doesn't seem like a long time, until an angry bull enters the equation. In January 2016, brave and/or crazy bull riders have been competing all over the Northwest in preparation for this final event. Complete with after party at the Rocky Tonk in Medford. 6 pm. Jackson County Expo, 1 Peninger Road, Central Point. \$16, advance. \$20, gate. Children 5 and under, free.



sat 7 & mon 9
The Cherokee Word for Water and Defying the Nazis: The Sharps' War
FILM—In light of nationwide recent events, sometimes looking to the past can shed light on the future. The films *The Cherokee Word for Water* (Sat.) and *Defying the Nazis: The Sharps' War* (Mon.) look at difficult moments in history and what ordinary people did in response. 7 pm. Rogue Valley Unitarian Universalist Fellowship, 87 Fourth Street, Ashland. Free.



sun 8
Master of Illusion Magic Show
MAGIC—Oscar Wilde once said that, "Illusion is the first of all pleasures." Pleasures aplenty are available right here in our Valley in the form of illusion, performed by the "Master of Illusion." And Albert Einstein said, "Time is an illusion," so really, a lot of pleasure in no time at all. 7 pm. Stitches Bar and Grill, 670 Fruitdale Drive, Grants Pass. \$10.



tues 10
Southern Oregon Jazz Orchestra
MUSIC—5, 6, 5, 6, 7, 8! Hit it! The ultimate big band experience right here in the Rogue Valley, featuring local jazz cats that rival those of the metropolis. The 16-piece group mixes swing, Latin and classic big band arrangements to ensure that everyone's dancing shoes get some serious miles in. 7 pm. Little Brown Jug, 104 S Pacific Hwy, Talent.



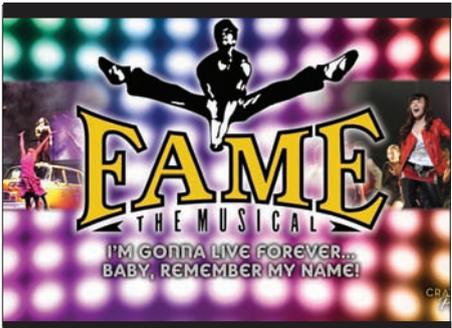
thurs 12 - jan 29
Spotlight on Billy Joel
THEATRE—The man. The legend. William Martin "Billy" Joel, sixth-best selling recording artist and third best-selling solo artist in the US, a six-time Grammy Award winner with over 150 records sold worldwide. Starring David King-Gabriel and featuring "Piano Man," "Just the Way You Are," and "A New York State of Mind." 2 and 8 pm. Camelot Theatre, 101 Talent Avenue, Talent. \$22 - \$33.



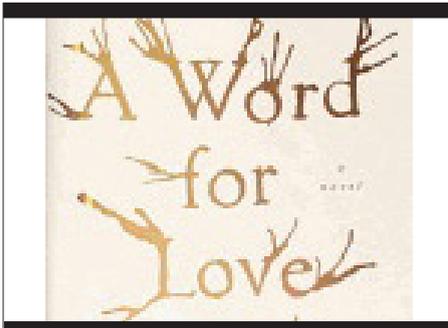
fri 13
Rogue Valley Rumble 6
BOXING—Blood, sweat and no tears in the ring. The main event will be Mike Wilson vs. Aaron Chavers. Other contenders include: DJ Linderman vs. Doc Barron, Corban Page vs. Juan Jaramillo, and Alberto Rivas vs. Justin Milani. 7 pm. Jackson County Expo, 1 Peninger Road, Central Point. \$20, advance. \$25, door. \$15, kids 12 and under. Free, kids 4 and under.



sun 15 & mon 16
Martin Luther King, Jr. Day Celebrations
MLKJ DAY—The City of Medford's MLKJ Day Celebration will be a party with DJ Gemineye, speeches and more. 2 to 3 pm. Medford School District Auditorium, 815 S. Oakdale Ave., Medford. Keynote speaker Alma Alvarez, a march through town and a traditional re-broadcast of King's "I Have a Dream" speech will complete Ashland's annual gathering. 12 - 1:30 pm. Historic Ashland Armory, 208 Oak Street, Ashland.



mon 16
Fame: the Musical
THEATRE—Step aside, High School Musical. Fame - The Musical goes all the way back to the 80s, inspiring young performers in over 25 countries to reach for the stars, shoot for their dreams and step out into the spotlight. The setting is the New York High School of Performing Arts, and the sky's the limit. 7:30 pm. Craterian Theatre, 23 S. Central Avenue, Medford. \$46 - \$58.



tues 17
A Word for Love
READING—Having traveled the world, especially the Middle East, local author Emily Robbins tackles the meaning of love in her novel set in Syria, *A Word for Love*. Bea is a young American woman seeking a deeper truth about love, and finds more than she expected in the ancient Arabic story, "The Astonishing Text." 7 pm. Bloomsbury Books, 290 E. Main, Ashland.



wed 18
Winter Brewers Dinner
DINNER—Those who love food and beer will find their ultimate evening at Standing Stone's annual Brewers Dinner. Chef Javier and Brewer Larry Chase are creating a five-course concoction of epic proportions, pairing the two pillars of taste in the Northwest - food and beer. 6 pm. Standing Stone Brewery Company, 101 Oak Street, Ashland. \$75, gratuity included.



wed 18
Meriwethers
MUSIC—The Lewis and Clark expedition, often glorified on coins, paintings and sculptures, is getting a musical touch. Britt Education and Engagement presents their journey through music, an indie folk interpretation by the Meriwethers - Mysha Caruso, Ezra Severin, Nell Geisslinger and Manda Bryn Severin. 7:30 pm. Rogue Performance Hall at RCC, 130 E 8th, Building C, Medford. \$10. \$5, with two cans of food. Students and children, free.

<p>225c Hst Grants Pass (541) 479-0712</p>	<p>Fri. 1/6 THE ELEVATORS</p>	<p>Sat. 1/7 REFRESH DJs</p>	<p>Sun. 1/8 Blues Jam 4pm to 7pm</p>	<p>Wed. 1/11 Ambur Rose Open Mic Night</p>	<p>Fri. 1/13 NIGHT OF METAL VOMITFACE AND FRIENDS</p>	<p>Sat. 1/14 NO HAND OUTS Hip Hop</p>
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LIVE MUSIC *and Nightlife*



JANUARY 6 - SEE ALLISON AND VICTOR AT BARNSTORMERS THEATRE IN GRANTS PASS

THURSDAY, JANUARY 5, 2017

ASHLAND

ED DUNSAVAGE TRIO - Jazz - Belle Fiore Winery - 6 to 8 pm.
JOHN HOLLIS - Acoustic Guitar - Callahan's Mountain Lodge - 6 to 9 pm.
DART TOURNAMENT - The Black Sheep Pub & Restaurant - 7:30 pm - \$5 cover.
EIGHT DOLLAR MOUNTAIN - The Wild Goose - 8 pm - Never a cover.

GRANTS PASS

AJ'S THURSDAY NIGHT JAM - The Cedarwood Saloon - 7 to 11 pm - No cover.

KERBY

OPEN MIC - Thursdays at The G Spot Fine Bar & Grill - 7 pm.

MEDFORD

DAVID OUELLETTE - Thursday mornings at Limestone Coffee - 9:30 am.
COUNTRY LIPS / JOHNNY LAW / FIRST & LAST TIME - Johnny B's - 9 pm.
DJ JIM - 80's, Alternative and Dance Night - Thursdays at Howiee's On Front - 9 pm until close - No cover.

FRIDAY, JANUARY 6

ASHLAND

GENERATION JONES - First Friday event at Ashland Art Center begins at 5 pm. Live music by father and son duet of Jeffrey and Julian Jones from 5:30 to 7:30 pm.
SAVANNA - Belle Fiore Winery - 6 to 8 pm.
JOHN HOLLIS - Callahan's Lodge - 6 pm.
JON GALFANO - Edenvale Enoteca - 6 to 8 pm - No cover.
THE ELEPHANT - Swing Tree Brewing Company - 6 to 9 pm.
KARAOKE WITH QUEEN BRI - The Wild Goose - 8:30 pm.
THE BROTHERS REED / KING ROY WING - Brickroom - 9 pm to midnight - \$10 cover.

GRANTS PASS

ALLISON AND VICTOR - Guitar and Saxophone Jazz Fusion - Barnstormers Theatre - Doors open at 6:30 pm - Show 7:30 to 9:30 pm - \$15.
FORTUNE'S FOLLY - Alternative Rock from Eugene - G Street Bar & Grill - 8 pm show - Free!

Mountain Lodge - 6 to 9 pm.
LEE STEWART / ROGUE SUSPECTS - 1-3 pm & 6-8 pm - Belle Fiore Winery.
KARAOKE WITH QUEEN BRI - The Wild Goose - 8:30 pm.
FORTUNE'S FOLLY - Female fronted rock band from Eugene - Brickroom - 9 pm - \$5 cover.
DJ SYLVIAH SOL - Old School Hip Hop and Neo-Trap on Saturdays at Granite Taphouse - 10 pm.

CENTRAL POINT

KELLY'S LOT DUO - Americana and Blues at the Jackson County Extension Office Auditorium, 569 Hanley Rd. - 6 pm to 9 pm - Benefit for Monarch Butterfly Advocates in southern Oregon. Dinner provided by Jackson County Master Food Preservers. Suggested donation \$20-\$50. Visit www.kellyslot.com.

GRANTS PASS

THE BROTHERS REED - The Laughing Clam - 7 to 10 pm.
THE EVENING SHADES - G Street Bar & Grill - 8 pm show - Free.

MEDFORD

LEONARD GRIFFIE DUO - The Village at the Medford Center - 6:30 to 8:30 pm - A free, family friendly event.
THE ODD COUPLE - Craterian Theater - 7:30 pm - \$18.
AKA FACELESS - Howiee's On Front - 8 pm.
KING GHIDORA / STEP IT UP & GO - Johnny B's - 9 pm - Free - 21 and over.
THE HUMAN EXPERIENCE TOUR - Starring Watzreal - Special Guests: Unlearn The World & J-Scribe, plus Rayven, Myrrhlin, Sledge & Boss, and DJ Draft in the mix at The Bamboo Room at King Wah's - 9 pm.
KRANK IT UP KARAOKE - Pit Stop Tavern (and Barkley's Bar in Phoenix) - 9 pm.
DJ CHUCK - Every Saturday night at The Edge Nightclub & Patio - 10 pm.

ROGUE RIVER

MIDNIGHT PARTY BAND - Classic Rock - Homestead Pub - 9 pm to 1 am - No cover.

JACKSONVILLE

[P] IMPULSE CONTROL - Original Alt Rock - Jacksonville Tavern - 9 pm to midnight - No cover.

MEDFORD

STATE OF JEFF - RoxyAnn Winery - 6 to 8 pm.
THE ODD COUPLE - Craterian Theater - 7:30 pm - \$18.
HEEBIE JEEBIES / PHAKE - Johnny B's - 9 pm.
KRANK IT UP KARAOKE - Pit Stop Tavern (and Barkley's Bar in Phoenix) - 9 pm.

TALENT

DRUM CIRCLE - Fridays at Kindred Spirits Art, Ales & Wine - 8:30 pm.

SATURDAY, JANUARY 7

ASHLAND

TIM CHURCH - Standing Stone Brewing Company - 5:30 pm.
KEN HART - Acoustic Guitar - Callahan's

SUNDAY, JANUARY 8

ASHLAND

CELTIC MUSIC SESSION - Live at the Black Sheep Pub & Restaurant - 2 pm.
JON GALFANO / JOE COHOON TRIO - 12-2 pm & 5-7 pm - Belle Fiore Winery.
KEN HART - Callahan's Lodge - 6 pm.
THE BROTHERS REED - Smithfields Pub & Pies - 9 pm to midnight.
JIM QUINBY - 6-8 pm, Little Thom's Open Mic with Dave Hampton at 9 pm - The Wild Goose.

CENTRAL POINT

PERRY ROAD - Rock & Country - The Touvelle Lodge - 2 to 6 pm.

GRANTS PASS

[P] MASTER OF ILLUSION - Magic show at Stitches Bar & Grill - 7 pm - \$10.

JACKSONVILLE

PIONEER HISTORY IN STORY & SONG - "Songs of Stephen Foster" (think "Oh! Susanna") - Folk singer and historian David Gordon returns to share songs from the 1800s along with the stories behind them. Performances at 2 pm & 3:30 pm. Tickets are \$5 at the door. Naverson Room, Jacksonville Library. Reservations recommended, call 541-245-3650 or email info@historicjacksonville.org.

MEDFORD

OPEN MIC - Hosted by Robbie DaCosta at Jefferson Spirits - 7 to 10 pm.
KRANK IT UP KARAOKE - Karaoke at the Pit Stop Tavern - 9 pm.

MONDAY, JANUARY 9

ASHLAND

KEN HART - Callahan's Lodge - 6 pm.
PAUL SCHMELING TRIO - Jazz - Martino's Restaurant - 7 pm.
OPEN MIC - All ages at 5 pm, 21 and over at 8:30 pm - Oberon's Tavern.
BLUE NOTES - The Wild Goose - 8 pm - No cover.
ROBBIE DACOSTA - Mondays at Smithfields Pub & Pies - 9 to 11:30 pm.
GRANTS PASS
SILVER & GOLD / OVERSLEPT - The Eaden Ballroom - 6 to 10 pm - \$7 suggested donation.

MEDFORD

PAUL TURNIPSEED - Jazz every Monday at Lark's Restaurant - 4:30 to 6 pm.
TRIVIA NIGHT - "Geeks Who Drink" Pub Trivia at 'BricktownE' Brewing Company - 7 pm.
TRIVIA NIGHT - 4 Daughters Irish Pub - 7:30 pm.

TUESDAY, JANUARY 10

ASHLAND

KEN HART - Callahan's Lodge - 6 pm.
FELLOW PYNINS - An evening of storytelling and songs from their travels in the British Isles. Check out the new album, "Hunter & the Hunted." Headwaters/Geos Building - 6:30 to 9 pm - \$10 admission, kids free!
TRIVIA NIGHT - Louie's Restaurant - 7 pm - Free to play, plus prizes!
DONNA BISHOP & BEAU BERRY - The Wild Goose - 8 pm - No cover.
KARAOKE - Smithfields Pub & Pies - 9 to 11:30 pm.

CENTRAL POINT

KARAOKE - Tuesdays at the Corner Club - 9 pm.

MEDFORD

DOWNTOWN BLUES ASSOCIATION - 2nd & 4th Tuesdays at Howiee's On Front - 6:30 to 9:30 pm - All ages - No cover.
BLUES SOCIETY - Grape Street Bar & Grill - 6:30 to 9:30 pm.

TALENT

[P] SOUTHERN OREGON JAZZ ORCHESTRA - Little Brown Jug - 7 to 9 pm.

