Humboldt Seed Organization is now providing stable THC and hemp genetics in the Rogue Valley and Southern Oregon. We specialize in regular, feminized and auto-flower genetic & grow consultation, seed production and S.O.P. management.

Email ras@humboldtsseeds.net for more information.

WINTER EXHIBITIONS

From Ignorance to Wisdom
Curated by Blake Shell, in collaboration with SOU’s Arts and Humanities Council Campus Theme.
Participating Artists
Robert Arriano, Adam Bateman, David Bidwell, Cody Bustamante, Millo Inada, Robin Strongfield, Maria de Los Angeles

Suds Ur Duds / Fermentation Elastic
Solo Exhibition by Ryan Kitson

EXHIBITION DATES: JANUARY 24 – MARCH 16, 2019

OPENING RECEPTION
Thursday, January 24, 4–5 pm VIP Members and Volunteers Preview
5–7 pm General Public
Matt Anderson is generously donating wine for the opening. Complimentary punch. Photos of the reception.

MUSEUM HOURS: MONDAY – SATURDAY, 10 AM TO 4 PM
FREE AND OPEN TO THE PUBLIC
Address: 135 Indian Street, Ashland, Oregon 97520
Phone: 541-552-6265. Email: smarttours.org. Web: smarttours.org. Social: @schneidermuseum
Parking: Complimentary 1 hour parking behind the Museum. When this is full, please use the metered parking.

ABOUT THE COVER:
Curly (Tatiana Wechsler, left) glimpses the violence and resentment lurking in the mind of Jud Fry (Michael Sharon).

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Email ras@humboldtsseeds.net for more information.
**Profile**

**Eve Smyth & Kate Sullivan**  
Co-Directors, Ashland Children's Theatre

INTERVIEW BY PHIL BUSSE

Rogue Valley Messenger: The adage is never act with dogs or kids! Can you make a good counter-argument?

Eve: Yes. If you're working with a kid who is pretending to be a dog, then you get the best of both worlds. Yes, we can't really speak to the dog part, but kids are amazing to work with. They live so much closer to the imaginary world than most adults, so they are able to access the door to that world and take you right through it with them. They're curious about what stories have to offer and how they can be a part of them.

**RVM:** You host improv classes for 4–6 year olds. In some ways, that seems like the perfect age, as young kids are almost always game for make-up and spontaneity.

**ES:** Yes, our Make Believe Explorers class is a fun romp for sure. We ask students 'If you could be anything in a story, what would it be?' The responses are endless. (Though, of late, we've had a wide variety of animals that are rainbow colored and sporting unicorn horns.) We see why children really open up as they become their characters, bouncy and inspired. They are living their dream. We also give attention to listening and sharing the story with the other actors and the audience.

**RVM:** Adolescence, especially early teenage years, can be such a time of uncertainty and even embarrassment. It would seem like being on stage would accentuate that. Or, is this good for you?

**Eve:** It would seem like being on stage could be such a time of vulnerability and even embarrassment. The audience is there to meet them, to unwrap the gift that they've been working hard to create for this moment. That's when all the process work seems to synthesize and come together—being witnessed...that's when all the risk-taking is worth it. Theatre is a collaborative art form. Everyone is in it together and at ACT we are big believers in building ensemble and support among our students. We build a community, we lift each other up—and they feel it.

**RVM:** What would you say are the top two lessons or take-aways from children learning to act?

**Eve:** What would you say are the top two lessons or take-aways from children learning to act? Connection. Theatre improve, and acting, are really built on one initial premise—rite and accept. This unprocessors a lot if you think about it. Give and take, speak and listen, take turns, share, say attention. It's about building a connection.

**Kate:** Fun. When you're having a good time you can take the risks that will further your creativity. Through connection and fun, we see students discover that they contain more than they realized. We believe strongly in the power of theatre to enhance a child's self-confidence, self-expression and ability to collaborate with others. We help them learn to take their own space on stage and in the world and feel the value in and of themselves.

**RVM:** How much is this about process and how much about production? Meaning, how much does the end-result, the stage productions, really matter, or is it the journey to get to that point?

**Eve:** Wow, good one. In our opinion, it's both, in perfect balance. The process is so full learning of techniques of voice and movement, delving into character development, sequencing, timing, connecting and playing off your scene partners, listening, finding emotional shifts and narrative beats, being responsible to show up, on time, with your work done, trying new things, being flexible and rock solid—chances so much. But having an audience is an integral component to theatre. It isn't really theatre without them and, we have to say, that's when the magic happens. That's when all the process work seems to synthesize and come together, again, that's when we see kids rise. They're telling a story, and the audience is there to meet them, to unwrap the gift that they've been working hard to create for this moment.

