



WJTV ROGUE VALLEY TIMES MESSENGER

SETTING NEW TRACKS

2016: A YEAR TO REBOOT

NEWS PG. 7
PREDICTIONS FOR
THE NEW YEAR

.....

BEER PG. 23
GRANTS PASS'
BREWERY ROW

.....

SPORTS PG. 26
BEER AND HOCKEY!



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ABOUT THE COVER

Photo By:
 Andy Atkinson
 at Mt. Ashland

BEER

It isn't quite brewery row, but it is a pretty impressive start. With Climate City rejuvenating a turn-of-the-century brewery at the top of G Street, and The Haul a few blocks south on H Street, Griess Family Brew sits mid-point.



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In All The Things We Never Knew, Sheila Hamilton, a well-known radio personality in Portland, re-examines her life after her husband commits suicide. She reads in Ashland on January 8.



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**DON'T SHOOT
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**New
Beginnings**

A year ago, Caitlin Jenner was still Bruce and Donald Trump was a reality TV show shtick, not a possible reality for America—and both of those individual changes mark significant changes over the past year. Gender politics have evolved quickly over the past two years with same-sex marriage receiving its blessings from the Supreme Court and transgender persons moving into wide-reaching mainstream acceptance. Over the same period of time, though, and perhaps in a somewhat diametric counterbalance, conservative politics found their spokesperson—or, perhaps, it is that Trump served last year more as an indicator for how surprisingly broad-base arch-conservative politics are in modern America.

Yes, 2015 was marked by politics that found more in their differences than in common ground. Sadly, the trend of mass shootings only ticked upwards in 2015, less than three years after 20 children and six adults were shot at Sandy Hook Elementary School and federal politicians declared an outright effort to stem school shootings. In spite of tighter gun restrictions, in October, one professor and eight students were shot at Umpqua Community College in Roseburg, and public opinion continued to be entrenched in opposing viewpoints about whether a potential solution is more gun control or not.

And, it hardly seems as if 2016 will bring differing viewpoints any closer: The year began with President Barack Obama's first order of business setting in motion an Executive Order to tighten background checks and narrow available weapons, an honorable act for those hoping to curb gun violence, but also an act that will kick the hornet's nest as it bypasses a Republican-controlled U.S. Congress.

Yes, 2015 was a divisive year—and it was really only setting the table for 2016. But perhaps there are signs that we all can just get along. Yes? Maybe? Why not?

Taking one of the most discussed topics in regional politics—the legalization of marijuana—perhaps shows there is an opportunity for mature discussions about finding common ground. The Medford City Council has not been a big proponent for legal weed with the large majority expressing opposition, but those viewpoints don't quite reflect the more even split in the voting public as the state-wide voter initiative approving the legal sales of recreational marijuana had passed only by the slimmest of margins in that city. This past autumn, the Medford City Council was poised to ban the outdoor growing of recreational marijuana within city limits, but after dozens of residents spoke out against the ban, the city council relented its viewpoints and offered a compromise: How about letting city residents decide?

Isn't that at least one sign that 2016 could move towards more common ground? (Also, the upcoming public referendum will be telling about how—and if—attitudes towards marijuana have shifted in the year since weed became legal in Oregon.)

Yes, national politics in 2015 became more, not less, divisive and the odds-on bet would be that 2016 will be even worse. However, Oregon does not need to—and often doesn't—follow national trends. Take, for example, on-the-rise Republican politician Dr. Knute Buehler (who represents Bend at the Oregon House) who last session broke with traditional Republican positions to champion on-demand birth control, or the number of other laws voted into place in 2015 and taking effect in 2016 that are chucking out entrenched attitudes for sensible solutions - for example, Oregonians may now pump their own gas in rural counties between 6 pm and 6 am, and renewing a driver's license will automatically register a resident as a voter, and, most keenly, employers will no longer be allowed to ask applicants if they have been convicted of a crime, allowing persons who have served their time the ability to move forward with their lives.

Yes, if 2015 is any indication, 2016 may get ugly with national politics, but it looks pretty reasonable in Oregon.

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Yes, if 2015 is any indication, 2016 may get ugly with national politics, but it looks pretty reasonable in Oregon.



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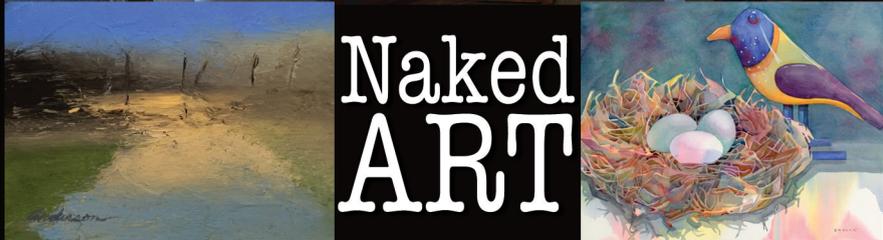
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LETTERS



Have something to say?

Send your thoughts and SnapShot submissions to: editorial@roguevalleymessenger.com. Letters must be received by noon Friday before next print date for inclusion in the following week's paper. Please limit letters to 250 words. Submission does not guarantee publication.

Speak Up

STAFF RESOLUTIONS: 2016

JOSH GROSS,
EDITOR

My favorite snack is string cheese. But like so many snacks, it's not eaten in the kitchen. And when recently deep-cleaning my apartment I realized just how many string cheese wrappers I had hidden rather than throwing away. And it was pretty gross. So I'm resolving not to do that anymore.

In addition to journalism, I write stage plays. Because of its nearly boundlessly cartoonish comedic potential, I have written a lot of scripts that call for cages to fall from the ceiling to trap the main character and force them into the villain's evil plot. After a series of, let's say, "complicated" rehearsals on my most recent production, I'm resolving not to do that anymore.

I've lived in Southern Oregon most of my life. And while I get out and about more than most, there are still places I've never been. And this year, I'm going to be sure to go more places solely because I haven't been there, especially in the outdoors. Unless there are angry bears there. Then I'm fine right where I am.

SARA JANE WILTERMOOD,
ASSOCIATE EDITOR

Be early - to work, to events ... and on *Messenger* deadlines.

Tackle two new writing projects: Codenames "Gaddy-Lid" and "Four Favorite"

My knees say, "Swim more; running is for young'uns!"
Delete things I don't need . . .

KATIE BALL,
SALES MANAGER

I would write just "Eat better", "be more organized"... but I also have some more involved ideas:

I resolve to figure out why, at the end of the day I feel like I've done 10 million things, but still haven't accomplished the things on my to-do list. Really, I know I do a lot. But I am still treading water daily. Is it because I give myself too much to do? Is it because I don't move quickly enough? Or, is it because I have a 2 year old and he kind of undoes 75 percent of what I do during the day? This is the mystery I will solve in 2016.

I resolve to eat better and exercise more (I know, trite, but necessary). Here's the thing... I have Rheumatoid Arthritis and it doesn't feel good. I do not take medications for this. I have in the past. I refuse to now. I believe you can cure, or at least largely reduce the effects of this disease through diet and exercise. Going back to my first resolution though, this takes time (shopping for and preparing *really* good food and figuring out the right

time to work out...). Time that I will find in 2016.

I resolve to "be here now." I've been working on this for years. I am really good at it when I'm on vacation. But then I get home. I re-enter the "rat race" of life and time just flies by. More often, I want to live in the moments of my life, enjoy them and soak them up rather than thinking about what I have to do next and missing those moments.

PHIL BUSSE,
PUBLISHER

Wear clean underwear, every day!

JORDY LINDSEY,
CALENDAR EDITOR

May the music be loud, my pillow soft.
May gifts return tenfold, and the calendar be eventful.

JESSIE CZOPEK,
PRODUCTION MANAGER

Snowboard as much as possible.
Eat healthier.
Exercise everyday.
Stay positive and happy.

And, a proposed resolution from a reader for our elected officials:

Our federal congress is controlled by individuals who care for short-term profit but apparently not for future generations. The clearest evidence of this is their denying the science of global warming and their efforts to block any action taken by the Administration that could help reduce U.S. emissions of greenhouse gases.

Faced with such a barrier to action at the federal level, it has become clear that Americans individually and regionally must take action. Several states across the country have already enacted comprehensive greenhouse gas cap and trade legislation. In all cases this has resulted in reduced emissions and continued economic growth. In fact, economic growth has outpaced that of surrounding states lacking the cap and trade legislation.

Oregon can join these states in leading the nation towards an effective response to global warming. The Oregon Healthy Climate Bill, to be introduced in 2016, will cap our greenhouse gas emissions, assist economically disadvantaged communities, and help a healthy and sustainable economy progress towards the next century.

Oregon became a national leader in 2007 by adopting goals for greenhouse gas emissions -but established no mechanism for achieving these goals. The Healthy Climate Bill provides the mechanism. Let's support this effort.

- Kathy Conway

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NEWS

A Rising Star in Medford Kevin Stine Throws His Hat Into the U.S. Senate Race

BY KRISTEN KURTH

Young, ambitious, and focused, Medford City Councilman Kevin Stine takes a moment to sit down with the *Rogue Valley Messenger* and tell us why he's not your average local politician—and also to provide his perspectives on the past year and what to expect from Medford City Council in 2016.

Rogue Valley Messenger: What issues do you believe are most important for the 2016 agenda?

Kevin Stine: The urban growth boundary is the most important issue we will address. It's a very inside baseball issue which will expand the city's borders, but one that will resonate for years to come.

RVM: What issues do you hope to bring to the agenda?

KS: I want to see an area for the homeless. One that can give safe shelter, basic sanitary needs, and a platform to get back into the workforce and self-sufficiency.

RVM: What 2015 accomplishments are you most proud of?

KS: I brought an idea to bring better technology into the Medford Room, in which we have study sessions. Staff looked into it and brought forward an idea that was farther reaching than I was thinking of, and we now have capabilities to do video conferences and community outreach in the future.

RVM: What most frustrated you about what wasn't accomplished in 2015?

KS: Marijuana issues aside, I would have liked to see us get an ordinance to mitigate the homes in the city that have been vacant and beyond repair, that are being used for nefarious activity. We should have something addressing this in 2016.

RVM: After serving three full terms in the Navy, what sparked your interest in public politics?

KS: I've always enjoyed politics, even though I came from a very apolitical family. I've had an interest in politics once in my adult years and followed the 2008 election very closely.

Around 2012, I decided it was time to leave the military. My wife and I were trying to decide where to go and I managed to convince her to move here. A week after moving to Medford in December of 2013, I started going to City Council meetings. I wanted to be involved in local government and see what was going on in my community. I happened to meet Councilman Nick Gordon in the elevator before my first meeting. It happened to be that the city councilman for the ward we moved into wasn't running again, so Nick Gordon encouraged me to go for it.

RVM: What are you most proud of about this first year on the City Council?

KS: Of course, everything is a team effort. One of the biggest

things is the marijuana issues. A lot has been discussed about business licenses to dispensaries and grow ordinances or bans since 2014, before I was on the council, and now it's been decided to put the vote to the people. I voted for this because it's a compromise measure. Even if I don't personally agree with recreational marijuana, the best option is to find regulations, not just bans.

RVM: You recently announced that you'll be running for Senate against Senator Ron Wyden. What's going to make you stand out next year during the election?

KS: I represent the poor working and middle class. I never met my father, and my mother worked in a minute market when we were living here when I was kid. We were the family that didn't answer the phone when it rang and didn't answer the door when someone knocked. I care about the poor, middle, and lower class because that's who I am. That's who I'm friends with and what I want to represent.

At last check, Wyden had 6.5 million dollars in campaign funds. If a candidate doesn't have millions of dollars, how can they compete with that? I'm working with a guy and making small mom and pop shop videos and hope it catches on. I find supporters through social media; people that don't like the Trans Pacific Partnership, the Medicare roll backs that Wyden proposed, and the tax measures that he's been for.

Is it going to be a successful fight? Maybe not. I'm putting both time and money in this by calling people and connecting through social media every day. I'm trying to find those like minded people that will tell their friends and so on. I've got less than five months until the election. I'm going to get as many votes as I can and move on from there.

RVM: You're on the Medford City Council, you and your wife Casey are raising a young daughter, you're running for senate and you're continuing your education at Southern Oregon University. How do you keep everything balanced?

KS: I was in the military for 9 ½ years. I like being busy. I hate to say YOLO, so I'll put it this way: One of my favorite quotes is, "There's no greater sadness in life than unfilled potential." I don't know where I'll be X amount of years from now but I know right now that I have a good story to tell and I care about what I'm trying to do. I'm not fearful of failure, I'm fearful of not trying.



On Monday, January 11, John Stromberg, Mayor of Ashland, will deliver the annual State of the City report. He wouldn't reveal any spoilers in advance, but we did talk with City of Ashland Councilor Stef Seffinger about what she is proud council accomplished last year, and her aspirations for the upcoming year.

"This last year some of the accomplishments I am proud of include my work with the forest lands commission and AFR including updating the Ashland Forest Plan and working to obtain funding for forest health and fire protection. I believe we are developing a thoughtful plan regarding the cultivation of marijuana in the city. I think we have taken the issue of improving downtown behavior as a priority issue to be continued in the upcoming year with developing a proactive and preventative approach to this concern. Having a safe city environment for all citizens and visitors is an important issue to me especially after I was threatened last year and now feel less safe in one of my favorite walking spots. I am interested in the Blue Zone Project, a program to create a healthier city with preventative health programs that decrease disease and increase quality of life. I believe that we will be continuing to address the issues of affordable housing, parking and transportation in the upcoming year. I also think that we will be looking at what our budget priorities are and will have to make some difficult decisions about how to adequately fund law enforcement, infrastructure needs. I see continuing to provide city employees with a living wage is also important to making our city diverse and affordable to younger citizens."



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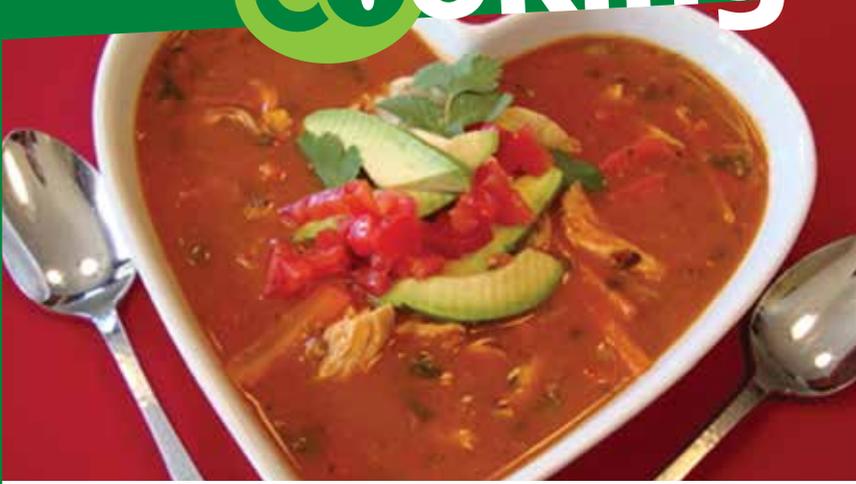
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NEWS

Public Profile

Alfredo Flores: Co-Founder and Editor at Revista Caminos

INTERVIEW BY ZAC MOREL



In 2016, we continue our popular Public Profile series with a Q&A with Alfredo Flores, Editor for *Revista Caminos*, a publication that caters to Spanish speakers.

RVM: When was Caminos Founded?

AF: Caminos was founded in 2009. It took us about seven to eight months to actually publish our first edition, which was in June of 2010. When the business was founded, it was around December of 2009, so that's when we planned the purpose of what we were going to deliver to the readership.

RVM: What's the distribution area for the magazine?

AF: For print, we distribute to Jackson County. So the magazine can be found in all the cities in the Medford area. Our main distribution location is Medford, which is where we have the highest pick-up rate. We have over a hundred distribution points throughout Jackson County. Some of the best locations are grocery stores, such as Food for Less in Medford or Shop n Kart in Ashland. We try to put the magazine in high traffic locations that you would visit regularly.

RVM: As a Spanish language publication, how do you find your readership?

AF: Well, just to clarify, Caminos is for the Spanish speaking community. You know, we've had comments before that would say, for example, "Isn't this a magazine just for Mexicans?," and we would come back and say no, it's for the Spanish speaking community. It could be anyone from any walk of life. So that's why our distribution is carefully selected to figure out where the Spanish speakers are. And obviously, a large percentage is the Mexican community.

RVM: What are some of the advantages and disadvantages to publishing for a niche market such as the Spanish speaking community?

AF: I would say our advantage is that we're unique. We're kind of the first to express certain art. Our freelance photographer, Ezra Marcos, is a good example, because he's able to create artwork through photographs. We'll be a little bit crazier when it comes to photography. So we're pretty unique compared to everyone else.

