



THE ROGUE VALLEY TIMES MESSENGER

SPRING INTO ART

A Palette Full of Local Artists



NEWS

The Pipeline That
Refuses To Go Away!

PG 7

SOUND

Larry and His Flask
Swing Into Town

PG 21

GO HERE

Do Go Chasing
Waterfalls! A
Local Guide

PG 26



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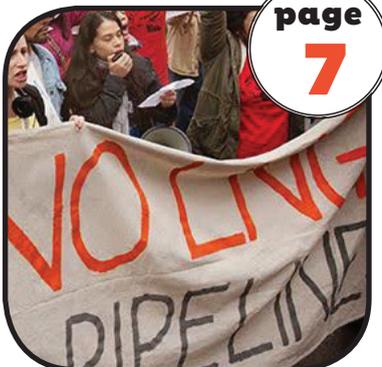
SALES DEADLINE: 5 pm Thurs
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 Deadlines may shift for special/holiday issues.

ABOUT THE COVER:
 DESIGN BY: KATIE BALL

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NEWS

Can the third time be the charm for shutting down LNG pipeline? Although rejected twice before, the company is back for another try. Blame Trump!



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FOOD

"You could spend a good chunk of the day here," says Cheese Festival organizer Francis Plowman, and we'll go ahead and assume that pun was intended.



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MUSIC

There is no finer high-volume experience than a blazing wall of overdriven guitars and a band that's playing like it's a race—and those are exactly the jams being kicked out on *Speaks*, the new seven-track EP from local hardcore outfit, Critic, the Cannibal.



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SPORTS

An ultra-running race is a minimum 50 kilometers—a distance that makes marathons sound like a brief romp. For a growing number in the region, ultra-running is a commitment and lifestyle.



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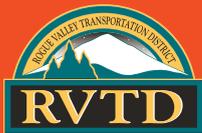


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DON'T SHOOT THE MESSENGER

More Than Sound and Fury

Donald Trump arrived at the White House two months ago, full of sound and fury. Unfortunately, that bluster has begun to signify something—and its impact is keenly being felt in southern Oregon.

Exhibit A: The LNG Pipeline (also, see News, page 7).

Over the past several years, the LNG has stirred up community ire. The project is proposed to carry liquefied natural gas (LNG) from the California border to Coos Bay. It would slice a 100 foot wide swath from the California border near Klamath northwest to Coos Bay, passing north of Medford and cutting through traditional tribal territory, crossing some 400 rivers and streams, worm through old growth forests as well as 700 private properties, and threaten species like the bull trout and various wild flowers.

After steadfast community protests and overwhelming public comment against the LNG pipeline, the proposal had been rejected by the Federal Energy Regulatory Commission (FERC) for the second time late last year. Most everyone believed that was the end of the story. But at the time, most everyone also thought that the federal government would have a different Commander in Chief.

The LNG Pipeline has many parallels to the notorious Standing Rock pipeline—one similarity is the vulnerability to change in the federal government. Under the Obama Administration, an easement across tribal lands in North Dakota was denied for the Standing Rock pipeline, and it seemed as if protestors had secured a victory. However, four days into his presidency, Trump made one of his first acts in the White House to roll back those protections, describing the environmental review as an “incredibly cumbersome, long, horrible permitting process.” Within two weeks, Trump authorized ending the environmental impact assessment and public comment period, and authorized the Army Corps of Engineers to proceed.

It is unclear if what cues Veresen, the company proposing the LNG pipeline in Oregon, is taking for the Standing Rock pipeline, but after Trump's election, they quickly and quietly re-submitted their proposal; and, likewise, they tried to skate past the public comment period as quickly as possible. Fortunately, community organizers and landowners potentially affected by the pipeline have been vigilant, and rallied for the FERC to provide more notice about public comment opportunities, as well as petitioned to push back the “open houses” so that there was more time to inform residents about the opportunity to submit their opinions. (For times and locations of upcoming open houses, see page 7.)

This is a prime example about how the Trump administration is changing the course of environmental issues. Beyond the bluster and buffoonery about how global warming may not be real, the LNG pipeline could be far more than words, and will truly hurt the Oregon environment. If approved and installed, according federal environmental impact statements, potential leakage from the pipeline and energy used at the pipeline terminal near Coos Bay would constitute one of the largest sources of green source gas emissions, producing as much as 2.1 million metric tons of carbon dioxide.

Yes, this is more than backtracking. This is potentially not just stalling out protections for a health environment in Oregon, but making it dramatically worse.

The pivot point for the LNG pipeline is the FERC. And, again, here is where federal politics become a frustrating and damaging reality: To move forward, the LNG pipeline needs approval from the FERC, a federal agency that regulates the interstate transmission of electricity, natural gas and oil. In structure, the FERC is overseen by a five-person panel. However, currently there are only two sitting members. The commissioners are appointed by the president, and approved by Congress—and, like many other appointments (um, the Supreme Court), Congress failed to open the door for Obama to appoint a complete panel. Not only does that leave the control for the FERC less diverse than intended, but like other agencies and the federal judicial system, has opened up a broad opportunity for Trump to stack the deck.

In late January, FEHR. She isn't

Trump appointed Cheryl LaFleur to chair the a bad appointment, and unlike other appointments that Trump has made, who seem to be at odds with the very philosophy of the agency they are appointed to run, she seems to be fair-minded. LaFleur was originally appointed to the commission in 2010 by President Obama, and now takes over as the chair.

Even so, clearly Veresen sees an opportunity in the change of tone and leadership for the federal government to make another play to stuff a pipeline through southern Oregon.

We are holding our breath that the FERC does the right thing—and turns away the LNG pipeline one more, hopefully final, time. 🍷



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LETTERS

HAVE SOMETHING TO SAY?

Speak Up



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.

Send your thoughts to: editorial@roguevalleymessenger.com

EDITOR'S NOTE:

We must have been high. We are very proud of the Best Of issue, but, well, we did screw up a few of the listings.

First off, the Runner-Up for Best Rueben should have been R&D Sandwich Shop and Ruby's. Also, Elijah Elliott from Breeze Botanicals was the winner for Best Budtender. While we did list that correctly, we left a "t" off his name—and no one should be shorted any letters in their surname.

RE.: BEST COFFEESHOP FOR A DATE

Whoop whoop! Thanks for the win! We want to thank our amazing crew and beautiful customer base who many have become part of our daily Mix Family!

RE.: THE WHEEL THING

I was wanting to share with you guys. Us Scorpions are currently ranked #1 in the nation with an invitation to Louisville Kentucky to compete for the national title. We are financially short without the funding to get us to Kentucky. We are having a Casino night March 18 (5 pm) at the Habitat for Human-

ity, 2233 S Pacific Hwy, Medford. We are hoping to get enough attendees to help fund us to nationals.

Keith Avant

RE.: REAL AMERICANA, THE OL' DUSTY TRAIL BRINGS JONATHAN WARREN AND THE BILLY GOATS TO SO-O

Curious to see them in Medford tomorrow! But I'm unclear what's wrong with musicians doing winery shows? And why that'd be considered "poser-y"...?

- Jefferson Kledso



ELIJAH ELLIOTT - WINNER "BEST BUDTENDER" BREEZE BOTANICALS (SEE PG 29 FOR MORE INFO)

HEY MESSENGER



Advice from the *Rogue Valley Messenger*

BY ALEX OWL

Hey Messenger: I am a 39 year old female and I went on a date with a guy who is a somewhat known local writer (don't worry, not your paper). He was a pretty huge snob throughout the date night, but not to me. He was just rude and snobby about discussing his opinions, if that makes sense. I thought he was too rude to the waiter, but he did tip okay. I also noticed that he used concealer of some kind on a blemish!!! He also made a disparaging comment about one of my exes whom we both know, but it had a detectable sense of jealousy ringing through it. Is there a chance he's not actually a snob and was just playing some kind of game or trying to impress me (evidenced by the funny makeup and comment about the ex)? The makeup actually amused me in a way I'd say was mostly good. So...should I go out with him again?

-Lonely but not desperate

Dear Lonely but not desperate: First of all, I am glad to see you aren't desperate. No woman should ever feel desperate for anything except cake. Caaaaaake. Anyway, I agree that the rudeness is way more of an issue than the makeup. I don't think I buy the explanation that it was there to impress you. If I felt the need to make excuses for him, I would be more likely to think he was nervous. Or, let's just go with that "he's just trying to impress me" idea for a second and think it through. It might bring some illumination. Ready? He was being rude to impress you. Now what? Now you're stuck with a guy who thinks *rudeness is impressive*, either in general, or to you personally. What does that say about his view of you? What does that say about his view of the world in general? I would say, thanks but no thanks. Because you know what? You are not desperate. 🐼

.....

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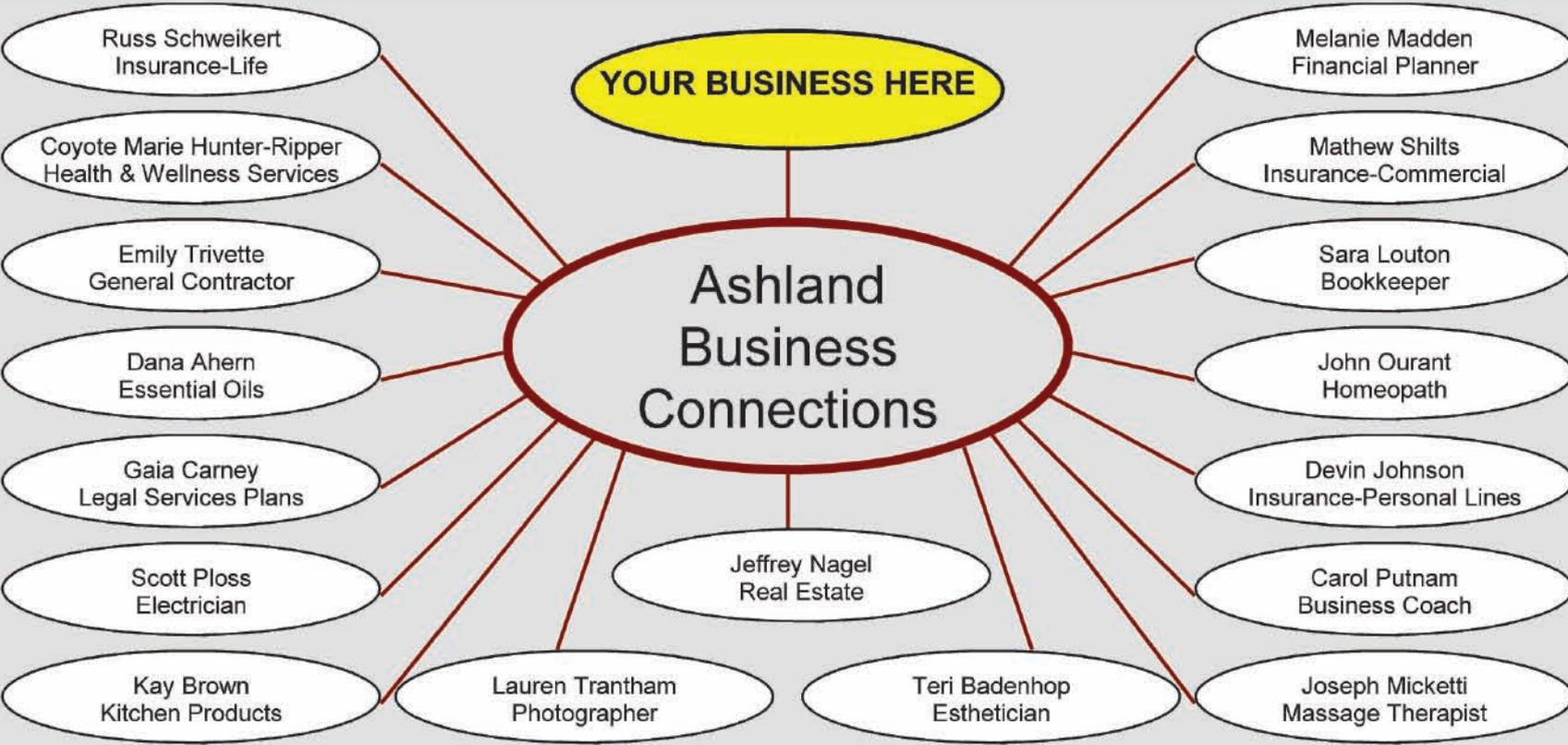
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NEWS

A Sisyphean Job

Can Third Time Be The Charm for Shutting Down LNG Pipeline?

BY PHIL BUSSE

It is a storyline more common to monster movies than political and environmental fights: The monster that the townsfolk thought was vanquished returns from the dead for its lumbering revenge. Yes, be afraid, the so-called LNG Pipeline is back!

After a decade-long fight to deny a pipeline proposed to carry liquefied natural gas (LNG) from the California border to Coos Bay, last year environmentalists and local community members felt as if they had banished the idea. Not unlike the infamous Standing Rock pipeline, this one had been proposed to slice a 100 foot wide swath diagonally all the way from the

California and Washington), and most everyone believed that was the end of the story. But most everyone also thought that the federal government would have a different Commander in Chief—and, with Donald Trump in office and new hands on the helm of many federal agencies, apparently Veresen, the company proposing the pipeline, is testing the waters for different results. Construction requires that Veresen secure federal and state permits.

“Many landowners and community members have been fighting this project for over 10 years and they deserve for this proposal to be over and to be able to move on with their lives,” says Hannah Sohl with Rogue Climate.

“The company tried to slide the Open Houses in under the radar and only gave landowners and community members less than a week and a half notice,” says Sohl. “They have really made it confusing for our community, and especially for rural landowners who are directly impacted by the project,” she adds.

Many of the activists point to the new presidential administration as the reason that Veresen believe they can re-file for a third time and expect different results. But activists have been busy mounting a defense—and, in spite of the change in politics, don’t believe that the dangers from the physical, ecological and philosophical trespasses on southern Oregon have changed one iota.

According federal environmental impact statements, there is a pressing concern that leakage from the pipeline and energy used at the pipeline terminal near Coos Bay would constitute the largest source of green source gas emissions in the state; s, after the Boardman Coal plant closes in 2020, producing as much as 2.1 million metric tons of carbon dioxide.

Likewise, Veresen doesn’t seem to have changed their argument for the pipeline either: To counter the complaints by community members, the company has tried to minimize the potential hazards and have routinely promoted the economic benefits they say the pipeline will bring. But again, community members aren’t buying that bill of goods.

“This is a multibillion dollar development project that will result in less than 200 permanent positions,” says Sohl. “Our communities need long-term, family-wage job creation in industries that don’t threaten our natural resources, safety, rivers, or climate.” She continues, explaining there are viable alternatives: “There is a growing renewable energy industry in Oregon, and we need to see family wage job creation in energy efficiency, solar energy, and upgrading our rural infrastructure. Each dollar invested in clean energy creates two to seven times the jobs created by investment in fossil fuel.”



PHOTO SUBMITTED BY HANNAH SOHL/ROGUE CLIMATE

California border near Klamath northwest to Coos Bay, passing north of Medford and cutting through traditional tribal territory, not to mention crossing some 400 rivers and streams, worming through old growth forests as well as private land, as many as 700 private properties, and even, at one point, slicing through the Pacific Crest Trail and threatening species like the bull trout and various wild flowers.

But last year, the proposed pipeline was rejected by Federal Energy Regulatory Commission (FERC) for the second time (not to mention rejections in

Shortly after Donald Trump was elected, word began to circulate through the community that Veresen planned to resubmit its application to the FERC for approval of the pipeline. As part of the process, the proposal requires consideration in “open houses” to allow public comment. But many community members cried foul—that the meetings were hastily announced and didn’t leave enough time to prepare a dissent. In response, FERC has pushed the open houses back to March 21 – 24 (see details below).

“Our communities need long-term, family-wage job creation in industries that don’t threaten our natural resources, safety, rivers, or climate.” She continues, explaining there are viable alternatives: “There is a growing renewable energy industry in Oregon, and we need to see family wage job creation in energy efficiency, solar energy, and upgrading our rural infrastructure. Each dollar invested in clean energy creates two to seven times the jobs created by investment in fossil fuel.”

FOR DETAILS ABOUT PUBLIC HEARING OPEN HOUSES, CHECK OUT ROGUECLIMATE.ORG. CURRENT DATES AND VENUES INCLUDE:

Tues. March 21, The Mill Casino, 3201 Tremont St., North Bend

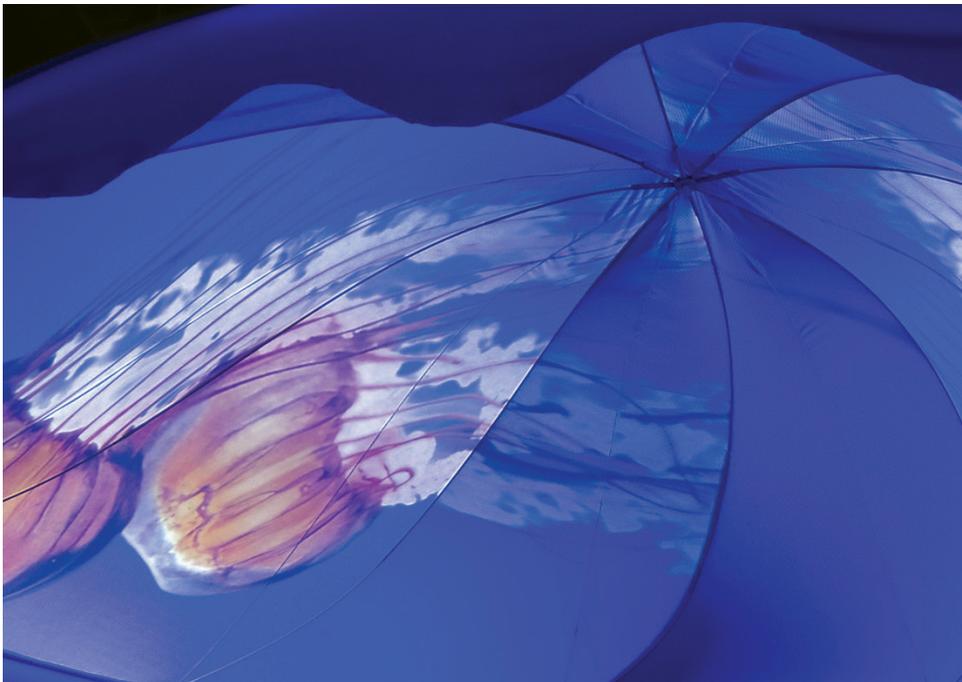
Wednesday, March 22, Seven Feathers Casino, 146 Chief Miwaleta Ln., Canyonville

Thursday, March 23, location TBD, Medford

Friday, March 24, Mt. Mazama Room, Oregon Institute of Technology, 3201 Campus Dr., Klamath Falls.



AT THE SCHNEIDER MUSEUM OF ART



Vanessa Renwick, *Medusa Smack* (detail), 2012, MOV file, screen, rugs, pillows, 66" x 86." On generous loan from the Jordan Schnitzer Museum of Art, Eugene, OR. Photo: Mark Licari

Convergence: Digital Media and Technology is funded in part by a generous grant from The Ford Family Foundation.

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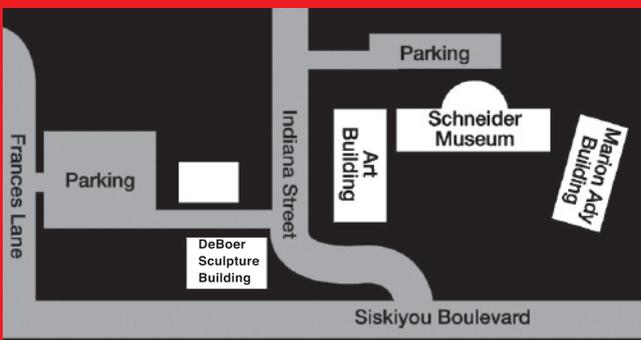
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FEATURE

Paint, Photography, and Nature

A Look at Artists Deb Van Poolen and David Lorenz Winston

BY JORDAN MARIE MARTINEZ



A LOOK AT VAN POOLEN'S ONGOING BUTTERFLY PROJECT.
CREDIT: DEB VAN POOLEN

In a mountainous landscape, butterflies soar through the foreground, feeding on flowers and spreading their colorful wings. Dozens of different species occupy the canvas, representing Oregon in one of its truest forms.