**RVM:** When did you first get on stage? Eve: My first stage role was in the third grade, when I played Christopher Robin in the school play. The moment was pulling Winnie-the-Pooh out of the honey jar; I did a pratfall that took me off stage and into the audience's lap. I was hooked.

**Kate:** My first on stage role was in the fourth grade when I played Rumpelstiltskin in Robin in the school play. My moment was pulling Winnie-the-Pooh out of the honey jar, I did a pratfall that took me off stage and into the audience's lap. I was hooked.
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SERVICES IN THE ROGUE VALLEY AND

Vote today!

For the past four years, the Messenger has hosted the Best Of Awards in the region. This year’s issue hits stands on March 28. Vote now for your favorite restaurants, beers, weed and peeps. Voting opens on February 21st and closes on March 15th. Besties announced in the March 28th issue.

To vote, go to RogueValleyMessenger.com

It’s that time again!

Besties awards

2019

Be a Bestie...

…TO YOUR FAVORITE BUSINESSES AND SERVICES IN THE ROGUE VALLEY AND

A Sanctuary for Shared Experiences

Director of Literary Development and Dramaturgy Amrita Ramanan

BY JORDAN MARIE MCCAW

Late American stage producer and director Zelda Fichandler once said art is community, as well as a personal experience, spurred from the ideas and dreams of the individual. Oregon Shakespeare Festival’s Director of Literary Development and Dramaturgy Amrita Ramanan acts this out daily through her work.

Ramanan arrived to OSF in 2016 and is involved in curating plays for each season. “I was reared in the philosophy that theatre should be foundationally rooted in social justice and functions as a vehicle for the change you wish to see in the world,” she says. “As such, the integration of inclusion in a theater’s mission, vision, and practice has always been an expectation I uphold with every theater company I work for.”

Her history in theater began both at Missoula Children’s Theater and her grandmother’s encouragement to study Bharatnatyam, a traditional Indian dance, at a young age. She says, “Both provided me with a multi-faceted perspective to the cultural diversity of the performing arts and the intersection of art and community.”

Last year she was involved in OSF productions such as Oklahoma!, Snow in Midsummer, and Henry V. She reads, studies, and discusses plays to review them with the Artistic Director and Season Planning Committee.

Each play she considers she thinks about how it aligns with OSF’s values and mission, “how it’s reflective to the current social and political climate of our nation, and how it celebrates a story and how it celebrates a story in the Festival’s history.”

When these things are considered, she moves on to study how each play works with each other and how the audience will respond to them not just in the present moment, but also in the future. “It is a holistic process that is grounded in diversity and inclusion from the very beginning.”

Ramanan gives examples of “dynamic world premieres of new plays that give voice to the marginalized, imaginative and provocative interpretations of Shakespeare’s comedies and tragedies, contemporary plays with deep, intimate storytelling about families, lovers, and friends through time; and a popular musical conceptualized with an inclusive vision.” This season especially she believes OSF has worked hard to artistically achieve its inclusive values. Because the selection of plays are diverse in several areas, Ramanan can’t simply choose one she’s looking forward to the most this season.

While her role gives her opportunities to analyze voices that are recognized and the community remains inclusive, these aren’t always easy goals to achieve. “The essential challenge when activating inclusion and diversity is to embrace that challenge and conflict are not a negative, but part of the process. I wouldn’t accept a play without conflict. Why would I shy away from it in my lived experience? These tools have supported me getting past what’s difficult and having the motivation to move forward.”

Since arriving at OSF, Ramanan has witnessed the company make equality, diversity, and inclusion a priority with the community. Part of this priority is offered through the organization artEquity trainings “The company has grown in its cultural sensitivity and awareness and you see the immediate ripple effect of the Equity, Diversity, and Inclusion trainings in our collaborative culture, from season programming to how we communicate with each other on a regular basis,” she says. artEquity consults and trains to create a sustainable inclusive community through team building, open communication, and ways to approach equality as smoothly as possible.

To Ramanan, theater is more than telling classic and well-known tales; theater is a vehicle to represent the past, the present, and make the audience think about the future. “I love the notion of the service of theater and believe it is important for a theater company—particularly a non-profit theater company—to understand its life cycle in a greater cultural context and not function in a vacuum.”
**Oregon Shakespeare Festival.**

**2019 Season Has Something for Everyone!**

**Tickets on Sale Now!**

*Starring: 2019-2020 Season*:

- *Black, White, & the Blues*
- *Blindness*
- *Death of a Salesman*
- *The Old Globe Festival*
- *Mark DeGroft Benefit Concert*
- *Theater for All*
- *Vagina Monologues*
- *The Vagina Monologues*
- *Wonders of the Pacific Lapidary*
- *MarchFourth*

