

W T F ROGUE VALLEY MESSENGER

YOUR LOCAL, NON-PROFIT, INDEPENDENT NEWSPAPER



Sound off

*A Shout Out To
Local Podcasters*

Food

*A Triple Scoop of
Ice Cream Reviews*

Screen

*A Sampling From
KF Film Festival*

Beer

*And, A Big Gulp
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SALES DEADLINE: 5 pm Thurs
EDITORIAL DEADLINE: 5 pm Thurs
CALENDAR DEADLINE: 12 pm Thurs
CLASSIFIED DEADLINE: 4 pm Thurs
 Deadlines may shift for special/holiday issues.

ON THE COVER:

Danielle Craig of the podcast
 Happiness in Progress.

– Photo submitted by Danielle Craig.

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Podcasting has quickly matured into one of the most accessible and widely-used mediums—and our writer Catherine Kelley catches up with a few of the producers in the region who are making noise in the 21st century medium.



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Simple is as simple does for the Grayback Mountain Jam: An all-star collection of regional bands and musicians who keep the end-of-the-summer straightforward with a nod back to barn dances and hoedowns.



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Our Food Reviewer Jen Robison takes on the daunting task reviewing local ice cream shops, with stops in Ashland, Medford and Grants Pass. Yeah, where can I get a job like that?



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SCREEN

Incendiary bombs, black lipstick, amorous armadillos, bowling and a blow-up doll are just a smidgeon of what's in store for attendees at the 2019 Klamath Independent Film Festival September 13 – 15.



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PROFILE

Hardly A Waste of Time

Taking A Moment To Learn What DEQ Is Doing

An Interview with David Allaway, Senior Policy Analyst at Oregon Department of Environmental Quality.

INTERVIEW BY PHIL BUSSE



Rogue Valley Messenger: The Waste Prevention Strategy was adopted in 2007. Can you talk about how this plays out in southern Oregon?

David Allaway: The 2007 Strategy was an early document, and has since been replaced in part with Oregon's 2050 Vision for Materials Management, and more focused strategic plans addressing wasted food, reuse and repair, and the built environment. Through these, we've supported workforce development efforts in reuse and repair businesses, are actively working to reduce the wasting of food, including several projects in the Rogue Valley, and refocused our state grants program to give greater priority to prevention and reuse (over recycling). For example, DEQ funded a \$7,512 grant to Southern Oregon University to reduce the amount of food waste generated at its residential dining hall by reducing plate sizes from 10.5 to 9 inches. Additionally, in March DEQ hosted a Food Waste Prevention Workshop in Medford, where approximately 20 different foodservice businesses participated to find ways to reduce food waste in their kitchens.

RVM: Perhaps this is a simple question, but: Why does this matter? What is at risk or being threatened by "waste"?

DA: In this country, the problem isn't really "waste" as garbage, but rather the impacts of making all of the stuff that becomes waste. For example, 41 percent of

our state's global carbon footprint (the "consumption-based greenhouse gas inventory") stems from materials. Of those emissions, one percent come landfills, while 99 percent are a result of supply chains, production and transportation. Recycling can only moderately mitigate those impacts. Using less stuff in the first place is a more important strategy, as recognized in state law that says essentially "reduce first, and then reuse, and only then recycle."

RVM: To reduce waste is to push back against some massive market forces. For households, if you could make change one consumption habit, what would that be?

DA: For households, one of the most important waste prevention behaviors is to waste less food—not through composting, but by not wasting food in the first place. Twenty-five to 40 percent of all of the food produced in this country is never eaten, and producing that food is both a massive waste of money and resources. Of the food that is tossed out by Oregon households, about 70 percent was, at one point, edible. By being more careful with what we buy and how we store and prepare food, households can reduce impacts and save money.

RVM: Is it silly to think that with the burgeoning economy of online shopping that household waste has increased significantly and detrimentally with all of the packaging?

DA: No, that's a fair assessment. But packaging isn't the sole problem and it isn't always a big one. If online shopping means that a resident of Williams avoids driving their car to Grants Pass to buy one item, that's a good trade-off for the environment. But if a household has multiple online deliveries being made to their home every week, the impacts of all of that delivery are probably much higher than the packaging. Also, let's not forget:

packaging is the most visible sign of waste, but the stuff inside the package—the product—is often far more impactful when it comes to overall resource depletion and pollution.

RVM: So much of the work that needs to be done with waste reduction seems to be changing minds, attitudes and habits—and this seems to require a marketing campaign. In some ways, is this like advertising, but for an idea and for anti-consumerism?

DA: That is a very interesting way of positioning it. Communication is so important. Everybody from manufacturers, businesses, governments, individuals and non-profits have a part to play to change minds, attitudes and habits to live sustainably. But waste reduction can also be realized through changes in how businesses produce goods and even how buildings are designed and constructed.

Currently DEQ has two Waste Prevention Campaigns available on our website to help local communities spread the word with templates and messages ready to use. Folks can also learn about our new reports and tools by subscribing to our emails alerts about food or any other Materials Management subject matter.

RVM: If you were able to get a person to change two habits about waste management, what would those be?

DA: Waste prevention is ultimately about using less stuff. It's about purchasing and use, not waste management. And it can take so many forms: extending the life of products through repair and reuse, buying more durable items, wasting less food, reusing packaging, skipping single-use products, and gifting experiences as opposed to things.

A second habit would involve recycling, and especially the need to "recycle right." With so many items to sort, it can be confusing to know what is and isn't recyclable. We recently created a Recycle Right! webpage to help residents learn what to keep out of their bins, and to remember to only place empty, clean and dry materials in their bins.

The Oregon Department of Environmental Quality is awarding up to \$600,000 in grants. Local governments, non-profit organizations and federally-recognized tribal nations are encouraged to apply. Funding for projects that prevent wasted food is also available to public schools, colleges and universities.

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FEATURE

Hear, Hear!

Podcast's Phenomenal Rise in the Rogue Valley

BY CATHERINE KELLEY



THE ROGUE ROLEPLAYERS
PHOTO CREDIT: BEN LEWIS

Like a giant Mavericks wave rising out of the ocean, podcast popularity is cresting. With over 750,000 shows and programs offered and advertising revenue expected to hit the billion dollar mark by 2021, this budding medium is fast becoming one of the hottest on-demand, content-bingeing platforms available.

In 2003, the first syndicated MP3s, or “audio blog posts,” were created by radio host, Chris Lydon, and software developer, Dave Winer. Offered through Apple iTunes and downloadable to first-generation iPods, they soon earned the moniker “podcasts.” Lydon’s *Open Source* series focused on the presidential run as America braced for a looming war with Iraq. It was raw, real and unlike anything radio listeners had experienced before.

Today, over half of Americans have either listened to a podcast or subscribed to several, making it officially a mainstream medium according to Edison Research. Advancing technologies like smarter Smart speakers, Bluetooth gadgets and in-car internet are making it easier for listeners to “catch a pod.”

The Infinite Dial 2019, a report covering consumer usage of media and technology, revealed massive year-after-year growth in “spoken-word audio.” Is the field saturated? Not if passion overrides competition.

Southern Oregon podcaster, Danielle Craig, is using the medium to generate, if not revenue, a community of like-minded people. The Emmy-award winning journalist started her *Happiness in Progress* podcast after facing numerous personal challenges in 2017 at the same time she felt a need for a change in her career in media, including nearly eight years on News-watch 12.

“Having 15 years in news, I sat in many living rooms with people who had experienced worst-case scenarios of life,” says Craig. “So basically between feeling like I could offer support and love to people and share other people’s stories, like I’d been doing on the news, I just kind of stumbled across podcasts and jumped in.”

Although making money from a podcast isn’t quick or easy, unless you’re an advertiser, revenue can build over time from sponsors, listener donations, subscriptions and ticket sales to live podcast events.

In July, Craig took her podcast to the road for her first live event where over a hundred women gathered at RoxyAnn Winery to listen as she interviewed Shantelle Dayton and Lu Crenshaw of Camp 17 on the topic of being enough.

“The night was beautiful because, not only did these women

listen to a really powerful message, they held their hands on each other’s back and spoke comfortably about their truths,” says Craig. “To do an episode in front of a live audience gives it a real, authentic connection.”

Anthony and Lauren Panter are hoping their passion for anime will stimulate interest in others. The young couple debates, examines and considers the Japanese animation on their new podcast, *Otaku!!! Talk*.

“I would describe podcasts as the next phase in talk radio, a more personalized listening experience for the consumer,” says Anthony. “If we gain a wide enough fan base I definitely would like to have our listeners pick out shows for us, or suggest shows for us to watch. It’s essentially just a lot of fun right now.”

Startup costs can be incredibly low. Beginners can use their PC or laptop with a microphone together with free online software and hosting services. Today’s podcast apps can even transform your smartphone into a mobile recording and editing studio.

Before starting a podcast of their weekly tabletop role-playing games (RPG), the Rogue Valley Roleplayers had been gathering weekly for several years to suspend 3-D reality while they twisted and churned the story of imaginary realms.

“RPGs, by their very nature, are an improv collaborative experience,” says producer, Ben Lewis. “The internet has made it possible to meet world-wide gamers and to share stories and ideas. The stereotype of a bunch of un-athletic guys with glasses sitting in a basement is gone.”

Lewis started with a single microphone everyone basically yelled into, keeping editing simple but the sound quality less than appealing. “Eventually, as the podcast grew, and I got more confident in my abilities, we needed to upgrade to multiple microphones making editing a lot more intensive,” he says. “I went from being able to produce an episode in two or three days to about two weeks.”

In spite of the challenges, Lewis appreciates the learning curve and feels his labor of love is worth it, and is excited knowing they have listeners around the world. Millions of listeners have several subscriptions and new listeners are researching podcasts on specific topics.

“There’s definitely not a lack of people to listen,” says Craig. “I think that it’s really important for anyone who wants to podcast, and they think they have something important to say, that they say it and not worry about what all the others are doing.”

One of its strongest factors, she believes, is the freedom to start one. “There used to be a time when anyone wanting to talk about self-help and get it out in public through radio, newspaper or TV would have to get through the gatekeepers, the people that said yes or no,” she recalls. “Now there’s none of that. All you really need is the phone in your hand and if you have a message you already have your platform, just stand up and speak.”

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[P] OUR PICKS



fri 13 – sun 15 Battle of the Bones

BBQ—Texas isn't the only place that knows how to BBQ. Between the Tri-Tip on Friday, the Ribs on Saturday, and the Brauts on Sunday all tasters will have eaten over three pounds of meat, casting votes for the best marriage of flame and taste buds. 4 – 8 pm, Friday. Noon – 4 pm, Saturday. Noon – 3 pm, Sunday. Jackson County Expo, 1 Peninger Road, Central Point. \$25.



