



# THE ROGUE VALLEY MESSENGER

YOUR LOCAL, NON-PROFIT, INDEPENDENT NEWSPAPER

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Musicians:**  
Submit for Our  
Annual  
Compilation,  
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**Movies About  
Climate Change**

## W La Bamba

**Setting The  
Music World  
On Fire**

YOUNG

AT



Maria de Los Angeles, *In the Garden of Hope and Freedom*, Acrylic on Canvas, 65" x 83", 2018

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## WINTER EXHIBITIONS

### From Ignorance to Wisdom

Curated by Blake Shell. In collaboration with SOU's Arts and Humanities Council Campus Theme.

Participating Artists

Robert Arellano • Adam Bateman • David Bithell • Cody Bustamante  
Miles Inada • Robin Strangfeld • Maria de Los Angeles

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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

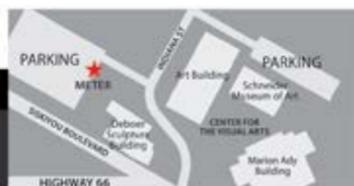
*Platt Anderson is generously donating wine for the opening. Complimentary parking evening of the reception.*

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## THE ROGUE VALLEY MESSENGER

The Rogue Valley Messenger  
PO Box 8069 | Medford, OR 97501  
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FREELANCERS Catherine Kelley, Heather Metz, Nick Blakeslee, Vanessa Newman and Josh Stirm

#### GET IN TOUCH

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SALES DEADLINE: 5 pm Thurs  
EDITORIAL DEADLINE: 5 pm Thurs  
CALENDAR DEADLINE: 12 pm Thurs  
CLASSIFIED DEADLINE: 4 pm Thurs  
Deadlines may shift for special/holiday issues.

#### ABOUT THE COVER:

*Y La Bamba's* Frontwoman  
Luz Elena Mendoza

Photo by Christal Angeliq

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#### FEATURE

*Y La Bamba* is the musical brainchild of Rogue Valley native Luz Elena Mendoza. Over the past 11 years the band has made a name for themselves throughout the Pacific Northwest and beyond for their own unique brand of indie rock—and their recent release has them poised for even bigger frontiers. The *Messenger's* music writer Josh Stirm sits down with *Y La Bamba's* frontwoman.



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#### ARTWATCH

David Thomason's interest in woodwork came to Thomason in a dream. When he woke up, he found reclaimed wood, cut it in the shape of Oregon, then stained it for a nice finish. A year later, he founded Burnpile Design.



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#### ROGUE SOUND

The past three years since his last solo project has been a whirlwind for Ashland-based songwriter/producer Mitchell Winters as his band Slow Corpse has taken off. He returns to his solo project PALMCO with the dark, woozy and wonderful *Fool EP*.



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#### SPORTS & OUTDOORS

Over the last three decades the Western monarch butterfly has declined to a thin sliver of their former population. The Understory Initiative is a non-profit with a mission to help restore native herbs and grasses, and provide a healthy landing pad for these butterflies on their migration through southern Oregon.



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# PROFILE

## Megan Flowers

Executive Director, Sanctuary One

INTERVIEW BY PHIL BUSSE

**Rogue Valley Messenger: Sanctuary One takes care of cats, dogs, horses, rabbits and even alpacas. What is the oddest animal you have been requested to take care of?**

Megan Flowers: We bring in companion and farm animals, but recently someone asked us to take in a buffalo. Unfortunately, we weren't a great fit for him, but he found a lovely home in Northern Oregon, so it all worked out for the best.

**RVM: What is the most common reason that animals end up in your care?**

MF: Animals come to Sanctuary One through our partnerships with animal rescue agencies, like county shelters, humane societies, and animal sanctuaries, as well as through law enforcement neglect and abuse cases. We act as a resource for law enforcement, who have few resources for rescuing farm animals, and a release valve for other animal agencies. In 2017, we took in 28 alpacas from one of our nonprofit partners in Washington. In one abuse case alone she took in 30 alpacas. She tells us that without us to help her find homes for her rescues, she wouldn't be able to continue her work.

**RVM: But the space isn't just about taking care of animals. There is a healing component for people as well, correct?**

MF: Providing a refuge for animals is only a third of our mission. As a care farm we're about finding opportunities for mutual healing for both animals and people. Care farms are amazing non-clinical therapy sites. In Europe you can actually get prescriptions to go work on a care farm. Working on the farm has both mental and physical health benefits. Even volunteers have told us the farm has become a sanctuary for them too. Whether it's through our service learning, field trips, Farm Flow yoga retreats, internships or other programs, Sanctuary One is a care farm dedicated to healing.

**RVM: Sanctuary One is a massive garden. What is grown there? Is all the food grown there consumed by**

**the animals?**

MF: If you mean consumed by squirrels, we definitely have that happening! We do give some of our produce to our farm animals for enrichment, but the majority of what we grow in our learning garden is donated to the ACCESS food bank system. Between our volunteers and service learning partners (Maslow Project and veterans at the VA to name just two) we were able to donate nearly 500 pounds of food last year. Our garden is the third piece of our mission: earth care. It provides the stage for our horticultural therapy. We strive to connect people to the earth through our organic and permaculture-inspired farming practices. Together our three mission parts, people, animals, and the earth, make up our care farm.

**RVM: What does an alpaca eat?**

MF: Hay for the most part, and sometimes vitamin and mineral supplement pellets. They're fantastic pasture pets to adopt.

**RVM: Sanctuary One was the country's first "care farm." That was more than a decade ago. Have more opened since then? And, how have attitudes towards or about "care farms" changed since then?**

MF: Over the years we've had several groups come to Sanctuary One to study our care farm model. They've gone on and created their own care farm that uniquely speak to their communities' needs. It's really fantastic. The Sanctuary One founders hoped to motivate visitors and, ultimately, inspire more Americans to start up care farms in their communities, which is exactly what's happened.

**RVM: Did you have an animal that was important to you in your childhood?**

MF: Dogs have been in my life before I could walk. In middle school we moved to the country and we added rabbits, cats, turkeys, geese, and chickens to the family. They each had such unique personalities. There's something truly special about animals in our youth. They shape who we become. They are our keeper of secrets and co-adventurers. My childhood pets hold a dear place in my heart.

**RVM: What is your favorite event at**



**Sanctuary One?**

MF: Without a doubt Volunteer Week is my favorite annual event. This is our third year and we love seeing people come back each year. Each April (the 7-13 this year) we have folks come out for a day and help with projects around the farm. It's a big work party. We host

lunch, have event t-shirts and people get to meet animals and make a positive impact. At the end of the week each year I'm utterly drained, and completely pumped up at the same time. We have an amazing community here in the Rogue Valley and I'm always grateful of how much support we receive. ❤️

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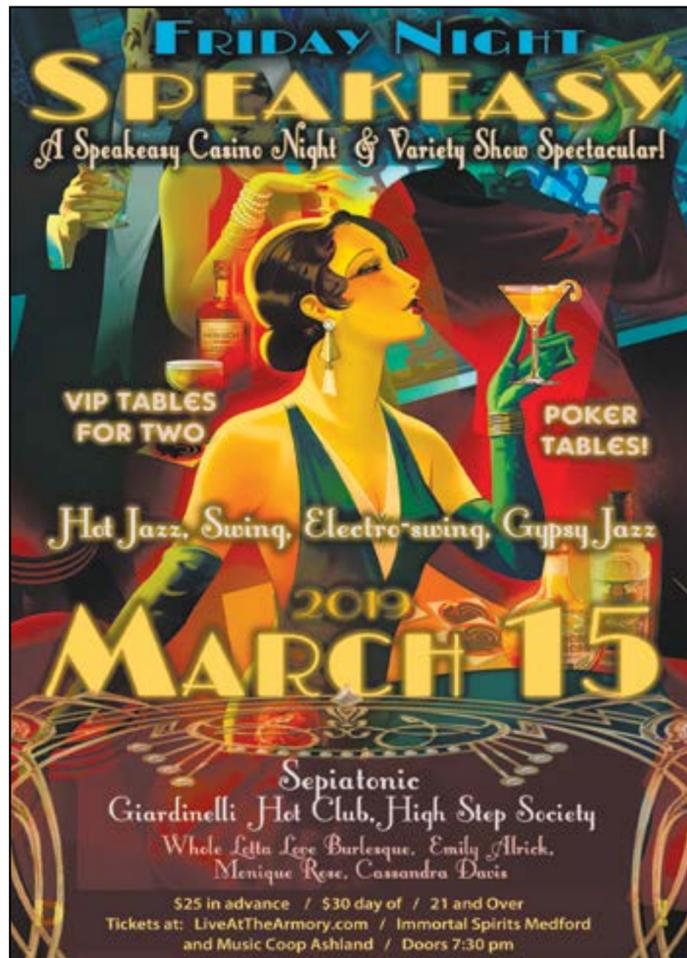
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**THE ROGUE VALLEY MESSENGER**  
The Rogue Valley Messenger's Third Annual

**SOUTHERN OREGON MUSIC SAMPLER**

20 tracks from 20 local musicians  
Deadline for submissions: Monday, April 15  
To submit a track for consideration: Send an email including the track attached to [info@RogueValleyMessenger.com](mailto:info@RogueValleyMessenger.com)

Accepted tracks are included on the CD compilation and bands/musicians receive comped tickets for May 18 CD release party and a free ad for publication in the Rogue Valley Messenger.

The Rogue Valley Messenger Music Sampler will be available for download and also at the:  
**2019 CD Release Party** with four bands playing live.  
**Saturday, May 18**  
Walkabout Brewery, Medford  
Tickets available starting on March 28

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# FEATURE

## Making it Grande

Frontwoman for Y La Bamba, Luz Elena Mendoza

BY JOSH STIRM



Y La Bamba is the musical brainchild of Rogue Valley native Luz Elena Mendoza. Over the past 11 years the band has made a name for themselves throughout the Pacific Northwest and beyond for their own unique brand of indie rock. After releasing six albums of gradually evolving Latin-infused indie folk, their newest offering *Mujeres* feels like a recapitulation of all the past successes of the group. Released via Portland label Tender Loving Empire in February 2019, *Mujeres* has seemingly taken on a life of its own with glowing write-ups in outlets like Pitchfork, NPR, and Paste.

Making beautiful use of lush harmonies, dreamy guitars and latin beats, *Mujeres* sits atop an already illustrious discography from Y La Bamba. Continuing some of the story arcs introduced in 2016's *Ojos Del Sol* as well as introducing new ones, the album asks as many questions as it answers. On the label's website, Y La Bamba and co. ask: "Where do *Mujeres* fit in to the American

story? What are the sins for which we are all guilty? How do different generations interact with the world? How can a culture become visible without being tokenized?"

These are heavy questions to ask, but something Y La Bamba really nail on this album is their ability to approach large subjects and tackle them with catharsis. Even when things get impossibly heavy, there is always a groove underneath to keep the listener pushing forward.

I sat down (technically the email correspondence was written while sitting down) with lead singer and songwriter Luz Elena Mendoza to talk about touring, the reception for *Mujeres*, their new music video, and music in general.

**Rogue Valley Messenger: How has your tour been so far?**

Luz Elena Mendoza: Tour has been so many things. The way that I feel about tour is so unique . . . well it's an overall unique experience. Being in the van and sharing energy with your family band, to outside

of the van vibes, from the bands we play with, sharky industry people and to many, many heart felt connections. So much happens and what's important is to nurture the band family and be there for one another. There's beauty on the road alongside the occasional toxic sound person, irresponsible staff at venues and learning how to create boundaries with our fan community. In addition to all of this, the people who have been showing up are there because they care and want to be there. It's a family growing right before our eyes. The band, the audience: we're growing together. That's what tour has been feeling like so far.

**RVM: Your new album seems to be doing really well; how does it feel to achieve this hard earned success?**  
LEM: Define earned success? What does that mean to you? This can mean so many things. I don't know how to answer this question. All I know is that I am living day to day trying to find new ways to make change through art. I

have never felt earned success. I feel something different. I have a strong conviction in me that is telling me to keep going and take care of my family.

**RVM: What inspired the direction for the "Boca Llena" video?**

LEM: I had a vision of bringing my friends together and doing all the things. I don't limit myself anymore. The intention was to be open and make shit happen. I love learning new ways to love my body and my spirit, and uplift others around me.

**RVM: You used to live in Southern Oregon. Does the region hold any meaningful memories for you?**

LEM: There are a lot of painful, beautiful memories, yes.

**RVM: How would you say Portland and its music community have shaped you as an artist?**

LEM: I'm an open spirit. The openness and vulnerability continues to shape me and my environment. Portland has had to

learn a lot about how to support women artists of color. If anything I hope that my presence and purpose has affected how Portland is being shaped, because . . . holy shit.

**RVM: How important is collaboration to you? Do you prefer to write on your own or with other people?**

LEM: Loving others is important. Loving yourself is number one.

**RVM: To me, Mujeres almost sounds like an album made outside of time. In other words, it's very retro and very modern**

**simultaneously. How do you balance those two sensibilities as a producer?**

LEM: I don't know I just make it and don't think about it too much.

**RVM: Lastly, what words of advice might you have for young women in the recording industry?**

LEM: We are our strong body of creation, inspiration, drive, and magic. We are whole.

We are Kali. We are fire. Don't let anyone tell you who you are. ❤️



LUZ ELENA MENDOZA  
PHOTO CREDITS: CHRISTAL ANGELOQUE



Mujeres is available on all streaming services, as well as on CD, LP, Cassette, and Digital Download via Tender Loving Empire: [tenderlovingempire.com/products/ylobambamujeres](http://tenderlovingempire.com/products/ylobambamujeres)

# [P] OUR PICKS



**thurs 14-mar. 31**  
**Beehive: The 60s Musical**

**THEATRE**—*Beehive: The 60s Musical* is a tribute to the hairdo that inspired an entire generation of women to empowerment. Through classic tunes including "Be My Baby," "My Boyfriend's Back," and "Son of a Preacher Man," six young women will recount the told and untold stories of the 1960s. 1 and 8 pm. Cabaret Theatre, 241 Hargadine Street, Ashland. \$25 - \$39.



**fri 15**  
**Chili Cook-off**

**COOK-OFF**—While the cold weather is still here, it is time to show off that potentially award-winning chili that has been perfected through the winter months. This is the fifth annual event to benefit the Cave Junction Farmer's Market and KXCJ Radio at 105.7 FM. 6 - 9 pm. Kerby Belt Building, 24353 Redwood Highway, Kerby.



