



THE ROGUE VALLEY TIMES MESSENGER

**SUMMER
LIFTS
OFF!**

Away

and

Up, Up

Outdoors

**Local Hikes Less
Traveled**

DRINK

**Grant Pass' Boatnik
Preview**

MUSIC

**Ashland Folk Collective
Tunes**

**Download
Music Sampler!**

See page 16





JUNE 15, 2019

Porchfest

MUSIC • ART • FOOD

Fun, family-friendly music festival on front porches of vintage homes.

June 15, 2019

11 AM - 3 PM

Historic NW Washington Blvd. & Lawnrage Blvd., Grants Pass

~Streets closed for this event~

Brought to you by **Rotary**  **Rogue Gateway**



Event benefits Family Solutions, CASA, and Rogue Gateway Rotary Youth Programs.





www.porchfestgrantspass.org



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 The Rogue Valley Messenger
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SALES DEADLINE: 5 pm Thurs
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 CALENDAR DEADLINE: 12 pm Thurs
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 Deadlines may shift for special/holiday issues.

ABOUT THE COVER:
 Rookie member of the Volunteer Balloon Crew, Haley Monasmith, stays grounded as she learns the ropes for the #GPBalloonFest. You too can volunteer at www.GPBalloonFest.com/Festival
 Photo by Noah Lee Margetts

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 A trail less travelled but by no means less enjoyable, and we offer some not-as-well-known hikes for early summer.



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DETAIL: Matthew Picton, *The Mekong River; Apocalypse Now #2*, 54" x 54"; Private Collection, Courtesy of Elizabeth Leach Gallery




SPRING EXHIBITION

APOCALYPSE

Co-Curated by Richard Herskowitz & Scott Malbaurn

Featuring: Matthew Picton, Bruce Bayard, Stephanie Syjuco, and Morehshin Allahyari.

APRIL 10 - MAY 25, 2019

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White City (1st & 3rd Fri. each month)

Shady Cove Outreach (2nd Fri. each month)

Eagle Point Outreach (4th Fri. each month)



JacksonCountyVets.com
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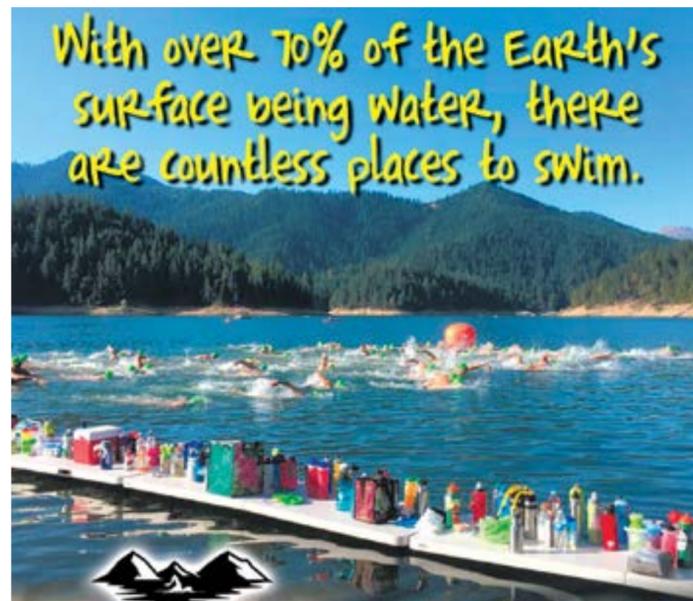
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With over 70% of the Earth's surface being water, there are countless places to swim.



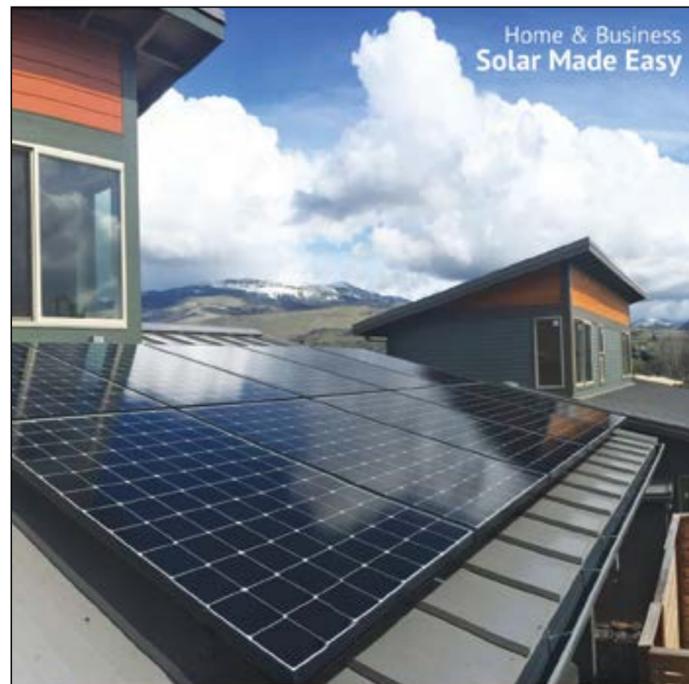
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NEWS

Mettle for Medals

Special Olympics Oregon Strives to Revive the Games

BY NOAH LEE MARGETTS



SPECIAL OLYMPICS TEAM MEMBERS AT LITTLE CREEK RANCH IN ASHLAND
PHOTO BY NOAH LEE MARGETTS

After sinking under a sea of debt with \$2.1 million in negative assets just 11 months ago, Special Olympics Oregon (SOOR) is resurfacing to once again sail on the seas of financial solvency.

Thus beginning a “new era of Special Olympics Oregon,” according to Britt Carlson Oase, who was hired in June 2018 to end the now tenuous tenure of CEO Margaret Hunt.

Oase gives us the broad strokes, “Year over year, events and fundraising just were not keeping up with the rising costs of delivering our mission. I can’t speak to decisions that were made. I can only tell you when I arrived, it was not a model that we could continue.”

Signs of trouble were there for special athletes on the ground years before percolating up to the board. Debbie Hansen-Bernard, mother to Special Olympian, Josh Hansen, laments the struggle, “Sometimes because there were not enough funds, we would stay in motels and sometimes we’d have to, wherever the events were being held, we would have to sleep on the gym floor and that was horrible because kids that had seizures, their seizures happened more and you’re not in a comfortable facility. It just wasn’t adequate.”

Where were the good stewards? Running up a \$1 million line of credit. According to auditors statements, all debt was unserviceable by June 2018.

Although the auditors absolved any SOOR staff of using charity money for “personal expenditures,” they still expressed concerns on how much loyalty CEO Hunt gave to her duties at SOOR in her final years and whether that suggested malfeasance. SOOR does not have the authority to compel those involved to answer any of their questions and has expressed little appetite for spending money and valuable rebuilding time investigating and has turned it all over to the Oregon DOJ.

Back to the boots on the ground: Athletes and their supporters were seeing less and less assistance from their parent organization. “We had to suspend our mission delivery and address some gut issues,” says Oase. Meaning all local events now had to be no-cost, underwritten or locally funded. The past five Special Olympics seasons in Oregon have been cancelled, but with an announcement in the coming weeks for a possible return this year.

Hansen-Bernard recounts the decline in services, “I began to notice them canceling events I would say the last five years. They used to have awards ceremonies, dances, dinners.”

As the owner of the Little Creek Ranch in Ashland, Hansen-Bernard wrangled together her own end-of-season team party, complete with equine therapy for the athletes. “That’s why we had the party here. We had a great

place for everybody to wander, experience the horses, be able to socialize with each other, and they had fun.”

With disenfranchisement setting in, the new board took it to the people. Giving seven cities throughout the state an opportunity to engage, participate and gain a sense of agency in the process. Full financial transparency became the new paradigm. As a result, each locale is now financially autonomous and will have more dominion over the start and end dates of their seasons and what sports they would like to play. Instead of going into a state-wide pot, local money goes to local causes, with SOOR taking a maximum 50 percent. This year’s Polar Plunge sent \$25 from each entrant’s fee to the program where that athlete lived.

“We’re taking a measured approach to how we return. We just need the fundraising model to be able to support that.” CEO Oase continues, “The Special Olympics model involves 30 logo-programs in Oregon that are volunteer run. That is all privately funded through philanthropy, corporate sponsorships, fundraising efforts, etc.”

Oase had taken on quite a challenge: How to take a nonprofit charity, completely dependent on the altruistic donations of others, out of millions of dollars in debt while still providing the necessary help, support and assistance to some of our most vulnerable, yet

resilient citizens.

Help soon arrived with University of Oregon President, Ed Ray as the new board head. Former Oregon Governor, the Hon. Barbara Roberts, took financial control alongside Mike Golub, President of Business for the MLS Portland Timbers and Thorns.

The Oregon Philanthropic Commission set out a debt restructuring process and a fundraising model, and the charity renegotiated its \$1,000,000 line of credit, receiving a half-million dollar forgiveness and very favorable terms moving forward. Additionally, \$1.5 million has been raised from private philanthropy establishing an “operational runway” for getting the state-wide program to become fully functional.

Next up was the Atlas-sized fixed-overhead costs—and have tightened their belts by halving their staff, moved into donated offices, and eliminating “mission delivery” costs through July 2019. Throughout the process, SOOR has continued to provide back-end administrative support to Oregon’s volunteer-run programs; performing background checks for CLASS A coaches, maintaining insurance, storing necessary athletic equipment.

An estimated 65,000 students are directly affected by the Special Olympics programs in Oregon alone, with 8,000 volunteers and 14,000 athletes participating annually.

FEATURE

Not Just Full of Hot Air

The Grants Pass Balloon and Kite Festival Benefits Local Foster and Homeless Children

BY NOAH LEE MARGETTS

GRANTS PASS BALLOON AND KITE FESTIVAL

Friday, May 31 – Sunday, June 2
Off Lower River Road, 1.7 miles past Lincoln Road in Grants Pass
gpballoonfest.com
\$5, Friday and Sunday, \$10, Saturday.

Banding together with a 75-year-old Smokey the Bear in balloon form, the Grants Pass Rotary Club are taking flight for kids in need at the annual Grants Pass Balloon and Kite Festival May 31 to June 2.

Kicking off the summer season of celebrations, Smokey's promotion of forest fire prevention will complement the Festival's prime directive of "taking serious aim at eliminating the deficit of kids without homes," says Caleb LaPlante, event organizer for the Rotary Club.

He explains how he found his inspiration for the festival after hearing Ashton Kutcher's advice to a Rotary club convention, "If you want to go back to your community and do anything, work with the most vulnerable populations, which are foster and homeless kids." LaPlante and his team "were all ready. I had already turned the corner and created the festival for that purpose because of where I come from with trafficking awareness."

Since 2011, LaPlante has been "working pretty diligently on raising awareness for sex trafficking in rural communities, doing pretty large scale projects including media and lobbying campaigns with U.S. Senators and teaching programs in schools."

It's a subject "ten years ago, nobody was talking about. I wouldn't say people understand the issue, but they believe that it is an issue seemingly in the last three or four years. It's a good time to be vocal and loud and connect the dots for people," continues LaPlante, who understands such a serious issue "is surprising to most people. But it's happening in our communities and much more prevalent than we think." The event will specifically benefit Every Child, Safe Families and CASA (Court Appointed Special Advocates).

Happening on a 200-acre working farm, the Josephine County Farm Bureau cosponsored the event this year as "there's crops everywhere, all over the property; corn, alfalfa, garlic. So the Farm Bureau was really interested in promoting the value of agriculture and encouraging people to get

involved in farming—young people especially," explains LaPlante.