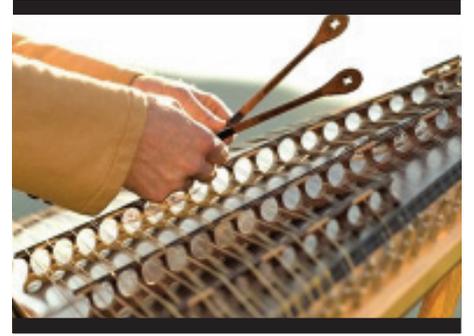
sat 14 Rat Rod Rukkus

CAR SHOW—Showing off custom rides is half the fun in owning them. The annual Rat Rod Rukkus will feature rat rods, hot rods, customs, cruisers, lowriders, motorcycles, and vintage travel trailers, along with a pin up contest, a hula hoop contest, and a beard contest with music by Jet Harris and the HotRod HELLCATS. 8 am – 4 pm. Pottsville Museum, 2400 Pleasant Valley Road, Merlin. \$3 – \$10.



sat 14 Hive to Table

FUNDRAISER—Usually bees hovering around the picnic table with eyes on that chicken leg isn't a good thing, but at the Hive to Table dinner, the focus will be on the sweet pollinators instead. Their honey will be featured in the meal benefitting the Bee Girl Organization, helping bees and educating humans all over the world. 5 – 10 pm. Hanley Farm, 1053 Hanley Road, Central Point. \$55 – \$135.



sat 14 Joshua Messick

MUSIC—Renowned performer on the ancient and elegant instrument the hammered dulcimer, Joshua Messick plays more than just quaint holiday tunes. With a sound akin to the xylophone and harp, the hammered dulcimer reflects the beauty of sweeping landscapes weaves wordless tales of wonder. 7 – 9 pm. First Presbyterian Church, 425 Middle Street, Jacksonsville. Free.



sun 15 Salmon Bake

SALMON—Even if a person is taught to fish, it is not guaranteed that one will catch fish. Sometimes it is safer to go where the fish are already caught, cooked to perfection, and benefitting a great cause. This fundraiser for the Rotary Club of Ashland will be a Smithfields salmon smorgasbord prepared by executive chef Neil Clooney. 4 – 7 pm. Grizzly Peak Winery, 1600 E. Nevada Street, Ashland.



mon 16 Atacama, Only Hope, and The Noon Club

READINGS—*Atacama* by Sherry Leonard is a mining adventure (Mon., Sep. 16), *Only Hope* by Felicia Lubliner is a Holocaust memoir read by her son (Thurs., Sep. 19), and *The Noon Club* by Will Wilkinson shares a plan to change the world with love (Mon., Sep. 23). So much good stuff to read! 7 pm. Bloomsbury Books, 290 E. Main Street, Ashland.



wed 18 Whose Scat is That?

NATURE—The modern convenience of toilets is definitely one of the best things to happen to mankind, hands down. But there is actually a benefit to observing waste in the wild—to find the source. The North Mountain Park Nature Center is ready to teach the ins and outs of animal droppings in the Rogue Valley. 4 – 5:30 pm. North Mountain Park Nature Center, 620 N. Mountain Avenue, Ashland. \$15.



fri 20 Best of the Fest

FILM—A special showing of the AIFF 2019 Rogue Creamery Audience Award for Best Documentary Feature *The Weight of Water* is best enjoyed under the stars. Walkabout Brewing in Medford will host this incredible story—a blind man braving the whitewater rapids of the Colorado River in the Grand Canyon. 8 – 10 pm. Walkabout Brewing Company, 921 Mason Way, Medford. \$9 – \$10.



sat 21 Ashland Global Peace Conference

CONFERENCE—World peace isn't just for Miss America anymore. It is a reality that everyone can work towards, even without a specified, on-stage talent. Ambassador Anwarul K. Chowdhury will be the keynote speaker, and will be joined by local and global peace leaders to rally the denizens of the Rogue Valley to Shalom. 8 am – 6 pm. Ashland Hills Hotel, 2525 Ashland Street, Ashland. \$55.



sat 21 How-To Fest

HOWTO—For once, let's not just Google it. Practical advice from neighbors is often more reliable, and much more enjoyable to learn. Baking, star-gazing, bicycle repair, wildflower art, traveling, ukulele playing, and many more skills will be taught by approachable, local experts. 10 am – 1 pm, Applegate Library, 18485 North Applegate Road, Applegate. 1 – 4 pm, Ruch Library, 7919 Highway 238, Ruch.



sat 21 Dan and Drum

MUSIC—While his photo and name might be misleading, as he has a guitar in his hands instead of a drum, Dan and Drum is definitely authentic. Armed with his faithful acoustic guitar and his trusty Camry, Dan plans to share his gifts with all the states of the US this Fall, couch-surfing along the way. 8 pm. Oberon's Tavern, 45 N. Main Street, Ashland.



sat 21 & mon 23 – fri 27 Genealogy Week

GENEALOGY—“Who did I come from?” is a common question when one is self-reflecting. The Rogue Valley Genealogical Society is planning a whole week dedicated to finding out where everyone came from. From mapping one's family tree to organizing digital photos, this group has the know-how to find roots and connect the dots. Jackson County Genealogical Society, 3405 S. Pacific Hwy., Medford.

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LIVE MUSIC *and Nightlife*

THURSDAY, SEPTEMBER 12

Applegate

CORAL CREEK - Applegate River Lodge. 8 pm. \$5. Newgrass, Rock.

Ashland

BONE THUGS-N-HARMONY - Ashland Armory. 7:30 pm. \$30. Hip Hop.

GAME KNIGHT - Black Sheep Restaurant & Pub. 8 pm.

KARAOKE - Obeorn's. 9 pm.

JAKE DANIELS AND TONY DIJAMCO - AQUA. 8 pm. Stand-up Comedy.

CRAIG MARTIN AND FRIENDS - Wild Goose Cafe & Bar. 7 - 10 pm.

TRIVIA WITH PETER BOLTON - bird & rye. 8 - 10 pm.

JARABE MEXICANO - OSF Green Show. 6:45 - 7:30 pm. Reggae, Rock.

Grants Pass

DJS MCS DANCE - Flespy's Bar & Grill. 9 pm.

Medford

OPEN MIC NIGHT - The Rogue Grape. 7 pm.

FRIDAY, SEPTEMBER 13

Ashland

HEADWAVES - Brickroom. 9 pm. \$10. Pop.

DAN ENGLE AND FRIENDS - Oberon's. 6 pm.

THANK GOD IT'S MUSIC - Wild Goose Cafe & Bar. 5 - 7 pm.

FLAT 5 - OSF Green Show. 6:45 - 7:30 pm.

Gold Hill

JEFF K & OVERTONES - Del Rio Vineyards. 6 - 9 pm. Funk.

Jacksonville

DIANA KRALL - Britt Festival. 8 - 10:30 pm. \$32-392.

MERCY DUO - Bella Union. 8 pm.

Medford

BROTHER BROTHERS AND NICK JAINA - Fry Family Farm. 6 pm. \$15-20. Folk.

BUDDY PAPROCK - Walkabout Brewing Company. 6:30 - 8:30 pm. Pop, Classic Rock.

JEN AMBROSE WITH JON GALFANO - The Urban Cork. 5 - 7 pm. Pop, Classic Rock.

THE MUTINEERS AND BLUNDERBUSST - Johnny B's. 9 pm. Americana.

ATARI JONES - The Bamboo Room at King Wah's. 8 pm. \$15.

SALSA BRAVA! - EdenVale Winery. 6 pm.

GUNSTOCK RED - Habanero's Mexican Restaurant. 8 pm. Rock, Blues, Funk.

DREADLIGHT & MAIAH WYNNE - Howiee's On Front. 9 pm. Pop, Indie Rock.

CHARLES GUY - Dunbar Farms. 4:30 - 8 pm. Latin, Flamenco.

BEKKAH MCALVAGE - Osmo's Alehouse. 6:30 - 9 pm. Singer-songwriter.

Talent

TONY FURTADO TRIO - Talent Club. 9 pm. \$15-20. Americana, Roots.

White City

RICK MILLWARD AND NICOLE DAHL - Kriselle Cellars. 5 - 7 pm. Classic Rock, Pop.

SATURDAY, SEPTEMBER 14

Ashland

TEMPLE CANYON - Oberon's. 10 pm. Rock.

BALLET FOLKLORICO RITMO ALEGRE - OSF Green Show. 6:45 - 7:30 pm. Mexican Folk Dance.

Central Point

OLD DOMINION - Jackson County Fairgrounds. 8 - 11 pm. \$67-124. Country.

Grants Pass

SEPIATONIC - Rogue Theatre. 8 pm. \$20. Electronic, Dance.

DANIELLE KELLY SOUL PROJECT - Climate City Brewing Company. 7 - 10 pm. Jazz, Soul.

Jacksonville

JOSHUA MESSICK - Jacksonville Presbyterian Church. 7 - 9 pm.

Medford

DAVID CAHALAN - The Rogue Grape. 6 - 9 pm.

CHARLES GUY & LINDA POWERS - Jaxon Vineyards. 1 - 3 pm.

Talent

PETTY THIEVERY - Talent Club. 8 - 11 pm. \$20. Rock.

SEPIATONIC - Ton Ton's Artisan Affections. 9 pm. \$10-15. Dance.

Williams

BLESSED LOVE IN IREGON - Sugarloaf Community Land. 1 - 10 pm. \$25-35.

SUNDAY, SEPTEMBER 15

Ashland

BEKKAH MCALVAGE - Weisinger Family Winery. 2 - 5 pm. Singer-songwriter.

CELTIC MUSIC SESSION - Black Sheep Pub & Restaurant. 2 - 5 pm.

DOUG WARNER - Black Sheep Pub & Restaurant. 7 - 9 pm. Blues.

PAUL TURNIPSEED TRIO - Luna Cafe + Mercantile. 4 - 6 pm. Jazz.

COMPLIMENTARY COLORS - Oberon's. 7 - 9 pm. Folk, Country, Roots.

Central Point

BATTLE OF THE BONES - Jackson County Fairgrounds. 12 pm.

Gold Hill

SAUCY - Del Rio Vineyards. 3 - 5 pm.

Jacksonville

THE AUSTRALIAN PINK FLOYD - Britt Festival. 7 pm. \$31-236.

Medford

MARK CHARLES HILL - Medford Center. 1 - 3 pm. Light Rock, Pop.

SUNDAY BOARD GAMES - Steamworks Meadery.

SIP & PAINT POTTERY - Osmo's Alehouse. 2:30 - 4:30 pm. \$40.

MONDAY, SEPTEMBER 16

Ashland

OPEN MIC - Oberon's. 9 pm.

ROBBIE DACOSTA - bird & rye. 7 - 10 pm. Rock.

ANTICS IMPROV - Black Sheep Pub & Restaurant. 8 pm.

DAYTON DEAN - Wild Goose Cafe & Bar. 7 - 10 pm. Gypsy Jazz.

TUESDAY, SEPTEMBER 17

Ashland

ROGUE POETRY SLAM - Black Sheep Pub & Restaurant. 7:30 pm.

TUESDAY TRIVIA - Louie's. 7 pm.

NORMAN BAKER - Oberon's. 7:30 pm.

TUESDAY JAZZ - AQUA. 7 pm.

Medford

PAINT & SIP POTTERY - The Rogue Grape. 6 - 8 pm. \$40.

THE KRONK MEN, GRIN HOUND, AND DEATH PLANT - Johnny B's. 9 pm. \$5. Rock.

SOUTHERN OREGON JAZZ ORCHESTRA - Grape Street Bar & Grill. 7 - 9 pm. Jazz.



BONE THUGS-N-HARMONY PLAY THE ASHLAND ARMORY THURSDAY, SEPTEMBER 12.

LIVE MUSIC *and Nightlife*



CATCH SOUTHERN OREGON JAZZ ORCHESTRA AT THE GRAPE STREET BAR & GRILL ON TUESDAY, SEPTEMBER 17.

WEDNESDAY, SEPTEMBER 18

Ashland

BLADES OF GRASS - Black Sheep Pub & Restaurant. 8 - 10 pm. Bluegrass.
WILD GOOSE CHASE TRIO - Wild Goose Cafe & Bar. 7 - 10 pm. Jazz, Blues, Rock, Country.
THE PEOPLE'S OPEN MIC - Jackson Wellsprings. 8 pm.
PRISKA, LAUREN LAKIS, AND DEREK DEON - Oberon's. 9 pm. Singer-songwriter.

Medford

DOOM LAGOON, SOMETHING ON THE WING, AND TEMPLET - Johnny B's. 8 pm. Jazz, Psychedelic, Rock.
OPEN MIC NIGHT - Bad Ass Coffee Company. 6 pm.
OPEN MIC HOSTED BY RICK MILLWARD - RoxyAnn Winery. 5 - 7 pm.