**sat 16**  
**Side Door String Band**

**MUSIC**—String bands were originally made popular in the 1920s and 30s, though they date back much further. They feature instruments including, but not limited to: the banjo, the violin, and the washtub bass. The Side Door String Band is no exception to the classic sound that has been plucking away at strings for centuries. 8 - 10 pm. AQUA Restaurant and Bar, 31 Water Street, Ashland.



**sat 16 & 23**  
**Hunt to Home: What to do After the Hunt?**

**CLASS**—Forest to table. The Oregon Department of Fish and Wildlife and the Oregon Hunters Association will teach on the proper way to hunt and process wild game. The first tackles the hunting/woods portion, and the second, what to do once the prize is home. 9 am - 3 pm. OSU Extension Office, 569 Hanley Road, Central Point. \$20 - \$35.



**sat 16**  
**Jay Owenhouse**

**ILLUSION**—"One of the top 10 live shows in America," Jay Owenhouse prevails in the illusionist/escape artist industry, enticing the audience with feats that boggle the mind and entertain the senses. Ensemble completed with Bengal tigers, Owenhouse is also wowing with his live show "Dare to Believe!" 4 and 8 pm. Craterian Theatre, 23 S. Central Avenue, Medford. \$29 - \$69.



**sun 17 - Celebrate St. Patrick's Day at the Rogue Gallery**

**ART**—Taking a break from the standard St. Patrick's Day; the Rogue Gallery & Art Center celebrates St. Patrick's Day with Irish food, beer, Celtic music, a singing competition, and an Irish themed art show with prizes. Wishing the luck of the Irish in all endeavors! 5:30 - 7:30 pm. Rogue Gallery & Art Center, 40 S. Bartlett, Medford. \$35.



**mon 19**  
**Derek Brown**

**MUSIC**—The ultimate in unconventional saxophone performances, Derek Brown has performed his "BEATBoX SAX" around the globe to worldwide acclaim. He has also earned over 30 million views on social media, becoming more than just a saxophonist, more of an innovator, and inspiring audiences with his unique show. 7:30 pm. Music at the Center for Arts at SOU, 405 S. Mountain Avenue, Ashland.



**tues 20**  
**AIFF Preview Night**

**FILM**—The Ashland Independent Film Festival is fast approaching, hitting the Ashland screens April 11 - 15. Time to raise the curtain, and see what films will be unveiled at this unique event. The AIFF Pocket Guide will be available, along with special events info and clips from selected films. 6:30 pm. SOU Music Recital Hall, 405 S. Mountain Avenue, Ashland. Free.



**thurs 22 & sat 24**  
**Hansel and Gretel**

**OPERA**—It has been 15 years since Hansel and Gretel followed the breadcrumbs via opera in Southern Oregon. Performed in English and featuring a local Gingerbread chorus, professional opera singers will bring the tale to life—with a cast including Oregon's first Miss America in 2001. 3 and 7:30 pm. Mountain Theatre at Ashland High School, 201 S. Mountain Avenue, Ashland. \$10 - \$40.



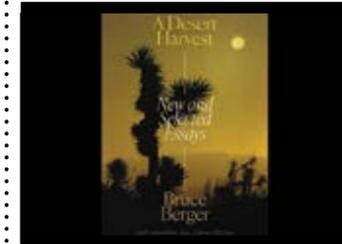
**thurs 22**  
**Charming Disaster**

**MUSIC**—Charming Disaster's music shows just what kind of mischief can be had when two folks get together. Voice, ukulele, guitar, and planned foot stomping tell the tale of the musical partnership from Brooklyn, New York, who strive to get their audience in sync with their abnormal outlook on life. 9:30 pm. Oberon's Tavern, 45 N. Main Street, Ashland.



**fri 23**  
**Stephen Marley**

**MUSIC**—Only stopping in Bend and Ashland, Oregon on his "2019 Acoustic Jams" tour, eight-time Grammy winner and son of Bob & Rita Marley, Stephen Marley, will perform selections from his newly released album One Take: Acoustic Jams, along with his and his father's original hits. 8 pm. Ashland Armory, 208 Oak Street, Ashland. \$35 - \$45.



**mon 25**  
**Bruce Berger**

**READING**—In stark contrast to the lush, green landscapes of the Pacific Northwest, Bruce Berger's book *A Desert Harvest: New and Selected Essays* explores the land and life of the American Southwest. A tribute to the desolation unknown to our Rogue Valley, Berger will share a window into the desert for those who don't know. 7 pm. Bloomsbury Books, 290 E. Main Street, Ashland. Free.

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# LIVE MUSIC *and Nightlife*



**DEREK BROWN WILL SHOW OFF HIS SAXOPHONE SKILLS AT OREGON CENTER FOR THE ARTS AT SOU ON MARCH 19 AT 7:30 PM.**

## Thursday, March 14 ASHLAND

**Silver Lake 66 - Belle Fiore.** 6 – 8 pm.  
**Game Knight and Dart Tourney** - Black Sheep Pub & Restaurant. 8 pm.  
**Karaoke** - Oberon's. 9 pm.  
**SOU Jazz and Wind Ensemble** - Oregon Center for the Arts at SOU. 7:30 – 9 pm. \$5-10.  
**Craig Martin and Friends** - Wild Goose Cafe & Bar. 7 – 10 pm.  
**Trivia Night with Peter Bolton** - Smithfields Pub & Pies. 7:45 pm.  
**Steve Schein** - O'Shea's Irish Pub. 6 – 8 pm. Jazz.

## CENTRAL POINT

**Sip and Paint Pottery** - The Growler King. 5:30 – 7:30 pm. \$40.

## GRANTS PASS

**Rogue Rage Duo** - The Sound Lounge. 9 pm. Blues.  
**Mark Brons** - Climate City Brewing Company. 5:30 – 8:30 pm. Acoustic.

## MEDFORD

**Loolowingen & The Far East Idiots** - Johnny B's. 9 pm. Indie-alternative.  
**Yu-Gi-Oh Tournament** - Astral Games. 5:30 pm.  
**Latin Night** - Grape Street Bar & Grill. 7:30 – 10 pm. \$5.

## PHOENIX

**An Evening of Flamenco Music & Dance** - The Phoenix Clubhouse. 8 – 9:30 pm. \$8-35.

## Friday, March 15 ASHLAND

**Broth** - Oberon's. 9:15 – 11 pm. Alternative R&B, Indie Rock.  
**Tutunov Piano Series: Andrey Andreev & Artem Kuznetsov** - Oregon Center for the Arts at SOU. 7:30 – 10:30 pm. \$20.  
**Dan Engle & Friends** - Oberon's. 6 pm.  
**Kirtan with Sitaram Dass** - Jackson Wellsprings. 7:30 – 9:30 pm. \$10-20.  
**Unconditioned Mind** - La Baguette Bakery. 10:30 am – 12 pm. Electric Jazz.

## GRANTS PASS

**Bobby Messano** - Laughing Clam. 7 pm. Blues.  
**Digitaurus** - The Haul. 8 pm. Electric Pop.

## MEDFORD

**Ambrose & Annieville** - The Urban Cork. 5 – 7 pm. Pop, Jazz, Blues.  
**Vanna Oh! and Whoopee Cushion** - Johnny B's. 9 pm. Rock.

## TALENT

**El Papachango** - TonTon's Artisan Affections. 9 pm.

## Saturday, March 16 ASHLAND

**Ukulele Club** - Black Sheep Pub & Restaurant. 3 pm.  
**Top Secret** - Black Sheep Pub & Restaurant. 9 pm. Acoustic Soul.  
**Side Door String Band** - AQUA. 8 – 10 pm.  
**Latin Dance Night** - O'Shea's Irish Pub. 8:30 pm. \$7.  
**Pat O'Scannell** - O'Shea's Irish Pub. 6 – 8 pm. Irish Music.

## GRANTS PASS

**Allison Scull and Victor Martin** - Laughing Clam. 6 – 9 pm. Acoustic Jazz, Soul.  
**Avinoom and The Apollo Era** - The Sound Lounge. 9:30 pm. Rock.  
**Emily Turner** - Wooldridge Creek Vineyard. 12 pm. Indie, Jazz, Americana.

## MEDFORD

**Danielle Kelly Soul Project** - The Rogue Grape. 7 – 9 pm. Jazz, Soul.  
**Broke in Stereo** - Howiee's On Front. 9 pm. Blues Rock.  
**The Legendary Goodtimes** - Habanero's Mexican Restaurant. 8:30 – 11:30 pm. Rock & Roll.  
**Sol Seed** - Walkabout Brewing Company. 6 – 8 pm. Roots.  
**Jay Owenhouse: The Authentic Illusionist** - Craterian Theater. 4 – 8 pm.  
**Brenboy** - Johnny B's. 8 pm. Hip Hop, Rap.

## WILLIAMS

**Distilled-Spirit Rebellion** - Rascals Bar and Grill. 9 pm. \$5. Honky Tonk Country Rock.  
**Diane Patterson** - Pacifica Gardens. 7 pm. Folk.

## Sunday, March 17 ASHLAND

**Celtic Music Session** - Black Sheep Pub & Restaurant. 2 pm to 5 pm.  
**Jupiter and the Wolf St. Patty's Day Special** - Black Sheep Pub & Restaurant. 7 pm. Singer-songwriter.  
**Robbie DaCosta and Tom Stampler** - O'Shea's Irish Pub. 5 – 8 pm. Rock.

## GRANTS PASS

**Songbird Trio** - Herb's Restaurant. 5:30 – 7 pm.

## MEDFORD

**Organist Katelyn Emerson** - First Presbyterian Church. 3 pm.  
**Open Mic hosted by Rick Millward** - RoxyAnn Winery. 2:30 – 5:30 pm.

## TALENT

**Tony Furtado** - Talent Club. 7 pm. Americana, Folk.

## WILLIAMS

**David Modica** - Pacifica Gardens. 1 – 5 pm.

## Monday, March 18 ASHLAND

**Antics Improv** - Black Sheep Pub & Restaurant. 8 pm.  
**Open Mic** - Oberon's. 9 pm.  
**The Sultans** - Wild Goose Cafe & Bar. 7 – 10 pm. Blues.

## Tuesday, March 19 ASHLAND

**Derek Brown Beatbox SaX** - Oregon Center for the Arts at SOU. 7:30 pm. Saxophone.  
**Poetry Slam** - Black Sheep Pub & Restaurant. 8:30 pm.  
**Pub Karaoke** - Smithfields Pub & Pies. 9 pm.  
**Ashland Tango Practica** - Ashland Community Center. 8 – 9:30 pm.

## GRANTS PASS

**Shooting Stars** - Wine & Brush. 6 – 9 pm. \$45.  
**Trivia Tuesdays** - Double Taps. 6 – 7:30 pm.  
**Latin Tuesdays** - Climate City Brewing Company. 7 – 9 pm. \$5.



**OBERON'S WELCOMES THE BAND CHARMING DISASTER  
MARCH 22 AT 9:30 PM.**

## MEDFORD

**Sip and Paint Pottery** - The Rogue Grape. 5:30 – 7:30 pm. \$40.  
**Karaoke Competition** - Rumors Lounge. 9 pm.  
**SOJO** - Grape Street Bar & Grill. 7 – 9 pm. Jazz.  
**Phono Pony, BoPL, Mr. Bang, and Turd Eater** - Johnny B's. 9 pm. Glam Punk.  
**Dance with Jay Henderson** - Rogue Valley Square Dance Center. 6 – 9:30 pm.

## Wednesday, March 20 ASHLAND

**Blades of Grass** - Black Sheep Pub & Restaurant. 9 pm. Bluegrass.  
**The People's Open Mic** - Jackson Wellsprings. 8 pm.  
**Heidi Burson** - Oberon's. 8 pm. R&B, Soul.

## MEDFORD

**Open Jam** - Pier 21. 8 pm.  
**Open Mic Night** - Bad Ass Coffee Company. 6 pm.

## PHOENIX

**Open Mic with Joel Zimmerman** - The Phoenix Clubhouse. 7 pm.

## Thursday, March 21 ASHLAND

**Game Knight and Dart Tourney** - Black Sheep Pub & Restaurant. 8 pm.  
**Karaoke** - Oberon's. 9 pm.  
**Trivia with Peter Bolton** - Smithfields Pub & Pies. 7:45 – 10 pm.

## GRANTS PASS

**DJ FiNaTTiK's Ladies Night** - The Sound Lounge. 8 pm.

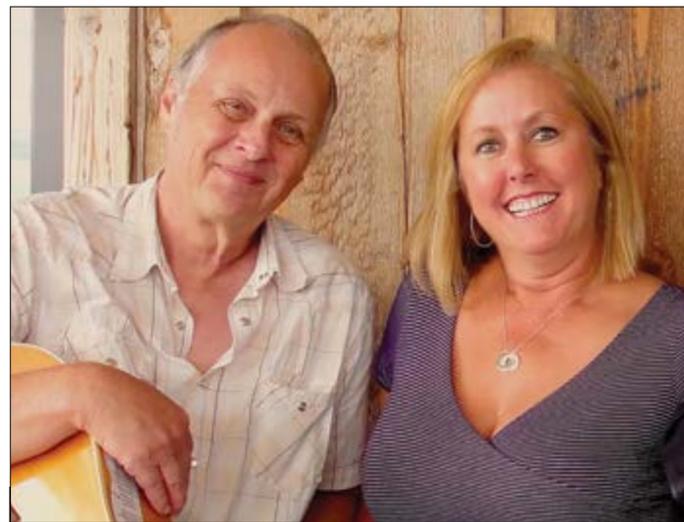
## MEDFORD

**Conductor's Choice: Favorites from the Band's Repertoire** - Central Medford High School. 7 pm.  
**Paint and Sip Pottery** - 4 Daughters Irish Pub. 6 – 8 pm. \$40.  
**Latin Night with Bachata** - Grape Street Bar & Grill. 7:30 – 10 pm. \$5.  
**Yu-Gi-Oh Tournament** - Astral Games. 5:30 pm.  
**MEDFORD**  
**Carl Seyboldt and Roy Musitelli** - Walkabout Brewing Company. 7 pm. Acoustic, Soul.  
**Supernaut** - Howiee's On Front. 9 pm. Rock.  
**The Evening Shades** - RoxyAnn Winery. 6 – 8 pm. Alternative Rock.  
**Ike Fonseca, William Surly, and The Mutineers** - Johnny B's. 9 pm. Americana, Rock.  
**Jeff Kloetzel** - The Rogue Grape. 6 – 9 pm. Acoustic, Soul.