WEDNESDAY, JANUARY 11

ASHLAND

OPEN JAZZ JAM - La Baguette Music Cafe - 10 am.
SPAGHETTI GAME NIGHT - Board games & all-you-can-eat pasta with any wine purchase - 5 to 9 pm at EdenVale Enoteca.
ERIC LEADBETTER - Green Springs Inn & Cabins - 6 to 8:30 pm.
KEN HART - Callahan's Lodge - 6 pm.
ED DUNSAVAGE TRIO - Jazz - Belle Fiore Winery - 6 to 8 pm.
JIM QUINBY AND JEFF ADDICOTT - The Wild Goose - 7:30 pm - No cover - Free Pool from 6 pm to midnight on Wednesdays.
TRIVIA NIGHT - Smithfields Pub & Pies - 8 to 10 pm.
ROBBIE DACOSTA - Wednesdays at Brickroom - 8:30 pm.
BAND DU PAYS - Swing music, second Wednesdays of each month at Liquid Assets Wine Bar - 9 pm to midnight - No cover.

MEDFORD

TRIVIA NIGHT - Howiee's On Front - 7 to 10 pm - No cover.
TRIVIA NIGHT - Portal Brewing Company - 7:30 pm.
OPEN JAM NIGHT - Pier 21 Tavern - 8 pm to midnight.

PHOENIX

OPEN MIC & JAM - The Phoenix Clubhouse - 7 to 10 pm - Free, all ages.

THURSDAY, JANUARY 12

ASHLAND

JOHN HOLLIS - Callahan's Lodge - 6 pm.
JEFF RAMSEY DUO - Belle Fiore Winery - 6 to 8 pm.
DART TOURNAMENT - The Black Sheep, 7:30 pm, \$5.
CRAIG MARTIN & FRIENDS - The Wild Goose - 8 pm - Never a cover.
CENTRAL POINT
KRANK IT UP KARAOKE - Pizza Schmizza - 9 pm.

GRANTS PASS

AJ'S THURSDAY NIGHT JAM - The Cedarwood Saloon - 7 to 11 pm - No cover.
PROCLAIMER / YOUR HANDS WRITE HISTORY - Loud Metal show - G Street Bar & Grill - 8 pm to midnight.

KERBY

OPEN MIC - Thursdays at The G Spot Fine Bar & Grill - 7 pm.

MEDFORD

DAVID OUELLETTE - Limestone Coffee - 9:30 am.
BEARS AMONG MEN / SERPENT'S TONGUE - Johnny B's - 9 pm.
DJ JIM - 80's, Alternative and Dance Night - Thursdays at Howiee's On Front - 9 pm until close - No cover.
KRANK IT UP KARAOKE - The Bohemian Club - 9 pm.
KARAOKE - Pier 21 Tavern - 9 pm to 1 am.

FRIDAY, JANUARY 13

ASHLAND

JOHN HOLLIS - Callahan's Lodge - 6 pm.
PAUL TURNIPSEED TRIO - Jazz - Belle Fiore Winery - 6 to 8 pm.
BATHTUB GIN SERENADERS - Hott Jazz & Blues - Hearsay - 8 pm - \$5 cover - All ages, 20's-30's Dress and Dance encouraged!
KARAOKE WITH QUEEN BRI - The Wild Goose - 8:30 pm.

LIVE MUSIC *and Nightlife*

G_RAD - Dance Music & Top 40 Remixes - Every 2nd & 4th Friday at Granite Taphouse - 10 pm.

GRANTS PASS

KEVIN SELFE & THE TORNADOES - G Street Bar & Grill - 8 pm to midnight.

JACKSONVILLE

JONNY G & THE STORMCHASERS - Jacksonville Tavern - 9 pm to midnight - No cover.

MEDFORD

THE EVENING SHADES - RoxyAnn Winery - 6 to 8 pm.

THE ODD COUPLE - Craterian Theater - 7:30 pm - \$18.

BOB HAWORTH - Morrton's - 8 to 10 pm - No cover - All ages.

CAPTAIN WAILS & THE HARPOONS / IKE FONSECA / CHAD BANDIT - Johnny B's - 9 pm.

JIVE COULIS - New album: "Dinner Time" - Howiee's on Front - 9 pm to 1 am - Free show!

KRANK IT UP KARAOKE - Pit Stop Tavern (and Barkley's Bar in Phoenix) - 9 pm.

DJ RUKUS - Every 2nd & 4th Friday at The Edge Nightclub and Patio - 10 pm.

TALENT

DRUM CIRCLE - Fridays at Kindred Spirits Art, Ales & Wine - 8:30 pm.

SATURDAY, JANUARY 14

ASHLAND

TIM CHURCH - Standing Stone Brewing Company - 5:30 pm.

GRANT RUIZ AND DAN FELLMAN - Belle Fiore Winery - 6 to 8 pm.

KEN HART - Callahan's Lodge - 6 pm.

KARAOKE WITH QUEEN BRI - The Wild Goose - 8:30 pm.

JIVE COULIS - Brickroom - 9 pm to midnight.

DJ SYLVIAH SOL - Saturdays - Old School Hip Hop and Neo-Trap at Granite Taphouse - 10 pm.

GRANTS PASS

DANCEHAUL - January theme: Diva Extravaganza Realness... "Come dressed as your favorite diva or as the diva you are!" - Monthly, every second Saturday LGBTQI+ Dance Party at The Haul - \$5 suggested donation at the door - Prizes for best costume - Music by DJ zLor - Doors at 7, Dance 8 pm to midnight.

THE ROGUE UNDERGROUND - G Street Bar & Grill - 8 pm to midnight.

NO HAND OUTS TOUR - J-Rida / Da Tykoon / Mac Reem / Neah Rose - Guest performances by B-Style, Jodie Jo, Bigg Quint (U.D.I.), Guddah James, and DJ Ben Kenobi - The Sound Lounge - 9 pm doors - 21 and over with ID - No cover.

MEDFORD

THE ODD COUPLE - Craterian Theater - 7:30 pm - \$18.

THE LEGENDARY GOODTIMES / THE JOHN DOUGH BOYS - Grape Street Bar & Grill - 9 pm to 2 am - No cover - Come meet the new band member!

KEVIN SELFE - Howiee's on Front - 9 pm.

KRANK IT UP KARAOKE - Pit Stop Tavern (and Barkley's Bar in Phoenix) - 9 pm.

DJ CHUCK - Every Saturday night at The Edge Nightclub and Patio - 10 pm.

ROGUE RIVER

REWIND - Classic Rock - Homestead Pub - 9 pm to 1 am - No cover.

TALENT

BAND DU PAYS - Swing music and dance lesson, second Saturdays monthly at Paschal Winery - Free 30 minute dance lesson at 7 pm with Jacob Jagger (Evergreen Ballroom), Show from 7:30 to 9:30 pm - \$10 cover.

SUNDAY, JANUARY 15

ASHLAND

BIL LEONHART / BEAR CREEK JAZZTET TRIO - 12-2 pm & 5-7 pm - Belle Fiore Winery.

KEN HART - Callahan's Lodge - 6 pm.

JIM QUINBY - 6-8 pm, Little Thom's Open Mic with Dave Hampton at 9 pm - The Wild Goose.

LYDIA VIOLET - Music as Medicine concert at the Jackson Wellsprings - 7:30 to 9 pm - \$10-20 sliding scale at the door.

JUNK PARLOR - Oberon's Tavern - 9 pm.

GRANTS PASS

SHORT STORIES / CREEKSIDE / CITYSICK - Plus special guests at the Eaden Ballroom - 6 to 10 pm - \$7 suggested donation.

MONDAY, JANUARY 16

ASHLAND

KEN HART - Callahan's Lodge - 6 pm.

PAUL SCHMELING TRIO - Martino's Restaurant - 7 pm.

THE BROTHERS REED - Liquid Assets Wine Bar - 7 to 9 pm - No cover.

WILD GOOSE CHASE TRIO - The Wild Goose - 8 pm.

OPEN MIC - All ages at 5 pm, 21 and over at 8:30 pm - Oberon's Tavern.

ROBBIE DACOSTA - Mondays at Smithfields Pub & Pies - 9 to 11:30 pm.

JACKSONVILLE

JEFF RAMSEY - Frau Kemmling Schoolhaus Brewhaus - 6 to 8 pm.

MEDFORD

PAUL TURNIPSEED - Mondays at Lark's Restaurant - 4:30 to 6 pm.

TRIVIA NIGHT - "Geeks Who Drink" Pub Trivia at 'Bricktowne' Brewing Company - 7 pm.

TRIVIA NIGHT - 4 Daughters Irish Pub - 7:30 pm.

FAME: THE MUSICAL - Craterian Theater - 7:30 pm - \$46-58.

WILLIAMS

YOUSSEUPHA SIDIBE WITH AL TORRE - Williams Grange - 8 pm - \$20 at the door.

TUESDAY, JANUARY 17

ASHLAND

KEN HART - Callahan's Lodge - 6 pm.

TRIVIA NIGHT - Louie's Restaurant - 7 pm - Free to play, plus prizes!

ROGUE POETRY SLAM - Caldera Tap House - Sign-up at 7:30 pm, show at 8 pm - \$5 cover all goes to the winning poets.

FREDERICKS & PRICE - Rock - The Wild Goose - 8 pm.

KARAOKE - Smithfields Pub & Pies - 9 to 11:30 pm.

CENTRAL POINT

KARAOKE TUESDAYS - The Corner Club - 9 pm.

MEDFORD

SOUTHERN OREGON JAZZ ORCHESTRA - 1st & 3rd Tuesdays at Howiee's On Front - 7 to 10 pm.

WEDNESDAY, JANUARY 18

ASHLAND

OPEN JAZZ JAM - La Baguette Music Cafe - 10 am.

SPAGHETTI GAME NIGHT - Board games &

all-you-can-eat pasta with wine purchase - 5 to 9 pm at EdenVale Enoteca.

KEN HART - Callahan's Lodge - 6 pm.

LIZ JONES - Belle Fiore Winery - 6 to 8 pm.

DAVID PINSKY - Blues - The Wild Goose - 8 pm - Free Pool from 6 to midnight on Wednesdays - No cover.

TRIVIA NIGHT - Smithfields Pub & Pies - 8 to 10 pm.

ROBBIE DACOSTA - Wednesdays at Brickroom - 8:30 pm.

MEDFORD

[P] THE MERIWETHERS - Mysha Caruso, Ezra Severin, Nell Geisslinger, and Manda Bryn Severin present a musical interpretation of the Lewis & Clark expedition - Rogue Performance Hall at RCC - 7:30 pm - \$10 admission / \$5 admission with 2 cans of food / Students & children: Free admission.

TRIVIA NIGHT - Howiee's On Front - 7 to 10 pm - No cover.

TRIVIA NIGHT - Portal Brewing Company - 7:30 pm.

OPEN JAM NIGHT - Pier 21 Tavern - 8 pm to midnight.

PHOENIX

OPEN MIC & JAM - The Phoenix Clubhouse - 7 to 10 pm - Drums, amps, keyboard and more available for use - Free, all ages.

Playing a show?
Let us know!

Email:
events@roguevalleymessenger.com



JANUARY 15 - OBERON'S TAVERN HOSTS JUNK PARLOR

EVENTS



VIEW 'SNOW MOON' BY PAMELA HAUSCHILD DURING THE WINTER EXPRESSIONS EXHIBITION AT ART & SOUL GALLERY IN ASHLAND

Art

A PANORAMIC POINT OF VIEW

Friday, January 6, 2017, from 5 to 8 pm. Come to "first first" Friday at Ashland Art Center, where January's Featured Photographer John Kirk will display a retrospective of his favorite panoramic images in the Photographer's Gallery. Kirk searches for unusual and dynamic landscapes and his travels have taken him to the lavender fields of Sequim, WA, the farm lands of Oregon and the Red Rock Country of the Southwest. John has shown his work and taken the top awards at many fine art shows throughout the West. Generation Jones, a father and son duet will be performing from 5:30 pm to 7:30 pm. Ashland Art Center, 357 E Main St.

MEN AT (ART) WORK

January 7 - February 17, 2017. Southern Oregon artists Miles Frode, David Masters, and Allen Smith explore the rational, spiritual, and emotional aspects of the human experience in large scale abstract artwork. This exhibit in the Main Gallery includes paintings in acrylic and oil, collages, and assemblages. In the Community Gallery (Jan 13 - Feb 17), view "The Art In The Letter," Calligraphy by Diane Amarotico and Cynthia Mish. Longtime members of the Ashland Calligrapher's Guild, Diane and Cynthia elevate the written word using wit and beauty. The reception for both exhibits is Friday, January 20, from 5 - 8 pm. The Rogue Gallery and Art Center in Medford, 40 S Bartlett St.

WINTER EXPRESSIONS

Opening Reception on Friday, January 6, 2017, from 5 to 8 pm. Take away the winter chill with Art & Soul Gallery artists January show, "Winter Expressions," which will be exhibited through January 30, 2017. The work of 15 artists is represented, including

watercolor, oil, pastel and acrylic expressions of the Winter Season. Tues-Sat, 10am-5pm, and Sunday 12-4 pm. Art & Soul Gallery, 247 E Main St., Ashland.

MOVEMENT OF THE HAND OR MEMORY OF TOUCH

Opening Reception on Friday, January 13, 5 to 7 pm. University of Oregon MFA Student Chelsea Couch's exhibition, "Movement of the Hand or Memory of Touch," will be on display January 13 - February 24, 2017. "Begrudgingly accepting the confines of her body is an ongoing task - the mind is drawn often to the body's borders, its limitations, and its fragility. In the works exhibited, the artist's body becomes an instrument that probes its own edges." Stevenson Union Gallery at SOU in Ashland, 1250 Siskiyou Blvd.

CAPTURED MOMENTS IN WATERCOLOR

Through January 15, 2017, view Cheryl Johnson's exhibit, "Captured Moments in Watercolor" at Cafe 116, 116 Lithia Way in Ashland. Info: 541-941-0855.

Classes

HUNKER DOWN DAYS

Sundays, January 8 & 22, 2017, from 11 am to 1 pm. This is not a class, rather it's an informal gathering to share skills and expand our community - no previous experience required. It's rain or shine, so get ready to Hunker Down with us! Every participant is a teacher. Skills might not be determined ahead of time (go with the flow!) Of course you can always bring whatever primitive skills projects you are working on, and anyone around might share

their knowledge. Dates: 2nd & 4th Sundays, January through April, 2017. Cost is free, donations encouraged. (\$10/individual, \$20/family) for use of supplies, tools, and facilities. All ages (and everyone will be required to sign our quick Permission & Release waiver). Pre-register if you can, but walk-ins are also accepted. Coyote Trails Nature Center, 2931 S Pacific Hwy., Medford.

PAINT PARTY

Tuesday, January 10, from 7 to 9 pm. Paint Party is a two hour event of creativity, food, drink and music. You don't have to be an artist to be creative. No experience is necessary -- it's even preferred! For two hours you will create a one-of-a-kind masterpiece under the guidance of a professional artist. All supplies, including paints, brushes, easel, apron, and canvas provided, including a 16x20-inch canvas. Guests may arrive at 6:10 pm to check in. Tickets are \$25. The Black Sheep Pub & Restaurant, 51 N Main St., Ashland.