They'll be all sorts of amazing activities for children: Monster Truck Rides, Face Painting, Kite Making, Bounce House, Hoop Shoot Challenge, Skee Ball, Dragon Obstacle Course, Hay-Bale Castle and a Cow Train!

Grace Howell, Volunteer Balloon Crew Coordinator, brims with joy, "It's all about the kids. They have so much fun. The excitement, the energy. The night glow and the dawn launches are phenomenal, but it's really about the people."

The world's largest kite, The Great American Flag, will sail overhead with RC Airplane shows zipping around below. There's live music on Friday and Saturday with food vendors, public kite flying and kids' activities all weekend.

The magical night glow spectacle lights up at 9:15 pm on Friday and Saturday. Smokey the Bear and 20 other propane-piloted balloons will captivate the crowd as they drift up into the steamy summer sky.

GRANTS PASS BALLOON AND KITE FESTIVAL

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1.7 miles past Lincoln Road in Grants Pass
gpballoonfest.com
\$5, Friday and Sunday,
\$10, Saturday.

VOLUNTEER

GRANTS PASS BALLOON AND KITE FESTIVAL VOLUNTEER BALLOON CREW COORDINATOR, GRACE HOWELL.
CREDIT: NOAH LEE MARGETTS

FEATURE

A Weekend of Competition and Fun

Boatnik's 61st Year

JORDAN MARIE MCCAOW



CREDIT: BOATNIK

BOATNIK

May 23 to 27
Riverside Park, 304 E. Park Street, Grants Pass
boatnik.com

If anyone is thinking about getting out of town for Memorial Day, consider Boatnik instead—one of Southern Oregon's most anticipated events of the year. Boatnik's 61st year includes a live show by hard rock band Dokken, a golf shoot out, and, of course, boats. The event begins May 23 with Davis Shows Carnival and ends May 27 with the Tom Rice Memorial Whitewater Hydroplane Race.

"We fill the park each year because of the events," says Grants Pass Active Club, Charlie Simons On May 25 and 26 Brewfest will feature over 50 regional beers, lawn games, and live music. At the golf shoot, participants aim for a floating boat downriver. The prize is a car from Jim Sigel Chevy.

Grants Pass Active Club has been organizing Boatnik since the beginning. Simons says, "A lot of people don't realize this, but this is the Active Club's

big fundraiser. Because of Boatnik we are able to give away about \$20,000 in scholarships each year, donate thousands to academic and athletic programs in our two local school districts, be a sponsor to the Sparrow organization, or provide Christmas to more than 150 kids each year."

Certainly the boating races is one of weekend's biggest attractions. "The sprint boats whipping around the buoys is an incredible sight," says Simons. "The drag boats flying down the river at over 100MPH is insane. Then the Tom Rice Memorial Hydro race on Monday is a true race that gets the fans on their feet as they watch their favorite come in each lap until the finish. It's really whatever tickles your fancy because each one of them offer excitement!"

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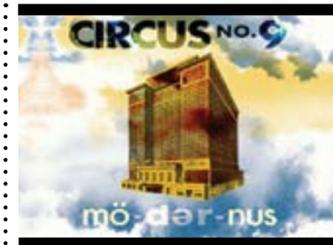


The Rogue Valley Messenger is a nonprofit organization that promotes and supports what is most unique and vibrant about Southern Oregon and its residents by providing access to news, arts, and cultural events through positive reporting, up-to-date accurate information and listings, and feature articles. Donations are tax deductible.

[P] OUR PICKS



thu 23 - sat 1
**Angels in America:
Millennium Approaches**
THEATRE—Everyone talks about the 1960s and 20s. But that very special decade, the 1980s was an equally formative time in our history. Winner of a Tony for the best revival of a play, Angels in America: Millennium Approaches blasts to a past that may sound all too familiar. 2 and 8 pm. Southern Oregon University Main Stage Theatre, 491 S. Mountain Avenue, Ashland. \$15 - 20.



fri 24
Circus No. 9
MUSIC—Not sure where the other eight circuses went, but Circus No. 9 is the one that can bring bluegrass, jazz and rock together to create a truly spectacular concoction. They have performed with David Grisman, Bryan Sutton, and Larry Keel, and they show no signs of slowing down on their musical journey. 8 pm. Brickroom, 35 N. Main Street, Ashland.



sat 25 & sun 26
Azalea Festival
FESTIVAL—Time to head to the Oregon Coast! If the waves and whales aren't enticing, then the art will be. Paintings, sculpture, pottery, fiber art, and photography are all art forms that can emulate and rival the beauty of the azalea flower herself. 11 am - 5 pm, Saturday. 10 am - 4 pm, Sunday. Azalea Middle School, 505 Pacific Avenue, Brookings.



sun 26
Adventures in Bugtown
FILM—Spanning all genres of insects, "Adventures in Bugtown" magnifies the life of the pest dressed like a person (hopefully without engulfing them in flame). From films created with hand-coloring in 1903 to international productions, "Adventures in Bugtown" is appropriate and entertaining for all ages. 7 pm. Meese Auditorium in the SOU Arts Building, 1250 Siskiyou Boulevard, Ashland.



tue 28
**The Ashland Blues
Jam & the Fabulous
Savoys**
MUSIC—The Ashland Blues Society is geared up for a performance with the Fabulous Savoys for a truly memorable experience, inviting local blues bands to rally for the sake of the blues genre and the stories behind the songs. 6 - 9 pm. Grape Street Bar and Grill, 31 S. Grape Street, Medford.



thu 30
**SOU Student Film
Festival**
MUSIC—With such poignant films as "Something About Rabbits" by Nicola Gullixson, "The Micro Adventure" by Sean Gerhardt, and "Inappropriate Ukulele" by Marisa Pala, this year's SOU Student Film Festival promises to be award-winning. 6 pm. Varsity Theatre, 166 E. Main Street, Ashland. \$3, screening. \$5, screening and after party.



thu 30 - sat 1
Wild Rogue Pro Rodeo
RODEO—The rodeo famous for hosting the only 100-point bull ride in rodeo history, the Central Point Wild Rogue Pro Rodeo draws rodeo talent in all the arenas of the rodeo. Barrel racing, bronc busting, and bull riding with tens of thousands of dollars on the line is the perfect recipe for neck raking. 6:30 pm. Jackson County Expo, 1 Peninger Road, Central Point. \$10 - \$20.



thu 30
**Medford Rogues
Opening Day**
BASEBALL—As the weather warms up and the grass gets greener, it is the season to play that all-American sport of baseball. Our very own Medford Rogues will kick off the season with a home game against the California Bees. 6:35 pm. Harry and David Field, 2929 S. Pacific Highway, Medford. \$7 - \$12.



fri 31 - sun 16
Silent Sky
THEATRE—Silent Sky brings history to life through the rendition of the lives of Henrietta Leavitt, Annie Jump Cannon, and Williamina Fleming as they navigate the stars via the Harvard Observatory, along with the current social climate's attitude towards women scientists in the early 1900s. Collaborative Theatre Project, 555 Medford Center, Medford. \$18 - \$25.



sat 1
**Blues, Bluegrass, and
BBQ**
FUNDRAISER—This annual fundraiser is not only one of the biggest parties of the year featuring tasty regional craft beers, superb bluegrass music, and mouth-watering barbeque, but it also benefits the Rogue Valley Food System Network, feeding those who need food most in our community. 12 - 8 pm. RoxyAnn Winery, 3285 Hillcrest Road, Medford. \$20 - \$30.



sat 1 & sun 2
Tigers of Youth
MUSIC—The driving force behind Dave Wentz's music is a whimsical passion for youth and approaching life with hope and bravery, an epiphany reached on the long road from Baltimore to Portland. 9:30 pm, Saturday, Howiee's On Front, 16 N. Front Street, Medford. 5 pm, Sunday, Bella Fiore Estate and Winery, 100 Bella Fiore Lane, Ashland.



tue 4
**Southern Oregon
Jazz Orchestra**
MUSIC—Alert: Dancing shoes required for this show! Big band, swing, and jazz favs will be on the menu for the evening, along with a few Latin tunes to keep the spice in the house with the Southern Oregon Jazz Orchestra, a group of locals committed to good jazz and keeping those dancing shoes worn. 7 pm. Grape Street Bar and Grill, 31 S. Grape Street, Medford.

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LIVE MUSIC *and Nightlife*



SOU PERCUSSION ENSEMBLE PERFORMS AT OREGON CENTER FOR THE ARTS MAY 24.

Thursday, May 23

ASHLAND

Bart Budwig & Caitlin Jemma - Headwaters Building. 7 – 9 pm. \$15. Singer-songwriter.
Game Knight and Dart Tourney - Black Sheep Pub & Restaurant. 8 pm.
Karaoke - Oberon's. 9 pm.
WORTH & Free Creatures - Jackson Wellsprings. 7 – 10 pm. Singer-songwriter, Bohemian Blues.
Trivia with Peter Bolton - Smithfields Pub & Pies. 7:45 pm.

GRANTS PASS

The Brothers Reed - Climate City Brewing Company. 7 – 10 pm. Americana, Folk.
Brett Benton - The Sound Lounge. 9 – 11 pm. Country, Blues, Rock.

KERBY

Opossum Sun Trail, Distilled-Spirit Rebellion, Fire Your Boss, and Mudlark - G-Spot. 7 pm. \$10. Folk, Punk.

MEDFORD

Jeff Kloetzel - Larks. 4:30 – 6 pm. Acoustic, Rock.
Latin Night - Grape Street Bar & Grill. 7:30 – 10 pm. \$5-7.
Yu-Gi-Oh Tournament - Astral Games. 5:30 pm.
Southern Oregon Concert Band: At the Movies - Central Medford High School. 7 pm.

TALENT

Paint & Sip Pottery - TonTon's Artisan Affections. 6 – 8 pm. \$30.

Friday, May 24

ASHLAND

The Brothers Reed - AQUA. 9 – 11 pm.
Dan Engle and Friends - Oberon's. 6 pm.
SOU Percussion Ensemble - Oregon Center for the Arts at SOU. 7:30 pm. \$5-10.
Circus No.9 - Brickroom. 8 pm. Progressive Bluegrass.

CENTRAL POINT

The Brothers Reed - Ledger David Cellars. 5:30 – 7:30 pm. Americana, Folk.

GRANTS PASS

Dokken & Sylent Storm - Riverside Park. 7 – 10 pm. \$25. Rock.
Jen Ambrose - The Bohemian. 6 – 9 pm. Soul. Ruby Rain - Cedarwood Saloon. 9 pm. Country, Rock.
World's Least Dangerous Band - G Street Bar and Grill. 8:30 pm. Classic Rock.

JACKSONVILLE

J Brothers Trio - South Stage Cellars. 6 – 8 pm. Jazz, Blues, Rock.
Open Mic - Pony Espresso. 5:30 – 8 pm.

MEDFORD

Frankie Hernandez Band - Walkabout Brewing Company. 6 – 8 pm. Reggae, Funk, Soul.
John Dough Boys - Habanero's Mexican Restaurant. 8:30 – 11:30 pm. Rock.
Danielle Kelly Soul Project - The Rogue Grape. 6 – 9 pm. Jazz, Soul.