Deb Van Poolen's butterfly project is one of education just as much as it is vibrant and peaceful. "There's been over 120 species of butterflies documented in this area of Oregon," she says. Not only are butterflies the focal point of the painting, but the base plants where they get supplements are also present. "Viewers will see those plants and absorb the connections of

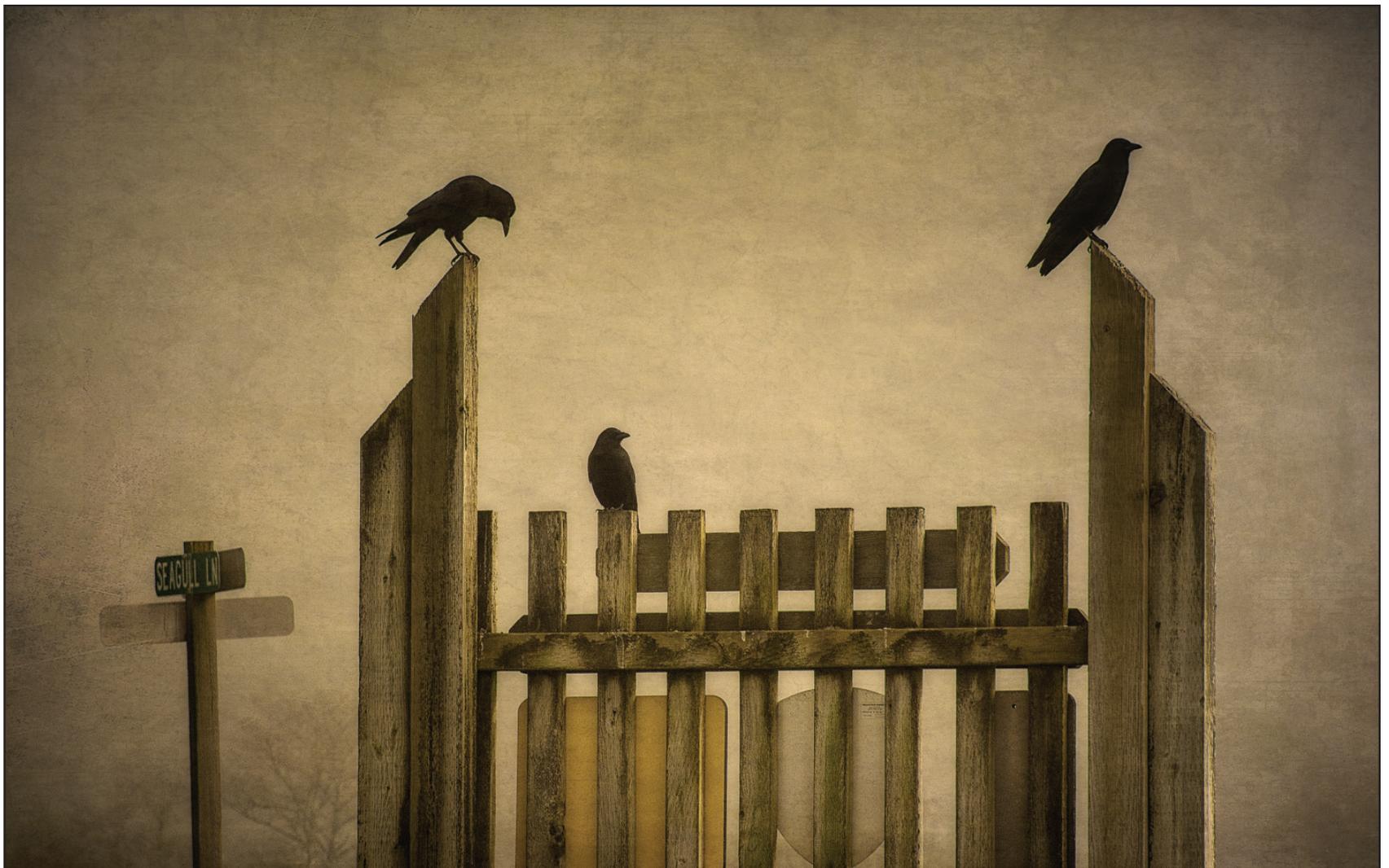
the butterflies and the host plants, which helps folks understand the complexity."

Van Poolen has been involved in art in a num-

ber of ways for several years, both locally and internationally. While in college, she decided law school wasn't what she wanted, and instead refocused her sights on art.

"After I graduated, I started drawing and painting," she says. "I'm really inspired by the beauty of all the wild flowers. [In] the summer of '95 I started selling water color paintings in Ashland at the farmers market." Living with local artist Harriet Rex

Smith and taking classes from Betty LaDuke and Peg Sjogren, her craft and passion from art deep-



CROWS THREE
CREDIT: DAVID LORENZ WINSTON

FEATURE

ened.

In 1998, she moved to Montana to illustrate a children's book and teach art classes. "I taught for about three years, right up until the Iraq war happened," she says. Around that time she stopped pursuing art full time, but still taught classes off and on. She explains, "I really started getting into

it the summer of 2013 when I decided to do activist art. I knew after all that anti-war searching and traveling, I really wanted to with my art say something about what I saw happening in the world, and I wanted to support other people doing the same thing."

This led Van Poolen to attend the trial of Chelsea

Manning, who leaked information and video footage of abuse and extreme violence by American soldiers in Iraq and Afghanistan. "I'm supportive of her and what she did," she says, "and so then I went to the trial and made courtroom sketches every day. I really felt motivated to use my art in this kind of way, with that I wanted to help publicize

her case more."

After the trial she felt the mountains calling, and returned to Pacific Northwest to continue her landscape art. "I thought I could still try to do work that would help educate people about important issues."

The butterfly project is currently where she's using art to educate the public about the importance of butterflies, base plants, and the complex ecosystem they exist in. About the painting, she says, "The background is somewhat impressionistic. The butterflies themselves are somewhat illustrative."

Overall, Van Poolen strives to represent beauty in her work. "Beauty is actually profound, and getting people to focus on beauty can help people be better people. We get to live in this world of great majesty around us."

.....

Local photographer David Lorenz Winston captures the majesty of life and nature in ways that have given him wide recognition. Like Van Poolen, in college he switched his studies to art after spending time sketching and through the encouragement of professors. Also



FAÇADE REMAINS
CREDIT: DAVID LORENZ WINSTON

FEATURE

having a father who was a part-time photographer and a mother who was an artist, he's had inspiration and encouragement leading him to his many accomplishments.

"I started out doing arts and craft shows back in the late 70s. A number of my shows were in Philadelphia," he says. During one of those craft shows, someone from IBM saw his work and eventually bought over 60 prints to show in its new offices, soon finding their way to other offices in Scranton, New York, and more. His photography has also been featured by companies such as Verizon, Hilton, and Johnson & Johnson.

Influenced by photographer Cartier Bresson, painter Andrew Wyeth, and several other artists and people in his life, his is photography captures several textures within the picture, at times making it look like a painting. The wonderful use of lighting, whether staged or natural, highlights the exact subjects the picture needs. From country roads with menacing, dark clouds to a young Amish boy posing with a donkey, Winston teaches the viewer about several different cultures and ways of life in each photograph.

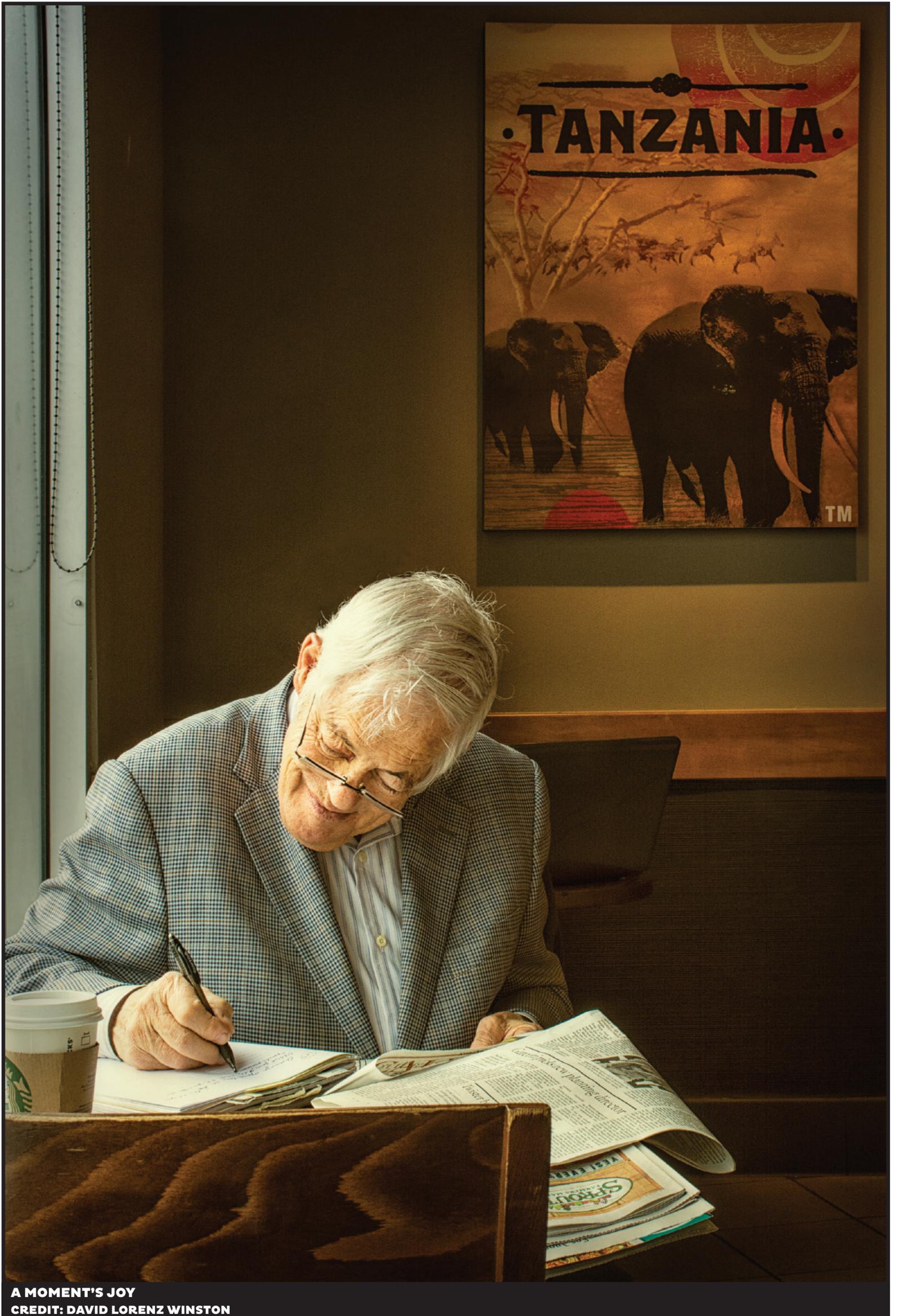
Winston also has been offering services as a mentor and his own critiques to other photographers about five years ago. "I didn't want to have the responsibility to set up a workshop where five or six people come and having to set up arrangements," he says. "I enjoy mentoring people. When it comes to mentoring, the most important thing to me is if the person finds it helpful. I don't try to push my agenda too much." Having one-on-one sessions are easier and more productive. On his website are several testimonials from other pho-

tographers who have had Winston as a mentor before.

"I relate to the world in a very visual way," Winston says. "I like to see the world as I see it. I'm at

home in anything that I don't have to fill anyone else's need with."

Winston has an ongoing photoletter, called "The Winston Eye," he updates weekly with new photo-



A MOMENT'S JOY
CREDIT: DAVID LORENZ WINSTON

FEATURE

graphs. This online portfolio shows the changing yet consistency of work full of quality and stories.

“I like to think my photographs are of relationships or juxtapositions,” he expresses. “I like people to respond to them on an emotional level.” On his website he says, “My imagery is about discovery. It takes me to places I have never been, places that free me from the pressures of a clock driven world, places that heal...I seek to reveal the essence of a moment or place gone unnoticed. I love showing things in new ways, using the elements of surprise, mystery and playfulness, fused with design and movement.”

He uses words like “surprise, design, and mystery” to describe his work. He also places importance on his work being expressive rather than mechanical, which is clearly evident in his own work. 📍



GRAIN ELEVATOR
CREDIT: DAVID LORENZ WINSTON

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DOWNTOWN **ASHLAND SATURDAY MARKET**
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* Three-time Winner of the Washington Blues Society "Best Blues for Piano/Keyboards"

* Annieville is a graduate of Seattle's prestigious Cornish Institute and has been teaching and performing for over 35 years.



"Annieville is one bad bad teacher and knows what she's doing. From the front to the back, from the back to the side. Thank you Annieville for doing so much for music."

- Dr. John The Nite Tripper

"Annieville is the best piano teacher on the west coast and is an inspiring performer"

- The late Charles Brown

www.annievillebluesmusic.com

(541) 625-0085

[P] OUR PICKS



thurs 16 Journey

READING—There's more to being a wolf than just howling at the moon, especially for a wolf named Journey and his family, the Rogue pack, making history as they brought the species back to Southern Oregon and California. Hear the incredible story by Beckie Elgin in *Journey: The Amazing Story of OR-7, the Oregon Wolf that Made History*. 7 pm. Bloomsbury Books, 290 E. Main, Ashland.



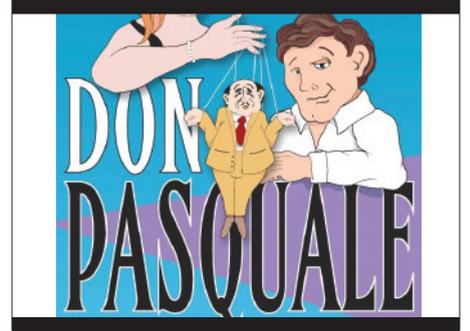
thurs 16 & fri 17 U.S. Empire at the Crossroads

LECTURE—In a quest for peace, Kevin Martin, president of Peace Action, and Reiter Braun, co-president of the International Peace Bureau, will discuss the future of our nation in regards to nuclear weapons, the military, our economy, and yes, our new President. 7 pm, Thurs. Bellview Grange, 975 Tolman Creek Road, Ashland. 12:30 pm, Fri. Rogue River Room, SOU Stevenson Union, 1250 Siskiyou Blvd, Ashland. Free.



fri 17 Cave Junction Chili Cookoff

CHILI—Shake things up this St. Paddy's Day and skip the corned beef and cabbage. Cave Junction's Farmers' Market is hosting their annual Chili Cookoff, inviting over twenty community members to go ladle-to-ladle with their best chili and cornbread recipes. Live music and local brews will complete the trifecta. May the best chili win. 5 - 8 pm. Kerby Belt Building, Kerby. Donations accepted.



fri 17 & sun 19 Don Pasquale

OPERA—The jokes are even better when then audience speaks the language. The fully staged comic opera Don Pasquale by Donizetti will be performed by local talent in English; dreams do come true! Directed by Willene Gunn with Conductor Martin Majkut. 8 pm, Fri. 3 pm, Sun. Mountain Avenue Theater, 201 S. Mountain Avenue, Ashland. \$35. Students 21 and under, \$15.



thurs 16 Hunter and the Dirty Jacks

MUSIC—With their "California-crafted Rock and Roll," Hunter and the Dirty Jacks strive to treat every show as unique and every audience their friend. St. Patrick's Day wouldn't be complete without these guys and their unstoppable album "Single Barrel," heard on over 400 radio stations nationwide with 14 TV licensing deals. 9 pm. Howiee's on Front, 16 N. Front Street, Medford.



sat 18 Big Mountain Bash

PARTY—It's the time of year to bring the party to the slopes. The place to be will be the base of Comer and Windsor runs. Live music, a BBQ and a beer garden combine on Mt. Ashland for the ultimate venue under the sky. Note: remove skis or snowboards before attempting to dance. 11 am - 3 pm. Mt. Ashland, 11 Mt. Ashland Ski Road, Ashland.



sun 19 Quebe Sisters

MUSIC—These three sisters from Texas sure know how to make their fiddles sizzle. Known for their energy, harmonies and unique blends of style, the Quebe Sisters prove that two fiddles are better than one, and three fiddles is just crazy talk. Super catchy good crazy talk, all the way from Dallas. 7:30 pm. Craterian Theatre, 23 S. Central Avenue, Medford. \$18.



fri 24 Suckerpunch and Dad's Racket

MUSIC—Rock, classic rock, modern rock, basically any kind of rock for Nashville, TN band Suckerpunch. Paired with local punk rock group Dad's Racket. Though both of these bands sound like they have disruptive issues, remember that one can't always judge a band by its name. But then again sometimes one can. 9 pm. The Haul, 121 SW H Street, Grants Pass.



sat 25 Geeks in Glitter

BURLESQUE—Hells Gate Burlesque has decided to whip out their calculators and do the math. The more applause they receive, the more they will glitter and shine. Showing off their nerdy side, the burlesque stars of the Valley include but are not limited to Miss Darby Doll, Sundae Sparkles, and Maliena B. Itchcock. 8 pm. Grants Pass Community Center, 234 SW L Street, Grants Pass. \$12 - \$30.



sat 25 & sun 26 Rogue Bowl

TOURNAMENT—Just because the Super Bowl is long over, doesn't mean that football season needs to end. In fact, flag football promises all the fun, without the cumbersome pads and pesky concussions. This fundraiser tournament claims that it will crown the best coed flag football team in the state of Oregon. US Cellular Community Park, 300 Lowry Lane, Medford.



mon 27 Lost and Found Stories

STORYTELLING—The Lantern: Episode 6 will feature the theme of "Lost and Found" to challenge storytellers to weave their most amazing tales. Since the most recent installment of the series back in October, heaven only knows how many things/people/feelings/puppies have been lost and found again. All are invited to share or to listen. 7:30 - 9 pm. Brickroom, 35 N. Main Street, Ashland.



mon 27 Edward III

THEATRE—The Ashland New Plays Festival is christening a (new) play from the bard himself, William Shakespeare, *Edward III*, in a modern verse translation by Octavio Solis. Recently welcomed into the Shakespeare canon, *Edward III* tells the tale of a monarch who played a major role in the Hundred Years' War. So, yeah, not a comedy. 7:30 pm. SOU Music Recital Hall, 450 S. Mountain Avenue, Ashland. \$20 - \$25.

APRIL FOOLS DAY & NIGHT CELEBRATION

SATURDAY APRIL 1ST NOON TIL 2AM

NEW OUTDOOR STAGE

LIVE BANDS
FIRE DANCERS

DJ's

CIDER TASTING

FREE ADMISSION 225 so Hst GRANTS PASS

LIVE MUSIC *and Nightlife*



MARCH 18 - SEE MAJOR LAZER'S WALSHY FIRE AT THE ASHLAND ARMORY

THURSDAY, MARCH 16, 2017

ASHLAND

CHARLES GUY AND LINDA POWERS - Belle Fiore Winery - 6 to 8 pm - No cover.

JOHN HOLLIS - Callahan's Mountain Lodge - 6 to 9 pm.

DART TOURNAMENT - The Black Sheep Pub & Restaurant - 7:30 pm - \$5 cover.

SASHA "BUTTERFLY" ROSE - Jackson Wellsprings - Doors 7:30, Music 8 to 10:30 pm - \$15 at the door.

STYLES AND CONTRASTS - The SOU Wind Ensemble and SOU Jazz Combo's Winter Concert at the SOU Music Recital Hall. This concert presents composers John Mackey and Kathryn Salfelder and music that blends both traditional and contemporary ideas. - 7:30 pm - \$10 general, \$5 Senior, Free admission for students.

TRIVIA NIGHT - Hosted by Miriam Lanning, Thursdays at Smithfields Pub & Pies - 8 to 10 pm.

WILD GOOSE CHASE TRIO - The Wild Goose - 8 pm - No cover.