INTRODUCTION TO OIL PAINTING

Wednesdays, January 11 - February 15, 2017, from 6:30 to 8:30 pm. Great for first time painters or those who just need a refresher course to build confidence. You will learn about oil painting materials and basic technique as you create two paintings. The class is structured with an easy step by step demonstration method. Some discussion on principles of design and color theory are worked into the demonstrations. Instructor is Linda Dixon. The cost is \$95 for six sessions. Ashland Art Center 357 E Main St., Ashland.

BUILDING A HYDROPONICS SYSTEM

Saturday, January 14, from 9 am to noon. Learn basic hydroponic concepts from starting seeds to harvest. Harvest leafy crops such as lettuce or bok choy in as little as 30 days! In this workshop each student will learn how to assemble a take home reusable hydroponic plant starting system and a "floating raft" type of grow system sufficient to grow up to 15 plants at a time. Students will learn how to prepare rockwool cubes for use, germinate seeds, start, grow, care for and harvest plants. All materials provided. Limited to 30 participants. Cost is \$85, or \$75 for Master Gardeners. Josephine County Master Gardeners, 215 Ringuette Rd., Grants Pass.

TRAIL MAINTENANCE WORKSHOP

Sat/Sun, January 14-15, 2017. Join Siskiyou Mountain Club Field Coordinator and trail guru Aaron Babcock for a two day workshop. Get your trail eyes, learn how to brush trails to perfection, and bring aching trails back to life. With this class, you'll be ready to bring trails back to life that have been overgrown by impenetrable brush fields. Participants have the option of staying at SMC club house in Selma. The van leave from there for Osgood Ditch Trail at 9 am on Saturday, with rendezvous option in Cave Junction. Head back out on Sunday and return to Selma by 2 pm. Email aaron@siskiyoumountainclub.org for details and to sign up. Visit www.facebook.com/SiskiyouMountainClub.

POETRY WORKSHOP EXPLORING MEMORY

Saturday, January 14, from 2 to 3 pm. Poets of every level are invited to a special poetry workshop exploring the ways of using memories of home in poetry. This free poetry workshop will feature and discuss the work of Lucille Clifton, Li-Young Lee, and Sharon Olds. It will guide participants toward starting some new poems using their own personal history to weave their verse. Adams Room, Medford Branch Library, 205 S Central Ave.

VISION BOARD WORKSHOPS

Thursdays, January 19 and 26, 2017. Manifest your 2017 - join a fun and inspirational workshop! We'll begin with a brief overview of the ideas, power, and concepts behind vision board and then the creative free-for-all begins. Glue, large poster board, magazines, and scissors provided. Drinks and food

available for purchase. Thurs, Jan 19, from 6-8 pm at Kindred Spirits in Talent, 106 Talent Ave., and Thurs, Jan 26, from 6-8 pm at Immortal Spirits and Distilling in Medford, 141 S Central Ave. Cost \$10 in advance, \$12 at the door (if available). Register online at www.evolutionary-consulting.com or call 541-778-1354.

Community

SOUTHERN OREGON FLEA MARKET

Saturday, January 7, 2017, from 9 am to 4 pm. Browse from over 50 vendors! Bring the whole family to shop, eat, and have fun for only a dollar per person. Kids age 10 and under are free. Early Bird Shoppers start at 7 am for ten dollars. Get yours hands on the deals of the day before general admission! Come down and buy, sell, and trade with us! Visit www.southernoregonflea.com. Josephine County Fairgrounds, 1451 Fairgrounds Rd., Grants Pass.

BRIDAL SHOW AT RUNNING Y

Saturday, January 14, from 10 am - 2 pm. This event gives brides the opportunity to see some of the best vendors in the (Klamath) basin and plan the details of their wedding. This fabulous event is free and open to the public, plus each bride in attendance will be entered to win thousands of dollars in prizes, including a dream wedding giveaway! Event features a Fashion show by Blue Garter Boutique at 11 am, a Wine walk from 12:30 - 2 pm, plus a "Man Cave" where men can hang out and sample different beers from Klamath Basin Brewery. Running Y Ranch Resort, 5500 Running Y Rd., Klamath Falls, OR. Visit www.runningy.com.

[P] MEDFORD CITY CELEBRATION OF DR. MARTIN LUTHER KING JR.

Sunday, January 15, from 2 to 3 pm. Celebrate the life and legacy of Dr. King and the work still to be done, through song, speeches and more during the City of Medford's Celebration for Dr. Martin Luther King, Jr., held at Medford's Central High School District Auditorium, 815 S Oakdale Ave. Free to the public. Bring a nonperishable food to donate to ACCESS. Visit "www.facebook.com/MedfordMLK/" / Doors open at 1:30 pm.

SOUTHERN OREGON WEDDING SHOW

Saturday, January 14, 10 am - 5 pm, and Sunday, January 15, 11 am - 4 pm. If you are getting married you will not want to miss the largest Wedding Show in southern Oregon. It's a fun and exciting two full days of information, ideas, and LOTS of give-a-ways! Bring your entourage and enjoy a fashion show, delicious cake sampling, a groom's lounge, and much more. Every bride that comes to the show will receive a free beautiful Bridal Planner! Register online and receive a free gift at the door (Visit <http://soweddingshow.com/register/>). The first 100 brides that come to the show will receive an awesome Bridal Tote bag to carry all your wedding supplies. Admission is \$2 or 2 cans of food. Rogue Valley Country Club, 2660 Hillcrest Rd., Medford.

[P] ASHLAND MARTIN LUTHER KING JR. HOLIDAY CELEBRATION

Monday, January 16, from 12 noon to 1:30 pm. The 28th annual Ashland Martin Luther King Jr. Holiday Celebration will be held at the Historic Ashland Armory, 208 Oak St. The event will feature Keynote Speaker Alma Alvarez, a variety of tributes to Dr. King and his enduring legacy through music, spoken word, and dance. A simulcast live stream will be available at the Varsity Theatre, 166 E Main St. in Ashland, and through online viewing. The Armory event will be followed by a march to the Ashland Plaza. Once there, a traditional re-broadcast of Dr. King's "I Have a Dream" speech will be played. The event is free, open to the public, and sign interpreted. Donations are welcome, and please bring nonperishable food items for the Ashland Emergency Food Bank, as this event is a food drive. For more information on this and other MLK events in our area, visit www.somlk.org.

ASHLAND WINTER EMERGENCY SHELTER

Monday through Thursday, Mid-November through mid-April, there are "no frills" overnight shelters in Ashland. Mondays at Presbyterian Church (families and well-behaved pets allowed), 1615 Clark Ave., open 7:30 pm to 7:30 am the next day. Tuesdays & Thursdays at Pioneer Hall (no families), 73 Winburn Way, open 7:30 pm. Wednesdays at Trinity Episcopal Church (no families), 44 N 2nd St., open 7:30

EVENTS

pm. Volunteer opportunities abound. Background check required for hosts at Pioneer Hall (stop by the Ashland Police Department). A willingness to serve is all that is required at other locations. Hosts always work in teams with at least one experienced volunteer. Volunteer trainings are held periodically. To volunteer, contact Heidi Parker at 541-482-1520, or email parkershames@gmail.com.

FREE TOURS OF THE HISTORIC HOLLY THEATRE

Saturdays, January 7 and February 4, 2017. The historic Holly Theatre is open for free public tours on the first Saturday of each month between 10 am - 1 pm. Opened in 1930, the Holly is the last remaining grand movie palace in Medford and is being restored to its original grandeur and is becoming the largest indoor entertainment venue in the region. Visitors to the theatre will gain a unique insight into the theatre's history and promising future! Tours are offered every half hour (from 10am-1pm) and last approximately 1 hour. Please note, the interior of the building is still under construction. Visitors are encouraged to wear closed-toe shoes and should be comfortable using stairs. Accommodations can be made for visitors with limited mobility. Private donors and groups of 10 or more may arrange private tours. Historic Holly Theatre in Medford, 226 W 6th St.

WOMEN IN BLACK - SILENT VIGILS FOR PEACE

Meet in Grants Pass, Cave Junction, Roseburg, Medford, and Ashland to stand silently for Peace. Contact person Ruth Torre, 541-472-5113 or email rmtorre11@gmail.com.
In Ashland: Fridays, 12 - 12:30 pm, Ashland Plaza, first and third Saturdays, 11 - 11:30 am, Ashland Plaza.
In Medford: Wednesdays, 12 - 12:30 pm, Vogel Plaza, corner of Main & Central.
In Grants Pass: first and third Mondays, 12 - 12:30 pm, next to the Post Office.
In Cave Junction: Mondays, 12 - 12:30 pm, County Building.
In Roseburg: Fridays, 12 - 12:30 pm, the Fire Station on Garden Valley Blvd.

Film

[P] THE CHEROKEE WORD FOR WATER

Saturday, January 7, 7 pm. "The Cherokee Word for Water" is based on the true story of the Bell Waterline Project. The feature film is set in the early 1980s in a rural Oklahoma Cherokee community where many houses lacked running water. Led by Wilma Mankiller, the community of volunteers built nearly 20 miles of waterline to save their community. No admission charge, donations will be accepted to support the continuing Stand with Standing Rock. Social Justice & Action Film Showing at the Rogue Valley Unitarian Universalist Fellowship, 87 4th St., Ashland.

[P] DEFYING THE NAZIS: THE SHARPS' WAR

Monday, January 9, 7 pm. The remarkable story of the Unitarian couple who rescued score of people in Europe is a story of principles and courage and a timely look at how individuals can make a significant difference in the lives of others. Discussion to follow the film. Social Justice & Action Film Showing at the

Rogue Valley Unitarian Universalist Fellowship, 87 4th St., Ashland. Free admission.

AIFF VOLUNTEER ORIENTATION

Tuesday, January 10, 2017, from 6:30 to 8 pm. The Ashland Independent Film Festival is looking for volunteers to help put on the 16th Annual Festival, scheduled for April 6-10, 2017. Come to an informative New Volunteer Orientation Meeting on January 10 and learn the many ways that you can participate, during the festival or year-round. Meet the AIFF staff, board and other film-loving volunteers and hear news about the upcoming festival! Find more information and fill out a 2017 volunteer form at www.ashlandfilm.org or email volunteers@ashlandfilm.org. Historic Ashland Armory, 208 Oak St.

THE MAGNIFICENT SEVEN

Wednesday, January 11, from 12 noon to 2:30 pm. With the town of Rose Creek under the deadly control of industrialist Bartholomew Bogue, the desperate townspeople employ protection from seven outlaws, bounty hunters, gamblers and hired guns. As they prepare the town for the violent showdown that they know is coming, these seven mercenaries find themselves fighting for more than money. (2016, PG-13). Free showing. Large Meeting Room, Medford Library, 205 S Central Ave.

I WISH I WAS THAT BIRD

Friday, January 20, 7 pm. James Condos makes art inhabited by creatures real and fantastical, full of color, pattern, and word play. A self-taught artist, James lives in Grants Pass and overcomes the daily challenges of mental illness while pursuing his lifelong dream of being an artist. This international award-winning and remarkably candid film paints an intimate portrait of a life colored by childhood abandonment and violence and redeemed by forgiveness and purpose. Runtime 50 minutes. Doors open at 6:30 pm. Tickets for this special screening are \$5. GPHS Performing Arts Center, 830 NE 9th St., Grants Pass, OR.

Food

WINTER FEAST

Thursday, January 12, 2017, from 5:30 to 8 pm. Enjoy decadent food pairings, thoughtfully prepared by our Executive Chef Team, each course paired with

premium Belle Fiore wines. \$65 per member, \$75 non-members (gratuities included). Reservations required. Belle Fiore Estate & Winery, 100 Belle Fiore Ln., Ashland. 541-552-4900.

WINTER WINE EVENT

Saturday, January 14, from 1 to 4 pm. Del Rio Vineyards & Winery invites you to their 13th annual Winter Wine Event. This event is a delightful festival, which fills the winery with wonderful products, from a number of local artisan producers of coffee and candies to savory BBQ. Enjoy wine tasting, a commemorative wine glass, samples of local products, and the great sounds of The East Main Band. Early Bird Pricing \$15, or \$20 at the door (wine club members receive \$5 off admission). Del Rio Vineyards & Winery, 52 N River Rd., Gold Hill.

LATINALTY: COOKING CLASS AT TROON VINEYARD

Sunday, January 15, from 4 to 8 pm. Your Chefs will be husband and wife duo Jorge and Angela Padilla. Full of knowledge and fun, they will be teaching you how to create true Cuban cuisine - paired with Troon Vineyards wines! \$65 per person (\$50 Wine Club members). Class size is limited. Contact Jessica at 541-846-9900 or email Jessica@troonvineyard.com. What's your Latinality?

[P] WINTER BREWER'S DINNER

Wednesday, January 18, from 6 to 9 pm. Gather with friends, family and community to celebrate food and beer in a festive, multi-course meal. Chef Javier and Brewer Larry Chase will create a 5 course menu that is sure to delight your taste buds / beer drinking friends. Tickets are \$75 per person (including gratuity). Limited seating. Standing Stone Brewing Company, 101 Oak St., Ashland. Call 541-261-0021 or email samantha@standingstonebrewing.com.

ASHLAND FOOD PROJECT DONOR DRIVE

Seeking new food donors for the Valley-wide Food Project. How it works: You buy one extra nonperishable item each time you shop--approximately eight items in a two-month period. On the second Saturday of each month, a neighborhood

coordinator picks up the food from your doorstep and delivers it to the Ashland Emergency Food Band. In the Medford area, the food is distributed to several nonprofits. For further info or to donate: www.ashlandfoodproject.com or email foodproject@opendoor.com.

PHOENIX COMMUNITY DINNER

Thursdays, January 12 and 26, from 5 to 7 pm. On the 2nd & 4th Thursdays of each month, the Phoenix Community Kitchen hosts dinner. Everyone is welcome, bring your neighbors and friends. First Presbyterian Church in Phoenix, 121 W Second St. Info: 541-535-1119.

FREE COMMUNITY MEAL

Every Tuesday, from 4:30 to 5:30 pm. Uncle Foods Diner hosts a Free community meal at Wesley Hall, First United Methodist Church in Ashland, 175 N Main St. Want to help? Cooks, servers, and volunteers are needed to help clean up. Contact Director of Uncle Foods Diner, Maren Faye, at marenfayecatering@yahoo.com.

Kids & Family

OUTDOOR ADVENTURE AT YALE CREEK FARM

Coyote Trails School of Nature of bringing a rural home school education program to the Applegate Valley, on Yale Creek Road, blending together primitive skills, homesteading skills, and art. Pre-register or drop-in on Wednesdays, Thursdays, and/or Fridays, January 11-March 24, 2017, from 9 am to 3 pm. Open enrollment allowed you to choose which of these days work best for you - maybe all three! The cost is sliding scale, \$30-50/day if you commit to the term. Week prior: \$35-50/day. Drop-in rate: \$40-50/day. Yale Creek Farm, 724 Yale Creek Rd, Applegate.