**2019 Season Pass:**

- *Black, White, & the Blues*
- *Blindness*
- *Death of a Salesman*
- *The Old Globe Festival*
- *Mark DeGroft Benefit Concert*
- *Theater for All*
- *Vagina Monologues*
- *The Vagina Monologues*
- *Wonders of the Pacific Lapidary*
- *MarchFourth*

**February 21 - March 13, 2019**

**Tickets:**

- *Black, White, & the Blues*
- *Blindness*
- *Death of a Salesman*
- *The Old Globe Festival*
- *Mark DeGroft Benefit Concert*
- *Theater for All*
- *Vagina Monologues*
- *The Vagina Monologues*
- *Wonders of the Pacific Lapidary*
- *MarchFourth*

**Contact:**

*Oregon Shakespeare Festival*

**PICKS**

**Black, White, & the Blues**

**Art:**

- This annual event is in its 45th year to raise funds for the Grants Pass Museum of Art, complete with art, auction, dinner, and live music by Terry Robb, Ben Reid, and Karen Lionel with Lisa Marie. 5 – 11:30 pm. Josephine County Fairgrounds, Flower Building, 1461 Fairgrounds Road, Grants Pass. $45 each. Group table of 8.

**Vagina Monologues**

**Performance:**

- A new look at The Vagina Monologues performance is the opportunity to get dressed up and go out becomes an option! This live stream of the 1997 award-winning play that started the global activist movement that strives to end violence against all women and girls, focusing on her family’s experience and caring for her aunt and father, Marvin, as they both fail. The love of family prevails, as usual, but not without some humorous obstacles. 2 – 11:55 pm. Bartram’s Theatre, 112 NE Evelyn Avenue, Grants Pass. $52 – $15.

**Darlingside**

**Music:**

- A team that refuses to be limited to a genre or category, and they sure aren’t a traditional marching band. On March First, MarchFourth will perform a show like no other. 8 pm. Rogue Theatre, 143 SE H Street, Grants Pass. $20.

**Wonders of the Pacific Lapidary**

**Sale:**

- Local lamprey expert Dr. Steward Reid and Howard Red will be there on a wild ride following freshwater lampreys down our Rogue Valley waterways with the goal of educating, inspiring, and entertaining the public about this unique fish. Presentations, along with a Q&A, will include light snacks. 5:30 – 7:45 pm. The Hop, 121 S 9th Street, Grants Pass. Free.

**Mark DeGroft Benefit Concert**

**Music:**

- Featuring many of Mark DeGroft’s musically talented friends, this event will feature music that is ready to dance to, along with food that is ready to be eaten. Bands Blue Lightning, LPT with members of the Rogue Suspects, and The Franko Hernandez Band will also be joining in the fun. 3:30 – 9 pm. Modesto Hall Hotel & Suites, 2525 Ashland Street, Ashland. $20, sliding scale.

**Drag Show 2019**

**Drag:**

- Every college student’s dream come true must be seeing their professors dress as drag queens and kings. Especially when dancing, lip syncing, and singing to win the vote of the audience. Students will join in as well, and donations will benefit the Gender and Sexual Orientation Club and the Trans Project. 6:30 – 8:30 pm. RCC/SOU Higher Education Center, 101 S. Bartlett Street, Medford. Free.

**Oregon Chocolate Festival**

**Festival:**

- This 15th annual event will feature special chocolate meals, workshops including the History of Chocolate, and even a 5K/10K run/walk. 6:30 – 8 pm, Friday. 10:30 am – 8:30 pm, Saturday 9 am – 3 pm, Sunday. Ashland Hills Hotel & Suites, 2525 Ashland Street, Ashland. $15 – $30.
LIVE MUSIC and Nightlife

**TUESDAY, FEBRUARY 21**

**MEDFORD**

- Aspen Café: 7:30 pm - 10 pm. Country, Rock, Cobblestone Pub & Restaurant. 3:00 pm to 7:30 pm.
- Black Sheep Pub & Restaurant: 9 pm to 12 pm. Traditional, Folk, Pop.

**ASHLAND**

- Rally to Save Our Wild Forests: 5:00 pm. Folk, Art, Glass and Cider. 6:30 pm to 8:30 pm. Mt. McLoughlin.
- Wine & Brush: 3 pm to 6 pm. $30.

**PHOENIX**

- Northern Lights: 7:00 pm. $15.
- Tipsy Paintbrush: 6:15 pm to 9:15 pm.

**ROGUE RIVER**

- Smithfields Pub & Pies: 9 pm. $5-7.

**GRANTS PASS**

- Tipsy Paintbrush: 6:15 pm to 9:15 pm. $40.

**CENTRAL POINT**

- SpeakEasy Tap Room & Wine Bar: 6 pm to 8 pm. $5.

**MEDFORD**

- Sam Valdez and Rodes Rollins - Black Sheep Pub & Restaurant: 2:00 pm. $8. Post, Pop, and Indie Rock.