DJ VEACH - Hip Hop and top 40's every third Thursday of the month at Standing Stone Brewing Company - 9 pm to midnight - No cover, all ages.

RICK MILLWARD - "Songs I Wish I'd Written (and some I did)" - 7 to 9 pm at Oberon's Tavern - Thursday Karaoke at 9 pm.

JACKSONVILLE

ARRAN & CO. - Pony Espresso - 6 to 8:30 pm.

GRANTS PASS

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

OPEN MIC - Hosted by Ambur Rose at The Haul - 7 to 10 pm, sign up at 6:30 pm - BYO instrument, family-friendly.

GODDESS RISING - Conscious Hip Hop and Acoustic Singer/Songwriters Dawna Crocker, Galxsee, Holographic Girl, Rosie Wittman, Valkyrie, and introducing The Starlight Dancers - G Street Bar and Grill - Starts 9 pm - Free show, 21+.

KERBY

OPEN MIC

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

MEDFORD

DAVID OUELLETTE

Thursday mornings at Limestone Coffee - 9:30 am.

TINA N THE MIX

Ladies Night at Grape Street Bar and Grill - 7 to 11 pm.

DJ JIM - 80's, Alternative and Dance Night - Thursdays at Howiee's On Front - 9 pm until close - No cover.

RIKKA - Johnny B's - 9 pm.

TALENT

NEW WEST

GUITAR GROUP - Perry Smith, John Storie and Will Brahm at Paschal Winery - 7 pm - \$10-\$25.

WILLIAMS

OPEN MIC

Thursdays at Cocina 7 - 7 to 10 pm.

FRIDAY, MARCH 17

ASHLAND

MICHAEL MCANDREWS - Traditional Irish songs at Smithfields Pub & Pies - 5 to 8 pm.

DAVE SCOGGIN - The Wild Goose - 6 to 7:30 pm - No cover.

JEFF KLOETZEL - Belle Fiore Winery - 6 to 8 pm.

JOHN HOLLIS - Callahan's Lodge - 6 pm.

ROGUE VALLEY CLIMATE BASH - Join community at the Historic Ashland Armory for the first annual Rogue Valley Climate Bash, emceed by Peter Buckley with a special message from Senator Merkley - 6:30 to 9:30 pm - Visit www.roguevalleyclimatebash.org to RSVP.

KING TAYLOR PROJECT - Oberon's - 7 to 8:30 pm - Free.

[P] DON PASQUALE - Brava Opera Theater proudly presents Don Pasquale by Donizetti, a timeless comedy in English - New venue is now the Mountain Avenue Theater at AHS - 8 pm - Students (under 21) \$15, adults \$35.

DIGGIN' DIRT - 8 piece funk band at Oberon's Tavern - 9 pm to midnight - Free show!

THE CAVE SINGERS - Brickroom - 9 pm to midnight - \$10 cover - 21 and over.

KARAOKE WITH WILL - The Wild Goose - 8:30 pm.

GRANTS PASS

HOT GOSSIP - 1960's-90's Tribute Rock Band - G Street Bar and Grill - 8 pm to midnight.

FRANKIE HERNANDEZ BAND - Soul, Funk, & Reggae Rock St. Patrick's Day Celebration at The Sound Lounge - 9 pm to midnight - Free show.

FOGLINE - Country - The Cedarwood Saloon - 9 pm to 1 am.

JACKSONVILLE

ACCAPELLARE - South Stage Cellars - 6 to 8 pm.

CHERRY & THE LOWBOYS - Rockabilly / Blues - J'Ville Tavern - 9 pm to midnight - No cover.

MEDFORD

LIVE CELTIC MUSIC - Special menus and more during St. Patrick's Day Party at 4 Daughters Irish Pub - 4 pm to midnight - Family-friendly.

PHOENIX SIGALOVE - Live music & Happy Hour at Lark's Restaurant - 4:30 to 6 pm.

SONIDO ALEGRE - RoxyAnn Winery - 6 to 8 pm - \$5.

2ND ANNUAL CELTIC CELEBRATION

Celebrate the Emerald Isle with Irish food and beer, traditional Irish music, an Irish themed art show, and a singing competition to select the best rendition of the Irish classic, "When Irish Eyes are Smiling" with the winner receiving a \$100 award - Rogue Gallery & Art Center - 6:30 to 8:30 pm - \$35.

FECKIN' TINKERS - Traditional Irish, Scottish, and folk music at Immortal Spirits & Distilling Company - 7 to 10 pm - \$5 cover.

DERIK NELSON & FAMILY - North Medford High School - 7:30 to 9:30 pm - \$25.

SAUCY - Habanero's - 9 pm.

THE EVENING SHADES - Grape Street Bar & Grill - 9 pm to 1 am.

HARMLESS ADDICTION - Morrton's Pizza & Pub - 8 to 10 pm - No cover, all ages.

[P] HUNTER & THE DIRTY JACKS -

California-crafted Rock & Roll at Howiee's on Front - 9 pm to 1 am.

CHADWICKS COMEDY NIGHT - Headliner: John Hilder - Opener: Todd Armstrong - Chadwicks Pub & Sports Bar - Show starts at 9 pm - \$10 cover.

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

LAUREN AND THE LION / SOMETHING ON THE WING / DEVIL IN THE DETAILS / SISYPHEAN CONSCIENCE / ATTIC - The

Bamboo Room at King Wah's - 9 pm to 2 am - \$5 suggested donation.

PHOENIX

JEFF PEVAR, INGER JORGENSEN & FRIENDS - Syrian Refugee Benefit Concert at Hilltop Music Shop (Shoppes at Exit 24) - Suggested donation \$35, Sliding scale \$25 - \$50 for adults, \$15 for students - 7 to 9 pm.

SELMA

ST. PADDY'S DAY ROCK 'N FLOW SHOW - Pandora, Dos Tacos, and Rogue Underground at the Selma Community Center, hosted by Lee L.A.B. Spivey - Doors open at 4:20 pm - All ages event - Adults \$15, 12-18 \$5, 12 and under Free.

TALENT

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

SATURDAY, MARCH 18

APPLEGATE

POLYRHYTHMICS - "With a hard-driving modern afro-psycho-beat sound composed of relentless rhythm, heart-thumping bass lines, intricate guitar phrasings, avalanches of keyboard colors, melodic hooks and soaring horn solos the octet delivers a live experience to behold that immediately turns any joint into a funky dance party" - The Applegate Lodge - Doors at 8, Show at 9 pm - \$17 adv, \$20 at the door.

ASHLAND

RAINY AND THE RATTLESNAKES - La Baguette Music Cafe - 10:30 am to 12:30 pm.

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

KEN HART - Acoustic Guitar - Callahan's Mountain Lodge - 6 to 9 pm.

BOB RAWLINGS AND ALAN BERMAN TRIO - Belle Fiore Winery - 6 to 8 pm.

WALSHY FIRE - Major Lazer's Walshy Fire at the Historic Ashland Armory, plus local Dj's Lokahi, ZenAware, BLZZY & VR - Doors open at 8 pm, show ends at midnight - 18 and over - \$25 adv, \$30 dos.

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

DJ SPANK - Brickroom - 9 pm - No cover - wear green for automatic entry in raffle to win 1 of 5 available prizes! Grand Prize goes to Best Costume (think green, Irish, leprechaun, etc).

KING TAYLOR PROJECT - Smithfields Pub & Pies - 9 to 11:30 pm.

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

GRANTS PASS

VERBS AND NOUNS - Wine Club Release event with live music at Wooldridge Creek Winery - 12 to 4 pm - No charge for Wine Club members or their guests to attend.

HOT GOSSIP - G Street Bar and Grill - 8 pm to midnight.

FOGLINE - Country - The Cedarwood Saloon - 9 pm to 1 am.

DJ FOR THE WICKED - Night of the Living DJ at The Sound Lounge - 10 pm to 2 am - Free show.

JACKSONVILLE

GENE BLACK & LEFT - South Stage Cellars - 6 to 8 pm.

GYPSY GILLIS - Rock & Blues at Boomtown Saloon - 8:30 to 11:30 pm - No cover.

GAIBE CARROLL TRIO - Bella Union Restaurant & Saloon - 7 to 11 pm.

MEDFORD

JAY OWENHOUSE - Awarded escape artist and illusionist Jay Owenhouse presents "Dare to Believe!" at the Craterian Theater - Performances at 4 pm & 8 pm - \$29 general admission, \$69 VIP "Save The Wild Supporter" Tickets (help save tigers and cheetahs, visit RareSpeciesFund.org).

2017 MISS ROGUE VALLEY PAGEANT - Annual Scholarship Pageant - North Medford High School - 6 to 10 pm - \$15 admission.

CASINO NIGHT - Gamble For Good presents a benefit to send our Rogue Valley Scorpions, a wheelchair basketball team, to Nationals. Doors open at 5 pm, Casino starts at 6 pm at Habitat For Humanity, 2233 S Pacific Hwy. Tickets are \$75 - Register at "Gamble-For-Good.com/Scorpions" - They're currently ranked #1 in the nation - Go Scorpions!!

ROGUE SUSPECTS TRIO FEATURING SHAE CELINE - Morrton's Pizza - 7 to 9 pm.

SINALOA TROPICAL CELEBRATION - 19th Annual Gala Dance Spectacular featuring 32 dancers performing traditional dances from 6 states of Mexico - Central Medford High School Auditorium, 815 S Oakdale Ave. Tickets \$12 for Seniors & students ages 13 and up, \$15 adults, age 12 and under free.

TC AND THE REACTIONS - Motown, Blues, and Soul at Grape Street Bar & Grill - 8 pm to midnight - No cover.

SAUCY - Habanero's - 9 pm.

VEIO / HARDWAY BEND / BEYOND THE TIDE - Veio's album release tour - Johnny B's - Doors at 9, music 10 pm to 1 am - \$5 cover.

CHADWICKS COMEDY NIGHT - Headliner: John Hilder - Opener: Todd Armstrong - Chadwicks Pub & Sports Bar - Show starts at 9 pm - \$10 cover.

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 - Live music every Saturday night at Homestead Pub - 9 pm to 1 am - No cover.

TALENT

SHAFTY - "Classic Phish gimmicks are in full force: trampolines, megaphones, choreographed dances, vacuum cleaner solos, instrument switching, and the secret language are alive and well at a Shafty show" - The Talent Club - Doors at 8, music at 9 pm

LIVE MUSIC *and Nightlife*

SUNDAY, MARCH 19

ASHLAND

BIL LEONHART - Belle Fiore Winery - 12 to 2 pm.

BALLROOM DANCING WITH THE AL BERMAN TRIO - Ashland Family YMCA - 2 to 4 pm - \$5 youths under 18, \$7 adults - All are welcome!

CELTIC MUSIC SESSION - Black Sheep Pub & Restaurant - 2 pm.

[P] DON PASQUALE - Mountain Avenue Theater at AHS - 3 pm - Students (under 21) \$15, adults \$35 - Big thanks to Season Sponsor, Jim Collier!

LET MY LOVE BY HEARD - Presented by the SOU Chamber and Concert Choirs at the SOU Music Recital Hall - 3 pm - \$10 general, \$5 Senior, Free to students and Faculty/Staff.

BEAR CREEK JAZZTET TRIO - Belle Fiore Winery - 5 to 7 pm.

KEN HART - Callahan's Lodge - 6 pm.

JIM QUINBY - 6-8 pm, plus Little Thom's Open Mic with Dave Hampton at 8:30 pm - The Wild Goose.

THE CORNER BOYS - Traditional Irish music, Sundays at Oberon's Tavern - 6 to 8 pm.

GRANTS PASS

THE DISTILLED SPIRIT REBELLION - Wine Club Release event with live music at Wooldridge Creek Winery - 12 to 4 pm.

FUN JAM - Hosted by Eric Maynard and co-conspirators Brian Risling, Frankie Hernandez, Anthony Cusenza, and Ryan Redding at The Sound Lounge - 7 to 10 pm - Come share the stage!

MEDFORD

OPEN MIC - Hosted by Robbie DaCosta at Jefferson Spirits - 7 to 10 pm.

[P] THE QUEBE SISTERS - These 'triple-threat fiddle champions' bring their swing, vintage country, jazz, bluegrass and "Texas-style fiddling" at the Craterian Theater - 7:30 pm - \$18.

KRANK IT UP KARAOKE - Karaoke at the Pit Stop Tavern - 9 pm.

DESCHAMP / RAGTAG ROMANTICS / KING TAYLOR - The Bamboo Room at King Wah's - 9:30 pm - No cover.

MONDAY, MARCH 20

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.

THE BROTHERS REED - Liquid Assets Wine Bar - 7 to 9 pm.

JUSTON GORDON & THE AAA ALL STARS - The Wild Goose - 8 pm.

ROBBIE DACOSTA & FRIENDS - Mondays at Smithfields Pub & Pies - 8 to 11 pm.

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, MARCH 21

ASHLAND

KEN HART - Callahan's Lodge - 6 pm.

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

HANNAH JUDSON / STEVE PETRONIC - Oberon's Tavern - 8 pm.

FREDERICK & WARNER - The Wild Goose - 8 pm.

KARAOKE - Hosted by Legendary-Oke at Smithfields Pub & Pies - 9 to 11:30 pm.

CENTRAL POINT

KARAOKE - Tuesdays at the Corner Club - 9 pm.

JACKSONVILLE

OPEN JAM - Hosted by T.J. Elton, Tuesdays at the J'ville Tavern - 7 pm - No cover.

MEDFORD

COMMON MINER - Seattle Singer-Songwriter - Album: The Match That Stayed Lit - Johnny B's - 9 pm to midnight.

WEDNESDAY, MARCH 22

ASHLAND

BREAD AND JAM - Open Jam, listen or sit in at La Baguette Music Cafe - 10 am to 12:15 pm.

KEN HART - Callahan's Lodge - 6 pm.

ROGUE RAGE DUO - Belle Fiore Winery - 6 to 8 pm.

DARRIN WAYNE - The Wild Goose - Music at 8 pm - Free Pool from 6 pm to midnight on Wednesdays.

JACKSONVILLE

GREG & DIRK - South Stage Cellars - Wine Tasting from 1 to 5 pm, live music and dinner from 6 to 8 pm.

MEDFORD

HAPPY HOUR & LIVE MUSIC - Lark's Restaurant - 4:30 to 6 pm.

THE BROTHERS REED - RoxyAnn Winery - 5:30 to 7:30 pm.

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

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

HARDWAY BEND / HOT WON'T QUIT / EL CHAPO - Johnny B's - 8 pm to midnight - \$5 cover.

ROBERT ELLIS - Sparks House Backyard Concert Series - 8 pm - \$20 - 100% of the proceeds go to the artist! - \$20 admission - Free made to order grilled cheese and desserts - www.brownpapertickets.com/event/2820563.

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

PHOENIX

OPEN MIC & JAM - Hosted by Michael Szczesniak at The Phoenix Clubhouse - 7 to 10 pm - Free, all ages.

THURSDAY, MARCH 23

APPLEGATE

LYRICS BORN - "Real people do real things. Yes we do" says Bay Area resident, Tom Shimura (Lyrics Born) in the first words of his eighth album. Applegate River Lodge & Restaurant - Doors at 8, show at 9 pm - \$25 adv, \$30 at the door - All ages.

ASHLAND

JOHN HOLLIS - Callahan's Lodge - 6 pm.

PAUL TURNIPSEED TRIO - Belle Fiore Winery - 6 to 8 pm.

FANFARES, FLOURISHES AND MARCHES

- Southern Oregon Concert Band - SOU Music Recital Hall - 7 pm, admission is by donation. The conductor for this concert is Michael Wraight, who was a High School band conductor for 34 years before retiring in 2006 from Phoenix HS. He currently conducts the New Horizon Concert Band, and is a member of the Ashland Brass Quintet and the Rogue Valley Sauerkrauts German Band.

DART TOURNAMENT - The Black Sheep, 7:30 pm, \$5.

T.J. & THE J'VILLAIN'S - The Wild Goose - 8 pm.

TRIVIA NIGHT - Thursdays at Smithfields Pub & Pies, hosted by Miriam Lanning - 8 to 10 pm.

KARAOKE - Thursdays at Oberon's Tavern - 9 pm - 21 and over.

IMPULSE CONTROL / THE EVENING SHADES - Impulse Control is a "three-man alt-rock/post-punk/power pop band" - Brickroom - 9 pm to midnight - \$5 cover - 21 and over.

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.

OWL W - Heavy/Psych/Rock, plus guest band - G Street Bar and Grill - 8 pm to midnight.

JACKSONVILLE

PHILIP REED - Bella Union Restaurant & Saloon - 9 pm to midnight.

KERBY

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

MEDFORD

DAVID OUELLETTE - Limestone Coffee - 9:30 am.

LADIES NIGHT - Thursdays at Grape Street Bar & Grill - Music by Dysfunktion - Starts at 7 pm.

DJ JIM - 80's, Alternative and Dance Night - Thursdays at Howiee's On Front - 9 pm until close - No cover.

JUNK PARLOR - Johnny B's - 9 pm.

KRANK IT UP KARAOKE - The Bohemian Club - 9 pm.

KARAOKE - Pier 21 Tavern - 9 pm to 1 am.

THE FABULOUS MISS WENDY / MYTHOLOGICAL HORSES - The Bamboo Room at King Wah's - 9:45 pm.

WILLIAMS

OPEN MIC - Thursdays at Cocina 7 (132 Blodgett Rd) - 7 to 10 pm.

FRIDAY, MARCH 24

ASHLAND

PISTOLS IN PETTICOATS - La Baguette Music Cafe - 10 am to 12:30 pm.

DAVE SCOGGIN - The Wild Goose - 6 to 7:30 pm.

JEFF STANLEY - Belle Fiore Winery - 6 to 8 pm.

JOHN HOLLIS - Callahan's Lodge - 6 pm.

CLARA BAKER - Corvallis-based Clara Baker's music is "medicine for the heart, mind and psyche" - La Baguette Music Cafe - 7 to 9 pm.

STEPHEN INGLIS - Slack Key Guitar, American Folk music and incredible storytelling at Grizzly Peak Winery - Show starts at 7 pm - \$20 adv, \$25 at the door - "Come get your ALOHA fix!"

KARAOKE WITH WILL - The Wild Goose - 8:30 pm.

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

GRANTS PASS

DAYDREAM MACHINE / SOUVENIR DRIVER - From Portland, Souvenir Driver is "shoegaze with grungy jolts that uppercut your chin" (Willamette Week) - The Sound Lounge - Free show.

STONED EVERGREEN TRAVELERS / JAMES HUNNICUT / JOHN DOUGH BOYS - Metal, Rock and more - G Street Bar and Grill - 8 pm to midnight.

[P] SUCKERPUNCH / DAD'S RACKET - Rock & Roll from Nashville / Punk Rock from southern Oregon - Upstairs Lounge at The Haul - 9 pm.

JACKSONVILLE

BRET LEVICK - South Stage Cellars - 6 to 8 pm.

PETE HERZOG TRIO - J'ville Tavern - 9 pm.

DAVID PINSKY & PHIL NEWTON - Blues at Bella Union - 8 pm.

MEDFORD

THE ROGUE SUSPECTS - RoxyAnn Winery - 6 to 8 pm - \$5.

THE FRET DRIFTERS - Grape Street Bar and Grill - 7 to 10 pm.

BUCKLE RASH - "December's show at Howiee's was completely disgusting. Let's make this one even more disgusting!" - Free show at Howiee's on Front - 9 pm to 1 am.

LEONARD GRIFFIE DUO - Blues at Morrtton's - 8 to 10 pm - No cover - All ages.



MARCH 23 - SEE LYRICS BORN AT APPLGATE RIVER LODGE

LIVE MUSIC *and Nightlife*

RING OF TREES - Habanero's - 9 pm.

PISTOLS IN PETTICOATS / GOOGOLPLEXIA - Johnny B's - 9 pm to 1 am.

CHADWICKS COMEDY NIGHT - Headliner: Leif Skyving - Opener: Jeremiah Coughlin - Chadwicks Pub & Sports Bar - Show starts at 9 pm - \$10 cover.