NATURAL HISTORY OF THE OREGON TRAIL

Saturday, January 14, from 2 to 3 pm. All ages are invited to learn the Natural History of the Oregon Trail! John Jackson of Bugs R Us will cover the basics of the Applegate and Oregon Trails, combined with the animals, plants, and geology that the settlers encountered. Discuss the game animals - bison, elk, deer, quail, as well as the predators - wolves and coyotes. Plus, you get to pet the hides and horns from all of the mammals and birds that are discussed! This free program includes information about the landmark rocks and rivers, as well as the importance of the bison to the Native Americans and pioneers. Each participant will receive a detailed Oregon Trail historical map and a coloring page. Phoenix Branch Library, 510 West 1st St.



JANUARY 14-15, LEARN TRAIL MAINTENANCE TECHNIQUES FROM THE SISKIYOU MOUNTAIN CLUB IN SELMA



JANUARY 7 - WATCH 'THE CHEROKEE WORD FOR WATER' AT THE RVUUF IN ASHLAND

EVENTS

TEEN WRITING GROUP

Do you enjoy reading and writing stories? Come to the Teen Writing Group on the second and fourth Saturdays of each month, from 1-2 pm at the Medford Branch Library, 205 S Central Ave. Join in the fun writing activities, opportunities to share your writing or listen to other teen authors share their writing. It does not matter what level of writing skill you currently have. Local young adult author Leah M. Berry mentors the group and offers her expertise. Call the Medford Teen Library at 541-774-8685 or visit jcls.org.

WILD

Join Wilderness Integrated Learning and Development (WILD), a program for kids ages 7-11 who want to spend more time playing and learning in the great outdoors. We offer a time and space in a beautiful forest setting for unstructured play and guided experiential learning. Parents are welcome! 2017 Spring Program is on Sundays, January 15 & 29, February 19, March 5 & 19, and April 3, from 1 to 4 pm. No charge, donation only. To register, contact Cheryl Bruner: info@williamscommunityforestproject.org.

Meetings

HUMOR WRITING MADE EASY

Saturday, January 7, from 10 am to 3:30 pm. At the Southern Oregon Willamette Writers January meeting, author and speaker Mark Saunders will present "Humor Writing Made Easy." Morning workshop "15 ways of adding humor to your writing" starts at 10 am and is free for members (\$10 non-member). The afternoon workshop "Even more ways of adding humor" starts at 1:30 pm and is \$25 for members (\$35 non-members, or \$30 for the whole day). Location in Central Point. Visit www.facebook.com/southernoregonwillamettewriters/.

SOCAN LEADERSHIP STRATEGIC PLANNING MEETING

Wednesday, January 11, 2017, from 5:30 to 7:30 pm. SOCAN (Southern Oregon Climate Action Now) will make plans for 2017 at this meeting. All concerned individuals are encouraged to attend as we identify our direction for the upcoming year. To RSVP, email kathy@socan.info. Carpenter Room, Medford Library, 205 S Central Ave.

HIKER'S RENDEZVOUS

Thursday, January 19, from 6 to 7 pm. Join us for the first Southern Oregon Hikers Rendezvous, a monthly event for hikers to meet up, learn more about hiking in our region, and meet other hikers. Hosted by Ashland Outdoor Store, 37 3rd St., on the third Thursday of each month. All attendees eligible for raffle for free SMC memberships and outdoor gear donated by AOS. The January presentation is Three New Backpacking Trips in SW Oregon. Learn about trail conditions and discover what it's going to take to drag these routes out of historic maintenance backlogs.

MEDFORD CHESS CLUB

Mondays, 6 pm. Free and open to Chess players of all levels. Diamond Medical, 1020 Knutson St. (off Biddle Rd), Medford. Chess at Rogue Roasters in Grants Pass has been cancelled due to lack of attendance.

VETERANS FOR PEACE

The Rogue Valley Veterans for Peace Chapter 156 meets on the first Wednesday of each month at 6:30 pm at a rotating location. For further information or to arrange transportation to the meeting, call Ivend Holen in Medford at 541-779-5392 or visit veteransforpeace.org.

SOUTHERN OREGON SKYWATCHERS

Monthly gathering, star parties, telescope building, and more! Newcomers and visitors are welcome to join us. Meetings and programs are free of charge, and you don't have to be a member to attend! Visit www.orskywatchers.org.

Presentations

WISDOM OF THE HEART

Readings by Diana Coogle, Paintings by Barbara Kostel. In this book, artist Barbara Kostel depicts a metaphysical journey through life in forty-four abstract, nature-inspired paintings. For each painting, writer Diana Coogle, PhD, responds with a one-page personal essay-- meditative, narrative,



JANUARY 7 - BIRDS OF A FEATHER COME TOGETHER FOR THE AUDUBON SOCIETY'S ANNUAL AMERICAN DIPPER COUNT IN ASHLAND'S LITHIA PARK

or poetic--based on a life lived closely with nature. Enjoy readings from their new book, 'Wisdom of the Heart' on Saturday, January 7, 2 pm at Art Presence in Jacksonville, Sunday, January 22, 3 pm at the Grants Pass Museum of Art, and Monday, January 23, 7 pm at Bloomsbury Books in Ashland.

THE GAME IS RIGGED: BUT HOW?

Tuesday evenings, January 10, 17, 24, and 31, from 7 to 9 pm. The Southern Oregon Pachamama Alliance Community present a series of 4 interactive discussions on Economic Justice with Wendell Fitzgerald. We all know the game is rigged, putting massive wealth in the hands of a few. But what are the specific economic mechanisms involved? Saying that people and corporations are greedy may be true but tells us nothing about how economic exploitation is actually accomplished or what specific public policies might be effective for change. Bellview Grange, 1050 Tolman Creek Rd., Ashland.

WRITING THE GREAT WAR

Wednesday, January 11, from 12 noon to 1 pm. Kicking off the 2017 Windows in Time lunchtime history talks, historian Bill Miller will present "Writing the Great War: Southern Oregon Letters and Stories from WW1." As the 100th anniversary of the country's entry into the First World War approaches, the talk looks at the human feelings and often heroic sacrifices of those Southern Oregonians caught in the middle of a war they hoped would end all war. The talk is illustrated with contemporary photographs and National Archives motion pictures. These monthly "Windows in Time" lunchtime lectures are offered free to the public on the first and second Wednesdays throughout the year. The January 11 lecture is at the Ashland Branch Library, 410 Siskiyou Blvd.

JOURNEY OUT OF SAD: BEAT THE SEASONAL BLUES NOW

Thursday, January 12, 7 pm. If you or someone you love struggles with Winter Blues, author Victoria Leo, professional health coach and clinical hypnotherapist, will provide a science-backed blueprint for bringing energy and joy back into your life, without the side-effects of antidepressants. Victoria will also be signing preview copies of her January 20th new release, 101 Stress-Busters: The Fun, Powerful Toolkit for People Who "Can't Meditate" and offering stress-busting advice specifically for the winter months. Bloomsbury Books, 290 E Main St. in Ashland. 541-488-0029. Free.

SISKIYOU HIKING BARES

Friday, January 13, 7 pm. Siskiyou Hiking Bares will present a slideshow and talk on the Nude European Walking Tour. This will cover our participation in the last NEWT in the Austrian Alps this last summer. Twenty seven hikers from all over Europe and the U.S. took part in this week long adventure. Find out

what this was like, how you can participate in the next NEWT, and also join local clothing optional activities and hikes in Oregon. \$5 at the door. Community Room, Jackson Wellsprings, 2253 Hwy 99 N, Ashland.

STUDYING WOLVES WITH HOLLY HERTEL

Saturday, January 14, from 1 to 2:30 pm. Holly Hertel weaves together wolf biology, the population comeback of wolves in America, and how wolf studies are conducted. Growing up in cornfield-dominated central Illinois, Hertel found comfort in the nature that seeped through the cracks of railroad tracks and concrete creeks. Inspired by Jane Goodall but incredibly shy and lacking confidence, she received a rare opportunity to study a wild wolf pack in 1979-81 for her Master's degree. As one of the first women to work with wolves - trapping, radio-tracking, and observing wolves at a forest landfill - she demonstrated that females could do anything males could do and gained the confidence to heal her own heart. Ashland Branch Library, 410 Siskiyou Blvd.

N OF 1

Monday, January 16, 7 pm. In "N of 1: One Man's Harvard Documented Remission of Incurable Cancer Using Only Natural Methods," author Dawn Lemanne reveals how an ordinary man reversed his "incurable" cancer by persistent experimentation with natural therapies. The unprecedented success shocked the Harvard oncologists who documented the case. Ashland oncologist and author Dr. Dawn Lemanne explores the implications for patients and for medical research. Bloomsbury Books, 290 E Main St. in Ashland. 541-488-0029. Free.

[P] A WORD FOR LOVE

Tuesday, January 17, 7 pm. Set in Syria on the cusp of political unrest, Emily Robbins' "A Word For Love" tells the story of Bea, a young American woman who travels around the world to study "The Astonishing Text," an ancient, original manuscript of a famous Arabic love story that is said to move its best readers to tears. In her search, Bea finds herself transformed by language, risk, war, and a startling new understanding of love. Bea's is a story that could happen anywhere in the world where people feel unsafe or oppressed; anywhere that life is difficult, and yet love still prevails. Bloomsbury Books, 290 E Main St. in Ashland. 541-488-0029. Free.

THE CHRONICLES OF WINONA LADUKE

Wednesday, January 18, 7 pm. Chronicles of a North American love story and travelogue, encompassing seven years of writing, profiling courageous people and frontline Indigenous environmental and human rights stories, from the Canadian sub Arctic to the heart of Dine Bi Kaya, the Navajo Nation. Chronicles is a book that literally rose from the ashes, beginning in 2008, then her home burned to the ground. It is a collective

of Winona's personal path to recovery through memory and writing. Chronicles not only bears witness to loss and healing, it is also a tribute to those who have passed on and those yet to arrive. Bloomsbury Books, 290 E Main St. in Ashland. 541-488-0029. Free.

Sports & Outdoor

FROSTBITE RUN

Saturday, January 7, 11 am. Start off the new year right with Southern Oregon Runners' Frostbite Run! With custom medals, tech shirts, and a huge prize giveaway this is a race you will not want to miss. Talent Middle School, 102 Christian Ave.

AMERICAN DIPPER COUNT

Saturday, January 7, from 9 am to noon. The 18th Annual American Dipper Count on Ashland Creek will cover approx. 1.75 miles of Ashland Creek. The object is to accurately count all American Dippers in the area. Meet at 9 am on the Ashland Plaza. For more information, visit www.roguevalleyaudubon.org.

[P] COASTAL CHALLENGE OF CHAMPIONS

Saturday, January 7, 2017, from 7 pm to 10 pm. Lithia of Medford presents the Coastal Farm & Ranch Challenge of Champions Tour Finale. Several Professional Bull Riders meet up to compete on the Top of some of the best bulls on Tour. Come see the excitement unfold! Visit www.cctbullriding.com. Jackson County Expo, 1 Peninger Rd., Central Point.

[P] ROGUE VALLEY RUMBLE 6

Friday, January 13, from 7 to 11 pm. "Friday Night Fights" - Live professional boxing at the Jackson County Expo in Central Point, 1 Peninger Rd.

MT. ASHLAND SNOWSHOE HIKE WITH KS WILD

Saturday, January 14, from 10 am to 3 pm. Trek with KS Wild on a snowshoe expedition up the powdery peaks of Mt. Ashland to see spectacular panoramic views of the valley with Ashland nestling inside it. Visit kswild.org or go to www.facebook.com/KSWild/.

CRATER LAKE SNOWSHOE WALKS

Through April 30, 2017, Crater Lake National Park hosts ranger-guided snowshoe walks on Saturdays and Sundays at 1 pm both days. These walks are a fun way to explore and learn about one of America's snowiest inhabited places, which receives an average of 43 feet of snow per year. The walks start at 1 pm, last two hours, and cover 1-2 miles of moderately strenuous off-trail terrain. Snowshoes are provided free of charge, and there is no cost for the tour. Participants should be at least 8 years old. Wear water-resistant footwear and

EVENTS

warm clothing. Advance reservations are required, as space is limited on each tour. Organized groups (scout troops, hiking clubs, church groups, etc) may be able to arrange a separate tour for their group. Call the park's visitor center at 541-594-3100, open daily from 10am - 4 pm, except December 25.

PROJECT FEEDERWATCH

Join an annual survey and help count birds that visit the feeders at North Mountain Park in Ashland and Coyote Trails Nature Center in Medford. This a great opportunity for all-level birders to get acquainted with local birds and mingle with other birders under a covered pavilion. The information collected will be submitted to Cornell University's FeederWatch project, a nationwide citizen-science bird monitoring effort. For ages 10 and older. Free. Pre-registration is not required. Saturday, January 7 & 21, February 4 & 18 and March 4 & 18, 2017, from 9 to 10 am at North Mountain Park Pavilion in Ashland, 620 N Mountain Ave. Thursdays/Fridays, January 12-13, and 26-27, from 12 noon to 1 pm at Coyote Trails Nature Center, 2931 S Pacific Hwy., Medford.

HACKY SACK IN THE PARK

Saturday, January 21, from 10 am to 12 pm. Gene Burnett and Jesse Biesanz host monthly Hacky Sack sessions every third Saturday at the Bandshell in Ashland's Lithia Park. "It's fun, aerobic, cooperative, demands balance, coordination, quick thinking and accuracy...whether you're new to the game or an experienced player. Join us!"

GRANTS PASS DISC GOLF CLUB

Every Wednesday. Sign-ups end at 5 pm. Throwing by 5:15 pm. Times will be adjusted for shorter daylight hours in the winter. Weekly prizes and more! Cost is \$7. For more info message A.E. Stevens at 541-659-6988. Tom Pearce Park in Grants Pass, 3700 Pearce Park Rd.

MOUNTAIN BIKING IN JACKSONVILLE

Wednesdays, 6 pm. Cycle Analysis hosts a two hour group Mountain Bike ride on the Britt Trails in Jacksonville or John's Peak, which has 200 miles of trail. Come enjoy good food, friends, and a great ride. Everyone is welcome. Helmets mandatory at all times, lights in the winter. Cycle Analysis in Jacksonville, 535 N Fifth St. Free.

Stage

SOUTH PACIFIC

Until January 8, 2017. Set in an island paradise during World War II, two parallel love stories are threatened by the dangers of prejudice and war. Winner of the

Tony Award for Best Musical, Best Libretto and Best Score! Musical numbers include "I'm Gonna Wash That Man Right Outa' My Hair," "Some Enchanted Evening," and more. The Camelot Theatre in Talent, 101 Talent Ave. 541-535-5250.

[P] SPOTLIGHT ON BILLY JOEL

January 12 - 29. William Martin "Billy" Joel is an American pianist, singer-songwriter and composer. Since releasing his first hit song "Piano Man" in 1973, Joel has become the sixth best-selling recording artist and the third best-selling solo artist in the United States. Joel achieved 33 Top 40 hits through the 1970s, 1980s, and 1990s. He is also a six-time Grammy Award winner and sold more than 150 million records worldwide. The performance will include songs such as "Piano Man", "Just the Way You Are", "A New York State of Mind" and others. Tickets are \$22 - \$33. The Camelot Theatre in Talent, 101 Talent Ave. 541-535-5250.