Black Salt Tone - Howiee's On Front. 9 pm. Reggae, Rock.
True Reactions - RoxyAnn Winery. 6:30 – 9 pm. \$7. R&B.
Gypsy Gillis - Pier 21. 9 pm. Rock.
Sip & Paint Camp Oregon - Art 4 Joy. 6 – 9 pm. \$40.
The Rogue Pianist - Larks. 4:30 – 6 pm.
Grant Lyon - Chadwicks Pub & Sports Bar. 8 pm.

PHOENIX

Horse Paint & Sip - Wine & Brush. 6 – 8:30 pm. \$45.

WILLIAMS

Terry Rob - Plaisance Ranch & Winery. 5:30 – 8 pm. Blues.

Saturday, May 25

ASHLAND

Robbie DaCosta Trio - Black Sheep Pub & Restaurant. 9 pm. Rock.
Bekkah McAlvage - Green Springs Inn. 6 – 8 pm. Country, Folk.

EAGLE POINT

Petty Thievery - Bayer Family Estate. 6 – 9 pm. \$10-15.

GRANTS PASS

Danielle Kelly Soul Project - The Sound Lounge. 9:30 pm. Soul, Jazz.

JACKSONVILLE

Mercy featuring Lynda Morrison - Boomtown Saloon. 8:30 – 11:30 pm.

MEDFORD

Medford Heat - King Wah's. 7 pm. \$5.
Gypsy Gillis - Pier 21. 9 pm. Rock.
Kris Angelis - Howiee's On Front. 9 pm. Folk, Pop.
Saturday Night in the Hood - Set Free Christian Fellowship. 6:30 – 9:30 pm.
Sip & Paint of the Coop - Art 4 Joy. 4 – 7 pm. \$40.
The NewArkansans - Walkabout Brewing Company. 6:30 pm. Acoustic.

PROSPECT

J'Villains - Prospect Cafe and Trophy Room. 7 pm. Classic Rock, Country, R&B.

TALENT

Lance Canales and the Flood - Talent Club. 9 pm. Americana, Roots, Blues.

Sunday, May 26

ASHLAND

Celtic Music Session - Black Sheep Restaurant & Bar. 2 – 5 pm.
The Rogue Speak Easy - Geos Institute. 6 – 9 pm. \$5-10.
Mark Hammersly Trio - Lune Cafe + Mercantile. 4 – 6 pm. Jazz.

GOLD HILL

Starvation Heights - Del Rio Vineyards & Winery. 3 – 5 pm.

GRANTS PASS

Dayton - Troon Vineyard. 1 – 4 pm. Gypsy Soul.
Dawna Crocker - The Sound Lounge. 8 – 10 pm. Singer-songwriter.
The Reverberays - Riverside Park. 12 – 3 pm. Surf Rock.

MEDFORD

Dennis Mertens - Medford Center. 4 – 6 pm. Country, Light Rock, Pop.
Paint & Sip Pottery - Common Block Brewing

Company. 2 – 4 pm. \$40.
Witchpriest, Witch Cult, Nagamatr - The Bamboo Room at King Wah's. 7 – 10 pm. \$5.
Board Games and Mead - Steamworks Meadery. 4 – 8 pm.

TALENT

Lee Stewart - Aurora Vines Vineyard. 1 – 3 pm. Light Rock, Pop.

Monday, May 27

ASHLAND

Open Mic - Oberon's. 9 pm.
The Brothers Reed - Smithfields Pub & Pies. 6 – 9 pm. Americana, Folk.
Peggy Rose's Singers' Showcase - Wild Goose Cafe & Bar. 7 – 10:30 pm. Jazz.

CAVE JUNCTION

Open Mic - Creative Self Collective. 6 – 10 pm.

MEDFORD

Paul Turnipseed - Larks. 4:30 – 6 pm. Jazz.
Danielle Kelly Soul Project - The Rogue Grape. 5 – 8 pm.

Tuesday, May 28

ASHLAND

Blues Jam hosted by the Fabulous Savoy's - Ashland Blues Society. 6 – 9 pm. Blues.
Pub Karaoke - Smithfields Pub & Pies. 9 pm.
Open Mic hosted by Robbie DaCosta - Black Sheep Pub & Restaurant. 8:30 pm.

GRANTS PASS

Latin Tuesdays - Climate City Brewing Company. 7 pm. \$5.

MEDFORD

Paint & Sip Pottery - Old 99. 6 – 8 pm. \$40.
Sip & Paint Fishing with Dad - Art 4 Joy. 6 – 9 pm. \$40.

Wednesday, May 29

ASHLAND

Blades of Grass - Black Sheep Pub & Restaurant. 8 pm. Bluegrass.
The People's Open Mic - Jackson Wellsprings. 8 pm.
Eric Leadbetter - Belle Fiore. 5 pm. Classic Rock, Americana.

LIVE MUSIC *and Nightlife*



ELIJAH RAY & THE THE BAND OF LIGHT WILL BRING THEIR ACOUSTIC SOUL TO JACKSON WELLSPRINGS MAY30.

Sara and Kenny - La Baguette Bakery. 7:30 pm.
Open Mic - AQUA. 8 – 10 pm.

GRANTS PASS

Aaron Reed - Wild River Pizza & Pub. 6 – 8 pm. Folk.

MEDFORD

Open Jam - Pier 21. 8 pm.
Bent Self - Johnny B's. 8 pm. Alternative.

TALENT

Ezra Bell - Talent Club. 8 – 11:30 pm. \$10. Soul.

Thursday, May 30

ASHLAND

Karaoke - Oberon's. 9 pm.
Game Knight - Black Sheep Pub & Restaurant. 8 pm.
Trivia with Peter Bolton - Smithfields Pub & Pies. 7:45 pm.
Elijah Ray & The Band of Light - Jackson Wellsprings. 7:30 pm. \$20. Acoustic Soul.

GRANTS PASS

DJ FiNaTTiK Dance Party - The Sound Lounge. 9 pm.
Sara and Kenny - Grants Pass Museum of Art. 7 – 9 pm. \$15. Classical, Jazz, Folk.
J'Villains - Cedarwood Saloon. 8 – 11 pm.
Cave Clove - The Haul. 8 pm. Rock.

MEDFORD

Johnny Young - Grape Street Bar & Grill. 7 pm. Country.
Jeff Kloetzel - Larks. 4:30 – 6 pm. Acoustic, Rock.
Yu-Gi-Oh Tournament - Astral Games. 5:30 pm.

TALENT

Eric Leadbetter - Kindred Spirits. 6 pm. Classic Rock, Americana.

Friday, May 31

ASHLAND

The Bouray - Black Sheep Pub & Restaurant. 9 pm. Funk, Hip Hop.
EFUJE - AQUA. 8 – 10 pm.
The Bouray - Black Sheep Pub & Restaurant. 9 pm. \$5. Dance.
Dan Engle and Friends - Oberon's. 6 pm.

CENTRAL POINT

Locash - The Expo. 8:30 – 11:30 pm. Country.

GRANTS PASS

South Stage Revue - Grants Pass Balloon & Kite Festival. 7 – 9 pm.
Bear on Wood - The Tippy Paintbrush. 6:15 – 9:15 pm. \$42.
Floater - Rogue Theater. 8 – 11 pm.
Dos Tacos - The Sound Lounge. 9:30 pm. Rock.

JACKSONVILLE

Danielle Kelly Soul Project - South Stage Cellars. 6 – 8 pm. Soul, Jazz.

MEDFORD

JP Sears - Craterian Theater. 7 pm. \$27.50-30.50. Comedy.
Ruby Rain - Howiee's On Front. 8:30 pm. Rock, Country, Pop.
The Pretty Flowers - Johnny B's. 8 – 11 pm. Indie Rock.
Bekkah McAlvage - Osmo's Alehouse. 6:30 – 9 pm. Folk.

PHOENIX

Buddha - Wine & Brush. 6 – 9 pm. \$40.

TALENT

Magic Lantern - Talent Artisans & Growers Market. 6 – 8 pm. Classic Rock, Pop.

Saturday, June 1

ASHLAND

Danielle Kelly Soul Project - Hearsay. 9 – 11 pm. Jazz, Soul.
Daniel Nickels - Oberon's. 7:30 pm. Acoustic Rock.
Creekside Strings Jam - Black Sheep Pub & Restaurant. 3 – 5 pm.

GRANTS PASS

Johnny Young - Cedarwood Saloon. 9 pm. Country.
Kenobi Productions Refresh DJ Series - The Sound Lounge. 10 pm.

MEDFORD

Waking Hazel and Rachel Baiman - RoxyAnn Winery. 2 – 7 pm. Folk, Bluegrass.
The Juniper Berries and the Music of Frank Ellis - Habaneros Mexican Restaurant. 8:30 –

11:30 pm. Pop.
Tigers of Youth - Howiee's On Front. 9:30 pm. Indie Pop, Rock.

ROGUE RIVER

Ruby Rain - Homestead. 8 pm. Country, Pop.

WOLF CREEK

Lovely - Wolf Creek Inn. 6 – 9 pm. Folk.

Sunday, June 2

ASHLAND

Celtic Music Session - Black Sheep Pub & Restaurant. 2 – 5 pm.
Bhagavan Das - Jackson Wellsprings. 7 – 9 pm. Soul.
Paul Turnipseed Trio - Luna Cafe + Mercantile. 4 – 6 pm. Jazz.
Tigers of Youth - Belle Fiore. 5 pm. Indie Pop, Rock.

CENTRAL POINT

Rick Millward and Nicole Dahl - Rellik Winery. 4 – 6 pm. Rock, Pop.

GOLD HILL

Femme Fatale - Del Rio Vineyards. 3 – 5 pm.

GRANTS PASS

Jen Ambrose - Troon Vineyard. 1 – 4 pm. Soul, Acoustic.
DJ Lion-O - The Sound Lounge. 8 – 11 pm.

JACKSONVILLE

Margo Cilker - Wild Wines. 2 – 6 pm. Country, Folk.
The J Brothers - Daisy Creek Vineyard. 1 – 4:30 pm.

MEDFORD

Leonard Griffie - Medford Center. 1 – 3 pm. Blues.
Demun Jones - Rocky Tonk Saloon. 7 pm. Rock.

Monday, June 3

ASHLAND

Lisa Ornstein and Dan Compton - Headwaters Building. 7:30 pm. \$20. Quebeccois Trad Music.
Open Mic - Oberon's. 9 pm.
ATM Trio - Wild Goose Cafe & Bar. 8 – 10:30 pm. Jazz, Blues.

MEDFORD

Murder Junkies, Not a Part of It, and PX-15 - Medford Pyrate Punx. 7 – 10 pm. \$8. Punk.
MoonCats - Johnny B's. 9 pm. Roots, Folk.
Paul Turnipseed - Larks. 4:30 – 6 pm. Jazz.
Danielle Kelly Soul Project - The Rouge Grape. 5 – 8 pm.

Tuesday, June 4

APPLEGATE

Big Sam's Funky Nation - Applegate River Lodge. 7 pm. Funk.

ASHLAND

Ricky Montijo - Oberon's. 9 – 11 pm. Singer-songwriter.
Pub Karaoke - Smithfields Pub & Pies. 9 pm.
Open Mic hosted by Robbie DaCosta - Black Sheep Restaurant & Bar. 8:30 pm.
Tuesday Night Trivia - Louie's. 7 pm.

GRANTS PASS

Latin Tuesdays - Climate City Brewing Company. 7 pm. \$5.
Jar of Lilacs - Wine & Brush. 6 – 8:30 pm. \$40.

MEDFORD

Southern Oregon Jazz Orchestra - Grape Street Bar & Grill. 7 – 9 pm. Jazz.