RVM: Besides the print magazine, how does Caminos get involved and reach out to the community?

AF: We sponsor sports teams. We write about various teams around the valley. So high school sports, college sports, and even community sports. The sponsorship depends on what organization it is. Our last sponsorship was for the Phoenix high school cross country team. We try to kind of stick to certain sports that would be related to the magazine. We also put on the Day of the Dead Race, which is our signature event.

RVM: Do you think it's important to serve as a cultural bridge for Latinos and non-Latinos?

AF: Our vision is just to express our culture, and also feature local people that are successful. Sometimes you don't get to hear about, for example, that successful Latino real estate agent. So when we feature them, they're a role model to the rest of the community. And we feel like that is our way to help bridge the cultures.

RVM: Are there any new projects in the works?

AF: One thing we will do is start a second website called Oregon Latino. Our strategy there is to connect communities throughout Oregon. There's various Spanish speaking communities around Oregon, for example in Salem, Madras and Portland, so we want to be that hub connecting them together. Oregon Latino wants to express what's going on in the various communities. So the content would come from publications like Caminos and its counterparts from other parts of Oregon, but it's more about the community as a whole. 🍷

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A HEALTHY NEW YEAR

Oh, dear readers: We care about you! We really do. That is why we are starting the New Year with back-to-back articles here in our Feature section about nudges/suggestions/thoughts for how to start 2016 with some healthy habits and check-ins. Although a bit gender binary of us (I know, right? So stuck in 2014!), the first article is for the ladies and the second about keeping your prostates clean as a whistle.

Happy, healthy New Year.

Ladies, There's an App for That 4 Seasons in 4 Weeks Guides Women in Discovering Themselves

BY SARA JANE WILTERMOOD

I remember the day I got my very first iPhone—black, with a gray, 30 percent recycled content case. Three friends and I went on down to the mall like giggling school girls, and purchased spanking-new iPhone 3s. Between squeals of delight, repetitive selfies and informative exclamations, I'm pretty sure we used up all our data that first evening.

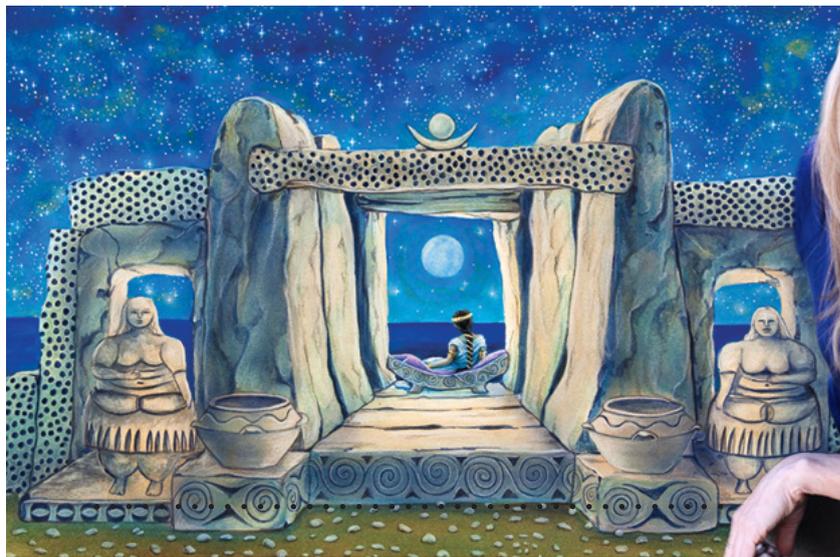
In the flurry of app-loading, I stumbled upon a free period tracker, and I thought, well, it's free. It was basically a calendar with cute little icons that you posted on each day, keeping record of when your period was (red droplets), how you were feeling every day (stormcloud for angry, a balloon on a string for bloated, etc.) and when you were intimate (little hearts--awwww).

After a few months of this, the app "got to know you" and predicted when you were fertile (green dots) and ovulating (blossoming flower). If you got really into it, you could even record your temperature several times a day, to which I quickly hit "decline." After several months of careful tracking, I lost interest and moved on to other apps (Ragdoll Blaster, anyone?), figuring that I had gleaned all necessary information from the exercise and haven't given my womanly cycle much thought aside from, here we go again.

Now several years and two pregnancies later, I have turned again to the topic through Ashland author Suzanne Mathis McQueen's *4 Seasons in 4 Weeks* book, which has opened my eyes to the intrinsic detail in a woman's cycle and the value of mastering it. Affectionately called "4s4w" throughout, the book should be accompanied by a separate daily tracker/journal, in spiral-bound book form, downloaded onto a device from 4s4w.com or as a magnet for your refrigerator, to allow for accurate note-taking. (The book itself is also available electronically, with an official app in the works.)

To quote the introduction of the book, "The 4s4w strategy takes this seemingly overwhelming body function and walks you through each week in a non-technical way in order to prepare, manage, and have control over your experience, rather than living a life of reacting to it."

As the title suggests, McQueen likens the approximate month of a woman's hormonal cycle



to the four seasons of the year—fall = "period" and "rest, receive, rejuvenate;" winter = "venus week" and "become, connect, attract;" spring = "ovulation" and "fully express, lead;" summer = "electrically charged, on edge, with rumbling energy inside"—or, if one is a woman not experiencing her cycle anymore, she would track her hormones with the lunar calendar—new moon, waxing gibbous moon, full moon, waning crescent moon— all correlating to the same themes as the cycling woman's seasons.

Every "week" correlating to a season in the 4s4w understanding doesn't always equal the standard seven days, nor does every woman's "month" equal 30 days. Keeping daily notes and observations helps each individual pinpoint how long each "week" or "season" is for her, and thereby influences her focus and goals during those times. I'm not going to share all my notes (you're welcome), but I did find some correlations and new insights on the repeating of my cycle.

Fall and summer have an "internal" focus, while winter and spring are "external," which means that those weeks should be balanced for each woman to maintain her optimal health. I, for example, went out by myself and bought myself new boots during my "fall week," which I typically wouldn't do (I don't usually enjoy shopping alone or for myself), and I discovered that I felt calmer after focusing on myself after a stressful work day. And alternately, I found that

during the "external" times, I felt like the extroverted person that I perceive myself as, and gained contentedness from socializing.

While McQueen's organizational language tends toward the metaphysical and abstract, she balances it out with conversational descriptions, applicable knowledge and concrete goals. While using created terms like "Womb Wisdom" and "Emoping" to replace words that she finds do not represent the female experience well, like "PMS," McQueen also uses scientific terms like "estradiol" and "luteinizing hormone," which gives the book a blend of factual originality.

She also rightfully emphasizes the other important aspects of female health, including diet, exercise, sex and contraception, insisting that all of these factors must play a role in pinpointing ones cycle. Her tone is never accusatory, demeaning or overly feminist, simply experiential, firm and respectful.

And while this book is written for women, an alternative and equally important goal of the text is to educate men about women and their cycles as well. Every season includes a two-page "ManGuide" with further insight into each phase, and Chapter 3, "Primal Rhythms," specifically addresses sex, which should assist initial interest for a fella.

It can be a lot to tackle on one's own, which is why McQueen offers a 13-week online course to help get you started, the next of which begins on February 27. For more info, visit 4s4w.com. 

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A HEALTHY NEW YEAR

Men's Health

Proper Treatment of Benign Prostatic Hypertrophy

DR. DANIEL SMITH

Only about 30 percent of my patients are men. I don't know why this is the case, but I would guess that men tend to avoid going to the doctor until they have a condition that stops them in their tracks. Such stoicism can be a dangerous thing. Cardiovascular disease is the number one killer of men, followed rapidly by diseases of the colon and prostate.

Although these conditions are amongst the most important health issues for men to address (and these conditions start in our twenties), it is beyond the scope of this short article to address all of these complex conditions. Here I'll focus on benign prostatic hypertrophy, or BPH, a disorder that normally affects all men if they live long enough. Still, I hesitate to use the word "normal," which implies that it is expected, because with proper lifestyle modifications most prostate conditions can be avoided.

BPH is a condition of excessive proliferation of prostatic stromal cells that probably occurs as part of the aging process. These cells are not malignant; they maintain their usual function and do not metastasize. However, approximately 10-15 percent of prostate cancers do arise in the same part of the prostate in which BPH develops, so men with symptoms should still consult their physician. Typical BPH symptoms include an increased need to urinate at night, urinary incontinence, difficulty starting urination, a sense of urgency to urinate, and a sense that the bladder did not empty fully. Later symptoms may include a tendency to form stones and presence of blood in the urine.

Initiation of treatment should include a visit to your physician, a proper physical exam, and a complete laboratory panel. Prostate tissue responds to testosterone (without it, BPH will not develop), but also to other steroidal hormones, non-steroidal hormones and growth factors. At a minimum, I recommend performing a panel of labs that includes a comprehensive metabolic panel, a complete blood count, a lipid panel, sex hormone binding globulin (SHBG), testosterone free and total, dihydrotestosterone (DHT), estrogen, PSA free and total, IGF-1 and homocysteine. Recognition of imbalances in these tests allows for the development of a thorough, holistic, more effective treatment protocol. If your physician declines your request to perform this panel, please consider speaking with your friendly neighborhood naturopathic physician.

As a naturopath, I am obviously a supporter of naturopathic therapies to treat BPH. (I must add, however, that allopathic therapeutics may be necessary in certain circumstances.) Generally speaking, the standard American lifestyle is sedentary, low in unsaturated fat, high in saturated fat, low in fruits and vegetables and high in processed carbohydrates. Making changes to your menu is always the best place to start. Cleanses can be helpful, although they are often very "cooling," so I do not recommend them at this time of year. The Masters Cleanse, which involves consuming only a "lemonade" mixture of water, lemons, cayenne and grade B maple syrup, is a versatile cleanse as it allows you to work, exercise and go about your day with an abundance of energy. Those who are experiencing BPH symptoms may wish to start with such lifestyle changes; if your symptoms are mild, these changes will almost certainly reverse or eliminate any discomfort.

Alternating sitz baths take some effort, but can be extremely helpful at increasing blood flow to the prostate, which can lead to decreased inflammation. These can be done in fifteen minutes and require two basins that you can put in your bathtub (65 quart basins sold at Home Depot will suffice). Instructions can easily be found on the web.

Men with BPH should avoid drinking after 7 pm to help reduce nocturia (urinating at night). Caffeine, table salt and other diuretics (including drugs) should be avoided. Interestingly, parsley is one of nature's most potent diuretics. If your meals contain this herb, you may

want to substitute another spice. Marijuana, flax seed and ethanol (especially hops) should be avoided as they are estrogenic in nature and may contribute to a worsening of BPH. Animal foods, such as eggs and meat, should be minimized.

“ GENERALLY SPEAKING, THE STANDARD AMERICAN LIFESTYLE IS SEDENTARY, LOW IN UNSATURATED FAT, HIGH IN SATURATED FAT, LOW IN FRUITS AND VEGETABLES AND HIGH IN PROCESSED CARBOHYDRATES. MAKING CHANGES TO YOUR MENU IS ALWAYS THE BEST PLACE TO START.

CLEANSSES CAN BE HELPFUL, ALTHOUGH THEY ARE OFTEN VERY "COOLING," SO I DO NOT RECOMMEND THEM AT THIS TIME OF YEAR. ”

- DANIEL SMITH

Generally speaking, the metabolic goals of a physician treating BPH involve lowering SHBG, PSA, and estrogen and minimizing conversion of testosterone to DHT, which is a potent stimulator of cell growth. Vitamin A, zinc, epicatechins and pygeum (*Prunus africanum*) are examples of supplements that help to minimize this conversion. Perhaps the most often studied nutrients/herbs are beta-sitosterol and saw palmetto (*Serenoa repens*). Both have the well documented ability to diminish BPH symptoms and rarely cause adverse effects. Nettles (*Urtica dioica*) and whey protein are capable of reducing the activity of SHBG. Consumption of zinc is a common recommendation; however, recent studies have cast some doubt on the efficacy of this mineral for BPH.

I recommend that all you stoic men visit with a naturopath—in your 30s—because of our ability to avert many common men's health issues before they ever arise. 

Dr. Daniel Smith practices at Bear Creek Naturopathic Clinic. His new office is at 2612 Barnett Ave.

He specializes in naturopathic oncology, but still maintains a strong family practice, treating all manner of conditions. He can be reached at 541-770-5563 or at drdanielnd@gmail.com. If you would like to schedule an appointment, please ask specifically for Dr. Dan.

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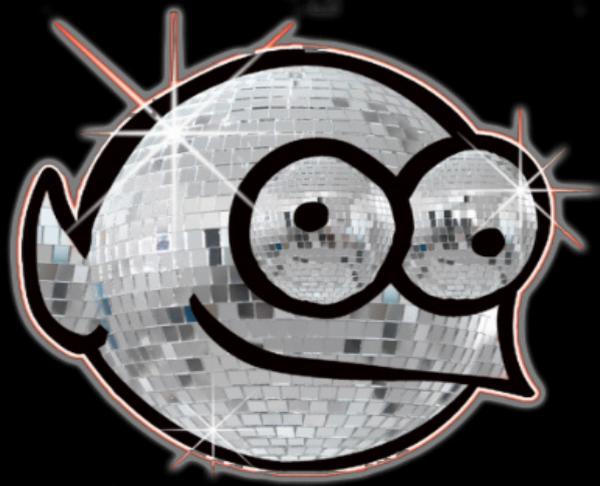
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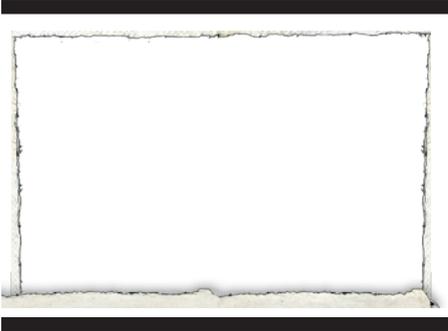


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OUR *Picks*



fri 8

Jen Ambrose

MUSIC—Jen Ambrose plays a mean acoustic tune, from original songs to covers of multiple musical genres. Whether solo or with various groups including, but not limited to, Sound Stage Revue, The Crooked Road Travelers and The Rock Project, Ambrose's sultry voice and relaxing guitar is the perfect accompaniment to an SOB brew. 5 pm. Southern Oregon Brewing Company, 1922 United Way, Medford.



sat 9

Hemp and Cannabis Fair

FAIR—Celebrate all the variety of the newly legalized little plant. From edibles to smokables, accessories to growing tools—the materials and the experts will be there. Presentations and performances throughout the weekend. 21 and over. 10 am - 6 pm, Sat. 11 am - 5 pm, Sun. Jackson County Expo, Seven Feathers Event Center, 1 Peninger Road, Central Point. \$15.



mon 11

Shane McAdams Lecture

ART—Christening the new exhibit at the Schneider Museum of Art, "Exploring Reality," co-curator and participating artist Shane McAdams will give a talk on the art to be unveiled created by nine different artists. "Exploring Reality" features printmaking, sculpture, installation and painting, and it will be on display from January 15 through March 19. 5:30 pm. Schneider Museum of Art, 1250 Siskiyou Boulevard, Ashland.



thurs 14

Hardpan Reading

READING—Talk about the ultimate road trip. Oregon author Marilyn Skinner Lanier will read from her debut novel, *Hardpan*, which chronicles a family's journey in the 1950s from Wyoming to California. One chapter in particular may seem familiar, as it was the basis of a short film, *The Fence*, selected for the 2009 Ashland Independent Film Festival. 7 pm. Bloomsbury Books, 290 East Main, Ashland. Free.



thurs 14

Tubaluba

MUSIC—Seattle-based band Tubaluba brings the funky rock 'n roll from their Pacific Northwest together with enough brass to dub themselves "Jambalaya" in flavor. Their unique sound from straight outta New Orleans has also earned them the title "Tubalubradours." You know you are good when a new word is coined. 9 pm. Milagro's, 1465 Siskiyou Boulevard, Ashland. \$10.



fri 15 - sun 17

3-on-3 Hockey Tournament

HOCKEY—The only 3-on-3 sport more exciting than basketball is hockey, and outdoors to boot! The Southern Oregon Adult Hockey Association is usually confined to the RRRink for their games, but frigid weather is the perfect setting to bring the game outside. 6 - 10 pm, Fri. 8 - 11:30 am and 7 - 10 pm, Sat. 10 am - 1 pm, Sun. Ashland Rotary Centennial Ice Rink, 95 Winburn Way, Ashland.



fri 15 - sun 17

Rogue Valley Symphony

MUSIC—Is more culture a new year's resolution? Beethoven with violinist Elena Urioste, Mozart and Oregon premiere of "Dreamtime Ancestors" by Theofanidis should do the trick. 7:30 pm, Fri. SOU Recital Hall, 1250 Siskiyou Boulevard, Ashland. 7:30 pm, Sat. Craterian Theater, 23 S. Central Avenue, Medford. 3 pm, Sun. Grants Pass Performing Arts Center, 313 NE Olive Street, Grants Pass. \$15 - \$55.



fri 15

Rocky Horror Shadowcast

FILM—Sure, we've all seen it, dressed in costume for it and sang along to it. But how about a "shadowcast"? As the movie plays up on the screen, a full cast shadows the actors in front of the screen. So, kinda like seeing it in 3D. 9 pm. Historic Ashland Armory, 208 Oak Street, Ashland. \$20, advance. \$25, at the door.



sat 16

Junk Parlor

MUSIC—There ain't no junk in this band's parlor! In fact, they promise "a wild night of bluesy, gypsy crooner, Hungarian punk love ballads." The Oakland-based band is self-described as "a dream on the edge of a cliff," and described by their fans as "gypsy punk crooners." Recently placed in the "Top 10 Albums in Marin." 8:30 pm. Public House, 258 A Street, Ashland. Free.



mon 18

Martin Luther King Jr. Celebration

CELEBRATION—Music, spoken word and dance in tribute to Dr. King and his dream starts the day off at noon at the Ashland Armory, followed by a march to the Ashland Plaza with the traditional re-broadcast of the "I Have a Dream" speech. Back to the Armory at 7 pm for a special performance by the Luminaries. Free, with non-perishable food donations accepted for ACCESS.



wed 20

Saving Abel

MUSIC—Southern rock band Saving Abel is "Addicted" to bringing a rocking show to their fans. Heading back south after touring the northern states, Saving Abel will be accompanied by Kirra and Brian Risling of Airtight Alibi. A guaranteed recipe to get everyone on their feet. 7 pm, doors. 8 pm, show. Historic Ashland Armory, 208 Oak Street, Ashland. \$20, advance. \$30, day of.



wed 20

Stomp

PERFORMANCE—The ultimate inspiration for dancing around while cleaning and recycling. For amateurs, in the comfort of one's home, but for Stomp, they make housework entertaining. Creating beats with brooms and cans, and inciting laughter with actions instead of words, Stomp has been delighting audiences for over 20 years. 7:30 pm. Craterian Performing Arts Center, 23 S. Central Avenue, Medford. \$52 - \$58.