THE ODD COUPLE

Fri/Sat, January 6-7, and 13-14, at 7:30 pm. Neil Simon's Tony Award-winning classic comedy of opposites lives on! After the collapse of his marriage, TV news writer Felix Ungar moves in with his sportswriter best friend, Oscar Madison. In short order, Felix's neurotic and fastidious ways hilariously clash with Oscar's careless and lazy lifestyle, testing the limits of compatibility and compromise. Don't miss your chance to see this time-honored play of mismatched roommates that inspired the Academy Award-nominated film and wildly popular TV series. Tickets \$18. Craterian Theater, 23 S Central Ave., Medford. 541-779-3000.

[P] FAME: THE MUSICAL

Monday, January 16, 2017 at 7:30 pm. Inspired by the 1980 Academy Award-winning film and ensuing Emmy Award-winning series, Fame - The Musical convincingly captures the successes, failures, elation and fear experienced by a group of aspiring students at the New York High School of Performing Arts. This international phenomenon has reached over 50 million people in 25 countries, galvanizing young performers while entertaining audiences throughout the world. Tickets \$46 - \$58. Craterian Theater, 23 S Central Ave., Medford. 541-779-3000.

PUMP BOYS AND DINETTES

Friday, January 20, 2017 at 7:30 pm. In this Tony Award-nominated feel-good musical, four industrious workers at a North Carolina gas station are joined by two good-natured waitresses from a nearby diner, and together they pass the time by making music that celebrates friendship, hard work and the simple joys of life. From wistful ballads to toe-tapping tunes, you are in for a night of delightful nostalgia. Tickets \$36 - \$42.

Craterian Theater, 23 S Central Ave., Medford. 541-779-3000.

DOG SEES GOD: CONFESSIONS OF A TEENAGE BLOCKHEAD

January 19 - February 5, 2017. An "unauthorized parody," that imagines characters from the popular comic strip "Peanuts" as teenagers. When CB's dog dies from rabies, CB begins to question the existence of an afterlife. His best friend is too burnt out to provide any coherent speculation; his sister has gone goth; his ex-girlfriend has recently been institutionalized; and his other friends are too inebriated to give him any sort of advice. But a chance meeting with an artistic kid, the target of his group's bullying, offers CB peace of mind and sets in motion a friendship that will push teen angst to the very limits. Drug use, suicide, eating disorders, teen violence, rebellion and sexual identity collide and careen toward an ending that's both haunting and hopeful. Performance suitable for mature teens and adults (for language and content). Collaborative Theatre Project, 555 Medford Center, Medford. Tickets \$18-\$25.

Wellness

NONVIOLENT COMMUNICATION PRACTICE GROUP

Meets every Tuesday, from 4:15 to 5:45 pm. Anyone who has had an introduction to NonViolent Communication and wants to practice is welcome. Bring your book, NonViolent Communication by Marshall B. Rosenberg, Ph D. Regulars and drop-ins welcome. Questions? Contact Joanna Niemann, joannawn@yahoo.com. 541-482-5940. Meets at Peace House in Ashland, 543 S Mountain Ave.

CLASSICAL SIVANANDA HOLISTIC YOGA

January - March, 2017. Traditional Raja Yoga practice focusing on energy consciousness and stillness. The classical hatha yoga of India is a meditative system of relaxing, gentle, slow movements and held postures. Flexibility and fitness are byproducts of these beautiful, graceful stretches, but not prerequisites. Saturdays from 10 to 11:30 am. Open to ALL levels. Drop-ins \$15. Private Sessions available Saturdays, 4 - 10 pm (pre-registration required). Ashland Karate Academy, 644 Tolman Creek Rd. 920-286-2759.

ESKRIMA-KALI-ARNIS STICK FIGHTING CLASSES

January - March, 2017. Learn techniques, forms, drills and concepts from our E.H.A.M.A. curriculum in a safe, encouraging community of martial artists. Single Stick, Double Stick, Eskrido, Sword & Dagger, Kickboxing, Padded Stick sparring, traditional sword forms, flexibility, relaxation and meditation. Fridays from 5 - 6 pm Intermediate Eskrima II, 6 - 7 pm Intermediate Eskrima I, 7 - 8 pm Intro to Eskrima. Private Sessions available on Saturdays from 4 - 10 pm (pre-registration required). Drop-ins \$15. Ashland Karate Academy, 644 Tolman Creek Rd. 920-286-2759.

DEATH CAFE

At Death Cafes, people come together in a relaxed and safe setting to discuss life and death, drink tea and eat delicious sweets and cake. Suggested donation \$10. Monthly location sent with confirmation email. Please RSVP on our site, AshlandDeathCafe.com. Email AshlandDeathCafe@gmail.com.

TRAUMA AWARE YOGA FOR RECOVERY

Thursday, January 5, 2017, from 7 pm to 8:15 pm. Join an amazing class for survivors who Thrive after the trauma of abuse, addiction, illness, injury and PTSD from these events. Your comfort and emotional wellbeing are nurtured, as is your body, in these classes. These are Somatic Movement and Hatha Yoga classes ending with a beautiful Yoga Nidra for sleep. Feel free to call and talk to the instructor at 541-778-8477 about any concerns or questions. The cost is \$15. If needed, you may donate what you can afford. Natural Paths Center for Ayurvedic Psychology and Yoga, 312 N Main St., Phoenix, Oregon.

SUNDAY MINDFULNESS

Sundays, January 8 and February 12, 2017, from 4 to 5:30 pm. Practicing Mindfulness increases your feeling of satisfaction in life. It can also increase your ability to be calm and centered, instead of worried or anxious. The practices will include a combination of seated and walking meditation, a short explanation of Mindfulness, as well as other meditation techniques, and sharing about practice. Charlotte Nuesle will lead the group. Ashland Public Library, 410 Siskiyou Blvd. Free.

Email:

events@roguevalleymessenger.com



JANUARY 14 - GO SNOWSHOE HIKING ON MT. ASHLAND WITH KS WILD

SOUND

Accidentally Avante Garde

Junk Parlor Set Out To Be Gypsies, But Not a Gypsy Jazz Band

BY JOSH GROSS



TALK TO THE HAND, CAUSE JUNK PARLOR AIN'T LISTENIN' PHOTO COURTESY OF JUNK PARLOR

According to its frontman, Jason Vanderford, Junk Parlor was formed by accident. Its members were part of a regular gypsy jazz jam at a Petaluma wine bar, and one day one of them booked the band that wasn't yet a band a gig despite having neither songs nor a name. But they threw those together quickly and things took off from there. The Bay Area group has put out two collections that are equal parts Django Reinhardt and British Invasion, and is at work on a new single and video, in-between tour dates. The band's current outing will bring it through Southern Oregon for a pair of shows at The Haul in Grants Pass on Sat., January 14, and at Oberon's in Ashland on Sun., January 15. Vandeford took the time answer a few questions for *The Messenger* to preview the show.

Rogue Valley Messenger: Your music could be described as period or retro. Why look back instead of forward? Was it deliberate or something that arose naturally from the combined musicianship?

Jason Vanderford: I purposefully didn't want to create a "Gypsy Jazz" or a "Balkan" or a "Rock" band. Since we decided to actually take this seriously, I wanted to create some-

thing new. I started writing songs that I wanted to hear, originals. Lots and lots of originals. When you are doing your own thing, you make up the rules. One thing I know is that a good band will play to the strengths of the musicians in it.

RVM: Your 2015 album, *Melusina*, was a big departure from your debut, *Wild Tones*, dropping the rock and focusing strictly on gypsy jazz. Your new recording, *Mick Jagger's Heart*, seems to be walking that back. Could you speak to that?

JV: *Melusina* had more of an instrumental focus because of the response we got in the bellydance community with a couple songs from our first record.. so we went with it. Our next album is going to be a mix again, with more emphasis on the vocals. It's two sides of the same coin. We love all the directions we go, even though some songs sound drastically different than others.

RVM: Are there unique challenges that come with playing in more niche genres like you do?

JV: Everything is a challenge. But it would be boring if it were easy. Generally my main

focus always is to put on the best show we possibly can. There are always critics and folks who don't understand what you are doing, but there are usually more folks who just love it. Junk Parlor really doesn't sound like any band that I have ever heard.

RVM: Where do you feel a sound like yours fits into the contemporary music world? Or does it?

JV: I always feel a kinship to Punk because at its core it doesn't follow any traditions. It is generally rebellious and extremely passionate. And that is how I like to judge music. Not by technique or how many notes one plays or how clever a harmony is. Music can have all of that and still feel completely flat. That said, I'm not so sure that we would even technically be considered "punk" so I don't really know where we fit in. Indie rock maybe? 🍷

JUNK PARLOR

9 pm, Sat., January 14
The Haul, 121 SW H St., Grants Pass
FREE

9 pm, Sun., January 15
Oberon's, 45 N. Main St., Ashland
FREE

SOUND

Post-Patrimony

The Newly Solo AKA Faceless to Play Tricks on Medford

BY JESSE EELLS-ADAMS



MY RIGHT ARM FEELS A LITTLE FUNNY... PHOTO CREDIT: CHARLES DOUGLAS

What kind of metamorphosis occurs when the weight of popular music bears down too heavily on itself? What happens when glacial-sized inadequacies cause whole musical movements to come to a grinding halt? The answer is an opposite reaction. Someone has to push against that rock, and it ain't always Sisyphus. Sometimes you get Trevor Martell, or AKA Faceless, another restless experimenter trying on a new pair of musical shoes, who will be performing for the first time at Howiee's on Front in Medford on Sat., January 7.

"Everything has a clock on it," says Martell. "The beginning of the end is another beginning."

He is specifically referring to his decision to leave the bluesy psych-rock trio Patrimony that had been active since their high school days in 2010 until recently. Martell was also referring to his hunch that audiences might not be so keen with rock star posturing these days.

"We've been this blues/rock band but I've always been wanting to push away from those places and dive into other realms," he says. "From folk to hip/hop...blues for me personally is more of a feeling than a genre of music. I really strongly believe that Kendrick Lamar has the blues. I look at rap as the new blues. It's not necessarily a style of music."

To tease his new direction, Martell released a teaser track from AKA Faceless in December, a delicate acoustic track called Ode/Timbre, available on Bandcamp. The song stays with a third person narrative, holding in it the promise of egolessness. The full EP drops in January.

"Each song is about building its own character," he says. "It's telling a story from other people's perspectives. I am no longer writing about myself...Faceless is a public figure. I am your father, mother, brother and sister. I am you and you are me. The songs are reflections of yourself."

"The whole thing about Faceless is that it's palatable to whatever the image is. I put a lion mask on and that is going to put off the effect that I am powerful, that sort of energy. But I put on

a mime mask and I'm causing mirages and playing tricks on you."

The chimerical guises of AKA Faceless and his musical partner Jason Allenby, or Fathom, Manifest, will be on full display at Howiee's on Front on January 7. Be sure to be the song you want to hear on the first weekend of the year. 🍷

AKA FACELESS WITH JUNIPER BERRIES AND SLOW CORPSE

9 pm, Sat., January 7
Howiee's on Front, 16 N Front St,
Medford
Free.

Rogue Sounds

Slacker Swing Still Has That Thing on "Maestro and the Captain," New From Flat 5 Flim Flam

BY JOSH GROSS

Once upon a time, Southern Oregonians were obsessed with The Cherry Poppin' Daddies—the Eugene band that brought swing back to national prominence for a hot second in the nineties. The friend of mine that first played them for me explained her teen obsession thusly: "they were the only out-of-town band that bothered to play here."

She wasn't wrong. But only game in town or not, the music was pretty hot as well, and swing has held a place in my heart ever since.

That made it a joy to get copy of the *Maestro and the Captain Presents...*, the debut album from local act, Flat 5 Flim Flam, which the band is releasing at a trio of shows: Thu., January 19 at Loft in Ashland, and then Fri., January 20, and Sat., January 21 at Bella Union in Jacksonville.

The 12-track collection isn't the rambunctious punk take on swing of The Daddies, or even the driving beats of masters like Louis Jordan or Tommy Dorsey that defined the beat and genre for most listeners. The record hews closer to the smooth crooning jazz ballads that largely defined bar music



pre-Elvis, or the kind of tunes you're still likely to find ruling Frenchman Street dives in NOLA. Fans of Squirrel Nut Zippers will find much to like.

The biggest part of that sonic shift is the band going commando (no a brass section). You can't get the big band orchestra sound without an orchestra, and as you can get from the name, Flat 5 Flim Flam has five members. Though there are a few guest horn lines, the songs are performed mostly acoustic, with instrumental melodies carried by snaking jazz lines on the guitar, clarinet, and accordion. That gives it an overall easier-going, mellower sound. That slacker-swing vibe is also present in a more relaxed vocal method.

The album's second song, "Three Shoes in a Dryer," dreamily deconstructs the ka-chunking polyrhythms of the song's namesake. It's silly riffing on a whimsy and delivered as such: a lazy beat like a summer day and a the purr of vibraphone filling out the sound.

Track 11 tells the tale of "Egyptian Ella," a globe-trotting dancing girl struggling with weight gain.

The cheeky songwriting style—track four details how things are getting funky at the butcher shop—endures throughout, paying further homage to a genre known for its playful lyrics.

Flat 5 Flim Flam isn't redefining the swing genre on *Maestro and the Captain Presents...*, nor are they aiming to. But that was just done with electro-swing, and it's kind of awful. The only thing that can break swing to make it need fixin' is if loses "that thing." Everyone knows that. And that definitely isn't the case here. From start to finish, *Maestro and the Captain* is laid back and smooth, with a relaxing feel and a finger-snappable beat. It ain't going to spur a Newsie revolt, but it's just the thing to bring a little class to what Professor McGonnagle would call "a tasteful evening of frivolity," and it's set a good bar for local music in 2017. 🍷

FOOD & Drink

New Years Resolutions: Food

Eating my way through the Valley in 2017

BY MELISSA HASKIN

This summer I returned to the Rogue Valley. I left in 2007 to attend college at Oregon State University, continued on to University of Oregon for graduate studies and then piled my car with everything I owned and drove to Birmingham, Alabama to work at Cooking Light Magazine. From there, I moved north to Pennsylvania, and then to Vermont. The further I moved from Oregon, the more I missed it. So, when the opportunity struck, I packed my belongings back into my car and drove West until I landed on my mother's doorstep.

In some ways I know the food scene here. I know where to get good pasta, and where to get an \$8 lunch. I know that there are many (including me) who still mourn the loss of Della's, the place where my grandma used to take me to get strawberry pancakes and hot chocolate. In other ways, I have a lot of catching up to do. So many new places have popped up: The Haul, Onyx at the Nunan Estate, a lot of coffee shops in Medford that look like they were copy and pasted from Portland.

I've done my best to eat my way through these places as much as possible, savoring everything from the small plates at The Twisted Cork in Grants Pass, to the ethnic food of Peruvian Point's food truck. However, I still have much eating to do. Below is a list of several places that I plan to eat at in 2017, because, like always, my new year's resolution is to eat a lot of food.