Wednesday, June 5

ASHLAND

Maracujá - Grizzly Peak Winery. 7 – 9 pm. \$15. Latin Music.
Blades of Grass - Black Sheep Pub & Restaurant. 8 pm.
The People's Open Mic - Jackson Wellsprings. 8 pm.
Open Mic - AQUA. 8 – 10 pm.

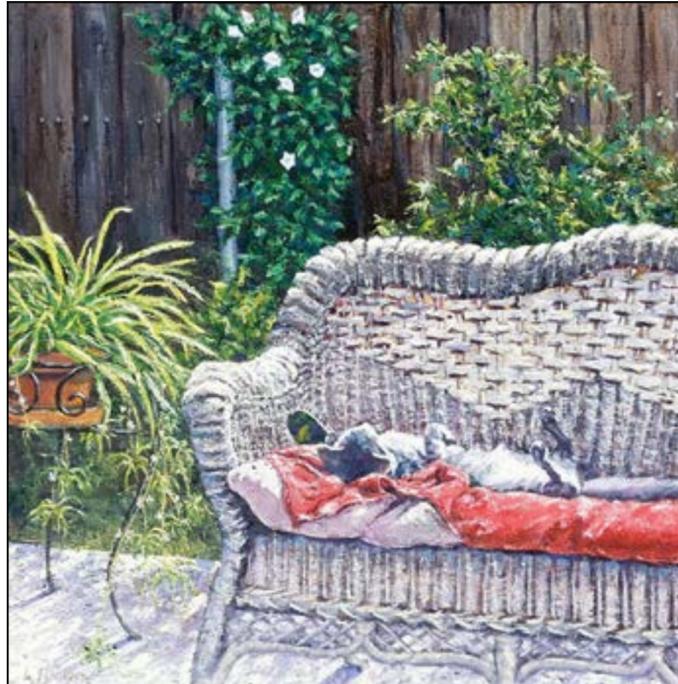
GRANTS PASS

Trivia - SpeakEasy. 6:30 – 8:30 pm.

MEDFORD

Open Jam - Pier 21. 8 pm.
Open Mic Night - Bad Ass Coffee Company. 6 pm.
Lee Stewart - Larks. 4:30 – 6 pm. 🍷

EVENTS



ASHLAND LIBRARY'S ART SALON WILL FEATURE LINDA DIXON'S PAINTINGS IN MAY

Art

SUE SPRINGER AND ROBERT KOCH AT HANSON HOWARD GALLERY

May 3 through June 4. Springer creates quirky ceramic sculptures which are mostly figurative, with a whimsy and freedom of unexpected combinations. For Koch, a successful painting is not only compositionally strong but also has a story to tell. Hanson Howard Gallery, 89 Oak St, Ashland.

JOHN CHRISTER PETERSEN, JO ANN MANZONE, AND GLORIA KATSENBURG AT ASHLAND ART CENTER

Throughout May. John Christer Petersen, a local fine art photographer, primarily exhibits landscapes, seascapes, and architecture from his worldly travels. Jo Ann is a garment maker with a working studio at Ashland Art Center where she creates and teaches. Ashland Art Center, 357 E Main St, Ashland.

TERRY SKIBBY: A LIFE WITH CAMERA

Tuesday, May 21 from 4 – 6 pm. Terry Skibby: A Life with Camera collection recognizes Ashland Historic Commissioner and photographer Terry Skibby for his lifetime of photography here in Ashland. Hannon Library at Southern Oregon University, 1250 Siskiyou Blvd, Ashland.

KATY CAUKER AT ROGUE GALLERY & ART CENTER

Throughout May. Katy Cauker's paintings explore the shape and form of water and the farmlands that surround her home in the Rogue Valley. Rogue Gallery & Art Center, 40 S Bartlett St, Medford.

CAMMY DAVIS AND NADINE GAY AT ROGUE GALLERY & ART CENTER

Through June 21. Davis is an abstract artist whose work has been featured at fine art galleries from Seattle to Palm Springs. Gay is a multi-media artist who has exhibited in the US and France. Rogue Gallery & Art Center, 40 S Bartlett St, Medford.

ART SALON FEATURING LINDA DIXON

Sunday, May 26 at 2 pm. Linda's pieces feature floating panels, recesses, and textures. The paintings begin with layers of transparent color and are often finished with metallic paints. Ashland Library, 410 Siskiyou Blvd, Ashland.

TURMOIL AND TRANQUILITY

June 1 through July 26. International group exhibition of 50 art quilts made by Studio Art Quilt Associates (SAQA) artists. 26 artworks focus on tranquility and 24 artworks focus on turmoil. Grants Pass Museum of Art, 229 SW G St, Grants Pass.

CHARITY HUBBARD AND STUDENT ART SHOW

Throughout June. Charity Hubbard will display her "en plein air" work in the salon. The featured wall will feature student artists' work taught by Hubbard. Art du Jour, 213 E Main St, Medford.

Classes

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. For more information call 541-512-2340, email reception_JCGL@gmail.com, or stop by the Genealogy Library. Jackson County Genealogy Library, 3405 S Pacific Hwy, Medford.

THE FUTURE OF FARMING IS REGENERATIVE

June 9, July 21, Aug. 11, and Oct. 11. The Future of Farming is a six part learning series about Regenerative agriculture. \$30-130. Visit www.ourfamilyfarms.org for more info and to register.

FELDENKRAIS CREATIVITY WORKSHOP FOR WRITERS

Saturday, June 1 from 2 – 5 pm. Discover your optimal process for entering into the mind of your story. Calm the body and free the mind. Write from a deeper place. \$15-30. Go to

www.gabriellepullen.info for more information. Your Life Matters, 235 W Main St, Jacksonville.

CREATIVE GENERATOR

Saturday, June 1 from 10:30 am – 1 pm. Play generates ideas and constraints make things interesting. They send you in new directions and bypass inhibitions. The assignment is to make a figure. Any kind of figure. \$40-45. For more information go to gpmuseum.com.

ON RESTORATION: OUTDOOR WRITING WORKSHOP

Thursday, May 30 from 3 – 7 pm. Led by Artist-in-partnership and writer Tuula Rebhahn, we will enjoy discussion and creative writing in an outdoor workshop. Go to <https://www.vespermeadow.org/new-events/2019/5/30/on-restoration-outdoor-writing-workshop> for more information.

UP-CYCLING COLLAGE STORAGE

Thursday, May 23 from 4:30 – 5:45 pm. Inspired by Marie Kondo and the book "Spark Joy" students will get the basic theories of her organizational methods while crafting one or more collage boxes. \$9. Please register online or call the NMP Nature Center at (541) 488-6606. North Mountain Park, 620 N Mountain Ave, Ashland.

GROWING BERRIES

Wednesday, May 29 from 6:15 – 8 pm. Students will learn the secrets to successfully growing berries, with a focus on blueberries, raspberries and triple crown thornless blackberries. \$20. Please register online or call the NMP Nature Center at (541) 488-6606. North Mountain Park, 620 N Mountain Ave, Ashland.

GRAPEVINE CANOPY MANAGEMENT

Tuesday, May 28 from 5:30 – 7:30 pm. As warm weather approaches, Dr. Alexander Levin helps grape growers to improve fruit-zone cluster and canopy management with proper summer pruning techniques. \$10-15. Register at <http://bit.ly/JacksonMGWorkshops> or call 541-776-7371. OSU Extension Auditorium, 569 Hanley Rd, Central Point.



SPEND YOUR MEMORIAL DAY WEEKEND AT BOATNIK IN GRANTS PASS FOR GAMES, MUSIC, AND BOAT RACES!

GROWING LAVENDER IN SOUTHERN OREGON

Monday, June 3 from 2 – 3 pm. Learn how to grow lavender and identify different varieties with Rosellen Florencechild, Jackson County Master Gardener. Medford Library, 205 S Central Ave, Medford.

Email: events@roguevalleymessenger.com

Community

BALLROOM DANCING

Every Tuesday from 1:30 – 4 pm with lessons starting at 12:30 pm. Every week Square Dance Hall is not only teaching the public how to ballroom dance, but is opening its doors to invite everyone to enjoy the dance together. \$3. Live music by Dave Flick. Square Dance Hall, 3377, Table Rock Rd, Medford.

SUNDAYS IN SPRING AT HANLEY FARM

May 26 from 11 am to 3 pm. Stroll the gardens and visit the orchards, fields, chickens and sheep; join in family-fun gardening activities; enjoy live music; and tour the historic Hanley House. Hanley Farm, 1053 Hanley Rd, Central Point.

SILENT AUCTION AND MUSIC TO BENEFIT EVERY CHILD JACKSON COUNTY

Saturday, May 25 from 2 – 5 pm. Come and join us for a day of fun and music at LongSword Vineyard! Music will be provided by Creekside Strings and all items in the auction aster from local business. LongSword Vineyard, 8555 OR-238, Jacksonville.

A LIFESTORY RETREAT

Saturday, June 1 from 9 am – 4 pm. Join a diverse group of people for a day of exploring, shaping, and sharing life stories. \$85. To register go to <https://thehearthcommunity/event>.

A COMMUNITY STORY EXCHANGE

Thursday, June 6 from 7 – 9 pm. In this special, participatory gathering, Hearth founder Mark Yaconelli will facilitate a story-based process that encourages empathy for ourselves and others through the exchange of personal narratives. Register at <https://thehearthcommunity.com/event>. Rogue Valley Unitarian Fellowship, 87 4th St, Ashland.

CRAFTERS MARKET & HOME SCHOOLER GATHERING

Sunday, June 2 from 12 – 3 pm. This special day is free and open to the public. There will be crafts,



SPEND YOUR MEMORIAL DAY WEEKEND AT BOATNIK IN GRANTS PASS FOR GAMES, MUSIC, AND BOAT RACES!

jewelry, hand-made goods, and books; croquet and horseshoes; mini covered wagons; and sack races. Hanley Farm, 1053 Hanley Rd, Central Point.

1932 LIVING HISTORY TOUR

Saturday, May 25 from 10:30 am – 2 pm. Guests interact with Beekman family members and friends who are in the process of closing up the family home, commenting on current events, and sharing memories of life in the late 1800s. \$5-8. Beekman House Museum, 470 E California St, Jacksonville.

EVENTS



COLLABORATIVE THEATRE PROJECT'S "SILENT SKY" PREMIERS MAY 31 AND RUNS THROUGH JUNE 16.

WATER SAFETY DAY

Saturday, June 1 from 12 – 2 pm. Please join us for a day of water safety, fun, and education as professionals teach pool, lake, and river safety. Rogue Valley YMCA, 522 W 6th St, Medford.

GRANTS PASS BALLOON & KITE FESTIVAL

May 31 through June 2. Throughout the day, watch amazing kites soar and dance across the sky— including the world's largest kite, the American MegaFlag, so big it could hold 30 average school buses! For more information, go to <http://gpballoonfest.com/>.

WALKING HISTORY TOUR

Every Saturday at 10 am through Aug. 31. The tour visits government and commercial buildings, fraternal lodges, and homes that capture the stories of Jacksonville's National Historic Landmark District. Learn more at www.historicjacksonville.org.

BOATNIK

May 23 through 27. All weekend long everyone is invited to Boatnik to enjoy a carnival, boat races, a golf shoot-out, live music, and Brewfest. Riverside Park, 304 SE Park St, Grants Pass.