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

ERIK GRIFFITHS / BRENT MARK PHAKE - The Bamboo Room at King Wah's - 9:45 pm to 2 am.

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.

LIFE DURING WARTIME - A Talking Heads Experience at The Talent Club - 9 pm to midnight.

SATURDAY, MARCH 25

ASHLAND

HOLLIS PEACH - La Baguette Music Cafe - 10:30 am to 12:30 pm.

LEE STEWART - Belle Fiore Winery - 2 to 4 pm.

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

STOLEN MOMENTS AND DAN FELLMAN - Belle Fiore Winery - 6 to 8 pm.

KEN HART - Callahan's Lodge - 6 pm.

BLUE LIGHTNING DANCE BAND - 25th Anniversary Celebration (1992-2017!!) at the Historic Ashland Armory - Complimentary appetizers, No host cash bar - Doors 6:30, music & dancing at 7:30 pm - \$25 admission (cash or check only, please) - 50% of net proceeds to benefit Jackson County SART and their free services for sexual assault survivors.

PISTOLS IN PETTICOATS - Original Blues and Bluegrass-inspired music at Oberon's Tavern - 8 to 11 pm - "These ladies are known for their sassy stage presence, beautiful harmonies, soulful songs and are always a foot stompin' good time."

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

ROSE COUSINS AND CAITLIN CANTY - "Driven by a voice that evokes raw emotion, Rose Cousins' music bravely explores the shadowy corners of the heart" - Brickroom - 9 pm to midnight - \$15 adv / \$17 day of - 21 and over - The San Francisco Chronicle lauded Caitlin Canty's, "casually devastating voice and unshakable poise."

DJ SYLVAH SOL - Saturdays - Old School Hip

Hop and Neo-Trap at Granite Taphouse - 10 pm.

GOLD HILL

THE BROTHERS REED - Sawyer Station - 6 to 9 pm.

GRANTS PASS

[P] GEEKS IN GLITTER - Hells Gate Burlesque Show at the Grants Pass Community Center - 8 pm.

LEONARD GRIFFIE BLUES BAND - G Street Bar and Grill - 8 pm to midnight.

KING ROY WING - Original Folk / Americana - Upstairs Lounge at The Haul - 9 pm - 21 and over.

MANCHINO - All four members of Manchino are originally from Alabama. They're a hard rock band with influences including Led Zeppelin, The Beatles, and Soundgarden - The Sound Lounge - 8 to 11 pm - Free show.

JACKSONVILLE

DAN VERNER - Live Bouzouki music by Dan Verner at the Greek Independence Day Dinner at the Jacksonville Inn. Enjoy Greek wines and a 5-course dinner, prepared by the Inn's own Greek resident, Platon Mantheakis. Call 541-899-1900 for reservations. \$75 per person - Oppal!

T.J. ELTON - South Stage Cellars - Music 6 to 8 pm.

SONIDO ALEGRE & CHARLES GUY - Sonido Alegre is "a band with a mix of Spanish/Gypsy-flavored originals" - Bella Union Restaurant & Saloon - 7 to 11 pm - No cover.

MEDFORD

JUNIOR AND SENIOR PAGEANT - The Junior King and Queen will be chosen in the morning and in the evening, 7 princesses will compete for scholarship funds and the title of Miss Pear Blossom - North Medford High School Auditorium - 10 am & 7 pm - \$5 students, \$8 adults.

FLAT PATTY - Alt & Metal at Grape Street Bar & Grill - 9 pm to 1 am.

VICE MINDED / SOMETHING ON THE WING / THE RICHARD STEENKEN EXPERIENCE - Punk Night at Johnny B's, plus Latter Day Skanks and Broken Bodies - 8 pm to 2 am - \$5 at the door.

RING OF TREES - Habanero's - 9 pm.

CHADWICKS COMEDY NIGHT - Headliner: Leif Skyving - Opener: Jeremiah Coughlin - Chadwicks Pub & Sports Bar - Show starts at 9 pm - \$10 cover.

KRANK IT UP KARAOKE - Pit Stop Tavern - 9 pm.

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

ROGUE RIVER

THE ROADSTERS - Pop / Classic Rock / Country - Live music and dancing every

Saturday night at Homestead Pub - 9 pm to 1 am - No cover.

SELMA

"CAN'T BUY ME LOVE" - Beatles Tribute, dinner and dance at the Selma Community Center & Education Center (18255 Redwood hwy) - 5:30 to 9 pm, (British) Dinner at 6 pm - \$27 in advance - Music by Beatles Tribute Band and 3 Rivers Chorale - Tickets available at Cave Junction Umpqua Bank - Presented by the Illinois River Valley Arts Council, a benefit for Learn Through Arts Program in Local Schools.

SUNDAY, MARCH 26

ASHLAND

JEN AMBROSE - Belle Fiore Winery - 12 to 2 pm.

CELTIC MUSIC SESSION - Live at the Black Sheep Pub & Restaurant - 2 pm.

KAT MAN D - Belle Fiore Winery - 5 to 7 pm.

KEN HART - Callahan's Lodge - 6 pm.

THE BROTHERS REED - Smithfields Pub & Pies - 7 to 9 pm.

JIM QUINBY - 6-8 pm, plus Little Thom's Open Mic with Dave Hampton at 8:30 pm - The Wild Goose.

GRANTS PASS

MATT BEDNARSKY - Nashville-based Singer / Songwriter at Merging Rivers Zen Center - 7 to 10 pm - \$15 adv, \$20 at the door.

THE RESINATORS - Smile Movement presents the first official Reggae Sunday at The Sound Lounge - 8 pm to midnight - 21 and over - Free show.

YONDER MOUNTAIN STRING BAND / THE LIL' SMOKIES - Historic Rogue Theatre - 8 pm - 21 and over - \$25 general admission.

JACKSONVILLE

THE LIVING ROOTS OF MUSIC - "Lauren Pelon's fascinating performance traces the roots of music through time and cultures as she performs on 25 different instruments" (such as gemshorn, comamuse, krummhorn, schreierpfeife, shawm, hurdy-gurdy, and bowed psaltery) - Jacksonville Branch Library - 2 to 3 pm - Free concert sponsored by Jacksonville Friends of the Library.

MEDFORD

MICKEY AVALON / JAY TABLET / CHANDLER P - Teardrops On My Tombstone Tour at The Rocky-Tonk Saloon & Grill - Doors open at 7 pm - 21 and over - \$15.

SOURCE OF ALL SORROWS / CATHEDRAL HILL / MISTAKEN EXISTENCE / WITHIN SIGHT - The Bamboo Room at King Wah's - 8 pm to 2:30 am.

ROBBIE DACOSTA & FRIENDS - Mondays at Smithfields Pub & Pies - 8 to 11 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.

TUESDAY, MARCH 28

ASHLAND

KEN HART - Callahan's Lodge - 6 pm.

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

DAVE HAMPTON - The Wild Goose - 8 pm.

KARAOKE - Hosted by Legendary-Oke at Smithfields Pub & Pies - 9 to 11:30 pm.

CENTRAL POINT

KARAOKE TUESDAYS - The Corner Club - 9 pm.

JACKSONVILLE

OPEN JAM - Hosted by T.J. Elton, Tuesdays at the J'ville Tavern - 7 pm - No cover.

MEDFORD

ASHLAND BLUES SOCIETY - Hosted by the Nancy Mac band at Grape Street Bar & Grill - 6:30 to 9:30 pm.

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

WEDNESDAY, MARCH 29

APPLEGATE

GRANT FARM BAND - Boulder, Colorado-based Cosmic Americana band at the Applegate River Lodge & Restaurant - Doors 8 pm, Show 9 pm, \$17 Adv, \$20 at the door.

ASHLAND

JAZZ JAM - La Baguette Music Cafe - 10:30 am to 12:30 pm.

KEN HART - Callahan's Lodge - 6 pm.

BOB HAWORTH - Belle Fiore Winery - 6 to 8 pm.

THE BROTHERS REED - Oregon Cabaret Theatre - 8 to 10 pm.

THE ELEPHANT - Joel Tefteller and Daniel King at The Wild Goose - 8 pm - Free Pool from 6 pm to midnight on Wednesdays - No cover.

CELEBRATING THE 70'S - Costume Contest, plus drink specials and free food - Omar's - 9 pm to midnight.

GRANTS PASS

VOODOO DOLLS AND DABS TOUR 2017 - Sumtin Different Entertainment presents a Rap show at The Sound Lounge - 8 to 11 pm - Free show.

JACKSONVILLE

JEFF KLOETZEL - Special duo show with singer/songwriter Holly Gleason during Wednesday Wine 'n Dine at South Stage Cellars - Music & dinner from 6 to 8 pm - \$10 - 541-899-9120, call by 1 pm on Wednesdays for reservations.

MEDFORD

HAPPY HOUR & LIVE MUSIC - Lark's Restaurant - 4:30 to 6 pm.

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 - Bring your instrument or your whole band and jam.

PHOENIX

OPEN MIC & JAM - Hosted by Brian Risling (of Airtight Alibi...and The Legendary Goodtimes) at The Phoenix Clubhouse - 7 to 10 pm - Drums, amps, keyboard and more available for use - Free, all ages.



MARCH 25 - THE HAUL HOSTS KING ROY WING

MONDAY, MARCH 27

ASHLAND

KEN HART - Callahan's Lodge - 6 pm.

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

[P] LOST & FOUND STORIES - The Lantern: Episode 6 at Brickroom. 10 storytellers (come prepared) will be randomly chosen and given 5 minutes onstage. You don't need to have a story to be a part of the audience - 7:30 to 9 pm.

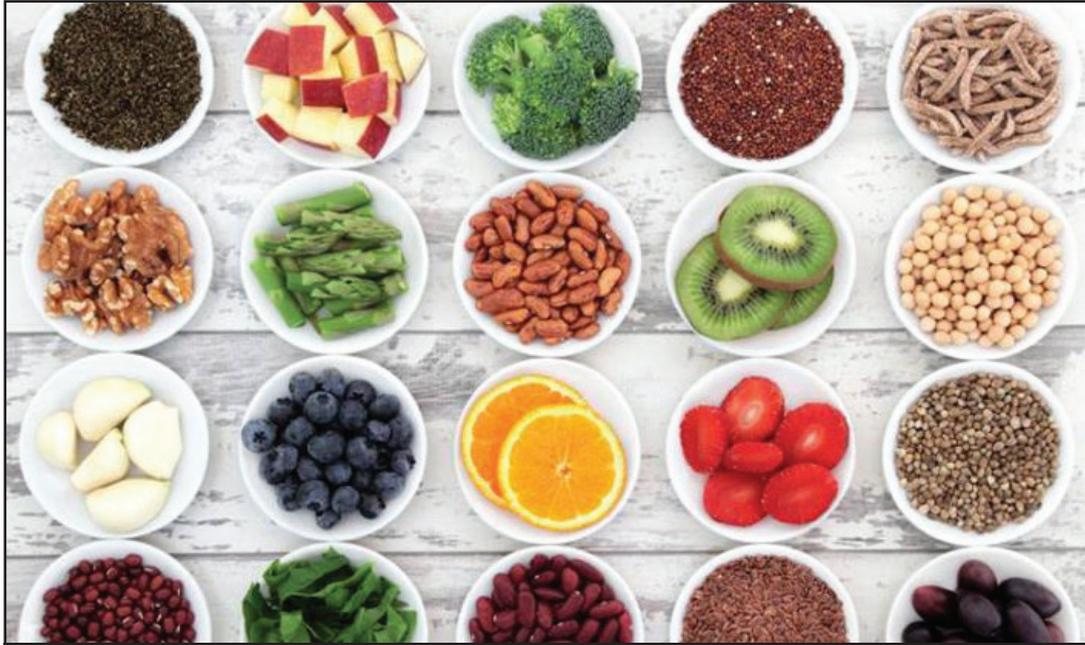
OPEN MIC - Oberon's Tavern - All ages at 5 pm, 21 and over at 8:30 pm.

PEGGY ROSE'S SINGER'S SHOWCASE - Hosted by Bre at The Wild Goose - Sign up at 7, music at 7:30 pm.

Playing a show? Let us know!

Email: events@roguevalleymessenger.com

EVENTS



MARCH 16 - COME TO VEGETARIAN AND VEGAN NUTRITION 101 AT THE ASHLAND YMCA - 6 PM - FREE!

Art

BEAUTY OF THE IMMEDIATE

As a painter, Gabriel Mark Lipper tends to balance two practices. One is based in global concerns, exploring themes of energy, wealth and ambition while his other practice allows him to depart from the drama of the current state of affairs and focus on the beauty of the immediate. Being at absolute attention to light and subject, responding in that same moment with his skills as a painter and bringing that moment to life on the canvas is at the heart of this practice. View this exhibit during March at Hanson Howard Gallery, 89 Oak St., Ashland, Oregon.

DISCOVERING SOUTHERN OREGON

Come to Third Friday on March 17, from 5 - 8 pm and meet special guest artist Doug Wallace, March's Featured Artist Conner Fribance and other gallery artists. A \$50 prize and "People's Choice" ribbon await the winner of the "Discovering Southern Oregon" art contest at Art du Jour Gallery. Contest artwork will be on display through March. Come vote for your favorite! Regular hours 10 am - 4 pm, Tues-Sat. Art du Jour Gallery, 213 E Main St., Medford, Oregon. 541-770-3190.

HERSTORY: THE ART OF WOMANHOOD

This exhibition celebrates and showcases the experiences of womanhood and femininity in our community through art. Exhibition on display March 3 - 24, 2017. Stevenson Union Gallery at SOU in Ashland, 1250 Siskiyou Blvd.

ILLUMINATED WORD

Portland, Oregon artist Barbara Mason has created intaglio prints inspired by and infused with the poetry of former Oregon Poet Laureate, Paulann Petersen. The bold lines and expressive shapes in Barbara's prints meld with Paulann's poetic verse in a rhythmic, musical cadence (Main Gallery, through March 31, 2017). Through March 31 in the Community Gallery: Revealing Shadows: Works on Paper by Zeno Thanos. Thanos explores shadows as pictorial concepts to symbolically indicate hidden, dark or surprising aspects of reality. The Rogue Gallery and Art Center in Medford, 40 S Bartlett St.

TAKES THREE TO TANGLE / BLACK & WHITE

Takes Three to Tangle exhibits the work of three regional artists, Betty Barss, Linda Boutacoff, and Charlotte Peterson, who explore the realm of pen and ink media. "Life is an art form and our Zen DeZigns are an elegant metaphor for deliberate artistry in life. Being painters of color and usually a lot of it, we were fascinated with the impact of the black and white." Exploring the theme further, the Black & White exhibition is brought together from a variety of collections, and spans from the 17th century to the present. The two exhibitions run concurrently through March 31, 2017 at the Grants Pass Museum of Art, 229 SW G St. Hours 1- am - 5 pm, Tues-Sat.

THIRTY-NINE (39) QUESTIONS FOR WHITE PEOPLE

"Thirty-Nine (39) Questions for White People" is an art installation by Naima Lowe that leads viewers to reflect on the complexity of race and to realize that in the U.S., white people rarely are forced to become

self-conscious about their own racial identity. The installation will be on display at the Medford Branch Library, 205 S Central Ave. from March 13 - 19, 2017.

Classes

PERENNIALS & COOL SEASON ANNUALS

Saturday, March 18, from 10 - 11 am. Learn all about early perennials and annuals that provide amazing color in the earliest gardening season. Owner Kelly Brainard will walk you through selecting different types, sizes, colors, and help with placement. Please call to reserve your spot, 541-482-2866. This gardening class is free. Ashland Greenhouses, 650 E Ashland Ln.

SPRING GARDEN CLEANUP

Saturday, March 18, from 10 - 11 am. Come find out why the folks at Shooting Star Nursery like to leave their major garden cleanup for spring rather than fall. This class will cover how to prune lavender, as well as other perennials and grasses. Landscapers, this class qualifies for 2 hours of CEH credit. Registration fee is \$15. Visit RogueValleyNursery.com. Shooting Star Nursery, 3223 Taylor Rd., Central Point, Oregon.

TEACHER ENRICHMENT: THE TAUBMAN APPROACH

Saturday, March 18, from 10 am - 3 pm. "Musicians utilizing the Taubman approach can improve technique, prevent fatigue and injury, and maximize their ability to express music." This presentation, with special presenter Deborah Cleaver, M.M., will focus on the practical aspects of the Taubman Approach that can be incorporated without a lot of training. Learn the most advantageous physical relation to the keyboard, how to successfully perform leaps, polyrhythms, chords and octaves, and improve tone production. This event is free and open to the public. Music Department Choir Room, SOU, Ashland.

BEEKEEPING COURSE

Saturday, March 25, from 9 am - 12:30 pm. "If you're interested in beekeeping, practice on our bees before you invest in your own." In 2017, the Bee Girl Beekeeping Course will meet throughout the "bee season" in both the classroom and in the apiary for a hands-on beekeeping workshop. Each session is tied to key management topics in a typical season. You'll work in small groups and 'bee' assigned to a hive which you'll manage under the guidance of Sarah Red-Laird, aka "Bee Girl." The cost for the course is \$400 for the season (\$475 with a beekeeping consultation on your property). Course is held in Ashland. Dates are March 25, April 29, May 21, July 8, August 19, and September 16. You must pre-register before March 25. Visit www.beegirl.org/learn.

GRAFTING WORKSHOP

Saturday, March 25, from 1 - 3 pm. Apple Outlaw presents a hands-on grafting workshop, where they will demonstrate the process of grafting scion wood from desired apple varieties onto already established apple trees. Plus, learn bench grafting techniques to create your own trees and tour the orchard to see the different stages of growth. Participants will receive scion wood to graft, plus a bench grafted tree ready to plant! Class is \$50. Seating is limited, registration prior to event must be completed through Eventbrite.com. Apple Outlaw Orchard, 9530 Thompson Creek Rd., Jacksonville.

HUNKER DOWN DAYS

Sunday, March 26, from 11 am - 1 pm. Every participant is a teacher. Gather to share skills and expand community - no experience required. Bring whatever primitive skills projects you are working on. Dates: 2nd & 4th Sundays, January - April, 2017. 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.

SUSTAINABLE LIVING SKILLS

Saturday, March 25, from 9 am - 1 pm. March 25: Building A Tiny House, with Casey Wright and Nicole Kraft. April 15: Perennial Crop Care, with Taylor Starr and Brian Geier. May 13: Fabulous Ferments, with Brian Geier. TBD: Intro to Natural Building. Tuition is \$40 for all classes, except the 3-day Natural Building Workshop. Sign up for all four half day classes for \$20 off. All classes will take place at

White Oak Farm and Education Center, 1940 Kincaid Rd., Williams, OR. 541-846-0776. Please Pre-register.

ACTIVIST TOOLKIT WORKSHOP

Wednesday, March 25, from 5:30 - 7 pm. KS Wild presents Volunteer Training at the Ashland Community Center / Pioneer Hall, 59 Winburn Way. Learn how you can be involved and take action in local environmental protection efforts while resisting national threats to our public lands. Starting with a potluck and stories of activism, we'll learn about urgent issues on local public lands, and take actions that matter. Learn how to sign up to be a KS Wild volunteer, to take action as a steward on public lands, speak up at community events, and start organizing with your friends and neighbors.

ARCHITECTS OF THE NEW PARADIGM CONFERENCE

Sat/Sun, March 25-26. 2017 Theme: "Today's Truths - Tomorrow's Opportunities for Change." Join leading visionaries and discover hidden truths and practical solutions at this jam-packed weekend guaranteed to enlighten and inspire you toward thinking and being in the new paradigm. Presenters: Nassim Haramein, John Perkins, Foster Gamble, Daniel Sheehan, Dr. Mary Ruwart and Dr. Jennifer Margulis. Emcees Joel Garbon and Will Wilkinson. Ashland Hills Hotel & Suites, 2525 Ashland St. Visit anpconference.com.