## Friday, March 22 ASHLAND

**Rogue Suspects** - Black Sheep Pub & Restaurant. 9 pm. Rock.  
**Charming Disaster** - Oberon's. 9:30 pm.  
**Nicole Dahl and Rick Millward** - Belle Fiore.

# LIVE MUSIC *and Nightlife*



**NICOLE DAHL AND RICK MILLWARD WILL PLAY AT BELLE FIORE  
MARCH 22 AT 5:30 PM.**

5:30 – 7:30 pm. Acoustic, Rock.  
**Blades of Grass** - O'Shea's Irish Pub. 5:30 – 7:30 pm. Bluegrass.  
**Saucy** - AQUA. 9 – 11 pm. Jazz, Funk, Rock.  
**Dang Engle and Friends** - Oberon's. 6 pm.

## GRANTS PASS

**Rock Candy** - G Street Bar and Grill. 8:30 pm. Rock.

## MEDFORD

**Carl Seyboldt and Roy Musitelli** - Walkabout Brewing Company. 7 pm. Acoustic, Soul.  
**Supernaut** - Howiee's On Front. 9 pm. Rock.  
**The Evening Shades** - RoxyAnn Winery. 6 – 8 pm. Alternative Rock.  
**Ike Fonseca, William Surly, and The Mutineers** - Johnny B's. 9 pm. Americana, Rock.  
**Jeff Kloetzel** - The Rogue Grape. 6 – 9 pm. Acoustic, Soul.

## PHOENIX

**Comedy Show** - The Phoenix Clubhouse. 9 – 11 pm. \$10. 21+.

## Saturday, March 23 ASHLAND

**Boyerism and Caravan of Glam** - Black Sheep Pub & Restaurant. 9 pm. Drag Show.  
**Jeff Kloetzel** - Ashland Art Center. 6 – 8 pm. Acoustic, Soul.  
**Stephen Marley** - Ashland Armory. 8 pm. \$35-45. Reggae.  
**Geist & the Sacred Ensemble** - Ashland Community Center. 8 – 11 pm. \$5-15. Space Soul.

## GRANTS PASS

**Cut Both Ways, Lurch, ITF, and Your Hands Write History** - The Haul. 8 – 11 pm.

# EVENTS

## Art

### CARL SEYBOLDT AND ROY MUSITELLI AT ART DU JOUR

Carl Seyboldt as guest artist in the Salon through February and March, while AdJ member Roy Musitelli will be featured artist. Carl specializes in painting and drawing wildlife, western scenes and historical subject matter. He has completed a series of limited edition prints of the famous Wells Fargo Stagecoach line. A member of AdJ since 2016, Roy's foundation in journalism keeps him in touch with the news of our day which is often reflected in his artwork. In an effort to shed the photographer-turned-artist label for at least one month, Roy's featured wall exhibit will be dedicated entirely to illustrations that have come from his drawing board of ideas. Art du Jour, 213 E Main St, Medford.

### EXOTIC AND REMOTE: PHOTOGRAPHY BY R.C. VASAVADA

Jan. 31 through April 2. Ravindra C. Vasavada photographs nature on his hikes in Alaska, Chile, California, Colorado, Nepal, Norway, Oregon, and Tibet. His photographs capture the mood of each region, its simplicity, beauty, grandeur, and immensity. Berryman Gallery at Craterian Theater, 23 S Central Ave, Medford.

### MILLIE WHIPPLESMITH PLANK AND CHRISTIAN BURCHARD AT HANSON HOWARD GALLERY

March 1 through April 2. Opening reception March 1 from 5 – 8 pm. Millie Whipplesmith Plank's work is informed by her cattle ranching heritage. It celebrates biodiversity and the preservation of open spaces. Rich colors, simple shapes, and the nostalgia of traditional woodblock prints combines with the energy and texture of spontaneous line. Christian Burchard works exclusively with Madrone burl. Beginning each piece while wet, he shapes it freehand with a chainsaw, bandsaw or sawmill then lets the piece dry. As the moisture leaves the wood it begins to contract, transforming into elegant, often surprising forms.

### WINTER TERM ROUND 3 AT SOU CENTER FOR THE VISUAL ARTS

March 1 through 22. The third round of winter term's art exhibit at CVA features digital media and multimedia artwork by students. SOU Center for the Visual Arts, 1250 Siskiyou Blvd, Ashland.

### ADVENTURES IN EXPERIENCES

March 1 through April 12. Portland artists, Dianne Jean Erickson and Barbara Martin, create highly imaginative contemporary works. Erickson creates encaustic monotypes and mixed media prints. Martin uses acrylic, oil pastel and pencil in her mixed media paintings. Their work is infused with

## MEDFORD

**Ethereal Moments** - Craterian Theater. 7:30 pm. Orchestra. \$5-20.  
**John Dough Boys** - Habanero's Mexican Restaurant. 8:30 – 11:30 pm. Bluegrass, Punk, Folk.  
**Mostafa with DJ Will, Holographic Girl, and BopI** - Johnny B's. 8 pm. Dance.

## TALENT

**Jeffery Jones & Friends Double CD Release Party** - Camelot Theatre. 7 pm. Bluegrass. \$20.

## WHITE CITY

**Rick Millward and Nicole Dahl** - Kriselle Cellars. 1 – 4 pm. Acoustic, Rock.

## WILLIAMS

**The Garcia Project** - Williams Grange. 8 pm. \$25. Jerry Garcia Cover Band.

## Sunday, March 24 ASHLAND

**Celtic Music Session** - Black Sheep Pub & Restaurant. 2 pm to 5 pm.  
**Closest Relative** - Oberon's. 9 pm. Singer-songwriter.  
**Mark Hammersly Trio** - Luna Cafe + Mercantile. 4 – 6 pm. Jazz.

## GRANTS PASS

**Dawna Crocker** - The Sound Lounge. 8 – 10 pm. Singer-songwriter.  
**The Giraffe Paint & Sip** - G Street Bar and Grill. 3 pm. \$40.

## MEDFORD

**Ethereal Moments** - Craterian Theater. 7:30 pm. Orchestra. \$5-10.  
**Jeff Kloetzel** - RoxyAnn Winery. 3 – 5 pm. Acoustic, Soul.  
**Sip and Paint Pottery** - Common Block Brewing Company. 2 – 4 pm. \$40.

## WILLIAMS

**The Garcia Project** - Williams Grange. 8 pm. \$25. Jerry Garcia Cover Band.

## Monday, March 25 ASHLAND

**Open Mic** - Oberon's. 9 pm.  
**Peggy Rose's Singers' Showcase** - Wild Goose Cafe & Bar. 7 – 10:30 pm. Jazz.

## MEDFORD

**Tzimani, Death Plant, and Frank Ellis** - Johnny B's. 7:30 pm. \$5. Heavy Metal.

## Tuesday, March 26 ASHLAND

**Open Mic with Robbie DaCosta** - Black Sheep Pub & Restaurant. 8:30 pm.  
**Pub Karaoke** - Smithfields Pub & Pies. 9 pm.  
**Ashland Tango Practica** - Ashland Community Center. 8 pm.

## GRANTS PASS

**Trivia Tuesdays** - Double Taps. 6 pm.  
**Latin Tuesdays** - Climate City Brewing Company. 7 – 9 pm.

## MEDFORD

**Karaoke Competition** - Rumors Lounge. 9 pm.  
**Sip and Paint Pottery** - The Growler King. 6 – 8 pm. \$40.  
**Doc Rotten** - Johnny B's. 9 pm. Punk.

## Wednesday, March 27 ASHLAND

**Blades of Grass** - Black Sheep Pub & Restaurant. 9 pm. Bluegrass.  
**Ricky Montijo** - Oberon's. 9 – 11 pm. Soul, Rock, Blues.  
**The People's Open Mic** - Jackson Wellsprings. 8 pm.

## GRANTS PASS

**John Batdorf** - Grants Pass Museum of Art. 7 – 9 pm. \$15. Singer-songwriter.  
**Harry Potter Movie Trivia** - SpeakEasy Tap Room & Wine Bar. 6:30 – 8:30 pm.

## MEDFORD

**Paint and Sip Pottery** - Opposition Brewing Company. 6 – 8 pm. \$40.  
**Open Jam** - Pier 21. 8 pm.

energy and expression. Rogue Gallery & Art Center, 40 S Bartlett St, Medford.

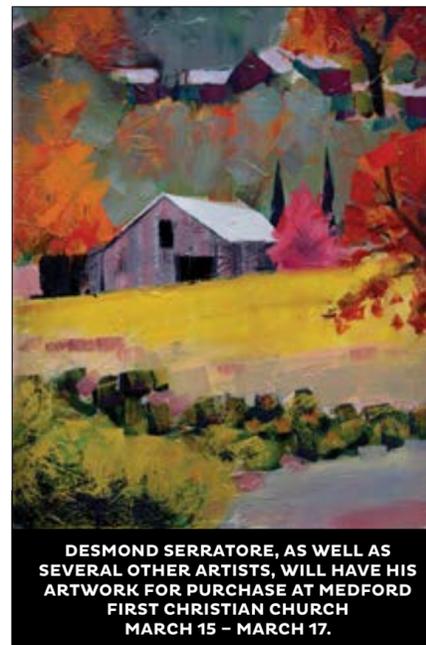
### SOUTHERN OREGON ARTISTS' SHOW AND SALE

March 15 from 3 – 7 pm, March 16 from 12 – 7 pm, and March 17 from 12 – 4 pm. Medford First Christian church is proud to bring the first annual Southern Oregon Art Show and sale, featuring 20 local artists and artisans. Premier artists such as Lane Hall, Desmond Serratore, Sue Kupillas, Marilyn Zupan, David Parry, and Judy Hubler will be featured. There will also be entries from potters and sculptors. Medford First Christian Church, 1900 Crater Lake Ave, Medford.

## Classes

### SPANISH CONVERSATION GROUP

Thursdays from 3 – 5 pm. Work on your Spanish speaking skills in a comfortable setting at a meeting for those learning Spanish. "This group is for English speakers learning Spanish, and does not provide practice for Spanish speakers learning English.



**DESMOND SERRATORE, AS WELL AS SEVERAL OTHER ARTISTS, WILL HAVE HIS ARTWORK FOR PURCHASE AT MEDFORD FIRST CHRISTIAN CHURCH MARCH 15 – MARCH 17.**

# EVENTS

The group welcomes new participants interested in increasing fluency in Spanish through casual conversation. The class meets in the Guanajuato Room of Ashland Library, 410 Siskiyou Blvd.

## TUTORIAL TUESDAYS

Join fellow genealogy researchers Tuesday evenings at the Jackson County Genealogy Library—learn how to access the Library's websites, how to use them effectively, and how to improve your research skills. Each webinar is shown twice, once at 5pm and again at 7pm. Webinars are FREE for Rogue Valley Genealogical Society members, and \$5 for non-members. Jackson County Genealogy Library, 3405 S. Pacific Highway, Medford. For more information call 541-512-2340, email receptionJCLG@gmail.com, or stop by the Genealogy Library. For a listing of all events and Tuesday tutorials, visit [www.rvgsociety.org](http://www.rvgsociety.org). Jackson County Genealogy Library, 3405 S Pacific Hwy, Medford.

## INTERMEDIATE ACRYLIC PAINTING

Tuesdays, April 16 through May 21 from 10:45 am – 12:45 pm. Continue your studies in acrylic painting techniques ranging from nature studies, landscape, figures and still life. Instructor-led studies as well as the opportunity for students to follow their own interests with individual support. PRE-REGISTRATION AT [ashland.or.us/register](http://ashland.or.us/register) is required. Please call 541.488.5340 for a supply list. \$99. The Grove, 1195 E Main St, Ashland.

## CPR CERTIFICATION CLASSES

Saturday, March 16 at the Riverside Campus from 9 am – 3 pm. Basic Life Support (BLS) CPR Instructor Training provides training for students already holding BCS provider status to become CPR instructors. \$375.

## LEARNING LINOCUTS W/ VANESSA JO

Wednesdays in March from 5 – 7 pm. In this introductory printmaking series you will learn the fundamentals of relief printing by creating your very own linoleum block prints, aka Linocuts. Students will be guided through different carving styles along with various inking and printing techniques. No previous experience is required to participate but some basic art skills would be helpful. Each student will produce an extensive portfolio demonstrating various phases and editions of prints. Along with their newly acquired knowledge, students will also walk away with a full set of carving tools and linoleum blocks that can be used for years to come. \$160. To learn more and register go to <https://www.ashlandartcenter.org/event/learning-linocuts-with-vanessa-jobahr/2019-03-06/>. Ashland Art Center, 357 E Main St, Ashland.

## GROWING BERRIES

Thursday, March 21 from 5:45 – 7:15 pm. Beginners or intermediate gardeners who want tips for growing a successful berry crop. Instructor Joel Heller has been growing fruit for over 25 years, selling plants and berries. He has been sharing his experience and knowledge for the past five years. \$20. Register at [ashland.or.us/register](http://ashland.or.us/register). North Mountain Park, 620 N Mountain Ave, Ashland.

## OSU MASTER FOOD PRESERVERS TRAINING COURSE

April 4 through May 23 from 9 am – 4:30 pm. Embark on an eight-class learning adventure in food preservation taught by certified Master Food Preservers. Join the 2019 Jackson County Master food Preservers for in-depth training and certification! \$200. For more information contact Caryn Wheeler at [caryn.wheeler@oregonstate.edu](mailto:caryn.wheeler@oregonstate.edu) or call (541) 776-7371. For an application, visit <http://bit.ly/JacksonFoodPreservationClasses>. Applicants will be interviewed. OSU Extension Auditorium, 569 Hanley Rd, Central Point.

## DEMYSTIFY VEGETABLE GARDENING WITH A SPRING SEED TO SUPPER CLASS

Wednesday, March 13 through April 17 from 2:30

– 4:30 pm. Whether you live in an apartment or on acreage, learn low-cost gardening techniques for building, planning, planting, maintaining, and harvesting a successful summer vegetable garden from Jackson County Master Gardener Association members. Contact Master Gardener Dee Copley at [deecopley@live.com](mailto:deecopley@live.com), call/text (541) 601-4374, or visit <https://jacksoncountymga.org/seeds-to-supper/>. OSU Extension Office, 569 Hanley Rd, Central Point.

## FRACTURED FLOWERS

Thursday, March 14 from 1 – 4 pm. Fabric artist Linda Dunn shares her "fractured fabric" technique for the first in this brand new class. Learn how to use a heat bonding process to transform scraps of fabric into mini works of art. No sewing required! Class fee includes all material, supplies and use of necessary equipment. \$50 for members, \$55 for non-members. Grants Pass Museum of Art, 229 SW G St, Grants Pass.