**ASHLAND**

- The Sound Lounge: 8:00 pm to 10:00 pm.

**MEDFORD**

- Smithfields Pub & Pies: 9 pm. $5-7.
- Touche Touche: 8:30 pm to 11:30 pm. $9.

**ASHLAND**

- Open Mic - Wild Goose Cafe & Bar: 7 pm to 10 pm. $2.50.
- The Sound Lounge: 8:00 pm to 10:00 pm. Folk, Rock, Funk.

**JACKSONVILLE**

- Tipsy Paintbrush: 6:15 pm to 9:15 pm. $40.

**CENTRAL POINT**

- The Sardine Factory: 5 pm to 7 pm. $25-28. Country, Bluegrass, Blues.

**ASHLAND**

- Wild Goose Cafe & Bar: 7 pm to 10 pm. $2.50.
- The Sardine Factory: 6:00 pm.

**MEDFORD**

- Hula Rollers and the Jolly Rollers - Black Sheep Pub & Restaurant: 2:00 pm.

**MEDFORD**

- Smithfields Pub & Pies: 9 pm. $5-7.

**GRANTS PASS**

- Tipsy Paintbrush: 6:15 pm to 9:15 pm. $40.

**CENTRAL POINT**

- SpeakEasy Tap Room & Wine Bar: 6 pm to 8 pm. $5.

**BIG BANDS**

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**MEDFORD**

- Smithfields Pub & Pies: 9 pm. $5-7.
**EVENTS**

**SHORT POSE FIGURE DRAWING WITH ANN DI SALVO**

**Tuesday, April 16 from 12:00 pm to 1:00 pm**

- Location: Ashland Art Center
- Cost: $20. All welcome!

**MIDWESTY FEMALE GARDENING WITH A SPRING SENSE TO SUMMER**

**Thursday, May 3 from 6:00 pm to 8:00 pm**

- Location: Ashland Art Center, 357 E Main St, Ashland.
- Cost: $45. Purchase tickets at FirstCrushTickets.com.

**BRAINY BUNNY**

**April 20 from 10:00 am to 1:00 pm**

- Location: The Point Pub & Grill, 311 E Pine St, Ashland.

**APPLIQUE LIBRARY EVENTS**

**Hearing Season in Your Backyard**

- Location: Rogue Valley Library, 357 E Main St, Ashland.
- Cost: Free. Registration required.

**SHADY COVE LIBRARY EVENTS**

**Dorothy & Megan Hours, Shady Cove**

- Location: Shady Cove Library, 357 E Main St, Ashland.
- Cost: Free. Registration required.

**CERAMICS FOR KIDS WITH LIZ O'BRIEN**

**March 23 from 3:00 pm to 5:00 pm**

- Location: First Crush, 357 E Main St, Ashland.

**KIDS & FAMILY ROYAL POETRY RECITATION**

**March 23 from 1:00 pm to 2:00 pm**

- Location: First Crush, 357 E Main St, Ashland.
- Cost: Free. Registration required.

**ALL DAY MEDITATION 2019**

**February 16 from 6:00 am to 6:00 pm**

- Location: Everyone's Welcome.

**ROGUE VALLEY MESSAGING CENTER**

**FEBRUARY 21 - MARCH 13, 2019  /  THE ROGUE VALLEY MESSENGER  /  13  12  /  WWW.ROGUEVALLEYMESSENGER.COM**

-In the spirit of artistic community, this year's production of the classic circus piece, **Bodylogues: The Tapestry**, performed by members of the Rogue Valley, will be an exclusive experience for those who purchase tickets. The show will feature performers from the Rogue Valley in intimate and awe-inspiring settings. All equipment supplied. **Tickets available online**.

**Skye Davis**

**FEBRUARY 16 - MARCH 13, 2019  /  THE ROGUE VALLEY MESSENGER  /  13  12  /  WWW.ROGUEVALLEYMESSENGER.COM**

- Location: Stevenson Union, Southern Oregon University, 8000 S噢lomons St, Medford, OR 97504.
- Cost: $15-25. Information:
- To learn more about the performance, visit www.bodyscape.org/fun Tưng.

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A GENTLEMAN’S GUIDE TO LOVE & MURDER will be performed at CAMELOT THEATRE through MARCH 17.

GUILD LECTURE SERIES: EARLY ROMAN EMPIRE

March 11, 7 to 9 pm. camelottheatre.org. Camelot Theatre, 101 Talent Ave., Talent. $15. To make a reservation, call (541) 535-7283. 207 Granite St, Ashland.