Talent

DIRTY REVIVAL - Talent Club. 10 pm. Funk.

THURSDAY, SEPTEMBER 19

Ashland

GAME KNIGHT - Black Sheep Pub & Restaurant. 8 pm.
KARAOKE - Oberon's. 9 pm.
TRIVIA WITH PETER BOLTON - bird & rye. 8 - 10 pm.

Grants Pass

STEAKSAUCE MUSTACHE - The Haul. 6 pm. Metal.
RUPERT WATES - Grants Pass Museum of Art. 7 - 9 pm. \$15. Folk, Jazz.
FAR OUT WEST - Rock House Lodge. 5:30 - 8:30 pm.

Medford

PAINT AND SIP POTTERY - Old 99. 6 - 8 pm. \$40.
OPEN MIC NIGHT - The Rogue Grape. 7 pm.
JEN AMBROSE - Larks. 4:30 - 6 pm.
LATIN NIGHT - Grape Street Bar & Grill. 7:30 - 10 pm.

FRIDAY, SEPTEMBER 20

Ashland

THE MAYBE SOMETIMES - bird & rye. 8 - 10:30 pm. Singer-songwriter.

DAN ENGLE AND FRIENDS - Oberon's. 6 pm.

THANK GOD IT'S MUSIC - Wild Goose Cafe & Bar. 5 - 7 pm.

KASSIA ENSEMBLE - Chamber Music Concerts. 7:30 pm.

Central Point

JAKE DANIELS AND TONY DIJAMCO - Roys Pioneer Club. 7 - 8:30 pm. Stand-up Comedy.

Grants Pass

HARDWAY BEND AND GHOST KINGS - The Haul. 8 - 11:30 pm. Rock, Post Grunge.

Jacksonville

FRANKIE HERNANDEZ BAND - J'Ville Tavern. 9 pm. Reggae, Funk, Soul.

Medford

DANCING AND DINING IN THE STREETS:

BATTLE OF THE DJS - Rogue Community College. 5 - 7:30 pm.

BOB HAWORTH - Dunbar Farms. 4:30 - 8 pm.

BLITZEN TRAPPER - Fry Family Farm. 7 - 9:30 pm. \$20. Classic Rock.

MONEY BEATS - EdenVale Winery. 4 - 7 pm.

DANIELLE KELLY SOUL PROJECT - Howiee's On Front. 9:30 pm. Jazz, Soul.

GYPSY GILLIS - Pier 21. 9 pm. Rock.

Talent

SHINE SWING TRIO - Trium Winery. 5 - 7 pm. Jazz.

SATURDAY, SEPTEMBER 21

Ashland

DAN & DRUM - Oberon's. 8 pm. Acoustic.
BEKKAH MCALVAGE - Greensprings Inn. 6 - 8 pm. Singer-songwriter.

PETER BRADLEY - Brickroom. 9 pm. \$13-15. Singer-songwriter.

ROBBIE DACOSTA TRIO - Black Sheep Pub & Restaurant. 9 pm.

Grants Pass

ADAM KNIGHT AND NATE SMITH - The Hive. 6 - 9 pm. \$15. Soul, Country.

TARVAN, INSANITY'S REIGN, AND COSMIC WAISTE - The Sound Lounge. 9 pm.

Medford

WEST VALLEY SHAKERS - Howiee's On Front. 9 pm. Roots, Rock.

GYPSY GILLIS - Pier 21. 9 pm. Rock.

AFROMAN - The Bamboo Room at King Wah's. 9 pm. Rapper.

PHIL KING - The Rogue Grape. 7 pm.

LARYSSA BIRDSEYE - EdenVale Winery. 5 - 7 pm.

Talent

WAKING HAZEL - 50th Annual Talent Harvest Festival. 2:30 - 4 pm. Folk.

Williams

GRAYBACK MOUNTAIN JAM - Sugarloaf Community Association. 4 - 11 pm. \$10.

SUNDAY, SEPTEMBER 22

Ashland

GANGSPIL TRIO - Headwaters Building. 7:30 pm. Folk.

MAIAH WYNNE & DREADLIGHT - Oberon's. 9 - 11 pm. Rock, Pop, Indie.

ED DUNSAVAGE TRIO - Luna Cafe + Mercantile. 5 - 7 pm.

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

DAVID PINSKY & PHIL NEWTON - Black Sheep Pub & Restaurant. 7 pm.

Gold Hill

SUNDAY JAM - Lucky's. 3 pm.

Grants Pass

DAVE MASON - Rogue Theatre. 8 pm. \$38-125. Rock.

MICAH MCCAW, SPILLER, THE MOST, MOTIONS, AND KEVIN SCHLERETH - Eaden Ballroom. 6 - 10 pm. \$6. Rock, Alternative Rock.

Medford

DENNIS MERTENS - Medford Center. 1 - 3 pm. Country, Light Rock, Pop.

MCALVAGE AND FRETWELL - RoxyAnn Winery. 3 - 5 pm. Singer-songwriter.

SUNDAY BOARD GAMES - Steamworks Meadery. 4 pm.

Williams

JAKE DANIELS AND TONY DIJAMCO - Rascals Bar & Grill. 7 pm. Stand-up Comedy.

MONDAY, SEPTEMBER 23

Ashland

OPEN MIC - Oberon's. 9 pm.
ROBBIE DACOSTA - bird & rye. 7 - 10 pm. Rock.
TRAIN ROB BREE - Wild Goose Cafe & Bar. 7 pm.

TUESDAY, SEPTEMBER 24

Ashland

TEMPLE CANYON - Oberon's. 9:30 pm. Alternative Rock, Folk.
OPEN MIC HOSTED BY ROBBIE DACOSTA - Black Sheep Pub & Restaurant. 8:30 pm.
JAZZ JAM - AQUA. 7 pm.
TUESDAY TRIVIA - Louie's. 7 pm.

Medford

DOG LORD, SOMETHING ON THE WING, AND FOG EATER - Johnny B's. 9 pm. Rock.

WEDNESDAY, SEPTEMBER 25

Ashland

BLADES OF GRASS - Black Sheep Pub & Restaurant. 8 - 10 pm. Bluegrass.
THE PEOPLE'S OPEN MIC - Jackson Wellsprings. 8 pm.
MARK EVERSON - Wild Goose Cafe & Bar. 7 pm.

Grants Pass

ETHAN BORTNICK - Rogue Theatre. 7 - 10 pm. \$25-35.
THE BROTHERS REED - Wild River Pizza & Pub. 6 - 8 pm. Americana, Folk.
TRIVIA NIGHT - SpeakEasy Taproom. 6:30 pm.

Medford

BEAR CALL, HELLO MAYFIELD, AND EMOTION HOLE - The Bamboo Room at King Wah's. 7 - 10 pm. \$7. Garage Rock.

Playing a show?

Let us know!

Email:

events@roguevalleymessenger.com

EVENTS



SWEENEY TODD WILL TERRORIZE CABARET THROUGH NOV. 10.

Art

WINNIFRED LIANG AND SHERI DINARDI AT ART DU JOUR

Through September. Wilson exemplifies diversity through her paintings. Dinardi's paintings are constantly inspired by the Jacksonville's surrounding beauty. Art du Jour, 213 E Main St, Medford.

MELODY BLORE, DENISE KESTER, AND DAN ELSTER AT ASHLAND ART CENTER

Through September. Blore creates acrylic paintings on canvas, mixed media, and collages. Kester also uses mixed media and monoprints. Elster's photography will feature Northern Spotted owls. Ashland Art Center, 357 E Main St, Ashland.

PENELOPE DEWS AND BOB SCHLEGEL AT HANSON HOWARD GALLERY

Throughout September. Dew's Anagama-style sculptures will be featured alongside Schlegel's abstract and representational sketches and paintings. Hanson Howard Gallery, 89 Oak St, Ashland.

ALICE NIEMIEC AT ART & SOUL GALLERY

Through September. Niemiec's exhibit, titled "Floral Gardens," will feature paintings of local gardens in Ashland as well as throughout the West Coast. Art & Soul, 247 E Main St, Ashland.

SCENES FROM THE CITY: PAINTINGS BY DESMOND SERRATORE

Through Oct. 4. Desmond Serratore's paintings walk the line between abstract impressions and concrete images. Using his experience, he brings an imaginative use of color, texture, and line to his work.

DARTE AT PASCHAL WINERY

Thursday, September 19 from 6 - 8 pm. Dart's scientific and geologic artwork is inspired by anything she can look at under her microscope. Learn more at <https://darte.gallery>. Paschal Winery, 1122 Suncrest Rd, Talent.

MERGING ART & MUSIC

Sunday, September 22 from 12 - 2 pm. Three gallery artists, Julie Young, Kathy Morawiec and Silvia Trujillo paint and answer questions about their work and process while Peter Stone provides a soothing and inspirational background of live music.

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. JCGI@gmail.com. Jackson County Genealogy Library, 3405 S Pacific Hwy, Medford.

SUNDAY WORKSHOP SERIES

Sunday, September 29 from 6 - 8 pm. Learn basic construction methods of Broadway and Hollywood flats, as well as door hanging and assembly of walls and other common set pieces. \$10. Register at www.barnstormersgp.com. Barnstormers Theatre, 112 NE Evelyn Ave, Grants Pass.

FORAGE AND WEAVE: AN INTRODUCTION TO BASKETRY

Saturday, September 14 from 9:30 am - 3:30 pm. Learn to harvest and use local materials to sew a Pine Needle Basket utilizing a using a simple coiling method. Learn more and register at <https://www.vespermeadow.org/new-events>.

MAKING ART OF THE ASPEN GROVE

Sunday, October 6 from 1 - 8 pm. Celebrate the fall foliage with art and learning! All are welcome to join Vesper Meadow Director Jeanine Moy and Biodiversity Art's Deb VanPoolen. Learn more and register at <https://www.vespermeadow.org/new-events>.

PC COMPUTER BASICS CLASSES AT JACKSON COUNTY LIBRARIES

Oct. 1, 8, and 15 from 10:00 - 11:00 am at Ashland Library and Nov. 5, 12, 19 from 12 - 1 pm at Central Point Library. This fall, Jackson County Library Services will offer a free PC Computer Basics class series for beginning computer users. Sign up and learn more at jcls.org.

ESTATE PLANNING, WILLS, AND TRUSTS WORKSHOPS

Sept. 12 at Eagle Point Grange, Sept. 17 at Jacksonville Community Center, Sept. 19 at Ashland Community Center at 5:30 pm. Futurity First is offering a series of workshops to help educate people as they transition into retirement. To register, call 541-973-2100.

FREE NIGHT OF DRAWING INSTRUCTION WITH DEB VAN POOLEN

Thursday, September 12 from 4 - 6 pm. Deb will demonstrate several techniques such as contour,

gesture, and construction drawing in the Ashland Art Center classroom. Ashland Art Center, 357 E Main St, Ashland.

PLEIN AIR PAINTING WITH JEANNE LARAE

Sept. 15 and 16 from 9 am - 4 pm. Celebrate the summer days outside! Jeanne LaRae will take you painting Plein Air. \$210. Register at ashlandartcenter.org. Ashland Art Center, 357 E Main St, Ashland.

THE ART OF BEADED GOURDS WITH PATTY AULIK

Sunday, September 15 from 1 - 5 pm. The gourd is sanded smooth and treated with oil, wax, shoe polish or acrylic for smoothness and shine. \$65. Register at ashlandartcenter.org. Ashland Art Center, 357 E Main St, Ashland.