## COLOR & VALUE IN LANDSCAPE

Saturday, March 16 from 1 – 4 pm. Learn about color theory, mixing, and values. Techniques for natural atmospheric perspective will be taught. We will have several painting exercises. Great for beginners, but all levels and questions are welcome. All materials are provided, taught in acrylic. \$30 for members, \$35 for non-members. Grants Pass Museum of Art, 229 SW G St, Grants Pass.

## HUNT TO HOME: WHAT TO DO AFTER THE HUNT?

Saturday, March 16 from 9 am – 2 pm and Saturday, March 23 from 9 am to 3 pm. Learn about safe handling, sanitation, and proper handling of game meat from expert Jackson



LEARN EVERYTHING ABOUT HUNTING, FROM CLEANING TO HANDLING, AT OSU EXTENSION CAMPUS MARCH 16

County OSU Certified Master Food Preservers. Two consecutive Saturday sessions will cover animal health, proper shot placement, and field dressing. The second session will demonstrate butchering, freezer preparation, and techniques for using your meat, including sausage and jerky making and pressure canning meat and broth. \$20 for one day, \$35 for both days. To register, go to <http://bit.ly/JacksonFoodPreservationClasses>, contact Jackson County Extension at 541-776-7371, or email [lee.s@oregonstate.edu](mailto:lee.s@oregonstate.edu). OSU Extension/SOREC Auditorium, 569 Hanley Rd in Central Point.

## MEDICARE WORKSHOP

Tuesday, March 19 at 10 am. Linda Clarkson and Melissa Mlasko will present the hour-long



FABRIC ARTIST LINDA DUNN WILL TEACH STUDENTS THE ART OF FABRIC AT GRANTS PASS MUSEUM OF ART MARCH 14.

workshop, explaining Medicare Parts A and B, and exploring options with Medicare Advantage Plans and Medicare Supplements. Participants will also learn how prescription drug plans work, how to get help with the cost of prescription drugs and how Medicare works with the VA. Central Point Computer Classroom, 155 S 2nd St, Central Point. On Tuesday, March 26 there will be another Medicare Workshop at Smullin Center in Medford at 3:30 pm.

## EFFECTIVE APPROACHES TO COMMON BEHAVIORS

workshop, explaining Medicare Parts A and B, and exploring options with Medicare Advantage Plans and Medicare Supplements. Participants will also learn how prescription drug plans work, how to get help with the cost of prescription drugs and how Medicare works with the VA. Central Point Computer Classroom, 155 S 2nd St, Central Point. On Tuesday, March 26 there will be another Medicare Workshop at Smullin Center in Medford at 3:30 pm.

## CELEBRATE ST. PATRICK'S DAY AT THE ROGUE GALLERY

Sunday, March 17 from 5:30 – 7:30 pm. The Rogue Gallery celebrates the Art of Celtic Tradition with art, food and traditional Irish music. The evening includes: Irish food and beer, musicians performing traditional Celtic music including "Pat O'Scannell and Friends" and the Southern Oregon Scottish Bagpipe Band, a singing competition to select the best rendition of the Irish classic, "Danny Boy" with the winner receiving a \$100 award, an Irish-themed art show with awards given to the "Best in Show" (\$100 award) and "People's Choice" (\$50 award), and the Irish tradition of good cheer and laughter. \$35. Purchase tickets at [https://roguegalleryartcenter.tofinoauctions.com/celtic2019/tickets/ticket\\_sales](https://roguegalleryartcenter.tofinoauctions.com/celtic2019/tickets/ticket_sales).

## GIVE HOPE FOR ALS LUNCHEON

Friday, March 15 from 12 – 1:30 pm. Join the ALS Association as we honor the progress being made in achieving a world without ALS. A delicious lunch, inspiring program and some fun surprises are in store. Proceeds from this fundraising luncheon will directly benefit The ALS Association's mission to discover treatments and a cure for ALS, and to serve, advocate for, and empower people affected by ALS to live their lives to the fullest. For more information, visit [www.GiveHopeALS Luncheon.org](http://www.GiveHopeALS Luncheon.org) or please contact: [jessica.zigenis@alsaregion.org](mailto:jessica.zigenis@alsaregion.org) or (541) 890-9570. Rogue Valley Country Club, 2660 Hillcrest Rd, Medford.

## ANNUAL SENIOR FAIR

# EVENTS

Tuesday, March 19 from 9 am – 4 pm. Open to everyone, the ACCESS Senior Fair is a one-stop resource with more than 80 booths from healthcare and living facilities, social service agencies, professional services, local hospitals, art organizations and other critical resources. Entry is a suggested donation of \$1 or 1 can of non-perishable food at the door. Proceeds benefit ACCESS senior programs. For more information, visit [www.accesshelps.org](http://www.accesshelps.org). Medford Armory, 1701 S Pacific Hwy, Medford.

## PROJECT FEEDERWATCH

Saturday, March 16 from 9 – 10 am. Help count birds visiting the feeders at North Mountain Park while learning to identify them with expert birders. The information collected will be submitted to Cornell University's project FeederWatch, a nationwide citizen-science bird-monitoring effort. Program takes place alternate Saturdays, November - March. Pre-registration not required for this free program. Call the Nature Center for more information at 541-488-6606. North Mountain Park Nature Center, 620 N Mountain Ave, Ashland.

## THE POT OF GOLD: DINNER AND SILENT AUCTION

Friday, March 15 from 5 – 7 pm. Enjoy a delicious homemade Irish meal by Chef Maren and Irish music by Donny Roze. This event benefits Uncle Food's Diner. \$10-45. Wesley Hall, First United Methodist Church, 175 N Main St, Ashland.

## — Kids & Family —

### NINJAKIDS

Mondays and Wednesdays from 4 – 5 pm. Children walk away from this class with a tough workout under his and her belt and having developed basic Ninjutsu skills. This class is not only to teach children these, but also to build self esteem, encourage exercising, and discipline. The first week is free. \$50. Rogue Protection Group, 2185 #A1, Spalding Ave, Grants Pass.

### FAMILY FUN ARCHERY

Mondays from 6:30 – 7:30 pm. Featuring moving targets/4D archery. Beginner's welcome. All equipment supplied. Family rates. For ages 8 and up. Children required to shoot with a supervising adult. More info at [www.MoonbowArchery.com](http://www.MoonbowArchery.com). The Grove, 1195 E Main St, Ashland.

### PRESCHOOL PUPPET THEATER

Second Friday of each month: April 12 and May 10 from 10:30 – 11:45 am. Gather around and see what Trickster Coyote and friends are up to this season. A brief nature lesson will be followed by the puppet show and play time. A snack and related craft/activity will then be available. Reservations are guaranteed only until 10:30am. Please arrive early, as space and parking is limited (no late seating). Children must be accompanied by an adult at all times during the program. PRE-REGISTRATION AT [ashland.or.us/register](http://ashland.or.us/register) is required. \$6 per child. North Mountain Park, 620 N Mountain Ave, Ashland.

### CERAMICS FOR KIDS WITH LIZ O'BRIEN

Mondays from 3:30 – 5 pm. A fun way for kids to explore the world of clay! Ages five to six must bring a supervising adult for their first class. Ages seven to 12 may come unaccompanied by adult. All parents must sign their children in, pay prior to class and leave emergency contact info with Ashland Art Center. \$10 for drop-ins, plus \$3 firing fee. Ashland Art Center, 357 E Main St, Ashland.

### KIDS CLAY WITH KEELEY BITTNER

Tuesdays from 3:30 – 5 pm. A special clay class created just for kids! Join clay instructor Keeley Bittner for a special clay class tailored just for young people. Explore the medium and make some cool stuff! Max 10 students. \$10 for drop-ins, plus \$3 firing fee. Ashland Art Center, 357 E Main St, Ashland.

### UKULELE CAMP FOR KIDS

Wednesdays from Feb. 16 through March 23. Ages 5-6 class is held from 12:30 – 1 pm. For ages 6-7 classes held 1 pm to 2:15 pm. This series of music lessons is made possible via a generous grant from Porscha's Music Fund. The fund will support music and kids in the community she loved by providing opportunities for children to learn to play a musical instrument. Ashland Art Center is honored to be chosen as the administrator and curator of this program. The Ukulele classes will be taught by Tish McFadden of Rum Tum School of Music. A recital will be held at the end of the camp. Scholarship forms available at Ashland Art Center. Ashland Art Center, 357 E Main St, Ashland.

### SATURDAYS AT HOGWARTS AT CENTRAL POINT LIBRARY

March 9, 16, 23, and 30 from 12 – 4 pm. Inspired by J.K. Rowling's "Harry Potter and the Chamber of Secrets," the Central Point Library's Harry Potter event returns for the second year! Central Point Library, 115 S 3rd St, Central Point.

## — Sports & Outdoor —

### MOUNTAIN BIKING IN JACKSONVILLE

Wednesdays, 6 pm, year-round. Cycle Analysis hosts an all ages, two hour group Mountain Bike ride on the Britt Trails in Jacksonville and John's Peak, which has over 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. [www.cycleanalysis.net](http://www.cycleanalysis.net). Free.

### MOVING TARGET 4D ARCHERY

Wednesdays from 6:30 – 8 pm. Featuring moving targets/4D archery. Beginner's welcome. All equipment supplied. Multi-session rates available. For ages 15 and up. More info at [www.MoonbowArchery.com](http://www.MoonbowArchery.com). The Grove, 1195 E Main St, Ashland.

### AFTER-SCHOOL LACROSSE

Wednesdays and Fridays, Feb. 27 through March 22, and April 3 through April 26 from 3:30 – 5 pm. Join SOU lacrosse club players and coaches to learn about one of the fastest growing sports in the country! Limited supplies of gear are available for participants. PRE-REGISTRATION AT [ashland.or.us/register](http://ashland.or.us/register) is required. Ages: seven to 14. \$40. Ashland Middle School, 100 Walker Ave, Ashland.

### BEGINNING PICKLEBALL

March 24 from 10 am – 12 pm and April 27 from 9 am – 11 am. Students will learn the basic skills and strategies to play this new and popular game! You will learn proper techniques. All equipment will be provided. Pre-registration at [ashland.or.us/register](http://ashland.or.us/register) is required. Cost: \$20 per session. Lithia Park Tennis Courts.

### NORTH MOUNTAIN PARK GARDEN OPENING

Wednesday, March 20 from 10 am – 1 pm. Celebrate spring and learn how you can be a part of the beautiful gardens at North Mountain Park. Meet other gardeners and get your hands dirty preparing garden beds for the new season. Gloves, tools and snacks provided. Garden work days continue every Wednesday morning from March through November, with opportunities for both experienced and novice gardeners. Drop in or adopt your own garden area. For more information, call the Nature Center at (541) 488-6606. North Mountain Park, 620 N Mountain Ave, Ashland.

## — Stage —

### OREGON SHAKESPEARE FESTIVAL

March through October. Hairspray: The Broadway Musical. Macbeth. Cambodian Rock Band. All's Well That Ends Well. As You Like It. How to Catch Creation. Between Two Knees. Mother Road. Alice in Wonderland. Indecent. La Comedia of

Errors. Visit [osfashland.org](http://osfashland.org) for tickets and more information.

### BEEHIVE: THE 60s MUSICAL

Jan. 31 through March 31. "Beehive: the 60's Musical" recalls the days of miniskirts, transistor radios and flower power. Told from the perspective of six young women who came of age in this enigmatic decade, now taking a look back on a host of issues ranging from their first Beehive Dance to the challenges we faced as a nation. Featuring music from Aretha Franklin, Janis Joplin, Tina Turner, Diana Ross, and Dusty Springfield. \$25-39. Go to [oregoncabaret.com](http://oregoncabaret.com) for more information. Cabaret, 241 Hargadine St, Ashland.



A PERFORMANCE OF "A MIDSUMMER NIGHT'S DREAM" WILL SHOW AT ASHLAND CHILDREN'S THEATRE MARCH 16

### A MIDSUMMER NIGHT'S DREAM

Saturday, March 16 at 3 pm and 7 pm and Sunday, March 17 at 3 pm. "A Midsummer Night's Dream" is a one hour version of the classic tale by William Shakespeare, adapted by William Ritch. In this renowned comic play, the world of humans and fairies collide, love is lost and found, and found again! All the while these charming characters bring us laughter and delight. \$6-12. Ashland Children's Theatre, 280 E Hersey St #10, Ashland.

### FRAGMENTS

March 7 through March 17. Rogue Theater Company's first production, "Fragments," is written by Jessica Sage and directed by Liisa Ivary. Set on Long Island in 1977, the story explores the strained and combative relationship between a mother and her teenage daughter. Further complications are the intricacies of sexuality, betrayal, and loss, as the family unravels. Interspersed with humor and poignancy, "Fragments" reflects the challenges of love in all its forms. \$15-25. Tickets available online [rogue theatercompany.com](http://rogue theatercompany.com), and at Paddington Station and the Music Coop in Ashland. Bellview Grange, 1050 Tolman Creek Rd, Ashland.

### MARVIN'S ROOM

March 1 through March 17. Bessie is facing continuous challenges as the caregiver for a pain-ridden aunt and an ailing father, Marvin. Bessie decides she needs help, so she embarks on a humorous and courageous exploration of family. Her journey becomes heroic and one that celebrates a family's commitment to love. \$12-15. For more information go to [www.barnstormersgp.org](http://www.barnstormersgp.org). Barnstormers Theater, 112 NE Evelyn Ave, Grants Pass.

### A GENTLEMAN'S GUIDE TO LOVE & MURDER

Feb. 20 through March 17. "Gentleman's Guide," tells the uproarious story of Monty Navarro an heir distant to becoming an Earl and inheriting a fortune. The family disinherited Monty's mother and there's eight heirs ahead of him. So, in revenge, Monty plots to eliminate the heirs, one

by one—and they're all played by the same actor! Further complicating poor Monty's predicament are the beautiful Phoebe and the sensual Sibella, who are both vying for his hand in marriage (he IS in line to an earldom, after all). \$10-38. For more information and tickets, go to [camelottheatre.org](http://camelottheatre.org). Camelot Theatre, 101 Talent Ave, Talent.

### HANSEL AND GRETEL

Friday, March 22 at 7:30 pm and Sunday, March 24 at 3 pm. Based on the fairy tale from the Brothers Grimm, Hansel and Gretel by Engelbert Humperdinck tells the familiar story of two children who happen upon a mysterious gingerbread house in the woods and are captured

by a witch. The fully staged opera will feature a richly talented national cast of professional opera singers and instrumentalists and will be performed in English. \$10-40. For more information and to purchase tickets, go to <https://tickets.tendini.com>. Mountain Avenue Theater.