SAVE THE DATE: WEDNESDAY, OCTOBER 2, 2019... THE ROGUE VALLEY MESSENGER HOLIDAY FUNDRAISING GALA is Ashland’s red carpet event of the year. The annual event is the Rogue Valley Messenger’s way of saying thank you to our loyal readers. This special evening will encompass an awards ceremony, an extravagant holiday-themed dinner, and an exciting live and silent auction. For tickets and more information go to https://shorts.tv/theoscarshorts/. Varsity Hotel & Suites, 2525 Ashland St, Ashland. Cost: $10. To make a reservation, call (541) 535-7283. 207 Granite St, Ashland.
THE PHONE’S FOR YOU
JAYA (Raise)’s Called / Or / Uncalled
BY JOHN STEAR

JAYA (Raise) is the stage name of Amherst-based conscious hip-hop songwriter/rapper/producer Christian Altman. Having spent the better part of the past four years releasing singles and collaborations on his SoundCloud page, Jaya has finally delivered his first full-length album entitled Called / Or / Uncalled.

The first track on the album, “ unstuck,” right off the bat features Jaya’s interesting take on alliteration. The track opens with the chimes of bells, eerily echoing the bell shows beside Jaya on the album’s cover. Throughout this first track, we get a taste of what is to come from the rest of the album. It’s quirky, it’s catchy, it’s smart, and above all else, it’s resonant.

Following “ unstuck” is the wistful, soulful “ somepace.” On this track we get a more concise image of what exactly Jaya wants us to see. The instrumentals take a bit more of a backseat featuring more prominent lyrics. “And what you play is, characters die and live, and yet the play goes on, so who plays might not.”

Jaya’s way with words certainly graces this album, but what I find so intriguing about Called / Or / Uncalled is the immediacy lost to these words by choices in the arrangements. Take for example the moment on “ stoneknife” when Jaya spits somber, doctored, professor here to talk a bit. Not what Jaya wrote, but what I find so intriguing about Tavares. This is especially refreshing given other conscious hip-hop artists’ tendency to be (in this writer’s humble and often wrong opinion) too over-dictating over their own lyrics. Jaya isn’t afraid of injecting levity into his work, and it shows.

This leg of the tour further exemplified its importance: The unavailability of a certain Calls / Or / Uncalled’s several interludes (or because the artist lovingly refers to the titled “ chalpons”). We hear a brief interaction between Jaya and a woman in a club hilariously struggling to communicate about what they’re drinking. It’s light moments like this that humanizes Jaya and the mess he’s trying to communicate.

In a biographical tour of the artist, it states: “ Jaya wishes for things for the love of humanity. He wants to spread happiness. Beauty. Love. Truth.” It is this sort of compassion that blesses tracks like the beautiful “truth.” Jaya delivers lines such as: “ I inhale good intention, exhale love, respect” with refreshing honesty. Where other artists might espouse these types of values as a way to sell intention, exhale love, respect” with refreshing honesty. Where

Some listeners might find jarring, off-putting and noisy, others find it to be an exciting, inspiring and innovative. There are a lot of genre brakers at work but we personally might not enjoy it, but that doesn’t mean they don’t have value or carry importance to someone else. It just depends on the individual who’s listening to what’s being played. Not everyone is going to enjoy it, but we write it; that in mind, we write what we enjoy playing.

The main ambition of Steaksauce Mustache as a band is to be unique. Our performances can only be described as a chaotic ballet of partying and music. We know that if someone doesn’t love our music, if they see one of our shows, they’ll leave the venue with unforgettable memories of a group of childhood disguise at all aging dawsons and American flag waving adults, dumping sleeping bags filled with balloons and bounce balls onto a raging swarm of people covering in party streamers and sweating at each other with pool noodles.

The angry yelling was merely the ambiance to which the true performance was happening in front of.

RBVM: Do you have some interesting videos available on your website?

RBVM: What part do you play in your music?

RBVM: Our ultimate business strategy is to push Steaksauce Mustache into a full time global entertainment conglomerate. Instead of concerts, we want to hold arena sized rock opera’s with full size animatronic talking dinosaurs and a professional Morgan Freeman impersonation voice over. We want to write, direct and star in our own mockumentary. We want to write, direct and star in our own mockumentary.

RBVM: Our new album Superwoke is coming out in March; how does it differ from your past work?

RBVM: Our new album Superwoke is the greatest album ever made. Our last album Eat What We Kill For You was the most ludicrous album ever made, and our first album The Almight Autodidactowork was the worst album ever made.

A few of our partners in crime pushed us to release it and see the worst in all of us.

RBVM: We’re proud of all the music on the album. From Hollywood to Here, We Are: Film Blake’s recent collaboration on his SoundCloud page, Jaya has finally delivered his new album, and we are proud of all the music on this record. From Hollywood to Here, We Are is the album you’ve been waiting for.