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LIVE MUSIC *and Nightlife*

THURSDAY, JANUARY 7 ASHLAND

ED DUNSAVAGE TRIO - Jazz - Belle Fiore Winery - 5:30 - 7:30 pm - No cover.
JOHN HOLLIS - Acoustic Guitar - Callahan's Mountain Lodge - 6 pm - No cover.
PHOENIX SIGALOVE & FRIENDS - The Wild Goose - 8 pm - No cover.
DART TOURNAMENT - The Black Sheep Pub & Restaurant - 7:30 pm - \$5.
OBEOKE KARAOKE with Starbuck - Oberon's Tavern - 9 pm - No cover.
JACKSONVILLE
THE BROTHERS REED - Bella Union Restaurant and Saloon - 7 to 10 pm.
MEDFORD
DAVID OUELLETTE - Limestone Coffee - 9:30 am - No cover.
DJ JIM 80'S/ALTERNATIVE NIGHT - Howiee's On Front - 9 pm.
OPEN JAM - Rocky Tonk Saloon & Grill - 9:30 pm - No cover.
WILLIAMS
OPEN MIC - Host / Trail Boss: Warren John Wolfe - Cocina 7 - 7 pm - No cover.

FRIDAY, JANUARY 8 ASHLAND

PAUL TURNIPSEED TRIO - Jazz - Belle Fiore Winery - 6 - 8 pm - No cover.
JOHN HOLLIS - Acoustic Guitar - Callahan's Mountain Lodge - 6 pm - No cover.
PACIFIC CREST CHAMBER PLAYERS CONCERT - 5 piece group includes Patrick Dalton-Homes - Violin, Cosima Luther - Violin, Michael Whitson - Viola, Laura Gaynon - Cello, Chiharu Sai - Piano. The program includes Beethoven's immortal "Archduke" Piano Trio and Schumann's exciting Piano Quintet - Rogue Valley Unitarian Universalist Fellowship - 7:30 pm - Tickets are \$25 at the door, \$10 for students.
KARAOKE W JOSH - The Wild Goose - 8:30 pm - No cover.
CASTLETOWN - Celtic Folk Rock and Americana - Oberon's Tavern - 9 pm.
2ND FRIDAY PERFORMANCE ART SHOW - Curtain Climbers Aerial Dance Company - The Black Sheep - 9 pm - all ages welcome until 11 pm - \$3 cover.
JACKSONVILLE
THE BROTHERS REED - Bella Union Restaurant and Saloon - 7 - 10 pm.
MEDFORD
JEFF KLOETZEL - Guitar - RoxyAnn Winery - 6 - 8 pm - No cover.
COMEDY NIGHT: HEADLINER: CHRIS SIMPSON / OPENER: PETE HALL - Chadwick's Pub & Sports Bar - 9 pm - \$10.
ICE SWORD / PHAKE - PHAKE opens things up then Ice Sword will "make all fists raise to the sky in glory! Come forth and Rock" - Johnny B's - 9 pm - 21 and older.
DJ MUSIC - 4 Daughters Irish Pub - 10 pm - No cover.
TALENT
EIGHT DOLLAR MOUNTAIN - The Talent Club - 9 pm.

SATURDAY, JANUARY 9 ASHLAND

SAXOPHONIC SPECTACULAROPHONE - Join JenUwin for a concert series presenting modern, classical, and pop music featuring the classical saxophone - Jackson Wellsprings at 2253 Rogue Valley Hwy 99 N (take exit 19 in Ashland) - 3 pm to 5 pm - \$11 or Donation.
LADIES NIGHT - Swing Tree Brewery - 5 pm - No cover.
OLD TIME JAM - Oberon's Tavern - 5 pm - No cover.
TIM CHURCH - Standing Stone Brewing Company - 5:30 pm - No cover.
KEN HART - Acoustic Guitar - Callahan's Mountain Lodge - 6 pm - No cover.
OPUS 3 - Jazz - Belle Fiore Winery - 6 - 8 pm - No cover.
KARAOKE W MAD MATTY - The Wild Goose - 9 pm - No cover.
LOVEBITE - Funk/R&B/Soul/Rock - Brickroom - 9 pm - \$10 at the door.
THE TARA NOVELLAS - Songwriter Jangle Folk Rock from the Land of Port - Oberon's Tavern - 9 pm - 21 and older, please - No cover.
JIM PAGE - Legendary Folk artist from Seattle - The Playwright Public House - 8:30 pm.



JUNK PARLOR AND STEP IT UP AND GO! + ANTONETTE GOROCH ARE AT JOHNNY B'S ON JANUARY 15 AT 9 PM

BROOKINGS

JIVE COULIS - That's right, Brookings - Jive Coulis is hitting the road, bringing Rock & Roll to The Oxenfre Public House at 631 Chetco Ave. in Brookings - 9 pm to midnight - It's a free show, and still Low O, plus coast.
JACKSONVILLE
THE BROTHERS REED - Bella Union Restaurant and Saloon - 7 - 10 pm.
MEDFORD
COMEDY NIGHT: HEADLINER: CHRIS SIMPSON / OPENER: PETE HALL - Chadwick's Pub & Sports Bar - 9 pm - \$10.
ROCK MUSIC 7 pm / DJ MUSIC 10 pm - 4 Daughters Irish Pub - No cover.
CLUB MUSIC - The Bohemian Club - 10 pm - No cover.

SUNDAY, JANUARY 10 ASHLAND

LIVE CELTIC MUSIC SESSION - Music of Ireland, Scotland and Wales - The Black Sheep Pub & Restaurant - 2 pm - No cover.
OPEN JAM W JMAC & THE LOVELY STEPHANIE - Swing Tree Brewery - 5 pm - No cover.
KEN HART - Acoustic Guitar - Callahan's Mountain Lodge - 6 pm - No cover.
TRIVIA NIGHT - Oberon's Three Penny Tavern - 7:30pm - No cover.
IMPROV! THE MUSICAL - The Completely Improvised Musical - Oberon's Tavern - 8 - 9 pm - No cover.
JIM QUINBY - 6 pm / LITTLE THOM'S OPEN MIC W/ DAVE HAMPTON - 9 pm - The Wild Goose - No cover.
MEDFORD
OPEN MIC W/ ROBBIE DACOSTA & DETLEF EISMANN - Jefferson Spirits - 7 pm - No cover.
PHOENIX
Acoustic Afternoon w/ brunch (min \$5 order) - The Phoenix Clubhouse - 12 to 3 pm.

MONDAY, JANUARY 11 ASHLAND

KEN HART - Acoustic Guitar - Callahan's Mountain Lodge - 6 pm - No cover.
PAUL SCHMELING TRIO - Martino's Restaurant & Lounge - 7 pm - No cover.
BLUE NOTES - The Wild Goose - 8 pm - No cover.
WELL OKAY / WONS OF JEFFERSON / ROWDY TRAV - Well Okay is here all the way from Salt Lake City - Joining them is Sons of Jefferson, from Chico, CA - Club 66 - Doors 8:30 pm - Music at 9 pm - \$5 cover.
OPEN MIC - All ages 5 pm - 7:30 pm. Over 21 Open Mic 8:30 pm - 1:30 am - Oberon's Three Penny Tavern - No cover.

MEDFORD

GEEKS WHO DRINK PUB TRIVIA - BricktownE Brewing Company - 7 pm - No cover.
TRIVIA NIGHT - 4 Daughters Irish Pub - 7:30 pm - No cover.

TUESDAY, JANUARY 12 ASHLAND

KEN HART - Acoustic Guitar - Callahan's Mountain Lodge - 6 pm - No cover.
SINGER-SONGWRITER SHOWCASE - Every Tuesday - Brickroom - 7 pm - No cover.
TRIVIA NIGHT - Louie's Restaurant & Bar - 7 pm - No cover.
DONNA BISHOP & BEAU BERRY - The Wild Goose - 8 pm - No cover.
FECKIN' TINKERS TUESDAY - Infectious Irish Music - Oberon's Three Penny Tavern - 8 pm - No cover.
ROBBIE DACOSTA - Every Tuesday - Granite Taphouse - 8:30 pm.
MEDFORD
LINE DANCE LESSONS - Rocky Tonk Saloon & Grill - 7 pm - No cover.

WEDNESDAY, JANUARY 13 ASHLAND

SPAGHETTI GAME NIGHT - Enoteca - Free all you can eat pasta with any wine purchase - Stay and play board games - 5 pm - No cover.
KEN HART - Acoustic Guitar - Callahan's Mountain Lodge - 6 pm - No cover.
JIM QUINBY AND JEFF ADDICOTT - The Wild Goose - Free pool from 6 to midnight every Wednesday - Music at 7:30 pm - No cover.
VIOLIN-PIANO DUO CONCERT - Pacific Crest Chamber Players presents a "Musical Celebration of the New Year" by Patrick Dalton-Holmes on violin (Indianapolis Symphony), and Chiharu Sai on piano (Performed four times at Carnegie Hall) - Program: Vitali Chaconne / Prokofiev Sonata No. 2 / Brahms Sonata No. 1 - SOU Music Recital Hall on Mountain Ave - 7:30 pm - Admission is free.
CAVE JUNCTION
OPEN MIC - Wild River Brewing & Pizza Company - 6 pm - No cover.
GRANTS PASS
OPEN JAM NIGHT - Griess Family Brews - 6 pm - No cover.
HONKYTONK WEDNESDAYS - Cedarwood Saloon & Grill - 7 pm - No cover.
JACKSONVILLE
JEFF KLOETZEL - Guitar - Wine n' Dine - \$12 Dinner - South Stage Cellars - 6 pm - Call by Noon on Wednesdays for reservations 541-899-9120.

MEDFORD

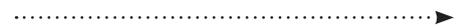
TRIVIA NIGHT - Howiee's On Front - 7 pm - No cover.
TRIVIA NIGHT - Portal Brewing Company - 7:30 pm - No cover.
PHOENIX
OPEN MIC WEDNESDAYS - Some instruments available like drums, keyboard, guitar - The Phoenix Clubhouse - 7 pm - No cover.

THURSDAY, JANUARY 14 ASHLAND

KEN HART - Acoustic Guitar - Callahan's Mountain Lodge - 6 pm - No cover.
DART TOURNAMENT - The Black Sheep Pub & Restaurant - 7:30 pm - \$5.
CRAIG MARTIN & FRIENDS - The Wild Goose - 8 pm - No cover.
OBEOKE KARAOKE with Starbuck - Oberon's Tavern - 9 pm - No cover.
TUBALUBA - A high energy, on-stage street parade from Seattle - The band has been known to become "Tubalubradours" and head out into the crowd to, sometimes quite literally, take the party to the street - Milagro's Fresh Mexican - 9 pm - \$10.
JACKSONVILLE
DAVID PINSKY & BROADWAY PHIL - Bella Union Restaurant & Saloon - 7 - 10 pm.
MEDFORD
DAVID OUELLETTE - Limestone Coffee - 9:30 am - No cover.
OPEN JAM - Rocky Tonk Saloon & Grill - 9:30 pm - No cover.
WILLIAMS
OPEN MIC - Host / Trail Boss: Warren John Wolfe - Cocina 7 - 7 pm - No cover.

FRIDAY, JANUARY 15 ASHLAND

JEFF KLOETZEL - Pop/Blues/Contemporary - Belle Fiore Winery - 6 - 8 pm - No cover.
KEN HART - Acoustic Guitar - Callahan's Mountain Lodge - 6 pm - No cover.
MASTERWORKS 3 - Elena Urioste, violin - Program: Theofanidis: Dreamtime Ancestors, an Oregon premiere of a new work, RVS co-commissioner / Beethoven: Violin Concerto with soloist Elena Urioste, violin / Mozart: Symphony No. 38 "Prague" - Dreamtime Ancestors (2015) is a 3-movement, 17 minute tone poem for orchestra that includes optional readings before each movement - SOU Music Recital Hall on Mountain Ave - 7:30 pm.



LIVE MUSIC *and Nightlife*

ICONOPLASTY / BRENN SAHATJIAN / ON A CLEAR DAY - Get loopy with Iconoplasty's live-looped electro-wizardry, Portland's Brenna Sahatjian (new album out now: The Ruby), and On A Clear Day (from Seattle) with their new album, 'Simple Machines' - age 21 and older - \$5 suggested donation - Oberon's Tavern - 8 pm.

KARAOKE WITH JOSH - The Wild Goose - 8:30 pm - No cover.
THE 2ND ANNUAL ROCKY HORROR PICTURE SHOW: SHADOW CAST - Historic Ashland Armory - Pre-Show at 9 pm - Picture Show at 10 pm - After Party until 2 am with DJ Kinky Twinkie - 21 and older - \$20 Adv / \$25 day of show - "Shadow Cast" is when performers act out the show right in front of the movie screen, expect audience participation...costumes, singing, dancing and "call backs."

JACKSONVILLE

DAVID PINSKY & BROADWAY PHIL - Bella Union Restaurant & Saloon - 7 - 10 pm.

MEDFORD

COMEDY NIGHT: HEADLINER: LEIF SKYVING / OPENER: JEN MURPHY - Chadwicks Pub & Sports Bar - 9 pm - \$10.

JUNK PARLOR / STEP IT UP AND GO / ANTONETTE GOROCH - Junk Parlor's Gypsy Folk from San Francisco will make you want to sway and take your breath away - Have a rousing stomp with Step It Up and Go! - Vocalist and storyteller Antonette Goroch will share from her vast array of musical styles - Johnny B's - 9 pm - 21 and older - \$5.

SATURDAY, JANUARY 16 ASHLAND

LADIES NIGHT - Swing Tree Brewery - 5 pm - No cover.

OLD TIME JAM - Oberon's Tavern - 5 pm - No cover.

STOLEN MOMENTS - Jazz & more - Belle Fiore Winery - 6 - 8 pm - No cover.

TIM CHURCH - Standing Stone Brewing Company - 5:30 pm - No cover.

KEN HART - Acoustic Guitar - Callahan's Mountain Lodge - 6 pm - No cover.

GOLDFOOT - Past, present and future combine here to produce a catchy, irresistible sound that you'll never want to leave your ears - Brickroom - 9 pm - \$5 cover.

KARAOKE W MAD MATTY - The Wild Goose - 9 pm - No cover.

JACKSONVILLE

DAVID PINSKY & BROADWAY PHIL - Bella Union Restaurant & Saloon - 7 - 10 pm.

MEDFORD

COMEDY NIGHT: HEADLINER: LEIF SKYVING / OPENER: JEN MURPHY - Chadwicks Pub & Sports Bar - 9 pm - \$10.