Scarpetta, 145 E Main St., Ashland, (541) 708-6360

You know how some people spend hours pinning things on Pinterest, but then never actually do them?



SCARPETTA PHOTO CREDIT: ELISE HERRON

That's not me. I've driven hundreds of miles to track down things I've seen on the image-based website, including fall foliage, cold springs, and of course, food. I intend for my next Pinterest-to-real-life

experience to be a visit to Scarpetta in Ashland. Blame it on the picture I found of their blackberry Napoleon on Pinterest. Golden layers of pastry filled with rows of blackberries and fluffs of pastry cream.

That in itself would be enough to get me to the establishment. However, the eatery also earned a glowing review from one of our writers early this past summer, before I arrived. "Like biting into a butter-filled time bomb, the tortellini is stuffed with rich duck yolk, and topped with a creamy confection of melt-in-your-mouth morel mushrooms and Parmesano Reggiano," she wrote.

Ooblies Waffles, 325 S Riverside Ave., Medford, (541) 937-5533

At some point this fall, I realized we had a waffle sandwich food truck. A look at their online menu revealed pictures of chicken and waffle sandwiches (yes please), fruit and whipped cream waffle sandwiches (count me in), a s'mores version, and many others. Then, there was the early November special: fried chicken, mashed potatoes and gravy, tucked inside a waffle. If that isn't the Holy Grail of waffles, I don't know what is. I haven't had



THE PAUL BUNYAN WAFFLE PHOTO COURTESY OF OOBLES WAFFLES

a chance to try Ooblies yet, but that doesn't mean it hasn't been on my mind for the last six months.

A Wine Dinner at Dancin Vineyards, prepared by Tim Keller, 4477 S Stage Rd., Medford, (541) 245-1133

For many years, Tim Keller was the Executive Chef at Harry and David. Then, in 2016 he joined Dancin Vineyards to head their kitchen. I learned about Keller when I wrote about Rise Up's bakery in Applegate. The owners insisted that Keller's food is a must-try, particularly his multi-course meals. Thus, I'm most looking forward to the wine dinners he'll be cooking up this spring and summer. Wine dinners usually offer a once-in-a-lifetime experience, where the chef's current inspirations meld with the availability of seasonal ingredients and form this kind of symphony, with each dish building on the last, arriving at just the right time, purposefully paired with a wine. Few things offer such insight into a chef's creativity and skill. 🍷

.....
Got a place you think I should add to my list or cover this year? Shoot me a message at haskinm@gmail.com. I'm always down to talk food.



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FOOD & Drink

CHEAP Eats

\$10 Eats: Ramen at Umi Sushi

BY MELISSA HASKIN



Sushi restaurants can easily be a wallet's enemy. You know how there's that saying that you never have just one drink? It seems like that's the case with sushi, too. Never have I ordered a single sushi roll with nothing else. For one, I like myself, so I feed myself proper amounts of food. But I also like trying a range of foods when available, so in the case of sushi that can mean a couple of rolls or a roll and a main dish. It's very easy to rack up a decent bill when you do this.

However, recently I visited Umi Sushi's Jacksonville location and found myself a nice hearty lunch for \$9. The trick is to skip the sushi and go straight to the noodle section of the menu where you'll find ramen. The Japanese ramen comes in a giant bowl, topped with tiny shreds of carrot and seaweed. It takes about 20-25 minutes to get to the table, but the wait is well worth it. The bowl will arrive hot, freshly made to order by the kitchen. A full chicken breast, sliced into strips will sit between

ramen noodles that will keep their sturdy texture, despite the heat of the broth they rest in. Sliced shiitakes, fresh broccoli, and asparagus add crunch and depth. Lastly, like the pieces of seaweed you'd find in miso soup, squares of seaweed float in the bowl, adding to a dish already packed full of umami.

After my first visit, I returned a second time to snap some photos and ask a few questions. When I left, I carried an almost overflowing to-go container. Both times I visited, this was the case. After eating, I had enough food to fill a bowl at home to the brim. The ramen makes for an excellent leftover dish, because even after sitting in the broth for 16 hours, the noodles keep their texture, refusing to get soggy. At \$9 for two meals, I'll write that as a win in my book. 🍜

\$10 Eats is a column dedicated to finding the valley's best eats for \$10 or less, so grab a Hamilton and head to these local spots. Have a favorite cheap eat? Share it with us at info@roguevalleymessenger.com

Drink Local

Only Rough Around the Edges Local Bars in the Rogue

BY CHARLES FISCHMAN

The neighborhood bar faces the same threat to survival as neighborhoods themselves: digital distractions, disengagement ... weed. Far easier to pull on sweats, cruise cable/satellite, and tap your FB Friends' curated posts, right? Yet, the local bar—distant relation to village pubs or German beer gardens—hangs on in the Rogue Valley.

Bartenders fix arriving regulars' drinks before they finish their high-fives and handshakes. Leather jacket or denim, Carhartt beanie or bandana, belt-buckle as big as a salad plate or smart phone holster--no one cares. Nurse a lager and chat with your neighbor, or slurp down martinis and sing karaoke. These are a few of the places, and there are plenty more, where the connections are face-to-face and the taps are for beer, not Likes. From north to south:



Iron Oar, Merlin:

Vital statistics: was Romar's and The Hideaway; 4 taps, 2 pool tables, 6 televisions.

Vibe: leans sports bar; friends accumulate here after work.

Notable decor: needs aging, like whiskey.

Assignment: order the amazing chili served over fries with cheese.

The Homestead, Rogue River:

Vital statistics: Open since at least '76, probably longer: 8 taps, 2 pool tables, 4 televisions, 2 shuffleboard tables.

Vibe: secret heart of town—regulars turn up through bad times and good.

Notable decor: gas log fireplace balances the 23 neon beer signs.

Assignment: Meet for karaoke, shuffleboard, and drafts.

Lucky's, Gold Hill:

Vital statistics: Open since "forever"; 8 taps, 1 pool table, 3 TVs.

Vibe: local saloon—bartender wears skull earrings and gives hugs to regulars.

Notable decor: Daryle Lamonica's Oakland Raiders helmet.

Assignment: Learn everybody's name before finishing beer #1.

Barkley's Full Moon Saloon, Phoenix:

Vital statistics: Open for 70 years? 8 taps, 2 pool tables, 3 TVs,

Vibe: American Legion hall/Nascar.

Notable Decor: Massive, original oak bar and bar back--feels a hundred years old.

Assignment: Order extra Broasted Chicken; you will learn why.

Willie's Talent Club, Talent:

Vital statistics: Open since... end of Prohibition? 15 taps, 2 pool tables, 2 TVs, 2 pinballs.

Vibe: neighborhood spot meets OR 99 Roadhouse.

Notable decor: combination of Marilyn Monroe photos, old license plates, and antique firearms strangely works.

Assignment: put \$5 credit in the jukebox and see what gets played.

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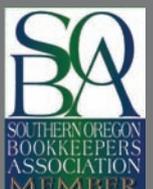
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CULTURE

Shimmy Away the Shyness

Belly Dance Classes Boost Self-Esteem

BY ERIN ZELINKA

Do I need to have a fit belly? What do I have to do with my belly?

These are questions that come to mind when you're invited to your first belly dance class.

One minute with dance instructor Sarah Jane Melville, and worries melt away. Women of all ages, shapes, sizes and skill levels shimmy their shoulders, roll their hips and beam confident smiles.

"We were all scared when we first went, but I think this class helps bring out that inner

self-esteem," says Margaret Sundin-McCann, 54, who has been hooked since her first class three years ago.

Instructor Melville was once shy herself, living in a small town in England when she stepped into her first belly dance class with

an Egyptian instructor, more than 20 years ago. "It changed me in such a positive direction, to start feeling beautiful," she says. "And I see the change in the ladies. Some were coming in very closed and now they just light up. They're empowered, embracing femininity and fun."

The exact origin of belly dancing is unknown, but temple engravings depicting dancers have been found in Mesopotamia, Egypt, and Greece from as early as 1,000 B.C.

"It brings out this primal instinct to move and be fluid with our bodies," says Sundin-McCann. "We're designed that way."

Aurelia Gove, 70, who has been coming to Melville's class since it began at Club Northwest in October 2013, is a belly dance believer.

"We were all crying last Christmas because of our changes and our improvements," says Gove, who lost four inches in her waist after three months of combining belly dance and Zumba classes. "We were overwhelmed. It is showing on everyone and we are telling each other."

Gove especially appreciates the ability to dance after 40 years in a wheelchair, due to debilitating fibromyalgia. At 67 years old, she found the right supplements to aid her condition, and belly dance was a beginning to a new vibrant life.

Doctors once told Gove her condition would only worsen, but she emphasizes the impor-

tance of never giving up. "It doesn't matter what the condition is. Don't buy it. I'm going to do everything I want to do. I'm going to strive for the best in this life, for quality of life. That's called not buying it."

Gove's eyes fill with happy tears as she considers the physical progress she has made, but the most emotion comes as she considers her new friendships.

Melville concurs. "I love the friendships that are formed in there. It's like a big family."

The family also welcomes newcomers, as regulars run over to introduce themselves and provide the jingling hip belts that make each shake more fun.

"We are not judging each other. We are encouraging each other," says Gove.

"It's not about being

a professional dancer," says Melville. "It's about connecting with the body more. You do what's right in your own body."

Benefits are not only physical and social, but emotional. "It boosts my mood and overall well-being," says Jarita Irvin, 32.

Students agree that the positive energy begins with Melville, who has taught Latin dance and belly dance for more than ten years. "Her classes have grown so big because she is not only an exceptional instructor, but she is warm-hearted," says Gove. "We have fallen in love with the class because of that, her loving and kind heart."

On January 14, Melville will teach a free workshop from 11 am to 1 pm at Club Northwest, followed by a class from 1 - 2 pm. Non-members need to request their free pass in advance by calling Sarah at (541) 218-7051.

Melville also teaches four classes per week at Club Northwest. Classes are free for members or \$14 for a day pass that includes access to all classes and facilities. Find out when classes are offered by visiting clubnw.com or by calling 541-955-2582. 📍

BELLY DANCE WORKSHOP

Jan. 14, 2017, 11 a.m. to 1 p.m.

Club Northwest, 2160 NW Vine St., Grants Pass
Free



BELLY DANCE INSTRUCTOR SARAH JANE MELVILLE, FRONT MIDDLE, SURROUNDED BY THE LADIES IN HER CLASS AT CLUB NORTHWEST. BACK ROW, FROM LEFT TO RIGHT: ELVA TORRES, GINA LIPP, LINDA DUNCAN, TORI LAPLANTE, ALICE TURNIDGE, VALERIE LOVELACE, SHARON VAN DORN, KATHY SIMMONS, MARGARET SUNDIN-MCCANN, MARCIA HITZHEIMER. FRONT ROW, FROM LEFT TO RIGHT: AURELIA GOVE, SARAH JANE MELVILLE, JARITA IRVIN.

PHOTO CREDIT: ERIN ZELINKA

Art Watch

Winter: Done 15 Different Ways

Winter Expressions at Art & Soul Gallery in Ashland

BY JORDAN MARIE MARTINEZ



"LAST SNOW" BY JANIS ELLISON

Once the holidays pass, many look forward to spring, welcoming sunnier days. Art & Soul gallery in Ashland, however, will continue to celebrate the frigid season in its upcoming "Winter Expressions" exhibit.

Winter is represented in many forms. From snow-covered meadows and leafless trees to living rooms with a fire place ablaze and inviting furniture as a comforting place to read a book.

"We have 15 Artists represented, with their visual interpretations of Winter," says Judy Richardson, one of the six directors and owners of the gallery. "We will have landscapes, interior scenes, and abstracts."

The artwork consists of acrylic, oils, pastels, and watercolor, all representing the winter season in some way. Janis Ellison's pastel "Last Snow" depicts a colorful, snowy scene of a rich blue stream zigzagging through brilliant white snow. She uses oranges and yellows to light up the trees, as well as the landscape, bringing color to a commonly accepted colorless season.

Claire Harkins uses oil in her appropriately named piece "Let Me In." The somewhat birds-eye perspective creates an almost round shape to a flat surface. Her uses of warm colors to depict cozy chairs, pets, wreaths and garland, and a fireplace captures a relatable winter mood.

"We represent a diverse group of artists using several mediums," says Richardson. "So we decided to incorporate Winter and our very creative artists' visions of Winter. We want the viewers to take from the show the varied ways of experiencing Winter through visual art. We would like for them to also experience the variety of art that we exhibit throughout the year, and hopefully motivate them to come back to view Fine Art."

The show runs through Jan. 30, and its official debut will be at the Ashland First Friday Art Walk on Friday, January 6. 📍

"WINTER EXPRESSIONS" ART & SOUL GALLERY

10 am - 5 pm, Tues. - Sat. and 12 pm - 4 pm, Sun.

Through Jan. 30

247 E Main St., Ashland

Free

SPORTS & Outdoor

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Master Climate Protectors Being Trained By SOCAN in 2017

BY JULIE GILLIS



THE MASTER CLIMATE PROTECTOR LOGO
CREDIT: STEVE VERMIE

Arctic ice is melting at rapid rates, polar vortexes are chilling regions as far south as Texas, articles on the degradation of the environment are being published left and right. It can feel daunting to know exactly what to do to face the coming crisis, let alone stop it. Climate superheroes are needed, and fast.

Luckily, Alan Journet and Kathy Conway, the co-facilitators of Southern Oregon Climate Action Now (SOCAN) are creating a program to train Master Climate Protectors.

SOCAN is a local non-profit focused on climate change that is all volunteer based. The group formed in late 2012, and now includes almost 1000 Southern Oregon residents, all focused on global warming, climate change, and emissions. Their mission is “to promote awareness and understanding about the causes and consequences of climate change, to develop solutions, and to motivate concerned citizens to take individual and collective action.”

SOCAN’s goal is to work with individuals and agencies to reduce greenhouse gas emissions. To do this, they create and facilitate projects such as “It’s A Rogue Thing: Bringing Climate Concerns Home,” creating presentations and courses for adults and youth alike. In addition, the SOCAN Writing Corps, with some 50 local writers, keeps SOCAN and climate concerns in the media.

“We moved here from Southeast Missouri where we had started small group there focused on climate change, explains Conway. “When we moved to Ashland,

we expected we’d join a group and work with them, and we were surprised that though there were some wonderful environmental groups and activists, there were no groups solely focused on climate change, so we started the group ourselves.”

SOCAN’s newest program seeks to super-charge their reach. Journet notes, “The Master Climate Protector program is one we have been thinking about almost since we’ve started SOCAN. It’s modeled on the Jackson County Master Gardener and Master Recycler projects.” According to the SOCAN website, it will have education, training, and service components over the 10 week set of classes.

This first set of classes is part of a pilot in hopes to get feedback from participants to improve the process before a full public launch in September 2017. Sessions for the interactive pilot are free and run three hours over the 10 week course. (To be considered for the pilot program in Master Climate Protection, please email louise@socan.info.)