PROTECT THE SOIL-PLANT FALL COVER CROPS

Monday, September 23 from 6 - 7:30 pm. In this class, we will discuss the benefits of using fall-planted cover crops, learn about the species and mixtures well suited to southern Oregon. \$10. Register at <http://bit.ly/JacksonExtAgriculture>. OSU Extension Center, 596 Hanley Rd, Central Point.

A COURSE IN MIRACLES CLASS GATHERINGS

Sept. 16 from 6 - 9 pm, Sept. 21 from 6:30 - 9 pm, Sept. 27 from 7 - 9 pm. We learn to apply spiritual tools to transcend fear and experience the power of the present moment. \$10-20. Sign up at meetup.com/ACIM-Ashland. Talent Library, 101 Home St, Talent.

WHOSE SCAT IS THAT?

Wednesday, September 18 from 4 - 5:30 pm. Get the scoop on poop! We'll learn tricks for identifying animal droppings or "scat" to enhance your next hiking adventure. Pre-register online at www.ashland.or.us/ register or call the Nature Center at (541) 488-6606. \$15. North Mountain Park, 620 N Mountain Ave, Ashland.

HOW TO MAKE GLUTEN-FREE, SPROUTED, SOURDOUGH BREAD

Sunday, September 22 from 2 - 4 pm. Learn how to turn inexpensive whole grains into healthy and delicious gluten-free bread, using the power of sprouting and wild fermentation. Pre-register online at www.ashland.or.us/ register or call the Nature Center at (541) 488-6606. \$20. \$20. North Mountain Park, 620 N Mountain Ave, Ashland.

LEARN TO CLOG DANCE

Monday September 30 from 7 - 8 pm. Give clogging a try. it's Fun and Good Exercise! Come early and watch the Advanced class. \$8-35. Learn more at <https://www.facebook.com/MistyMountainCloggers/>. 930 Summit Ave, Medford.

WORKING BIG: OIL AND COLD WAX

Sept. 14 and 15 from 10 am - 5 pm. Dianne will help you explore oil and cold wax's unique qualities by giving demonstrations throughout the class. \$250-275. Go to roguegallery.org. Rogue Gallery & Art Center, 40 S Bartlett, Medford.

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.

GROUNDBREAKING CEREMONY FOR HOLLY THEATRE

Tuesday, September 19 from 1 - 1:30 pm. The community is invited to join Jim Belushi and community leaders for a brief ceremony to celebrate the start of interior construction of Medford's historic Holly Theatre. Holly Theatre, 226 W 6th St, Medford.

RIDE THE ROGUE FUNDRAISER

Saturday, September 21. Four different rides will be available for participants to choose from, a century, 70 mile, 40 mile, and 25 mile route all followed by a great post-ride party with food, craft beer and music at Palmerton Park in Rogue River. Register at <https://ridetherogue2019.eventbrite.com>.

WINGS AND WINE GALA

Sunday, September 22 from 4 - 6 pm. Klamath Bird Observatory is hosting their annual Wings and Wine Gala. This year's event will have live music, local artists, food, and wine. Get tickets at klamathbird.org. Grizzly Peak Winery, 1600 E Nevada St, Ashland.

GENEALOGY WEEK

Sept. 21 and 23 through 27. Whether you are a seasoned genealogist or are new to genealogy, you won't want to miss Genealogy Week at the Jackson County Genealogy Library.

A CUP OF HOLIDAY FEAR RELEASE PARTY

Saturday, September 28 from 2 - 4 pm. Join local author Ellie Alexander at the historic Winchester Inn for the release of the 10th book in her bestselling Bakeshop Mysteries, "A Cup of Holiday Fear." Winchester Inn, 35 S 2nd St, Ashland.

STRIKE IT RICH IN THE WILD, WILD WEST

Saturday, September 21 from 3 - 7 pm. Help keep history alive by enjoying an evening at Hanley Farm with good food, gambling for good, good silent auction items, and good people for a good cause. Purchase tickets at <http://sohs.org/strike>. Hanley Farm, 1053 Hanley Rd, Central Point.

SANCTUARY PICNIC & FRIENDSHIP DRIVE

Saturday, September 21 from 1 to 4 pm. Please come, be a friend, tell your friends, and bring your friends! Tour our Sanctuary, enjoy the food and entertainment, and meet and greet our horses. Register at <https://www.equamore.org/2019/08/picnic/>. Equamore Sanctuary, 4723 Hwy 66, Ashland.

HIVE TO TABLE FUNDRAISER

Saturday, September 14 from 5 - 10 pm. Farm Chef Kristen Lyon and Sarah Red-Laird, a.k.a., Bee Girl, invite you to join us for a sweet feast at the Hanley Farm in Central Point, Oregon! \$55-135. Register at www.beegirl.org/hivetotable. Hanley Farm, 1053 Hanley Rd, Central Point.

ASHLAND GLOBAL PEACE CONFERENCE

Saturday, September 21 from 8 am to 6 pm. Throughout the day there will be featured speakers such as Senator Jeff Golden, Representative Pam Marsh, Mayor John Stromberg and the Chief of Police locally. \$55. Ashland Hills Hotel, 2525 Ashland St, Ashland.

MEDERI CENTER OPEN HOUSE CELEBRATION

Thursday, September 19 from 4 - 7 pm. This free event is being offered to celebrate the addition of a new practitioner, Dr. Pamela Plank, who is joining the Center's Care Team from private practice in Colorado. For more information, go to mederifoundation.org/. Mederi Center Clinic, 478 Russell St, Ste. #101, Ashland.

EVENTS

“SALMON SPIRAL” COMMUNITY ART PROJECT

Wednesday, September 25 from 3 – 4:30 pm. Help to create a landscape-scale stone spiral labyrinth in preparation for the Bear Creek Salmon Festival October fifth. Call the Nature Center at (541) 488-6606 for more information. North Mountain Park, 620 N Mountain Ave, Ashland.

FIRST ANNUAL HOW-TO FEST

Saturday, September 21 from 10 am – 1 pm at both Applegate Library and Ruch Library. This event features short sessions taught by local experts sharing practical, hands-on skills.

SEPTEMBER VICTORIAN DAYS

Sept. 21 and 22 from 11 am to 3 pm. Vintage clothing from SOHS will be displayed on mannequins and Historic Jacksonville docents will be wearing period reproductions that showcase appropriate attire for a typical day's activities. Beekman House, 470 E California St, Jacksonville.

10TH ANNUAL ANDES AWAKENING REUNION OF THE SUN

Sept. 14 at 7 pm and 15 at 10:30 am. This is a co-creative ceremony of which everyone's living energy is integrated into the ceremony directly. For more info, email iqf.shasta@yahoo.com. Jackson Wellsprings, 2253 Highway 99N, Ashland.

Kids & Family

FAMILY FUN ARCHERY

Saturdays from 11 am – 12 pm. Learn archery while having fun popping balloons & loosing arrows at creative targets! Rental equipment available. Children required to have an adult supervise and participate with them. More info at www.MoonbowArchery.com. The Grove, 1195 E Main St, Ashland.

PRESCHOOL PUPPET THEATRE

Sept. 13, Nov. 8, and Dec. 13 from 10:30 – 11:45 am. Join Brenda Bear and friends as they discover the wonders of our natural world. Pre-register online or call the Nature Center at 541-488-6606. \$6. North Mountain Park, 620 N Mountain Ave, 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, while having fun popping balloons and loosing arrows at creative targets! Rental equipment available. The Grove, 1195 E. Main 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. \$5. Jacksonville Community Center, 160 E Main St, Jacksonville.

BIRD WATCHING AND NESTBOX SURVEY

Thursday, September 12 from 8:30 am to 12 pm. Enjoy a casual morning walk to watch early fall birds and observe our network of nest boxes. Learn more and register at <https://www.vespermeadow.org/new-events>.

LATE SUMMER SATURDAY MORNING WALK

Saturday, September 14 from 8 – 9 pm. Stroll through North Mountain Park with local birding experts from the Rogue Valley. Please pre-register online or call the Nature Center at 541-488-6606. North Mountain Park, 620 N Mountain Ave, Ashland.

Stage

OREGON SHAKESPEARE FESTIVAL

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

SWEENEY TODD

Aug. 29 through Nov. 10. “Sweeney Todd” stars Cabaret favorites Galloway Stevens as Sweeney and Valerie Rachele as Mrs. Lovett. The London-inspired dinner menu for Sweeney Todd includes freshly baked meat pies. \$12-43. Learn more at oregoncabaret.com. Cabaret Theatre, 241 Hargadine St, Ashland.

NEVERLAND

Sept. 6 through Sept. 29. “Neverland,” is a brand new adaptation of J.M. Barrie's Peter Pan that tells the iconic

story from Wendy's perspective. Audience members will begin on LongSword Vineyard's patio and then physically travel with Wendy and the Darling children as they fly to Neverland. \$15. Learn more at www.wanderlusttheatre.co. LondSword Vineyard, 8555 Hwy 238, Jacksonville.

LA BOHEME

Tuesday, September 24 at 7:30 pm. A poignant adaptation of Puccini's classic story of love and loss in the Latin Quarter with gorgeous sets, costumes, fully staged and beautifully sung (piano accompaniment). \$5-15. Learn more at www.bravaopera.com/. SOU Music Recital Hall, 1250 Siskiyou Blvd, Ashland.

DANCING AT LUGHNASA

Through Sept. 15. The play depicts a world that will soon be torn apart. In spite of the fears for the future, the play is infused with love and passion and joy. \$15. Learn more at ctpmedford.org. Collaborative Theatre Project, 555 Medford Center, Medford.

Presentations

THEATRE TALK

Monday, September 23 at 7:30 pm. Erica Sullivan will present at ANPF's Theatre Talk, talking about the process of writing, storytelling, and more. Carpenter Hall, 44 S Pioneer St, Ashland.

BLOOMSBURY BOOKS SEPTEMBER AUTHOR READINGS

All readings begin at 7 pm. Author of “New Moons” Nancy Ashmead on Sept. 12. Author of “Atacama” Sherry Leonard on Sept. 16. Author of “Only Hope: A Survivor's Stories of the Holocaust” Irving Lubliner on Sept. 19. Author of “The Noon Club” Will Wilkins Sept. 23. Author of “Night Rides: A Pepper Kane Mystery” Carole Beers Sept. 26. Author of “Southern Oregon Beer: A Pioneering History” Phil Busse Sept. 30.

AUTHOR SUE DEMARINIS AT REBEL HEART BOOKS

Saturday, September 14 at 2 pm. DeMarinis will read and present her new novel “The Station Master's Wife: A Scandalous Life Exposed.” Rebel Heart Books, 157 W California St, Jacksonville.

AUTHOR CLAY DICKERSON AT ROGUE RIVER LIBRARY

Saturday, October 5 from 12 – 1 pm. Dickerson discusses how his long career involved comprehensive and balanced forest management activities. Rogue River Library, 412 E Main St, Rogue River.

AUTHOR TAHSEEN PAULSON AT BARNES & NOBLE

Saturday, September 14 at 2 pm. Paulson will sign and present her book “The Princesses of Aikman Road & Impoverished Splendor.” Barnes & Noble, 1400 Biddle Rd, Medford.

BLOOMSBURY BOOKS AUTHOR TALKS

Nancy Ashmead, author of “New Moons,” on Sept. 12 at 7 pm.
Sherry Leonard, author of “Atacama,” on Sept. 16 at 7 pm.
Irving Lubliner, author of “Only Hope: A Survivor's Stories of the Holocaust,” on Sept. 19 at 7 pm.
Will Wilkinson, author of “The Noon Club: Creating the Future in One Minute a Day,” on Sept. 23 at 7 pm.

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.

SOUTHERN OREGON CLIMATE ACTION NOW MEETING

Tuesday, September 24 from 6 – 7:30 pm. Jacob Lebel will discuss the status of Juliana vs United States and the timeline for the future. 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.

