



W ROGUE VALLEY T F MESSENGER

SOUND

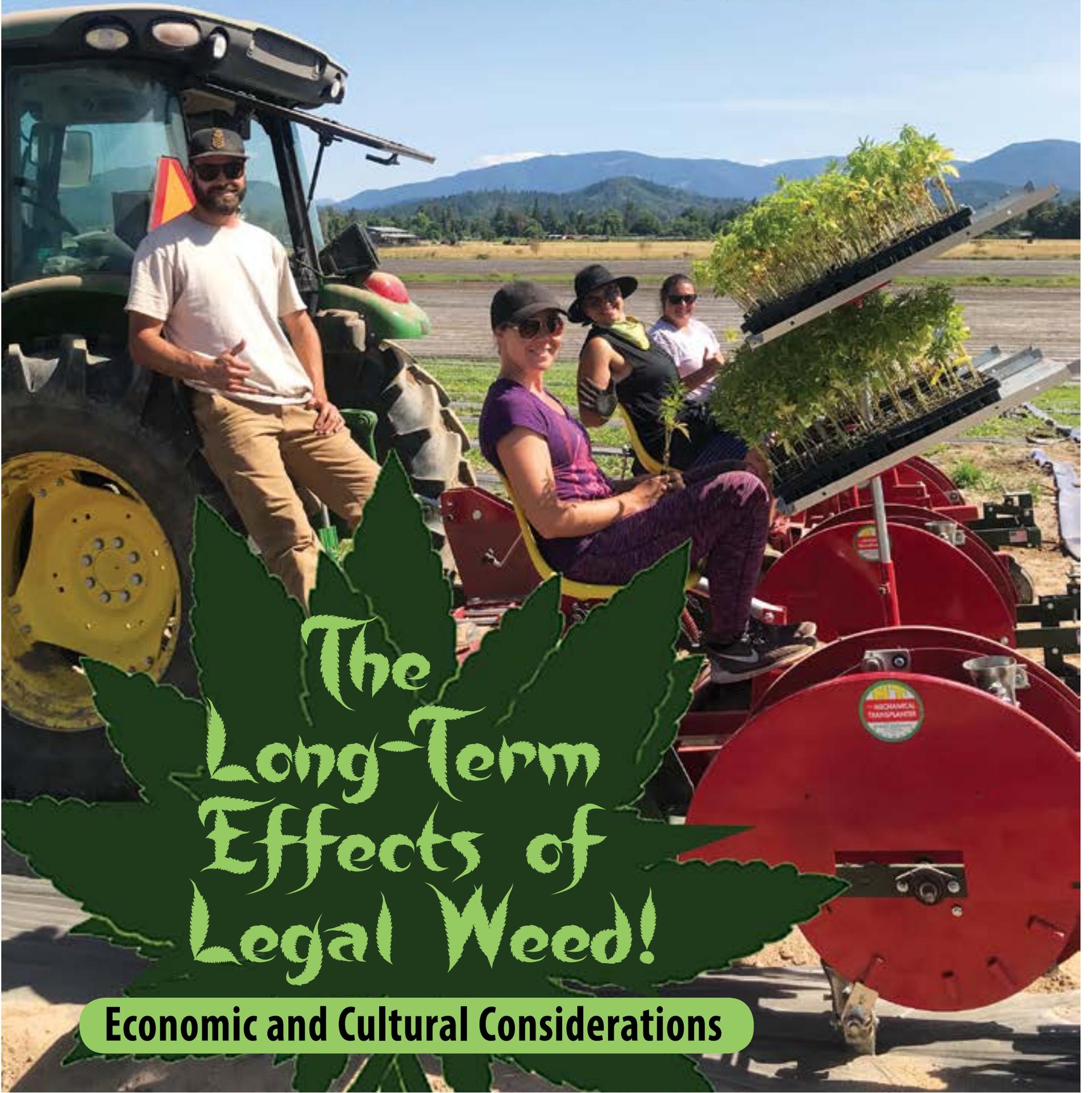
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Effects of
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Deadlines may shift for special/holiday issues.

ON THE COVER: Pineapple Society Hemp working hard on their farm in Grants Pass. Owner Willie Kennon (left) and manager Cassidy Christopher (right) with employees (center). - Photo by Seth Wiltermood

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FEATURE

Four years into the legalization of weed, our correspondent steps out to a farm to find the lay of the land—and discovers that some of the rules and regulations have made it “working for the man again,” as one manager told him.



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ART WATCH

School doesn't end with the summer. Southern Oregon is filled with art classes ranging from pottery to printmaking. Our Art Critic Jordan Marie McCaw has some suggestions for getting your hands dirty.



page 19

SOUND

Pat Simmons Jr is the son of the founder of the Doobie Brothers, the up-tempo folk-rock band that captured a certain zeitgeist of the 1970s California—and he grew up playing on stage with the band, even learning to walk on the tour bus. But he has found his own path—and is barnstorming a five night tour through the region.



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SPORTS

To say the Medford Rogues began their season strong would be putting it lightly. The team started off the season with the longest winning streak in franchise history, making it the team's best start to a season. The team has lost some games since, but it's clear this year's team likes to win.



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Correction: In our previous issue (06.10), the photo accompanying the Sports & Outdoor article titled “Jumping Off Over Jacksonville With a Wing and a Prayer” on page 21 should be credited to Noah Lee Margetts.

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FEATURE

The State of Legal Weed Farms

A Viewpoint from our Cannabis Correspondent

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

Legal cannabis in Southern Oregon has had four years to get its feet and shuffle for position in the green rush. I wanted to know what it's like to run a cannabis farm right now as the dust settles a bit. To get my hands dirty with the issues, I talked to some local, small farmers and F.A.R.M.S. Inc. (a farmer-run, nonprofit organization working to protect Oregon's craft cannabis farmers).

What gives Southern Oregon craft cannabis its identity? "Passion, culture, and terroir," according to Noah Levine, owner of Benson Elvis, a locally owned-and-operated family farm. "To me, craft cannabis is defined by purpose and passion. You have to be passionate about growing amazing cannabis. And you have to let that passion drive your purpose: to put quality first—before profit."

Amanda Metzler, president of F.A.R.M.S. Inc., suggests, "To achieve handcrafted quality requires skilled growers, harvesters, dry-cure and packaging persons who sincerely care about the final product."

Alas, remaining true to your craft and keeping your head above water are not always easy tasks. Kendra Freeman, co-owner of Oso Verde, another of the valley's craft farms, laments, "All of the rules and regulations," which she says have taken away from the community aspect of farming. "[They] are turning it into working for the man again."

"Family and small farms are vital to our economy and well-being as a nation," Metzler beams, "Not only do they support the competitiveness and sustainability of rural economies, they serve to protect and enhance natural resources and the environment."

Thanks to the cannabis industry in the Rogue Valley, the availability of new jobs has been a true blessing to a struggling workforce. "We are super

important to communities because we are the diverse farms that hire people and support humans more than monetarily. We give people a sense of belonging, tools, and resources to be superheroes in the world," says Freeman.

However, the rocky beginnings to legal cannabis in Oregon have created countless operating hurdles for these small businesses. Entrepreneurs are trying to step out of the shadows to partake in a vibrant cottage industry, contributing to the long-term health of their communities. But it's sometimes hard to know when you've strayed from the roots of cannabis.

Legalizing an industry overnight makes almost everything hard—even the basics. "We had to learn the rules and regulations applicable to running a legal business," says Levine, thinking back. "Employment laws, O.S.H.A. regulations, and payroll taxes were never a concern in the medical days. We also had to adapt from the largely unregulated medical market to operating in the highly regulated,

recreational market. Every move we make in the field is now replicated in METRC. Essentially every task is done twice; once in the field, and once online."

Metric (Marijuana Enforcement Tracking Reporting Compliance), is a company that basically organizes marijuana regulation their first rodeo being Colorado in 2013.

New digital items must be created through a multi-step process and correlated to RFID (radio-frequency identification) tags attached to every plant or product package at every step along the way. If you plant a seed, take a clone, move a plant to a new room, switch the light cycle in a room, want to work with new varieties that your farm doesn't have available



NOAH OF BENSON ELVIS WITH HIS WIFE, LIV, AND SON, ASHER. CREDIT: BENSON ELVIS

or just throw out a bad plant, then you better have a computer with internet access handy. Let's not even touch on harvesting and selling it! Farmers must track all of that and more in the dysfunctional state system on top of running a business.

But wait—there's more! The Metrc tracking system...sucks. It's slow. It glitches. If an O.L.C.C. inspector walked onto a farm in the meantime, they might be in violation if the physical work was done before while waiting for the wheel of death to finish spinning on screen. Wait, who's watering the plants? Often covered in sweat and lacking sleep, our neighbors and friends are trying to keep up with the hard work it takes to survive as a small farmer, trying to be good family-members and community-members and trying to help implement a new industry.

If predictions are correct, this is just the beginning of the rush—and the issues. According to Freeman, "We are located in the best climate in the world to grow amazing cannabis. People have been doing this for so many years here--since the 60's." And now it looks as though the future of Southern Oregon will be filled to the brim with cannabis too. "Cannabis is not new to Southern Oregon—just the bureaucracy is new," she adds.

"Hopefully in five years we will see national legalization which will put Oregon on the map as one of the nation's premier cannabis growing regions," hopes Levine. To me, Benson Elvis remains one of Southern Oregon's biggest success stories in legal cannabis. But in talking to Levine, I learned, "The most important thing people should know about small farmers is that we're struggling."

Lawmakers in Oregon seem to be catching on to the issues and pushing for our success. But the flowering future of craft cannabis in Southern Oregon will not blossom without getting dragged through the weeds first. In part this is because laws and regulations have been shaped not by the traditional, grassroots cannabis industry, but rather by big money interests familiar with politics. This leaves small farmers already burning the candle at both ends with even more to keep up with to ensure the future of their livelihoods.

Regulators are indifferent to the unique struggles



"The most important thing people should know about small farmers is that we're struggling."
— Noah Levine, owner of Benson Elvis



CANNABIS AT BIGSBY FARMS, A MEMBER OF FARMS, INC. CREDIT: BIGSBY FARMS



BRIT (LEFT) AND KENDRA (RIGHT), OWNERS OF OSO VERDE FARMS. CREDIT: OSO VERDE FARMS

Cont'd. on page 7

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Cont'd. from page 5

of small farmers as a matter of policy. Rules dictate they view licensees indifferently and without compassion. They don't care if the best cannabis survives the tumultuous period or if Marlboro themselves are Oregon's state weed. Whichever companies can spend money on regulation, break the least rules and/or not get caught or at least find money to pay the fines or endure the shutdowns for violations are the ones that will survive to represent what is arguably the most important state to the future of cannabis in this country. That is scary because it sounds like corporate cannabis.

Cue Metzler at F.A.R.M.S. Inc.: "In a perfect world—and likely a future state—we won't have to defend our rights to grow small-volume, legalized crops with sustainable farming practices on our own land. However, until that day comes, we are here to stand up for our liberties, our professionalism, and our emerging cannabis industry through education, cooperation, and legislation." I have to say it's an idea long overdue in being implemented.

If people like Freeman are right about their predictions, this sort of cooperating and organizing will be necessary to the survival of craft cannabis and to keeping the cannabis spirit alive as corporations, legislators and

regulators charge into the game with dollar signs in their eyes. She worries, "I think cannabis in five years will be federally legal but more corporate and 100 more rules that do not make sense! In ten years, I think it will be owned by the huge conglomerates and the quality and [un]sustainability will ruin our planet. The laws currently in Oregon are creating a trash pile over two miles wide with Metrc tags and single use plastic."