Kids & Family

FAMILY FUN ARCHERY

Saturdays from 11 am – 12 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. The Grove, 1195 E Main St, Ashland.

SCIENCE WORKS SUMMER CAMP REGISTRATION OPEN

April 1 through June 3 from 10 am – 5 pm. Summer camps at ScienceWorks are an enriching and educational way for youth to spend their summers. Sign up for one week, or the entire summer! Every week at ScienceWorks, summer camps are focused on different science topics

some include Scientific Illustration, Mushrooms, Space, and more! To Sign up for Summer Camps: <https://scienceworksmuseum.org/camps/>. [ScienceWorks Hands-On Museum](https://scienceworks-hands-on-museum.com), 1500 E. Main St, Ashland.

Sports & Outdoor

ARCHERY OPEN SESSION

Wednesdays from 6:30 – 8 pm. Hone your archery skills and learn techniques from other archers, both traditional and modern. The Grove, 1195 E. Main St, Ashland.

FLOWERS NEED FIRE HIKE

Saturday, June 1 from 9 am – 2 pm. Botanist Katelyn Detweiler of The Siskiyou Chapter of the Oregon Native Plant Society will lead a moderately easy hike near the Greensprings. Sign-up for more information about location, carpools and what to bring at <https://www.kswild.org>.

2ND ANNUAL EIGHT DOLLAR MOUNTAIN BOTANICAL AREA STEWARDSHIP WEEKEND

May 24 and 25 from 9 am – 3 pm. Spend a weekend in the Eight Dollar Mountain Botanical Area and participate in a land stewardship project to repair damage and protect the botanical diversity. Sign up online for carpooling and other details: <https://www.kswild.org>.

FINDING BUTTERFLIES AND OTHER WILDERNESS

Thursday, May 23 from 6:30 – 8 pm. Sure to be a visual and intellectual delight! Local author David Lee Myers' new book encourages us to engage nature in our own yards, countryside, and wildish public lands. Northwest Nature Shop, 154 Oak St, Ashland.

TAI CHI WITH PETE

Wednesdays, 10:30 – 11:45 am. Everyone welcome! If you need more info, call director Rick Patsche, 541-702-2585. Or simply arrive

and join in! \$5. Jacksonville Community Center, 160 E Main St, Jacksonville.

MEDFORD ROGUES OPENING DAY

Thursday, May 30 at 6:30 pm. Celebrate opening day with Medford Rogues at Harry & David Field as they take on the California Bees. Go to <http://medfordrogues.com/> for the 2019 schedule. Harry & David Field, 2929 S Pacific Hwy, Medford.

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 for tickets and more information.

SHERLOCK HOLMES AND THE SIGN OF THE FOUR

April 11 through May 26. "Sherlock Holmes & the Sign of the Four" brings Holmes and Watson back to the Cabaret for an adventure. Go to oregoncabaret.com for more information.

SILKWORMS

May 16 through 26. Set in 17th century Italy, a group of Dominican nuns resist the oppressions of their distant male superiors, leading to a potentially fatal standoff that sparks a daring rebellion. \$15-20. Purchase tickets online at oca.sou.edu/box-office or by calling the OCA Box Office at (541) 552-6348.

ANGELS IN AMERICA: MILLENNIUM APPROACHES

May 23 through June 1. Regarded by many critics as the best American play of the last 50 years. It's an eloquent, heartfelt, theatrically thrilling, surprisingly funny examination of the AIDS crisis, fraying relationships, and the soul of America during the 1980's. \$15-20. For more information, go to oca.sou.edu/box-office.

SILENT SKY

May 31 through June 16. Based on true events, "Silent Sky" explores a woman's place in society during a time of immense scientific discoveries, when women's ideas were dismissed. \$18-25. Learn more at ctpmeford.org. Collaborative Theatre Company, 555 Medford Center, Medford.

Presentations

GROWING AND PROPOGATING HEIRLOOMS PLANTS

Sunday, May 26 from 1 – 3 pm. Three local experts will be at the farm, ready to share their knowledge and answer questions. Hanley Farm, 1053 Hanley Rd, Central Point.

AUTHOR MICHAEL NIEMANN AT BLOOMSBURY BOOKS

Thursday, May 23 at 7 pm. Niemann's novel "No Right Way" is about the refugee stream from Syria into Turkey has swelled to unprecedented numbers. Bloomsbury Books, 290 E Main St, Ashland.

AUTHOR CHRIS RUSH AT BLOOMSBURY BOOKS

Thursday, May 30 at 7 pm. "The Light Years" is a joyous and defiant coming-of-age memoir set during one of the most turbulent times in American history. Bloomsbury Books, 290 E Main St, Ashland.

THEATRE TALK

Monday, June 3 at 7:30 pm. Theatre Talk, now in its 8th season, delves into how guests' personal experiences merge with their professional and creative life. \$10. See website for details: www.ashlandnewplays.org. Carpenter Hall, 44 S Pioneer St, Ashland.

REIMAGINING GRIEF & GRIEVING

Thursday, May 30 at 7 pm. Find out which factors and tools contribute to emotional health and wellbeing when responding to death. \$25. Register at jennifermathews.com. Hidden Springs Wellness Center, 1651 Siskiyou Blvd, Ashland.



JUDY TONN TALKS ABOUT QUILTS AND GENEALOGY AT JACKSON COUNTY GENEALOGY MAY 28.

QUILT AND GENEALOGY TALK

Tuesday, May 28 from 1:30 – 2:30 pm. Judy Tonn is the guest speaker at the June Rogue Valley Genealogical Society's Quilt and Genealogy talk. Jackson County Genealogy Library, 3405 S Pacific Hwy, Medford.

EVENTS



JUNE 1 JOHN MCKELGOTT WILL SHARE HIS EXPERIENCES WORKING WITH FIRE LOOKOUTS IN OUR NATIONAL FORESTS.

APPLEGATE FIRE LOOKOUTS
Saturday, June 1 from 2 – 4 pm. John McKellgott, Ranger with the Siskiyou Mountains Ranger District, will share his joys of working at and visiting historical fire lookouts in our National Forests. Applegate Library, 18485 N Applegate Rd, Applegate.

FROM GOLD MINES TO WOODLAND TRAILS
Tuesday, June 4 at 7 pm. Larry Smith will tell the captivating story of how a group of Jacksonville fifth graders gained national attention for their efforts to help protect Jacksonville's natural and cultural heritage. Four Daughters, 126 W Main St, Medford.

A CENTURY OF FELLOWSHIP: THE UNIVERSITY CLUB
June 5 and Medford Library and June 12 at Ashland Library from 12 – 1 pm. Ron Kramer will share the story of how the Rogue River University Club influenced the development of the Rogue Valley.

WORD UP: 3 POETS' RESPONSE TO THE CLIMATE CHANGE CRISIS
Monday, June 3 at 7 pm. All three poets will speak from their perspectives and read from their own work, but with a common concern for the people and creatures being uprooted by climate chaos. Bloomsbury Books, 290 E Main St, Ashland.

RCC MASSAGE THERAPY PROGRAM MEETINGS
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." For more information, visit www.roguecc.edu/massage. RCC Redwood Campus, Building M, Room 1, 3345 Redwood Hwy, Grants Pass.

WOMEN'S FEMINIST CONSCIOUSNESS-RAISING GATHERING
Sundays from 3:30 – 5:30 pm. This group is for women to gather and discuss feminist issues amongst one another. Boss Up Studio, 1 W 6th St, Medford.

THIS MOMENT IS YOUR MIRACLE STUDY GROUP
Fridays, May 24 through 31 at 7 pm. Classes in applying spiritual tools to transcend fear and experience the power of the present moment. \$10-20. RSVP at meetup.com/ACIM-Ashland. Talent Library, 101 Home St, Talent.

SOUTHERN OREGON CLIMATE ACTION NOW MEETING

Tuesday, May 28 at 6 pm. The meeting will explore what is happening to insects and why with Kristina Lefever from the Pollinator Project, Recovering Entomologist Alan Jouret, and Robert Coffan from Southern Oregon Monarch Advocates. Medford Library, 205 S Central Ave, Medford.

ASHLAND DEATH CAFE
Wednesday, June 5 at 7 pm. Explore how death can inform and inspire the way we live. Come together in a relaxed setting to discuss death, drink tea, and eat delicious sweets. \$10. Space limited, registration required. Go to AshlandDeathCafe.com to learn more information.



ALONG WITH TWO OTHER POETS MANY ORESCAN CAMPOS WILL SHARE HER POETRY AT BLOOMSBURY BOOKS JUNE 3.

DRAFT LITHIA PARK MASTER PLAN REVIEW MEETING
May 28 through 31. To ensure the Lithia Master Plan continues to reflect community input, please go to bit.ly/LithiaParkMP, to download and review the draft Master Plan and then follow the link to a Public Comment Form.

SAVING WELLINGTON
Sunday, June 2 from 1:30 – 3 pm. Our featured film is created by local film makers, Greeley Wells and Ed Keller, and explores the rare and diverse landscape of the nearby Wellington Wildlands. Medford Library, 205 S Central Ave, Medford.

Food

ROGUE VALLEY GROWERS & CRAFTERS MARKET
March 7 – Nov. 21 on Thursdays from 8:30 am – 1:30 pm. Hawthorne Park, Medford.
March 5 – Nov. 26 on Tuesdays from 8:30 am to 1:30 pm. National Guard Armory, 1420 E Main St, Ashland.
Mid-April to late September on Fridays from 4 pm – 7 pm. Jubilee Park, 307 S Junction Ave, Cave Junction

Wellness

COMMUNITY COUNSELING CENTER
The Community Counseling Center offers low cost, sliding-scale, professional counseling for individuals, couples, adolescents, families and children. \$40. Visit www.cccofashland.com or call 541-708-5436 for more information. The Phoenix Clubhouse, 310 N Main St, Phoenix.

AWARENESS THROUGH MOVEMENT WEEKLY FELDENKRAIS CLASS
Wednesdays from 10 – 11:30 am. Unwind Your Spine! Mindful moves to regain lost mobility. We've all been brainwashed to believe decrepitude is inevitable after 50. Learn resilience for flexibility in mind and body. \$15-50. Learn more info at www.gabrielepullen.info. Feldenkrais Studio, 235 W. Main St., Jacksonville.

HEALTHY BACKS AND PAIN RELIEF
Mondays from 10 am – 1:15 pm. Patricia Holman will guide you in movement explorations designed to wake up your mind/body/soul for learning. Experience immediate and lasting results in this 10 week series. \$16-140. Call to Inquire & pre-register at 414-535-7283. 207 Granite St, Ashland.

EMBODYING MOVEMENT
Mondays, June 3 through August 5 from 9 – 10:15 am. Discard old, useless movement habits and conditioning that diminish your vitality, creativity, and health. \$17-120. 207 Granite St, Ashland.

YOGA AT NORTH MOUNTAIN PARK
Thursdays, May 30 through June 27 from 4 – 5 pm. Cultivate focus, strength, and flexibility with an active, flowing, Vinyasa class. \$5-25. Please register online or call the NMP Nature Center at (541) 488-6606. North Mountain Park, 620 N Mountain Ave, Ashland.

Find more at RogueValleyMessenger.com
Email: events@roguevalleymessenger.com

Plant Wisdom Workshop

WITH ARIN FUGATE & ALCHEMIST SHANNA LYNN

JUNE 21ST AT 11 AM TO 12:30PM
AT THE LITHIA SPRINGS RESORT IN ASHLAND
COST: \$20

You will experience crystal bowl sound healing with vocal alchemy led by Shanna Lynn and a guided meditation led by Arin Fugate of Jasmine & Juniper. Everyone will be gifted a botanical bath salt mixture!