While there are a few Climate Protector programs in the U.S., such as the San Francisco Bay Area Climate Projection Program and the Climate Protection Action Committee in Cambridge, Mass., the model is found in Canada more frequently. Our northern neighbors have online courses, such as the Planet Protector Academy and the Canadian Government has a Partners For Climate Protection network through the country. Many of these models are less of a personal training effort, and more of a city or county wide initiative.



SOCAN NOVEMBER 2016 GENERAL MEETING SHOWING OF “KLAMATH” BY LOCAL FILM MAKER AARON MOFFATT ATTRACTED OVER 120 ATTENDEES. PHOTO CREDIT: ALAN JOURNET

SOCAN’s pilot will be novel. This 10 week program will cover information on climate, energy, agriculture, water and more. The Climate Protectors will then serve as trained volunteers and work to “teach and tell,” bringing news and information about climate change science and offering ways to get involved.

SOCAN’s work has already had an impact on our region, with programs like “Climate In The Classroom” which is a high school and middle school based program that has an explicit focus on understand climate science. Co-Facilitator Conway notes that it is important to lead with positive change and take into context where youth might be when you approach climate change in the classroom. 📌

Monthly SOCAN meetings are the last Tuesday of the month at the Medford Public Library 205 S. Central Medford, Oregon. For more information on those meetings please email info@socan.info.

Go Here

Downhill and Backcountry Skiing

BY MIKE DICKENSON

For skiers, January is a sweet spot. There are literally hundreds of miles of snow-covered mountainside in the area just waiting to be explored. Whether you’re wanting a chair to take you to the top of a ski run, or are willing to earn your turns, this winter is looking promising for skiers and snowboarders alike.

Mt. Ashland: Perhaps the most skied mountain in Southern Oregon, Mt. Ashland is an inexpensive local favorite that offers great terrain and beautiful views. With 220 acres, 4 chair lifts, and 23 runs, Mt. Ashland has plenty to offer. If you’re a beginner needing some pointers, or an advanced skier looking to polish the finer aspects, the Mt. Ashland Ski School has incredible personnel that offers lessons for groups and individuals.

Mt. Ashland (back country): Want to get some powder in before work? Head up to the south side of

Mt. Ashland off the ridges of Grouse Gap. Plenty of fun aspects make finding good snow relatively easy. The runs are a bit shorter but the views are well worth it.

Mt. Shasta Ski Park: 425 acres of skiable terrain, 32 trails, and 1,435 vertical feet make Mt. Shasta a great place to carve some California turns. If going big is your thing, hit one of three separate terrain parks of varying difficulty. Oh, and you’re skiing on Mt. Shasta—which is pretty awesome!

Mt Shasta (back country): Considered to be world class back-country, the massive amounts of vertical and huge snow drops allows back-country skiers the chance to carve turns eight months (or more) out of the year. Slides do occur so be cautious and educated once you get above tree line. Bunny Flat is the easiest access point.

Brown Mountain: A great place for people of all skill levels. There are glades and mellow terrain and a bowl higher up, though the bowl can slide so be careful. A north facing slope makes for excellent snow. Find the right path and you can get about 2,500’ of



SKIING THE BACKSIDE OF MT. ASHLAND
PHOTO CREDIT: MIKE DICKENSON

vert.

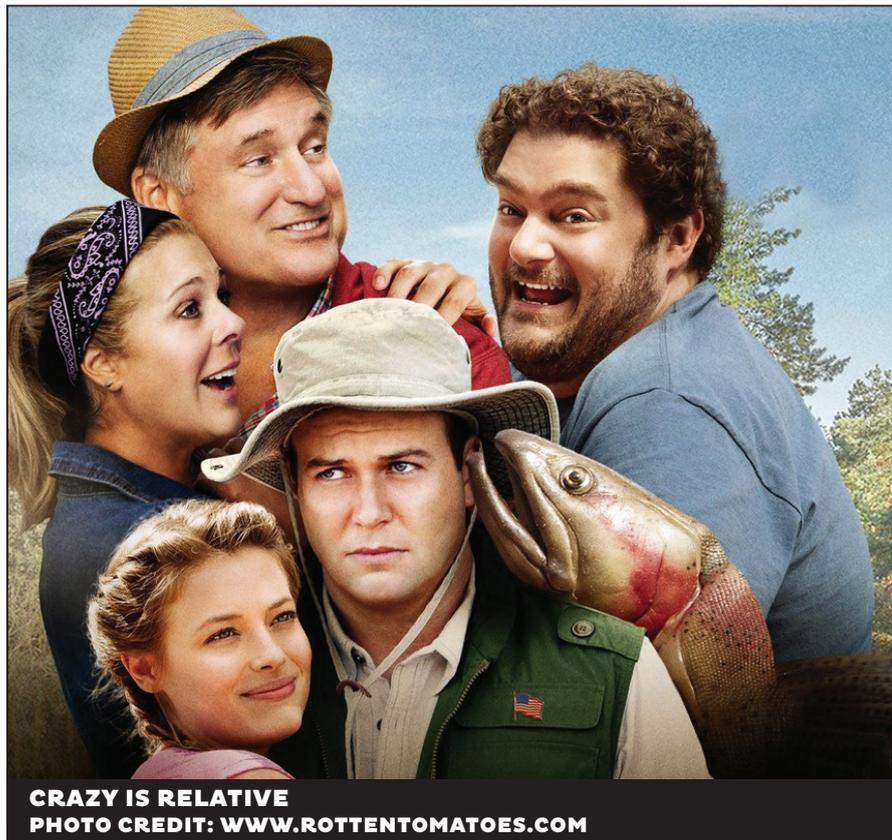
Mt McLaughlin: With lots of routes and great views, Mt. McLaughlin makes for a great day trip. Skiers should be cautious of avalanche danger—the safest snow can be found on the south facing slopes which can be really good as a spring ski. Long descents make this an awesome choice! 📌

SCREEN

For the Winter Watch List

Brother Nature

BY JORDAN MARIE MARTINEZ



Winter is the perfect movie-watching season. Cooped up indoors, sipping hot cocoa, and finishing off the holidays' delicious leftovers, a movie fits snug with any evening.

Consider adding the new heartwarming comedy *Brother Nature* (directed by Oz Rodriguez and Matt Villines) to your watch list this season. Taking place in Trout Lake, Washington, it was filmed mostly in Klamath Falls and Lake of the Woods, showcasing the deep green landscape shrouding the beautiful blue lake.

Taran Killam (*Saturday Night Live*) plays Roger Feller, a politician in the midst of running for Congressman. His girlfriend Gwen Turley—played by Gillian Jacobs (*Community*)—is supportive, beautiful, and comes from a happy, close-knit family who they're spending their vacation with. After receiving her parents' blessing for marriage, Roger plans to propose to the girl of his dreams. The setup is a dream come true, with no obvious signs of a disruption.

Until Roger meets Todd Dutchman—played by Bobby Moynihan (*Saturday Night Live*)—who is Gwen's sister's boyfriend. Todd is loud and invasive, yet charismatic. A character who is clearly Roger's foil, the story is somewhat predictable, but nonetheless charming. This isn't the first comedy about character conflicts resulting in a fist fight, rash words being thrown around, and relationships severed, (and mild spoiler alert) only to be redeemed in the final act.

The humor isn't forced, but natural

and delivered by seasoned actors who understand comedic timing. Moynihan plays a great obnoxious relative who is simply ecstatic to be accepted by this loving family. He's down to earth, but he's also intense, which directly contrasts Killam's reserved character. Roger wants to fit in with Gwen's family as easily as Todd, but makes it difficult for himself when he accidentally kills the town's beloved trout Gill and shoves cousin Spencer from his path in an effort to save himself. When the ring Roger bought for Gwen sinks to the bottom of the lake, his distaste for Todd solidifies. When Todd and Gwen's sister embark on the fairytale date Roger planned for Gwen and himself, his distaste turns to delusion. Believing Todd is sabotaging his plans with Gwen, Roger turns against the entire family, saying things he immediately regrets and ending his vacation early by going back to the city to begin his campaign.

While the movie isn't vastly different in terms of characters from other films like *The Proposal* or *Meet the Parents* it is genuinely funny. A classic double act, like the one between Roger and Todd, is enough to strengthen any comedy. Another essential component is a strong cast, such as Bill Pullman (*Independence Day*), Rita Wilson (*Sleepless In Seattle*), and Rachael Harris (*The Hangover*).

The cabin at Lake of the Woods is enough to spur nostalgia in anyone who's spent his or her summer boating on or biking around the lake. *Brother Nature* represents the area beautifully, even if the story doesn't literally take place in Southern Oregon. ♥

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WELLNESS

**The More You Know ...
 The More You Can Care for You**

BY DORANNE LONG, PT, MS

"The head bone is connected to the neck bone." Each system in your body is interconnected. Your physical body is intimately related to your mental, emotional, and spiritual well-being.

The good news is the body does its best to mend, especially with injuries involving bones, joints, and muscles. Give your body time to heal; generally for every "down" day, it may take two to three days to recover. A broken bone tends to mend in 6 weeks. But when you sprain your ankle, you have injured ligaments, which can take up to one year to heal.

Let your body guide you; if you don't move, you will may become stiff and sore. When moving/stretching, you want increased motion and decreased pain. If you notice decreased motion and/or increased pain, stop. Strengthening exercises must be pain free.

Use it so you don't lose your flexibility, strength, and balance. Your body needs at least 80% normal motion and strength to do regular activities. Unfortunately, you can sometimes lose 50% before you even know you are in trouble. At the very least, you need to get in/out of bed and on/off toilets and chairs, dress, put on socks and shoes, reach into cupboards, walk, climb stairs, and get up off the floor. With good flexibility, strength, and balance, the body will be healthier, more responsive to the demands placed on it, and less likely to fall into disrepair. This results in greater freedom to live as you wish.

The more you know, the more tools you can use well. Tools to decrease physical pain include: ice, heat, pillows for support and positioning, gentle exercise, and sleep. Drink water. Give your body and brain good nutrition.

When to use ice or heat to decrease pain? Both ice and heat increase circulation; improved blood flow helps the body heal. Ice is best immediately after an injury, with sharp pain, muscle spasm, or inflammation (hot, red, swollen). Heat is better with chronic conditions, low-grade pain, or when the area is more stiff than painful. Make your own rice sock by pouring about two pounds of uncooked rice into a long sock. Tie/sew to close. Place in microwave



DORANNE LONG

for about two minutes or until comfortably warm. A second rice sock can be kept in the freezer and used as an ice pack. Ice and heat can be applied for about 15 minutes, three to five times each day.

The more you know the less you have to fear. It is easy to become fearful, especially when in pain. Mental and/or emotional stress can lead to physical problems such as causing muscles to tighten and increase pain. Stress and anxiety can decrease sleep, which slows healing and increases pain. Worry, especially about things out of our control, can be overwhelming.

The more you know, the better you can help your body and mind heal with time, by managing pain, and minimizing fear, worry, anxiety, and stress. Break tasks and issues into small, do-able steps. To decrease stress: exercise, walk, breathe deeply, pray, meditate, perform relaxation techniques, and write thoughts and concerns in a journal. Accept help from others. Do for others; helping others takes our attention off our own pain/worries. As our brain can focus on only one thing at a time, we have the power to choose where our attention lies.

The more we know, the better we can we can manage our physical, mental, emotional, and spiritual health. 🍷

Doranne Long, PT, MS, is a physical therapist, with 35 years' experience and author of Your Body Book Guide to Better Body Motion with Less Pain. doranne@yourbodybook.com.

This information is intended to provide general health information. Consult qualified professionals with specific health issues.

FREE WILL ASTROLOGY

CAPRICORN (Dec. 22-Jan. 19): As I was ruminating on your astrological omens for 2017, I came across a wildly relevant passage written by Rabbi Tzvi Freeman. It conveys a message I encourage you to memorize and repeat at least once a day for the next 365 days. Here it is: "Nothing can hold you back -- not your childhood, not the history of a lifetime, not even the very last moment before now. In a moment you can abandon your past. And once abandoned, you can redefine it. If the past was a ring of futility, let it become a wheel of yearning that drives you forward. If the past was a brick wall, let it become a dam to unleash your power."

AQUARIUS (Jan. 20-Feb. 18): Naturalist John Muir regarded nature as his church. For weeks at a time he lived outdoors, communing with the wilderness. Of course he noticed that not many others shared his passion. "Most people are on the world, not in it," he wrote, "having no conscious sympathy or relationship to anything about them -- undiffused, separate, and rigidly alone like marbles of polished stone, touching but separate." Is there anything about you that even partially fits that description, Aquarius? If so, I'm pleased to inform you that 2017 will be an excellent year to address the problem. You will have immense potential to become more intimate and tender with all of the component parts of the Great Mystery. What's the opposite of loneliness?

PISCES (Feb. 19-March 20): Seven Chilean poets were frustrated by their fellow citizens' apathy toward the art of poetry. They sarcastically dramatized their chagrin by doing a performance for baboons. Authorities at the Santiago Zoo arranged for the poets' safety, enclosing them in a protective cage within the baboons' habitat. The audience seemed to be entertained, at times listening in rapt silence and at other times shrieking raucously. I'm sure you can empathize with the poets' drastic action, Pisces. How many times have you felt you don't get the appreciation you deserve? But I bet that will change in 2017. You won't have to resort to performing for baboons.



ARIES (March 21-April 19): Donatello was a renowned Italian sculptor. His favorite piece was "Lo Zuccone," a marble statue of the Biblical prophet Habakkuk. As Donatello carved his work-in-progress, he addressed it. "Speak, damn you! Talk to me," he was heard to say on more than a few occasions. Did the stone respond? Judging from the beauty of the final product, I'd have to say yes. One art critic testified that "Lo Zuccone" is a "sublimely harrowing" tour de force, a triumph of "forceful expression," and "one of the most important marble sculptures of the 15th century." I suspect you will have Donatello-like powers of conversation in 2017, Aries. If anyone can communicate creatively with stones -- and rivers and trees and animals and spirits and complicated humans, for that matter -- it'll be you.

TAURUS (April 20-May 20): According to Japanese novelist Haruki Murakami, "A certain type of perfection can only be realized through a limitless accumulation of the imperfect." Let's amend that thought so it's exactly suitable for your use in 2017. Here's the new, Taurus-specific version: "A messy, practical, beautiful type of perfection can be realized through a patient, faithful, dogged accumulation of the imperfect." To live up to the promise of this motto, make damn good use of every partial success.

GEMINI (May 21-June 20): Gemini gymnast Marisa Dick has created a signature move that has never been used by any other gymnast. To start her routine, she leaps up off a springboard and lands on the balance beam doing a full split. The technical term for this bold maneuver is "a change-leg leap to free-cross split sit," although its informal name is "The Dick Move." The International Federation of Gymnastics has certified it in its Code of Points, so it's official. During the coming months, I expect that you will also produce one-of-a-kind innovations in your own sphere.

CANCER (June 21-July 22): I hope you will be as well-grounded in 2017 as you have ever been -- maybe even since your past life as a farmer. I trust you will go a long way toward mastering the arts of being earthy, practical, and stable. To do this right, however, you should also work on a seemingly paradoxical task: cultivating a vigorous and daring imagination -- as perhaps you did in one of your other past lives as an artist. In other words, your ability to succeed in the material world will thrive as you nurture your relationship with fantasy realms -- and vice versa. If you want to be the boss of reality, dream big and wild -- and vice versa.