ROCK MUSIC 7 pm / DJ MUSIC 10 pm - 4 Daughters Irish Pub - No cover.

MASTERWORKS 3 - Elena Urioste, violin - Program: Theofanidis: Dreamtime Ancestors, an Oregon premiere of a new work, RVS co-commissioner / Beethoven: Violin Concerto with soloist Elena Urioste, violin / Mozart: Symphony No. 38 "Prague" - Dreamtime Ancestors is based on the Australian aboriginal creation myths connected to 'dreamtime,' where each of us connected to each other through our 'dreamtime ancestors' in the past, present, and future. This is referred to as 'all-at-once time' - Craterian Theater - 7:30 pm.

CLUB MUSIC - The Bohemian Club - 10 pm - No cover.

PHOENIX

100 WATT MIND / KIRA LEE / TAURIE MICHELE - Time to melt your face, Rogue Valley - Plus, local artist Becca Feldman will have an art exhibit and the unveiling of a painting she has been working on! - The Phoenix Clubhouse - 8 pm - \$10 suggested donation.

TALENT

JIVE COULIS - Rock & Roll - The Talent Club - 9 pm - \$5 at the door.

SUNDAY, JANUARY 17 ASHLAND

DAVID SCOGGIN - Piano - Belle Fiore Winery - 12 - 2 pm - No cover.

LIVE CELTIC MUSIC SESSION - Music of Ireland, Scotland and Wales - The Black Sheep Pub & Restaurant - 2 pm - No cover.

THE DANIELLE KELLY JAZZ TRIO - The Playwright Public House - 5 - 7 pm.

OPEN JAM W JMAC & THE LOVELY STEPHANIE - Swing Tree Brewery - 5 pm - No cover.

KEN HART - Acoustic Guitar - Callahan's Mountain Lodge - 6 pm - No cover.

TRIVIA NIGHT - Oberon's Three Penny Tavern - 7:30 pm - No cover.

JIM QUINBY 6 pm / **LITTLE THOM'S OPEN MIC W/ DAVE HAMPTON** 9 pm - The Wild Goose - No cover.

PAUL SCHMELING TRIO - Martino's Restaurant & Lounge - 7 pm - No cover.

OPEN MIC - (Under 21) Sign up 5 pm / Show 5:30 pm - Open Mic (Over 21) Sign up 8 pm / Show 8:30 pm - Oberon's Three Penny Tavern - No cover.

WILD GOOSE CHASE - The Wild Goose - 8 pm - No cover.

ROBBIE DACOSTA - Every Tuesday - Granite Taphouse - 8:30 pm.

THE LUMINARIES - Conscious Hip Hop - Historic Ashland Armory.

TALENT

ASHLAND BLUES SOCIETY BLUES JAM - 1st, 3rd, & 5th Tuesdays - The Little Brown Jug - 6:30 - 9:30 pm - No cover.

WEDNESDAY, JANUARY 20 ASHLAND

SPAGHETTI GAME NIGHT - Enoteca - Free all you can eat pasta with any wine purchase - Stay and play board games - 5 pm - No cover.



GOLDFOOT BRINGS THEIR CONTAGIOUS FORMULA TO THE BRICKROOM ON JANUARY 16

GRANTS PASS

MASTERWORKS 3 - Elena Urioste, violin - Program: Theofanidis: Dreamtime Ancestors, an Oregon premiere of a new work, RVS co-commissioner / Beethoven: Violin Concerto with soloist Elena Urioste, violin / Mozart: Symphony No. 38 "Prague" - Christopher Theofanidis (b. 1967) is one of the more widely performed American composers of his generation, regularly writing a variety of musical genres, from orchestral and chamber music to opera and ballet. His work,

MEDFORD

GEEKS WHO DRINK PUB TRIVIA - Bricktowne Brewing Company - 7 pm - No cover.

TRIVIA NIGHT - 4 Daughters Irish Pub - 7:30 pm - No cover.

TUESDAY, JANUARY 19 ASHLAND

KEN HART - Acoustic Guitar - Callahan's Mountain Lodge - 6 pm - No cover.

SINGER-SONGWRITER SHOWCASE - Every Tuesday - Brickroom - 7 pm - No cover.

KEN HART - Acoustic Guitar - Callahan's Mountain Lodge - 6 pm - No cover.

THE BROTHERS REED - Indie / Folk / Pop from our place and time - The Wild Goose - Music at 8 pm - Free pool from 6 to midnight every Wednesday - No cover.

SAVING ABEL - Southern Rock - Historic Ashland Armory - Doors at 7 pm - Music at 8 pm - \$25 Adv / \$30 day of show.

CAVE JUNCTION

OPEN MIC - Wild River Brewing & Pizza Company - 6 pm - No cover.



HEAR A VIOLIN - PIANO DUO CONCERT ON JANUARY 13 AT SOU'S MUSIC RECITAL HALL

Rainbow Body, which is loosely based on a melodic fragment of Hildegard of Bingen, is one of the most performed orchestral works of the past fifteen years - GPHS Performing Arts Center - 3 pm.

MEDFORD

OPEN MIC W/ ROBBIE DACOSTA & DETLEF EISMANN - Jefferson Spirits - 7 pm - No cover.

PHOENIX

LIVE MUSIC - Acoustic Afternoons w/ brunch (min \$5 order) - The Phoenix Clubhouse - 12-3 pm.

TALENT

LIVE MUSIC & HAPPY HOUR - Paschal Winery & Vineyard - 4 pm - No cover.

MONDAY, JANUARY 18 ASHLAND

KEN HART - Acoustic Guitar - Callahan's Mountain Lodge - 6 pm - No cover.

TRIVIA NIGHT - Louie's Restaurant & Bar - 7 pm - No cover.

FREDERICKS & PRICE - The Wild Goose - 8 pm - No cover.

FECKIN' TINKERS TUESDAY - Oberon's Three Penny Tavern - 8 pm - No cover.

THE ROGUE POETRY SLAM - Caldera Tap House - Sign-up at 7:30 pm - Show starts at 8 pm - \$5 cover goes to the winning poets!

MEDFORD

LINE DANCE LESSONS - Rocky Tonk Saloon & Grill - 7 pm - No cover.

SUGAR CANDY MOUNTAIN - "If Brian Wilson had dropped acid on the beach in Brazil and decided to record an album with Os Mutantes and The Flaming Lips, it would sound like this - all psychedelic pop Wall of Sound and beach balladry - Johnny's B's - 21 and older - 9 pm.

GRANTS PASS

OPEN JAM NIGHT - Griess Family Brews - 6 pm - No cover.

HONKYTONK WEDNESDAYS - Cedarwood Saloon & Grill - 7 pm - No cover.

JACKSONVILLE

JEFF KLOETZEL - South Stage Cellars - 6 - 8 pm.

MEDFORD

TRIVIA NIGHT - Howie's On Front - 7 pm - No cover.

TRIVIA NIGHT - Portal Brewing Company - 7:30 pm - No cover.

PHOENIX

OPEN MIC WEDNESDAYS - Special comedy edition with your host, Jennifae - Fully backlined - Some instruments available like drums, keyboard, & guitar - The Phoenix Clubhouse - 7 to 10 pm - All Ages - All talent levels are welcome - Free cookies. 🍪

EVENTS

Art

2ND FRIDAY PERFORMANCE ART SHOW

Friday, January 8, 9 pm. This month, the Art Walk has been moved to the SECOND Friday of January (Due to New Year's last Friday). Come to The Black Sheep in Ashland for a Performance Art Show featuring The Curtain Climbers Aerial Dance Company. Join the Flock (Shalako Lee, Stefani Gissel, Jordie Campbell, Teraza Doty, and Special Guest Emily Alrick - Belly Dance). There is a \$3 cover, all ages are welcome until 11 pm. The Black Sheep at 51 N Main Street in Ashland.

3RD ANNUAL BELLE ARTE FESTIVAL

Saturday, January 9, 2016, from 4 to 5 pm. Join us for our 3rd Annual Belle Arte Festival and learn which finalist art piece will grace our 2015 Belle Arte label! \$5 Admission Fee (waived for Wine Club Members) includes 2 oz. pour of each: 2013 Belle Arte Barbera (Silver Medal - 2015 Grand Harvest Awards) and a 2014 Belle Arte Placidore (NEW! Winemaker's White Wine Blend). For more information, please call us at 541-552-4900. Belle Fiore Winery at 100 Belle Fiore Lane in Ashland.

ART DU JOUR GALLERY

Art du Jour Gallery is a co-op exhibiting works by many talented artists living in the greater Rogue Valley and region. On exhibit are works in watercolor, oil, acrylic, pastel, pen & ink, conte crayon, collage, sculpture, bronze casting, photography and mixed media. All original art exhibited may be purchased as well Giclee Prints, cards and other specialty art items. Normal hours are Tuesday through Saturday, from 10 am - 4 pm. Art du Jour Gallery is located in the heart of downtown Medford at 213 E Main St. There is convenient, free 2 hour parking in the parking garage at 6th St and Riverside Ave.

BODY PAINTING

Tuesdays, 10 pm. Body Painting by Off The Wall Graffiti. Celebrate art and the expression of the human body at Oberon's Three Penny Tavern, 45 N Main St, Ashland. No cover.

EXPLORING REALITY

The Schneider Museum of Art at Southern Oregon University is presenting Exploring Reality, an exhibition curated by Shane McAdams and Scott Malbaurn consisting of nine artists who delve into and explore reality within their work. On display from January 15 through March 19 will be works of sculpture, printmaking, installation and painting. Join us for an opening reception of Exploring Reality on Thursday, January 14, from 5 - 7 pm. Quady North will be generously donating and pouring wine at the event. Also, feel free to join us for weekly docent-led tours from 12 - 12:30 pm (Jan 19 - March 15). FREE Family Days (10 am - 1 pm) are Jan 23, Feb 20, and March 19. Normal Hours are Monday through Saturday, from 10 am - 4 pm. Schneider Museum of Art at SOU, 1250 Siskiyou Blvd in Ashland.

ROGUE GALLERY & ART CENTER

From Jan 9 - Feb 12 in the Main Gallery: Bread and Circuses by Garry Kaulitz, Reception on Fri, Jan 15, 5 - 8 pm. From Jan 15 - Feb 26 in the Community Gallery: Eugene Bennett Sale. From Feb 12 - April 9 in the Berryman Gallery: Dixie Kinsler. The Rogue Gallery and Art Center, 40 S Bartlett St, Medford. Hours: Tues-Fri, 10 - 5 pm / Sat 11 - 3 pm.

Classes

AFRO-CUBAN DRUM CLASS

Saturdays, Jan 9 through Feb 13, from 11 am - 12:30 pm. RhythmSoul Drumming Presents an Afro-Cuban Drum Class. Learn folkloric rhythms on hand drums, bells, clave, djun-djun and shakere. Learn Accompaniment skills (to be able to play with other musicians). In-class use of drums is available. ABOUT PATTY AULIK... "Patty is a really great teacher!" - Barbara H, student. Call 541-778-6077 or visit www.pattyaulik.com to register. Location is in Ashland.

MISSMOOSAIC'S OPEN STUDIO SESSIONS

"Being creative helps to focus and calm the mind while feeding the soul." Beginning January 6th, 2016, sessions will be held Wednesdays from 6 - 9 pm, and Sundays from noon - 3 pm. This isn't a class, per se, but an opportunity to learn from me at your own pace, and work on what YOU want to make. You may participate up to twice a week. Drop in at any point in the session for a minimum of one, and a maximum of 3 hours. Drop in rate is 1 hour for \$15 or a block of 8 hours for \$96, saving you \$3/hr. Some materials provided. Contact Karen at missmosaicgirl@yahoo.com or call 541-621-6239. MissMosaic Studios at 105 John St. in Talent.

MOMENT IN TIME DANCE AUDITIONS

Sunday, January 10, from 11 am - 12 noon. Oak Street

Dance Studio is looking for Professional dancers for an upcoming dance performance, opening in Spring 2016. Come prepared to learn dance routine. Rehearsals will be on Monday and Thursday after evening classes. More rehearsals will be scheduled as needed. Please bring an updated resume with your to the audition. Oak Street Dance Studio at 1287 Oak Street in Ashland.

PERMACULTURE DESIGN COURSE

2016 Dates: Feb 13-14, Feb 27-28, March 12-13, April 2-3, April 16-17, and April 30-May 1. Main Instructor:

VISION BOARD WORKSHOP

Thursday, January 14, 6:30 pm. Create the year you desire! Learn more about the Law of Attraction, manifesting the life you desire, and living with intention. Tiffany Grimes, Founder and Lead Certified Professional Coach at Evolutionary Consulting, facilitates this workshop in a fun and inspirational environment. She'll provide a brief overview of the ideas, power, and concepts behind vision boards and then the fun begins. This is a creative free-for-all! Glue, large poster board, magazines, and scissors are provided. Bring magazines, pictures, special items,

tv. The Armory event will be followed by a march to the Ashland Plaza. Once there, a traditional rebroadcast of Dr. King's "I Have a Dream" speech will be played. Also hear a performance by the Rogue Valley Peace Choir. This event is free, open to the public, and sign interpreted. Donations are welcome. Please bring non-perishable items for ACCESS as this event is a food drive. This daytime event is followed by a concert in the evening by The Luminaries, "a renowned conscious Hip Hop group that spreads a good message and plays great dance music."

ANNUAL MUSICIAN SWAP MEET - NEW DATE!

Sunday, January 10, from 10 am to 2 pm. Join us for Ashland's annual musician swap meet. There is a \$1 donation to get in (or bring a pack of strings to donate to the Modern Roots Kid Instruments Fund). The cost for a 6 foot table space is \$25 (must bring your own table). Ashland Community Center / Pioneer Hall at 59 Winburn Way in Ashland.

COOKBOOK EXTRAVAGANZA

Saturday, January 9, from 1 - 4 pm. Do you love cookbooks? Old ones, new ones, sharing of recipes? Come learn some baking tips, hear about family heirloom cookbooks, and find out about good Web sites at the Cookbook Extravaganza! A cookbook swap and a cookbook sale will start off the afternoon, followed by presentations on a variety of topics. Hear how some heirloom cookbooks tell the stories of particular families, listen to poetry inspired by family recipes, and discover a World War II explanation of rations from England. A roundtable with notable pie bakers will discuss pie crusts, along with tips and answers to your questions. Go ahead, bring your favorite cooking tool to show to others! Ashland Branch Library at 410 Siskiyou Boulevard.

INFORMATIONAL SESSIONS: HEALTHY CLIMATE BILL

Monday, January 11, and Wednesday, January 13. Oregon Environmental and Climate Change groups have been collaborating to develop legislation that will be introduced in the 2016 legislative session beginning in February. The Southern Oregon Healthy Climate Coalition is a local collaborative effort cooperating with the statewide coalition to pass a historic piece of climate legislation called the Healthy Climate Bill. This bill would limit pollution and provide a path for our communities to transition to clean energy while creating healthy and good paying jobs throughout the state. For more information, please visit <http://socan.info/healthy-climate-bill/>. Two Information Sessions are scheduled for Southern Oregon in January. Mon, Jan 11, 7 - 8:30 pm at the Medford Library at 205 S Central Ave., and Wed, Jan 13, from 6 - 7 pm at the Gold Hill Library, 202 Dardanelles Street (7 pm Meet & Greet at Miguels).

MEDFORD HISTORIC WALKING TOUR

Saturday, January 16, from 11 am to 1 pm. On the third Saturday of every month, Historian Ben Truwe brings Medford's history to life as he conducts a walking tour of downtown Medford. He may speak about the frontier days, when Front Street hosted "... wooden stores and tent saloons and brothels." Or, he might tell you how Colvig, who became famous as Bozo the Clown, "...met a crossing guard (at Front and Main Streets)...who provided the inspiration for Walt Disney's Goofy." Every time you join Ben on his walking tour of Medford, you can be sure you'll learn something new! His tours take a couple of hours, beginning in front of the Southern Oregon Historical Society Research Library, at Sixth and Central Streets in Medford. The tour is FREE. Meet in front of the SOHS Library, 106 N Central Ave, Medford. For reservations, please call Ben at 541-773-8369.

THE HEMP & CANNABIS FAIR

Saturday, January 9, 10 am - 6 pm, & Sunday, January 10, 11 am - 5 pm. Southern Oregon's THC Fair is a celebration of cannabis prohibition being lifted. It's open to everyone age 21 and older. Take in sessions about growing, harvesting, medicinal uses, legislation and more. Then check out the expo hall where you'll find everything you need in one place: Smoking and vaping accessories, Horticulture/grow shops, Information about recreational marijuana laws, Medicinal dispensaries, Medicinal uses and patient information, Edibles, Hemp products, and much more! It's open to both medical card holders and folks just interested in cannabis. As long as you're 21, come join the fun! Samples! This 2-day fair also happens several times a year, with various shows around Oregon. Visit www.thcfair.com to get more information. Jackson County Expo at 1 Peninger Road in Central point (take exit 33 if on I-5). \$15 general admission.