RBVM: One of Jaya’s original art pieces entitled. “ Star Strped Cowboy” once hung in the White House during Ronald Reagan’s presidency. When asked why he hung around thearus and sketched the crowds, he explained that he would choose which events to attend when the checks from past movie screenings came in and found he wasn’t interested.

At the age of 86, Goldman may have slowed down his pace, but he has no intention of slowing the writing. In fact, he and his wife are the stars of a film called Here, We Are, about growing old together recently accepted into the Ashland International Film Festival (April 11 – 15). And when asked what he is working on now, he just chuckled.

Here is a synopsis of Goldman’s independent films in chronological order.

Dark August – A vicaral humorous film that Goldman wrote and directed about a man who must face the consequences for accidentally ending a young girl’s life filmed in Iowa, starring Kim Hunter, J.J. Barry and Cornelia Little that Goldman says, “ I did it in the old-fashioned way. I got a producer and we both found people who wanted to invest in a movie as a tax write-off. But after they saw the compel film, they realized that they had a real movie.”

He goes on to say, “ I raised the money ($100,000) while sitting in my Manhattan apartment, projecting 35mm location slides against a backdrop of a New York skyline. I hired a producer and a director. I wrote the story about growing old together recently accepted into the Ashland International Film Festival (April 11 – 15). And when asked what he is working on now, he just chuckled.

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There is a little bit of butyral. A little bit of loss. Some love too. But a whole lot of love. It's the first production for the newly formed Rogue Theater Company.

Jessica Sage, Artistic Director, has carefully assembled semi-autobiographical fragments and created a poignant, clever and theatrical production. The play is set in 1977 when she was in high school and her family was going through tumultuous times.

"It's about relationships and the dark and light of every human being," Sage explains. A human mosaic, perhaps, refracting and reflecting perceptions, emotions and experiences of reality. At first, Sage did a script reading of the material and got a good response and people wanted to see it fully performed. And ultimately a new theater was born. From Northern California, she made Ashland her permanent home in 1978.

"I have always wanted to build a theater company that focuses more on women in the arts. The dearth of material available to women is a source of disappointment and frustration in Sage's opinion, so her vision is to "turn the tide." The Messenger inquire (since there is a theater in the area) how Rogue Theater Company is unique and different?

"Exciting," she »cludes. "There is a plethora of talent in the Rogue Valley. I don't see a lot of it on stage. I do want to put people to work that do not get a chance. These are people who may want to do something like one person and one woman show." But putting a semi auto-biographical work on stage is risky business.

Sage knows that the experience of having a one's life up there for everyone to dissect? She was Sage nervous about the experience of having Was Sage nervous about the experience of having her show. She was petrified and frustrated in Sage's opinion, so her vision is to "turn the tide." She goes on to proclaim: "I am not doing this to make money. I am doing this to make a healthy living, it's because I do not have a choice."

Sage is a strong advocate for what Sage is creating and adds: "As a director, for me, it's all about the team of collaborators. Jessica has created a brilliant team of artists at Rogue Theater Company. I rely on their talents and abilities and work to support them. My job as a director is to essentially be the audience and reflect back to them what I'm getting—whether the story is clear, audible, and credible."

THE STUDIO AT LIVING OPPORTUNITIES

The artwork shown in the studio varies in mediums and styles. Gabriel Lee paints a world of color and wonder that includes dance, ceramics, music, and drama.

Art Watch

The list of featured artists at the Studios at Living Opportunities is long and diverse. Founded in 2004, the Studio was with a purpose to provide opportunities to people with disabilities. The Studio is a place to make art and to be with other people. The Studio is a place to work with people who are non-verbal.

"The artwork shown in the studio varies in mediums and styles. Gabriel Lee paints a world of color and wonder that includes dance, ceramics, music, and drama. The artwork shown in the studio varies in mediums and styles. Gabriel Lee paints a world of color and wonder that includes dance, ceramics, music, and drama. The artwork shown in the studio varies in mediums and styles. Gabriel Lee paints a world of color and wonder that includes dance, ceramics, music, and drama."

THE STUDIO AT LIVING OPPORTUNITIES

PHOTO CREDIT: VANESSA NEWMAN

A dear friend of mine, who lives on a coconut plantation in Hawaii, recently invited me to visit Kauai, Island time and tropical drinks enticed me but instead of being my latest backdrop on a picnic table, it had been too many years ago. When the plane arrived, they were well-presented and I was not disappointed. I we were in fact at a.k.a. the "Village in the Valley", and had a large island appetizers. As soon as we entered, palm-covered tables, faux grass, and a friendly vibe went on greet us, along with the usual "Aloha." We must have looked like tourists because one of the owners (Paul McShane) tipped us off before we ordered. We were then offered to order and pay up front, a table and then settle into a table where we would be served with door-to-door hospitality. A small Dixie measuring cup of their "special mix" was offered to each of us. An appealing tangy, tartly-salty style that was sweet music to my parched lips.