I love our region and the cannabis that comes from it. I want the world to know about these amazing cannabis farmers so that the fight to keep cannabis alive during prohibition was not in vain. Thankfully, some cannabis crusaders are pushing on. In celebration of the farmer, a F.A.R.M.S. Inc. brand is set to launch in 2020, just in time for a new presidential era. Metzler says the brand is a "craft cannabis collective that helps small-batch farmers stack up against mass producers. With less time spent on paperwork and product-pushing and more time spent on growing and perfecting their craft."

An Oso Verde sentiment rings true here in the Valley of the Rogue: "When you buy from a small farm you are supporting your community. You are supporting someone that gives back to the community. Every dollar counts." 🍷

Hosted by
Ree Gostein

Cannabis Flavored
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Culture, Events,
Education & More

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[P] OUR PICKS



thu 18 & 25 & fri 2
2019 Medford Summer Concert Series

MUSIC—Kicking off with Tom Petty-honoring band Petty Thievery on July 18 and indie rockers The Evening Shades on July 25, the series moves to Pear Blossom Park on August 2 for the colorful Fortune's Folly. 6 – 8 pm, July 18 and 25. Bear Creek Park, 1520 Siskiyou Blvd., Medford. 6 – 8 pm, August 2. Pear Blossom Park, 312 E. Fourth Street, Medford.



thursdays 18, 25, sept. 1 & 8
RVML Summer Film & Conversation Series

FILM—This ain't your typical movie night. The screen invokes dialogue, and the RVML is set on making those conversations happen. Being Human will show on July 18, Doubt will show on July 25, Sound of My Voice will show on August 1, and 500 Days of Summer will show on August 8. 7 pm. Hidden Springs Wellness Center, 635 Lit Way, Ashland.



fri 19 - sun 21
Southern Oregon Kite Festival

FESTIVAL—Let's go fly a kite! This annual event takes advantage of the often stronger-than-you-think winds blustering along the Oregon Coast, a must-have for sailboats, weathervanes, and kites. Demos, workshops and vendors are all coming together to keep this tradition going. 7 pm, Friday, July 19. 10 am – 4 pm, Saturday and Sunday, July 20 and 21. Brookings.



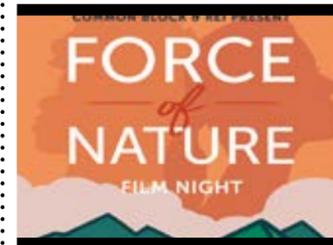
sat 20
Hoity Toity

MUSIC—In spite of their name, the four woman rock band from Redlands, California, Hoity Toity is totally not snobbish and definitely down to earth as they pass by on their West Coast tour. They will be joined by someone, else, I'm a Lion, I'm a Wolf, and Southwest Royal. 6 pm. Eaden Ballroom, 244 SW K Street, Grants Pass. \$6.



tues 23 & tues 30 & tues 6
Riverside Concerts in the Park

MUSIC—Southern and Detroit soul band Lil' Queenie will start the fun of the complimentary concerts in the park for this session, followed by the dancability pros Mo Jo Boogie, and last but not least, blues and roots band from Murphy, Broadway Phil and the Shouters. 6:30 pm. Riverside Park, 304 E. Park Street, Grants Pass.



thu 25
Force of Nature Film Night

FILM—Women truly are forces of nature. This short film series hones in on exactly what that looks like in the Great Outdoors. Whether on foot, on wheels or simply traversing a huge rock face, women are the backbone of being outside. 8 pm. Common Block Brewing Company, 315 E. 5th Street, Medford.



fri 26 - sun 11
Man of La Mancha

THEATRE—Don Quixote takes to the stage, seeking a new life, excitement, adventure, and meeting his true love. A hopeless romantic, he seeks whatever he can save his fair damsel from, no matter what the cost to life and limb. 2 and 7:30 pm. Randall Theatre Company, 20 S. Fir Street, Medford. \$5 – \$22.



sun 28
The Green

MUSIC—Hailing from Hawaii, the Green combines the aspects of their beloved islands with dub-heavy roots reggae, contemporary pop, rock and smooth lovers' rock, making the name "Ambassadors of Aloha" for themselves. With four studio albums under their belts, The Green has proved themselves on and off the stage. 8 pm. Ashland Armory, 208 Oak Street, Ashland. \$20, advance. \$25, day of.




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fri 2 & sat 3
Chilling on the Illinois

MUSIC—Where better to celebrate two days of love and unity than alongside the crystal clear water of the Illinois River? Over 20 artists and DJs will be setting the mood, including Toots & The Maytals, Kabaka Pyramid, Spragga Benz, The Gladiators, Indubious, Alcyon Massive, Jah Sun & The Rising Tide, and many more. EARTH People's Park, 1313 Rockydale Road, Cave Junction. \$70 – \$129.



sat 3
Oakland Brewfest

BEER—Established in 1851, the cozy little town of Oakland, Oregon, should know a thing or two about beer, having been around so long. Featuring regional beer vendors, the town is shutting the historic downtown streets down for patrons to get the full Oakland experience, and of course, taste some beer and dance the night away. 12 – 5 pm, tasting. 6 – 10 pm, dancing. Oakland. \$20 – \$40.



sat 3
Sis Q Jam

MUSIC—Just because the snow is gone for the summer doesn't mean that the magic has left too. The Dubtonic Kru, The Frankie Hernandez Band, Deep Sea, and more will provide the tunes. Common Block Brewing Company will provide the beer, and Mt. Ashland will provide the views, even from the chairlift. 2 – 9 pm. Mt. Ashland, 11 Mount Ashland Ski Road, Ashland. \$18 – \$25.



wed 14 - sun 17
Josephine County Fair

FAIR—Lee Greenwood, Mark Chesnutt, and the Battle of the Bands will handle the music scene, while the mud will be handled by the Howell Rodeo and the WGAS Truck and Tractor Pulls. Not to mention the beefiest steer and the biggest pumpkin in Josephine County, the best of the best will be there. Check out josephinecountyfairgrounds.com for full schedule. Josephine County Fairgrounds, 1451 Fairgrounds Road, Grants Pass.

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LIVE MUSIC *and Nightlife*



Thursday, July 18

ASHLAND

Dirty Revival, Con Brio, and Object Heavy - Ashland Armory. 8 pm. \$20-25. R&B.
Oregon Koto-Kai - OSF Green Show. 6:45-7:30 pm. Japanese Koto Music.
Game Knight - Black Sheep Pub & Restaurant. 8 pm.
Karaoke - Oberon's. 9 pm.

JACKSONVILLE

Rodrigo y Gabriela - Britt Fest. 7:30 pm. \$31-232.

MEDFORD

Merit Parcel - Johnny B's. 9 pm. Folk.
Petty Thievery - Bear Creek Park. 6-8 pm.
Laney Lou & the Bird Dogs - Johnny B's. 9 pm. Folk.
Rick Millward - Larks. 4:45-6:15 pm. Rock, Pop.

Friday, July 19

ASHLAND

Gypsy Gillis - AQUA. 9 pm. Rock.
Jeff Kloetzel - Belle Fiore. 6-8 pm. Rock, Singer-songwriter.
Urban Jazz Dance Company - OSF Green Show. 6:45-7:30 pm.
Dan Engle and Friends - Oberon's. 6 pm.

CAVE JUNCTION

Funqdaqit - Jubilee Park. 6:30-9 pm. Dance, Pop, Rock.

GRANTS PASS

Merit Parcel - G Street Bar and Grill. 9 pm. Folk.

MEDFORD

Danielle Kelly Soul Project - Vogel Plaza/Main St. 5-7:30 pm. Jazz, Soul.
Jen Ambrose and Jon Galfano - Morrton's. 8-10 pm. Rock, Folk.
Mercy featuring Lynda Morrison - Grape Street Bar & Grill. 8 pm.
Black Cadillac Kings - Johnny B's. 9 pm. \$5. Rock.
Salsa Brava! - EdenVale Winery. 6-9:30 pm. \$10.
Phoenix Sigalove - Larks. 4:30-6 pm.

PHOENIX

Hip Hop Show - Phoenix Clubhouse. 8 pm. Hip Hop. \$3-5.

WHITE CITY

Tim Mitchell - Kriselle Cellars. 5-7 pm.

Saturday, July 20

ASHLAND

Quickspear! **Hey Mac!** - OSF Green Show. 6:45-7:30 pm.

GRANTS PASS

Merit Parcel - G Street Bar and Grill. 9 pm. Folk.
Hoity-Toity, I'm a Lion I'm a Wolf, someone else, and Southwest Royal - Eaden Ballroom. 6-10 pm. \$6. Alternative Rock.

MEDFORD

Broke in Stereo - Howiee's On Front. 9-11:30 pm. Blues, Alternative.
Cosmo Gold, Beauty Queen, and The Music of Frank Ellis - Johnny B's. 9 pm. Indie Rock, Pop.

TALENT

Frankie Hernandez - Aurora Vines Vineyard. 3-5 pm. Pop, Funk, Light Rock.

Sunday, July 21

ASHLAND

Rick Millward - Belle Fiore. 5-7 pm. Rock, Pop.
The Adobe Collective - Oberon's. 7-8 pm. Rock, Psych Folk.
Celtic Music Session - Black Sheep Pub & Restaurant. 2-5 pm.

CENTRAL POINT

Zepdrix - Rogue Jet Boat Adventures. 3:30-9 pm. Funk, Rock, R&B.

GOLD HILL

Steve Keim - Del Rio Vineyards. 3-5 pm.
Sunday Jam - Lucky's. 3-7 pm.

JACKSONVILLE

Trampled By Turtles with The Dead South - Britt Festival. 7-10:30 pm. \$29-43.
Holly Gleason Trio - Daisy Creek Winery. 3-6 pm. Urban Folk.

MEDFORD

New World String Project - Center for Spiritual Living. 12:30 pm. \$10-20. Celtic, Nordic, American Folk.
The Mercy Duo - Medford Center. 1-3 pm. Blues, Light Rock.
Purely Blue - EdenVale Winery. 2-4 pm. Jazz, Folk.
Board Games & Mead - Steamworks Meadery. 4 pm.

Monday, July 22

ASHLAND

Open Mic - Oberon's. 9 pm.
ATM Trio - Wild Goose Cafe & Bar. 8-10:30 pm. Jazz.

Tuesday, July 23

ASHLAND

Woody Guthrie B-Day Bash (Open Mic) - Wild Goose Cafe & Bar. 7-10 pm.
Pub Karaoke - Smithfields Pub & Pies. 9 pm.
Open Mic hosted by Robbie DaCosta - Black Sheep Pub & Restaurant. 8:30 pm.
Tuesday Trivia - Louie's. 7 pm.

GRANTS PASS

Lil Queenie - Riverside Park. 6:30-8:30 pm. Rock.

JACKSONVILLE

Family Night - Britt Festival. 7:30-10:30 pm. \$20.

Wednesday, July 24

ASHLAND

Robbie DaCosta & Bree - Wild Goose Cafe & Bar. 7-10 pm. Rock, Blues, Soul.
Blades of Grass - Black Sheep Pub & Restaurant. 8-10 pm. Bluegrass.
The People's Open Mic - Jackson Wellsprings. 8 pm.

MEDFORD

Comedy Night - Grape Street Bar & Grill. 8 pm.
David Cahalan - Larks. 4:30-6 pm.

Thursday, July 25

ASHLAND

Game Knight - Black Sheep Pub & Restaurant. 8 pm.
Sage Meadows and Jimmy Pinwheel Band - Wild Goose Cafe & Bar. 7-10 pm. Country, Folk.
Karaoke - Oberon's. 9 pm.

GRANTS PASS

J'Villains Open Jam - Cedarwood Saloon. 8-11 pm.

JACKSONVILLE

Jeff K & OverTones - Red Lily Vineyards. 6-8 pm. Rock, Folk.