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.

SOUTHERN OREGON BREWFEST

Sept. 13 through 15. It's time for the biggest and best Brewfest of the year. Get lost in the tastes and smells of this year's extraordinary beers from throughout the region, country, and even world. Jackson County Fairgrounds, 1 Peninger Rd, Central Point.

CORK 'N' FORK AT PASCHAL WINERY

Creative Celebrations are orchestrating the menu this September for Paschal Winery. Dinners begin at 6 pm. Sept. 18 is Mexican lasagna layered with tortillas, ground beef, cilantro, green chilies, olives and tomatoes, mozzarella and queso fresco cheese, served with black bean corn salad. Sept. 25 is Baked Ziti and house-made beef and pork meatballs with Cesar salad. \$10. Go to paschalwinery.com for more info and reservations.

SALMON BAKE

Sunday, September 15 at 4 pm. Join us for an unforgettable event benefiting the community service projects of the Rotary Club in Ashland. Purchase tickets at www.ashlandrotary.org/salmon-bake-2019-datesave.php. Grizzly Peak Winery, 1600 E Nevada St, Ashland.

Film

THE WEIGHT OF WATER

Friday, September 20 from 8 – 10 pm. Join AIFF at Walkabout Brewing Company for an evening of outdoor film and fun! Don't miss your chance to enjoy this audience favorite with some of your favorite brews under the stars. \$9-10. Walkabout Brewing Company, 921 Mason Way, Medford.

7TH ANNUAL KLAMATH FILM FESTIVAL

Sept. 13 through 15. This year's KIFF kicks off with an opening night street party outside the Ross Ragland

Theater, joined by filmmakers, sponsors and other VIPs along with live music, a selection of beverages and food trucks. Purchase tickets and learn more at klamathfilm.org/festival. Ross Ragland Theater, 218 N 7th St, Klamath Falls.

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.

EVENING YOGA

Thursdays from 6 – 7 pm. Fostering Strength, Flexibility and Tranquility through the practice of Awareness in Breath, Meditation and Asana. Sundance Healing & Arts Yoga Studio, 220 SE H St, Grants Pass.

RETURN TO NATURAL, EMBODIED MOVEMENT

Mondays, Sept. 23 through Dec. 16 from 9 – 10:15 am. Learn how to release conditioned patterns of moving, thinking, feeling, & acting through developmentally-based movement explorations. Go to www.mindmovinglearning.com to register and learn more.

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



VIEW BOB SCHLEGEL'S ARTWORK AT HANSON HOWARD GALLERY THROUGHOUT SEPTEMBER.

BREATHE EASIER THIS SUMMER

Improve Your Indoor Air Quality With A
Ductless Mini-Split System



Mini-Splits are the most energy-efficient way to control the climate in your home, and the built-in air purification absorbs toxic elements and distributes healthier air.



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Medford
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We Offer
FREE
Watch Battery (Most Brands)
& Installation

We Repair ALL Types of Jewelry... plus Custom Work!

FatherAndSonJewelryMedford.com



DETAIL: Judithe Hernandez, *Eve Awakening*, serigraph, edition 74, 28 x 30." Courtesy of Self Help Graphics & Art

SCHNEIDER MUSEUM of ART

OREGON
CENTER FOR THE ARTS
AT SOUTHERN OREGON UNIVERSITY

FALL EXHIBITIONS

Entry Gallery: Highlights of the Permanent Collection and Masterworks on loan

Main Gallery: Justin Favela: *Together/Juntos*

Heiter Gallery: Victor Maldonado: *Excerpts from a Book I'll Never Write*

Treehaven Gallery: Self Help Graphics & Art: A Selection of Prints

OPENING RECEPTION

Thursday October 24

4 – 5 pm VIP Members and Volunteers, 5 – 7 General Public

Platt Anderson Cellars is generously donating wine at the opening.
Complimentary parking evening of reception.



MUSEUM HOURS: MONDAY – SATURDAY, 10 AM TO 4 PM • FREE AND OPEN TO THE PUBLIC

Address: 555 Indiana Street • Ashland, Oregon 97520

Phone: 541-552-6245 • Email: sma@sou.edu • Web: sma.sou.edu • Social: @schneidermoa

Parking: Complimentary 1 hour parking behind the Museum. When this is full, please use the metered parking.



It's the 2019
SCARECROW FESTIVAL

October 5th & 6th
11:00am - 4:00pm

Hanley Farm, 1053 Hanley Road, Central Point



Free Admission

Hayrides, apple bobbing, heritage games, pumpkin painting. Fun for the whole family!

House Tours

Adults, \$5
SOHS Members and Children 12 and under, \$3

Make A Scarecrow!

Decorate your yard or protect your garden! Build a full-size, straw stuffed scarecrow! All materials provided. SOHS members, \$10. Non-members, \$15.

Food & Drink

Available for purchase.

People's Choice Awards

Vote for the best-looking scarecrow. Voting results announced: 3pm, October 6th.



Talent Health Club

Southern Oregon's
Most Trusted Dispensary

DAILY DEALS:

Mon: 20% OFF Edibles and Topicals
Tue: ANY (2) grams for \$20 (tax incl.)
Wed: Special PreRoll Joints only \$5
Thur: 20% OFF ALL Cartridges
Fri: \$40 and \$50 1/4oz's of Flower
Sat: 20% OFF ALL Dabbable Extracts
Sun: Essence Farm Flower: \$3/g & \$8/g

One Gram of Extract
or
1/8th oz. of Flower
or
One Cartridge

\$25 or less...ALWAYS

Happy Hour 2-4pm MONDAY - SATURDAY +++ Rotating DEALS GONE WILD!!!



Open 7 Days

Mon-Sat
10am-8pm
Sundays
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SOUND

Off the Grid in Williams The Grayback Mountain Jam

BY VANESSA NEWMAN

When you are off the grid, trying to hop back can be off-putting. Consider how my interview with Nazel Pickens (aka Robin Terranova Host of The Folk Show on Jefferson Public Radio) started out: “The phone lines are down,” he explained, “and I had to drive to a friend’s house and borrow his cell phone to call you back. I don’t use cell phones much.”

Seems fitting, though: The Grayback Mountain Jam, which we are talking about, is about keeping things simple—and rural.

Pickens is a new radio show host, but an old-time musician and event organizer who plays in the band, Distilled-Spirit Rebellion (DSR), and handles the sound for all the bands at the upcoming Jam. He is like the guy pushing the truck filled with all his friends riding down the hill who jumps in at the last second, pops-the clutch, and steers so they all get where they are going and have a great time doing it. In fact, he “jumps in at the last second” at the end of the Grayback event. Pickens refers to it as, “The Grayback Mountain All-Star Jam where DSR is joined onstage with players from the previous acts. It is the final crescendo—the last waltz—the blow-out jam!”

But we’re getting ahead of ourselves. Going back to the roots of the happy hoedown, Pickens explains how it began: “The Grayback Mountain Jam started as a barroom conversation between myself, Jason Dae West of Intuitive Compass, Lob from The Strillas, and Christopher Smith who has played drums with all of us and the band Mudlark. We’ve all played in each other’s kitchens and porches, around campfires, on each other’s albums, and occasionally, on stages together for years, and we wanted to bring that down-home feeling to a larger event, kinda of an old-style

revue-type performance highlighting our different directions we take folk and country music.”

He goes on, “The Grayback Mountain Jam harkens back to the rural outdoor hoedowns or barn dances of a simpler time, before the festival scene overshadowed the more community-centered gatherings. We seem to be getting bigger and bigger

each year as the word spreads. But we will keep it very real and local.”

This year’s event is extra-special because it is paying tribute to a dear friend who passed this year—Scout. Pickens describes her as, “A revolutionary spirit, and musical inspiration. She was supposed to play again this year with her band Mudlark and was an incredible source of power.” Although her presence will be missed, everyone who attends will be honoring her with theirs. This is what community is all about.

Additionally, two new acts will be performing: Fire Your Boss and the duo Nathan Rivera and Jessie Andra from California.

Here’s the lineup and order for the third annual Jam:

Warren John Wolfe (cowboy MC): He will be the “Cowboy MC” and has hosted the local open mic around Williams for years and a great western singer-songwriter. He’ll start off the afternoon and entertain between bands.

Fire Your Boss (folk punk) This Illinois Valley staple will give the event an early kick off. Show up early to catch them. We won’t tell your boss!

The Strillas: Alley and Lob were voted William’s cutest couple two years in a row. They turn domestic chores into blissful pleasures through song.

Nathan Rivera and Jessie Andra: A California-based eclectic duo performing folk, jazz and country.

Jason Dae West: The all-original vintage one-man music machine and Southern Oregon treasure from Intuitive Compass will perform folk, country western.

The Distilled-Spirit Rebellion: A six-piece backwoods blend of honky tonkin’ cosmic outlaw country rockin’ featuring banjo, pedal steel, electric guitar, and a rhythm section fronted by Nazel Pickens. 🍷

GRAYBACK MOUNTAIN JAM

4 – 11 pm, Saturday, September 21

Sugarloaf Community Association 206 Tetherow Rd, Williams

\$10 suggested donation, kids free

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SOUND

Lightning in A Bottle

An Interview With Blitzen Trapper's Eric Earley

INTERVIEW BY PHIL BUSSE



BLITZEN TRAPPER
PHOTO CREDIT: SUBMITTED

Part cosmopolitan hipster, part grizzled hobo, and part wily storyteller, the band Blitzen Trapper has, as much as any Oregon band, captured the soul and sound for the state over the past decade. Their music is at times gritty and rocking, at other times easy-going folksy, and sometimes both at once. The stories they tell veer into mystical, but manage to keep their feet firmly on the ground, like the spooky tales your unshaven uncle tells around the KOA campfire. All to say: What a great way to wrap up your summer concerts. **7 pm, Friday, September 20. Fry Family Farm, 2184 Ross Lane, Medford.**

Rogue Valley Messenger: A couple years ago, Blitzen Trapper adopted some songs to a narrative stage production at Portland Center Stage. Did that sense of stage performance change how you present your music in subsequent non-theatrical shows?

Eric Earley: That experience was amazing and fun; a strange, highly visual way to present a story. It definitely allowed us to explore new ways of presenting songs as more than just recreations of the recordings.

RVM: I know that Blitzen Trapper has done many more songs than "Furr," but that song remains in heavy rotation on my iPod. Fair to ask if you have a spirit animal?

EE: Probably the closest thing to a spirit animal I have would be a raccoon, I seem to get colonies of them using my property as a latrine and playground, there've been times when I'm out in the trees and lock eyes with one of them and some kind of weird communication passes between us, or more like a mutual kind of confusion, like I was one of them in a past life.

RVM: If a movie were made about your life, who would you want to play your

role? Feel free to choose a young and "old" version.

EE: Young Eric would have to be played by Jen the Gelfling from the Dark Crystal, old Eric would be Orson Welles.

RVM: Creativity can be a double-edged sword, in that you-all have changed up your sound over the past decade-plus. That can make it tricky to build a steady fan base who expects one sound from you and you show up with another. How much do you think about the fan's expectations when you are writing new songs?

EE: It can definitely be tricky after ten years to keep doing a consistent thing, we've generally kept the music about narrative stories and guitars, there have been a few left turns but generally I've tried to keep things weird but steady.

RVM: Do you think of yourself more from Portland or from Oregon-at-large? Meaning, obviously, you are in the "scene" in Portland and have collaborated with musicians there; however, I think of songs and also your play as having a real strong influence/interest in the more rural places and spaces in Oregon. Or, asked differently, are you a city boy or a country boy?

EE: I'd say I think of myself as from the outskirts of Salem, Oregon which is where most of us are from. Most of the stories originate from that area and those places. I've lived in Portland for years and seen it change a lot so it kind of depends on the song as far as what place I'm writing about.