WOMEN IN BLACK - SILENT VIGILS FOR PEACE

Meet in Grants Pass, Cave Junction, Roseburg, Medford, and Ashland to stand silently for Peace. Contact person Ruth Torre at 541-472-5113, email is rmrtorre11@gmail.com.



ON JANUARY 17, EXPERIENCE MAGDALENE TEMPLE ARTS, A DANCE DAYLONG TO EMPOWER WOMEN

Tom Ward, joined by Siskiyou Permaculture staff Karen Taylor and Melanie Mindlin, plus guest instructors, too. The world famous PFC introduces an array of solutions, tools and strategies for moving into a home centered, resilient way of living sustainably on the only planet we have. Participants will learn to apply regenerative permaculture principles and patterns to design an integrated homestead, energy and water systems, animals, gardens, appropriate technology, forestry and healthy communities. You will gather practical skills and learn about while systems design principles for living in ecological balance with the earth. Course price is \$700, early registration \$600. To register, email sassetta@mind.net or call us at 541-482-7909. Jackson WellSprings, 2253 Rogue Valley Hwy 99 N in Ashland.

PREPARE FOR SUMMER GARDENS NOW

Thursday, January 14, from 6 - 7 pm. Plan that beautiful summer garden by doing your homework this winter! Two of the most common problems in our lovely valley are deer and long, dry summers. Learn how to create a beautiful and sustainable garden by making the right plant choices. Christie Mackison of Shooting Star Nursery will show a selection of plants and explain how to care for them and how to prep your soil for a successful water-wise garden. Registration is appreciated for this popular class. www.roguevalleynursery.com. Central Point Branch Library, 116 S Third St. 541-664-3228 or visit jcls.org.

and quotes that capture the feeling of what you want for 2016. Invite a friend, too! Create 2016. Space is limited, though. RSVP by January 11. Email tiffany@evolutionary-consulting.com or call 541-778-1354 to reserve your spot. Event location is Kindred Spirits Art, Ale & Wine Bar in Talent.

Community

3RD ANNUAL EAGLE POINT ECONOMIC FORUM

Saturday, January 9, 10 am - Noon. This free event will provide a place for business owners, community leaders and local and regional elected officials to come together and discuss where our local economy is today and what's expected for the future in Eagle Point and the surrounding area. Ashpole Community Center (by City Hall) at 17 South Buchanan Avenue in Eagle Point.

2016 MARTIN LUTHER KING JR. CITY CELEBRATION

Monday, January 18, 12 Noon. Come to the 27th annual Martin Luther King Jr. City Celebration, including tributes to his legacy featuring UNIVERSES - music, spoken word, and dance from 12 Noon to 1:30 pm at the Historic Ashland Armory at 208 Oak Street. Seating is limited, so this event will also be simulcast live stream in the Varsity Theatre at 166 East Main Street in Ashland and on www.HowlRound.com.

EVENTS

In Ashland, every Friday from 12 - 12:30 pm on the Ashland Plaza, and the first and third Saturdays from 11 - 11:30 am on the Ashland Plaza.
 In Medford, every Wednesday from 12 - 12:30 pm in Vogel Plaza, corner of Main and Central.
 In Grants Pass, every first and third Monday from 12 - 12:30 pm next to the Post Office.
 In Cave Junction, every Monday from 12 - 12:30 pm at the County Building.
 In Roseburg, every Friday from 12 - 12:30 pm in front of the Fire Station on Garden Valley Blvd.

Film

ASHLAND INDEPENDENT FILM FESTIVAL - PRIDEPRIZE

To celebrate diversity, identity, and discovery through the art of film, the Ashland Independent Film Festival is offering a \$500 cash prize for an outstanding student-made film that speaks to the LGBTQ+ experience. The PridePrize is a category of the annual LAUNCH student film contest, and is open to student filmmakers in grades 9 through 12 and college undergrads. Students must live in Coos, Curry, Douglas, Jackson, Josephine, or Klamath county in Oregon; or in Del Norte and Siskiyou counties in California. Films may not exceed five minutes in length. PridePrize films may be about youth or adults and the issues (social, political, contemporary or historical) that affect the lives of individuals, groups, their communities, and our society at large. Rules and entry forms are available at www.AshlandFilm.org. There is no entry fee for qualifying student filmmakers, and everyone who submits a film receives two film tickets to the festival, April 7-11, 2016 in Ashland. The deadline to submit all student LAUNCH films is January 15, 2016.

be mirrors for your inner life. The film is about Self-Actualization. \$45 per ticket (meal and art supplies included). Limited to 8 participants. To register, email: marla16@charter.net or call 541-482-4948. The event location will be in Ashland.

SOUTHERN OREGON FILM & MEDIA KICK OFF CELEBRATION

Tuesday, January 19, from 6 - 8 pm. Kick off the new year with a review of film productions created in the region in 2015 and honor Gary Kout, SOFAM's founder and volunteer executive director for eight years, as we wish him well on his next life adventures. Join us for dinner, highlights of 2015 film and television productions, and hear from some of the hot television shows being shot in the Portland area. Special guest speaker will be David Cress, producer of the satirical sketch comedy, Portlandia. Also on hand to help us celebrate will be Tim Williams, Executive Director of Oregon Film. \$65 SOFAM Members / \$75 non-members. This event is at the Historic Ashland Armory at 208 Oak St. in Ashland.

Food

ACOUSTIC AFTERNOONS

Every Sunday, from 12 - 3 pm. Acoustic Music and Organic Brunch come together to offer you a perfect, relaxing, Sweet Sunday Afternoon! Phoenix Press will be offering table service, with a special weekly brunch menu available. Our menu is always full of local, organic, carefully sourced ingredients and includes coffee from Xase, Good Bean, Noble and Stumptown roasters, teas from Dobra, and handmade smoothies, lemonade and more! The Phoenix Clubhouse, 310 N Main St. Suite H, Phoenix. Min \$5 order.

please save ONLY: Nancy's clean, 32 oz or 16 oz with lids and leave them with an attendant at the Ashland Recycling Center on Water St. For further information call 541-201-0437.

VOLUNTEERS NEEDED

Got time and energy to help us at Uncle Foods Diner at the Methodist Church in Ashland? We need help on Tuesdays, from 3 - 6:30 pm. We need cooks, servers, and help cleaning up. For more information, contact (info@peacehouse.net).

Kids & Family

FREE EXPRESSIONS

Thursdays, 3:30 - 4:30 pm. Your creativity is endless! This fun art class with Jo Ann Manzone has something for everyone. You can play with painting, fabric, jewelry-making, assemblage, and more! Remember to wear your painting clothes. Designed for children and families. Age 6 and younger must have an adult present. Drop in anytime during the session! Includes Materials. Ashland Art Center, 357 E Main St., Ashland. Free!

GREAT NORTHWEST MUSIC

220 SW G St in Grants Pass. First class is FREE for new students!
 YOUTH CHOIR (ages 8-12)...Winter Term Theme (Jan-Mar): "Northwest Winters" including a medley of music from the movie "Frozen" - 4:30-5:30 pm on Wednesdays.
 KINDERMUSIK: Music and Movement with Parent/Caregiver.
 CUDDLE & BOUNCE (ages birth-1 and not yet walking)...January Theme: "Rise and Shine" - 11:15-12 Noon on Wednesdays.

SEW SKILLED TEEN SEWING CLASSES

Saturday, January 23 & 30, from 2 - 4 pm. Learn the basics of machine sewing and make a pillowcase and a stuffed creature. This two-hour workshop is for teens aged 12-18 (no experience needed). Phoenix Branch Library at 510 West 1st St.

TODDLEROBICS: MOVEMENT, MUSIC, & ME!

Every Tuesday, beginning January 5, from 11 - 11:30 am. Come exercise your mind, body, and spirit! Young children live to move, but the weather in Oregon often limits opportunities for outside play and exercise. Children ages 2 and older can exercise both mind and body by participating in a range of simple exercises such as the crab walk, bear crawl, jumping jacks, and many others. Attendees will also participate in music games so children can sing and dance to songs. Central Point Branch Library, 116 S Third St. Free admission.

Meetings

BOOK CHAT

Medford Library Book Chat meets on the second Tuesday of the month from 5:30 to 6:30 pm. You're invited to read the following books and join us for lively discussions. December 8: Go Set a Watchman by Harper Lee. January 12: Memoirs of a Geisha by Arthur Golden. Adams Meeting Room of the Medford Branch Library, 205 S Central Ave. Free.

BRAIN BOOKS

Gather on the fourth Tuesday of each month, from 1:30 - 3:30 pm, for Brain Books Discussion Group. December 22: Affluence and Influence: Economic



EXPLORING WOMEN AND AGING THROUGH FILM

Sunday, January 17, from 10 am - 6 pm. Feeling Invisible? "I feel myself becoming invisible at the time of my life where I have the most to say & offer." - Betsy Lewis, artist. How can we become visible to ourselves? How can we truly inhabit our lives so that invisibility becomes irrelevant? Come explore these questions and more through film, discussion and self-inquiry exercises. \$50-\$75 sliding scale. To register, email marla16@charter.net or call 541-482-4948. Event will be in Ashland.

SALAM NEIGHBOR

"Salam Neighbor" is a documentary filmed in Jordan's Za'atari refugee camp amongst 85,000 Syrians escaping the war. The film, by focusing on the personal relationships the filmmakers developed with 5 refugees, they seek to humanize an overwhelming crisis. "Our film is meant to share this experience, because through understanding, we can create a more tolerant and peaceful world." This film will be shown on Wed, Jan 13 at the Bellview Grange (doors 6:45 pm, Film 7-8:30 pm), 1050 Tolman Cr Rd in Ashland, and again on Thur, Jan 14 at the Williams Grange (doors at 6:45 pm, Film 7-8:30 pm). Admission by donation. All proceeds to benefit Syrian refugees. For more info or to volunteer contact Carla at 541-899-1565.

SATURDAY NIGHT AT THE MOVIES: SELF-ACTUALIZATION

Saturday, January 16, from 5 pm - 9:30 pm. All you need to know about art you've already learned in kindergarten! Join Marla Estes, M.A., The School of the Examined Life, for an evening of light supper, film watching and self-expression through art, featuring art, conversation and dinner. See how art and film can

GAME NIGHT AND TACOS

Every Monday evening. Tacos, shuffleboard, foosball, darts, and giant Jenga. Swing Tree Brewing Company, 300 E Hersey St. #7, Ashland.

PHOENIX COMMUNITY DINNER

2nd & 4th Thursdays of each month from 5 - 7 pm by Phoenix Community Kitchen. Everyone is welcome, bring your neighbors and friends. First Presbyterian Church, 121 W Second St., Phoenix. For info: 541-535-1119.

POTLUCK LUNCHEON

On the third Tuesday of each month, join LGBT Elders and Allies for a potluck luncheon from 11:30 am - 1 pm. Please bring your ideas for building the LGBT Community and a dish to share. A \$2 donation for drinks is suggested. Rogue Valley Unitarian Universalist Fellowship, 87 Fourth St, Ashland. Free.

TASTY TUESDAYS

Every 1st & 3rd Tuesday of the month, 4:30 - 5:30 pm. Hosted for children and their parents in a special area which offers families an opportunity to share a family style meal together. Children must be accompanied by a parent or guardian. Sponsored by the United Methodist Church and Peace House. Upstairs at the 1st United Methodist Church. Wesley Hall, 175 N Main St., Ashland. Peace House: 541-482-9625. Free.

"UNCLE FOODS" NEEDS YOGURT CONTAINERS

Uncle Foods Diner, the community meal served every Tuesday afternoon at the Ashland Methodist church is in need of "take out" containers. Staffed almost entirely by volunteers, Uncle Foods serves between 100-200 hot meals weekly to anyone in need and can use lots of take out containers. Nancy's Yogurt containers can be washed and re-used many times, so

SING & PLAY (toddlers ages 1-2)...January Theme: "Around the House" - 10-10:45 am on Wednesdays.

WIGGLE & GROW (ages 2-3)...January Theme: "Pet Parade" 11-11:45 am on Tuesdays.

WIGGLE & GROW FAMILY CLASS (ages 2-3 and families with children of multiple ages)...January Theme: "Pet Parade" 12:30-1:15 pm on Tuesdays.

LAUGH & LEARN FAMILY CLASS (ages 3-4, multiple ages) January Theme: "Animals A-Dancing 12:30-1:15 pm on Wednesdays.

MOVE & GROOVE (ages 4-6)... Music, Movement, and Piano Keyboard Exploration. January Theme: "Drums, Drums, Drums" 3-3:45 pm on Tuesdays.

MUSIC CIRCLE TIME

Tuesdays, 11 am - Noon. Babies love music...and Ms. Beenie leads this fun and educational group! Call Ms Beenie to register for you and your baby's music time together at 541-499-7810. Family Massage Education Center, 17 Manzanita St, Ashland.

PRESCHOOL PUPPET THEATRE

2nd Friday of each month, from 10:30 - 11:45 am. Jan 8, Feb 12, March 11, Apr 8, & May 13. Discover what Brenda Bear and friends are up to this winter and spring. A brief lesson will be followed by the puppet show and play time. A snack and related craft/activity will then be available. Enjoy a new show each month with the Nature Center puppeteers. Reservations are guaranteed only until 10:30 am. Please arrive early, as space and parking is limited; no late seating. Children must be accompanied by an adult at all times during the program. Please register online at www.ashland/or/us/register or all the North Mountain Park Nature Center at 541-488-6606. Program is intended for children 3-5 years old. Instructor: Anna Edmondson. 620 N Mountain Ave, Ashland. Cost is \$6 per child.

Inequality and Political Power in America by Martin Gilens, 2014. Are American politics influenced by wealth? Really? How do you know? In what ways? Guanajuato Room of the Ashland Branch Library, 410 Siskiyou Blvd. Free.

CHESS CLUB

Grants Pass Chess is an informal group of local chess players and those wanting to learn more about the game. Every level is welcome! Meets every Saturday, from 4 to 7 pm at the new Rogue Roasters, at 6th and K St, Grants Pass. Free.

GREEN DRINKS

Rogue Valley Green Drinks fosters connections and raises awareness toward a more vibrant and sustainable Southern Oregon. Green Drinks is a prime networking arena for those looking for information and connections related to environmental and sustainability issues. A venue for both networking and education, each event features a presentation meant to provide information and time afterwards for further discussion. ASHLAND: Meets every 2nd Monday, at 6 pm. Ashland Food Co-op Community Classroom, 300 N Pioneer St. MEDFORD: Meets every 4th Monday, at 5:30 pm. Locations vary. 541-773-8200.

HACKY SACK SESSION

Saturday, January 16, from 10 am - Noon. Jesse Biesanz and Gene Burnett host a friendly Hacky Sack session on the third Saturday of every month. "It's fun, aerobic, cooperative, demands balance, coordination, quick thinking and accuracy." Basically, you try to keep a small footbag in the air using only your feet. No hands (or else pushups), no apologies (again...pushups), no serving to yourself, and no "hotdogging" (seriously, pass the hack). Lithia Park Bandshell, Ashland.

EVENTS

MAKERS AND HACKERS NIGHT

Do you enjoy DIY projects, tapping into your inner geek, and exercising creativity? Do you like hanging out with other people while figuring out how things work, re-purposing in unexpected ways, and collaborating on challenging problems? If the answer is yes, then come join us on the first Thursday of each month from 6:30 - 9:30 pm. Adams Community Meeting Room, Medford Branch Library, 205 S Central Ave. Free admission.

MYSTERY READERS ROUNDTABLE

The Mystery Readers Roundtable meets every third Tuesday of the month, from 2 - 3 pm in the Meyer Memorial Trust Community Meeting Room at the Phoenix Branch Library, 510 West 1st St. A bibliography for upcoming meetings is available in the foyer of the Phoenix Library. Mystery readers are encouraged to attend. This event is generously sponsored by the Friends of the Phoenix Library. 541-774-7090 or jcls.org.

RECORDER GROUP OF TALENT

Tuesdays, from 12 Noon to 1 pm. Come join us! The brand-new, all-ages, all-skills Recorder Group of Talent will be getting together to play music and have fun on Tuesdays. This will be an informal gathering of musicians with varied experience on this deceptively simply woodwind instrument. If you have a recorder please bring it along and join in. If you just want to show up and listen you are also welcome! For more information, please call the Talent Library at 541-535-4163. Talent Branch Library, 101 Home St. Free.

SCRABBLE CLUB

Are you a logophile (a lover of words) who knows that playing that word in Scrabble could score a minimum of 15 points? If you answered "yes," then you should join in a casual game (or two) of Scrabble on Saturdays from 12 Noon - 4 pm at the Talent Branch Library, 101 Home St. Free admission. A Scrabble group also meets in Grants Pass every Wednesday at 1 pm at Home Sweet Home, 1038 6th Street. Free.