MEDFORD

The Evening Shades - Bear Creek Park. 6-8 pm. Indie Rock.
Jen Ambrose - Larks. 4:30-6 pm. Singer-songwriter.
Paint & Sip Pottery - Old 99. 6 pm.
Whiskey Remission, Montamy Shrieks, and Jen Scaffidi of Blunderbusst - Johnny B's. 9 pm.

Friday, July 26

ASHLAND

Moment in Time Dancers - Oak Street Dance Studio. 8 pm. \$10-15.
Broke in Stereo - Belle Fiore. 5-7 pm. Blues, Alternative.
Blades of Grass - AQUA. 8:30-10:30 pm. Bluegrass.
A Tribute to Rosemary Clooney - Bellview Grange. 8-11 pm.
Hillfolk Noir - Brickroom. 9 pm. \$5. Folk, Bluegrass.
Dan Engle and Friends - Oberon's. 6 pm.

MEDFORD

Jeff Kloetzel - Dunbar Farms. 5:30-7 pm. Folk, Rock.
The Roadsters - Walkabout Brewing Company. 7-9 pm. Country, Classic Rock.
John Dough Boys - Osmo's Alehouse. 7:30-9:30 pm. Rock.
True Reactions - RoxyAnn Winery. 6:30-9:30 pm. R&B, Dance.
The Rogue Pianist - Larks. 4:30-6 pm.
Danielle Kelly & Paul Turnipseed - DANCIN Vineyards. 5:30 pm. Jazz.
Gypsy Gillis - Pier 21. 9 pm. Rock.

Saturday, July 27

ASHLAND

Moment in Time Dancers - Oak Street Dance Studio. 8 pm. \$10-15.
Aviva le Fey and Daniel Steinbock - Oberon's. 8-10 pm. Singer-songwriter.
Bekkah McAlvage and Jeff Fretwell - Lithia Artisans Market. 11:30-1:30 pm. Singer-songwriter.
A Tribute to Rosemary Clooney - Bellview Grange. 8-11 pm.

GRANTS PASS

Jeremy James Meyer & Owen Cook - The Haul. 8-11 pm. Roots.

MEDFORD

Jeff Kloetzel - The Rogue Grape. 6-9 pm. Folk, Rock.
Kids on Fire, PX15, and Death Plant - Medford Pyrate Punx. 7-10 pm. Punk, Metal.
Latino Night - Habanero's Mexican Restaurant. 9 pm.

Sunday, July 28

ASHLAND

Moment in Time Dancers - Oak Street Dance Studio. 2 pm. \$10-15.
A Tribute to Rosemary Clooney - Bellview Grange. 8-11 pm.
The Green - Ashland Armory. 8 pm. \$20.
Bear Creek Jazztet - Luna Cafe & Mercantile. 5-7 pm. Jazz.
Celtic Music Session - Black Sheep Pub & Restaurant. 2-5 pm.
Dayton - Weisinger Family Winery. 2-5 pm. Gypsy Jazz.

GRANTS PASS

Danielle Kelly Soul Project - Troon Vineyard. 1-4 pm. Jazz, Soul.

JACKSONVILLE

Jeff Kloetzel - Daisy Creek Vineyard. 1:30 pm. Folk, Rock.

MEDFORD

Blood and Thunder, Unto the Plague, Anteroich, and Nagamatr - The Bamboo Room at King Wah's. 7-10 pm. \$5. Metal.
Lovely - EdenVale Winery. 3-6 pm. Folk.
Paint & Sip Pottery - Common Block Brewing Company. 2 pm.
Paint & Sip Pottery - RoxyAnn Winery. 5 pm.
Rick Millward - RoxyAnn Winery. 2:30-5 pm. Rock, Pop.

WILLIAMS

Jeremy Meyer with Owen Cook - Pacifica Garden. 3-5 pm.

Monday, July 29

ASHLAND

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

MEDFORD

Dayton - The Rogue Grape. 6-8 pm. Gypsy Jazz.
Like a Rocket, The Seatopians, and the Reverbrays - Johnny B's. 8 pm. Surf Rock.
The Wine Comedy Tour - EdenVale Winery. 7-8:45 pm. \$20.
David Cahalan - Larks. 4:30-6 pm.

Tuesday, July 30

ASHLAND

George Clark CD Release Party - Wild Goose Cafe & Bar. 7-10 pm.
Pub Karaoke - Smithfields Pub & Pies. 9 pm.
Open Mic hosted by Robbie DaCosta - Black Sheep Pub & Restaurant. 8:30 pm.
Tuesday Night Trivia - Louie's. 7 pm.

GRANTS PASS

Mo Jo Boogie - Riverside Park. 6:30-8:30 pm. Funk, Blues, R&B.

JACKSONVILLE

Community Night - Britt Festival. 7:30 pm. \$10-20.

MEDFORD

Pat Simmons Jr. - Johnny B's. 9 pm. \$10. Jam.

Wednesday, July 31

ASHLAND

Miss Lonely Hearts - Wild Goose Cafe & Bar. 8-11 pm. Honky Tonk Country.
Blades of Grass - Black Sheep Pub & Restaurant. 8-10 pm. Bluegrass.

GRANTS PASS

Trivia - SpeakEasy Tap Room. 6:30-8:30 pm.

JACKSONVILLE

Jeff Kloetzel - South Stage Cellars. 6-8 pm. Folk, Rock.

MEDFORD

Jennifer Thomas - Artistic Piano. 7-10 pm. \$30.

LIVE MUSIC *and Nightlife*



Thursday, August 1

ASHLAND

Karaoke - Obeorn's. 9 pm.
Jimmy Pinwheel Band - Wild Goose Cafe & Bar. 8-11 pm. Honky Tonk Country.

MEDFORD

The Ferenjis - Johnny B's. 9 pm. Funk, Neo-Soul.
Rick Millward - Larks. 4:30-6 pm. Rock, Pop.

Friday, August 2

ASHLAND

The Ferenjis - Oberon's. 9 pm. Funk, Neo-Soul.
Micah McCaw and The Shaky Harlots - Three Penny Mercantile. 6 pm. Folk, Rock.
Mercy featuring Lynda Morrison - Grizzly Peak Winery. 6:30-9 pm. Rock.

CAVE JUNCTION

Chilling on the Illinois - EARTH People's Park. 6 pm. \$70-129.

JACKSONVILLE

Rachmaninoff & Sibelius - Britt Festival. 6 pm. \$10-45.

MEDFORD

Fortune's Folly - Pear Blossom Park at The Commons. 5-7:30 pm.
Frankie Hernandez - The Urban Cork. 5-7 pm. Pop, Rock.
King Roy Wing - Fry Family Farm. 6-9:30 pm. \$15. Folk.
Fortune's Folly - Pear Blossom Park Blocks. 6-8 pm. Alternative Rock.
The Money Beats - EdenVale Winery. 4-7 pm. Classic Rock.
Zen Mountain Poets - Johnny B's. 9 pm. \$5. Psychedelic Folk.
The Rogue Pianist - Larks. 4:30-6 pm.

TALENT

Blades of Grass - Talent Evening Market. 6-8 pm. Bluegrass.
Salsa Brava! - Paschal Winery. 6:30-9:30 pm. \$10.

Saturday, August 3

ASHLAND

SisQJam - Mt. Ashland. 2-9 pm. \$18-25.
Tony Khalife & Nick Peters - Oberon's. 9:30 pm. Folk.
Bekkah McAlvage - Weisinger Family Winery. 2-5 pm. Singer-songwriter.
Creekside Strings Jam - Black Sheep Pub & Restaurant. 3-5 pm.

CAVE JUNCTION

Chilling on the Illinois - EARTH People's Park. 6 pm. \$70-129.

GRANTS PASS

Danielle Kelly Soul Project - Climate City Brewing Company. 8-11 pm. Jazz, Soul.

JACKSONVILLE

Simon & Garfunkel Tribute: The Graduates - Bella Union. 8-11 pm.

MEDFORD

Da Tykoon - Johnny B's. 9 pm. Rap, Hip Hop.

TALENT

Tradewinds - Aurora Vines Vineyard. 3-5 pm. Light Rock, Pop.
Brass Tacks - Talent Club. 9:30-11:30 pm. Country.

Sunday, August 4

ASHLAND

Deify - Smithfields Pub & Pies. 9 pm. Hard Rock.
Celtic Music Session - Black Sheep Pub & Restaurants. 2-5 pm.
Paul Turnipseed Trio - Luna Cafe + Mercantile. 5-7 pm. Jazz.

EAGLE POINT

Mothersound, Forthteller, No Home, Undertow, Your Hands Write History, and Cathedral Hills - 295 West Linn Rd. 6 pm. \$7.



GOLD HILL

Perry Road - Del Rio Vineyards. 3-5 pm. Country Rock.

JACKSONVILLE

The Rising Seas - Britt Festival. 8 pm. \$10-45.

MEDFORD

David Pinsky & Phil Newton - Medford Center. 1-3 pm. Blues.
The Spewers and Subverters - The Bamboo Room at King Wah's. 7-10 pm.
Board Games & Mead - Steamworks Meadery. 4 pm.

Monday, August 5

ASHLAND

Open Mic - Oberon's. 9 pm.
ATM Trio - Wild Goose Cafe & Bar. 8-10 pm. Jazz.

MEDFORD

Paul Turnipseed - Larks. 4:30-6 pm. Blues, Jazz.

Tuesday, August 6

ASHLAND

Pub Karaoke - Smithfield Pub & Pies. 9 pm.
Open Mic hosted by Robbie DaCosta - Black Sheep Pub & Restaurant. 8:30 pm.
Tuesday Night Trivia - Louie's. 7 pm.

GRANTS PASS

Broadway Phil & the Shouters - Riverside Park. 6:30-8:30 pm. Blues, Roots.
Trivia Tuesdays - Double Taps. 6 pm.

JACKSONVILLE

Pops Night featuring singer Morgan James - Britt Festival. 7:30 pm. \$10-20.

Wednesday, August 7

ASHLAND

Cities & States: A Loosely Themed Open Mic - Wild Goose Cafe & Bar. 7:30-11 pm.
Blades of Grass - Black Sheep Pub & Restaurant. 8 pm. Bluegrass.
The People's Open Mic - Jackson Wellsprings. 8 pm.

GRANTS PASS

Missy Andersen & Her One Man Band - Rock House Lodge. 5:30-8:30 pm. Blues, Jazz.

JACKSONVILLE

Jackson Browne - Britt Festival. 7:30 pm. \$45-508.

Saturday, August 10

ASHLAND

Daniel Nickels - Oberon's. 7 pm. Singer-songwriter.

CENTRAL POINT

J Brothers Trio - Rellik Winery. 4-6 pm. Classic Rock, Pop.

GRANTS PASS

Saucy - Cedarwood Saloon. 9 pm. R&B, Rock.
Suicide Forest, Attic, and Nagamatr - The Haul. 7-11 pm. Hard Rock, Metal.

JACKSON

EVENTS

Art

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.

PASTEL LANDSCAPES OF SOUTHERN OREGON: VAL DANN

Through July 30. Working plein air, Val Dann captures the atmospheric impression of majestic and sublime vistas in the Rogue Valley. Rogue Gallery & Art Center, 40 S Bartlett St, Medford.

JIMMIE NORD AND ÉLAN CHARDIN GOMBART AT HANSON HOWARD GALLERY

Through July 30. Jimmie Nord has a fun, inventive approach in his sculptors. As a painter, the intuitive process, and the visceral nature of visual language remain at the core of Gombart's creative process. Hanson Howard Gallery, 89 Oak St, Ashland.