THE FUTURE OF URBAN GARDENING

Sunday, March 26, from 3 - 4 pm. Learn how to grow your own produce right outside your door. "No weeding, 90% less water and 90% less land." From Tower to Table, this is The Future of Urban Gardening. Fruitdale Grange, 1440 Parkdale Dr., Grants Pass.

Community

FUNDRAISING BAKE SALE

Saturday, March 18, 12:30 - 2:30 pm. Treats! Dogs for the Deaf is raising funds to build a new kennel. Come learn about this project and meet one of their hard working dogs! The Phoenix Grange, 209 N Main St.

NURSERY TENDING AT THE JACKSON WELLSPRINGS

Sunday, March 19, from 10 am to 1 pm. Spring is in the air! Help tend baby plants at the Lomakatsi Jackson Wellsprings Nursery. This event is free and everyone is welcome to join in the fun! Register at lomakatsi.org/comments/. For questions, call Sheila at 541-488-0208. Jackson Wellsprings, 2253 Hwy 99 N, Ashland.

MEDFORD TREATMENT PLANT TOUR

Thursday, March 23, from 3 - 4:30 pm. Join Rogue Riverkeeper for a guided tour of the Medford Regional Wastewater Treatment Plant and learn about the process our wastewater goes through from home, to pipe, to treatment plant, to Rogue River. Come ask questions and learn about this important piece of our region's infrastructure. RSVP is required, as tour space is limited. Contact Frances by emailing frances@rogueriverkeeper.org or call 541-488-9831. Meet at Plant main parking lot by 3 pm, 1100 Kirtland Rd., Central Point, carpooling recommended. For those interested, happy hour discussion will follow at The Point Pub & Grill.

OPEN HOUSE AT ASHLAND GREENHOUSES

Saturday, March 25, from 9 am - 5 pm. Come see the new varieties and enjoy browsing everything arriving for Spring! Tours at 10 am and noon. Free. Ashland Greenhouses, 650 E Ashland Ln.

Film

FIX IT - HEALTHCARE AT THE TIPPING POINT

March 17 at 5:30 pm, March 19 at 4 pm, and March 27 at 7 pm. "Fix It" is a powerful new documentary that reaches across the political and ideological divide to expand support for major healthcare reform. This documentary takes an in-depth look into how our dysfunctional healthcare system is damaging our economy, suffocating our businesses, discouraging physicians and negatively impacting on the nation's health, while remaining un-affordable for a third of our citizens. Space is limited, RSVP by emailing ourrevolution4peace@gmail.com or call Lynne at 541-951-3136. Location: Fire Station, 5811 S Pacific Hwy in north Talent (near the Colver Rd intersection).

OLD?!

Wednesday, March 22, from 5 - 8 pm. Meet the filmmaker and enjoy a screening of "OLD?!", a 55 minute documentary showcasing over 70 people with poignant stories and plain-speak wisdom about the life journey of aging. Admission: \$10 donation. Watch the video trailer at vimeo.com/165479126. Asante Smullin Health Education Center on the RRMCC campus, 2825 E Barnett Rd., Medford, Oregon.

BEFORE THE FLOOD

Tuesday, March 28, from 6 to 8 pm. "Before the Flood" is a documentary film starring Leonardo DiCaprio, who teamed with Director Fisher Stevens to chronicle DiCaprio's travels to explore the effect of global warming and climate change, and his efforts to stimulate meaningful international action. During his introduction of the film, DiCaprio stated, "We cannot afford to waste time having people in power that choose to believe in the 2 percent of the scientific community that is basically bought off by lobbyists and oil companies." The film will be presented at the Southern Oregon Climate Action Now (SOCAN) general meeting at the Medford Library, 205 S Central Ave. Free and open to the public.

Food

VEGETARIAN AND VEGAN NUTRITION 101

Thursday, March 16, from 6 - 7 pm. Join Certified Personal Trainer Nige Kirby for a discussion on how to have a balanced vegetarian or vegan diet. This free event is open to Y members and the community. Conference Room at the Ashland Family YMCA, 540 YMCA Way.

[P] CAVE JUNCTION CHILI COOKOFF

Friday, March 17, from 5 - 8 pm. Twenty something community member were invited to cook up their finest chili and cornbread. The community is invited to come eat and cast your votes! All you can eat! Admission is by donation at the door. Funds raised will support the Cave Junction Farmer's Market, and KXCJ community radio. This event will be at the Kerby Belt Building, Kerby, Oregon.

2017 OREGON CHEESE FESTIVAL

Saturday & Sunday, March 18-19, from 11 am - 5 pm both days. Celebrate Oregon's award-winning cheese makers at the 13th annual festival - now two days! Sample and purchase local, artisan cheese, specialty foods, beer wine, and cider from over 100 vendors. This event is family-friendly, free admission for ages 12 and younger. The Oregon Cheese Festival was named one of the Ten Best Cheese Festivals by Culture Magazine, a leading cheese industry periodical. Admission is \$15 in advance, \$20 at the door. Adult beverage flights \$10. Visit OregonCheeseFestival.com. Rogue Creamery, 311 N Front St., Central Point.

LARKS & KRISSELLE WINE DINNER

Wednesday, March 22, 5:30 pm. Join Chef de Cuisine Maggie Trujillo and Winemaker Scott Steringraber for a special wine dinner, celebrating the arrival of spring! \$95 per guest includes dinner, wine pairings, and gratuity. Reservations are required. Call 541-774-4660. Larks Restaurant at Inn at the Commons, 200 N Riverside Ave., Medford.

GREEK WINE MAKER DINNER

Saturday, March 25, from 6 - 9 pm. The Jacksonville Inn will host a Greek Night to celebrate Greek Independence Day. The Inn's own Greek resident,

EVENTS

Platon Mantheakis, will prepare traditional Greek family heirloom recipes paired with Greek wines in a 5-course dinner. Experience Greek culture with live Bouzouki Music by Dan Verner. Limited seating, register in advance. \$75 per person. Jacksonville Inn, 175 E California St., Jacksonville. Oppa!

ROGUE VALLEY HUMANE SOCIETY'S SPAY-GHETTI DINNER

Sunday, March 26, from 3 - 8 pm. Come to the Rogue Valley Humane Society's annual Spay-ghetti dinner! Raffle drawing and fun prizes! This fundraiser benefits RVHS's community spay and neuter program, which last year was able to help spay and neuter nearly 500 pets in our community. \$12 per person, tickets available at the door or at the RVHS. The dinner will be at Baldini's Restaurant and Lounge, 107 Galice Rd., Merlin. Big thanks to Ric and Karen Alves for hosting!

GRANTS PASS GROWERS MARKET

Summer Growers Market is on Saturdays from March 18 - October 28, 2017, from 9 am - 1 pm at 4th & F St. in downtown Grants Pass, Oregon. Artisan & Crafters Market is May through October. Visit www.growersmarket.org.

ROGUE VALLEY GROWERS & CRAFTERS MARKETS

Medford Thursday Market: 8:30 am - 1:30 pm at Hawthorne Park, 501 E Main Street. Medford Saturday Market opens May 13, 2017 (new location at Hawthorne Park). Ashland Tuesday Market: 8:30 am to 1:30 pm at the National Guard Armory, 1420 E Main Street. Ashland Saturday Market on Oak Street (downtown) opens May 6, from 8:30 am to 1 pm. Visit www.rvgrowersmarket.com.

PHOENIX COMMUNITY DINNER

Thursdays, March 23, from 5 - 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.

COMMUNITY MEAL IN ASHLAND

Tuesdays, from 4:30 - 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.

WEEKLY MEAL IN ASHLAND

Fridays, 5 pm at Pioneer Hall, 73 Winburn Way in Ashland's Lithia Park. Sponsored by community volunteers. Everyone is welcome. Volunteers and donations gratefully accepted. Call 541-690-2807.

SOUP FOR THE SOUL

Friday, March 31, from 3 - 8 pm. Get your early bird tickets for \$25, which guarantees you a handmade bowl and your pick of the soups! Admission includes a handmade bowl and endless soup, no host bar by Del Rio Vineyards, silent auction and live music. Early Bird entry is 3 - 6 pm. General admission is 6 - 8 pm and is \$15 at the door. All funds go to the ROC (Reaching Our Community) Food Pantry. By purchasing an early bird ticket for \$25, you're doing that much more for those in need, for when they need it the most (today for some, tomorrow for others). The Bear Hotel, 2101 NE Spaulding Ave., Grants Pass, Oregon.

Kids & Family

THE PETER PAN PROJECT

Saturday, March 18, 3 pm & 7 pm, and March 19 at 3 pm. The Peter Pan Project is the story of Peter Pan, who has lost his "Lost Boys" and is looking for some more boys to lose...or boys to be lost...new lost boys! Fairies and pirates join the adventures as Tinker Bell tries to help Peter, even though Queen Titania has forbidden it. Captain Hook and his pirates follow Peter here to Everland, and that can't be good! Written and directed by Eve Smyth, produced by Kate Sullivan. Come celebrate the talents of Ashland Children's Theatre actors ages 6-15. Tickets \$5/\$10 advance / \$6/\$12 at the door (available at Tree House Books and The Music Coop). The Dance Space at 280 E Hersey St. #10 in Ashland.

MAKE A GARDEN COLLAGE

Saturday, March 25, from 10 am - 12 pm. Come for a fun arts and crafts project! Kids can decorate and collage (a collection of various things) a bag and use it to take home a 4" plant of their choice. Registration fee is \$5. Shooting Star Nursery, 3223 Taylor Rd., Central Point. www.RogueValleyNursery.com, 541-840-6453.

NON-VIOLENT MARTIAL ARTS FOR CHILDREN

March 1 - May 31, from 4:30 - 5:45 pm. Children ages 7 - 10 (younger, accompanied by a guardian) will practice Aikido movements and techniques, learning how harmony, empathy, focus, and balance can enrich their lives. One hour of study time is followed by 15 minutes of game time. Instructor is John Fox. \$40 per month, or \$15 per class. Financial assistance available for those who qualify. Medford Judo Academy, Phoenix. 541-621-3360. Visit Aikan.homestead.com.

TEEN WRITING GROUP

Saturday, March 25, from 1 to 2 pm. 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.

YOUNG ARTISTS' STUDIO

Wednesdays, March 8, 15 & 22, from 3:30 - 5 pm. This is the perfect class for young creative artists to explore plenty of different mediums while having fun! All materials provided, partial scholarships are available. Class is for ages 7-11. Lead by Jenny Calaba. Cost is \$75 Members, \$89 Non-members. Visit roguegallery.org. Rogue Gallery & Art Center, 40 S Bartlett St., Medford.

2017 PRESCHOOL FAIR

Saturday, April 1, from 12 - 3 pm. MOMS Club of Medford is holding their annual Preschool fair. This is a free community event for all parents. Meet with teachers and staff from area preschools and family-friendly businesses. Learn about their programs and ask questions, all in one place. Plus goodie bags and raffle prizes! Email Momsclubofmedford@gmail.com with questions. Event will be in the Large Meeting Room of the Medford Branch Library, 205 S Central Ave.

Meetings

CONSERVATION BOOK CLUB

Tuesday, March 28, from 6:30 - 8 pm. Love reading? Love nature? Consider joining the Conservation Book Club. This book club meets quarterly at a private residence. Discuss local and planet-wide conservation issues inspired by our readings and personal experiences. At the next meeting, we'll discuss "Feral: Rewilding the Land, the Sea, and Human Life" by George Monbiot. For more information, email kristi@landconserve.org or visit www.landconserve.org.

MEDFORD CHESS CLUB

Mondays, 6 pm. Free and open to Chess players of all levels. Diamond Medical, 1020 Knutson St. (off Biddle Rd), Medford.

QUILTS & GENEALOGY

Tuesday, March 28, from 1:30 - 2:30 pm. The fourth Tuesday of every month, the Rogue Valley Genealogical Society presents "Quilts & Genealogy Talks." Learn about the history of one or more quilts. Sometimes, the research into the history of a quilt leads to genealogical clues! Free to everyone. Jackson County Genealogy Library, 3405 S Pacific Hwy., Medford. For information, call 541-512-2340.

SOUTHERN OREGON SKYWATCHERS

New moon is March 27, 2017. The next club meeting is April 19. 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. North Medford High School Planetarium. Visit www.orskywatchers.org.



MARCH 18 - PULL IVY WITH OTHER VOLUNTEERS AT THE JACKSONVILLE WOODLANDS

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

Presentations

HIKING THE BIGFOOT TRAIL

Thursday, March 16, from 6:30 - 9 pm. Come discover the 360 mile Bigfoot Trail through the lens and narrative of Luke Brandy, who hiked the trail last summer. This Siskiyou Mountain Club Rendezvous is at the Ashland Outdoor, 37 N 3rd St.

[P] JOURNEY: THE AMAZING STORY OF OR-7

Thursday, March 16, 7 pm. All ages are invited to join author Beckie Elgin for a discussion about wolves and a reading from her book, Journey: The Amazing Story of OR-7, the Oregon Wolf that Made History. Come learn about this famous wolf and the essential role his species plays in our environment. Bloomsbury Books, 290 E Main St., Ashland. Free and open to the public.

[P] US EMPIRE AT THE CROSSROADS

Start a new Nuclear Arms Race, or Invest in Human and Environmental Needs? Kevin Martin, president of Peace Action, the nation's largest grassroots peace organization, and Reiter Braun, co-president of the International Peace Bureau, will discuss the global quest for nuclear weapons abolition, U.S. militarism and its impact on our economy, and whether the President will be constrained by national and international law. Thursday, March 16, from 7 - 9 pm at the Bellview Grange in Ashland, and Friday, March 17, 12:30 pm in the Rogue River Room at SOU in Ashland. Free and open to the public.

ONE MORE WOLF SINGS: A WINTER WOMAN'S DREAM

Saturday, March 18, from 1 - 2 pm. Local author Kristi Cowles will sign and share her new memoir. "One More Wolf Sings: A Winter Woman's Dream" explores how an ordinary, courageous woman manifested more than one big dream; how people, place and timing melded, and how significant signs along the way led her to life-changing, magical outcomes. The book aims to inspire readers to open their hearts and minds, claim the courage to sing their own songs, and fulfill lifelong dreams. Kristi is a singer/songwriter from Wisconsin who now resides in the Applegate Valley with her husband, Arthur Colton. Applegate Branch Library, 18485 N Applegate Rd.

HOW DID WE GET SO SMART?

Saturday, March 18, 3 pm. Is Social Media destroying our democracy? Studies show that social media is having a corrosive effect on many areas of human life - especially our politics. Is it because we're too dumb to handle technology? Or are we too smart for our own good? We'll finish The Story of Your Mind and focus much of TALK on the corrosive role of social media in

American culture today. Coffee, tea, and homemade Pound Cake will be served. You're welcome to bring your own snack! The Weekly Talk is a 90-minute gathering with engaging stories, collaborative learning, and meaningful social interaction - TALK. Visit TheWeeklyTalk.com. Adams Room at the Medford Branch Library, 205 S Central Ave.

TO LIVE AND DIE A WASP: 38 WOMEN PILOTS WHO DIED IN WORLD WAR II

Thursday, March 23, from 4 - 5 pm. Local author and historian William M. Miller will discuss his latest book. Join us to hear stories of Women Air Force Service Pilots (WASPs), Miller's writing experiences, and get signed copies of his book. "To Live and Die a WASP" retells the life stories of 38 women pilots - from birth, through their military flight training, and on to their premature and tragic deaths. This free program is at the Eagle Point Branch Library, 239 W Main Street.

LAUNCHING VEE'S CHARIOT: AN END OF LIFE TALE

Thursday, March 23, 7 pm. Author Kate Riley will read excerpts from her book. Kate encourages her audiences to raise questions about the intimate bond formed with Vee, her mother, as she neared the end of her life. As international story consultant, Kate will also field questions on the writing process. Bloomsbury Books, 290 E Main St., Ashland. Free and open to the public.

REIMAGINING EXODUS - A STORY OF FREEDOM

Monday, March 27, 7 pm. The biblical Exodus is the most influential freedom story ever told. It has served as both an inspiration for Puritans, American revolutionaries, abolitionists, Mormons, the modern civil rights movement, and revolutionaries the world over. In Jewish tradition, the Exodus is also applied to the individual life journey with its enslavements, challenges, liberations, and revelations. Join author Rabbi David Zaslow and look at ways we can free ourselves from the "Egypt" and "pharaohs" in our own lives. Bloomsbury Books, 290 E Main St., Ashland. Free and open to the public.

TED TALKS: ARCHAEOLOGY

Tuesday, March 28, from 3:30 - 4:30 pm. The TED Talks theme for March is "Archaeology." Enjoy fascinating talks on ancient wonders and ancient texts. Watch video lectures by Gregory Heyworth: How I'm discovering the secrets of Archimedes, Ben Kacyra: Ancient wonders captured in 3D, and Elizabeth Lev: The unheard story of the Sistine Chapel. TED = Technology, Entertainment, Design. Adams Room of the Medford Branch Library, 205 S Central Ave.

ENERGIZE ROGUE WORKSHOPS

Tuesday, April 11, from 6 - 7 pm. Energize Rogue hosts a free 1-hour workshop for those considering an upgrade to their older heating and cooling systems. Learn about ductless heat pumps, cost savings associated with the technology, incentives and financing options, and long-term environmental benefits. Workshops are open to both businesses and homes in Jackson and Josephine Counties. Register in advance at energize.org / call 541-236-5027. Central Point Library, 116 S Third St.

EVENTS

Sports & Outdoor

VOLUNTEER ENGLISH IVY PULL

Saturday, March 18, from 9:30 am - 12 pm. Spend the morning helping with a "de-vine intervention" in the Jacksonville Woodlands. Volunteers are invited to aid in removing invasive English Ivy, saving trees from death-by-ivy and also protecting woodland flowers and shrubs. Meet at the parking lot on Jackson Creek, just west of Jacksonville, at 9:30 am. Come for an hour or stay the whole morning! Snacks and gloves will be supplied. Wear a long-sleeved shirt, closed-toed shoes, and bring water. For questions, contact Teresa Fernandez at teresa@landconserve.org / 541-482-3069.

RUNNING CLINIC IN ASHLAND

Saturday, March 18, from 11:30 am - 12:30 pm. Pear Blossom is on April 8!! This free running clinic, taught by Coach Rob, is for anyone that would like to be less fatigued, smoother, faster, and suffer less injuries during running workouts. Family-friendly, bring a friend and have a great day! Crossfit Ashland, 726 Jefferson Ave.

SEND THE SCORPIONS TO NATIONALS

Saturday, March 18, doors open at 5 pm, Casino starts at 6 pm. Gamble for Good presents a benefit to send our Rogue Valley Scorpions to Nationals. They are currently ranked #1 in the nation! Tickets are \$75. Register at "Gamble-For-Good.com/Scorpions" Habitat For Humanity, 2233 S Pacific Hwy.

SIS-Q ROLLERZ VS/ WILLAMETTE KIDNEY THIEVES

Saturday, March 18, 5:30 - 8:30 pm. The Sis-q Rollerz host the Willamette Kidney Thieves. Doors open at 5:30, game starts at 6 pm. Food by Sultan's Delight. After party at Howiee's on Front. The Sis-q Roller Wolf Den, 649 Crater Lake Ave., Medford.

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.

BLACK FLAG ARMORY RANGE DAY

Saturday, March 18, from 11 am - 4 pm. Join Black Flag Armory at the White City Shooting Range for a day of shooting and community with other shooters in the Rogue Valley. They'll be providing the targets and stands. Please bring your own ammunition and firearms. If you bring a friend who hasn't been to their range day yet, Black Flag Armory will pay the entry fee for the both of you. White City Shooting Range, 6800 Kershaw Rd., White City, Oregon.

Stage

GHOST: THE MUSICAL

March 8 - 26, 2017. This musical is based on the Oscar-winning motion picture of the same name. This show is for everyone who sobbed through the film. The notion that we have a parallel existence beyond mortality is stunningly expressed in a show of video projections, artfully created by Camelot's Video Designer, Brian O'Connor. Tickets \$18 - \$36. The Camelot Theatre, 101 Talent Ave., Talent, Oregon.