RVM: Do you have a favorite up-and-coming Oregon band you could recommend?

EE: TK and the Holy Know Nothings is a great band around here, also Haley Hendricks is fabulous as well. So many amazing bands in this area for sure. 🍷

Rogue Sounds

Alcyon Has His Finger on the Pulse of the Beat

A Review of "Soul Science" by Alcyon Massive

BY ALAN ARMSTRONG

Near the end of his acoustic guitar set at a mid-August show at The Sound Lounge, singer and

performer Alcyon declared, "I have love for everyone." He continued by announcing his love more specifically to his adopted state of Oregon. "I'm from Connecticut," he said; adding: "Do you know how many songs I've written about Connecticut?" He answers his own question by making a "goose-egg" with his thumb and fingers.

Named Charlie by his mother, Alcyon took on his new name soon after the turn of the century. He has been called a "Dreadlock Psychonaut," and his music described as "backwoods hip-hop meets roots reggae."

On a recent listen and re-listen to the latest release by Alcyon Massive, "Soul Science", and after

a recent trip to one of his shows, I recognize that we are continuing the journey he has guided us

on for years now. His debut release in 2009 boldly announced his arrival and introduced him as

a unique artist, sharing his philosophy about life right out the gate. While the first album, "Dreaming the World Awake" seems more pure reggae influenced (although hip-hop is present too), this recent album, his third release, incorporates much more hip-hop, jazz, and even a little funk into the mix, showing an increase in genre blending while continuing to celebrate the reggae vibe and the healthy hippie lifestyle. Each song flows nicely with the rest of the album, maintaining a grooving pulse.

Voice recordings such as newscaster reports and electronic voice modifications are used very

effectively and inserted into the music. Although several of the tracks have an overlay

recording of some kind, the technique does not feel overdone.

"I-Rep" is this release's love letter anthem to Oregon, where he talks about his desire to unify the people, make healthier choices for himself, and "smack down on GMOs." "The Phoenix, Pt. 1" includes his thoughts on the challenges of life as well as being able to achieve his dreams and it ends with more of that dreamy, swirly jazz moodiness.

On "Champagne and Jager," Alcyon tells us, "I don't care about your money and I don't care about your car, I've got my own medicine growing in my backyard." And, this isn't the only place where he asserts that other things like family and health take precedent over material luxuries. There is a moving instrumental break in the middle of "Morning Sesh" that reminds me of the stress of life and someone working hard throughout the day. I almost picture an urban setting here, the hot concrete jungle culminating into an exhausted spell at an after-hours underground jazz club. 🍷

ALCYON MASSIVE

can next be seen performing as part of a line-up of regional musicians at BlessED Love in Iregon, including Akae Beka, Indubious, Free Creatures. 1 - 10 pm, Saturday, September 14, Sugarloaf Community Land, 206 Thetherow Rd. \$25 adv., \$35 at gate (under 15, free.). All-ages.

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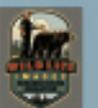


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FOOD & Drink

We All Scream Hand-Churned Ice Cream Goodness Around the Rogue

BY JEN ROBISON



MIX IN ASHLAND
PHOTO CREDIT: JEN ROBISON

Going out for ice cream is printed in every American mind as a sentimental part of childhood, whether your family actually did it much or not. While most of us adults likely eat our ice cream out of a pint container while binge-streaming their current obsession, there is something to be said for ice cream that makes you get off the couch. And for over a century, that's what people did.

Ice cream has existed for thousands of years, and became an item in the US in the mid 1700s as a rare treat. Though, we mostly think of ice cream as

it was when it peaked popularity in the 1950s. Going to the ice cream shop for a 5¢ scoop back then became entwined with the American dream. The trend stuck, and while popular chains have carried on, nothing can compare to the fresh-churned tastes at a local shop. So, I sought out hand-crafted ice cream around the Valley and landed at Mix Bakeshop in Ashland, Sweet Cream Ice Cream in Medford, and Tommi's Frozen Custard Ice Cream in Grants Pass.

Specialty is definitely what comes to mind when you enter Mix Bakeshop in

downtown Ashland. It's a bakery cafe with a modern industrial vibe, serving everything from quiches and lattes to lemon meringue tarts. Mix makes their ice creams using organic dairy from Straus Creamery, and features both classic and creative flavors and hand-rolled waffle cones. I got to taste their Black Raspberry, Vanilla, and Earl Grey Chocolate Chip. All of the ice cream I tried had a deep creaminess. My favorite was the Earl Grey Chocolate Chip that wisely balanced the Earl Grey to be present but not overpowering.

On to Medford: You may have to search to find Sweet Cream Ice Cream, but worth the trip—or the chase. They have a permanent home inside Rogue Organic Cafe in Medford, and also an adorable cart around the Valley. With a constantly changing menu of unique, frozen custard style ice creams like Toasted Coconut & Caramel, Peach Sorbet (local peaches), and Lavender Lemon Zest (local lavender), they pride themselves on using those local ingredients, and making their own waffle cones. They even offer vegan cones to stand with their vegan options. I tried the Strawberry Shortcake, Vanilla, and Lavender Lemon Zest. Like Mix, I applaud how well they balanced a challenging ingredient like lavender and really make it shine. Follow them on Instagram @sweetcream_icecream to keep up with their serving locations!

My final stop was Tommi's Ice Cream in Grants Pass. A casual, family-friendly spot with a lime green theme, Tommi's has the classic ice cream counter, where you can feast your eyes on all their decadent creations. They serve staples like chocolate and vanilla, but also offer more creative concoctions like German Chocolate Cake, Tropical Pineapple, and Fruity Pebbles. I went for the German Chocolate, Vanilla, and Fruity Pebbles. Something about the Fruity Pebbles totally hit the mark. Oh-so smooth, and mixed with the cereal bits, it ate like an amped-up version of sugar cereal with milk. Kids will love this place! 🍦

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The Beer I Know Southern Oregon BrewFest Expands Horizons

BY NICK BLAKESLEE



I've never been very good at food pairings. I think this has less to do with an unrefined pallet (even though that is also the case) and more because I hate change. I'm someone that could be perfectly content drinking the same dark beer twelve months a year, with my fish and chips or steak or mashed potatoes or tacos. I don't really care. I don't think it always tastes great, but I deal with disappointment about as well as my grandmother dealt with finding my sister's first

tattoo. I'm not the risk taker of the family. Who likes to branch out from a main stay and have something that turns out to be worse?

So whenever I hear about something as magical the BrewFest coming up September 13, I jump on it. Why? Because I get to try every damn beer, cider and wine there is and not have to worry about sticking to what I know. Held at the Jackson County Fairgrounds and Expo Center and running through the whole weekend, over twenty breweries and cider houses will be presenting, ranging from the very local (Standing Stone and BricktownE) to the West Coast Locals (Ninkasi and Widmere) meaning that there's going to be a brewery for everyone. Something to keep in mind too, these events are usually where breweries (especially the large-scale ones) run some really cool and fun beers that haven't hit the shelves yet. At Boatnik Brew Fest, Ninkasi ran a one-time beer that still hasn't seen the light of day, beyond that festival. There's gonna be some cool stuff. Plus you get a

commemorative tasting glass to show off to all of your Midwest friends who have no idea that beer comes in more flavors than "Bud" and "Kewr's."

Since it's three days long, there's going to be plenty more than just beer. Live music, featuring bands like Frankie Hernandez and Old Dominion as well as a competition among BBQers. The Battle of Bones is an event where eighteen teams go head-to-head in a BBQ-off and try to make the most killer from-scratch BBQ Tri-tip, Ribs and Brauts. Who are the judges you ask? Well, YOU. Ticket purchases include a vote that you get to cast for your favorite BBQ team. I can't think of a more natural pairing for Brews than a BBQ. Even someone useless as me when it comes to food pairings can see that. 🍷

SOUTHERN OREGON BREWFEST

5 – 10 pm, Friday, September 13
12 – 8 pm, Saturday, September 14
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SCREEN

The Messenger is pleased for support from the Fred W. Fields Fund of the Oregon Community Foundation to provide coverage of local films and filmmakers.

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Hometown Movie Buffet

Klamath Independent Film Festival Serves the Oregon Flavor

BY CATHERINE KELLEY

Incendiary bombs, black lipstick, amorous armadillos, bowling and a blow-up doll are just a smidgeon of what's in store for attendees at the 2019 Klamath Independent Film Festival September 13 – 15. Filmmakers, cast, crew and movie buffs will converge on the small, high desert town to commingle and enjoy a smorgasbord of Oregon flavor on film.

In 2011, a small, newly formed Klamath Film group wanted to show their first year's efforts to an audience and with the help from Ross Ragland Theater, screened about a dozen short films to mostly locals. The “hodge-podge of personal projects,” says the group's Executive Director, Jesse Widener, spawned what's now become the only purely Oregon-focused film festival in the state.

“Our overall purpose for everything we do is to drive filmmaking in Klamath and around the state,” says Widener who comes from an expansive background in the arts. The niche festival attracts over a hundred submissions of films shot in Oregon by mostly Oregon filmmakers making it the largest Oregon draw for the industry here. But it's not simply about promoting filmmaking in Oregon.

“A lot of national and international film festivals tend to be very documentary-heavy, and sometimes socially-politically left,” he adds. “I'm not really sure what that serves. We feel challenging both sides to bridge that gap of polarization helps keep a balanced discussion.”

One such balancing act in KIFF's programming concerns war.

Samurai in the Oregon Sky follows the plight of Brookings, Oregon Jaycees in the 1960s who chose to locate, and invite to their hometown, the Japanese bomber pilot ordered to set Oregon woods ablaze during World War II. Nobuo Fujita's incendiary bomb attempt was the only attack on the U.S. mainland and, though it failed, residents rebelled against this act of peace and goodwill. It's paired with the short documentary *Reset*, about a postwar Iraq combat veteran and Purple Heart recipient, Robert Clark, as he works to heal and find purpose again through the challenges surrounding fly-tying and fly-fishing the Oregon rivers.

“Our programming committee is made up of a wide variety of people—men, women, filmmakers, non-filmmakers, locals and out-of-towners,” says Widener. “They gather in a room and it's a democratic process; what results is something for everyone.”

The three-day festival kicks off with a street party Friday night outside the Ross Ragland Theater, joined by filmmakers, sponsors and other VIPs. Live music, food and beverages will be followed by the opening feature *Phoenix, Oregon*, shot on location in

Klamath Falls. Starring James Le Gros and Jesse Borego, the coming-of-(middle) age-comedy was written and directed by Ashland director, Gary Lundgren (*Black Road, Calvin Marshall*).



SOULS OF TOTALITY

Saturday's programming includes five assorted-genre features: the dramedy, *My Summer As A Goth*, exposes a girl's internal strife when a peculiar boy disrupts her grief over her father's death; *Road To Bob* is a comedic road trip adventure by two friends, and a Dylan-disliking hitchhiker, to reach a Bob Dylan concert; *Leave No Trace*, starring Ben Foster, reveals a family's struggles to face reality as the father fights to stay off-grid in the wilderness. Music buffs could appreciate *Pick It Up! Ska in the '90's*, documenting the history of ska music with interviews of band members from No Doubt, Sublime and many others.

Sunday programming begins with the Hard, Wacky and Weird shorts, for mature audiences, then flips to Laughs, Struggles and Epic Events which contains the multi-award winning short, *Souls of Totality*, a love story ending with a single-take sequence shot during the 2017 solar eclipse, a first of its kind.