CHARITY HUBBARD AND CAROL SHARP AT ART DU JOUR

Through July. Charity Hubbard writes the regular exercise of painting from life enables her to better capture life, light and a truer sense of atmosphere, even when painting from life is not possible. Sharp will showcase her intricate handmade jewelry. Art du Jour, 213 E Main St, Medford.

LINDA DIXON AND AARON TAYLOR AT ASHLAND ART CENTER

Throughout July. Taylor's work is derived from explorations in abstract line in relationship to landscape. Dixon's pieces are developed around mundane objects, reimagined and repurposed in multi-dimensional environments. Ashland Art Center, 357 E Main St, Ashland.



ASHLAND ART CENTER FEATURES LINDA DIXON'S MULTI-DIMENSIONAL ART THROUGHOUT JULY.

ROGUE VALLEY BIENNIAL

Through Aug. 2. This biennial exhibit features artwork from local and regional artists, juried by David Masters and Janet Higgins. Rogue Gallery & Art Center, 40 S Bartlett St, Medford.

ARTIST MEMBER SHOW

Friday, August 2 from 10 am – 8 pm. Several times a year, Ashland Art Center offers its Artist Members the opportunity to participate in an artist member show. Artist, Jay Gordon, Kristine Ballenger and Andre Satie will be showcasing their work. Ashland Art Center, 357 E Main St, Ashland.

Classes

TUTORIAL TUESDAYS

Join fellow genealogy researchers Tuesday evenings at the Jackson County Genealogy Library. For more information call 541-512-2340 or email reception.JCGL@gmail.com. Jackson County Genealogy Library, 3405 S Pacific Hwy, Medford.

THE FUTURE OF FARMING IS REGENERATIVE

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.

REFLECTIVE JOURNALING

Tuesdays through August 27 from 5 – 6:30 pm. Reflective Journaling is a fun inclusive workshop for those who want to delve into free-writing and developing their creative potential in an accessible group setting. \$15. Jackson Wellsprings, 2253 Hwy 99 N, Ashland.

PLANTING FALL BULBS

Monday, August 5 from 2 – 3 pm. Jackson County Master Gardener Ronnie Budge will share how to plant daffodils, tulips, and other bulbs for beautiful flowers in the spring. Medford Library, 205 S Central Ave, Medford.

CREATIVITY & THE NATURAL WORLD

July 20 and 27 from 9 am – 12 pm. In this 2 part class, you will use the natural world and natural materials to fuel your artistic/creative voice, using a different technique or medium each time. Please register online or call the NMP Nature Center at 541-488-6606. \$25. North Mountain Nature Park, 620 N Mountain Ave, Ashland.

LANDSCAPING FOR WATER CONSERVATION

Wednesday, July 24 from 6:30 – 7:30 pm. Learn the basics of xeriscaping, stormwater features, drought-tolerant plants, sprinkler schedules and creating a site-plan for your property. Please register online or call the NMP Nature Center at 541-488-6606. North Mountain Nature Park, 620 N Mountain Ave, Ashland.

WAYS TO PRESERVE FRUIT

Thursday, July 25 from 5:30 – 8:30 pm. Capture summer fruit's bounty as it arrives in your garden or market! \$10. To register, go to bit.ly/JacksonFoodPreservationClasses, call Jackson County Extension, (541) 776-7371 or email lee.s@oregonstate.edu. OSU Extension Auditorium, 569 Hanley Rd, Central Point.

EMERGENCY PREPAREDNESS WITH THE AMERICAN RED CROSS

Saturday, July 20 from 12 – 1 pm. Are you ready for an emergency or natural disaster? Learn what you can do to be prepared during a free program. Rogue River Library, 412 E Main St, Rogue River.

PLAN FOR PROFIT-FARM ENTERPRISE ANALYSIS

Thursday, July 29 from 5:30 – 8:30 pm. Learn how to conduct a Gross Profit Analysis and plan for profit as an expense. Register at bit.ly/JacksonSmallFarms. OSU Extension Center, 569 Hanley Rd, Central Point.

ELEMENTS OF ART AT GRANTS PASS MUSEUM OF ART

July 20 and Aug. 3 from 1 – 4 pm. Part of a new art class series at Grants Pass Museum of Art. Learn about the elements of lines and color. \$30-35 per class. Sign up at www.gpmuseum.com. Grants Pass Museum of Art, 229 SW G St, Grants Pass.

GRAZING SHEEP IN VINEYARDS

Thursday, August 8 from 6 – 8:30 pm. Learn how using sheep can lower labor cost, improve soil quality, and create profit in vineyards. \$20-30. Register at bit.ly/JacksonSmallFarms. OSU Extension Center, 569 Hanley Rd, Central Point.

Community

BALLROOM DANCING

Every Tuesday from 1:30 – 4 pm with lessons starting at 12:30 pm. \$3. Live music by Dave Flick. Square Dance Hall, 3377, Table Rock Rd, Medford.

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.

DEMONSTRATION GARDEN TOURS

Aug. 14 from 9:30 – 10:30 am. Soak up the sights and sounds of summer while learning about the gardens at North Mountain Park with volunteer docents and master gardeners. North Mountain Park, 620 N Mountain Ave, Ashland.



MINI MAKER CAMP IS AUG. 5 – 9 AND IS AMONG SEVERAL CAMPS SCIENCE WORKS IS OFFERING THIS SUMMER.

HAUNTED HISTORY TOUR

Frist Friday of each month beginning June 7 and ending Sept. 6 at 7 pm. Four tours and two tour routes are offered each night. \$5. Go to www.historicjacksonville.org for more information.

AUGUST INSTITUTE

Aug. 5 through 8. August institute is a free four-day experience in which participants attend sessions and field trips aimed at providing educators the resources and support to integrate environmental education into their curriculum. Register and learn more at augustinstitute.weebly.com.

MOTORCYCLE POKER RUN

Saturday, July 20 at 8:30 am. Morning check-in/ registration and first draw is at Joe's Sports Bar, 820 NE E Street, Grants Pass. Be ready to win some awesome prizes from our sponsors. Must be present to win. \$5-15.

JOSEPHINE COUNTY SURVIVORS CELEBRATION

Saturday, August 3 from 11 am – 1 pm. This event is all about celebrating our Survivors! Come enjoy lunch, dessert, great fellowship and have fun with us! \$2. Fruitdale Grange, 1440 Parkdale Drive, Grants Pass.

OSHER LIFELONG LEARNING INSTITUTE OPEN HOUSE

Saturday, July 20 from 1 – 4 pm. The Open House will kick off OLLI's 2019-20 academic year and showcase the course offerings for the Fall 2019 quarter. RCC/SOU Higher Education Center, 101 S Bartlett St, Medford.

SOUTHERN OREGON CLASSIC

Saturday, July 20 at 5 pm. 12 chefs, 12 wineries, spirits, and brews. The Southern Oregon Classic is a nonprofit event that benefits local charities throughout the Rogue Valley. Learn more at www.southernoregonclassic.com. Centennial Golf Club, 1900 N Phoenix Rd, Medford.

ASHLAND ALOHA FESTIVAL

Sunday, July 21 from 2 – 6:30 pm. Cultural workshops, live music and authentic hula performance. More information at www.ashlandhula.com. Grizzly Peak Winery, 1600 E Nevada St, Ashland.

THE GROW-OFF

Thursday, July 18 at 6 pm. The Grow-Off Oregon has partnered with ORCA to bring cannabis farmers and retailers together in Southern Oregon for a very special event. Osmo's Alehouse, 522 S Central Ave, Medford.

EVENTS



COLLABORATIVE THEATRE PROJECT'S "DEATH TAKES A HOLIDAY" RUNS THROUGH AUGUST 3rd.

PAINT LIKE VAN GOGH

Thursday, August 8 from 1 – 3 pm. Create your own copy of a Van Gogh. You get to choose which one you want to paint! \$15. Grants Pass Museum of Art, 229 SW G St, Grants Pass.

FISH PRINTS

Tuesday, August 13 from 1 – 3 pm. In this class for 9-12 year olds, we will learn about the Japanese art of fish printing, called Gyotaku. \$15. Grants Pass Museum of Art, 229 SW G St, Grants Pass.

HOW TO SAVE THE OCEAN AND HAVE FUN DOING IT

July 22 and 29 from 3:30 – 4:30. Kids and teens can participate in an interactive program to learn about endangered ocean animals and their watery habitat, and discover how they can make a difference in a hands-on series. Medford Library, 205 S Central Ave, Medford.

KIDS CLAY CAMP

Aug. 5 through 9 from 9 am – 12 pm. Come explore clay on the Potters wheel! Children will learn how to create functional bowls and cups. \$200. Sign up at ashlandartcenter.org. Ashland Art Center, 357 E Main St, Ashland.

SUMMER RHYTHM MAKING CAMP FOR KIDS

Aug. 12 through 15 from 1:30 pm – 4:30 pm. Patty Aulik will guide you through 4 days of creating beautiful and functional rhythm instruments from recycled items and art supplies. \$85. Sign up at ashlandartcenter.org. Ashland Art Center, 357 E Main St, Ashland.

FAMILY MOVIE NIGHT AT JOY CHURCH

Sunday, July 21 at 5 pm. Take a break from the heat and enjoy a family friendly movie with us inside. How fun will it be? Let's just say to infinity and beyond! \$5. Joy Church Medford, 2715 Table Rock Rd, Medford.

TERRA COTTA FAIRY HOUSES WITH LAURA DAVIS

Tuesday, July 23 from 1 – 3 pm. Transform a clay pot into a cute Fairy House. Using simple painting techniques and a fine tip marker. \$15. Grants Pass Museum of Art, 229 SW G St, Grants Pass.

ZENTANGLE WITH PETE

Wednesdays, 10:30 – 11:45 am. Everyone welcome! If you need more info, call director Rick Patsche, 541-702-2585. \$5. Jacksonville Community Center, 160 E Main St, Jacksonville.

BOUNDARY SPRINGS MEMBERS-ONLY HIKE

Sunday, July 21 8 am – 4 pm. Join KS Wild and

Rogue Riverkeeper as they lead this members' only hike to the headwaters of the mighty Rogue River. Sign up at kswild.org.

UPPER ROGUE RIVER BOUNDARY SPRINGS HIKE

Saturday, July 27 from 8 am – 4 pm. Enjoy this moderate 5-mile round-trip hike where the Rogue River feels more like a creek. Sign up at www.kswild.org/events.

BIGELOW LAKE HIKE IN OREGON CAVES NATIONAL MONUMENT

Sunday, July 28 from 9 am – 3 pm. Join KS Wild for a hike around flower-laden Bigelow Lakes! Sign up at www.kswild.org/events.

GUIDED RANGER WALKS IN CASCADE-SISKIYOU NATIONAL MONUMENT

Every Saturday and Sunday through Labor Day from 9:30 am – 12 pm. Enjoy the Cascade-Siskiyou National Monument this summer by going on a Ranger-led hike! Sign up at cascadesiskiyou.eventbrite.com.

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.

SOMEONE SAVE MY BABY, RUTH!

July 26 through Aug. 11. When lovely young widow Penny Candy and her baby, Ruth, are taken in by her Aunt Praline, little does Penny know that both love and danger lie ahead. Learn more at www.barnstormersgp.org. \$15-23. Barnstormers Theater, 112 NE Evelyn Ave, Grants Pass.

DEATH TAKES A HOLIDAY

Runs through Aug. 3. A stunning, exciting new musical sizzles this summer! \$18-28. Learn more at www.CTPMedford.org. Collaborative Theatre Project, 555 Medford Center, Medford.

MAN A LA MANCHA

July 25 through Aug. 11. Man of La Mancha has inspired audiences for decades with its witty tale of chivalry, undoing of wrongs, and bringing justice to the world. \$5-22. Learn more at www.randalltheatre.com. Randall Theatre Company, 20 S Fir St, Medford.