NOISES OFF

Through April 9, 2017. A classic door-slaming backstage comedy by Michael Frayn, Noises Off takes us behind the scenes of the mounting of a new farce, Nothing On. It's a story told in three acts with a rotating set, providing us looks both onstage and off as the ill-fated new farce careens from catastrophic dress rehearsals to historically hilarious failures during its run. \$22 - \$36. The Oregon Cabaret Theatre, 241 Hargadine St., Ashland, Oregon.

HOW THE OTHER HALF LOVES

Through March 19, 2017. Playwright Alan Ayckbourn's tale of three couples tangled up in cover-ups. Contains themes suitable for ages 14 and older. Performances Thursdays - Saturdays at 7:30 pm, Sundays at 1:30 pm. Tickets \$20 Adults, \$15 Children / Seniors. Collaborative Theatre Project, 555 Medford Center, Medford. Visit ctpregon.org.

OREGON SHAKESPEARE FESTIVAL

Through October 29, 2017 in the Angus Bowmer Theatre: "Julius Caesar" and "Shakespeare in Love." Festival Noon Preface: Julius Caesar is on Saturday, March 18, from 12 - 1 pm at Carpenter Hall. Through August 6: Mojada: A Medea in Los Angeles. Through October 29 in the Thomas Theatre: Henry IV, Part One. Oregon Shakespeare Festival, 15 S Pioneer St., Ashland, Oregon. Box Office: 800-219-8161. www.osfashland.org.

SINALOA TROPICAL CELEBRATION

Saturday, March 18, from 7 - 9:30 pm. Ballet Folklorico Ritmo Alegre's Sinaloa Tropical Celebration features 32 dancers in colorful, authentic costumes performing traditional dances from six states in Mexico. Live music will accompany part of the program by Banda Kandela Show, and two vocalists will perform Mexican folk songs. Fun for all ages! Tickets \$12 - \$15; Children 12 and younger free. Advance tickets at El Tapatio in Ashland or Craft Warehouse and La Placita, Medford. Email pasosalegres@gmail.com or call 541-261-1906. Event is at the Central Medford High School Auditorium, 815 S Oakdale Avenue.

Wellness

YOGA FOR THE YOUTH

Friday, March 17, from 6 - 7:30 pm. An all levels yoga class to benefit the Grants Pass homeless youth shelter, Hearts with a Mission. \$20 donation. Can't attend the class, but still want to contribute? You can donate without attending. Register at beyogagp.com or call Sadie Barr at 541-659-7646. BE Yoga, 980 SW 6th St. (Riverside Plaza), Grants Pass.

SISKIYOU AIKIKAI SAMPLER

Friday, March 17, from 7 pm - 8:30 pm. Siskiyou Cultural Arts Institute invites the community to "Siskiyou Aikikai Sampler," a Open House at Siskiyou Aikikai, 777 E Main St. in Ashland. Demonstrations of Aikido and Japanese Swordsmanship will start at 7:15 pm, followed by a group demonstration Feldenkrais Method Awareness Through Movement lesson at 7:45 pm and a Tai Chi Chuan demonstration at 8 pm. All disciplines practices at Siskiyou Aikikai represent dynamic forms of meditation. The fundamental discipline of both martial arts and meditative practices is to be fully present in a given moment. Visit siskiyouaikikai.org or call 541-482-5435 for more information.

1-DAY WOMEN'S SELF DEFENSE

Saturday, March 18, from 8:30 am - 4:30 pm. This course is designed to teach skills that aid in avoiding and protecting oneself against an attacker. This course includes, Situational Awareness Training, Basic Escaping Captivity, Use of Choking Techniques, Body Manipulation Training, Defensive and Preventive Tactics, and Mindset Training. This class is for

women ages 18 and over who have a strong desire to learn basic techniques that aid in self-protection. Wear comfortable clothing and bring hydration. The cost is \$75. Rogue Protection Group, 2185 A-1 Spalding Ave., Grants Pass. 541-761-6389.

MAKING ASHLAND THE HEALTHIEST TOWN IN AMERICA: PART I

Monday, March 20, from 6 - 8 pm. There are 6 basic components to health and wellness. David Fresilli, Holistic Health Practitioner, will present each component and provide you with tangible ways to incorporate them into your daily lifestyle. Free lecture at the Ashland Food Co-op Classroom, 237 North 1st St.

CO-COUNSELING

Monday, March 20, from 7 - 8 pm. Come to a free presentation on Co-Counseling (also called Re-Evaluation Counseling), a grass-roots, underground, peer-to-peer counseling movement that began in Seattle in 1952. It quietly spread across the globe and is now practiced worldwide to effectively increase emotional resilience, mental clarity, inter-connectedness and compassion. People join together to form "listening partnerships" for the purpose of releasing pain from past hurts, clarifying goals, facing fears and frustrations, and sharing their lives. These sessions are safe, healing, confidential and best of all...free of charge. Peace House, 543 S Mountain Ave. in Ashland. (Also on March 27, 6-8 pm at the Ashland Food Co-op Community Classroom)

DEATH CAFE

The Death Cafe offers a creative way to explore how death can inform and inspire the way we live. Join us in a relaxed and safe setting to discuss death, drink tea and eat delicious sweets. This is not intended as a bereavement support, grief counseling or therapy group. Suggested donation \$10. Registration required. Visit AshlandDeathCafe.com.

NATURE-BASED MINDFUL MOVEMENT AND MEDITATION

Thursdays, March 23, and April 6 & 20, from 6:30 - 8 pm. Practice a new nature-based somatic (body-based) mindfulness exercise, followed by a guided meditation. Wear loose, comfortable clothing and dress to be outside for at least 30 minutes. Bring your yoga mat and a cushion to sit on. Please register online at www.ashland.or.us/register or call 541-488-6606. For 18 and older. Cost is \$15 / session. Lead by Stephanie Danyi. North Mountain Park, 620 N Mountain Ave., Ashland.

RED CROSS BLOOD DRIVE

Wednesday, March 29, from 1 - 6 pm. The Red Cross blood drive donation site will be located inside the Ashland Family YMCA. To schedule your appointment or for more information, visit www.redcrossblood.org and use the sponsor code: AshlandYMCA or sign up at the front desk. "The need is constant. The gratification is instant. Give Blood."

MINDFULNESS WORKSHOP

March 31 - April 2, 2017 (Fri 6-8pm, Sat 9-5pm, Sun 9-1). In this three day workshop, participants will learn essential mindfulness techniques and heart practices, practice mindful sitting, walking, listening, and speaking, develop skills to decrease emotional reactivity, reduce overwhelm and burnout, and learn practical applications of mindfulness in everyday life with yoga teacher Libby Edson of YoMIND.com. All are welcome. The cost is \$270, Student rate is \$99. For questions, email devon@satimindfulness.com. Hidden Springs Wellness Center, 635 Lit Way, Ashland.

WOMEN IN RECOVERY: RECLAIMING YOUR POWER

Sunday, April 2, from 10 - 11:30 am. Women in Recovery is a monthly yoga class for ladies in recovery from all types of dis-ease (addiction, co-dependency, death of a loved one, cancer, etc) and is centered around hope, healing, and empowerment. This class teaches meditation, breathing practices, yoga poses and movement in a nurturing environment. Plus, discuss the philosophical tools of Yoga and how to apply them to situations in a practical way. \$15 suggested donation. Nobody turned away for inability to pay. Held on the first Sunday each month. Register at beyogagp.com or call Sadie Barr at 541-659-7646. BE Yoga, 980 SW 6th St., Grants Pass.



MARCH 18 AT 7 PM - ENJOY BALLET FOLKLORICO RITMO ALEGRE'S SINALOA TROPICAL CELEBRATION AT CENTRAL MEDFORD HIGH SCHOOL

Email:

events@roguevalleymessenger.com

SOUND

What Revival?

Psych-Rock Never Went Away For Daydream Machine

BY JOSH GROSS



DAYDREAM MACHINE IS A ROCK BAND. PSYCH! PHOTO CREDIT: WILLIAM LANDERS

Dreamy guitars, mod haircuts, and reverbs deep as the ocean blue are the stock and trade of PDX psych-rockers, Daydream Machine. Their 2014 EP, *Twin Idols*, and the videos for its singles are such a mish-mash of retro imagery and sounds they could bottle and sell it as a hipster starter kit. Provided it has a bird on the label anyhow. The band is making its way south to perform at The Sound Lounge in Grants Pass on Friday, March 24, and band frontman, Jonathan Mono took the time to discuss the upcoming show with *The Messenger*.

Rogue Valley Messenger: Will this be your first time in Southern Oregon, or have you played here previously. Any thoughts or expectations?

Jonathan Mono: This will be my first time playing in Southern Oregon. Daydream Machine has generally gone straight to Sacramento or San Francisco, but Jsun and Bob have played in Southern Oregon several times with the Upsidedown and other bands. I am excited to be stopping in Grants Pass, and, especially Ashland, is some of the most beautiful land in the state.

RVM: What drew you towards post-punk/space-rock/new wave/neo psych/drone once

you started playing? Were there specific influences you were trying to emulate, or did it happen on its own?

JM: We all have pretty similar musical interests—post-punk, synth pop, shoegaze, space rock, drone, noise, etc. We don't set out to sound like any one thing in particular and that gives us a lot of freedom to filter in ideas and sounds from all over the musical landscape. There is something special about the way the four of us come together. Perhaps it's easier than it should be!

RVM: There seems to be growing number of psych-rock bands lately. Why do you think psych rock coming back?

JM: Coming from Portland, it's hard to think of psych rock as having a "come back." It's been a pretty consistent scene since the early '90s with The Dandy Warhols and King Black Acid, who are still making great records, as well as Swoon 23 whose members are still active in the scene doing various projects. On a larger scale, the Warhols and the Brian Jonestown Massacre have been relentless in their touring and recording for over twenty years. I think kids started discovering these two fantastic bands and digging deeper first into Britpop like Oasis and the Verve, and shoegaze like My Bloody

Valentine and Slowdive, then further back into Spacemen 3/Spiritualized/Spectrum and Jesus and Marychain.

RVM: You use a lot of retro imagery in your videos. Even the video for Spacemans was made to appear as if it was the product of far earlier filmmaking technology. Is that an essential part of the overall aesthetic?

JM: Much of our imagery draws on the past, but not limited to one era. The artwork for *Twin Idols* is more sixties psychedelia inspired whereas the art for *The Show Must Not Go On* is more influenced by Factory Records, post-punk art. Our show posters are generally very '60s influenced, but that's also just the general aesthetic here in Portland.

RVM: What's on the radar for y'all?

JM: Our new album is released on March 7, quickly followed by a ten-date West Coast tour. Its looking like we are booking another tour in May and looking at a couple festivals this year. We've also started writing our third album, so I expect to be back in the studio this year. 🍷

DAYDREAM MACHINE

8 pm, Fri., March 24

The Sound Lounge, 225 SE H. St., Grants Pass

SOUND

Bring Your Own Flask Return of the Genre-Benders from Bend

BY JACOB SCHEPPLER



SINGULARITY OF BEARDLINESS PHOTO CREDIT: KAREN SEIFERT

Larry and His Flask have synergy. Considering the fervor and drunkenness that their music exudes, their tight sound in which all members are essential is something to be admired. These hobo-loving Oregonians are well-known for their animated live shows, which will be showcased at Howiee's on Front in Medford on Sat. April 1st. Despite the date, don't be fooled, the bearded folk legends will arrive to spread their trademark flippancy.

"I think it's something like 'life is short, so grab it by the horns, have a great time and don't let the bad sh*t in the world drag you down!,'" says drummer and co-founder of LAHF, Jamin Marshall, regarding the band's message. "And I don't think it's shifted much over the years. I think that has always been my message to the fans."

LAHF takes a punk-rock approach to a soulful bluegrass sound, and it has earned them an audience ranging from reckless young ruffians to your friendly neighborhood hippie. There's something to be said of a band that sees their job not as work, but as free-wheeling play.

Along with their charming levity, their passion for creation has led them to tour with legendary punks Frank Turner, Dropkick Murphys, and Streetlight Manifesto. The touring lifestyle is notoriously chaotic and difficult to maintain, but it suited the band just as well as their name does.

"In the beginning, it seemed like the

best, most fun option we had as a band," says Marshall. "It helped us to develop our skills as musicians and we could see the world. And as the years went on it felt more like our only option. The touring life was hard but it was certain. We knew what the days and nights would be like. There was food and beer for us and usually a place to sleep. When we got 'home' to Bend it was never so certain. We never had time to find solid work. And housing was always an issue."

These hurdles propelled the group through numerous lineup changes; at one point, harboring as many as eleven members, they now sit at a comfortable quintet. One of the most entertaining aspects of their live show is the multiple duties that all five members cultivate, providing a rich and textured sound that could be likened to a miniature intoxicated orchestra.

"I'd say it took about seven or eight years for us to hone our current 'Larry and his Flask' sound," says Marshall. "However as we progress and move forward as a band I know that our sound will move with us, continuing to evolve and morph as we do personally and as a group. The result is what you hear on the records and what you experience at the show." 🍷

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LARRY AND HIS FLASK W/ THE HOLLOWBODYS

9 pm, Sat April 1
Howiee's on Front, 16 N Front St, Medford, OR
\$15
.....

Rogue Sounds

Critic, The Cannibal, *Speaks* by Screaming Their Balls Off

BY JOSH GROSS



Volume isn't for the ears. It's for the bones and the chest cavity. It's to feel music as a full-body experience vibrating your core from the inside out rather than suffering through the miserably lacking experience of only accessing it with your ears.

And there is no finer high-volume experience than a blazing wall of overdriven guitars and a band that's playing like it's a race.

And those are exactly the jams being kicked out on *Speaks*, the new seven-track EP from local hardcore outfit, Critic, the Cannibal, that was released to Bandcamp in late February.

It opens with a wild scream and a "Cowboys From Hell"-esque riff of "Leave No Witnesses," which blazes along in the verse, and drops the hammer for stompy half-time choruses.

The second tune, "Transplanted," opens with swung finger-snaps and a clean bass line a la System of a Down, being doing just as they would, and opening up the pit.

The fuzz bass that launches Track 5, "Shallow Waters," is a revving engine at the starting line. But its masterful misdirection, slowing down for the chorus.

Closes with "Bone Thief," a track so big and bruising it still stands out from the rest of the collection, even more so when it breaks down into a dreamy syncopated electronic beat in the middle.

Though the screams are better than the sung melodies, a rarity due to the unique challenges of hardcore vocals, that's barely noticeable. It also helps mask the melodrama of the lyrics. Overall, the seven tunes are lock-tight, and primed for high-volume listening, with elements of Refused, Every Time I Die and other modern hardcore masters waving flags left and right. It's riffs are bold and its beats are big even if it's math-thrash style is a bit generic.

That said, *Speaks* isn't dripping with crossover appeal like those bands. This one is for pre-existing hardcore fans. But they should find much to like. The technicality and melodic asides in the breakdowns that makes it compelling as more than than an extended wall of noise. To be direct: this is some complex shit.

Speaks is available for download via Bandcamp. 🍷

FOOD & Drink

More Than a Sampling Frenzy

The Oregon Cheese Festival is a Delicious Homegrown Industry

BY TUULA REBHAWN

Quick, what kind of wine pairs best with an aged gouda?

How about this one: How many cheesemakers are there in the state of Oregon?

Luckily, the region's biggest cheese festival is happening March 18 and 19 at Rogue Creamery in Central Point—and can answer these and other burning cheese questions. The 13th annual Oregon Cheese Festival will bring in 100 vendors to tempt with not just chedars, bries and fetas, but also specialty meats and other locally crafted foods, as well as wine, beer, spirits and ciders.

Under a 1,500-square-foot heated tent, both cheesemakers and milk makers—baby cows and goats, anyway—will be available to answer questions and/or frolic. Kids get in free and will be entertained by plenty of volunteers and kid-friendly activities. That should allow parents visit all the booths and maybe even take a class on cheese pairing.

“You could spend a good chunk of the day here,” says Festival organizer Francis Plowman, and we’ll go ahead and assume that pun was intended. In addition to education and plenty of samples, attendees can look forward to a new Festival highlight this year—a handcrafted cheese sculpture by

famed cheese artist Sarah the Cheese Lady.

Those who attended the Festival two or three years ago may be in for another surprise this year:

Plowman says that attendance has boomed in the past decade, growing from 300 people in 2005 to close to 4,000 last year. It’s part of the reason the Festival is now a two-day event.

Plowman credits the local-food revolution with the growing popularity of this festival. And although popular culture gives plenty of eye-rolls to those who want to know the herd structure of the dairy cows and the precise temperature at which their cheese was cured, he says these are the very folks who have grown and supported a small but thriving industry of cheesemakers in Oregon.

Cheese is a bit like wine in that different micro-climates produce a vastly different product. And just as Oregon can produce Pinot Noir in one valley and Riesling in the next, the types of cheeses that come out of our state are as varied as the landscapes and people that call it home.

“We have so many great cheese makers,” affirms Plowman, “and many of them are very, very small creameries.”

How do very, very small creameries survive in a world where companies like Kraft produce the bulk of cheese that most people eat? It comes back to those pesky foodies, and their delight in sampling and purchasing each new product that a mom-and-pop creamery can produce.

Another important element is the industry support provided by the Oregon Cheese Guild, the non-profit that benefits from the funds raised through events like the Oregon Cheese Festival. Rogue Creamery is a major sponsor of the Guild, and Plowman serves on its board.

“Our main goal is to raise the quality of Oregon cheeses,” Plowman says. The Guild follows through by providing support and training for cheesemakers, and facilitating everything from finding factory space to procuring steady milk supplies and exploring insurance options.

It appears that their efforts have been successful. In the most recent competition of the American Cheese Society (i.e., the cheese Oscars), Oregon cheesemakers took honors in seven categories and 11 subcategories. The winners included Ancient Heritage Dairy, Ochoa Queseria, Tillamook County Creamery, and of course, Rogue Creamery, who took home an impressive 6 awards last year alone. For more information and tickets, visit OregonCheeseFestival.com 🍷



CHEESE CONNOISSEURS YOUNG AND OLD SAMPLE THE GOODS AT LAST YEAR'S OREGON CHEESE FESTIVAL. PHOTO COURTESY OF ROGUE CREAMERY



A BABY COW COVETING ALL THE MILK THAT HAS BEEN MADE INTO CHEESE COURTESY OF ROGUE CREAMERY

OREGON CHEESE FESTIVAL

11 am – 5 pm, Sat. and Sun., March 18 and 19
Rogue Creamery, 311 N Front St. (Hwy 99), Central Point
\$15, advance. \$20, door. \$10, alcohol sampling.
Free, kids ages 12 and under.

CHEAP *Eats*

\$10 Eats: Wild River

BY MELISSA HASKIN



SOMEWHERE UNDER THERE, THERE'S LINGUIÇA, WE SWEAR.
PHOTO CREDIT: MELISSA HASKIN

This week for \$10 Eats, I headed to an old standby: Wild River Pizza & Brewing. It's always nice to visit a familiar place with the intent of trying something new. It's also risky, which is why I suppose it's easy to stick to a favorite. When you take the leap to try something new, it's almost like putting your money up for a bet: you may have a decent idea of how things are going to turn out, but there's an element of unpredictability. One item may disappoint, while another may turn out to be a new favorite, the kind where you're already planning your next visit while you're still eating your way through your first.

With \$10 in my pocket, I headed to the location in my hometown, Grants Pass. I perused the menu like I would at a place I'd never been before, wondering: "what on this menu is the chef/owner most confident about? What is slightly out of place or weird?" Sometimes to find this requires searching for themes, reading the menu like it holds the key to eternity or looking for the unusual items, which are usually on the menu for a reason. At Wild River they make it wildly obvious: Founder's Favorite. Mission accomplished!

Ask the staff at Wild River the story behind the Founder's Favorite pizza and you'll get an

array of answers: "I don't know"; or, "I'll make a story up for you..."

The Founder's Favorite is a wood-fired pizza with cheese, red sauce, linguica, tomatoes and avocado. Note that the price is currently \$9.75, not \$8.95, as the website reads.