TICKETS AT PLANTWISDOM.EVENTBRITE.COM JASMINEANDJUNIPER.COM QUESTIONS - CALL ARIN 503.552.1291

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BY VANESSA NEWMAN



CAITLIN JEMMA AND BART BUDWIG CREDIT: JACQUI AUBERT

“Folk is music for the people,” says Jacqui Aubert, one of the two founders of Ashland Folk Collective. She and her partner, Dan Sherrill, who also works for the Oregon Shakespeare Festival, began the collective in 2017. The focus is on “progressive” folk defined as original music by singer/songwriters predominantly. “It is not world music or traditional folk,” Aubert explains. Ashland Folk Collective produces concerts at venues such as the Headwaters Building in Ashland, Carpenter’s Hall at OSF, and Fry Family Farm in Medford. They also hope to offer shows at Southern Oregon University’s recital hall soon. Both Sherrill and Aubert were touring musicians and began the Collective to keep folk music

alive in the Ashland area. Aubert says, “We are basically curating a music scene. Most of the artists coming through are doing well in the United States, but they are not known in Ashland yet.” In the beginning, Aubert went and saw every performer live before booking them, but now she has more musicians than she can respond to and lately relies on referrals from other performers. The concerts the Collective promotes are intimate, listen to the instruments and stories told in between songs, alcohol-free events. “We want people to be able to sit down and hear storytelling. Listening to the words is important because it is a pretty crucial element of the performance.” With so many musicians reaching out to Aubert, it is

difficult to choose. Part of the selection process is finding out how they “walk in the world,” what their personalities are like, and what messages they are sharing. The collective has just completed a crowdfunding campaign to raise money to provide living wages to performers and to offer specialty educational workshops from guest artists. Funding a non-profit is an ongoing task and the Collective is still a new business. But they are hopeful about opportunities in this area and they have several concerts coming up soon. The next will be held on May 23 and features Caitlin Jemma and Bart Budwig. Aubert explained to the Messenger how she found the duo. “An artist named John Craigie

introduced me to Bart Budwig. Artist recommendations are super helpful. It’s like having a chef tell you the best restaurants in town. I have seen Caitlin Jemma perform at Country Fair and Bart Budwig performed last year with the Shook Twins. They are both beautiful vocalists and true song writers. Caitlin has more of a county feel delivered with soul whereas Bart is a classic folk artist with a spin, as he is also a trumpet player. What’s special about hosting these artists together is that they have toured together in the past so they will join in on each other’s sets!”

The following show on June 13 features Max Gomez and Erisy Watt. Gomez has a “folk and Western sound that is both cosmic and cowboy.” He released his debut album in 2013 called, *Rule the World* and has played with the likes of John Hiatt and Shawn Mullins. Erisy Watt, from Portland, has an LP due out at the end of July. Her voice and lyrics are ethereal. And on July 17, John Craigie also from Portland will perform in Medford. He is, known for his humor, masterful storytelling and ad-lib antics.

Being a nonprofit, the Collective relies on funding from ticket sales and donations.

To support them and the artists they bring into town, you can check out their upcoming shows below or check out their website for ways to donate at ashlandfolkcollective.com.

CAITLIN JEMMA & BART BUDWIG
7 – 9 pm, Thursday, May 23
Headwaters Building
84 4th Street, Ashland

MAX GOMEZ WITH GUEST ERISY WATT
7 – 9:30 pm, Thursday, June 13
Fry Family Farm
2184 Ross Lane, Medford

JOHN CRAIGIE
7 – 9:30 pm, Wednesday, July 17th
Fry Family Farm
2184 Ross Lane, Medford

Rogue Sounds

Which Way? Intuitive Compass' Four Winds Calling

BY JOSH STIRM

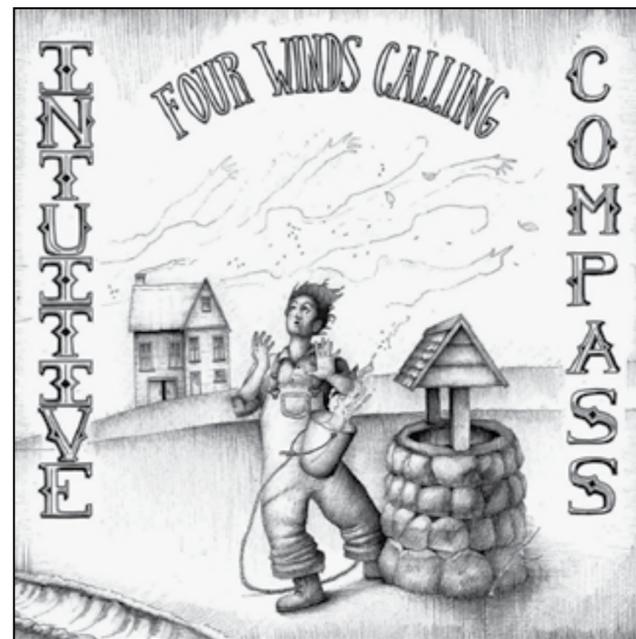
Intuitive Compass is a band from Applegate, Oregon comprised of Jason Dea West and Aurelia Anne Cohen. Self-described as “Purveyors of ‘Original Western Folk Music,’” Intuitive Compass plays straight-up folk music. With a lot of artists today attempting to take traditional forms of song and bend them into a modern shape, it is quite refreshing to hear a band who is truly paying homage to the classics. Even on their new record, titled *Four Winds Calling* they stay true to this vision.

The record begins slightly left of center with a couple dissonant chord flashes, coming together quickly with a very catchy “hoo-hoo-haw” chorus. Something that immediately stands out about this record is the production. It’s not every day one hears a folk record that sounds this put together.

The record continues on into the mournful “Heroes Unsung.” This track sees Cohen take over lead vocals from West, helping to broaden the emotional impact of the song. One gets the sense that Intuitive Compass’ throwback sound is more than an affectation in this song, with them singing lines like “this was their home, where the buffalo roam, and freedom was more than a word; run where they would, or eat where they stood, with nary a border or law.” It’s hard to hear these lyrics without their political implications, but I’d wager that’s exactly the kind of double-meaning the band is going for.

The album continues on through the beautiful “Beads Around My Neck,” picking up the pace a hair. This track returns lead vocal duty back to West just in time for him to sing his woes about there being “no more cowboy poetry.” One of the beautiful things about Intuitive Compass in their ability to turn lyrics like this into something special. If uttered by anybody else, that line might come across as hokey or disingenuous, but not in these hands.

The sixth track on the album, titled “Ghost Horse” is perhaps one of its most whimsical. Featuring no lead vocal (at least none with lyrics), the track appears to be a sort of interlude to help the album along. It’s a really nice way to let the record breathe, especially in an instance such as this where the lyrics are of such importance to the songs. The record ends with the distinctly upbeat “Goodbye Josephine,” reading as a sort of love letter to the hills of southern Oregon. Somehow Intuitive Compass return something to folk music (at least locally) that has been desperately lacking in recent years: A heart.



This year’s Music Sampler available for download at RogueValleyMessenger.com
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Art Watch

A Day of Storytelling A Lifestory Retreat at The Hearth

BY JORDAN MARIE MCCAW

As flowers bloom and birds soar from tree to tree in the calming landscape of Greensprings, people gather to listen to one another and tell their stories. Saturday, June 1 the Hearth will host a Lifestory Retreat to help participants dig into their lives and better tell their stories. Retreat Leader and Founder Mark Yaconelli says the retreat provides participants with the chance to listen and be apart of one another's experiences. The goal of the retreat is to instill one of the greatest gifts one can give to another: a listening ear and understanding. "We're living through a time of increased polarization and division," he says. "A time of increased loneliness and technological isolation. Recent studies show that our capacity for empathy is lacking. One of the ways you bridge divisions and cultivate compassion is by sitting face to face and sharing your story." As the leader, Yaconelli will facilitate reflective exercises to help everyone to dig into their past experiences. "We'll also engage in a variety of listening exercises to help people recall what it means to really hear another person. And then most of the day will be sharing life stories in small groups," he explains. "My role as the retreat leader is first of all to help everyone take a deep breath and let themselves slow down, take in the world around them, take in their own life, feel the goodness of being with other people who are struggling in the same direction." He plans for participants to learn how to reflect on their own experiences and to appreciate the experiences of others, as well as their openness to share their stories. He considers a part of this retreat as "sacred leisure." He adds the advantage of having the retreat at Greensprings is the beautiful outdoors the location offers. Near the end of the day, participants will get 30 minutes to tell their story to a small group. Yaconelli says participants are often hesitant at the



CREDIT: A LIFESTORY RETREAT

length of time, afraid it'll be too long for their story, but by the end of the 30 minutes the speaker has usually shared an abundance of experiences. Yaconelli says, "One of the greatest gifts we can give one another is a good question and a patient, listening ear." A Lifestory Retreat will give participants just that, a time of reflection, listening, and storytelling.

A LIFESTORY RETREAT
9 am - 4 pm, Saturday, June 1
The Oregon Extension Greensprings,
15097 OR-66, Ashland
\$85

FOOD & Drink

Over the Moon Luna Mexican Cuisine in Medford

BY VANESSA NEWMAN

Open for six weeks only, and I am already over the moon about Luna Mexican Cuisine in Medford. Luna is situated in the Harry and David shopping plaza not far from McGrath's. I recommend you let the crescent shape guide your way because the sign lettering is difficult to read from the street. Yet, there is enough parking which is rarer than a lunar eclipse in the Rogue Valley! Entering this restaurant feels like finding an upscale surprise in a Spanish villa with ionic columns and one giant anthropomorphic sun on the back wall. I was entranced by the skilled interior designer but my teenage son who was with me, as always, was motivated by the food.

We waited in a booth with unusually comfortable benches and succumbed to the ambience and anticipation of great eats. Within moments, we were offered drinks and next a bowl of chips, salsa, and refried beans. My friend who originally suggested the eatery arrived to join us. Mexican is one of her favorite foods and having worked in the food and beverage industry for over 20 years, she would judge the experience fairly. This new eatery is owned by Eduardo Flores who was as charming as the restaurant - all smiles and jokes and tolerance for our not-so-great Spanish pronunciation. He even plans to expand seating soon.

The menu at Luna is robust with fourteen appetizers alone, so it took a "Mexican minute" (as Flores referred to it) to study all options and take in the prices. We would not be able to go there every week but when in Rome, I mean Mexico, (the columns got me confused), you know what they say... I ordered the Pork fajitas which came with sour cream, rice, refried beans, guacamole and a sizzling plate of pork, green and red peppers, onions and a special sauce that had a distinct citrus taste. It was satisfying and refreshing without being overpowering. And of course, I got tortillas to complete my order. There was no way I would be able to eat everything in one sitting. Not true for my son. He ordered the Macho Burrito. "It is the size of a small child!" my friend exclaimed. When I sampled it, the first thing that struck me was the beans did not taste like they came out of a can. Everything tasted fresh and each flavor was distinguishable.