DISNEY'S FREAKY FRIDAY

July 19 through 27. Freaky Friday A New Musical celebrates the mother-daughter bond with

laughter and love. \$15-25. Learn more at www.craterian.org. Craterian Theater, 23 S Central Ave, Medford.

Presentations

ASHLAND NEW PLAYS FESTIVAL THEATRE TALK WITH AMY KIM WASCHKE

Monday, August 12 at 7:30 pm. Theatre Talk focuses on the ways guests' lives merge with their process, skill and inspiration to create art, giving audiences insight and understanding into their work. \$32. Learn more at www.ashlandnewplays.org. Carpenter Hall, 44 S Pioneer St, Ashland.

AUTHOR GAEA YUDRONAT ASHLAND LIBRARY

Sunday, July 21 from 2 - 3 pm. Local author Gaea Yudronat shares poems, songs, and stories about nature, spirit, love, and aging, from her published and unpublished works. Ashland Library, 410 Siskiyou Blvd, Ashland.

AUTHOR REBECCA LAWTON AT ASHLAND LIBRARY

Sunday, August 4 from 1 - 4 pm. Lawton's "The Oasis This Time," the inaugural Waterston Desert Writing Prize winner, is a call for us to evolve toward a sustainable and even spiritual connection to water. Ashland Library, 410 Siskiyou Blvd, Ashland.

SPEAKERS SERIES OF FIRE MANAGEMENT: MIXED OWNERSHIP LANDSCAPES

Friday, July 26 from 6:30 – 8:30 pm. Join KSW and fire experts to talk about the role of fire in our ecoregion. Learn more at www.kswild.org/events. REL, 85 Rossanley Dr, Medford.

INTRODUCTION TO DRAWDOWN

Sunday, July 20 from 3 – 5:30 pm. The nonprofit Pachamama Alliance is sharing an introduction to the research behind a plan to reverse global warming called Project Drawdown. Unitarian Universalist of Grants Pass, 129 NW E St, Grants Pass.

THE CHINOOK SALMON MIGRATIONS TO THE UPPER KLAMATH RIVER

Aug. 7 and Medford Library and Aug. 14 at Ashland Library from 12 – 1 pm. Expert John Hamilton will present reports detailing chinook salmon migrations over the years.

Meetings

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.

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.

CORK 'N' FORK AT PASCHAL WINERY

July 24 at 6 pm. Arbor House will prepare Roasted Pork Loin with a cilantro lime sauce, cucumber salad, and garlic bread.

July 31 at 6 pm. Arbor House will prepare Chicken Salad: Chicken breast, onions, cranberries, grapes and pecans tossed in a blood orange mayo. Served on top of a bed of greens with a blood orange dressing

and fresh roll. Make a reservation at (541) 535-7957. Paschal Winery, 1122 Suncrest Rd, Talent.

WINE WEDNESDAYS AT THE ROGUE GRAPE

Wednesdays from 5 – 7 pm. Enjoy complimentary tastings from local wineries while chatting with the winemakers and learning about the wines. Visit us at www.theroguegrape.com. The Rogue Grape, 36 S Central Ave, Medford.

Film

BEING HUMAN: SUMMER FILM AND CONVERSATION SERIES

Thursdays from July 18 to Aug. 15 at 7 pm. Have you ever watched a great film and couldn't wait to talk about it with others? The series features a different film each meeting to discuss as a group afterward. Learn more at info@vml.org.

FORCE OF NATURE FILM NIGHT

Thursday, July 25 from 8 – 10 pm. We're partnering with REI and friends of Common Block to showcase a series of short films that champion Women in the Outdoors! Common Block, 315 E 5th St, Medford.

SAVING WELLINGTON

Wednesday, July 24 from 6 – 8 pm. Join Applegate Neighborhood Network at the Haul for a showing of the short film, Saving Wellington. Come learn about this unique and beautiful area, as well as how to help protect it. The Haul, 121 SW H St, Grants Pass.



SOMEONE SAVE MY BABY RUTH! PERFORMS AT BARNSTORMERS THEATRE THROUGH AUGUST 11th.

HAPPENING: A CLEAN ENERGY REVOLUTION

Tuesday, July 30 from 6 – 8 pm. The movie shows what can and is being done to avert the disaster that global warming and its climate change consequences will wreak on Oregon, the nation, and the planet unless we take it seriously and respond accordingly. Medford Library, 205 S Central Ave, Medford.

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

Tuesdays from 6:30 – 8 pm. 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, free for veterans. Learn more info at www.gabriellepullen.info. Feldenkrais Studio, 135 W. Main St., Jacksonville.

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SOUND

Following His Own Footsteps

Heir to a musical legend, Pat Simmons Jr. finds a familiar yet unique groove

BY PHIL BUSSE



PHOTO CREDIT: SASHA NITZE

Born in 1990, Pat Simmons, Jr. was a full decade past his dad's heyday. That isn't uncommon. Most children only learn about their parents' antics—professional and otherwise—from hand-me-down stories and photographs from glory days. But when your dad's profession and his work is nearly a household name, the impact is different.

Pat Simmons Jr. is the son of the founder and most consistent member of the Doobie Brothers, the up-tempo folk-rock band that captured a certain zeitgeist of the 1970s California and still enjoys heavy rotation on radio stations, with instantly recognizable hits like "It Keeps You Runnin'" and "China Grove." While other sons may take up their dad's plumbing business or inherit the law firm, Simmons Jr. began opening for his dad's band as a teenager, and also soon took the stage with other bands from the same wave length and era—the Allman Brothers, The Wailers, Mick Fleetwood, Willie Nelson and, more recently, fellow islander Jack Johnson. It was an auspicious launching pad for a career.

"I always loved performing," he recently told the *Messenger*. "I first began going up on stage with the Doobies when not even two years old; every show I was there, I'd walk out on stage with a little guitar for the last encore song, 'Listen to the Music.' I did this every summer up until I was in college." He adds that his mom claims he learned to walk on the tour bus.

Yet, although weaned on music and touring, Simmons Jr.'s life also has taken another route. He grew up most of his life on what he describes as "the rural, rainy side of Maui."

"I've always had a strong relationship with the land and the fruit trees we planted when I was a little boy," he continues. "Now I'm a father to an almost three year old son, and my wife and I feel that's it's more important than ever to raise our son close to nature and

that means eating fresh food from our land as much as we have the time to cultivate."

Being rooted—both literally and figuratively—however, is often at odds with life as a traveling musician. "I've been reluctant to follow my dad's footsteps full force because of my extreme attachment to my home, the wild waters and tropical mountains," Simmons Jr. confesses. "I'm a nature person first and foremost. I surf every day, harvest and process fresh food from the farm, and it's honestly challenging to leave home and tour."

But in late July, Simmons Jr.'s will leave his homestead and make a barnstorming, five stop tour through southern Oregon, including a stop at the newly renovated venue, The Dorothy Gale Provolt Theater, located at the gateway to the Applegate Valley.

Like Simmons Jr., the couple that took over the venue four years ago—Chris and Diane Baz—also own a farm on Maui, a seven acre organic fruit orchard. And like Simmons Jr., explains Diane Baz, they also feel that pull between celebrating a sense of place and also enjoying the more ephemeral nature of music and experiences. For the past four years, they have been renovating the space in Provolt, which now includes musical and stage shows, as well as a bakery and espresso bar.

"We are both very interested in promoting health and culinary adventure in community and in pairing great food with great music," says Diane Baz—which is why the evening with Simmons Jr. includes a luau/southern Oregon fusion themed dinner!

Simmons Jr. will play five shows in the area: July 24, Applegate River Lodge; July 25, Diggin' Livin' Farm (Cave Junction); July 26, Dorothy Gale's Provolt Theater (Provolt); July 28, Standing Stone Brewing Co. (Ashland); July 30, Johnny B's (Medford)

Rogue Sounds

Scott Garriott Shows Us the Way with "Fluorescent Medieval Transport"

The Latest From Ashland's Own Gentle Circus Freak Scott Garriott

BY JOSH STIRM

It's been awhile since listeners have heard from Ashland based singer/songwriter Scott Garriott. Besides 2018's covers album titled "Hay Bales and Chemtrails," it has been over two years since Garriott released any new music. Besides some rumors circulating that he might be starting a new glam rock project, there has hardly been any word of new music. That silence was broken this month with the release of Garriott's latest, "Fluorescent Medieval Transport" ("FMT").

The album begins with the ephemeral, pounding instrumental "Renegade Carriage Awakening," setting the tone for what's to come. Although Garriott's albums usually serve to highlight his song craft, it is worth noting that he has picked up quite the affinity for creating these microcosmic soundscapes within his recordings. This instrumental gives way into the more traditional, strummy "Personal Masterpiece." This track features guest vocals from fellow local singer/songwriter Michael Good Luck. It is not unusual for Garriott to bring guests into his recordings, but on "FMT" there seem to be several new voices.

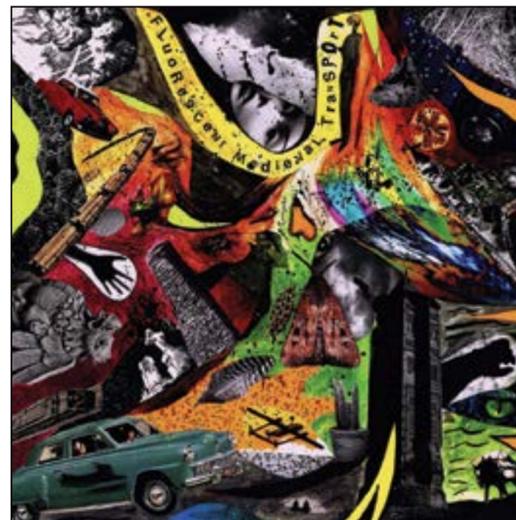
Further down the line we have the track "Castle Of Dreams," featuring another of Garriott's frequent collaborators Arlo Brooks. This track combines many of the manipulated guitar sounds Brooks is known to produce alongside Garriott's usual lo-fi folk, sure to remind listeners of the two's previous collaborations including 2016's excellent "Old Man in the Doorway to Nothing."

Another stand out track on this record is "Illumination," seeing Garriott experiment with autotune on his voice. Tracks like this always shine in the hands of Garriott, always seemingly unconcerned with what is expected of him (and the indie-folk genre at large), in favor of true, honest-to-God experimentation.

The album continues with the contemplative "I Wish I Could Read It." This track comes with another quirky experimental moment in the form of its sung "1-2-3-4" intro. Garrett makes a lot out of these small oddities. Singing, "and I wish I could read it, but I have to concede that, it just isn't for me, that sweet mystery that I can't read, is not for me." It's often difficult to parse out exactly what Garriott means with his lyrics, but that might be beside the point. Words like these are relatable on many different levels. Garriott uses ambiguity to his advantage better than many songwriters use literality.

"FMT" further expands its instruments' palette with the track "Vertical Travel." I would love to go into a deep description of what is going on with this track, but I can't even decipher what particular instruments are in this song, besides Garriott's classic drawl and an acoustic guitar. Again, Garriott often doesn't get enough credit for his arrangement/production choices.

It is immediately apparent when listening to "Fluorescent Medieval Transport" that Garriott hasn't lost any of the abilities or charm that draw people to his music. While the greater musical landscape may always be changing, one can always count on Scott Garriott albums to be there.



Listen to "Fluorescent Medieval Transport" via Bandcamp: scottgarriott.bandcamp.com/album/fluorescent-medieval-transport

CREDIT: SCOTT GARRIOTT

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FOOD & Drink

Who's Your Daddy Ramen?