### THE IMPORTANCE OF BEING EARNEST

March 1 through 24. Oscar Wilde's delicious satire of upper-class Victorians is one of the most intelligent and witty comedies ever written. Victorians believed in the virtue of earnestness, and it was one of their overriding societal values. Wilde managed to engage and, at the same time, mock the society at which he directed his brilliant dialogue. \$18-25. Go to [ctpmeford.org](http://ctpmeford.org) for showtimes and tickets.

## — Presentations —

### GUILD LECTURE SERIES: EARLY ROMAN EMPERORS

Wednesday, March 20 from 12 pm to 1 pm. One of the most fascinating periods in Roman history involves the first century of rule by the Roman Emperors. This series of three one-hour lectures will investigate the origins of the office of emperor in the actions of Augustus, grand-nephew of Julius Caesar, and how the emperorship fared under his successors from the Julio-Claudian family, including Tiberius, Claudius, Caligula, and Nero. The lecture, will investigate the difficulties in the succession to the Emperorship after Claudius, with a close look at two controversial emperors, Caligula, and Nero. Medford Library, 205 S Central Ave, Medford.

### WINDOWS IN TIME LECTURE SERIES

Jackson County Library Services and the Southern Oregon Historical Society are proud to announce the topics and speakers for the 2019 Windows in Time lecture series. The series features well-known writers and historians and brings to life the people, values, and events that shaped our Southern Oregon heritage. The hour-long

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# EVENTS

presentations are held at the Medford Library on the first Wednesday of each month and the Ashland Library on the second Wednesday. Fire And Flood: Disasters In The Rogue Valley March 13 with Ron Brown.

## BONE HEALTH

Monday, March 25 from 6 – 8 pm. Osteoporosis is not inevitable! Join Dr. Susan Saccomanno and take a look beyond calcium and vitamin D at a broad array of tools for keeping bones healthy and strong. We will discuss how to maintain your bone-growth potential, enhance digestion, and optimize alkalinity to keep calcium in the bones. Ashland Food Co-op Classroom, 300 Pioneer St, Ashland.

## AUTHOR PHILIP NEWTON AT BLOOMSBURY BOOKS

Monday, March 4 at 7 pm. Applegate Valley author Philip Newton reads and will sign copies of his new novel, "Terrane." Newton is an Oregon author and musician. In addition to "Terrane" his works appear in the Mensa Society's Calliope Magazine, Coal Literary, Visitant, Ibis Head Review, and many others. Bloomsbury Books, 290 E Main St, Ashland.

## AUTHOR VICTORIA LEO AT BLOOMSBURY BOOKS

Thursday, March 21 at 7 pm. Local author Victoria Leo leads a discussion of creating characters who come alive, even when they don't look or think like you at Bloomsbury Books. Explore her book "Alliances," a thrilling, funny who-dunnit with Muslim African, Welsh and alien characters. Bloomsbury Books, 290 E Main St, Ashland.

## AUTHOR CATRIONA MCPHERSON AT BLOOMSBURY BOOKS

Saturday, March 23 at 7 pm. Award-winning author and member of the Mystery Writers of America Catriona McPherson will read from her novel mystery novel "Scot and Soda." Bloomsbury Books, 290 E Main St, Ashland.

## AUTHOR BRUCE BERGER AT BLOOMSBURY BOOKS

Monday, March 25 at 7 pm. Occupying a space between traditional nature writing, memoir, journalism, and prose poetry, Bruce Berger's essays are beautiful, subtle, and haunting meditations on the landscape and culture of the American Southwest. Bloomsbury Books, 290 E Main St, Ashland.

## AUTHOR LETA NEIDERHEISER AT EAGLE POINT LIBRARY

Thursday, March 14 from 4 – 5:30 pm. Leta Neiderheiser is the great-great granddaughter of well-known Oregon pioneer Jesse Applegate. Leta will be dressed for a day on the Oregon Trail as she shares Cynthia's story and some highlights of the Oregon Trail, early Oregon history, and a few highlights of the Applegate Trail. Cynthia's story helps all of us connect and appreciate the courage and strength of the women in each of our family trees. Eagle Point Library, 238 W Main St, Eagle Point.

## WORKING FOR A LIVING

Thursday, March 21 from 7 – 9 pm. White collar crime. Getting fired. Con jobs. Work romance. Drug bust. Side hustles. Saving lives. In this Spring Heart gathering we will present stories from an incredible line-up. \$5-15. Temple Emek Shalom, 1800 E Main, Ashland.

## Meetings

## RCC MESSAGE THERAPY PROGRAM MEETINGS

March 4, April 16, and May 28 from 5:30 – 7 pm. Learn about local employment opportunities, including wage ranges and the meaning of "accredited," a "one-year certificate," and "financial-aid eligible." This program includes the training and practicum hours that meet the requirements for Oregon state licensure and national

certification. For more information, visit [www.rogueucc.edu/message](http://www.rogueucc.edu/message) or contact them at 541-956-7066 or [message@rogueucc.edu](mailto:message@rogueucc.edu). RCC Redwood Campus, Building M, Room 1, 3345 Redwood Hwy, Grants Pass.

## MAMA TEA TIME

Thursdays from 10 am – 12 pm. A safe space created by women for women. Through deep sharing, we will discuss all things motherhood, from the mystical to the mundane. Whether you have been a mother for 2 days or 30 years, are an Auntie, a Sister, haven't yet welcomed your babe earthside, or are still waiting to become pregnant, you are welcome here. Family Massage Education Center, 77 Manzanita St, Ashland.

## SOUTHERN OREGON CLIMATE ACTION NOW

Tuesday, March 26 at 6 pm. Ray Sanchez Pescador form Solarize Rogue and Bridget Callahan from Sustainable Northwest will explain how Community Solar could help you break the fossil fuel habit. SOCAN programs are free and open to the public; please come with your questions. Medford Library, 205 S Central Ave, Medford.

## Food

## NEW WINTER ROGUE VALLEY GROWERS & CRAFTERS MARKET

Thursdays from 8:30 am – 1:30 pm. We are now open for the winter, and it's indoors! Are you looking for fresh, locally grown produce, hand-crafted gifts or artisan foods? Join us each Thursday for local products and produce. Fry Family Farm Store, 2184 Ross Lane, Medford.

## 5TH ANNUAL CHILI COOK OFF

Friday, March 15 from 6 – 9 pm. This is a really fun and important benefit for the Cave Junction Farmers' Market and KXCJ Radio 105.7 FM. We would love and appreciate your contribution of time, energy and donations to make this another successful event! Willing to make chili or cornbread or want to help? Call Alisa (458) 229-2067. Feel free to CONTACT the friends you know who love to cook, love to compete, or might want to help and forward this email to spread the word. Kerby Belt Building, Cave Junction.

## CORK 'N' FORK

March 20 and 27 at 6 pm. Arbor House is preparing the meals for Paschal Winery's next two Cork 'n' Fork dinners. March 20 will be marinara baked ziti layered with parmesan and mozzarella, homemade pork and beef meatballs, and Cesar Salad. March 27 will be Santa Fe chicken boneless chicken thighs simmered in green chili, cumin and cilantro, served with a side of black beans and mixed greens. \$10. Call (541) 535-7957 to make a reservation. Paschal Winery, 1122 Suncrest Rd, Talent.

## WINE AND CHEESE PAIRING AT PASCAL WINERY

Sunday, March 24 from 2 – 4 pm. Let us share with you our perfect mix and match of 6 finest Paschal Wines with 6 unique Cheeses from all over the world. This event is an introduction to our upcoming extended menu! Please call 541-535-7957 to reserve. \$35. Paschal Winery, 1122 Suncrest Rd, Talent.

## HARRY & DAVID DINNER OF THE MONTH

Friday, March 22 from 6:30 – 9 pm. This thoughtfully curated Hosted Dinner™ invites local foodies and fans to explore gourmet offerings from Harry & David in a new and exciting way, enjoying an exclusive, custom menu featuring the best seasonal fruit and premium fresh flavors. During the intimate event, executive chefs' Brent Herud and Sara Variel will infuse their expertly-handcrafted recipes with some of the finest Harry & David products to create a one-of-a-kind meal and unforgettable experience. \$65.

## Wellness

### COMMUNITY COUNSELING CENTER

The Community Counseling Center offers low cost, sliding-scale, professional counseling for individuals, couples, adolescents, families and children. The CCC is located at 600 Siskiyou Blvd, Ashland. \$40. Visit [www.cccofashland.com](http://www.cccofashland.com) or call 541-708-5436 for more information and to purchase tickets. The Phoenix Clubhouse, 310 N Main St, Phoenix.

### NEW YOGA CLASS WITH WOLF PURNANANDA

Wednesdays from 8 – 9:30 am. Wolf's enthusiasm for healing infuses his Yoga teachings. He teaches Hatha based classes focused on foundational alignment and connection within. His Yoga and Meditation classes are designed to not only advance your practice physically, but to tap into the emotional, mental and energetic bodies. He completes his classes with sound healings and meditation techniques. Wolf's classes have been described as, "Healings...sprinkled with yoga." \$15 per class. Family Massage Education Center, 77 Manzanita St, Ashland.

### AWARENESS THROUGH MOVEMENT WEEKLY FELDENKRAIS CLASS

Wednesdays from 10 – 11:30 am. Feldenkrais is a method that shows you how to move through the field of gravity in ways that use it to your advantage. Most people have an adversarial relationship with gravity, but it can ground you if you know how to use it. This not only reduces wear and tear on joints, reducing pain; it also improves focus and learning. When you are comfortable in your body, learning is easy, inspiration is spontaneous and creativity abounds. \$15 Drop-in, \$50 per month, first class free. Feldenkrais Studio Jacksonville, 235 Main St, Jacksonville.

### RESTORING & EMBODYING RESILIENCY, VITALITY, AND FITNESS

10 week series on Mondays beginning Feb. 11 from 10 – 11:15 am. Though we experience pain in the body, most often the origin is faulty neuro-movement habits in our brains, which have been "wired" over a lifespan. Patricia will guide you in movement explorations designed to wake up your mind/body/soul for learning, tapping into the remarkable self-healing capacity you have at this moment for embodied fitness and health. Drops in are welcome. \$140 for series, \$16 for drop-ins. Call to Inquire & pre-register: (414) 535-7283. 207 Granite St, Ashland.

### SHAMANIC HERBALISM

Sunday, March 17 from 10 am – 6 pm. Join master herbalist and author Matthew Wood, and ethnobotanist, Jolie Elan and explore the relationship between the realm of shamanism and the traditional use of herbs. Matthew and Jolie will share their knowledge about the interface between healing plants, nature connection, dreamtime and the shamanic path. For more information [www.gowildinstitute.org](http://www.gowildinstitute.org). Jackson Wellsprings Community Room, 2253, OR-99, Ashland.

### THIS MOMENT IS YOUR MIRACLE TALK AND WORKSHOP

March 22 and 23 from 4:30 – 7pm and 7 – 9 pm. Join inspired teachers, Jenny & Greg Donner, intuitive open channels for a felt experience of Divine Presence and Peace. This experiential process a deep inquiry to release the blocks to love's awareness. \$20-25. Visit [meetup.com/ACIM-Ashland](http://meetup.com/ACIM-Ashland) for more information. Talent Library, 101 Home St, Talent.

### WHAT IS YOUR MINDSET?

Saturday, March 23 from 10 – 11:30 am. This workshop will show ways to transform old beliefs, and make positive changes in your life. Peace House, 543 S Mountain Ave, Ashland.

# FOOD & Drink

## Where's My Cheese?

### Find Your Cheese at the Oregon Cheese Cave

BY VANESSA NEWMAN



CHEESE PLATTER FROM THE OREGON CHEESE CAVE  
PHOTO CREDITS: MÉLODIE PICARD

Much like cheese itself, the Oregon Cheese Cave, located in the renovated section of Phoenix and which opened five months ago, has been ages in the making. Fittingly, it is staffed by Mélo die Picard, who was born and raised in France, started out in specialty foods over eight years ago, and got excellent training at Market of Choice.

"It's my calling," she says. "I know how to eat cheese." She, and her husband, Trey, who is from the Midwest are well paired to succeed in the Rogue Valley specialty food business. Intrigued by the wine industry and Shakespeare Festival, they moved to the area six years ago after finding Ashland on Facebook.

The small cave is set-up like a

triangular wedge of fromaggio with large windows in the front and a bar-style eating area and then narrowing to the back. Picard greets customers with a "bon jour" and spelunking with this self-proclaimed "pairing expert," is absolute fun. She introduces her three cheese refrigerators: cow's milk; non-cow's milk (sheep and goat) and Oregon cheeses. The variety inside changes based on season, availability and requests. The cave even has two types of vegan options made from cashew milk (though nuts cannot really be milked.) "It is handcrafted in Beaverton Oregon," Picard explains. "They were in Eugene and Portland and the owners split and one took the restaurant and one took the cheese to Beaverton." Picard goes on to say, "The enzyme and the culture do the work of the cheese. For vegans, cheese is the last thing that they will give up."

Makes total sense. She recommends that I take home one of the Vtopian artisan cheeses for my husband who must not eat dairy at all due to a health condition. But for those individuals without limitations, there are about 20 cheese varieties, along with wine, cider and gluten-free beer. The alcohol selection is meant to complement specific cheeses, and there are also "cheese friends." These friendly accoutrements are what you would expect on a cheese platter such as pickled items, Oregon honey or even a caramel Dulce de leche treat.

But what stands out is the savory waffle bar where you can enjoy a gluten-free, organic and vegan waffle topped with cheese and then customized with options like capers, tuna, or onion relish. Picard described the sensation recently



MÉLODIE PICARD

to a teenager as "like having toast with cream cheese but French." When asked about Picard's favorite cheese she says, "I am very excited to finally have Mimolette in. She describes it as, "Savory gouda of sorts that is made into an orange ball. Serious cheese cutting skills needed."

To complete my cave visit, I brought home a Macadamia Cashew Camembert (cultured cashew cheese) Vtopian Vegan cheese for my husband. It did not fool us into thinking it was cheese; more like a spread. The texture always gives it away. But it was delicious when paired with an apple, put on crackers and is much better than going completely cheese less.

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# SOUND

## The Open Mic Community

### Southern Oregon's Open Mic Scene

BY JORDAN MARIE MCCA

The Phoenix Clubhouse has been hosting open mic events since 2015 and Organizer Christine Totten says each one has an eager, listening audience. She also says open mic hosts usually attract an audience similar to his or her music style, setting a tone for the evening, as well as warming up the evening by playing his or her own music.