TRANSPARENT SUPPORT GROUP

Second Tuesday of each month, from 6 pm to 7:30 pm in Ashland. We are parents, family members and allies of gender creative youth. TransParent Support Group offers a safe and positive place to talk, share, discover, learn and support each other. If you are a supportive ally of a child or youth who doesn't fit into current gender binary norms, come and exchange wisdom and experiences. You are not alone. There is a wealth of support, information and safety for your amazing child! Contact Emily Waymire at (Info@MovementsOfTheSoul.org). You will receive a short email with some questions to ensure that this is a good fit for your needs.

TRANS TALK

Mondays at the QRC. For more information, please contact qrc@sou.edu. Stevenson Union, Southern Oregon University, 1250 Siskiyou Blvd, Ashland.

VETERANS FOR PEACE

First Wednesdays, 6:30 pm. The Rogue Valley Veterans for Peace Chapter 156 meets on the first Wednesday of each month at a rotating location. For further information or to arrange transportation to the meeting, call Jim Woods in Grants Pass at 541-956-5287, or lwend Holen in Medford at 541-779-5392.

VIDEO GAMERS COALITION

Tuesdays & Thursdays, from 5 pm to 9 pm. Got game(s)? Calling all consoles! Don't forget the



MOMENT IN TIME AUDITIONS, OAK STREET DANCE STUDIO IN ASHLAND, JANUARY 10, 11 AM - NOON

'trollers. What's that about video gaming increasing one's hand-eye coordination? In any 'case,' come join us in Diversions, located in the basement of the Stevenson Union at SOU, 1250 Siskiyou Blvd, Ashland.

Presentations

ALL THE THINGS WE NEVER KNEW

Friday, January 8, from 7 to 8 pm. Author Sheila Hamilton discusses "All the Things We Never Knew: Chasing the Chaos of Mental Illness," which takes readers on a breathtaking journey from David and Sheila's romance through the last three months of their life together and into the year after his death. It details their unsettling spiral from ordinary life into the world of mental illness, examines the fragile line between reality and madness, and reveals the true power of love and forgiveness. Bloomsbury Books at 290 E Main St in Ashland. Free admission.

DIRT: A LOVE STORY

Monday, January 11, from 7 - 8 pm. Join author John Keeble, Ashland author, Jeanne Rogers, and editor Barbara Richardson for a night devoted to dirt's timeless allure. Dirt: A Love Story celebrates the generous, wordless, irresistible divinity of dirt. 36 award-winning scientists, artists, and authors employ the art of the gorgeous essay to touse your desire for the planet's amazing skin. These muscular essays answer the important question: How do you get down the dirt? Bloomsbury Books at 290 E Main St in Ashland. Free admission.

HARDPAN

Thursday, January 14, from 7 - 8 pm. Author Marilyn Lanier presents her novel, Hardpan. Hardpan, a family saga, takes the reader on an

unsettling journey from rural Wyoming to booming California in the 1950s. Family members have to dig deep to support each other through unexpected hardships during a time of turmoil and change. A short film, The Fence, based on a chapter from Hardpan, was selected for the UCLA Film Festival in 2008. Bloomsbury Books at 290 E Main St in Ashland. Free admission.

NO STRANGER TO ADVENTURE

Thursday, January 14, 21 & 28, from 1 - 2:30 pm. Dave Baker brings Antarctica to life through narration and imagery, which combine the history, science, exploration, and scenery of this extraordinary continent. With extensive use of photographs and videos, he will bring Antarctica to Ashland this January during three lectures on select Thursdays. Jan 14: Dave tells the story of the great ice sheets. Jan 21: Amazing Scientific Discoveries. Jan 28: Great Polar Explorers. Avoid 20 hours in an airplane, days of transit by ship and frigid temperatures! Join Dave Baker and let him tell you about it, instead. Ashland Branch Library at 410 Siskiyou Blvd.

SHANE MCADAMS PUBLIC LECTURE

Monday, January 11, 5:30 pm. Shane McAdams, co-curator and participating artist in the Schneider Museum of Art's winter exhibition, Exploring Reality, will give a lecture about the exhibition and his art. Meese Auditorium, Arts Building at SOU, 1250 Siskiyou Blvd (across from 7-Eleven).

STORIES & SONGS OF THE OREGON TRAIL

Sunday, January 10, 2 - 3 pm. Music was one of the bright spots in the lives of the pioneers who settled Southern Oregon in the 1800s. Join us as Historic Jacksonville, Inc. launches a monthly program series called "Pioneer History in Story and Song," featuring "21st Century troubadour" David Gordon using familiar folk songs and the stories behind them to bring the experiences of our ancestors and the history of the region to life. This first program commences with music that helped strengthen 19th Century emigrants seeking adventure, fortune, and better lives. David will perform a dozen actual tunes that emigrants sang around the campfires as they journeyed west in the 1840s and 1850s and tell their stories. Admission is \$3, proceeds dedicated to preserving historic Jacksonville. Jacksonville Branch Library at 340 West C Street.

THE BIRDS OF PATAGONIA

Sunday, January 17, from 2 - 3:30 pm. Patagonia is a region within Chile and Argentina that occupies the southernmost portion of South America - and it is one of the most magnificently scenic landscapes on earth. See some photos and hear the experiences from a hiking and birdwatching trip by Brandon Breen, a writer and conservation biologist who lives in Ashland, Oregon. The talk includes glaciers, parakeets, turquoise waters, condors, buzzard-eagles, and even the secretive bird called the chucao tapacula; a bird whose voice, according to Chilean poet Pablo

Neruda, "contains all the world's loneliness." It's a great opportunity to hear about this remote region through this informative photo slideshow and tour of one of earth's true gems. Ashland Branch Library at 410 Siskiyou Blvd.

TIMBER FRAMING - AN AGE OLD CRAFT FOR THE MODERN ERA

Thursday, January 14, 7 pm. Are you curious about timber framing? What is it? Why would I want to do it? How does it work? Join Matt Hunter of Ashland Post and Beam for an informative presentation about this traditional building method and how it works in the modern construction environment. Ashland Branch Library at 410 Siskiyou Blvd.

UNDER FATE'S WING

Thursday, January 7, from 7 to 8 pm. Author Hillevi Ruumet discusses "Under Fate's Wing: A Refugee Girl's Flight to Freedom in the Shadows of World War II." A six-year-old girl is abruptly ejected from her idyllic life in Estonia into the chaos of Hitler's collapsing Germany, where her heroin mother braves impossible odds to assure their survival. Thier survival odyssey, marked by a series of uncanny serendipities, lands them in a postwar displaced persons' camp. Stateless with no future and searching for a country to accept them as immigrants, a miraculous turn of fate opens the door to a fresh start in New York, and a complete life transformation beyond anything they could have imagined. Bloomsbury Books, 290 E Main St in Ashland. Free admission.

Sports & Outdoor

EPIC WAYZ WINTER DRIFT CUP RD. 3

Fri, Jan 15 - Sun, Jan 17. The open track portions of the weekend are open to all drivetrains FWD, AWD and RWD. If your car can pass tech it can run the track. Invite your friends. Hondas, Nissans, Mitsubishi's, Subarus, Drift-Trucks, Fords and Chevys all in one place...all having a great time! Proceeds from the series go the The Thinking Moms Revolution. Test and Tune Fridays: From 1 - 7 pm each Friday of an event, bring your car out and get it ready for the weekend. Make a few runs and adjust as needed (but this ain't race day yet). An on site tire machine Fri-Sun is \$5 per tire. Burnt tires MUST be taken after each event! Event Agenda: Friday Test and Tune / Open Drift and Grip Saturday & Sunday / Drift Qualify & Competition Sunday at 11 or 11:30 am / Night Driving Friday and Saturday night. Prices: Age 12 and younger Free! 1-Day Drivers Pass \$25 / Weekend \$45. Weekend Drivers + Pit/Ride Pass \$55. 1-Day Driver Pass + Pit/Ride Along Pass \$30. 1-Day Pit/Ride Along Pass \$10 / Weekend \$15. Free weekend camping included. Jackson County Sports Park, 6900 Kershaw Rd. in Central Point, OR.

FROSTBIKE RUN 5K/10K

Saturday, January 9, 12 pm 10k; 5k at 12:30 pm. Course closes at 1:45 pm. Packet pickup on day of race from 11 am to noon. Please, no walkers in the 10k. Start and Finish at the Talent Middle School at 102 Christian Ave. in Talent. Indoor bathrooms are available at the school. Registration, awards ceremony, and clinic are indoors. No showers. 5-year age division ribbons for 1st, 2nd & 3rd. This is a runner-of-the-year event. Refreshments are available before and after the run. Absolutely no rollerskaters, bicycles, skateboards, baby joggers, dogs, headphones, or unregistered participants. \$20 for non-members / \$15 for Southern Oregon Runners members.

GROUP MOUNTAIN BIKING

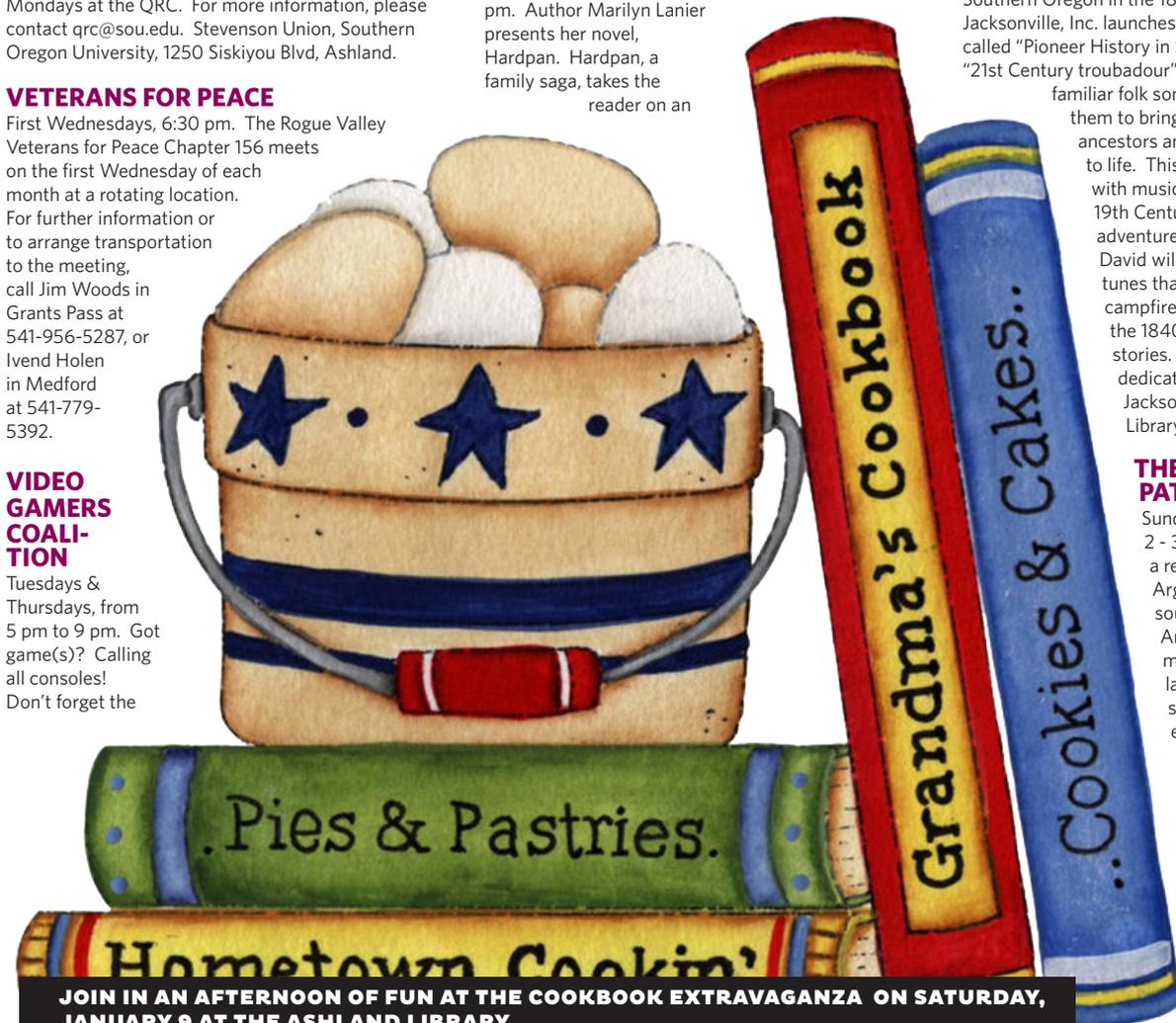
Cycle Analysis hosts a two hour Mountain Bike ride on the Britt Trails in Jacksonville or John's Peak, which has 200 miles of trail. Come enjoy good food, friends, and a great ride. Everyone is welcome. Helmets mandatory at all times, lights in the winter. Wednesday nights at 6 pm. Cycle Analysis, 535 N Fifth St, Jacksonville. Free.

PROJECT FEEDERWATCH

On select Saturdays, help count birds that visit the feeders at North Mountain Park while learning to identify species with expert guidance. This is a great opportunity for all-level birders to get acquainted with local birds and mingle with other birders under a covered pavilion. The information collected will be submitted to Cornell University's FeederWatch project, a nation-wide bird-monitoring effort. Pre-registration is not required for this free program. For ages 10 and older. Join us on Saturdays, Jan 9 & 23, Feb 6 & 20, and March 5 & 19. North Mountain Park Pavilion, 620 N Mountain Ave. in Ashland.

4 HEART WINTER BARREL RACES

Saturday, January 9, 8 am - 5 pm. It's Barrel Racing at the Grants Pass Fairgrounds, sponsored by Burger King and R Heart! 4D Second Option. Prime Sanctioned with BSCC. Carry Over Option from Open #1 to Youth or/and Open #2. \$10 Office Fee. Office



JOIN IN AN AFTERNOON OF FUN AT THE COOKBOOK EXTRAVAGANZA ON SATURDAY, JANUARY 9 AT THE ASHLAND LIBRARY

EVENTS

opens at 8:30 am. Race Order: Pee Wee (\$5, no office fee), Open #1 (\$25, \$100 Added), Youth (\$20), Open #2 (\$25). T/O at 8:30 to 10 am. \$5 at gate or at entries. Open Arena from 10 to 10:20 am. Race starts at 11 am. Josephine County Fairgrounds at 1451 Fairgrounds Road in Grants Pass.

Stage

DOG LOGIC

January 7 & 8 at 7:30 pm, and January 9 at 2 pm. After the death of his father, reclusive Hertel Daggett inherits Pet Heaven cemetery's forty downtrodden acres in the California desert. But Hertel's way of life is soon tested by an eager would-be real estate tycoon with a plot to convert the graveyard into a shopping mall. With a quirky cast of characters and a narrative that touches on everything from dinosaurs to gospel music, this "daring and intriguing play" (St. Louis Sun) is an unorthodox comedy that examines the human condition and what it means to be "connected." Craterian Theater, 23 S Central Ave. in downtown Medford. All tickets for this show are \$18.

OKLAHOMA!

Through January 10. Rodgers and Hammerstein's first collaboration remains, in many ways, their most innovative, having set the standards and established the rules of musical theatre still being followed today. This Tony Winner is set in a Western Indian territory just after the turn of the century. The high-spirited rivalry between the local farmers and cowboys provides the colorful background against which Curly, a handsome cowboy, and Laurey, a winsome farm girl, play out their love story. In January, performances are Thur-Sun. \$29 Adults / \$27 Students & Seniors (except matinees). Camelot Theatre at 101 Talent Ave. in Talent.

SERIOUS OR NOT SO SERIOUS TALENT SHOW

Friday, January 15, from 7 - 8:30 pm. The Fellowship Fun Committee is sponsoring the Serious or Not so Serious Talent Show. All ages are welcome. Two slots are saved for kids to sign up! What talent can you share with us?? Do you play the kazoo or the violin or the saw or your lips, or the piano or the harp or anything at all? How about singing or dancing or telling jokes or storytelling! Our purpose is to have fun! BYO beverages and snack to share. To stay within our time frame we are limited to 15 acts, no more than FIVE minutes in length. So...the first 15 to sign up on the back table and describe their act are in! Rogue Valley Unitarian Universalist Fellowship at 87 Fourth Street in Ashland.

STOMP

Wednesday, January 20, at 7:30 pm. For over 20 years, the multi award-winning theatrical phenomenon known as STOMP has taken international audiences by storm with its energy, creativity and rhythmic genius. Whether this one-of-a-kind corps utilizes brooms, garbage cans, hubcaps, wooden poles or Zippo lighters, anything and everything is a musical instrument in a heart pounding, soul-stirring performance that "triumphs in the infinite variety of human experience." (Los Angeles Times). Craterian Theater, 23 S Central Ave. in Medford. All ages show. Tickets \$52, \$55, \$58.