A Food Truck with Soul

BY JEN ROBISON

It was a threatening-rain spring day when I wandered the Thursday Market in Hawthorne Park, and possible rain is plenty excuse for me to crave a bowl of good ramen. I even happened to have my own dad in town with me for a visit, so I just couldn't ignore the synchronicity. Daddy Ramen is a simply designed and smartly branded truck. The wood-sided exterior and bold logo are clear and calming. To me, it offers a promise of quality, carefully prepared food. From the gathering of people already eating and even sitting on the curb to dig in to their bowls, I could see that promise was being delivered on. I ordered three dishes for us to try: Bacon and Egg Mazemen, the Vegan Ramen, and a Banh Mi sandwich.

While ordering and waiting, I chatted with owners/chefs Phoenix and Lichen. They are a kind, beautiful couple, and were happy to share their story. Phoenix told me that they embarked on this food truck journey knowing pretty darn close to nothing about the industry. It all came from their love of making good ramen, and with the help of some friends and a lot of hard work, Daddy Ramen just celebrated a successful first anniversary.

Running a food truck is no simple feat. The vision, drive, and determination needed to succeed as a restaurant on wheels is formidable, and my hat's off those who take the risk. For Phoenix and Lichen, I see great things ahead. Daddy Ramen has that clear vision—they know who they are and what they want to feed us. It's a noodle truck with soul.

Ramen is a pretty underappreciated dish. Many people hear the word and likely think of 70¢ packages of dehydrated noodles which they may or may not have subsisted on at some point in life. But real ramen, though a "peasant" dish from its beginning, is a deliciously simple comfort food. Ramen is a bowl rice or wheat noodles, usually with broth, accompanied by various combinations of veggie, meat, egg, and aromatics. With a dish so seemingly straightforward preparation is key, since there isn't much for a chef to hide behind in a simple bowl of ramen. It has to be cooked correctly, and those simple flavors have to be in balance.

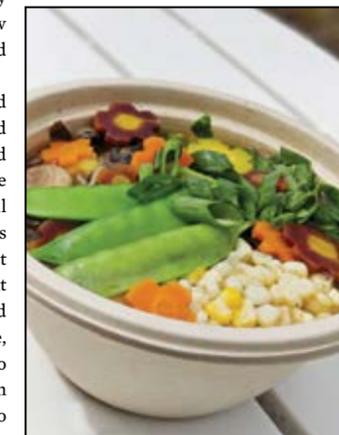
The Bacon and Egg Mazeman is a specialty broth-less ramen. It has wheat ramen noodles, smoked sesame-crusting slab bacon, a soft-boiled egg, nori (dried seaweed), and onion jam. The mazeman packs a deep flavor with a bit of sweetness, especially when you get some of that onion jam. The salty smokiness from the slab bacon balances out the sweet, and the green onion adds that bright bite that



DADDY RAMEN PHOTO CREDITS: JEN ROBISON

makes green onion such a favorite way to top off so many dishes. And the egg, with its soft yolk, is excellent in a bowl like this. When you break into it, the yolk seeps out and adds a rich creamy element to sauce up those noodles. Definitely comfort food.

The Vegan Ramen—from the second I saw it, it's been dubbed "rainbow ramen" in my head. This bowl is a perfect example of how we first eat with our eyes. The colorful portions of snow peas,



corn, delicately cut tri-color carrots, and greens are just beautiful to look at. This is a wheat-noodle ramen (though they offer gluten-free options!) with a very light miso broth. The noodles are done just right; slippery, chewy, and impossible to eat without slurping. This dish was for my super health-conscious dad, who wanted me to thank Daddy Ramen for not over-salting the broth. And I'll thank them for making my dad happy. Overall a

great veggie option and solid dish.

The Banh Mi. So help me, I've been talking all about ramen because this is a goshdarn ramen truck and ramen is amazing, but, their Banh Mi sandwich was my favorite dish. Not only is it a smart choice to have a sandwich on the menu, but they absolutely nailed it. I've had Banh Mi many times. I've missed Banh Mi since moving to the Rogue Valley four years ago. Then here comes Daddy Ramen, giving me honestly the best Banh Mi sandwich I think I have ever had. Banh Mi is a Vietnamese sandwich on a soft roll with meat, pickled vegetables, and herbs. Sound weird? Go eat one. The thick slices of chazu pork (braised or roasted pork belly), lightly pickled veggies and jalapeno, fresh cucumber, and herbs (cilantro, mint, basil) combine to be a wonderful balance of fresh, flavorful, and a bit spicy. The crunch of the cucumber with the tender pork and soft roll put this sandwich right where it belongs on a comfort food truck. While all the dishes I tried were well done, this one ensured that I'll be stopping by Daddy Ramen every chance I get.

Overall, Daddy Ramen has shown itself to be a standout among the food trucks in the Rogue Valley. In a short time, it's already found its place offering something unique yet approachable to anyone looking to taste something a bit different. I'll be on the lookout for Daddy Ramen, and I hope they continue to bring their thoughtful, fresh food to our community. We're loving it. ❤️

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CULTURE

A Play of Semantics and Costumes

Alice in Wonderland at the Oregon Shakespeare Festival

BY JORDAN MARIE MCCA

When *Alice in Wonderland* comes to mind, often what is imagined are a myriad of colors, interesting creatures, and a whole lot of nonsense.

Oregon Shakespeare Festival's *Alice in Wonderland* begins with nothing more than a tall, blue wing back chair sitting center stage. The only other things of note are thin white planks or hoops placed randomly throughout the stage--seemingly random, that is.

The production is an adaptation of Lewis Carroll's original story by Eva Gallienne and Florida Friebus. The pair debuted the show during the Great Depression as a faithful adaptation to Carroll's story, and has since then become a classic for the stage.

From the back of the Elizabethan Theatre, Alice (Emily Ota) runs down the aisle and jumps onto the stage. She's dressed in oversized overalls that look like they were sewn together in patches, a striped shirt underneath, and combat boots. Her dark hair is pulled up in a high ponytail and accented with strips of bright pink. All we know about Alice is she's angry, as though she's been running from a problem until she reached the stage and found the blue chair.

The White Rabbit (Shyla Lefner) pops up briefly, spying curiously on Alice, before running off. At the same time the stage transforms, but not so much in appearance as in imagination. The minimalism in set design allowed the audience to freely imagine the world of Wonderland. With all of the imagery we already know from Tenniel's illustrations to Tim Burton's garish portrayal of the story, Production Stage Manager Amy Miranda Bender pulls back on the set, allowing the costumes to transform the stage. The white hoops and planks of wood are used to represent anything from water to horses to the Caterpillar's hookah smoke. Those manipulating the hoops and planks are characters in themselves, reacting to Alice's confusion or shock throughout the production.

The poems and arguments Alice has with the characters reveal a battle of



ALICE IN WONDERLAND (2019): EDDIE LOPEZ (MARCH HARE), CRISTOFER JEAN (DORMOUSE), DANFORTH COMINS (MAD HATTER). CREDIT: JENNY GRAHAM

semantics that are the funniest parts of the production. The dialogue makes the story feel more and more like a dream, with each conversation making less sense than the last, but are nonetheless hilarious. One of the first representations of Carroll's comedic poetry is Mouse's (Anthony Heald) telling his history to Alice and three birds (Katy Geraghty, Lauren Modica, and Amy Kim Waschke).

Brent Hinkley's portrayal of Caterpillar garnered loud applause as soon as he delivered his first line. His costume consisted of a huge wig of dreadlocks, a green tie-dye outfit, and sunglasses. His performance left me wanting to see more of Caterpillar, but as soon as we met the Cheshire Cat, I was enthralled with the visual displays of yet another character.

Lauren Modica voiced the Cheshire Cat as others beside her made the character come alive by constantly keeping the character in motion. The Cheshire Cat's phosphorescent orange eyes and large grin was satisfying enough, but Modica's own constant movements and attitude truly made the character.

Of course, when Alice had finished her conversation with the Cheshire Cat, she meets the March Hare (Eddie Lopez), Dormouse (Cristofer Jean), and Mad Hatter (Danforth Comins), and the audience is once again enthralled with the costume design and hilarious acting. Costume Designer Helen Q. Huang and Wig Designer Cherelle D. Guyton's attention to each character is evident in the colors, patterns, and textures of everything we see on the characters.

The Queen of Hearts's (Amy Kim Waschke) has one of the most impressive costumes of the cast. Waschke acts as though the costume has always been a part of her, not letting the huge wig or wide dress obstruct her from moving about the stage and screaming "Off with their heads!" with everything in her.

By the end of intermission, the entirety of *Alice in Wonderland* is covered, leaving *Through the Looking Glass* for the second half. It felt like a treat realizing we were going to get so much more after intermission. Finally Humpty Dumpty (David Kelly) and Tweedledee (Kate Mulligan) and Tweedledum (Daniel T. Parker) make an appearance. Alice's journey becomes more and more convoluted, but it doesn't become less entertaining.

By the end, the costumes light up the stage, as well as brilliant light displays designed by Mary Jo Dondlinger. It's clear how much fun and hard work the cast had with this production from the costume designs to the actors running up and down stairs or interacting with the audience. OSF captures yet another classic story, *Alice in Wonderland* being no easy task.

ALICE IN WONDERLAND
1:30 and 8 pm, through October 12
Oregon Shakespeare Festival, Allen Elizabethan Theatre,
15 S. Pioneer Street, Ashland
\$40 - \$120

Art Watch

Creative Summer Learning

Summer Art Classes

BY JORDAN MARIE MCCA

School doesn't end with the summer. Southern Oregon is filled with art classes ranging from pottery to printmaking to painting. Consider taking a class at one or all of these local art galleries.

Rogue Studio Figure Drawing Sessions at Rogue Gallery & Art Center

Tuesdays from July 30 to Sept. 3 from 6 - 8:30 pm. This moderated, unstructured class allows students to work on the human figure with a live model in the Rogue Studio. Easels and tables are provided, but students are responsible to bring their own materials. Sessions are \$15 each or \$45 for all six. Sign up at roguegallery.org.
Rogue Gallery & Art Center
40 S Bartlett St, Medford
541-772-8118

Pottery and Hand-Building with Liz O'Brien and Jeff Edwards at Ashland Art Center

Thursdays from 5:30 - 7:30 pm. Whether you have some understanding of pottery or are a beginner, this class will teach everyone basic skills and provide a fun challenge. Instructors Liz O'Brien and Jeff Edwards are present to provide advice on storage and craft as well as to teach all of pottery's techniques. Each class is \$15. Sign up at ashlandartcenter.org.
Ashland Art Center
357 E Main St, Ashland
541-482-2772

Elements of Art: Color with Kristin O'Niell at Grants Pass Museum of Art

Saturday, August 3 from 1 - 4 pm. For those new to art, this class will teach you the fundamentals of colors in any piece of work. The more advanced, the class will be a fun challenge to

push what you know about colors and go deeper in your understanding. The Class is \$30 for members and \$35 for non-members. Sign up at gpmuseum.com.

Grants Pass Museum of Art,
229 SW G St, Grants Pass
541-479-3290

Monday Life Drawing Sessions at Art Presence Art Center

Every Monday Art Presence Art Center in Jacksonville holds a life drawing class from 1 - 3 pm. The class's reoccurring sessions gives artists the chance to gradually improve upon their skills the more they attend. Each class is \$10. Signing up isn't required, but learn more about the session at art-presence.org.



CAPTION AND CREDIT: ASHLAND ART CENTER

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SPORTS *& Outdoor*

A Great Start to a Great Season

Medford Rogues Baseball

BY JORDAN MARIE MCCAIG

To say the Medford Rogues began their season strong would be putting it lightly. The team started off the season with the longest winning streak in franchise history, making it the team's best start to a season. The team has lost some games since, but it's clear this year's team likes to win.