The best overview of the variety of films made statewide, says Widener, can be seen in the Northern and Southern Shorts Programs on Sunday. 🍷

KLAMATH INDEPENDENT FILM FESTIVAL

Friday, September 13 – Sunday, September 15
Ross Ragland Theater, 218 N 7th St., Klamath Falls
Pelican Cinema 2626 Biehn St., Klamath Falls
\$10 - \$60

Art Watch

Letting Art Be

Awake Tea & Espresso Café & Gallery in Ashland

BY EROLDI IDLORE



THE ART ON THE WALL AT AWAKE
PHOTO CREDIT: IDLORE EROLDI

All wall space at Awake Tea & Espresso Café & Gallery in Ashland is put to good use—art covers them from floor to ceiling, featuring multiple mediums and subjects ranging from abstract multicolored gems to bright splashes of nature, seasoned with the delectable scent of coffee in the air. Owner of Hot

Stuff Espresso in South Ashland for sixteen years, Connie McGonagle recently opened Awake—an art gallery coffee shop that's open every morning until midnight.

McGonagle understands the intricate details of being an artist, an avid learner, and a family-oriented individual. “I think people just need to find their coffee shop.” Equipped with a screen projector and an open mic that's always on, the gallery space is available for anyone to share words or music. She says, “Most afternoons it gets really studious. There's a lot of people in here but you just hear pages turning, fingers typing and the occasional deep sigh.”

One of the featured artistic collaborations is a project curated by visual artist, Joseph Dalcin and poet, Daniel Lehner. Poetry for Peace is an inspirational concept to awaken people to the beauty and truth of our world. Their work transforms words into materials that demonstrate the current human

perspective.

Their ultimate goal is to curate a book that combines poetry with visuals “to raise awareness of environmental and humanitarian issues worldwide.” Dalcin explains, “We want the book published in different languages, distributed in cafes and underground scenes all around the world.”

Dalcin and Lehner recently have been working with a few nonprofits, doing a fundraiser for refugees on the border who need help with basic needs like food and shelter. “I think it should be in everyone's consciousness to see what's happening,” says Lehner. With over 50 contributing artists, Awake Cafe exceeds the standards of an excellent coffee shop. It is a new, eccentric community hub for locals and travelers alike. 🍷

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WELLNESS

A Hidden Epidemic

Considering Hypothyroidism

BY DR. MARGARET PHILHOWER

Thyroid issues affect about 10 percent of the population in general and are a common health concern among my patients. Women are four times more likely than men to have thyroid problems and the majority have hypothyroidism, which occurs when the thyroid is not producing enough hormones. Most conventional medical practitioners treat all hypothyroid cases the same, but there are several underlying causes and different approaches are needed for different people in order to balance thyroid function.



DR. MARGARET PHILHOWER

The thyroid is a butterfly shaped gland located below the Adam's apple on the front of the neck. It regulates the metabolism of every cell in the body. Symptoms of a low functioning thyroid can therefore cause all kinds of issues including fatigue, weight gain, depression, forgetfulness, constipation, dry skin and hair loss, chronic pain and inflammation, cold sensitivity and low body temperature. Hypothyroidism can also contribute to high cholesterol and other cardiovascular issues.

In general, the best diet to support the thyroid includes decreasing carbohydrate intake and increasing vegetable intake. It was once thought that eating raw brassica family plants like broccoli, kale, and cabbage would inhibit thyroid hormone production, but you would have to eat such a huge amount to make that happen, it is very unlikely. Cooked brassicas are perfectly safe. Thyroid hormone is made from Iodine. Adults need about 150 micrograms daily to prevent deficiency. Mega dosing on iodine can exacerbate thyroid issues, so more is not better. Zinc, vitamin A and Selenium are other crucial nutrients for healthy thyroid function.

I recommend annual screening blood tests for my patients. Thyroid stimulating hormone (TSH) is the most common thyroid screening test. It is useful, but doesn't tell the whole story. Some people have an underactive thyroid with normal TSH. T4 is the storage form of thyroid hormone and free T3 is the active form. It is helpful to test these levels as well as thyroid antibodies. If you suspect you have a thyroid issue or know you do but don't know if you have thyroid antibodies, get them checked! Most healthcare providers don't bother to test for

antibodies, but naturopathic doctors routinely test for them because we want to identify and treat the underlying cause.

Balancing immune function can normalize thyroid function if you have autoimmune, also known as Hashimoto's, hypothyroidism. This occurs when the immune system starts perceiving the thyroid gland as a foreign invader and begins attacking it. The trigger can be either an infection or exposure to toxins such as excess fluoride (the main component of Teflon), bisphenol A (from plastics and canned foods and drinks), perchlorate contaminated drinking water and mercury. Amalgam fillings and tuna are common sources of mercury exposure.

There is likely a genetic predisposition, so if you know you have a family history of thyroid problems, it's important to be especially careful. Digestion is the foundation of health and thyroid health is no exception. If your gut is irritated by a food allergy, infection or from taking too many antibiotics, you are more likely to develop any type of autoimmune disease. Gluten is the most common food allergy trigger, but other foods can be problematic.

Subclinical hypothyroidism can occur when all the lab tests are normal, but your metabolism is not. If you have symptoms of low thyroid and a body temperature that averages below 97.8 degrees first thing in the morning before getting out of bed, you are likely have a sluggish thyroid that needs support. Eliminating toxins, avoiding food allergens and adding in supportive nutrients like Vitamin A, Zinc, Selenium and Iodine can make a big difference.

If you are feeling sad, fat and tired all the time, don't just blame it on lack of willpower or stress and stay stuck. See a naturopathic doctor or other qualified healthcare practitioner and investigate your thyroid health. You are worth it! ❤️

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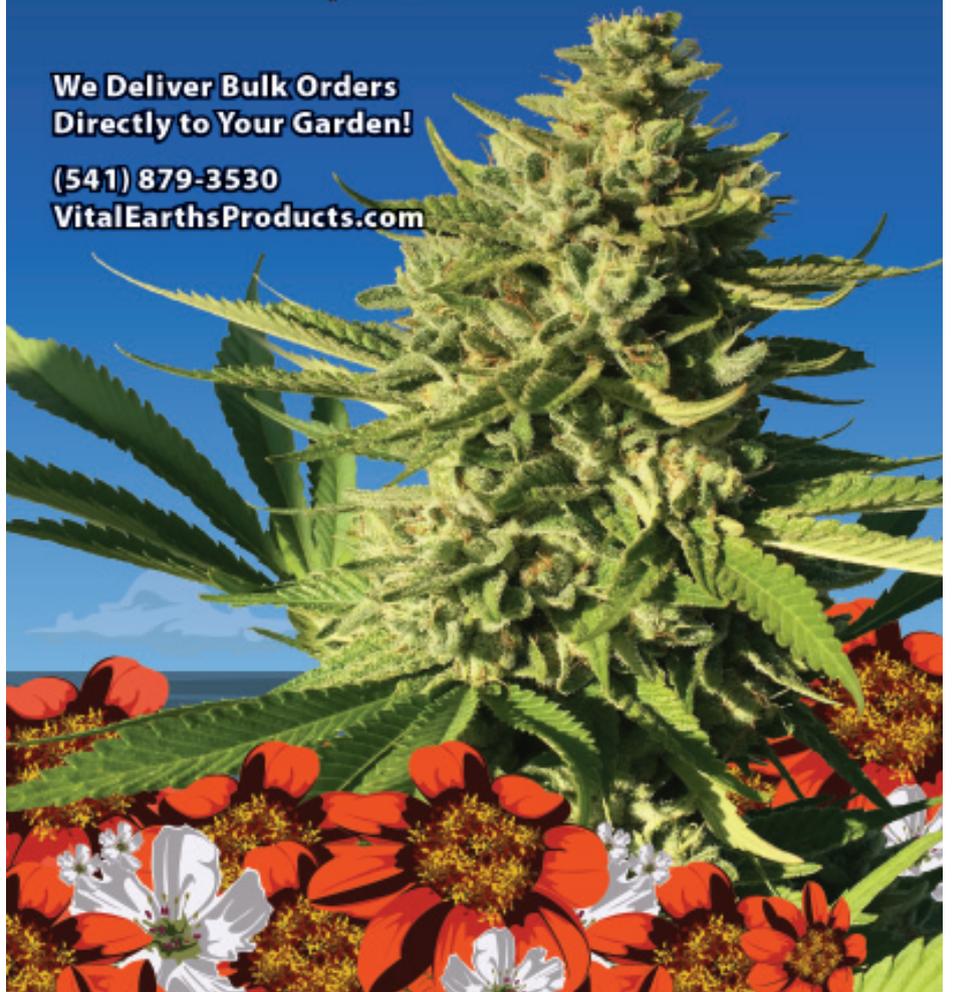
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BY ROO GROSTEIN - HOST/PRODUCER OF LOCAL SMOKE
RADIO ON KSKQ 89.5 FM ASHLAND & 94.1 FM MEDFORD

The tech and the entrepreneurs of Southern Oregon are leading the world in developing the cannabis industry (both high THC and hemp). The regional legal production of the actual cannabis itself is unrivaled anywhere else in Oregon and the beaver state holds its own even compared to California on sheer volume. I want to highlight our little hub of high.

We are at the worldwide epicenter of cannabis. But what makes us different and special? Then it hit me! In so many ways, despite the solid infrastructure, we are still a small industry in the ecologically-minded Pacific Northwest and we all know each other. Combine these facts with a cannabis community that has historical ties to hippies and you have the recipe for a tightly knit industry that cares. We self-police for ethical growing practices and push each other to progress. Being a quality company and being a good earth-citizen are almost mutually inclusive in our competitive cannabis scene.

So I thought I would give a type-written high five to those all-stars showing off what the cannabis community can do! What better place than growing techniques? Here are some short descriptions of sustainable practices local cannabis growers are utilizing to grow good weed and make the world a better place at the same time.

No-Till Farming has been catching on among cannabis connoisseurs and expert growers. Essentially, it takes organic gardening to the next level by realizing the systematic waste in purchasing new soil each year that has to be shipped to the store and driven to your farm. And what is to be done with the annual soil dump? By simply top-dressing soil with amendments, the healthy web of life beneath the surface is not disrupted. Healthy soil leads to healthier plants and lower costs. Many of the giant fabric pots with cannabis plants in them around here use this technique in some manner.

Hügelkultur goes even one step further. This organic gardening technique is quite popular among hardcore sustainability-focused cannabis farmers and utilizes the local landscape of forest-meets-desert to preserve and produce by building mounds of decaying wood and other biomass, creating a haven of moisture retention and microbiological activity. Because water is God when it comes to growing things, preservation of it for cannabis growth is of utmost importance here in sunny Southern Oregon. A well-developed hügelkultur practice gives back to the planet and to the health of cannabis plants, even helping with pest and disease prevention.

Korean Natural Farming (KNF) builds on the above techniques while staying true to the organic & permaculture M.O. by growing incredible things without chemical fertilizers. But KNF takes the process a step further by using “indigenous microorganisms (IMOs) and plants, animals, and minerals from the local environment for feeding cannabis plants” utilizing fermentations, hormones, enzymes, tinctures and other more involved techniques.

No Plastic Fields. I hear and read so much complaining about the plastic on all the hemp fields around here and, to an extent, I agree. Though nobody complains about the strawberries you are eating being grown that way (Oxnard, CA is covered in raised beds, plastic and strawberries). But I want to give huge props to all of the farmers who are working hard to pull off a hemp crop this year without plastic. Keep your eyes peeled. There are quite a few fields without plastic!

Whether you notice it or not, the cannabis farmers in our little slice of heaven are growing a better future with their entrepreneurship, industriousness and determination. So the next time you see some kids talking about how their no-till veggies are delicious, thank you local cannabis farmer for making it cool to be sustainable! 