Coleman Antonucci will host his first open mic at the Phoenix Clubhouse March 13, but he's not new to performing at the venue. "The Phoenix Clubhouse is one of my favorite places for open mics," he says. "Every time I go there to play I have an amazing night. The Phoenix Clubhouse is run by two of the nicest people I have met. The venue they provide is a friendly and open atmosphere and there is usually a great audience that stays for the whole night. I should know I usually get there late and sign up last on the list."

He expresses open mics are crucial to local musicians because of the community it creates. "Open mics and open jams build communities of musicians, people who would maybe never have met each other, and gives them the opportunity to collaborate with other local musicians." He adds one of the most important things about open mics is it allows people to perform live. While this is Antonucci's first time hosting open mic at the Phoenix Clubhouse, he hosts a monthly open jam every third Thursday at the Wild River Pub in Grants Pass. Hosting this monthly event has built a family that otherwise would probably never would have come together if not for open mic.

"It doesn't matter if we mess up on stage," he says. "We are only there for fun. It doesn't matter that we sing the same song too close out to our show every month. What matters is that we all get together and we have a reason to see each other again." Not everyone who regularly come to this event perform, but enjoy listening to live music performed by friends. He says this monthly event has everyone looking forward to it month after month. "We laugh, we sing, and look forward to seeing each other again the next month. Open music events provide a level of family and community that is not found anywhere else."

Brady Bowker, local spoken word performer



GILLIAN MCPHETEERS PERFORMING AT THE OPEN MIC AT THE PHOENIX CLUBHOUSE  
CREDIT: COURTESY OF THE PHOENIX CLUBHOUSE

and writer, says his favorite part about open mics is being able to do what he loves to do and become more comfortable performing in front of an audience. He says Rise Coffeehouse is a "super cool" open mic venue. The person who runs the events he says "is an incredible guy that is passionate about giving artists a platform to be able to present and work on their craft."

Totten encourages those interested in performing at an open mic to first attend as an audience member. She also says to do your research beforehand so you know your audience. "Prepare a set list according to the event guidelines and practice, practice, practice," she says. "Don't be afraid to make a mistake, and if you do, just keep going...Enjoy the other acts and try not to worry so much, it's just open mic."

Some may think open mics mostly consist of people playing covers, but Antonucci appreciates the amount of original music played. Open mics are opportunities for musicians to put themselves out there, to garner fans and support, and to find the ever-evolving local music community. "We all share the unspoken struggle of being a unique performer in an area with little to no saturation or market for original songs and even styles," he says. "Because of that, many people stray away from their original music. In a time where we need original music and styles more than ever, open mic nights and open jams are great to help foster more of the original songwriting."

From Oberon's to Black Sheep Pub & Restaurant to the Phoenix Clubhouse, open mics are ubiquitous in the Rogue Valley. To find dates, locations, and times, check out the Messenger's Calendar section or like venue's Facebook pages to stay up to date on the next event.

# Rogue Sounds

## Working Through Things

### PALMCO's Fool Ep

BY JOSH STIRM

It's been about three years since the last official release from Ashland-based songwriter/producer Mitchell Winters' solo project PALMCO. In that time he has scored a record deal, toured extensively, and released his debut album with his other project, Slow Corpse. It is relatively common for artists in Winters' position who experience rapid success to throw all their creative energy into the project that made them successful, sometimes to their detriment. PALMCO's *Fool EP* seems to exist in demurrals of this trend.

The EP opens with the flowery "Don't Let Me Down," featuring an upward-blooming arpeggiated synth in an odd meter, clarified a few bars later by sizzling drum machines. The track continues lumbering forward, adding more drums and thudding bass to the mix, with Winters' vocals coming in around the one-minute mark. This intro exemplifies Winters' skills as not just producer, but arranger as well. The track certainly isn't lacking in hooks, but they don't seem to be the main focus here. Rather than the traditional aim of songwriters to make catchy songs, Winters' talent lies in his ability to create spaces within his music and inviting the listener to explore them.

The EP continues on through the dark and woozy "Lovin you," arriving at the title track "Fool." Adorned by phased bass, squishy pads and his signature multi-tracked harmonies, "Fool" bears a passing resemblance to Winters' previous work in Slow Corpse. With a self-deprecation not often associated with electronic music, Winters sings lines like "I've been acting so difficult, it's been typical of me". The track balances a darker emptiness with bright chord changes and instrumental lines to beautiful effect. This honesty in subject matter and tension in arrangement really make "Fool" a standout track on the EP.

Another high point on the *Fool EP* is "Tame" with its swinging, glitchy drum patterns and destroyed bassline. One of the more upbeat tracks on the EP, "Tame" expands the overall scope to include a wit and eccentricity many artists couldn't muster with as few lyrics as this track allows. Another recurring facet of the *Fool EP* is Winters' ability to showcase his voice as an instrument, achieved through actual singing chops, pitch manipulation, and all kinds of electro-diddling.

The track "you'll be ok" continues the swagger introduced on "Tame," and closes out the EP. Winters sings: "guarantees are often fake, how they look so great" with a palpable bitterness. Lines like this take on extra weight when you consider the context of the *Fool EP*; Winters seems to be singing about his encounters with successes and failures of the recent past all across this release, looking for paths forward. The talent is obvious and the future is uncertain, but this struggle soundtracks the present beautifully.

Stream the *Fool EP* on Soundcloud:  
[soundcloud.com/palmco/sets/fool-ep](https://soundcloud.com/palmco/sets/fool-ep)



# SCREEN

## Climate Change on Screen

### Voices of the Valley Roars Loudly in Southern Oregon

BY VANESSA NEWMAN

How many times has one heard the phrase, "change is inevitable?" Yet when it comes to the climate change conversation, it's an inevitability some find difficult to discuss, while others grieve over the knowledge of its in-motion process, and others refuse to embrace it at all. The documentary *Voices of the Valley*, is a Southern Oregon Climate Action Now (SOCAN) project started in 2016 to raise awareness and offer a medium for local conversation on the topic. Opening with a powerful call to action to address environmental issues, the narrator asks: "Climate change is happening. Is human change happening too?"

But how can average citizens make a difference when they believe detrimental transformation is already happening and feel powerless to stop it. Or when they have a belief structure that contradicts presented science about climate change? The 68-minute documentary entitled, *Voices of the Valley*, was started by project leader Liz Olson because she saw a need for a storytelling angle.

"I come from more of a narrative humanities perspective," she states. SOCAN has lots of material and education for the community about climate change but to make it personal with the spoken word was important to her.

The film itself was made with the assistance of local SOCAN volunteers like Steve Dieffenbacher, on-camera interviewer and retired journalist. SOCAN's website states: "The goals of this project are two-fold: first, to give an opportunity for people of the Rogue Valley in



HB2020/CLEAN ENERGY JOBS LOBBY DAY IN SALEM ON FEB 6, 2019  
PHOTO CREDIT: KATHY CONWAY

Oregon the chance to voice their concerns about climate change; secondly, to have their stories raise awareness and make an impact on their fellow citizens in a way that is direct, real and applicable to their own lives."

The documentary opens with Dr. James Shames, Medical Director for Jackson County Health Department, discussing the ramifications of climate change on public health. Later in the film, farm workers present their experience of how it has affected their health and work environment. Oregon Shakespeare Festival administrators point out how many theatrical productions have climate change as a common theme. There are over a dozen locals young and older sharing moving accounts of how climate change has impacted them and suggestions for how to address it. Kathy Conway, SOCAN co-facilitator, offers hope: "Transparency and action are the antidotes to climate change."

The documentary is available online [socan.eco](http://socan.eco). Also, a live presentation and speaker can be requested.

SOCAN does not have any immediate plans to add to the documentary, but with rapid change occurring, it lends itself to updating. Members of SOCAN sub-groups have been laser focused on House Bill 2020 introduced by the Joint Committee on Carbon reduction.

The bill aims to cap Oregon greenhouse gas emissions. Taken directly from the draft: "Greenhouse gas" includes, but is not limited to, carbon dioxide, methane, nitrous oxide, hydrofluorocarbons, perfluorocarbons, sulfur hexafluoride and nitrogen trifluoride."

Alan Journet of the climate activist coalition and SOCAN co-facilitator says, "Once hearings are done and input from the hearings and proposed modifications to the bill are made, version two will be available and there will be an opportunity to comment and make edits." In his understanding, the goal is to get the bill through by the end of April.

"The heat is on to change our patterns of consumption," says Olson. But she also states, "We can do a lot more than we think we can together."



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**SOCAN NEXT GENERAL MEETING**  
6 pm, Tuesday, March 26  
Medford Public Library, 205 S. Central Ave.,  
Medford  
.....

# CULTURE

## All The World's A Stage . . . and the Players

*As You Like It* at the Oregon Shakespeare Festival

BY HEATHER METZ



**AS YOU LIKE IT (2019): ROMÁN ZARAGOZA (ORLANDO DE BOYS), KEVIN KENERLY (DUKE FREDERIC, CENTER), JAMES RYEN (CHARLES), ENSEMBLE. CREDIT: JENNY GRAHAM, OREGON SHAKESPEARE FESTIVAL**

Love Shakespeare for his knotted plots of romance? Pair that with a good old case of hidden identity? Oregon Shakespeare Festival's *As You Like It* is your cup of tea.

Opening March 8 in the Angus Bowman Theater to a full house, the intimate atmosphere allowed the audience to feel as though they were part of the performance.

Not long after Duke Senior (Rachel Crowl) is banished from Court by her brother, Duke Frederick (Kevin Kenerly), Rosalind (Jessica Ko), Senior's daughter finds herself struck with the same fate. She is forced to leave her home just after she's met Orlando (Román Zaragoza), a love at first sight kind of deal. Yet her cousin, Celia (Kate Hurster), Frederick's daughter, refuses to be left in Court without her dear

Rosalind and so the pair of them; Rosalind disguised as a man (Ganymede) and Celia as a poor girl (Aliena) set out to find the Duke Senior in the Forest of Arden. Meeting many colorful characters throughout their journey, the most electrifying scene is when Rosalind crosses paths in the forest with none other than Orlando, although he does not recognize her in her disguise. Jessica Ko and Román Zaragoza really come alive in the second half, which starts with a bang as soon as the house lights go down. Overdramatized as it may be, this works fabulously as hysterical hijinks ensue, with more love triangles than a geodesic dome.

From the beginning, Rosalind/Ganymede and Celia/Aliena steal the stage with their show stopping relationship full of witty banter and playfulness. Celia's boisterously fun and natural performance really connected with the audience. They loved to love her.

*As You Like It* is directed by Rosa Joshi, a self-proclaimed unromantic. However that is very unapparent in her adaptation of this Shakespearean

comedy as a giddy love develops between Orlando and his Rosalind. Although the story was a bit slow to develop after the initial narration of Duke Senior's banishment and a quick introduction to the main players, the physical comedy kicked in almost immediately to remedy that. A physicalness which the actors maintain successfully throughout and is blatant when Orlando finds himself in a wrestling match. That scene plays out poetically almost as if the contenders were dancing in slow motion, with the audience swaying right alongside. The entire stage was utilized brilliantly to express the depths of each characters' interactions.

Sara Ryung Clement did a fantastic job creating a whimsical forest, with the chimes, poles to frolic around and of course Orlando's love poems to Rosalind strung high between the trees. The costuming and set design although simple, were both paramount allowing for the dialogue and choreography to have a space to bloom. Which they did just that.

The dialogue does not fall short of a Shakespearean comedy, with witty quips, one liners, and perfectly delivered analogies. The humor was captured as the players stated the obvious while keeping their delivery as dead pan as possible. No one had to reach for the laugh, it came naturally which is a nod to the work each performer has put into developing their character.

*As You Like It* is clever, honest and simply fun. It is one performance that will have you in stitches from Act One to Curtain Call, which was fully reciprocated with a standing ovation of 600 audience members' applause. 📍

**AS YOU LIKE IT**  
1:30 and 8 pm, through October 26  
Oregon Shakespeare Festival, Angus Bowman Theater, 15 S. Pioneer Street, Ashland  
\$34 - \$155.

# CULTURE

## What Would OSF Do?

*Hairspray* Goes Big at Oregon Shakespeare Festival on Opening Night

BY VANESSA NEWMAN



**HAIRSPRAY—THE BROADWAY MUSICAL (2019): ENSEMBLE. CREDIT: JENNY GRAHAM, OREGON SHAKESPEARE FESTIVAL**

Two standing ovations and buckets of sequins; what's not to love about *Hairspray* at the Oregon Shakespeare Festival (OSF)? Opening night brought a big crowd, big hair, a big cast and an over-the-top production that delighted the audience and showcased the incredible range of talent that OSF offers. The Broadway musical depicts the story of a Baltimore teenager, Tracy Turnblad, who may be vertically-challenged, but her hair and ideas certainly are not. She knows what it is like to be teased on all levels and comes from a family that values working hard and living life to the fullest.

Tracy also loves to dance. When an opportunity arises to audition for the Corny Collins show (a live television dance show that features a "Negro Day"), she goes for it. What follows is a toe-tapping, hip-shaking, rump-bumping musical of inclusion set in the 60s addressing segregation and marginalization. And since it is OSF, the sets, timing and costumes are so in synch that one can fully integrate and lose oneself in the illusion only to pop out two and a half hours later transformed by the whole thing.

Katy Geraghty, who plays Tracy Turnblad, offers true comedic genius. Her moves, expressions, physical comedy and exaggerated lust for Link (lead dancer on the Corny Collins show) were bigger than her hair and made the show supremely entertaining. Greta Oglesby brought the house to their feet with her voice and portrayal of Motormouth Maybelle. Talk about integration! There were actors and actresses with multiple abilities, a beautiful young actress, Tatem Beach, playing Inez, all shapes and sizes and a stand-out male actor, Daniel T. Parker, who even convinced my teenage son attending with me that he was a woman! And kudos to Brent Hinkley who portrays five equally convincing characters. Not to mention that Leanne A. Smith, playing

Amber Von Tussle, has a face quiver that can be seen by even back rows.

Christopher Liam Moore, Director says, "*Hairspray* is a show that foregrounds inclusivity, that acknowledges and celebrates difference, that insists on acceptance and equality, that makes joy—the rarest of qualities in today's world—the delicious air we breathe." Act One brings twelve tasty musical numbers like "Mama, I'm a Big Girl Now" and "Run and Tell That!" What stood out for me in the first half was how I fell in love with all characters and could not imagine any other actors acting in any other way to bring this show to life, especially the lovable young man in the wheelchair. The second half contains nine equally energetic musical numbers with "I Know Where I've Been" bringing tears and cheers from the audience. But the last number, "You Can't Stop the Beat" is a sequined explosion that blew me away.