LEO (July 23-Aug. 22): Even if you don't think of yourself as an artist, you are always working on a major art project: yourself. You may underestimate the creativity you call on as you shape the raw material of your experience into an epic story. Luckily, I'm here to impress upon you the power and the glory of this heroic effort. Is there anything more important? Not for you Leos. And I trust that in 2017 you will take your craftsmanship to the highest level ever. Keep this advice from author Nathan W. Morris in mind: "Edit your life frequently and ruthlessly. It's your masterpiece, after all."

VIRGO (Aug. 23-Sept. 22): French painter Henri Matisse (1869-1954) turned out to be one of the supremely influential artists of the 20th century. But he was still struggling to make a living well into his thirties. The public's apathy toward his work demoralized him. At one point, he visited his dealer to reclaim one of his unsold paintings. It was time to give up on it, he felt, to take it off the market. But when he arrived at the gallery, his dealer informed him that it had finally been bought -- and not by just any art collector, either. Its new owner was Pablo Picasso, an artist whom Matisse revered. I think it's quite possible you will have comparable experiences in 2017, Virgo. Therefore: Don't give up on yourself!

LIBRA (Sept. 23-Oct. 22): "The self in exile remains the self, as a bell unstruck for years is still a bell," writes poet Jane Hirshfield. I suspect that these words are important for you to hear as you prepare for 2017. My sense is that in the past few months, your true self has been making its way back to the heart of life after a time of wandering on the outskirts. Any day now, a long-silent bell will start ringing to herald your full return. Welcome home!

SCORPIO (Oct. 23-Nov. 21): In accordance with your astrological omens for 2017, I've taken a poem that Shel Silverstein wrote for kids and made it into your horoscope. It'll serve as a light-hearted emblem of a challenging but fun task you should attend to in the coming months. Here it is: "I've never washed my shadow out in all the time I've had it. It was absolutely filthy I supposed, so I peeled it off the wall where it was leaning and stuck it in the washtub with the clothes. I put in soap and bleach and stuff. I let it soak for hours. I wrung it out and hung it out to dry. And whoever would have thought that it would have gone and shrunk, for now it's so much littler than I."

SAGITTARIUS (Nov. 22-Dec. 21): Walk your wisdom walk in 2017, Sagittarius. Excite us with your wisdom songs and gaze out at our broken reality with your wisdom eyes. Play your wisdom tricks and crack your wisdom jokes and erupt with your wisdom cures. The world needs you to be a radiant swarm of lovable, unpredictable wisdom! Your future needs you to conjure up a steady stream of wisdom dreams and wisdom exploits! And please note: You don't have to wait until the wisdom is perfect. You shouldn't worry about whether it's supremely practical. Your job is to trust your wisdom gut, to unleash your wisdom cry, to revel in your wisdom magic. ♀

Homework:

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Light Me Up in 2017, This Year is on Fire

BY OLIVIA DOTY

For the cannabis industry in Oregon, 2016 started as a year of promise. Instead, it was year of roller coaster rides, and for some, dashed hopes and dreams. Medical growers and providers in Jackson County, one of the state's largest producing counties, find themselves fighting the County for their right to farm. Edible and concentrate producers find themselves standing still on productions and sales, just hoping that they will be able to weather the legislative changes and testing requirements to resume business. Many conspire the state is "just trying to shut down all the little guys."

Instead of wallowing, the Oregon Cannabis Association, one of the most prominent cannabis groups in the state, gathered to celebrate what went well, and what potential 2017 has in store. The bouncing floors of Lola's Room at the Crystal Ballroom in Portland and the happy hour drinks (or was it just the little bit of Drip Ice Cream I had earlier?) kept the mood of the room light and lively. Amy Margolis and Meredith Shield, who work in Salem and Washington DC on behalf of Oregon cannabis businesses, were relieved to say good-bye to this last year, and are excited for 2017, despite the dark impending cloud of January 20.

Shield, who will be taking Margolis's place this year as the Association's lobbyist, was excited as she reported the state of the industry to the Association members. And she has every reason to be.

2016 wasn't all bad, at all. Over 2000 retail jobs were created by the cannabis industry in Oregon last year, according to an economic Oregon Cannabis Jobs Report. This equates to roughly \$46 million in wages. And this report only covered the retail side of business; just imagine what the numbers will be once new employees at farms (so many trimmers!), labs, production facilities, and everything else, are added in.

There was \$54.5 million dollars in just tax revenue from recreational sales, January-November 2016 in the State of Oregon. There was \$9.4 million in both recreational and medical sales for just the last quarter in 2016 alone, and it would have been more if there hadn't been a 32% drop in sales of concentrates and edibles, due to licensing and lab short falls.

There is still a lot of work to do: There are 70-100 bills expected in the next legislative session in Salem. The topics the bills address range from updating penalties to discussing a model for social consumption. They invite everyone to participate in Lobby Day on March 17, 2017, to strengthen the voice and helps create reasonable legislation.

And what about that dark cloud? They believe, when it comes to change on a federal level, the tide is changing so quickly across the nation, that federal changes are near on the horizon. There is even a cannabis caucus being formed in Congress. 

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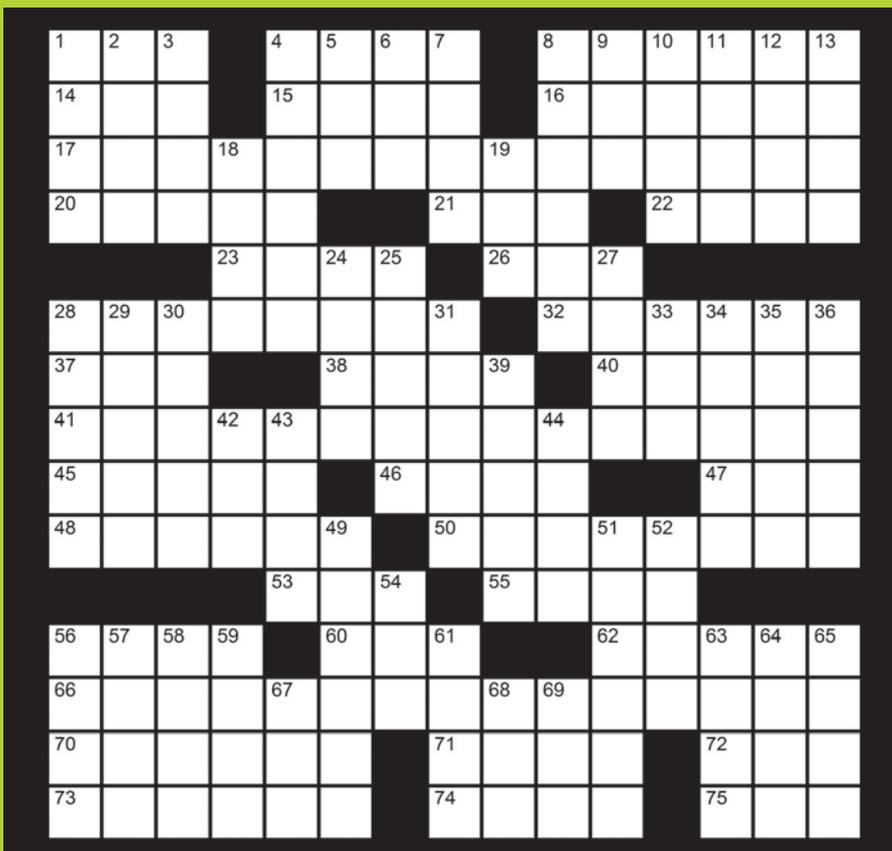
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LETTER CHOP

"KEEP DIVIDING"--THE PIECES GET SMALLER AND SMALLER
- MATT JONES



ANSWERS AT ROGUEVALLEYMESSENGER.COM

Across

- 1 "Better Call Saul" star Odenkirk
- 4 BLT spread
- 8 Keeps from happening
- 14 "The Simpsons" character with an 18-letter last name
- 15 Common freshwater bait fish
- 16 Outcast
- 17 50% of an ice cream dessert?
- 20 "The Zoo Story" dramatist
- 21 As of this time
- 22 Look to be
- 23 Spock's dominant feature
- 26 Blow the socks off
- 28 One of many on a serialized TV show
- 32 Indiana-Illinois border river
- 37 James Bond novelist Fleming
- 38 Capitol Hill figures, slangily
- 40 Mythical monster that's part woman, part serpent
- 41 25% of property to play in?
- 45 "David Copperfield" villain Heep
- 46 Stir-fry ingredient
- 47 Number that looks like itself repeated, when expressed in binary
- 48 Insect with two pairs of wings
- 50 Maintenance sign
- 53 Jacques or Jeanne, par exemple
- 55 Scuba spot
- 56 The "Y" in YSL
- 60 Sweater, say
- 62 Deck that all episodes of Hulu's "Shut Eye" are named after
- 66 12.5% of a push-up undergarment?
- 70 Cat or goat type
- 71 Poker couple
- 72 Capital attachment?
- 73 What many gamblers claim to have
- 74 "___ Like the Wind" (Patrick Swayze song)
- 75 "Help wanted" sign?
- 3 Flower bed planting
- 4 Titular TV attorney of the '90s-'00s
- 5 "Now I understand!"
- 6 Big guffaw
- 7 Just say yes
- 8 "Bridesmaids" producer Judd
- 9 "Batman Forever" star Kilmer
- 10 Cultural periods
- 11 Gain altitude
- 12 Withstand
- 13 Pillow cover
- 18 "Dogs"
- 19 Drops in the grass
- 24 Mature
- 25 Angry bull's sound
- 27 Pedestrian path
- 28 Excite, as curiosity
- 29 Dern of "Jurassic Park"
- 30 Lighted sign at a radio station
- 31 Be rude in a crowd
- 33 Howl at the moon
- 34 Cremona violinmaking family name
- 35 It'll make you pull over
- 36 "I ___ thought about it"
- 39 Late "60 Minutes" reporter Morley
- 42 Bitterly cold
- 43 Watered-down
- 44 Like a litter of puppies
- 49 City where the Batmobile is driven
- 51 "The Jerk" actress Bernadette
- 52 "Bearing gifts, we traverse ___"
- 54 Use blades on blades
- 56 Affirmative votes
- 57 Crawling with creepers
- 58 Frittata needs
- 59 Chance
- 61 Destroys, as bubble wrap
- 63 MLB stat, incorrectly but commonly
- 64 "... ___ I'm told"
- 65 Bagpipers' caps
- 67 One less than quattro
- 68 "Yeah" opposite
- 69 D20 or D8, in D&D games

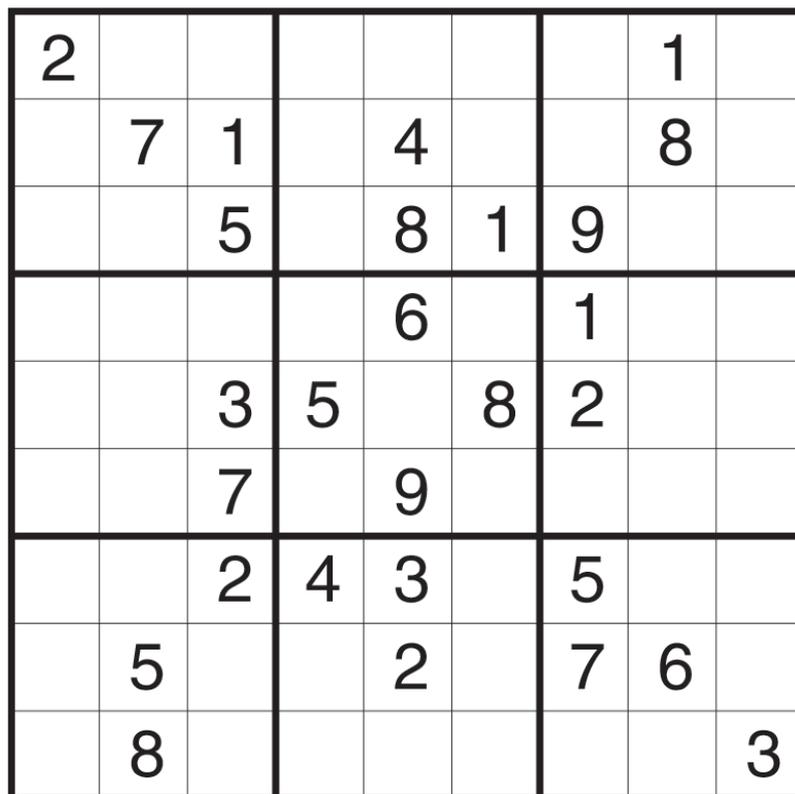
Down

- 1 ___ Men ("Who Let the Dogs Out" group)
- 2 Flashy gem

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SUDOKU

NO. 163 - EASY



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Previous solution - Very Hard

9	4	1	3	8	5	7	2	6
2	3	5	6	4	7	8	1	9
7	6	8	9	2	1	5	3	4
4	1	3	8	9	6	2	5	7
5	9	7	2	1	3	4	6	8
6	8	2	5	7	4	3	9	1
1	2	6	4	3	8	9	7	5
3	7	4	1	5	9	6	8	2
8	5	9	7	6	2	1	4	3

To complete Sudoku, fill the board by entering numbers 1 to 9 such that each row, column and 3x3 box contains every number uniquely.

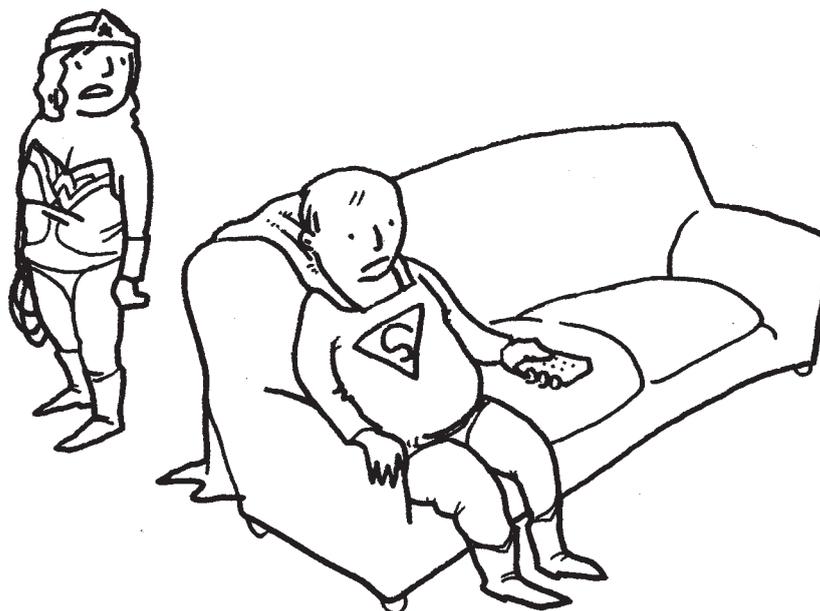
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