FREE WILL ASTROLOGY

VIRGO (Aug. 23-Sept. 22): Novelist Wallace Stegner wrote, “Some are born in their place, some find it, some realize after long searching that the place they left is the one they have been searching for.” I hope that in the last nine months, Virgo, you have resolved which of those three options is true for you. I also trust that you have been taking the necessary actions to claim and own that special place—to acknowledge it and treasure it as the power spot where you feel most at home in the world. If you have not yet fully finished what I’m describing here, do it now.

LIBRA (Sept. 23-Oct. 22): Earth’s species are going extinct at a rate unmatched since the dinosaurs died out 65 million years ago. Among the creatures on the verge of being lost forever are birds like the cryptic treehunter and spix’s macaw, as well as the northern white rhino and the vaquita, a type of porpoise. So why don’t we clone the last few individuals of those beleaguered species? Here are the answers. 1. Cloned animals typically aren’t healthy. 2. A species needs a sizable population to retain genetic diversity; a few individuals aren’t sufficient. 3. Humans have decimated the homes of the threatened species, making it hard for them to thrive. Conclusion: Cloning is an inadequate stopgap action. Is there a better way to address the problem? Yes: by preserving the habitats of wild creatures. Inspired by this principle, Libra, I ask you to avoid trying halfway fixes for the dilemmas in your personal sphere. Summon full measures that can really work.

SCORPIO (Oct. 23-Nov. 21): Though patched together and incomplete, the 2,200-year-old marble sculpture known as the Winged Victory of Samothrace is prominently displayed at Paris’s Louvre Museum. It’s a glorious depiction of Nike, the winged goddess of victory, and is regarded as one of ancient Greece’s great masterpieces. For hundreds of years it was missing. Then in 1863, an archaeologist discovered it, although it was broken into more than a hundred pieces. Eventually, it was rebuilt, and much of its beauty was resurrected. I see the coming weeks as a time when you, too, could recover the fragments of an old treasure and begin reassembling it to make a pretty good restoration.



SAGITTARIUS (Nov. 22-Dec. 21): “I’ve learned that I must find positive outlets for anger or it will destroy me,” said actor Sidney Poitier. That can be a dynamic meditation for you during the next three weeks. I think you will derive substantial power from putting it into action. If you’re ingenious and diligent about finding those positive outlets, your anger will generate constructive and transformative results.

CAPRICORN (Dec. 22-Jan. 19): In 1905, at the age of 30, Lucy Maud Montgomery wrote the novel *Anne of Green Gables*. It was a tale about an orphan girl growing up on Prince Edward Island. She sent the manuscript to several publishers, all of whom rejected it. Discouraged, she put it away in a hatbox and stored it in a closet. But two years later, her ambitions reignited when she re-read the story. Again she mailed it to prospective publishers, and this time one liked it enough to turn it into a book. It soon became a bestseller. Since then it has sold over 50 million copies and been translated into 36 languages. I figure you Capricorns are at a point in your own unfolding that’s equivalent to where Anne was shortly before she rediscovered the manuscript she’d put away in the hatbox.

AQUARIUS (Jan. 20-Feb. 18): The Toxorhynchites are species of large mosquitoes that don’t buzz around our heads while we’re trying to sleep and will never bite our skin or suck our blood. In fact, they’re our benefactors. Their larvae feast on the larvae of the mosquitoes that are bothersome to us. In accordance with astrological omens, I propose that you be alert for a metaphorically comparable influence in your own life: a helper or ally that might be in disguise or may just superficially seem to be like an adversary.

PISCES (Feb. 19-March 20): Audre Lord identified herself as a black writer, lesbian, librarian, mother, feminist, civil rights activist, and many other descriptors. But as ardent as she was in working for the political causes she was passionate about, she didn’t want to be pigeonholed in a single identity. One of her central teachings was to celebrate all the different parts of herself. “Only by learning to live in harmony with your contradictions can you keep it all afloat,” she testified. These approaches should be especially fun and extra meaningful for you in the coming weeks, Pisces. I encourage you to throw a big Unity Party for all the different people you are.

ARIES (March 21-April 19): Hi, I’m your sales representative for UnTherapy, a free program designed to provide healing strategies for people who are trying too hard. Forgive me for being blunt, but I think you could benefit from our services. I don’t have space here to reveal all the secrets of UnTherapy, but here’s an essential hint: every now and then the smartest way to outwit a problem is to stop worrying, let it alone, and allow it to solve itself.

TAURUS (April 20-May 20): People in Northeast India weave long, strong suspension bridges out of the living roots of fig trees. The structures can measure up to 150 feet and bear the weight of hundreds of people. In accordance with astrological omens, let’s make these marvels your metaphors of power for the coming weeks. To stimulate your meditations, ask yourself the following questions. 1. How can you harness nature to help you to get where you need to go? 2. How might you transform instinctual energy so that it better serves your practical needs? 3. How could you channel wildness so that it becomes eminently useful to you?

GEMINI (May 21-June 20): If you climb to the top of Mt. Everest, you’re standing on land that was once on the floor of a shallow tropical sea. Four-hundred-million-year-old fossils of marine life still abide there in the rock. Over the course of eons, through the magic of plate tectonics, that low flat land got folded and pushed upwards more than five miles. I suspect you Geminis will have the power to accomplish a less spectacular but still amazing transformation during the next ten months. To get started, identify what you would like that transformation to be.

CANCER (June 21-July 22): In 1996, when Gary Kasparov was rated the world’s best chess player, he engaged in a series of matches with a chess-playing computer named Deep Blue. Early on in the first game, Deep Blue tried a move that confused Kasparov. Rattled, he began to wonder if the machine was smarter than him. Ultimately, his play suffered and he lost the game. Later it was revealed that Deep Blue’s puzzling move was the result of a bug in its code. I’ll encourage you to cultivate a benevolent bug in your own code during the coming weeks, Cancerian. I bet it will be the key to you scoring a tricky victory.

LEO (July 23-Aug. 22): American hero Harriet Tubman escaped slavery as a young woman. She ran away from the wealthy “master” who claimed to “own” her, and reached sanctuary. But rather than simply enjoy her freedom, she dedicated herself to liberating other slaves. Nineteen times she returned to enemy territory and risked her life, ultimately leading 300 people out of hellish captivity. Later she served as a scout, spy, and nurse in the Union Army during the Civil War, where her actions saved another 700 people. In 1874, the U.S. Congress considered but then ultimately rejected a bill to pay her \$2,000 for her numerous courageous acts. Don’t you dare be like Congress in the coming weeks, Leo. It’s crucial that you give tangible acknowledgment and practical rewards to those who have helped, guided, and supported you.

HOMEWORK:

“We have been raised to fear the yes within ourselves, our deepest cravings,” wrote Audre Lourde. True for you? FreeWillAstrology.com.

REC ROOM

AUTOMATED RESPONSE SIGN YOUR INITIALS TO PROVE YOU'RE NOT REAL. — MATT JONES

1	2	3		4	5	6	7	8		9	10	11	12	13
14				15						16				
17			18							19				
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71						72								73

ANSWERS AT ROGUEVALLEYMESSENGER.COM

Across

- 1 Wasabi ____
- 4 Scottish town
- 9 "Lost in Translation" director Coppola
- 14 115, in Roman numerals
- 15 Skater ____ Anton Ohno
- 16 Make ____ (profit)
- 17 Brewhouse offering
- 19 "That is," to Caesar
- 20 Really clean
- 21 It may come in a kit
- 23 Disco ____ ("The Simpsons" character)
- 24 "Forever" purchase
- 27 Lend an ear
- 29 ____-Hulk (Marvel superheroine)
- 31 Aural entertainment now mostly obsolete
- 34 Post-bath powder
- 36 Established law
- 37 Stringed instruments?
- 39 Blue ball?
- 40 "Champagne Supernova" group
- 44 Single, double, or triple
- 47 Shark sort
- 48 Repertoire, so to speak
- 52 Nickname for two Spice Girls
- 53 Oscar winner Matlin
- 54 Figure skater Henie
- 56 Singer Rita
- 57 "Hamilton" home, casually
- 60 One usually grouped by sixteens
- 63 It may be passive
- 65 Winning once again
- 68 Arm of a sea
- 69 ____ con pollo
- 70 Paint swatch option
- 71 Double curves
- 72 By ____ (barely)
- 73 Galoot

Down

- 1 "Banned pollutants, briefly
- 2 CFO, e.g.
- 3 In opposition
- 4 Tree of Life, in "The Lion King"
- 5 "Buffy the Vampire Slayer" airer, once
- 6 Go bad
- 7 1970s rock genre
- 8 Wish earnestly
- 9 Enter via ship
- 10 "If You Leave" band, for short
- 11 Galicia gala
- 12 Arched foot part
- 13 Make harmonious
- 18 The same old thing
- 22 Baseball's Matty or Felipe
- 25 Calendar pgs.
- 26 Surname said a lot by Snape
- 28 Engine power source
- 29 Place for wallowing
- 30 "Ni ____" ("Hello" in Chinese)
- 32 Leonard of the NBA
- 33 Imperturbable ones
- 35 Computer language used in business
- 38 They're not too risky
- 41 Bee on TV
- 42 "South Park" little brother
- 43 Fifth scale note
- 45 Easy crockpot dish
- 46 Match ender
- 48 "MST3K" fodder
- 49 Carter and Copland, e.g.
- 50 Mythical chalices
- 51 Button used mostly in the morning
- 55 May follower
- 58 Four-line rhyme scheme
- 59 Craft store bundle
- 61 Revolution outcome
- 62 Olympic event with swords
- 64 Icy core?
- 66 ____-Magnon
- 67 Daily ____ (political blog)

SUDOKU

NO. 229 - TOUGH

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

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



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- Strengthen recycling infrastructure and education
- Reduce impacts of the housing and building materials
- Educate people about Reduce, Reuse, Recycle
- Foster new partnerships with community-based organizations

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 For more information, contact Marie Diodati 503-229-5446



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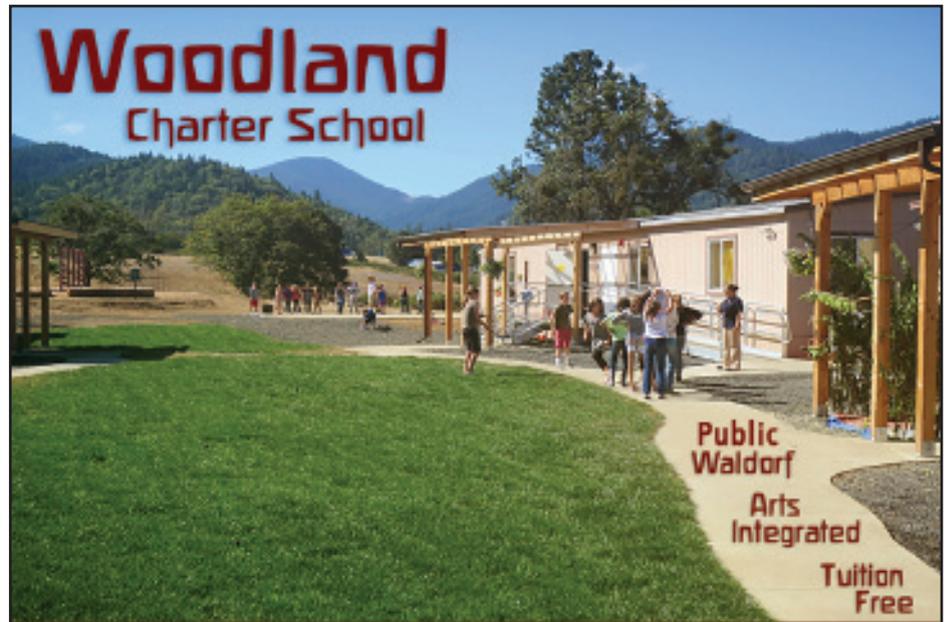
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