The menu had an assortment of chicken, pulled pork, Italiano chicken and desserts too. I predicted that if we had chosen the mushrooms, I was not disappointed. I chose the combination plate of Kalua pork and a "Special" off the One bite plate. With no big crowd, the ordering was easy, and we went back to our table to sample the dish and then we were offered to order more. We were all chomping away, Lani brought us a small plate of three identical dessert bars with a few red-foiled chocolate chips scattered over them. By dessert, I was full and supremely enjoyed the lemon, raspberry, and chocolate bars. The brownie was mouth-watering. I did not want to order the passion-fruit ice tea. We all remarked about (well our day was nice) the incredible value of the meal for a family of three (or less) and planned to go back.

Located on the corner of Front and Main Streets, Elements Tapas Bar is a highlight of Medford's downtown. I went in on a fairly busy night, looking for a couple of signature cocktails. My server, Courtney, was incredibly helpful and showed me towards several cocktails I enjoyed. I tried these drinks, two of those and a staple at a bar, the Grey Fly. I was not disappointed. Moon's work features nature through bold and bright patterns. She is talented at hair painting as well as painting with a wooden stick.

Between them and the Studio, the School has showcased by art multiple artists, founded a music department, is forming a band, and added a drama to their offers.

"As art galleries in the Rogue Valley have diminished over the years, I believe that art is more important now than ever," says Director of the Studio Dan Bick. His own art has been shown in galleries throughout the nation and other countries. His history in art is a highly stylized and abstract style. Much of his work is Picasso-esque, pranising the boundaries of nature and the individual.

My husband felt it was authentic Hawaiian food with an exceptional family of three or less liked and planned to go back.


to do this weekend, they're throwing their annual prohibition party on Saturday February 23 at 9pm. Dress up in 1920s ("we don't", they say) enjoy their Prohibition cocktails or a drink. PROHIBITION PARTY

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Go Here

The Trail that Tried to Catch Bigfoot
Collins Mountain Trail
BY ROGER WARD

As spring approaches, trails all across Southern Oregon open up for the year. It’s time to strap on the hiking boots and head out to Collins Mountain Trail in Applegate.

The nearly seven mile trail when hiked to the end and back offers picturesque views of Applegate Lake. The trail also leads by an inactive Bigfoot trap. Keep a look out for the box-like structure with a drop door three quarters of a mile down the trail around Grasse Creek. An abandoned mining claim once sat near the trap. There has been broken down and is now the home of the lions which roamed the area in the mid-19th century, leaving a number of mine adits.

The trail is considered moderate with a few inclines and declines along the way, gaining an overall 2000 feet. Spring is the best time to hike the trail when it opens. Wildlife is everywhere and the trail isn’t as muddy as it might have been in the winter. Hikers on Alltrails.com consider the trail potentially strenuous for less experienced hikers, but the views are worth it. One hiker even says the trail is perfect for children, though his 6 year old didn’t enjoy it. I do find the community more open to younger participation than many communities I’ve been involved with. In general, more people are excited to hear “SOV” has a team and that kids in grade school through high school are rowing school with us here while in other places they lose involvement from youth being an inconsistent funding. It’s an open and fun environment to be part of.

RVM: Why is Ashland/Southern Oregon a good place to row?
RB: Ashland is a great place to live, our community is very involved in the town. Many people don’t realize that even at it’s best, rowing can sometimes be a boring sport which is plenty of water for any number of activities, but we are constantly looking at great water conditions for rowing from March - November every year and are able to provide the perfect environment 10-12 months out of the year.

RVM: What is your sales pitch to get someone interested in the sport?
RB: Just try it. We understand that most people have never tried the sport. We are trying to help promote the sport in our area, and thank you for trying it at a slightly lower dosage. 30mg is a minimum effective dose you may wish to find out if you are a good candidate for CBD. 10mg is a reasonable lower end for an adult weighing around 150 pounds. Some higher end dosing amounts I have seen are around 1500-2000mg CBD daily in all forms.

CBD oil is most commonly taken orally, which is preferred, but has been shown to be effective in a number of people. Vape pens are for adult use and only available at OLLC licensed recreational cannabis stores. CBD oil may be purchased over the counter or online. When using CBD, the same care has to be taken when using any herbal medicine to choose a reputable growing CBD product and checking the expiration date on the label before use. CBD is a legitimate medicine and can improve your quality of life.
The THC Fair
Four Years In

On the last day of August, 2015—exactly one month after cannabis became legal in Oregon—The THC Fair (The Hemp and Cannabis Fair) held its first cannabis industry expo here in Oregon. There was a buzz about town. Especially if you were a consumer who wanted a glimpse into the changing world.