Director of Communications & Media Relations for Medford Rogues Jonathan Kurman says the coaches aren't satisfied despite the strong start to the season. The coaches aren't willing to settle and continue to push the players to play their best game each time. "Our inspiration comes from within," Kurman says. "This summer is about pushing each other to be our very best so that at the end of the year, we are the ones holding up the League Trophy."

This year's team consists of a completely new roster from last year, with three returning players from the 2017 Great West League Championship team. Several of the players come from the Rogue Valley, but there are also a few from the Southwest, Nevada, Georgia, and Kentucky.

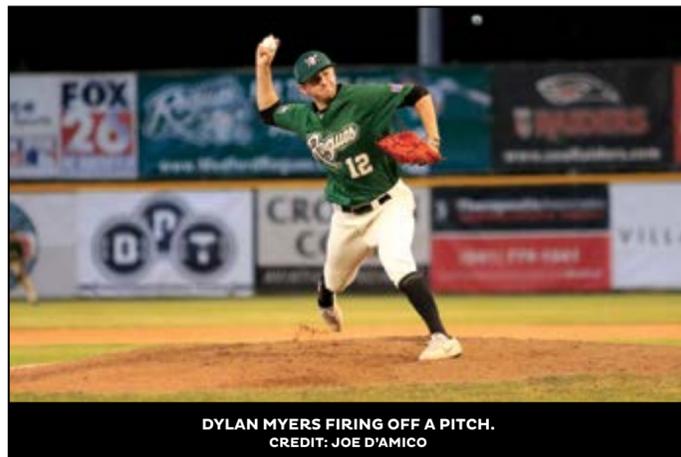
Not only does the Medford Rogues consist of a new roster this year, it also has a new coaching staff. Head Coach Sean Gallagher has a deep history with baseball as a First Team All-State catcher in High School to playing Division One at New Mexico State. Before getting involved with Medford Rogues, he served as an Assistant Associate for the Milwaukee Brewers and lead St. Mary's baseball to 106 wins and only 37 losses during his time there.

Medford Rogues Assistant Coach Darien Hardaway also serves as St. Mary's Head Coach. His history with baseball goes as deep as Gallagher's, playing Division One at Alcorn State University, eventually leading him to play Independent baseball for Garden City Wind in Kansas.

"Coach Gallagher has brought an intense and aggressiveness play style to the Medford Rogues," says Kurman. "We set a franchise record with 11 stolen bases on Opening Night, and the team has not let their foot off the gas pedal. The Rogues have three of the top four base stealers in the league so far."

Pitcher Dylan Myers is enthusiastic by the team's history-making record so far. "We know we can be better, and that is the most exciting part," he says. "It feels like every day there's a different guy making a spectacular defensive play, hitting home runs, and being dominant on the pitcher's mound."

Catcher Ty Mulholland says the team hasn't played their best game yet. He played for Coach Gallagher in high school at St. Mary's and says he coaches exactly the same. "He treats each of us with respect and as equals, which makes it easy for us to give our all every single day," he says.



DYLAN MYERS FIRING OFF A PITCH.
CREDIT: JOE D'AMICO

Outfielder Turner Olson adds, "It's so much fun. The guys are jelling, the mood in the locker room is light, and we just love coming to the ballpark."

All three players, including Kurman, says the team's biggest challenge this year is four-year league champions Top Speed Baseball from Petaluma, California. "If we want to bring the League Championship to Medford, we'll have to go through them," says Kurman.

Not only has Medford Rogues showed little signs of slowing down despite some losses, home game attendance has been up this year. Kurman says, "We are averaging over 1,000 fans per night. Players from opposing teams take pictures and videos of the ballpark because they are so excited to be playing in front of so many people."

While the team no doubt gives the fans an exciting game, their home games are often themed, like Super Hero Night, Bark in the Park, and Christmas in July. Check out medfordrogues.com for special deals, and info on the playoffs coming up July 25 - 28.

- **MEDFORD ROGUES vs. SOUTH BAY STORM**
6:35 pm, Thursday, July 18 - Sunday, July 21
Both Games at Harry & David Field, 2929 S. Pacific Hwy, Medford \$7 - \$12
- **MEDFORD ROGUES vs. HAYESVILLE HAMMERS**
6:35 pm, Monday, July 22 & Tuesday, July 23

Go Here

Winged Beauties The Painted Ladies in Elkton

BY VANESSA NEWMAN



BUTTERFLIES AT THE ELKTON BUTTERFLY PAVILION
PHOTO CREDIT: RICHARD NEWMAN

Insects with wings can ruin your summer outing (wasps at a barbecue, right?) or elevate it (a butterfly or two in a garden, awww!). The Elkton Community Education Center (ECEC) which has been around for 14 years is a treasure many stumble upon on their way to the Coast (OR-38). From June through September, Painted Ladies and Monarchs elegantly flutter their wings at the Butterfly Pavilion at the ECEC. Although Elkton is one of the smallest unincorporated towns in Oregon, there are more wineries and butterflies than residents or at least it feels that way.

That is what makes Oregon so unique—all the chances to encounter unexpected treasures on your journey. Inside the town of Elkton, the ECEC is a destination with a lovely garden, gift shop, café, library and of course butterflies to delight children and adults alike. Step into the pavilion and watch a *Vanessa Cardui* perched on top of its host plant—Thistle. *The Western Tiger Swallowtail* needs a native Oregon

plant called the Pearly Everlasting to be happy. Not only do visitors get to know the different types of intriguing insects, but the Butterfly Steward, Barbara Slott, who keeps watch over the lovely creatures, educates others on how to have them flourish in their backyards.

The center is a feast for the senses and an educational opportunity for young and seasoned. ECEC is located right in front of Fort Umpqua and in addition to hatching and housing butterflies, it hosts events. They have Flutestock coming up on July 27 and 28, where flute makers come together to display handmade instruments and project native American-style music over loudspeakers for all to enjoy. Or there is the two-day historical celebration called Fort Umpqua Days August 31 through September 2 at the ECEC.

ELKTON COMMUNITY EDUCATION CENTER BUTTERFLY PAVILION
9 am - 5 pm, daily, June - September
15850 State Highway 38 W, Elkton

WELLNESS

Eat Up! IV Nutritional Therapy for the Masses

BY DR. CORY TICHAUER

If you've been paying attention to the latest trends in healthcare and restorative medicine you've likely encountered the growing topic of intravenous vitamin therapy. Recently popularized by celebrities such as Adele, Chrissy Teigen and numerous professional athletes, IV vitamin and nutrient drips are being used with increasing popularity to both proactively maintain optimal wellness as well as to treat chronic and acute illness. In hospitals, over 80 percent of patients admitted will be given an IV as a way to more effectively and efficiently address their chief complaint. We unquestioningly accept this rationale for life saving interventions such as severe dehydration, invasive infection or acute trauma, yet the concept of using IV's to support or restore health is still a little understood concept for most people.

The most common questions I get around this topic is, "Why should I get vitamins and nutrients through an IV?" and "Why can't I just get what I need from eating healthy and taking my supplements?" My answer is that, just like antibiotics and pain medications from the hospital, administering vitamins, nutrients and minerals directly into the bloodstream provides a quicker and more efficient way to address a breakdown in health. Even if we assume that a person eats high quality, organic food, takes the time to chew slowly, has a healthy GI tract and manages to minimize stress, it is still only possible to absorb about 20-30 percent of the vitamins we ingest. In real life, however, things like work, relationships, financial stressors, poor sleep, environmental toxicity, inflammation, processed

foods and being constantly rushed all deplete our body's reserves while compromising our ability to digest food and absorb nutrients. Ailments such as fatigue, headaches, GI problems, insomnia, frequent or persistent infections, mood instability, chronic pain and arguably any other symptom cluster is ultimately due in part to some nutritional deficiency.

The advantage of intravenous therapy is that higher and more concentrated doses of nutrients can be introduced into the body than would be possible orally, allowing cells to gain rapid access to the very nutrients they require for healing. Necessary cofactors are provided to restore energy production from mitochondria, provide balance to brain chemistry, detoxify the body, reduce inflammation and improve immune function and response. Nutrients such as Vitamin C can be raised 50 - 100 times higher than what is possible orally without causing diarrhea; allowing for effective treatment of bacterial and viral infections in higher doses as well as supporting safe, adjunctive treatment of cancer, allergic and immune disorders. Similarly, while oral supplementation with magnesium produces little to no change in serum magnesium concentrations, IV administration can double or triple both serum and intracellular levels; thereby, supporting heart and other cardiovascular conditions.

Everyone can ultimately benefit from periodic IV nutritional therapy for wellness, weight loss, athletic performance, hangover relief and beauty. Other conditions will see the most benefit from either a series of treatments or regular treatment. These include chronic

infections, addiction recovery, burn-out, cancer, heavy metals, immune dysfunction, mold illness, headaches, wound healing, surgery preparation, coronary artery disease, diabetes, fibromyalgia, chronic fatigue and others. Examples of nutrients commonly used in IV therapy include vitamin C, EDTA, DMPS, phosphatidylcholine, folate, ozone, vitamin B12, B complex, magnesium, calcium, zinc, trace minerals, iron, vitamin D, NAD, carnitine, amino acids, inositol, taurine, selenium, molybdenum, germanium, alpha lipoic acid, and glutathione.

With the most significant advances coming over the last 10 to 20 years, clinicians trained in functional medicine now have the ability to target specific cells, tissues, organ systems or conditions with nutritional or restorative components that can allow a person to progressively regain their health. Cutting edge therapies like stem cells and exosomes are paving the way for even better and more sustainable results. That being said, I would absolutely encourage anyone who is just feeling run down, frazzled or achy to try a Myers' "Wellness" Cocktail which has been shown to provide a feeling of rejuvenation and symptom relief with as little as a single treatment!



DR. CORY TICHAUER

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Survey: What is the most important issue craft cannabis farmers face today in Southern Oregon?

Happy CANNA-versary, Oregon! That's right, it's already been four years since our FAV plant became legal on July 1st, 2015. As the tip of the spear in the evolution of the cannabis industry, it's time for the #southernoregoncannabisfam to step back and reevaluate what is happening to our plant, our industry, and perhaps most significantly: our cannabis community. To be blunt, it has gotten a bit "catty" here in the Emerald Triangle as long-time players shuffle for position in a brand new market and scramble to keep their livelihood intact while grasping at any semblance of the dreams that brought them through the blood, sweat and tears to this point.

Let's not forget that prohibition of cannabis has not been easy on the world and its inhabitants, so we must pay our respects to the warriors who protected this plant with life, limb and liberty. These heroes, some of which are still alive and participating in legal cannabis, deserve to have a say in how legalization unfolds for the people. And we deserve some of their wisdom. The message of cannabis will not reach its full potential without respecting its grassroots.

Since humbly I stand on the shoulders of the longtime cannabis soldiers here in one of the longest-surviving cannabis communities that actually thrived during prohibition, I wanted to ask some of the people actually making it happen about the problems they face as the business of cannabis rolls forward unaware of and detached from the traditional community and culture it could be crushing.

Somewhat in order of importance—there were ties—here are the topics that I saw arise from the survey put out on the @localsmokeradio and @roogrostein Instagram pages. Feel free to check out those threads to see or continue the conversation.

Most Important Issue (in case you hadn't heard):

- Cross Pollination from Hemp Males/Uneducated New Hemp Farmers
- 2nd Place Problems:
- Market Values
- Banking Issues/280e Tax Law

Let's Not Forget:

- Lack of Sustainable Practices
- Little Hemp Regulation vs. Strict OLCC Regulation
- Compliance Costs/Burdens
- Things that also matter:
- Changing Rules
- Finding Quality Employees

Below are just a few quotes that stood out from the Instagram threads on the survey posts:

Kelliwhitefeather: "So much! Banking, constantly changing compliance rules, sustainable practices, the list is ongoing."