HOLMES & WATSON SAVE THE EMPIRE

A comedic Musical Mystery starring Robin Downward as Sherlock Holmes, Jon Oles as John Watson with Jacob Uhlman as Freddy Fish and Professor Moriarty. Directed by Brianna Gowland. Music Direction by Michael Wing. Choreography by Deborah Downward. "Pay What You Want" at the door for available seats 30 minutes before curtain. Randall Theatre Company, 10 East 3rd St. in Medford.

Wellness

ACRO YOGA

Tuesdays, 7:30 - 9 pm. Acro Yoga, with Jamie Cooper and Jacob Wood, is a form of partner work that combines yoga and acrobatics. In each class you will learn the foundational work and basic poses for a fun and safe experience. No previous acro experience is required. Come alone or bring a friend, and be ready to have fun and challenge yourself. Rasa provides thick gymnastic mats for safety. Drop-in price: \$12. Rasa Yoga, 217 4th St, Ashland.

GUIDED MEDITATION FOR BEGINNERS

1st Sunday of every month. Sessions led by Lama Chonam & Sangye Khandro. The monthly guided meditations involve instruction on the nine-round breathing purification, how to sit in the correct posture, and how to meditate. An outline explaining the nine stages of Shamatha meditation, Vipassana techniques, and resting in the mind's nature (rigpa) will be provided. There will also be time for questions and answers. This event is free of charge. Donations to the center or teachers are always welcome. Tashi Choling Center for Buddhist Studies, 2001 Colestin Rd, Ashland.

All levels welcome. The Haven, 1970 Ashland St, Ashland. \$10.

OUTDOOR MOVEMENT CLASS

Thursdays, 9 am - With Alissa Rae Hill, rain or shine. Awareness meets movement. Find your balance between relaxation and stress. Small group. Deep journey. Real practice. Heart conditioning, functional anatomy, whole body dynamic strengthening and stretching, beautiful fresh air and scenery! Space is limited, registration strongly suggested. Location may change weekly. Please visit www.alissarae.com or call 541-292-4998 for location.



ON JANUARY 14, FROM 5 - 7 PM, COME TO AN OPENING RECEPTION FOR 'EXPLORING REALITY' AT SCHNEIDER MUSEUM OF ART AT SOU

DOLPHIN MOVEMENT: OCEAN OF BLISS - PLEIADIAN LIGHTWORK AND DANCE

Thursday, January 14, from 5 - 8 pm. Enter into Higher States of Consciousness. Enter into the State of Sat Chit Ananda. Fall in Love with Yourself Dancing! Dolphin Movement is a path toward wholeness, Oneness, and becoming consciously responsible for aligning with your Divine Destiny. This includes appropriate self-clearing in preparation for the multidimensional work and light body journey. This workshop is based on Pleiadian Lightwork and 35 years of dance and intense inner spiritual work. Register with Devi at info@deviprem.com or go to www.deviprem.com The Haven at 1970 Ashland St in Ashland. The cost is \$30 after January 7.

FAMILY MASSAGE EDUCATION CENTER

77 Manzanita St., Ashland. Call 541-482-3567 to register. Mondays: Singles Massage Classes (couples welcome) Mondays: 9:30 - 10:30 am: T'ai-Chi for Daily Life with Gene Burnett, drop-ins welcome. Tuesdays: Parent-Baby Massage Class Series Wednesdays: Pregnant Partners Massage Classes Wednesdays: 9:15 - 10:30 am: Human Yoga with Willow Humphrey, drop-ins welcome. Thursdays: Couples/Pairs Massage Classes Fridays: Beginner's Overview Massage Class (a one-time class, but you may retake it). Sat/Sun Weekend Afternoons: Couples/Pairs Massage Class. 3rd Sunday of each month: Reflexology "Happy Hands & Feet"

HEART NECTAR HEALING CIRCLE

Every Third Tuesday of the month from 5 to 7 pm, with Teja Shankara, CHt (Certified Hypnotherapist). Heart Nectar Healing Circles include sacred mantra chanting, chakra blessing, activation and energizing, silent meditation, connecting with our deepest selves, deepening together with group hypnosis for healing and inner peace, sweetening the heart nectar, and sending healing energies out where-ever they are needed for healing and for peace. The Haven, 1970 Ashland St, Ashland. \$5-15 sliding scale.

HEART OF COURAGE, CENTERING PRACTICES FOR WOMEN

This is an ongoing class, offered every Tuesday from 6 - 7 pm with Michelle Keip. Heart of Courage cultivates alternative responses to stress that help calm the body, open the heart and refresh the mind with new possibilities. With hara, heart and head in alignment, we gently unwind the grip of survival reactivity and cultivate confidence in the resourcefulness of our wholeness. Michelle Keip holds a 3rd degree Black Belt in Aikido and is a Public Health Nurse. Contact Michelle at 541-244-1885. \$5-20 suggested donation. Meditation Cottage, Center for Spiritual Living, 466 SW "I" St, Grants Pass.

KUNDALINI YOGA AND MEDITATION

Mondays, 5 - 6:30 pm. Join Lindsey Roby for a unique, stress-relieving experience. For everyone.

MAGDALENE TEMPLE ARTS

Sunday, January 17, from 11 am - 6 pm. This dance daylong will empower women in remembering and accessing their wisdom from their past lives as temple priestesses. As ancient beings, we hold in our consciousness many karmic overlays which sometimes hold us back and prevent us from living fully and authentically. We hold these memories in the collective unconscious, and this dance daylong will enable a deep accessing of our sacred wisdom, the clearing of past misdeeds and the opening of our voices, bodies, hearts and pure expression of our heart's truth. We will engage in some delightful tantric practices, taken from Veenaa Saynana's book, "The Magdalene Letters - Flame of Ascension." We will be engaging in opening our voices through vocal channeling, composing and singing mantras, so please bring your musical instruments if you are drawn. Bring blanket/cushions/your nest, a journal/art/writing materials, an item for the communal altar, and dress in layers. veenaasaynana@gmail.com. Sliding Scale \$120-\$200. \$50 reserves your space.

RADHAKRISHNA HOLISTIC YOGA

Ashland Karate Academy, 644 Tolman Creek Rd, Ashland 920-286-2759 (limited class sizes). Saturdays & Sundays at Noon (Gentle), 1:30 pm (Intermediate), & 3 pm (for Yoga teachers). Classical Raja Yoga from Sivananda Yoga Vendanta Ashrams International, now in Ashland. OM Shanti!



LEARN ABOUT THE HEALTHY CLIMATE BILL DURING TWO INFORMATIONAL SESSIONS IN JANUARY

SOUND

Metal of Nowhere

With Our Arms to the Sun Sounds, Lives and Plays Off the Beaten Path

BY JOSH GROSS

Most up-and-coming bands don't survive their frontman moving out-of-state. But for art-metal sound wizards With Our Arms to the Sun, who will play Johnny B's in Medford on Tues., January 12, it arguably made them stronger when founder and frontman Josh Breckinridge moved from the band's home in "middle-of-nowhere, Arizona," to middle-of-nowhere California, so he could be closer to the ocean.

"We did some writing in Arizona in the middle of nowhere, and then some on the beach in the middle of nowhere," he says. "I noticed the ones written nearer the water have a waterier sound, more delays and choruses. And the ones in the desert have a gritter, dirt wizard sound. I think the environment is a big factor."

That diversity of sonic landscape broadened the band's already expansive sound. The term most commonly applied to describe the band's sound is "cinematic rock," though Breckinridge says that though he could see their music working well in a film or video game, it's a term that band only uses because the media does. Labels aside, the band plays sprawling and complex, mostly instrumental rock that incorporates elements of psychedelic electronica and metal riffage for thickly layered sonic atmospheres that rise and fall like weather patterns or a dramatic narrative. Fans of post-rock masters like Explosions in the Sky will find much to like, as will fans of the sprawling riffage of Tool (who With Our Arms to the Sun opened for on Halloween).



DO YOU EVEN BEARD, BRO? PHOTO COURTESY OF WITH OUR ARMS TO THE SUN.

Breckinridge for his part isn't that concerned about nailing down a concise adjective.

"I just make what I want to make and people are going to buy it or they're not," he says.

But part of that is that's exactly how sprawling the band's sound can be, moving seamlessly from rolling synth patterns to walls of overdrive beneath choir-esque vocals.

"We're getting older, so the older you get, the more eclectic you get, more into random stuff. When you're younger, you want to be like some famous band, but as you get older, I think you start drawing your influence less from music and more from life."

Like the ocean.

Music that complex is hard enough to write when in the same room, but Breckinridge, a sound engineer by trade, says the band has always used recording as a tool of songcraft, sending tracks and demos to one another even when in the same town, so the distance didn't undermine their compositional cohesiveness even a little bit.

"Basically, we now put together an album every year and a half, and we get together to rehearse before we tour," he says. "It helps that one of the other band members is my brother, and the other is my best friend. And I'm 34. So we can communicate very effectively, read one another."

With Our Arms to the Sun has played Oregon before (mostly Eugene and Portland), but this will be its first time in Medford, a gig Breckinridge is looking forward to.

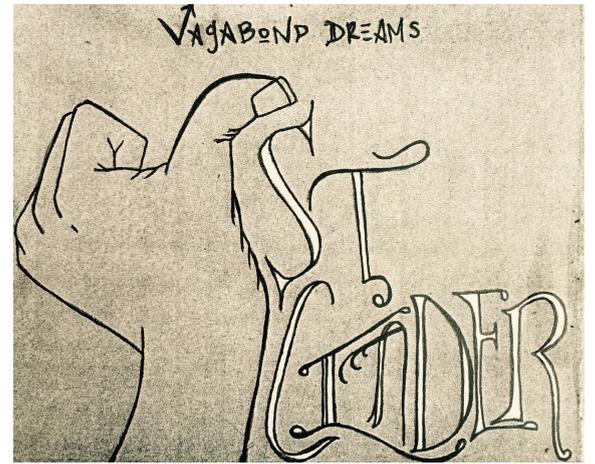
"A lot of the small cities that are in between large markets have really rampant music lovers," he says. "We're from small desert towns in Arizona, so we were those kids. If a band would take the time to play our town, then we'd all go." 🍷

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WITH OUR ARMS TO THE SUN
 9pm, Tue., January 12
 Johnny B's, 120 E. Sixth St., Medford
 \$5

Rogue Sounds

For Better or Worse, St. Cinder's Debut Album, Vagabond Dreams, Sounds Just Like its Live Set

BY JOSH GROSS



For full disclosure: I'll admit a certain bias against local old-time supastah's St. Cinder, who released their long-due debut full-length album, Vagabond Dreams, at the start of December, before hitting the road to live out the album's namesake. The bias is not just because as a critic I'm far more interested in musicians looking forward sonically than being nostalgic for The Great Depression, but because the downtown Ashland houseband's favorite busking spot is within earshot of my apartment, so I am something of a captive audience for their set on repeat, which over time can turn nearly anyone against even their favorite band.

But even factoring for that, Vagabond Dreams feels like an album best consumed in small doses. The 13-track collection apes St. Cinder's live set almost perfectly, even being recorded in straight-to-tape live takes. But that means rather than deliberate sonic curation to highlight the unique qualities of each song, the instruments have the same ragged, junkbox tone throughout, and most are played with approximately the same tempo and vibe, with the same rhythmic flourishes. While that delivery excels at making a dancefloor jump, over time it can be a bit wearying on the ear on its own, evoking the feel of a demo more than a final product when consumed en masse.

One notable exception is the album's fifth track, "Double Yellow Blues," which slows things down a bit to a mid-tempo ballad, but one undermined with the same raw tones.

The following track, "Greenbelt Blues," also keeps the slower tempo, and introduces violin and clarinet for a broader sonic palette that compliments the often-erie vocals of Colton Ort. But the addition of those lush sounds also makes the washboard sound a bit out of place, though that doesn't keep it from being one of the album's best tracks.

It is true that listeners that are not fans of a particular genre often struggle to distinguish the nuance and differences between songs and bands, thinking every piece of punk, or doom metal, or hip hop or jazz sounds the same rather than just having common themes. That may be the case with Vagabond Dreams. Died-in-the-wool old-timey fans may hear more than I do.

But what did surprise me on Vagabond Dreams was stand-out songcraft beneath the wearying production. The lyrics contain broader themes than the band's image, and the hooks are all kinds of catchy. A production liberated from fetishizing old-time would have brought those out and potentially created a truly captivating final product. I look forward to hearing that album when/if it is ever recorded. Though not on repeat outside my window every day for months at a time. 🍷

SOUND

The Other Medford

Absinthe Rose Returns Home for a String of Solo Shows

BY JOSH GROSS

Kimbo Rose, front for Boston-based folk punk outfit Absinthe Rose, who will perform at Caldera Tap House in Ashland on Sat., January 16, was only 10 years old when her siblings took her to the Bay Area's legendary 924 Gilman Street punk club.

"Rancid was the headliner," she says. "My eyes were wide open."

Rose didn't just find a sound she liked; she found a lifestyle, a set of values and a community of like minds that she has dedicated herself to ever since.

"I think of all musicians as humanitarians," she says. "I want to make this world better and this is how I do it."

But Rose was living in Southern Oregon in her teens before she started making music of her own. She began by mimicking the blitzkrieg of overdrive that had first grabbed her interest in music. But Rose says that more than just the sound and fury, the punk that moved her was rooted heavily in its lyrics and songcraft. And in 2008 she had one particular set of lyrics that needed a bit more breathing room.

"I initially started the band because of a song I wrote for my brother," she says. "He was serving some time in Elko Nevada and we always had these intense discussions about justice and what's not working for us."

So she took that tune and went solo. And it worked.

But Rose says she truly found her sound when she left Medford behind two years ago and followed a girl to Boston, a move she says forced her to refine her sound in order to stand out in a more crowded market.

"Coming from a smaller town, where the crowds are all your friends, it's always a good time. You feel connected," she says. "But moving allowed me to cultivate what I wanted Absinthe Rose to be."

Rose refined her songs, added a full band, and revved up the onstage energy. She also launched her own record label, Screech Owl Records, and offered up some iconography to the punk canon, a circled H logo to indicate art that forces the creator out of their comfort zone and towards healing themselves.

"It's far from the same [as Medford]," Rose says. "There is this genuine need to identify yourself in a huge city and remain authentic to your lyrics and your belief system. I feel like Boston really allows you to, in some form, to harness the musical endeavor you want and take it to the next step."

Conversely, returning home to Oregon to play a string of solo acoustic shows and visit family allows her to get back to the band's roots, the days when she played guitar in her mom's shed in order to not be too loud.

"This allows me as an artist to tell stories," she says. "I get to focus on the stories themselves, why I wrote them, what inspires me to continue to play them."

Rose says 80 percent of her set will be songs from Absinthe Rose's 2015 album *Black Earth*, along with a couple she wrote special for this tour.

"I wanted to speak out and make people aware of what injustice looks like," says Rose. "And I feel like music is the only way to do it." 



KIMBO ROSE PLAYS GUITAR IN THE IN HAHVAHD YAHD. PHOTO CREDIT MEG LOYAL.