My friend ordered a Hornitos® Añejo Tequila on the rocks with salt which came in a classic Margarita glass while my son and I drank multiple glasses of water to try to slow down the gustatory experience to no avail. The food was too good. Her main dish was the Camarones Borrachos which means "drunken shrimp." They like Tequila too. But I will take a drunken shrimp over a

drunken chicken any day (which was also on the menu). The shrimp were large, flavorful and tasted saucy. Probably the most interesting menu item was the Molcajete which is a "hot stone bowl filled with homemade salsa grilled steak, chicken, Mexican sausage, melted cheese, Mexican cheese, covered with bacon, onion, jalapenos and nopales (Mexican cactus)." They also had a Xango cheesecake - a flour tortilla fried with cheesecake inside it and ice cream on top drizzled with caramel. That is on my list.

When we left the establishment at 7 pm, there was hardly a table available. I do think expansion may be in their future! The bill was around \$60 for the



SIZZLING PORK FAJITAS
CREDIT: VANESSA NEWMAN

three of us. More drinks and it would have increased rapidly but I might not have really cared either. Open 11 am to 9 pm daily, there is plenty of reason and opportunity to visit Luna Mexican Cuisine.

LUNA MEXICAN CUISINE
10:30 am - 9:30 pm, 7 days a week
1310 Center Dr., Medford
(541) 816-4615

Seventy Beer Samples? Yes, Please! Boatnik Brewfest Benefits Both Beer Drinkers and Local Kids

BY NICK BLAKESLEE



CREDIT: BOATNIK BREWFEST

One of the greatest things about this region is that I'm still discovering stuff after eight years of living here. Prior to this week, I had no idea that Grants Pass held an annual brew festival. They've tacked it on with their yearly event, Boatnik—which is kind of like a carnival but there's much more to it than simple games and bear claws

(though those are present, too). It's been happening since the late 50's. It includes things like boat races, raffles, drag races, and more. But I'm here to talk about the beverage side of things. The Brewfest started seven years ago, and growing steadily with every year. I had the opportunity to speak with Rich Bush, a beer enthusiast who also

happens to be the Lead Chair for the event. He's been at it for a handful of years, and, surprise, he seems to love it. It takes a lot of work to organize an event of this size, but I never heard a hint of exasperation or frustration, even when talking about governing bodies like OLCC.

He told me there will be roughly 70 different beers available, from about 30 breweries; the locals, like Arch Rock, Caldera, Osmo's and Standing Stone, as well as the larger, more well-known breweries like Sierra Nevada and Ninkasi. There's going to be a few ciders there as well. One thing I really appreciate about Rich is his candor. He was excited about the event, but it didn't feel like he was trying to sell it to me. It truly was something he was pumped for. At one point in the phone interview,

his voice dropped conspiratorially, I could imagine him leaning down lower as he said, "There's even gonna be a roll-out special stout from Ninkasi." I was his beer friend he was sharing secrets with.

He doesn't like that IPAs have started to take over; not that he doesn't enjoy an IPA from time to time, but variety is nice. So he's asked as many of his vendors as possible to bring roll-out beers, or those that haven't been sold yet, especially those that aren't the typical IPA we've all been smothered with.

BOATNIK BREWFEST
1 - 6 pm, Saturday, May 25
1 - 7 pm, Sunday, May 26
Riverside Park Softball Field,
304 E. Park Street, Grants Pass
boatnikbrewfest.com
\$20, includes seven 4oz tasters of beer.
More tastes can be purchased for the fair price of \$5 for 5.

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WELLNESS

Bean Burger Bliss

From Dr. Dan's Recipe Book

BY DR. DANIEL SMITH

Once a year, instead of focusing on a health topic, I like to publish my latest favorite recipe. This year I am going to offer a real gem: Middle Eastern Chickpea Burgers. I have to say that it took a long time to find a bean burger that I liked. I find most of them to have an unpalatable texture. Not so with these burgers, especially if you are a fan of falafel. I don't mean the Americanized version of falafel that is a culinary nightmare, deep fried in trans-fat oils. These burger are similar to falafel done right, both wholesome and nutritious. Here the secret ingredient is the basmati rice, which holds the chickpea mixture together and creates a complete protein (due to the presence of methionine for you obsessive bookworms out there). Its flavor arises from the inclusion of the perfect blend of spices. These burgers go well on a whole wheat bun, but can be just as tasty without one, perhaps

as a side to a salad. The original recipe comes from Rebecca Katz's *The Cancer Fighting Kitchen*.

There are a number of reasons why this burger works for me, apart from its wonderful taste. It has a quick prep time (15 minutes), it freezes well for future meals and my six year old son loves them. I also enjoy making recipes from fresh foods. For example, rather than choosing to use canned beans, I use fresh beans that need to be soaked and cooked. This adds a short amount of prep time, but imparts a better flavor to the burgers. From a medicinal perspective, these burgers provide a decent amount of protein (3 grams) and only a moderate amount of carbohydrates (15 grams). Garbanzo beans have a very low glycemic index, meaning they will not cause a rapid rise in blood sugar. They have also been demonstrated to reduce sugar cravings. The benefits of the included

spices are too voluminous to be included in just a few sentences but here are a few: Turmeric is extolled in many cultures for its virtues including its potent anti-inflammatory effects, its use as a digestive aid and its cleansing properties. More recently, studies show that the powerful healing properties of turmeric can help to prevent and treat serious diseases, including Alzheimer's disease, cardiovascular disease, rheumatoid arthritis, and type-2 diabetes. Research suggests that turmeric enhances our ability to protect ourselves against cancer and supports conventional cancer treatments, including chemotherapy and radiation. And cinnamon is one of the most potent herbs capable of lower one's blood sugar and increasing insulin sensitivity. But enough about the health benefits...I encourage you to dive into this wonderful recipe and taste it for yourself! 🍷



DR. DANIEL SMITH

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



Bean Burger Bliss

- 2 cups chickpeas, soaked 4-8 hours, drained and cooked
- 2 1/2 cups brown rice. I also soak the rice for 4-8 hours. Drain and cook.
- 1/2 tsp sea salt
- 1/2 tsp turmeric
- 1/2 tsp paprika
- 1/4 tsp ground cumin
- 1/4 tsp ground coriander
- 1/8 tsp cinnamon
- 2 tsp minced garlic
- 1 tsp minced fresh ginger
- 1 organic egg, beaten
- 3 Tbs extra virgin olive oil
- 2 Tbs juice of a freshly squeezed lemon
- 1/4 cup loosely packed minced parsley
- Optional: 3 Tbs finely diced red pepper

Preheat the oven to 375 degrees and line a baking sheet with parchment paper. Combine the cooked chickpeas, salt, turmeric, paprika, cumin, coriander, cinnamon, garlic, ginger, egg, olive oil and lemon juice in a food processor and process until smooth and well combined. Transfer to a bowl and fold in the rice, bell pepper and parsley. Moisten your hand to keep the mixture from sticking, then shape the mixture into 1/4 to 1/2 inch thick patties about 2-3 inches in diameter. Place them on the prepared pan and bake for 25 minutes. For a crispier burger, heat 2 tsp olive oil in a skillet and cook over medium heat for about three minutes.

Yum! Yum! Yum! Yum! Yum! Yum! Yum! Yum! Yum! YUM!

Go Here

Hikes Worth Finding Middle Fork and Frog Pond Trail

BY JORDAN MARIE MCCAWE

Just when it feels like you've hiked everywhere in Southern Oregon, there are always new trails to discover, especially when warm weather rolls around.

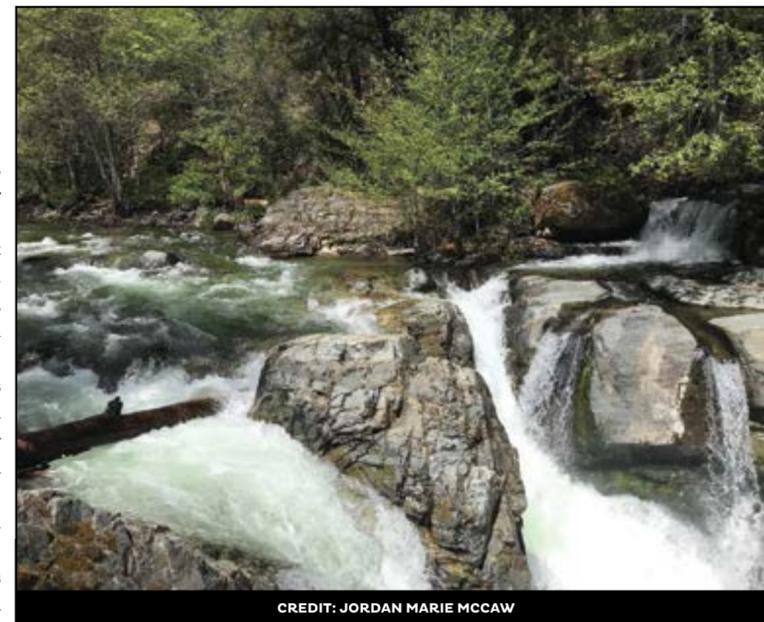
A trail less travelled but by no means less enjoyable is Middle Fork Trail in Rogue River-Siskiyou National Forest near Applegate Lake. The trail is horse accessible, offers hikers several swimming holes, and has multiple varieties of trees and plants along the trail. The trail is over five miles and has two access points.

If coming from Upper Applegate Road, when the paved road turns into gravel, follow the road for a little over half five miles until you reach Middle Fork Trailhead in the bend of 1035 Road. There's plenty of room to park alongside the road and is the best entry point with horses.

The trail is light to moderate and connects to Frog Pond Trail and Cameron Meadows Trail.

According to United States Department of Agriculture, the trails had thorough maintenance completed in 2016. The nearly five and a half miles takes hikers through meadows and has rock cairns place strategically placed along the trail to keep hikers on track. Eventually during the hike, the trail becomes steep, ascending around 1,870 feet. Hiking Project suggests beginning on the Frog Pond Trail side if one wants to experience less steepness. The trails do not loop and are open between Spring and Fall.

These trails are ideal for summer hikes, allowing hikers to jump into the river and cool off, or to experience the myriad of plant and wildlife around them. Along Road 1035 there are several viewpoints of waterfalls, as well as several



CREDIT: JORDAN MARIE MCCAWE

turnoff points to enjoy a picnic or build a small, controlled fire. The views of the waterfall aren't far from the road, but there's enough area to explore to turn a scenic drive into a hike.

Enjoy an afternoon or early morning on one of these trails that don't see as many visitors as Table Rock or Roxy Ann annually. Don't let gravel roads or no cell service deter you. Middle Fork and Frog Pond Trails are just as enjoyable and breathtaking, offering views of Southern Oregon you can't get anywhere else. 🍷



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Festy Season . . . On Weed

It's that time again: "Festy" or Festival Season. A time when good weather permits great gatherings. May has arrived signaling the climate is almost ripe to let your world-tribe member out. I am probably not considered a traditional "hippie" by any means but I am ever implored to pay my respects to the counterculture that embodies the spirit of the keepers and protectors of the world's most important, still illegal plant. Something primal draws me to the freedom of love and expression that is inherent in these music, art and culture gatherings. Perhaps because they are usually cannabis friendly in spirit, if not in the actual cannabis sacrament being consumed by patrons.

Since the season is just kicking off, I thought it would be a good time to share some of the festivals that are either marketed directly to the cannabis community, or can at least be enjoyed *wink* by the same fine citizens that now enjoy legal cannabis in these locales.

June 15 - 16: Oregon Hemp Fest, Oakland: A weekend of Oregon's cannabis community in true form and on display—vendors, food, etc. The VERY best part on this one though is that I will be there! That's right, Local Smoke Radio, The voice of the cannabis community, will have a booth set up and yours truly, The CANNAvangelist, will be conducting interviews throughout the event. Please feel welcome to stop by and say hello.