While some other pizzas can weigh down the delicate, crackery crust, making it soggy at times (cough *the taco pizza*), the ingredients in the Founder's Fa-

vorite are light enough to let the crust be an equal contender. My crust was flat and crisp, caked on the edges with runaway tomato sauce turned black from the oven. The linguica and cheese are put on the pizza prior to cooking, and the avocado and tomato are added after, which makes for a vibrant, fresh-looking pizza of yellowy-green and red. The fresh produce made the whole thing not so overwhelmingly greasy, since heat tends to draw out the grease in both cheese and meat. It's a nice balance. For \$10, the amount of pizza you get is solid, and certainly adult-sized. The minis are on average 8-inches wide. I'm pretty sure that counts as a "small" most places, but with the flat crust, it's the perfect size for a meal, and feels like a deal.

The Founder's Favorite is available at Wild River's main GP location and its Medford location. If you call Brookings, they'll ask you what the heck you're talking about, because the menu at each of Wild River's five locations slightly differs. 🍷

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\$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

Expanding the Palate: A Downtown Wine Tasting Room

BY CHARLES FISCHMAN

One senses that Gill Anderson, winemaker at Platt Anderson Cellars in Ashland, takes the phrase, "It's never going to happen," as inspiration rather than a deterrent. He established Ashland's first "urban" winery despite the doubts and regulatory hurdles of assorted local and state agencies in 2013. Now he is on to his next project, creating Ashland's first downtown wine tasting room. With this effort, he says, smiling, "the OLCC (Oregon Liquor Control Commission) has been very helpful."

"We want to promote the wine industry of Southern Oregon and to give exposure to winemakers who wouldn't otherwise have it," Anderson says. The new tasting room, located just inside the Ashland Art Center's front doors on East Main, will open in time for the arrival of warmer weather and this season's tourists. Designed by Anderson's partner and wife, Shelby Platt, and their daughter, Jessica Bailey, the space will have seating for ten and room for more at the bar. They are striving for an "elegant and intimate" atmosphere, a potential challenge given the floor-to-ceiling display windows opening onto Main Street.

The tasting room will feature wines from Platt Anderson and other area winemakers who do not have their own such spaces. For Anderson and his fellow vineyard-less vintners, the new vintage venue will extend their ability to reach oenophiles and casual drinkers beyond events or restaurant wine lists. The lack of vineyard-covered hillsides and trellis-covered terraces does not daunt Anderson, and he anticipates that Ashland residents and visitors will feel the same. "The reputation of Southern Oregon wines is so strong, and people are open-minded."

Given the rapid ascent of Southern Oregon's reputation in the wine world, Anderson (who also delivers wine orders via electric bicycle during the summer), might again be an innovator. He cites Oregon towns like McMinnville or Dundee where existing concentrations of in-town tasting rooms form a wine center, something the Rogue Valley AVA (American Viticultural Area) lacks. "There's a huge potential for growth of tasting rooms in Ashland," Anderson speculates. The Drink Local column will not bet against him.

<p>WHAT: Founder's Favorite Pizza, Wild River</p> <p>WHERE: Grants Pass: 595 Northeast E Street</p> <p>Medford: 2684 N Pacific Hwy</p> <p>Additional Locations: sans Founder's pizza</p> <p>WHEN: Grants Pass: 10 am -10 pm Sunday-Thursday 10 am-11 pm Friday-Saturday</p>	<p>Medford: 10:30 am-10 pm Sunday-Thursday 10:30 am-11 pm Friday-Saturday</p> <p>WEBSITE: www.WildRiverBrewing.com</p> <p>PHONE: Grants Pass: (541) 471-7487 Medford: (541) 773-7487</p> <p>PRICE OF CHEAP EAT: \$9.75</p> <p>KIDS MENU? Yes</p> <p>DEBIT/CREDIT? Yes</p>
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CULTURE

Connecting Is Hard To Do

Marry Me A Little Opens at the Randall Theatre

BY CHARLES FISCHMAN



BENJAMIN LINDER O'NEILL AND HALEY FORSYTH AGREE TO GET ALONG FOR THEIR ROLES IN THE RANDALL THEATRE PRODUCTION OF *MARRY ME A LITTLE*. PHOTO CREDIT: TONI HOLLEY

Performing arts companies must strike a balance between safety and adventure. If they choose musicals, symphonies, or dances which are popular and familiar—*Music Man* or Mozart or Tchaikovsky—they might win crowds, but sacrifice artistic integrity and performers' motivation. If they take the cutting edge route—Lorca or Shostakovich or Graham—yes, perhaps the company will be creatively fulfilled, but the box office cash drawer less so. Robin Downward, the Artistic Director of Medford's Randall Theatre, wrestles with this question every season.

"A successful theater has to have its pulse on what people are interested in seeing," he reflects. Choosing the plays for the Randall, a non-profit, community-oriented theater on that basis "is one of the hardest parts for me."

His many years working in the private sector have helped him keep the Randall seats largely full and avoid joining the ignominious company of bold, experimental, and eventually failed non-profit theater companies.

"Rather than trying to educate the theater public, we give them what they want." In a similar vein, the theatre's casual atmosphere itself creates a more accessible environment, as well as the Randall's "Pay-What-You-Want" policy.

The same dynamic—choose a safe course or take a risk—drives *Marry Me A Little*, the Randall's next production, but in the context of romantic relationships. A young couple, acquainted with each other, yet barricaded in their adjacent New York City apartments on a Saturday night, long for connection and its potential rewards—affection, friendship, genuine love, sex... Yet, they fear, as the title suggests, plunging into the commitment of marriage.

Although *Marry Me A Little* is a well-established show featuring the songs of Stephen Sondheim, one of America's greatest composers and lyricists, it takes an unusual approach. The relationship between the two characters, played by Haley Forsyth and Benjamin Linder

O'Neill, unfolds entirely through song. As Forsyth, who is also directing the play, comments, "you have to build a love story out of a random-seeming collection of songs." She continues, "it's a one-of-a-kind show. There's no script, only the lyrics and the music."

For Forsyth, this staging makes excellent sense. "In musicals, (at the point where dialogue is not enough), characters always turn to the passion that comes with singing. No other means of expression will suffice." With such a small cast, Forsyth has also had the freedom to allow for greater collaboration between herself, O'Neill, and the technical crew. "Every time something changes—with the space, with the lighting or the sound—we find an ever better option." It also helps, she explains with a laugh, that she "has the luxury of knowing what the director wants from me" for her role.

In fact, Forsyth has found herself taking greater risks as an actor than she might have under a separate director. "I have the freedom to make a choice" in how she plays her part. "It's very liberating as an artist to have full control of a role and a show." She continues, again laughing, "it's also a little bit terrifying," just like committing to a relationship.

Downward echoes Forsyth's thoughts. "The great thing about this musical, aside from the music, is that it is open for interpretation. There is an opportunity for the director to make it her own." The focus on the two potential lovers, and the intensity of their expression, elevate the play from an entertaining musical to an exploration of deeper emotions, of the edge between opening one's heart to another or keeping it safely protected within the literal walls of one's studio apartment.

Speaking of a willingness to take risks, the Randall Theatre recently announced a partnership with Jacksonville's Calvary Church to stage many of this season's shows at the church. Long-time Randall patrons will be rewarded with an upgraded but still distinctly Randall experience. 🍷

MARRY ME A LITTLE

7 pm Fri & Sat, 1 pm, Sunday, March 17 - April 9
Randall Theatre, 10 Third Street, Medford
\$18, reserved seating. "Pay-What-You-Want," at the door.

Art Watch

An Evening for Support Art Auction for Toreah

BY JORDAN MARIE MARTINEZ



**COCKATOO
PHOTO CREDIT: TOREAH FOY**

With all of the art galleries of the deep artistic talent in Southern Oregon, there are plenty of opportunities to purchase and own what local artists have created.

Saturday, March 18, local artist Toreah Foy is auctioning her art at the GoodBean Coffee Company in Jacksonville. All art sold will go directly to Foy's upcoming trip to Perth, Australia, where she is participating in Youth With a Mission (YWAM).

"I have a couple of really good friends; they had both gone to Kona,

Hawaii, the largest [YWAM] base. I just saw a lot of really good fruit coming from it," Foy says about her first impression of the organization. Considering going to art school in Brooklyn, she decided instead to pursue her art through YWAM. She says, "God kind of changed my heart and my desires."

Her art is a realistic depiction of nature. Showing vast amounts of detail, her pieces have a texture that makes you want to reach out and touch it.

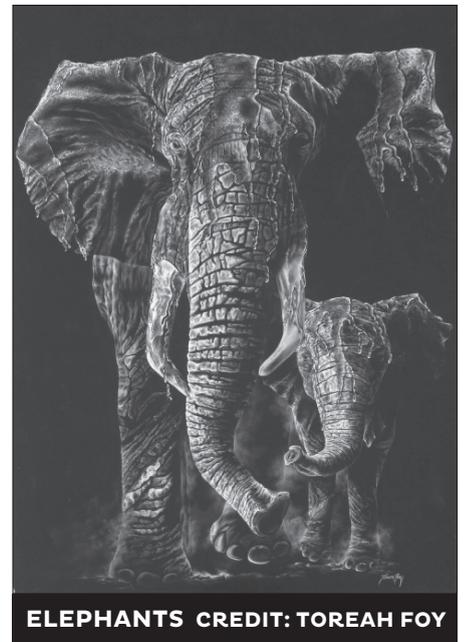
"Growing up, I started drawing with graphite pencils, color pencils, and shortly after that, charcoal and pastels," she says. "It wasn't until high school that I really started using paints."

Though art has always been a big part of her life, her passion for it deepened in the last couple years.

"What really stirred this passion wasn't another artist, but the Lord and coming into close, daily relationship with Him," she says. "Now, not only do I aim to master skills/techniques, but I pray every piece of my work brings forth new revelation, understanding, perspective, and ignites passions within its viewers' hearts."

Other artists' work, which has been donated, will be shown at the silent auction. Foy will be showing around eight pieces of her own work. Although everything sold will help fund her mission, she says, "I want to carry the presence and essence of our Creator to fully step into what He has given to me."

Not only is Foy doing that locally through this auction, she hopes to do it through the organization she will be serving with. 🍷



ELEPHANTS CREDIT: TOREAH FOY

ART AUCTION FOR TOREAH

6:30 pm, Saturday, March 18
GoodBean Coffee Company, 165 S. Oregon Street, Jacksonville
Free

SPORTS & Outdoor

For Miles and Miles Ultrarunning in the Rogue Valley

BY MIKE DICKENSON

The Tarahumara Indians of Mexico. The Marathon Monks of Japan. The message carriers of the Incan Empire and those of the Iroquois Confederacy. These were some of the original ultrarunners, athletes who ran beyond limit and reason. Here in the Rogue Valley, the tradition continues.

Most ultra-races have a minimum length of 50 kilometers, though many races are often much longer; the time that it takes to complete some of them can take days. To run a marathon (26.1 miles) is no small feat and it requires weeks of training and dedication. But ultrarunning is another beast entirely, and for some, it is a lifestyle. Due to Ashland's immediate proximity to steep terrain and long trails, the area has become a hotspot for ultrarunners dedicated to pushing their limits.

"There is a large population of ultrarunners here," says Carly Koerner, a thirty-something ultrarunner based in Ashland. "Feature articles in major publications have showcased our valley and the large pool of ultrarunning talent that have chosen to call it home. It's no surprise to me! In less than a quarter mile, I can be running on a trail that connects through the Ashland Watershed to the PCT and runs all the way to either Canada or Mexico. And that isn't just one trail. The trail system starting right in town is vast and growing thanks to the work done by the Ashland Woodlands and Trail Association."

The AWTA plays a pivotal role for runners in the Rogue Valley. The nonprofit has been responsible for building and maintaining miles and miles of trail around Ashland. Additionally, they have been a go-to resource for individuals looking to sign up for a wide variety of short and long-distance races.

Carly, whose husband Hal Koerner owns and

runs Rogue Valley Runners, believes that the sport of ultrarunning is evolving into more of a mainstream running choice. "It's oftentimes seemed like something runners do later in life, after they've enjoyed track, cross-country and marathon racing,

and Jenn Shelton became some of his primary influences and helped motivate him to run harder and further.

"We have so many amazing places to train and explore here," Ghelfi says, who recently set the fastest known ascent for Mt. Shasta. He smiles as he begins to list off race after race, including the Pine to Palm, a 100-mile ultra, which Ghelfi took first place in last summer. "I think we are going to see more and more local people take the leap and come out to try one of these great races. These runs can be a gateway into the addicting and amazing world of trail and ultra-running."

In addition to being a new father and competitive ultra-runner, Ghelfi runs his own coaching business, Trails and Tarmac, and councils runners in every stage of the sport.

"I would encourage folks to try, just *try* running," he says. "The number one key is to learn how to run 'easy.' Find your easy pace, learn to be a consistent runner, find joy in the process, and stick with it. It's one of the most rewarding endeavors on the planet and I think most everyone is capable of doing it."

"In terms of the racing side of things," Ghelfi adds, "what is hardest about running 100 miles, is those moments, or hours!, during the race when you experience the lowest

of lows. They will come for you in nearly every long race. Mentally and physically, you find yourself just wanting to stop, to lay down, to quit so badly. Finding the strength, and remembering that things will get better, that's the key to continuing and finishing the race. I think it really takes doing a 100 mile race to truly find that part of your brain and see what you'd do when things get really bad." 📌



RYAN GHELFI ON THE RUN
PHOTO COURTESY OF RYAN GHELFI

the sports that competitively have a shelf life. Now, more than ever, really young runners are dominating ultrarunning because they are jumping into it ahead of the previous curve."

Ryan Ghelfi is one such example. After running cross-country for SOU, Ryan found himself working at Rogue Valley Runners alongside some of the bigger names in the sport. People like Erik Skaggs

Go Here

Finding Falls at the Edge of Spring

BY MIKE DICKENSON

As the snow begins to melt, our creeks and rivers start to swell. Take a little time to enjoy these nearby waterfalls during the first phase of springtime.

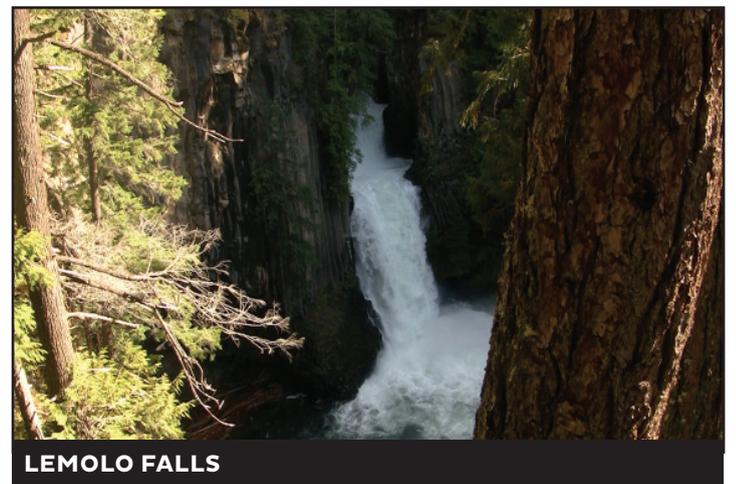
Dead Indian Soda Springs: This remote swimming hole offers a perfect water slide in the Rogue National Forest. This beautiful spot earned its unfortunate name when two white settlers discovered two dead Native Americans of the Tututni tribe near the creek. Today, one can still find a multitude of small mineral springs that feed into Dead Indian Creek outside Eagle Point. To get there just hike up the Soda Springs Trail from Camp Latgawa for a couple miles.

Toketee Falls: Perhaps one of the most famous waterfalls in Oregon, Toketee Falls is easy to get to, but hard to leave. The waters of the North Umpqua River have created a stunning columnar basalt for-

mation which frames the falls. From the top, the waterfall drops 40 feet into a large pool and then plunges another 80 feet into the next. The Toketee Falls trailhead can be found .5 mile north of Highway 138 near Toketee Lake. The trail leading to the viewpoint is less than half a mile in length.

Watson Falls: Not far from Toketee Falls is the highest waterfall in Southern Oregon, falling 272 feet over the edge of yet another basalt lava flow. This beautiful moss-covered wonderland can be easily accessed off of highway 138 near Toketee Falls. Turn onto NF-37 and follow the short .4 mile hike from the parking lot. You'll arrive at the base of the falls after crossing a series of wooden bridges.

Mill Falls and Barr Creek Falls: Just outside of Prospect, this two-for-one waterfall experience is a great way to spend the afternoon. Mill Creek Falls has a stunning drop of 173 feet, but is outmatched by its neighbor Barr Creek Falls which plummets



LEMOLO FALLS

242 feet to the Rogue River below. Both falls have a consistent flow and can be appreciated year round. The riverbed is choked with boulders which beckon the physically adventurous for a good scramble. Directions: Just before Prospect, look for signs for Mill Creek Falls and turn right onto Prospect Access Road for a half mile. At the stop sign, turn left. The parking area is one mile down the road on the right.

SCREEN

Exposed to the Darkness

Obscura is Sure to Make You Squirm

BY TUULA REBHAWN



ROBERT PRESTON BEHIND THE SCENES PHOTO COURTESY OF OBSCURA FILM 2017

At the close of a long and exceptionally gray winter, Rogue Valley residents may feel they have a whole new understanding of the word “dark.”

Robert Preston gets it. In fact, it may be safe to say that the weather plays a character of its own in his new locally produced film, *Obscura*.

“Growing up in Oregon, I know the low light, the ghostly feel we get sometimes,” says Preston, who spent his formative years in Oregon City before relocating to Los Angeles and then New York to pursue a childhood acting and modeling career. “I felt Medford was the perfect setting for a psychological thriller,” he says. “If I made this film in California, it would not have the same feel.”

Although Preston and his partner, Andrew John, spent their high school years producing short films, this is their first feature-length project. Together with a team of three other locals, they came up with the story, figured out how and where to film it, found the acting talent, and put it all together with impressively professional production quality.

Without a big Hollywood budget, Preston and his team were not shy about asking for help from community members, and they found that everyone they asked was more than happy to step up.

“We had a lot of volunteers who just wanted to be part of the film in some way,” says Preston. In Hollywood, he notes, a large part of film budgets go to-

wards paying for filming locations and extras such as cop cars and crime scene props.

“Eagle Point Police Department lent us their police and crime scene units,” he says. “That was a huge savings.” Other key scenes in the movie were filmed in the Mail Tribune printing rooms.

Watching the preview for *Obscura*, which is available on the film’s Facebook page, one gets the impression that the characters are operating from a gritty metropolis.

“I don’t know why, but Medford just feels that way to me sometimes,” says Preston. “It really helped bring the film to life in a way that other cities would not have.”

The plot centers around a young photography student, played by John, who discovers strange rolls of film. The images evoke crime scenes, only the crimes have not been committed yet. John’s character finds himself playing the role of investigator, though he is not a detective—a fact not overlooked by the cops charged with solving the crimes.

“It’s dark, it’s strange, it’s uncomfortable a lot of the time,” Preston notes. “The main character is not a hero, necessarily.”

Not wanting to give away too much of the story—it’s a mystery, after all—Preston only will reveal that there’s “quite the twist” and that viewers will walk away still trying to wrap their minds around the whole thing. The full footage was not available at the time of this writing because of an unexpected stroke of luck for Preston and his team. Another producer had stepped forward to offer professional sound editing by Paramount Technicolor studios.

“It’s going to take the film to another level,” Preston promises. Although he and his team pride themselves on having done all of their own editing out of their studio in Jacksonville, he says that he’s happy to hand sound engineering over to the pros. “It’s going to sound like the movies you usually see in theaters.”

The pitter-patter of rain on the asphalt at a fresh crime scene; the echo of footsteps on concrete as they pass by the menacing presses; the drip of developing fluid as another image fades into terrifying recognition—Preston has captured a huge range of tantalizing sounds, and they will certainly help to wrap the audience in the story when the full film premieres.