As my son and I walked back to our car, I overheard several theatrical patrons commenting on the production with statements like, "That last number was amazing!" and in response to the question, "HOW DID YOU LIKE THE PRODUCTION?" ONE WOMAN SAID, "WHAT'S NOT TO LIKE!"

I have thought before how unfortunate it is that life cannot simulate a musical with people laughing, dancing, singing and working through their issues together. So, next time someone annoys you with their habits, appearance, or seems different and scary, ask yourself, what would OSF do? I would say that Moore's 2019 production of *Hairspray* is worth its weight in gold sequins and that no humans were harmed by aerosol spray cans at opening night. 📍

**HAIRSPRAY—THE BROADWAY MUSICAL**  
1:30 and 8 pm, through October 27  
Oregon Shakespeare Festival,  
Angus Bowman Theatre,  
15 S. Pioneer Street, Ashland.  
\$36 - \$155



**THE ROGUE VALLEY MESSENGER**

The Rogue Valley Messenger's  
Third Annual

## SOUTHERN OREGON MUSIC SAMPLER

20 tracks from 20 local musicians

Deadline for submissions: Monday, April 15  
To submit a track for consideration:  
Send an email including the track attached  
to [info@RogueValleyMessenger.com](mailto:info@RogueValleyMessenger.com)

Accepted tracks are included on the CD compilation and bands/musicians receive comped tickets for May 18 CD release party and a free ad for publication in the Rogue Valley Messenger.

The Rogue Valley Messenger Music Sampler will be available for download and also at the:

**2019 CD Release Party**  
with four bands playing live.

**Saturday, May 18**  
Walkabout Brewery, Medford  
Tickets available starting on March 28

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VOTING CLOSES ON  
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## Art Watch

### Reclaimed Wood Turned into Art Burnpile Design

BY JORDAN MARIE MCCAW

Repurposing rejected wood has become a popular trend in furniture and in home decor. Not only can one make a beautiful dining room table with reclaimed wood, you can also create a priceless work of art for your walls.

David Thomason of Burnpile Design in Grants Pass has been creating exceptional pieces of art out of reclaimed wood since 2015. His interest in woodwork came to Thomason in a dream. When he woke up, he found reclaimed wood, cut it in the shape of Oregon, then stained it for a nice finish. He says the response to this piece was overwhelming. A year later, he founded Burnpile Design.

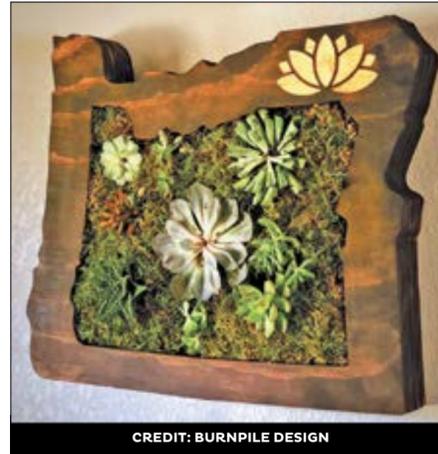
“My history with art goes all the way back to when I was in kindergarten and I became fascinat-ed with drawing sharks,” Thomason says. “The movie Jaws had just come out and I managed to watch it without my parents’ knowledge. This definitely had an influence.” In middle school his shark fascination evolved into drawing ninja bunnies on the back of his homework. With the en-couragement from one of his teachers, he began taking art classes and continued to study art through college. “Art has been a part of me since I can remember and I plan on it being a part of me until I can’t remember.”

Burnpile Design’s website boasts photos of Oregon cutouts with vibrant scenes of nature painted over it. Thomason also makes triptychs, wooden bowties, and custom orders. “About half of my orders are clients wanting custom work done,” he says. “Whether it be an engraving of names, dates, business logos, or them wanting a piece with a custom nature scene depicted on it like the Rogue River.”

One of his most interesting creations are succulent planters in the shape of Oregon. The dark-finished wood acts as the border for succulents to thrive on the wall. He says, “This isn’t just art. It’s personalized art with a purpose. The purpose being to give the rejected wood of the world new life, but most importantly to support our local community.” Through Burnpile Design, he has been able to raise over \$8,000 for local charities.

“My favorite part of all this is seeing the look on a client’s face when they pick their order up or the letters of appreciation they write to me after receiving their order in the mail,” he says. “There is no other feeling like being appreciated for your craft.”

To view, order, or customize your own reclaimed wood art piece with Thomason, go to [burnpiledesign.com](http://burnpiledesign.com).



CREDIT: BURNPILE DESIGN

## WELLNESS

### We Appreciate the Penicillin, But ...

#### Mold’s Effect on Health

BY DR. MARGARET PHILHOWER

As we spring forward into the longer days of springtime, it is natural to feel more energized and alive. Have you instead been feeling more fatigued, achey, unmotivated and depressed? Are you more forgetful and having trouble clearing your head? Are you urinating more than normal? Is your sex drive non-existent? Are you feeling colder than normal? Are your bowel habits irregular and unpredictable? If you have been suffering with many of these problems and you can identify a definitive period of time when your health began to decline, you may be suffering from mold related illness.

Toxic mold grows in water-damaged areas of buildings and can flourish when conditions become favorable such as the transition from winter to spring. Be proactive. Check for leaks or water damage and get it fixed before mold colonies explode and spew toxic particles called mycotoxins throughout your home. Clean your gutters. Inspect your attic, garage (including the car) and under the house for visible mold and possible leaks. Mold also likes to grow under mattresses, around windowsills, in bathrooms and areas of your home that don’t get heated or cleaned regularly.

Toxic mold creates mycotoxins and can affect every system in your body.

“Mold brain” is a real issue that keeps many otherwise smart people from realizing and dealing with a mold problem in their homes! It’s obvious when there is a dank, musty smell or black stuff growing on walls, but guess what? Toxic mold doesn’t necessarily have a smell at all and it’s often lurking unseen in hidden places.

Symptoms of mold toxicity can mimic other health conditions and some people are more sensitive than others because of genetic susceptibility. When a person is exposed to a biotoxin, it is normally ‘tagged’ and identified by the body’s adaptive immune system to be rapidly eliminated from the body. If you are lucky enough to have the right genetics, you may experience allergy symptoms when exposed, but likely won’t feel too sick, if you have any symptoms at all.

Unfortunately, about 30 percent of the population does not have the HLADR-DQ genes required for immune recognition. In these cases, the biotoxins remain in the body indefinitely as they accumulate in fat-soluble regions of the body such as cell membranes, glandular tissue and the nervous system. This condition is called Chronic Inflammatory Response Syndrome (CIRS) and those afflicted become increasingly ill. To make matters worse, inhaled mold spores have the potential

to colonize the sinuses causing those afflicted to literally carry the toxic mold with them wherever they go! Sleep disturbances, brain fog, gastrointestinal problems, chronic pain and prolonged illnesses ensue.

The most crucial first step in treating mold toxicity is avoidance and eliminating the source of exposure. Test your home for mold if you are suspicious. Fix leaks and remove the mold and water damage entirely. If the moldy area is larger than 10 square feet, hire a professional remediation company that specializes in mold removal to do it for you. The harsh reality is that if you are getting sicker in your home, you need to move out while remediation and repairs are completed and get rid of your old furniture and any items that could harbor mold spores. Air filters help some, but aren’t a solution. Retest your home afterwards to ensure the job was done properly.

If you feel like you are suffering from mold issues, see an educated health care professional that can help you decide what lab work and treatments are most appropriate for your situation. Naturopathic physician Dr. Cory Tichauer will share his extensive knowledge on the best tests and treatment options available for treating mold toxicity in PART 2 of this series



DR. MARGARET PHILHOWER

in the next issue of RVM’s Wellness Column.

*Dr. Margaret Philhower is a naturopathic doctor with a naturopathic family practice in Takilma next door to The Dome School and at The Bear Creek Naturopathic Medical Clinic located at 2612 E. Barnett Rd. in Medford. You can schedule an appointment in Takilma by calling 541-415-1549 or Medford by calling 541-770-5563 or visit her website at [www.drmmargaret.org](http://www.drmmargaret.org).*

## SPORTS & Outdoor

### Will a Butterfly Flap It’s Wings? The Understory Initiative to Restore Southern Oregon’s Native Landscapes

BY CATHERINE KELLEY

Over the last three decades the Western monarch butterflies, which annually migrate from the Pacific Northwest down to California, have declined to a thin sliver of their former population. Without the native milkweed to lay its eggs on, or wildflowers to refuel from along its 500-mile migration to California, these crucial pollinators are nearing the extinction mark.

Southern Oregon savannas and prairies were once abundantly filled with native grasses, wildflowers and milkweed. Oregon remains a leader in ecological conservation, yet the understory, the tiny plant community underfoot, has often received less attention from restoration practitioners in Southern Oregon, until now.

The Understory Initiative is a non-profit organization with a mission to agriculturally produce seed from native species as well as educate and foster community partnerships in helping restore native herbs and grasses. Founding member and executive director, Kathryn Prive, recognized a lack of available seed for restoration purposes while working for Rogue Native Plant Partnership. A graduate of University of Oregon and Oregon State University, she is using her background in population genetics and ecological restoration to help southern Oregon lands return to the resilient, greener habitats they once were.

“There’s a good number of organizations focusing on streams and riparian areas,” Prive says, “but there’s not an organization that’s really focused on prairies, the oak savannas and the flora and grasses that grow under conifer forests.”

Southern Oregon’s oak savannas boast the second most bio-diverse habitats in the United States, according to Prive, and restoring them is crucial, for pollinators

who provide important pollination services, and also for reducing extreme fire events.

“If you look up at the hills above Ashland in the summer, everything is brown,” she says. “The grazing livestock, over the decades, essentially hammered the native plant communities to the extent where the only thing that could survive were these annual short lived grasses.”

Allowed to spread, the tall non-native grasses have become tinder for today’s mega-fires.

“They green up quick and take up a lot of space,” Prive adds. “They outcompete everything else and then go brown right when fire season is starting, creating a cycle where there’s a potential for more enhanced, bigger fires that get up in the canopy.”

Native species she and her colleagues work with are low-growing and stay green into the fall. Prive says the perfect opportunity to spread native seed abundantly is after a prescribed fire, or controlled burn, when the invasive grasses have been burned away.

Development, overgrazing as well as vineyards and marijuana farms are threatening the oak understory as they expand into the hillsides.

“The areas where growers tend to build their farms and the giant greenhouses are now increasingly in the hills, in a lot of the oak understory communities,” she says. “I think there’s a way to start managing a better balance.”

“A big goal for us is in the next couple of years is to lease a much larger piece of property and get enough funding to acquire the right equipment,” she says. “Nobody has ever tried to grow some of these native species in an agricultural setting. It’s going to be some work to learn what works and what doesn’t.”

Seedlings, called ‘plugs’, are another method Prive believes could help support native ecosystems. Started



COLLECTING MILKWEED SEEDS  
CREDIT: KATHRYN PRIVE

from the farm’s seeds, they’re ideal for establishing native plant communities or residential gardens.

“There are trees and shrubs that flower and support pollinators,” she says, “but for the most part, the plants that provide nectar and are attractive to bees and butterflies and birds are going to be in the understory plant community. Some of our partners may want to do a pollinator garden in their backyard and so it’s going to be kind of a volunteer project.”

#### PUBLIC ROGUE NATIVE PLANT PARTNERSHIP MEETING

1 - 4 pm, Tuesday, March 26  
Jackson Soil and Water Conservation District office, 89 Alder Street, Central Point  
541.423.6159

#### LIVING ON YOUR LAND CONFERENCE

Saturday, April 27  
Redwood Campus, 3345 Redwood Highway, Grants Pass  
541.956.7303

## Go Here

### Hop In! The Water’s Fine!

#### Swimming in the Rogue Valley in Winter

BY CATHERINE KELLEY

Summer’s around the bend and before you know it you’ll be pulling out those swim duds. But why wait to get wet? Whether you need water wings or water yoga, these warm-liquid locales offer a full menu of pool-time pleasures.

**Ella Redkey:** This geo-thermally heated outdoor swimming pool located in Klamath Falls is open year-round, and with programs like their Aqua Power, Cardio Blast and Masters Workout you and your kids will grow tone, strong and limber in no time. There’s even a synchronized swimming class where you can build endurance and finesse while performing to choreographed water ballet. [ellaredkeypool.com](http://ellaredkeypool.com) (541) 274-1477

**YMCA:** A dependable family go-to for decades, the Y’s of Grants Pass, Medford, Klamath Falls and Ashland each have warm, indoor UV sanitized pools and a variety of classes and open swim times. There are daily guest rates or monthly membership fees. The Rotary Club of Grants Pass sponsors free swim lessons for kids during spring break at the Grants Pass YMCA. It’s popular so sign up early! Grants Pass (541) 474-0001, [grantspassymca.org](http://grantspassymca.org); Medford (541)772.6295, [ymca.org](http://ymca.org); Klamath Falls (541) 884.4190, [kfallsymca.org](http://kfallsymca.org); Ashland (541) 482-9622, [ashlandymca.org](http://ashlandymca.org)

**Cascade Community Pool:** Located in White City, this favored all-age facility offers swim lessons, early-bird (4am) lap swim and several exercise classes in either the deep or shallow, depending on swimmers’ impact or intensity needs. Back wellness, week-night workout and deep water aerobics are held in their warm 87° pool. The venue is also rentable for private celebrations at a reasonable fee. (541) 826-2124, [ccmpool.strikingly.com](http://ccmpool.strikingly.com)

**Health and Fitness Clubs:** Membership gyms like Superior Athletic and



ROGUE AQUATICS. CREDIT: ERIC BOONE

Avamere in Medford, or Club Northwest in Grants Pass, offer a variety of exercises in their warm, multi-lane pools. Classes like yoga, joint movement therapy and deep cardio will keep you addicted to aqua-cise. Superior Athletic (541) 779-7529, [superiorathletic.com](http://superiorathletic.com); Avamere Health & Fitness Club (541) 734-3113, [avamere.com/avamere-health-and-fitness-club](http://avamere.com/avamere-health-and-fitness-club); Club Northwest (541) 955-2582 [clubnw.com](http://clubnw.com)

**Rogue Aquatics:** The quietest kid birthday bashes you’ll ever treat your ears to happen at Rogue Aquatics with their scuba party package. Celebrate with provided island theme décor on their upper level before the certified dive instructor takes over, and then relax poolside while the kids go underwater. Snorkel, swim lessons and lifeguard certification are also offered year-round in their 86 degree salt-water deep-dive pool. (541) 830-5551, [rogueaquatics.com](http://rogueaquatics.com)



BY ROO GROSTEIN - HOST/PRODUCER OF LOCAL SMOKE RADIO ON KSKQ 89.5 FM ASHLAND & 94.1 FM MEDFORD

## Oh The Times They Are A Changin' Cannabis Worldwide: Part 1

Since the 1961 Single Convention on Narcotic Drugs, over which the World Health Organization (W.H.O.) has partial authority, much of the international community has banned cannabis as a matter of law. Further, international agreements and Richard Nixon's 1972 declaration of a "War on Drugs" in combination with a ramping up of U.S. influence and control around the globe created a tighter grip on cannabis worldwide, leaving few pockets of quasi-legal or ignored subcultures that have depended on cannabis as an economic and cultural staple while continuing the life of the plant.