August 2 - 4: Reggae on the River, French's Camp, CA. An annual music festival in Northern California along the south fork of the Eel river. 35 years running, this cultural gathering is one of the premier live-reggae concert—and a destination for hundreds, from Jamaica to Humboldt. And if you're asking what does that have to do with weed, um . .

August 16 - 18: Hemp Fest, Seattle, WA. The largest cannabis convocation in the world. A flagship event of the global cannabis culture, and celebrating its 28th year. A sophisticated and socially responsible cannabis rally, and one that totes (and tokes) its free speech, this event drives home points about policy reform and legal underpinnings. Why not finally make a hajj to the holy grail of cannabis festivals this year? June to October. OSF Ashland.

*Remember, the *Rogue Valley Messenger* only condones LEGAL aspects of Marijuana. Please be aware of the laws that govern the festival you are attending. Don't do anything Roo wouldn't do!

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FREE WILL ASTROLOGY Week of May 23

GEMINI (May 21-June 20): If there were a Hall of Fame for writers, Shakespeare might have been voted in first. His work is regarded as a pinnacle of intellectual brilliance. And yet here's a fun fact: The Bard quoted well over a thousand passages from the Bible. Can you imagine a modern author being taken seriously by the literati if he or she frequently invoked such a fundamental religious text? I bring this to your attention so as to encourage you to be Shakespeare-like in the coming weeks. That is, be willing to draw equally from both intellectual and spiritual sources; be a deep thinker who communes with sacred truths; synergize the functions of your discerning mind and your devotional heart.

CANCER (June 21-July 22): "People will choose unhappiness over uncertainty," writes Cancerian author and entrepreneur Timothy Ferriss. He doesn't do that himself, but rather is quite eager to harvest the perks of dwelling in uncertainty. I presume this aptitude has played a role in his huge success; his books have appeared on bestseller lists and his podcasts have been downloaded more than 300 million times. In telling you this, I'm not encouraging you to embrace the fertile power of uncertainty 24 hours a day and 365 days of every year. But I am urging you to do just that for the next three weeks. There'll be big payoffs if you do, including rich teachings on the art of happiness.

LEO (July 23-Aug. 22): Many eighteenth-century pirates were committed to democracy and equality among their ranks. The camaraderie and fairness and mutual respect that prevailed on pirate ships were markedly different from the oppressive conditions faced by sailors who worked for the navies of sovereign nations. The latter were often pressed into service against their will and had to struggle to collect meager salaries. Tyrannical captains controlled all phases of their lives. I bring this to your attention, Leo, with the hope that it will inspire you to seek out alternative approaches to rigid and hierarchical systems. Gravitate toward generous organizations that offer you ample freedom and rich alliances. The time is right to ally yourself with emancipatory influences.

VIRGO (Aug. 23-Sept. 22): Don't wait around for fate to decide which decisions you should make and what directions you should go. Formulate those decisions yourself, with your willpower fully engaged. Never say, "If it's meant to be, it will happen." Rather, resolve to create the outcomes you strongly desire to happen. Do you understand how important this is? You shouldn't allow anyone else to frame your important questions and define the nature of your problems; you've got to do the framing and defining yourself. One more thing: don't fantasize about the arrival of the "perfect moment." The perfect moment is whenever you decree it is.

LIBRA (Sept. 23-Oct. 22): In the coming weeks, I hope you'll regularly give yourself to generous, expansive experiences. I hope you'll think big, funny thoughts and feel spacious, experimental emotions. I hope you'll get luxurious glimpses of the promise your future holds, and I hope you'll visualize yourself embarking on adventures and projects you've been too timid or worried to consider before now. For best results, be eager to utter the word "MORE!" as you meditate on the French phrase "joie de vivre" and the English phrase "a delight in being alive."

SCORPIO (Oct. 23-Nov. 21): According to Popular Mechanics magazine, over three million sunken ships are lying on the bottoms of the world's oceans. Some of them contain billions of dollars' worth of precious metals and jewels. Others are crammed with artifacts that would be of great value to historians and archaeologists. And here's a crazy fact: fewer than one percent of all those potential treasures have been investigated by divers. I bring this to your attention, Scorpio, because I hope it might inspire you to explore your inner world's equivalent of lost or unknown riches. The astrological omens suggest that the coming weeks will be an excellent time to go searching for them.

SAGITTARIUS (Nov. 22-Dec. 21): "Some days you need god's grace," writes poet Scherezade Siobhan. "On other days: the feral tongue of vintage whiskey and a mouth kissed by fire." I'm guessing, Sagittarius, that these days you might be inclined to prefer the feral tongue of vintage whiskey and a mouth kissed by fire. But according to my astrological analysis, those flashy phenomena would not motivate you to take the corrective and adaptive measures you actually need. The grace of god—or whatever passes for the grace of god in your world—is the influence that will best help you accomplish what's necessary. Fortunately, I suspect you know how to call on and make full use of that grace.

CAPRICORN (Dec. 22-Jan. 19): Capricorn poet William Stafford articulated some advice that I think you need to hear right now. Please hold it close to your awareness for the next 21 days. "Saying things you do not have to say weakens your talk," he wrote. "Hearing things you do not need to hear dulls your hearing." By practicing those protective measures, Capricorn, you will foster and safeguard your mental health. Now here's another gift from Stafford: "Things you know before you hear them—those are you, those are why you are in the world."

AQUARIUS (Jan. 20-Feb. 18): "Love is an immoderate thing / And can never be content," declared poet W. B. Yeats. To provide you with an accurate horoscope, I'll have to argue with that idea a bit. From what I can determine, love will indeed be immoderate in your vicinity during the coming weeks. On the other hand, it's likely to bring you a high degree of contentment—as long as you're willing to play along with its immoderateness. Here's another fun prediction: I suspect that love's immoderateness, even as it brings you satisfaction, will also inspire you to ask for more from love and expand your capacity for love. And that could lead to even further immoderate and interesting experiments.



PISCES (February 19 - March 20): You will know you are in sweet alignment with cosmic forces if you have an impulse to try a rash adventure, but decide instead to work on fixing a misunderstanding with an ally. You can be sure you're acting in accordance with your true intuition if you feel an itch to break stuff, but instead channel your fierce energy into improving conditions at your job. You will be in tune with your soul's code if you start fantasizing about quitting what you've been working on so hard, but instead sit down and give yourself a pep talk to reinvigorate your devotion and commitment.

ARIES (March 21-April 19): In the coming weeks, I suspect you will have the wisdom to criticize yourself in constructive ways that will at least partially solve a long-standing problem. Hallelujah! I bet you will also understand what to do to eliminate a bad habit by installing a good new habit. Please capitalize on that special knowledge! There's one further capacity I suspect you'll have: the saucy ingenuity necessary to alleviate a festering fear. Be audacious!

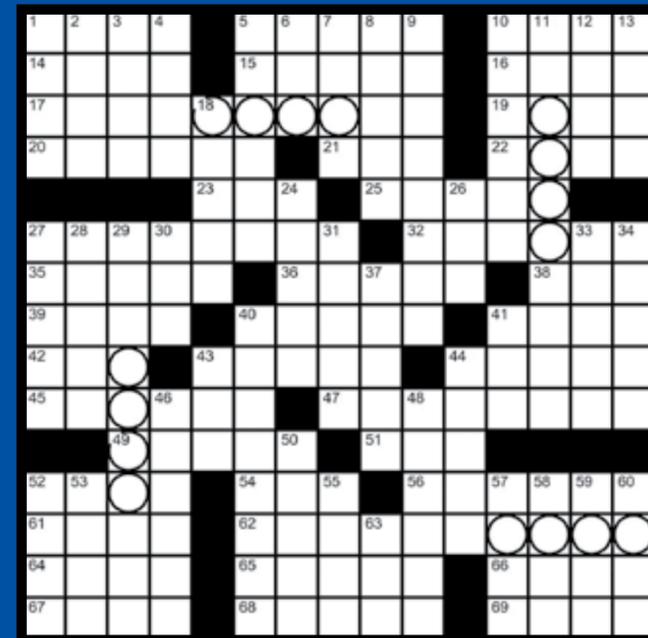
TAURUS (April 20-May 20): What standards might we use in evaluating levels of sexual satisfaction? One crucial measure is the tenderness and respect that partners have for each other. Others include the ability to play and have fun, the freedom to express oneself uninhibitedly, the creative attention devoted to unpredictable foreplay, and the ability to experience fulfilling orgasms. How do you rate your own levels, Taurus? Wherever you may currently fall on the scale, the coming months will be a time when you can accomplish an upgrade. How? Read authors who specialize in the erotic arts. Talk to your partners with increased boldness and clarity. While meditating, search for clues in the depths.

[Editor: Here's this week's homework:]
Homework: Make up a secret identity for yourself. What is it? How do you use it?

REC ROOM

A FEW GOOD TURNS

CYCLING THROUGH.
- MATT JONES



ANSWERS AT ROGUEVALLEYMESSENGER.COM

Across

- Baked, so to speak
- Cocoa substitute
- Talk show host who's somehow board-certified
- Cookie with a "Game of Thrones" variety in 2019
- "Battlestar Galactica" commander
- Become entangled
- Luxury SUV manufactured in the U.K.
- Singer Burl
- Playground equipment
- Avogolemono ingredient
- Peregrine falcon place
- Goopy stuff seen on Nickelodeon
- Jousting outfit
- Hurdle for a doctoral student
- Prefix trickily paired with "spelled"
- "Three's Company" landlord
- Grates harshly
- 2 + 1, in Italy
- Troublemakers
- Fielder's feat
- Neologism for an extreme enthusiast (just added to Merriam-Webster's dictionary)
- "___ the ramparts ..."
- Revamp
- Old movie holders
- "Mr." in "Elmo's World" segments
- Practice
- Circulatory system components
- Hunk of gum
- Iowa State University town
- John who appears in a 2019 episode of "The Twilight Zone"
- Balkan capital
- Boggs of the Red Sox
- Relinquished
- Dumpster emanation
- Go on stage
- "SNL" segment?
- Got out
- Loads cargo
- Poetic tributes

Down

- ___ d'oeuvres
- "Dies ___" (Latin hymn)
- Wilder who played Willy Wonka
- Sty occupants
- Paint job protectant
- "And now, without further ___ ..."
- Type of party chronicled in Mixmag
- Psi follower
- Pie chart alternative
- Key of Beethoven's Ninth
- Semi-aquatic mammal with webbed feet
- Quarry deposits
- Lemon peel part
- Pumped up
- Jeweler's measurement
- Prefix trickily paired with "spelled"
- Betelgeuse constellation
- Shakespearean character in the NATO Phonetic Alphabet
- Gave a thumbs-up to
- Guitar maker Paul
- He gets knighted in "Cars 2"
- Asia-Europe border range
- Nerve-wracking
- Phillips-head hardware
- Strong holds
- Galilee, e.g.
- "Aladdin" song "Prince ___"
- Decorated again
- Negev, e.g.
- They're gonna ... do what they do
- Obsolent contraction
- Off-base, unofficially
- Crafted
- Unfolded by
- Caramel-filled Hershey's brand
- Like many fans
- "Scream 4" and "Party of Five" actress Campbell
- Olympian war god
- Mtn ___

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(editor@jonesincrosswords.com)

SUDOKU

NO. 225 - TOUGH

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

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

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Previous solution - Medium

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

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