As the spotlight of spring turns to the Rogue Valley, those who can always find a moment to appreciate darkness should keep an eye on *Obscura*’s Facebook page. Preston expects the film to premier at a Medford location in May. 📍

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JOHN PERKINS
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JENNIFER MARGULIS
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Facing Loss, Embracing Life Again ~ Together

WELLNESS

**Take a Deep Breath
 Healing Asthma Naturopathically**

BY DR. DANIEL SMITH

Asthma is chronic inflammatory condition of the airways of the lungs caused both by environmental and genetic factors. This inflammation leads to swollen, sensitive airways which tend to react strongly to certain inhaled substances.

When the airways react, the muscles around them tighten, resulting in a condition known as bronchospasm. This narrows the airways, causing less air to flow into the lungs. Cells in the airways might make more thick, sticky mucus than usual, which can further narrow the airways. It is not surprising, therefore, that symptoms include cough, chest tightness, and shortness of breath. There are different classifications of asthma based on how often symptoms occur. The severity of the condition will determine which medications are needed to control symptoms.

There are many etiological factors of asthma:

1. Environmental allergies are a common cause. More than half of the people with asthma have allergies to outdoor pollutants, mold, dust mites, pets dander and dried excrement such as cat urine. Further, heavy outdoor air pollution, strong odors, and byproducts of combustion can also trigger asthma.
2. Food allergens can cause asthma. Common food allergens include wheat, corn, dairy, eggs, soy and sulfites in wine.
3. Acid reflux is also highly associated with asthma. More than 75% of patients with asthma have reflux to some degree.
4. Other contributing factors include medicines such as aspirin or beta blockers, physical activity, vertebral fixations, stress, anxiety, respiratory infections, and very hot or very cold air.

Conventional testing for asthma includes spirometry and the skin prick testing. Treatment depends on many factors and includes inhaled steroids, inflammatory modifiers, avoidance of trigger foods and inhaled vasodilating drugs. Although these medications are useful in emergencies, they all have side effects, especially with long term use.

A naturopathic physician employs tests and therapies that are far more versatile and effective than those used by our allopathic counterparts. Some of these include:

1. Adherence to a highly anti-inflammatory diet.
2. Serum IgG food allergy testing to identify and remove food allergens that may not cause asthma until several days after consumption.
3. Adding nutrients that help heal lungs. These may include fish oil to help reduce airway inflammation, magnesium to help reduce brochospasms, and vitamin C, bioflavonoids and quercitin to help prevent mast cell degranulation.



DR. DANIEL SMITH

N-acetyl cysteine is another supplement that helps thin the mucus in the lungs. Herbs that can be helpful include lobelia, yerba santa, licorice, and marshmallow.

4. Measuring the home for pollution and mold content. Much can be done to improve indoor household air and reduce allergens. Examples include replacing chemical cleaners with vinegar and baking soda, eliminating the use of candles and air fresheners, replacing carpets with tile, and using non-VOC paints and finishes. Because new furniture and flooring off-gasses formaldehyde, choices can be made regarding exchanging these for alternatives that do not produce these gasses. Further, hidden leaks in the roof may result in moisture buildup that leads to mold growth. Molds release potent neurotoxins have dramatic effects upon the immune system. Testing should be done to rule in/out the presence of mold growth.

5. Evaluation for possible vertebral misalignment.

6. Low Dose Immunotherapy. Because asthma is frequently exacerbated by histamine based reactions to foods, inhalants and/or chemicals, a novel yet well established treatment called low dose allergy therapy can be very effective. This treatment involves the use of antigenic mixtures combined with an enzyme to modulate the inflammatory response. Results may be noticed in as few as four treatments.

As with many conditions, asthma is an affliction that can be effectively treated, but only when addressed in a holistic manner that truly uncovers and removes the precipitating causes. 📍

Dr. Daniel Smith practices at Bear Creek Naturopathic Clinic. His office is on 2612 Barnett Ave. He specializes in naturopathic oncology, but still maintains a strong family practice, treating all manner of conditions. He can be reached at 541-770-5563 or at drdanielnd@gmail.com. If you would like to schedule an appointment, please ask specifically for Dr. Dan.

FREE WILL ASTROLOGY

ARIES (March 21-April 19): As soon as you can, sneak away to a private place where you can be alone -- preferably to a comfy sanctuary where you can indulge in eccentric behavior without being seen or heard or judged. When you get there, launch into an extended session of moaning and complaining. I mean do it out loud. Wail and whine and whisper about everything that's making you sad and puzzled and crazy. For best results, leap into the air and wave your arms. Whirl around in erratic figure-eights while drooling and messing up your hair. Breathe extra deeply. And all the while, let your pungent emotions and poignant fantasies flow freely through your wild heart. Keep on going until you find the relief that lies on the other side.

TAURUS (April 20-May 20): "I've always belonged to what isn't where I am and to what I could never be," wrote Portuguese writer Fernando Pessoa (1888-1935). That was his prerogative, of course. Or maybe it was a fervent desire of his, and it came true. I bring his perspective to your attention, Taurus, because I believe your mandate is just the opposite, at least for the next few weeks: You must belong to what is where you are. You must belong to what you will always be.

GEMINI (May 21-June 20): Nothing is ever as simple as it may seem. The bad times always harbor opportunities. The good times inevitably have a caveat. According to my astrological analysis, you'll prove the latter truth in the coming weeks. On one hand, you will be closer than you've been in many moons to your ultimate sources of meaning and motivation. On the other hand, you sure as hell had better take advantage of this good fortune. You can't afford to be shy about claiming the rewards and accepting the responsibilities that come with the opportunities.

CANCER (June 21-July 22): Seek intimacy with experiences that are dewy and slippery and succulent. Make sure you get more than your fair share of swirling feelings and flowing sensations, cascading streams and misty rain, arousing drinks and sumptuous sauces, warm baths and purifying saunas, skin moisturizers and lustrous massages, the milk of human kindness and the buttery release of deep sex -- and maybe even a sensational do-it-yourself baptism that frees you from at least some of your regrets. Don't stay thirsty, my undulating friend. Quench your need to be very, very wet. Gush and spill. Be gushed and spilled on.



LEO (July 23-Aug. 22): Would you like to live to the age of 99? If so, experiences and realizations that arrive in the coming weeks could be important in that project. A window to longevity will open, giving you a chance to gather clues about actions you can take and meditations you can do to remain vital for ten decades. I hope you're not too much of a serious, know-it-all adult to benefit from this opportunity. If you'd like to be deeply receptive to the secrets of a long life, you must be able to see with innocent, curious eyes. Playfulness is not just a winsome quality in this quest; it's an essential asset.

VIRGO (Aug. 23-Sept. 22): You're ripe. You're delectable. Your intelligence is especially sexy. I think it's time to unveil the premium version of your urge to merge. To prepare, let's review a few flirtation strategies. The eyebrow flash is a good place to start. A subtle, flicking lick of your lips is a fine follow-up. Try tilting your neck to the side ever-so-cooly. If there are signs of reciprocation from the other party, smooth your hair or pat your clothes. Fondle nearby objects like a wine glass or your keys. And this is very important: Listen raptly to the person you're wooing. P.S.: If you already have a steady partner, use these techniques as part of a crafty plan to draw him or her into deeper levels of affection.

LIBRA (Sept. 23-Oct. 22): Let's talk about a compassionate version of robbery. The thieves who practice this art don't steal valuable things you love. Rather, they pilfer stuff you don't actually need but are reluctant to let go of. For example, the spirit of a beloved ancestor may sweep into your nightmare and carry off a delicious poison that

has been damaging you in ways you've become comfortable with. A bandit angel might sneak into your imagination and burglarize the debilitating beliefs and psychological crutches you cling to as if they were bars of gold. Are you interested in benefiting from this service? Ask and you shall receive.

SCORPIO (Oct. 23-Nov. 21): Evolved Scorpions don't fantasize about bad things happening to their competitors and adversaries. They don't seethe with smoldering desires to torment anyone who fails to give them what they want. They may, however, experience urges to achieve TOTAL CUNNING DAZZLING MERCILESS VICTORY over those who won't acknowledge them as golden gods or golden goddesses. But even then, they don't indulge in the deeply counterproductive emotion of hatred. Instead, they sublimate their ferocity into a drive to keep honing their talents. After all, that game plan is the best way to accomplish something even better than mere revenge: success in fulfilling their dreams. Please keep these thoughts close to your heart in the coming weeks.

SAGITTARIUS (Nov. 22-Dec. 21): "The noble art of music is the greatest treasure in the world," wrote Martin Luther (1483-1546), a revolutionary who helped break the stranglehold of the Catholic Church on the European imagination. I bring this up, Sagittarius, because you're entering a phase when you need the kind of uprising that's best incited by music. So I invite you to gather the tunes that have inspired you over the years, and also go hunting for a fresh batch. Then listen intently, curiously, and creatively as you feed your intention to initiate constructive mutation. Its time to overthrow anything about your status quo that is jaded, lazy, sterile, or apathetic.

CAPRICORN (Dec. 22-Jan. 19): "Either you learn to live with paradox and ambiguity or you'll be six years old for the rest of your life," says author Anne Lamott. How are you doing with that lesson, Capricorn? Still learning? If you would like to get even more advanced teachings about paradox and ambiguity -- as well as conundrums, incongruity, and anomalies -- there will be plenty of chances in the coming weeks. Be glad! Remember the words of Nobel Prize-winning physicist Niels Bohr: "How wonderful that we have met with a paradox. Now we have some hope of making progress."

AQUARIUS (Jan. 20-Feb. 18): Lichen is a hardy form of life that by some estimates covers six percent of the earth's surface. It thrives in arctic tundra and rainforests, on tree bark and rock surfaces, on walls and toxic slag heaps, from sea level to alpine environments. The secret of its success is symbiosis. Fungi and algae band together (or sometimes fungi and bacteria) to create a blended entity; two very dissimilar organisms forge an intricate relationship that comprises a third organism. I propose that you regard lichen as your spirit ally in the coming weeks, Aquarius. You're primed for some sterling symbioses.

PISCES (Feb. 19-March 20): If you normally wear adornments and accessories and fine disguises, I invite you not to do so for the next two weeks. Instead, try out an unembellished, what-you-see-is-what-you-get approach to your appearance. If, on the other hand, you don't normally wear adornments and accessories and fine disguises, I encourage you to embrace such possibilities in a spirit of fun and enthusiasm. Now you may inquire: How can these contradictory suggestions both apply to the Pisces tribe? The answer: There's a more sweeping mandate behind it all, namely: to tinker and experiment with the ways you present yourself . . . to play around with strategies for translating your inner depths into outer expression.

Homework:

For an hour, act as if you're living the life you've always wanted to. Testify at Freewillastrology.com.

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APRIL 20
4/20

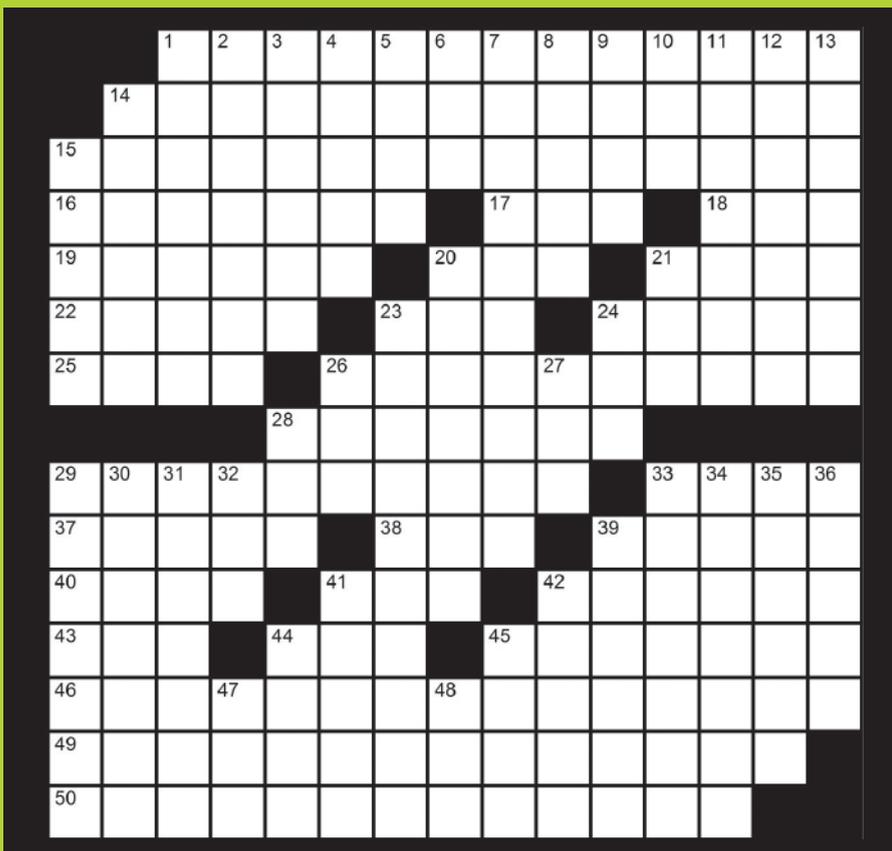
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Across

- 1 Fast food sandwich option
- 14 Kids' game played on a higher level?
- 15 They're called for in extreme cases
- 16 Mention
- 17 Bankable vacation hrs., in some work-places
- 18 Black or red insect
- 19 It's slightly higher than B
- 20 Hairy cousin of Morticia
- 21 Like muffled sound recordings, slangily
- 22 Bridge, in Brindisi
- 23 Labor Day Telethon org.
- 24 Orange tea that's really black
- 25 Parts of joules
- 26 They get their picks in dark matter
- 28 Seattle-based craft beer brand
- 29 Bite matchups, in dental X-rays
- 33 Mardi ___
- 37 Battery count
- 38 React with disgust
- 39 "Pride ___ before destruction"
- 40 Cabinet dept. since 1977
- 41 "Primetime Justice with Ashleigh Banfield" network
- 42 Definitely gonna
- 43 Elvis Presley's record label
- 44 Mock-stunned "Me?"
- 45 Coca-Cola Company founder Asa
- 46 You'll want to keep it clean
- 49 "Ugh, so many responsibilities!"
- 50 Transfers of people (or profits) to their home countries

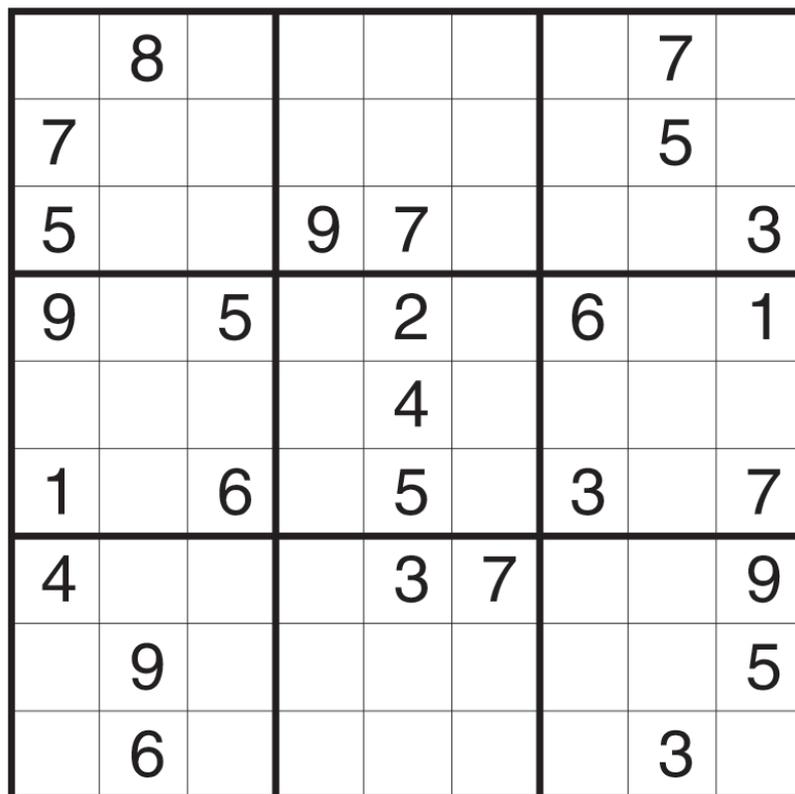
Down

- 1 Type of dish at brunch
- 2 Feels hurt by
- 3 "In the event it's for real ..."

- 4 Buttonholes, really
- 5 A little, to Verdi
- 6 ___ Kippur
- 7 Moved way too slowly
- 8 "Perfectly Good Guitar" singer John
- 9 "This ___ unfair!"
- 10 Actor Gulager of "The Virginian"
- 11 Amateur night activity, maybe
- 12 "Not ___ a minute ..."
- 13 Cartoonish villains
- 14 Quake
- 15 Heavy curtain
- 20 Gem State resident
- 21 "Billion Dollar Brain" novelist Deighton
- 23 "Reclining Nude" painter
- 24 Water___ (dental brand)
- 26 Annual Vegas trade show full of tech debuts
- 27 "The Italian Job" actor ___ Def
- 28 Country with a red, white, and blue flag: abbr.
- 29 Unlikely to win most golf tournaments
- 30 Admit defeat
- 31 Explain
- 32 8 1/2" x 11" size, briefly
- 33 ___ knot (difficult problem)
- 34 Two-___ (movie shorts)
- 35 Be present
- 36 Sandcastle spot
- 39 Avid
- 41 Norse god of indecision that helped create humans (RHINO anag.)
- 42 Quaint version of "according to me"
- 44 Abolitionist Lucretia
- 45 Debt memo
- 47 1974 Hearst abductors
- 48 Airport near Forest Hills, N.Y.

SUDOKU

NO. 168 - MEDIUM



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Previous solution - Easy

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

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

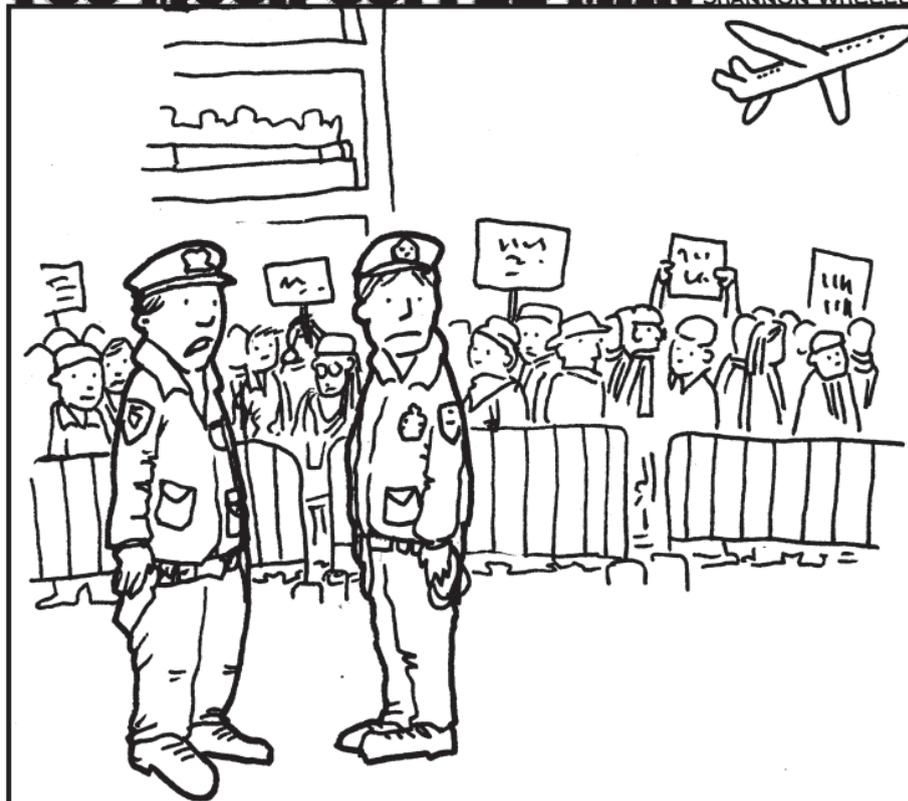
For many strategies, hints and tips, visit www.sudokuwiki.org

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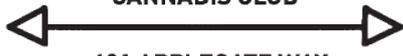
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