Many of us know the story of cannabis in the U.S. that brought us to this point, but have you thought about how cannabis and the path to legalization has been developing elsewhere? I'm traveling to Spain this month to attend Spannabis, Europe's largest cannabis expo and it got me thinking about how much things have evolved.

In 2017, W.H.O. declared that Cannabidiol (CBD) not be an internationally controlled substance and that it was not dangerous. Then, this February, reports came out that W.H.O. now recommends the rescheduling of cannabis worldwide, downgrading it from schedule IV to schedule I, stating that CBD products with less than 0.2% THC are "not under international control".

Canada recently legalized recreational cannabis nationwide. And Mexico's decriminalization seems to indicate they are hot on their heels, having legalized it for medical purposes already. Other Latin and South American countries have also evolved. Uruguay, like Canada, has also legalized cannabis nationwide. Columbia has a very progressive medical cannabis program with a focus on oil production. Jamaica has decriminalized small amounts and recently implemented their medical program. Other countries in the Caribbean seem to be following suit.

Some countries in Europe have slightly more progressive laws than the U.S. when it comes to high-CBD products and their allowable levels of THC. For example, in Switzerland the allowable amount of THC in hemp is 1 percent. The European Parliament recently recommended that EU countries legalize medical cannabis. Italy, Poland, Germany and others in Europe have done just that, while some have decriminalized or both. Portugal has simply decriminalized all drugs.

The Middle East is also changing. Israel is one of the most progressive countries when it comes to cannabis, with laws that in many ways put them at the forefront of medical cannabis research. Turkey has also legalized for medical purposes and so has India.

But as you head further into Asia, many countries still have harsh drug laws. However, recently some have truly made steps toward progress. Both Thailand and South Korea recently legalized cannabis for medical purposes and despite horror stories, the Philippines have a medical cannabis bill currently advancing. Australia has partially decriminalized and has made it legal medically as well.

The evolution of worldwide cannabis laws is taking place right before our eyes and the end of prohibition is on the horizon. Of course, if you plan on being a cannabis tourist, please be very cautious and do your homework. Don't be careless, and don't break any laws that will have you in a sticky situation in your quest for a worldwide cannabis experience. 🍀

Check in two issues for Cannabis Worldwide Part 2: A Journey into Spannabis and Spain's Cannabis Scene.



## FREE WILL ASTROLOGY Week of March 14

**PISCES (Feb. 19-March 20):** In 2014, NASA managed to place its MAVEN spacecraft into orbit around Mars. The cost of the mission was \$671 million. Soon thereafter, the Indian government put its own vehicle, the Mangalyaan, into orbit around the Red Planet. It spent \$74 million. As you plan your own big project, Pisces, I recommend you emulate the Mangalyaan rather than the MAVEN. I suspect you can do great things—maybe even your personal equivalent of sending a spacecraft to Mars—on a relatively modest budget.

**ARIES (March 21-April 19):** The coming weeks might be a good time to acquire a flamethrower. It would come in handy if you felt the urge to go to a beach and incinerate mementoes from an ex-ally. It would also be useful if you wanted to burn stuff that reminds you of who you used to be and don't want to be any more; or if you got in the mood to set ablaze symbols of questionable ideas you used to believe in but can't afford to believe in any more. If you don't want to spend \$1,600+ on a flamethrower, just close your eyes for ten minutes and visualize yourself performing acts of creative destruction like those I mentioned.

**TAURUS (April 20-May 20):** Taurus aphorist Olivia Drescher writes that she would like to be "a force of nature," but "not causing any suffering." The way I interpret her longing is that she wants to be wild, elemental, uninhibited, primal, raw, pure—all the while without inflicting any hurt or damage on herself or anyone else. In accordance with your astrological omens, Taurus, that's a state I encourage you to embody in the coming weeks. If you're feeling extra smart—which I suspect you will—you could go even further. You may be able to heal yourself and others with your wild, elemental, uninhibited, primal, raw, pure energy.

**GEMINI (May 21-June 20):** In some major cities, the buttons you push at a crosswalk don't actually work to make the traffic light turn green faster. The same is true about the "Close Door" buttons in many elevators. Pushing them doesn't have any effect on the door. Harvard psychologist Ellen Langer says these buttons are like placebos that give you "the illusion of control." I bring this phenomenon to your attention, Gemini, in hope of inspiring you to scout around for comparable things in your life. Is there any situation where you imagine you have power or influence, but probably don't? If so, now is an excellent time to find out—and remedy that problem.

**CANCER (June 21-July 22):** Philip Boit was born and raised in Kenya, where it never snows except on the very top of Mount Kenya. Yet he represented his country in the cross-country skiing events at the Winter Olympics in 2002 and 2006. How did he do it? He trained up north in snowy Finland. Meanwhile, Kwame Nkrumah-Acheampong competed for Ghana in the slalom in the 2010 Winter Olympics. Since there was no snow in his homeland, he practiced his skills in the French Alps. These two are your role models for the coming months, Cancerian. According to my analysis of the astrological omens, you'll have the potential to achieve success in tasks and activities that may not seem like a natural fit.

**LEO (July 23-Aug. 22):** In the process of casting for his movie *The Girl with the Dragon Tattoo*, director David Fincher considered selecting A-list actress Scarlet Johansson to play the heroine. But ultimately he decided she was too sexy and radiant. He wanted a pale, thin, tougher-looking actress, whom he found in Rooney Mara. I suspect that in a somewhat similar way, you may be perceived as being too much something for a role you would actually perform quite well. But in my astrological opinion, you're not at all too much. In fact, you're just right. Is there anything you can do—with full integrity—to adjust how people see you and understand you without diluting your brightness and strength?

**VIRGO (Aug. 23-Sept. 22):** In 1993, an English gardener named Eric Lawes used his metal detector to look for a hammer that his farmer friend had lost in a field. Instead of the hammer, he found the unexpected: a buried box containing

15,234 old Roman silver and gold worth more than four million dollars today. I bring this to your attention, Virgo, because I suspect that you, too, will soon discover something different from what you're searching for. Like the treasure Lawes located, it might even be more valuable than what you thought you wanted.

**LIBRA (Sept. 23-Oct. 22):** "The role of the artist is exactly the same as the role of the lover," wrote author James Baldwin. "If I love you, I have to make you conscious of the things you don't see." To fully endorse that statement, I'd need to add two adverbs. My version would be, "The role of the artist is exactly the same as the role of the lover. If I love you, I have to kindly and compassionately make you conscious of the things you don't see." In accordance with current astrological omens, I recommend that you Libras enthusiastically adopt that mission during the coming weeks. With tenderness and care, help those you care about to become aware of what they've been missing—and ask for the same from them toward you.

**SCORPIO (Oct. 23-Nov. 21):** For thousands of generations, our early ancestors were able to get some of the food they needed through a practice known as persistence hunting. They usually couldn't run as fast as the animals they chased. But they had a distinct advantage: they could keep moving relentlessly until their prey grew exhausted. In part that's because they had far less hair than the animals, and thus could cool off better. I propose that we adopt this theme as a metaphor for your life in the coming weeks and months. You won't need to be extra fast or super ferocious or impossibly clever to get what you want. All you have to do is be persistent and dogged and disciplined.

**SAGITTARIUS (Nov. 22-Dec. 21):** Womps'kuk Skeesucks Brooke is a Native American woman of the Mohegan tribe. According to her description of Mohegan naming traditions, and reported by author Elisabeth Pearson Waugaman, "Children receive names that are descriptive. They may be given new names at adolescence, and again as they go through life according to what their life experiences and accomplishments are." She concludes that names "change as the individual changes." If you have been thinking about transforming the way you express and present yourself, you might want to consider such a shift. 2019 will be a favorable time to at least add a new nickname or title. And I suspect you'll have maximum inspiration to do so in the coming weeks.

**CAPRICORN (Dec. 22-Jan. 19):** For many of us, smell is our most neglected sense. We see, hear, taste, and feel with vividness and eagerness, but allow our olfactory powers to go underused. In accordance with astrological omens, I hope you will compensate for that dearth in the coming weeks. There is subtle information you can obtain—and in my opinion, need quite strongly—that will come your way only with the help of your nose. Trust the guidance provided by scent.

**AQUARIUS (Jan. 20-Feb. 18):** Essayist Nassim Nicholas Taleb says humans come in three types: fragile, robust, or antifragile. Those who are fragile work hard to shield themselves from life's messiness. The downside? They are deprived of experiences that might spur them to grow smarter. As for robust people, Taleb believes they are firm in the face of messiness. They remain who they are even when they're disrupted. The potential problem? They may be too strong to surrender to necessary transformations. If you're the third type, antifragile, you engage with the messiness and use it as motivation to become more creative and resilient. The downside? None. In accordance with the astrological omens, Aquarius, I urge you to adopt the antifragile approach in the coming weeks.

*(Editor: Here's this week's homework.)*

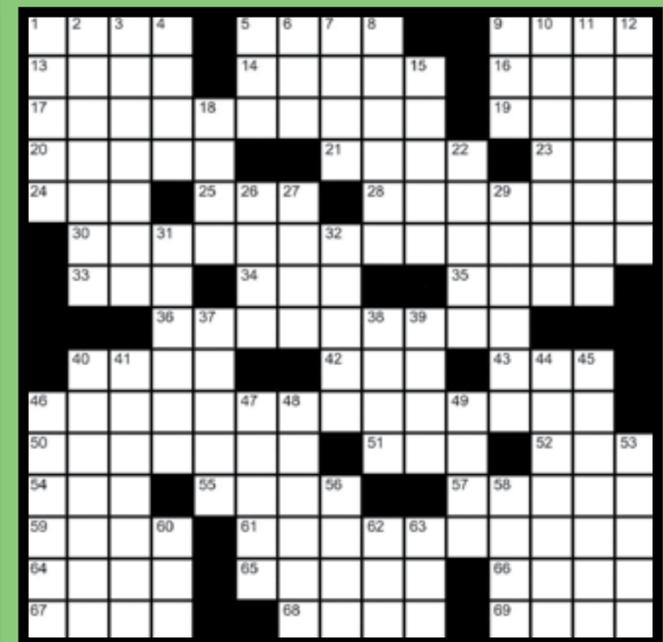
*Homework: Upon waking up for the next seven mornings, sing a song that fills you with feisty, glorious hope.*

# REC ROOM



## IN THE NEIGHBORHOOD

ALONG WITH THE OWL AND THE PUSSYCAT - MATT JONES



ANSWERS AT [ROGUEVALLEYMESSENGER.COM](http://ROGUEVALLEYMESSENGER.COM)

### Across

- 1 Biblical fratricide victim
- 5 Ragged peak
- 9 Passing lines
- 13 "3 Feet High and Rising" group \_\_\_\_ Soul
- 14 Pick up
- 16 Controversial director Riefenstahl
- 17 Current U.S. Secretary of Transportation
- 19 Cheap bar
- 20 Calico pony
- 21 Vaccination
- 23 Patch of grass
- 24 Holiday in Hanoi
- 25 Suffix for novel
- 28 In a genial manner
- 30 1992 song by The Cure that goes through the week
- 33 Airline from Stockholm
- 34 Likely
- 35 Fanning of "Maleficent"
- 36 Magazine for teens since 1965
- 40 " \_\_\_\_ Is Us"
- 42 Charged-up particle
- 43 Settings for med. dramas
- 46 Thought experiment featured in an episode of "The Good Place"
- 50 Meat dish with a filling
- 51 Mop & \_\_\_\_ (floor cleaner brand)
- 52 French possessive meaning "your"
- 54 Contribute
- 55 Thailand, formerly
- 57 "Inconceivable!"
- 59 "Cool, man"
- 61 TV host with a "Neighborhood of Make-Believe" (where the starts of the theme answers were found)
- 64 Letterman rival, once
- 65 Meditation teacher
- 66 "Language" of "haxored" and "pwn'd"
- 67 Agitated state
- 68 Word before or after break
- 69 Airport data, for short

### Down

- 1 Not so klutzy
- 2 Philosophy
- 3 2019 Hyundai model
- 4 Café au \_\_\_\_
- 5 A.L. Central team, on a scoreboard
- 6 Tape deck button
- 7 Oohs' followers
- 8 S'mores flavor component
- 9 Antiquarian
- 10 Diamond game, in Santo Domingo
- 11 Make use of
- 12 Create a colorful T-shirt
- 15 Swedish actress Rapace of the "Millennium" series
- 18 Domino's ad character, once
- 22 \_\_\_\_ pedis (athlete's foot)
- 26 \_\_\_\_ paneer (Indian spinach dish)
- 27 Do some keyboarding
- 29 2008 Verizon acquisition that once had naming rights to Jacksonville's stadium
- 31 "And \_\_\_\_ don't know what's going on!"
- 32 "Let \_\_\_\_!" ("Go ahead")
- 37 Cuba y Puerto Rico, por ejemplo
- 38 "Star Trek" collective
- 39 Compound with a double bond
- 40 Walked on
- 41 Harry who died on Halloween
- 44 Amplify a certain message
- 45 Spoke ill of
- 46 Hiker's routes
- 47 Inform
- 48 \_\_\_\_ the Pig (2019)
- 49 "With or Without You" singer
- 53 Complex orgs.
- 56 Prefix with byte or hertz
- 58 Stare at in a gross manner
- 60 "I \_\_\_\_ You Babe"
- 62 Talk smack about
- 63 Q-U filler

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(editor@jonesincrosswords.com)

## SUDOKU NO. 218 - VERY HARD

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

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 [SudokuWiki.org](http://SudokuWiki.org)

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### Previous solution - Tough

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



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