Oldgoldgardens: "Hmmm, imma have to say either banking or cross pollination from the thousands of hemp farms. Most, not all, of these hemp farms either a) couldn't make it as a rec farm, b) still grow cannabis hidden in their fields without regulation, or c) only care about gettin rich." *Gooddogfarms_oregon:* "HEMP! . . . Many people who never grew or used cannabis moving here to make money and not respecting the culture and the plant."

Cultivationtracker: "Market values, being in compliance all the way around and keeping good records... Also keeping good people--often hard to find farmers who love farming and are able to work long hours in the fields."

Ananda.farms: "The price per lb."

Wickedganjafarmer: "Hemp cross-pollination is going to be a big one this year.. Lots of work goes into good, sungrown cannabis and then to have it seeded out. Well..."

Th3_budtender: "Large operations with large quantities under pricing the market."

Yo_yo_hanna: "I think it's trying to run a small business with the ridiculous overhead that Metrc and regulation changes add to the cost of doing business."

FREE WILL ASTROLOGY Week of July 18

CANCER (June 21-July 22): What would you say if I asked you to tell me who you truly are? I wouldn't want to hear so much about your titles and awards. I'd be curious about your sacred mysteries, not your literal history. I'd want to know the treasured secrets you talk about with yourself before you fall asleep. I'd ask you to sing the songs you love and describe the allies who make you feel real. I'd urge you to riff on the future possibilities that both scare you and thrill you. What else? What are some other ways you might show me core truths about your irrepensible soul? Now is a good time to meditate on these riddles.

LEO (July 23-Aug. 22): Isaac Asimov wrote a science fiction story about a physicist who masters time travel and summons William Shakespeare into the present time. The Bard enrolls in a night school class about his own plays—and proceeds to flunk the course. Modern ideas and modes of discourse are simply too disorienting to him. He is unable to grasp the theories that centuries' worth of critics have developed about his work. With this as a cautionary tale, I invite you to time-travel not four centuries into the future, but just ten years. From that vantage point, look back at the life you're living now. How would you evaluate and understand it? Do you have any constructive criticism to offer? Any insights that could help you plan better for your long-term future?

VIRGO (Aug. 23-Sept. 22): The coming weeks will be a favorable time for you to buy yourself toys, change your image for no rational reason, and indulge in an interesting pleasure that you have been denying yourself for no good reason. In addition, I hope you will engage in at least two heart-to-heart talks with yourself, preferably using funny voices and comical body language. You could also align yourself gracefully with cosmic rhythms by dancing more than usual, and by goofing off more than usual, and by wandering in the wilderness and seeking to recapture your lost innocence more than usual.



LIBRA (Sept. 23-Oct. 22): Although you'll never find an advertisement for Toyota or Coca Cola or Apple within my horoscope column, you will find hype for spiritual commodities like creativity, love, and freedom. Like everyone else, I'm a huckster. My flackery may be more ethical and uplifting than others', but the fact is that I still try to persuade you to "buy" my ideas. The moral of the story: Everyone, even the Dalai Lama and Desmond Tutu, is selling something. I hope that what I'm saying here purges any reluctance you might have about presenting yourself and your ideas in the most favorable light. It's high time for you to hone your sales pitch; to explain why your approach to life is so wise; to be a forceful spokesperson and role model for the values you hold dear.

SCORPIO (Oct. 23-Nov. 21): You are growing almost too fast, but that won't necessarily be a problem—as long as you don't expect everyone around you to grow as fast as you. I suspect that you also know almost too much—but I don't anticipate that will spawn envy and resistance as long as you cultivate a bit of humility. I have an additional duty to report that you're on the verge of being too attractive for your own good—although you have not yet actually reached the tipping point, so maybe your hyper-attractiveness will serve you rather than undermine you. In conclusion, Scorpio, I invite you to celebrate your abundance, but don't flaunt it.

SAGITTARIUS (Nov. 22-Dec. 21): The snow leopards of Central Asia crave a lot of room to wander. Zoologists say that each male prefers its territory to be about 84 square miles, and each female likes to have 44 square miles. I don't think you'll require quite that vast a turf in the coming weeks, Sagittarius. But on the other hand, it will be important not to underestimate the spaciousness you'll need in order to thrive. Give yourself permission to be expansive.

CAPRICORN (Dec. 22-Jan. 19): "I want to do things so wild with you that I don't know

how to say them." Author Anaïs Nin wrote that in a letter to her Capricorn lover Henry Miller. Is there anyone you could or should or want to say something like that? If your answer is yes, now is a good time to be so candid and bold. If the answer is no, now would be a good time to scout around for a person to whom you could or should or want to say such a thing. And if you'd like to throw in a bit more excitement, here's another seductive lyric from Anaïs: "Only the united beat of sex and heart together can create ecstasy."

AQUARIUS (Jan. 20-Feb. 18): Did you hear the story about the California mom who started a series of forest fires so as to boost her son's career as a firefighter? She is an apt role model for behavior you should diligently avoid in the coming weeks. It's unwise and unprofitable for you and yours to stir up a certain kind of trouble simply because it's trouble that you and yours have become skilled at solving. So how should you use your problem-solving energy, which I suspect will be at a peak? I suggest you go hunting for some very interesting and potentially productive trouble that you haven't wrangled with before—some rousing challenge that will make you even smarter than you already are.

PISCES (Feb. 19-March 20): The heroine of Alice in Wonderland and Through the Looking Glass is curious, adventurous, and brave. First she follows a well-dressed rabbit down a rabbit hole into an alternate universe. Later she slips through a mirror into yet another parallel reality. Both times, with great composure, she navigates her way through many odd, paranormal, and unpredictable events. She enjoys herself immensely as she deals with a series of unusual characters and unfamiliar situations. I'm going to speculate that Alice is a Pisces. Are you ready for your very own Alice-in-Wonderland phase? Here it comes!

ARIES (March 21-April 19): An Aries reader sent me a boisterous email. "I was afraid I was getting too bogged down by my duties," he said, "too hypnotized by routine, too serious about my problems. So I took drastic action." He then described the ways he broke out of his slump. Here's an excerpt: "I gave laughing lessons to a cat. I ate a spider. I conducted a sneezing contest. I smashed an alarm clock with a hammer. Whenever an elderly woman walked by, I called out 'Hail to the Queen!' and did a backflip. I gave names to my spoon (Hortense), the table (Beatrice), a fly that was buzzing around (Fallon), and a toothpick (Arturo)." According to my analysis of the astrological omens, Aries, you'd be wise to stage a comparable uprising.

TAURUS (April 20-May 20): Welcome home, homegirls and homeboys. After observing all your homesteading in homes away from home, I'm pleased to see you getting curious about the real home brew again. I wonder how many times I'll say the word "home" before you register the message that it's high time for you to home in on some homemade, homegrown homework? Now here's a special note to any of you who may be feeling psychologically homeless or exiled from your spiritual home: the coming weeks will be a favorable time to address that ache and remedy that problem.

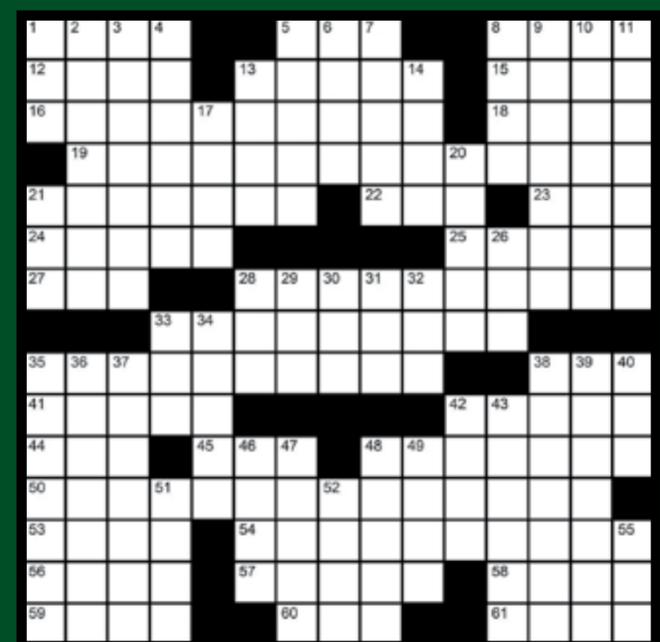
GEMINI (May 21-June 20): The world is full of eternally restless people who seethe with confused desires they don't understand. Fueled by such unfathomable urges, they are driven in unknown directions to accomplish fuzzy goals. They may be obsessed in ways that make them appear to be highly focused, but the objects of their obsession are impossible to attain or unite with. Those objects don't truly exist! I have described this phenomenon in detail, Gemini, because the coming months will offer you all the help and support you could ever need to make sure you're forever free of any inclination to be like that.

[Editor: Here's this week's homework:]

Name something you could change about yourself that might enhance your love life. Testify at FreeWillAstrology.com.

REC ROOM

UNSTATED SHOWS NOT SET IN A SPECIFIC STATE FOR A LONG TIME — MATT JONES



ANSWERS AT ROGUEVALLEYMESSENGER.COM

Across

- To be, to Brutus
- "___ Haw" (show with the segment "Gloom, Despair and Agony On Me")
- Wound remnant
- Two-way
- Root beer brand that "has bite"
- 1991 NHL MVP Brett
- 2004-2007 Nickelodeon show with Emma Roberts set somewhere in the eastern U.S.
- Penne ___ vodka (pasta dish)
- Long-running soap where the location of Salem wasn't revealed until 2013
- ___ New York (upscale department store chain)
- Tallahassee-to-Tampa dir.
- Sinus doc
- Video game designer Sid who created the "Civilization" series
- "En ___!" (fencer's call)
- Starter starter?
- It helps connect older computers to newer devices
- Current CW show set in "Rockland County"
- Meals in a shell
- National Coming ___ Day
- Backgrounds for fireworks
- Entertain
- A in a Wagner opera?
- Albuquerque coll.
- Had high hopes
- With 54-Across, 1994-1998 Nickelodeon show set in the town of Paradise Valley
- Valley that's the site of the Reagan Presidential Library
- See 50-Across
- "And others"
- "Alas"
- Mark of "The Full Monty"
- Okay, but not great
- Ballot markings
- The Big Board, for short

Down

- Collegiate URL tag
- Desserts served in bars
- African sightseeing trips
- Boosler of stand-up
- 13.1-mile races, informally
- Switch ending
- Peter Shaffer play about a stableboy
- "If I Ever Fall in Love" R&B group (1992)
- Conduit under a road
- "The House of the Spirits" author Isabel
- Demolition expert
- Ocean floater with a bell
- Armenia and Georgia, once
- Liar, relatively politely
- Word before tender or guardian
- ___ Recordings (label co-founded by Lil Jon)
- Rainforest inhabitant
- Sch. founded by Thomas Jefferson
- "La mer" salt
- Protective auto accessory
- Put together
- "___ Boot" (1981 film remade as a Hulu series)
- Eggs in nigiri sushi
- Magazine unit
- Sleeping sickness transmitters
- Emperor who abdicated on 4/30/2019
- Movie theaters
- Title for the Virgin Mary
- What some music stores sell
- Danson of "The Good Place"
- "___ on both your houses!"
- Comedian Eugene who plays Gene on "Bob's Burgers"
- Cpl. and Sgt., e.g.
- "Fantastic" character in a Roald Dahl book
- Traveler's reference
- Norw. neighbor
- Agricultural warehouse
- Nonchalance
- First openly transgender NCAA Division I athlete ___ Allums

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SUDOKU NO. 227 - EASY

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

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

For many strategies, hints and tips, visit SudokuWiki.org

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Previous solution - Very Hard

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



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- 12/1: Pink Martini Holiday Concert
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