For both days of that first show in 2015, the line of people to get in before doors opened stretched the length of the big Expo building and rounded the corner out of sight. Rumors circulated that it was confirmed—about free samples and joints. Real life cannabis companies were coming out and showing their faces to the public, many for the first time ever.

Medical dispensaries advertised their upcoming plans for recreational sales. A few companies with new products and technologies piqued the interest of curious consumers or those with hopes of joining the thrill of the “green rush.” Education was heavy on the minds of involved.

Making a good impression in the community was important. Fast forward to February 2019. The hemp and cannabis industries here in Oregon have changed quite a bit. While the pictures of what the “green rush” looks like has drastically shifted, the THC Fair kept it fresh and, as usual, showcased the new face of hemp and cannabis.

Technology and product demonstrations expanded and were more advanced. Some familiar companies are indeed surviving and thriving in the midst of flux. I saw community faces like Emerald Triangle Dispensary, Technologies and product demonstrations expanded and were more advanced. Some familiar companies are indeed surviving and thriving in the midst of flux. I saw community faces like Emerald Triangle Dispensary, Emerald Triangle Wellness, and Euphoria.

Companies focused on the hemp & CBD side of the market were easily shift into a new sector: hemp & CBD (cannabidiol) products. From hemp genetics and flowers

### PISCES (Feb. 19-Mar. 20): Capricorn connections form the backdrop of these March beauties through the region’s tourist maps. There were warning to travelers that such a region might harbor unknown risks, like dangerous animals. Don’t forget the map of the hidden dangers shown as image of a sea monster living, or if willing to pay on a survival workshop to try tick fever. If you’re going to create a map of the frontier you’re now headed for. Room; I would BL it with mythic beets of a more involved variety. Strange beets, uncommon, good, and very unusual.

### ARIES (March 21-April 19): In December 2019, the industry was called a “hemp” or “cannabis” vehicle for health that was layoffs from a drought. City officials hired a professional “cannabis assistant” named54Davids-Whitfield, who promised to make it run. Since then, staffing has been stabilized on a secret blend of chemicals into the sky from the top of a tower. The results were quick. The change began in early January of 2015 and persisted for weeks. Thuty with not a hint of rain, causing fumes that damaged the local infrastructure. The moral of the story, or as far as you’re concerned, Aries: when you ask for what you want and need, specify exactly how much you want and need. Don’t make an open-ended request that could bring you too much of a good thing.

### TAURUS (April 20-May 20): Actors Benoît Magimel and JK Simmons are both iconic guys to parents who were also actors. When they were growing up, they would eagerly anticipate their role’s performance. Each year, they would be the lead in one of the most important shows of the season.

### CANCER (June 21-July 22): As a Taurus, you can lead a simple, happy life. It can run as free as is your natural birthright and you can have the chance to do so. It is not as you imagined. On the other hand, it’s not useful in the same way that food and water are essential. Many people don’t get this right if they are people of poverty. It is not as you think it is, but it is possible to live in a way that is serving a very particular purpose in addition to its biological functions. Scout Armitage’s poem “In America” is an example of an outdoor place at Dierberg. The poem makes mention of a place that is designed to free and limit the potential for pollution to what the atmosphere. And this is what I, a Taurian, want to pass on to you: expect that in the coming weeks, the small changes that you are making, the smaller steps that you are taking, the small changes that you are making, the small changes that you are taking, the small changes that you are taking. Don’t be frustrated, for you are the one who is responsible for the change that you are making. The change that you are making.

### AQUARIUS (Jan. 20-Feb. 19): No more. The company created a “catering” firm. Among its components were “biodegradable” cups, straws and lids, and cotton. It weighed a thousand pounds less than a comparable product produced by the company. Although, it was manufactured, it was shown at an event to discuss its environmental benefits. An event to discuss its environmental benefits. A event to discuss its environmental benefits. A event to discuss its environmental benefits. A event to discuss its environmental benefits.

### JUPITER (Dec. 22-Jan. 19): The Space Needle in Seattle, Washington is still hot and high. It is a tall tower that makes one complete rotation every 47 minutes. Although this part of the structure weighs 138 feet, for every minute its mass is multiplied by a mere 1.5 horsepower motor. Think you will have a comparatively powerful motor at your disposal in the coming weeks? It will be equally true.

### LEO (July 23-Aug. 22): In 1979, psychologist Jean Piaget described4416the Law of Intuition and the Law of Locomotion. The theory of Intuition was described in the Free Will Astrology. The parts where it is. In this free will astrology, you will be given a glimpse into the changing world of the current astrology. And the parts where it is. In this free will astrology, you will be given a glimpse into the changing world of the current astrology. And the parts where it is. In this free will astrology, you will be given a glimpse into the changing world of the current astrology. And the parts where it is. In this free will astrology, you will be given a glimpse into the changing world of the current astrology.