ABSINTHE ROSE, WITH DOGTOOTH AND NAIL, AND POOR BOY'S SOUL

9 pm, Sat., January 16
Caldera Tap House, 51 Water Street, Ashland
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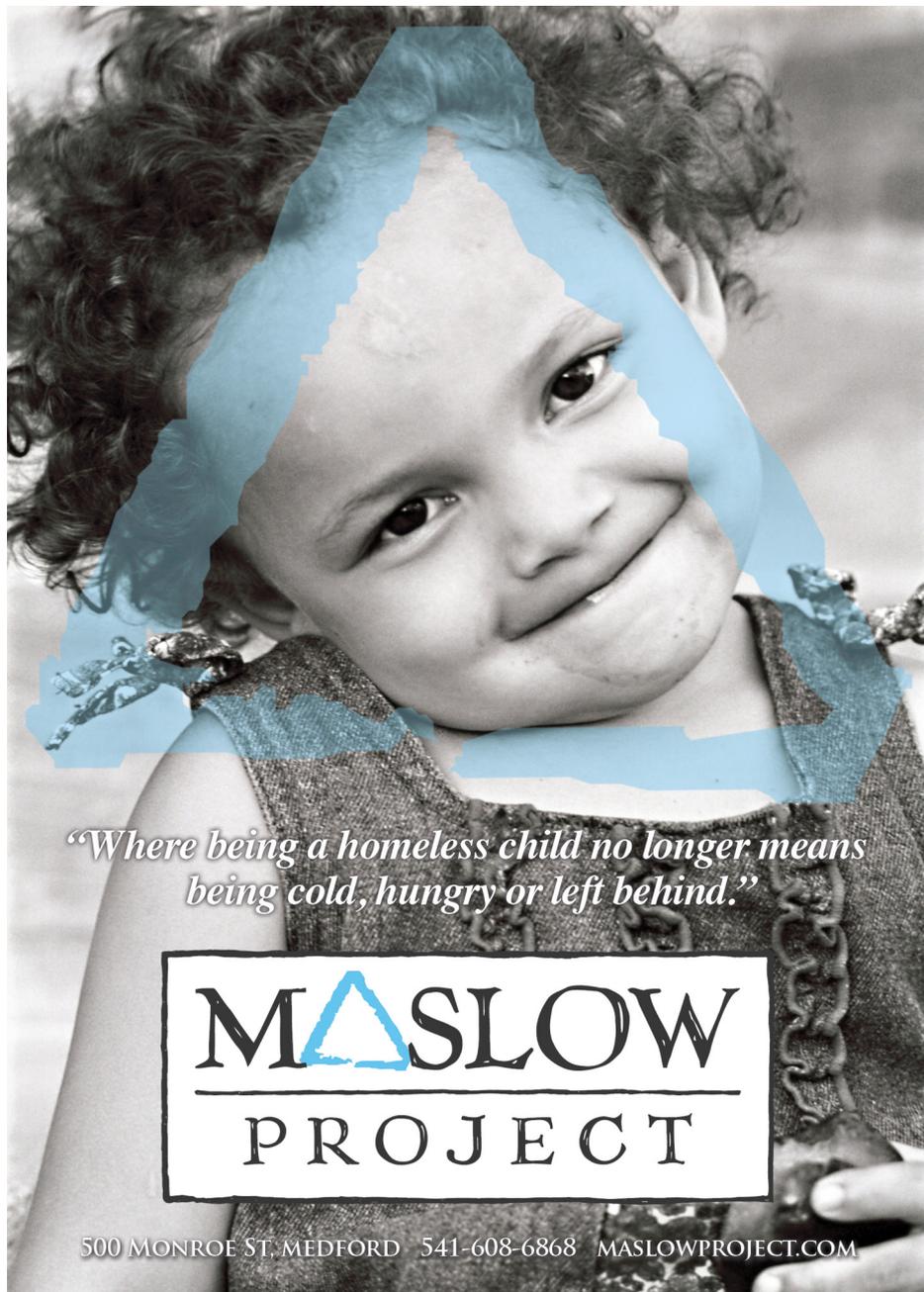
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FOOD & Drink

New Year. New Food. Resolve to Try Something New in 2016

BY J.J. ROWAN

The new year is here and we all know what that means.....diet resolutions! We spoke with Chad Hahn, owner and chef at The Haul, an American-eclectic farm-to-table joint in Grants Pass, to get ideas for fun and inspiring new food goals. Check out what he had to say about trying new foods, what tastes are going to be on-trend, and how to strike the balance between health and indulgence in 2016.

Rogue Valley Messenger: What food do you think people should give a try in the new year? This could be an item off your menu or an adventurous food you'd love to see on more plates.

Chad Hahn: More curries. Like the curry fries at The Haul!

RVM: Any recommendations for our readers on how to approach a food they've never tried or previously disliked? What makes for an adventurous palate?

CH: Always pick the most obscure thing on the menu and eat it. Except Nat-to, that stuff is exceptionally gross. Go to a different country and immerse yourself

in their culture. You won't have a choice but to eat their food, thus expanding your palate.

RVM:: Do you have any predictions for a food that will trend in 2016?

CH: Space gruel. By that I refer to high fat, high protein, highly flavored legume-based stews. Haleem immediately comes to mind.

RVM: How do you recommend people keep a balance of health and indulgence when eating out, especially given the many food-related resolutions we see?

CH: It is pretty obvious and scientifically proven: eat less sugar and pre-packaged processed food. 🍷



Drink Local

A Family Affair Greiss Family Beers, 220 SW H Street

BY PHIL BUSSE

It isn't quite brewery row, but it is a pretty impressive start. With Climate City rejuvenating a turn-of-the-century brewery at the top of G Street, and The Haul a few blocks south on H Street, Greiss Family Brew sits mid-point.

It is, like its name states, a family affair. Mom and pop are Dave and Susie. On a trip to Bend several years ago, a tour through the Deschutes Brewery sparked their interest in home brewing. It isn't necessarily an original story: Established nearly 30 years ago, Deschutes was the first brewery in Central Oregon, and a maverick. Its massive success (now the eighth largest brewer in America) has inspired nearly every one who tours the friendly and humble brewery with the idea that they, too, could become successful brewers. But most just as quickly ditch those sudsy "I can do that" inspirations like New Year's resolutions.

However, a small number hold the gumption to carry through; the Griesses, along with their children, started homebrewing shortly after their trip and quickly grew into a modest 1.5 barrel system, a taphouse and what they identify as a nano-brewery. While nearby Climate City is massive and The Haul is impressive in size and selection, Greiss Family Brews is understated—what looks like a former tavern with brick façade on the exterior opens to a sparse, but welcoming interior. Their hours are limited (but limited to decent drinking hours, 4 – 9 pm). And, in spite of a slightly pretentious logo—a family crest buttressed by lions—the mood and attitude there is anything but. The interior looks like an old-time tavern scrubbed clean and sprinkled with charm and armchairs. Moreover, the service, well, makes you feel like family.

When three of us from the *Messenger* visited, we were greeted by a beaming young bartender, Dave Matthews. He let us know that he isn't (Greiss) family, but more like an honorary member. He identified himself as the Director of Marketing.

Our Associate Editor, Sara Wiltermood, isn't much of a beer drinker (which, yes, makes her a bad choice to go beer tasting), but she does like cider and Matthews hopped off to the back to grab a bottle of "Bite Me" cider, a taste they are tinkering with, and handed her a free bottle for a taste. She approved. Matthews then put a stout in front of our distribution manager, who also approved of its not too heavy, slightly coffee taste; and he steered me towards the Girlfriend IPA, which was closer to a pale ale, with understated hops and sly.

While Greiss Family growing into more beers, more hours and wider distribution would be welcome, they also are great at the size they are. 🍷



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CULTURE

Sorting Through the Aftermath Sheila Hamilton's Memoir Bravely Examines Her Husband's Suicide

BY PHIL BUSSE

One reviewer explains that Sheila Hamilton approached the sensitive topic of her husband's suicide with "a reporter's eye and lover's heart." In *All The Things We Never Knew*, Hamilton, a well-known radio personality in Portland, re-examines her life with her husband. A decade ago, he was diagnosed with bipolar disorder. Six weeks later, he committed suicide. He didn't leave a note; instead, Hamilton was overwhelmed with questions and needing to explain what happened to their nine-year-old daughter.

In her memoir, she goes through the forensics of her husband's personality changes and confronts a woefully lacking mental health system.

On Thursday, January 8, Hamilton speaks at Bloomsbury Books. She recently connected with *the Messenger* to provide thoughts on the process of writing such a painfully honest book.

RVM: Do you remember the moment that the idea to write a book came about? What were the reservations? What was the motivation?

SH: I wrote the memoir portion of the book in 2007, soon after the death of my late husband. I was compelled to make sense of my own trauma, and writing helped me sort through the most extreme emotions and experiences. I'd missed a number of signs and symptoms of David's mental illness early in our marriage. In many ways, I wanted to hold myself accountable for the mistakes I'd made. It was an excruciating process to relive the parts of our marriage that, in hindsight, could have been touchpoints for intervention.

I shelved the book in 2008 and began to investigate mental health from a more objective perspective. I'm trained as an investigative journalist, and the questions I had about the mental health system's failures haunted me. How common is suicide? How many other families have been harmed by the mental health system? What is the history of the reliance on psychotropic medication? What are the outcomes? What works? The answers I found were compelling enough to include in the book as inserts, a guide for other families in crisis.

RVM: Writing isn't entirely a new medium for you, but you largely have been working in TV and radio. Why a book? Why not a different medium?

SH: I'm a writer first. I've written for documentary film, television, magazine, newspapers, and radio. Every medium has different strengths and weaknesses. I'd missed my husband's gradual descent into mental illness. He refused intervention and I compartmentalized how gravely

disfunctional our marriage had become. Any love story, and that's what *All The Things We Never Knew* is, needs subtlety and nuance. I loved and lost an exquisite human being to mental illness. In order to heal from that tremendous loss, I needed to learn to love again, in a more intimate, open and honest way. I wasn't compelled to write the story for radio, TV or film. I was compelled to write it down. Only later, did it become a book.

RVM: Writing a book is challenging enough, but re-living what obviously was a difficult time would seem to double-down on that emotional toll. How accurate is that assessment?

SH: It's accurate. There were moments, especially in reliving the moment I had to tell my nine-year-old daughter about the death of her father, that I sobbed on the floor for hours. It was grueling and cathartic. At the time, I was emotionally and financially devastated by my husband's death. I couldn't afford therapy. I didn't know if I would be able to keep our home. Writing was the only accessible outlet I had for a grief so harrowing I thought it might be with me forever.

RVM: In terms of the writing process, when you were writing, were you more focused on your own healing and process—and attempt at understanding—or were you thinking about the audience, and about trying to help out others?

SH: The process I describe above, the reporting on the mental health system, is in fact, for other families in crisis. I wrote that portion as a guide, a resource, and an essential review on what's working in mental health. Other families shouldn't have to go through what I did. Those inserts are absolutely for others. The memoir wasn't originally intended for anyone but myself and my daughter.

RVM: You have received some very positive reviews, with the book described in terms like "candid," "heart-wrenching." Can you add any adjectives that haven't been used yet?

SH: Real. All too common. Surprisingly universal. I've heard from hundreds of readers who have said, "Me too."

RVM: It is interesting to write a memoir that is ultimately not necessarily about you—or, at least, it is largely/partly about you projected onto someone else. I guess the question is: How much do you feel like this book is about you, about your husband and about bipolar in general?

SH: It is about me. I had the extraordinary experience of loving David, of raising our daughter together, and ultimately losing him. I wish I could have gained more insight into David's state of mind as he

"In order to heal FROM THAT TREMENDOUS LOSS, I NEEDED TO LEARN TO LOVE AGAIN, **IN A MORE INTIMATE, OPEN AND HONEST WAY.**

I WASN'T COMPELLED TO WRITE THE STORY FOR RADIO, TV OR FILM. I WAS COMPELLED TO WRITE IT DOWN. ONLY LATER, DID IT BECOME A BOOK. ”

- SHEILA HAMILTON



denied his worsening illness. His shame kept him from sharing the reality of his thoughts and his fears. His distance, his isolation, and his belief that we are alone in this world, made him unreachable to me or his doctors.

RVM: I have to wonder if these readings keep the healing process from being completed. In many ways, you have to relive the experiences. Again, can you correct or modify that assessment?

SH: I'm humbled and honored to finally be able to talk openly about a problem that one in four families are dealing with. People are stigmatized, marginalized and very much alone in dealing with a major health problem. When someone in your neighborhood gets cancer, people show up with casseroles and get-well cards. When someone develops a mental illness, the response is too often isolation and shame. We need to change that. 🍷

Art Watch

And an Artful New Year

BY AUBRY HOLLINGSHEAD



Start your new year off with some inspiration and reflection at these local exhibits.

In Memoriam JEGA Stone Sculptor and Artist J. Ellen Austin

JEGA Gallery and Sculpture Garden
625 A St, Ashland

In 2015 we bid adieu to Ashland stone sculptor, J. Ellen Austin, founder of JEGA Gallery and Sculpture Garden and founding member of the Ashland Gallery Association. Austin passed away November 3, 2015 with her family by her side. JEGA will host this exhibit in Memoriam of Austin for Ashland's First Friday Artwalk January 8th and throughout January by appointment.

JEGA will also host a memorial service, "Celebration of LIFE: 'Remembering J. Ellen Austin,'" on Sunday January 17. For information call 541-488-2474 or email jega4art@gmail.com.

Austin's final installment, "Passing Through," sculpted from translucent Italian alabaster, can be visited at Scenic Hills Memorial Park in Ashland.

Exploring Reality

Schneider Museum of Art
1250 Siskiyou Blvd, Ashland

Shane McAdams and Scott Malbourn curate this collection of work by nine artists with roots throughout Oregon, exploring the reality within their work through sculpture, printmaking, installation and painting. The exhibit includes work by Shane McAdams, known for his vivid ballpoint pen colorscapes, abstract landscape painter Tia Factor, Portland-bred sculptor Malia Jensen--whose work employs dark humor often portrayed using animal forms--and six other artists. The exhibit kicks off with an opening reception Thursday, January 14 from 5:00 - 7:00 pm and will be on view January 15 - March 19.

Bread and Circuses: Garry Kaulitz

Rogue Gallery & Art Center
40 South Bartlett St, Medford

Master printmaker and University of Alaska Anchorage art instructor Garry Kaulitz brings his exhibit "Bread and Circuses" to Medford with an opening reception January 15, 5:00 - 8:00 pm at Rogue Gallery & Art Center for the 3rd Friday Art Walk. Through the printmaking process of collagraphy, Kaulitz creates spontaneous fantasies of color, line and shape in this exhibit, on display through February 12. 🍷



UPCOMING EVENTS



JANUARY 14TH



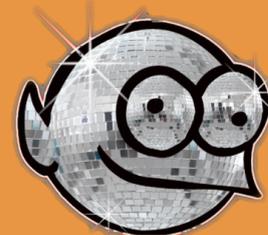
Jambalaya Brass Rock

JANUARY 23RD



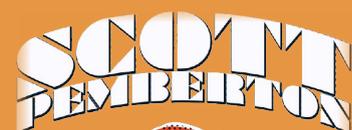
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YOGOMAN



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JANUARY 27TH



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SPORTS & Outdoor

A Puck and a Brew

Southern Oregon Adult Hockey Association Gets a Boost from Local Suds

BY SARA JANE WILTERMOOD

Like peas and carrots. Like Sonny and Cher. Like rainbows and sunshine. Hockey and beer just plain go together. And the two have been teaming up in the Rogue Valley.

SOAHA President and Wisconsin-transplant Richard Hobbins has seen adult hockey in the Rogue Valley come a long way since the formation of the Association in 2011, but this year brought some long-awaited changes.

“I’ve watched hockey here go through so many different phases,” he says. “This is our first year with the Brewery Hockey League—four teams with a full season of 32 games. If the breweries hadn’t stepped up and helped us out, none of this would be happening. It has made hockey so much stronger in the Valley. In bigger cities, breweries tend to support hockey teams, and hockey players drink beer, so that works out.”

Now, the Rogue Valley hockey scene is all grown up with four local breweries supporting them—Caldera, Opposition, Walkabout and Bricktowne—with creative new jerseys too.

“Caldera was the first on board,” says Hobbins. “They designed their jerseys, and they turned out pretty crazy—purple and lime green. And Walkabout’s are bright orange—like nothing you ever see in hockey.”

They are currently halfway through their season, with the next game on January 10 and the games continuing on Sunday evenings at the RRRink in Medford through April. The 180 members in the league come from all walks of life—doctors, teachers, police, some former junior level players—ranging in age from 18 to 70-something.

“It is an eclectic group of people who come together,” says Hobbins. “They love the sport and they are also a part of the community. Most of the adults who join say, ‘man, I wish I played this as a kid; this is so much fun.’”

And this isn’t the NHL, with the tactical use of fighting.

“In the time that I have spent watching hockey, I can’t emphasize enough how special this valley is when it comes to hockey,” says Hobbins. “I’ve witnessed two guys on the same team drop gloves and fight. There are hot tempers, it gets a little snippy out there, but they



TEAM WALKABOUT TAKES ON TEAM OPPOSITION. PHOTO CREDIT:RODNEY RAMPY.

usually bring it down. The best part is that they are out having a beer with each other afterwards saying that they are sorry.”

The SOAHA also benefits youth hockey programs in Southern Oregon and Northern California, donating between three and four thousand dollars, says Hobbins.

“We ask, ‘how do we make this better for the community?’” says Hobbins. “The breweries are the first stage in doing more things in the years to come.

Though they do some traveling to tournaments right now, Hobbins says that they hope to expand to incor-

porate breweries in Roseburg and Klamath and make a regular traveling team in the future, starting with adding two more teams to their ranks next season. 🍷

BREWERY HOCKEY LEAGUE

5 pm, Sundays, through April 3
The RRRink, 1349 Center Drive, Medford
Free to watch

Go Here

A Whale of A Watching

BY SARA JANE WILTERMOOD



THE WHALE WATCH CENTER IN DEPOE BAY. PHOTO COURTESY OF VISITTHEOREGONCOAST.COM

Speaking whale might be a difficult tongue to master, but watching whales? Anyone can do that. It seems that the New Year’s resolution of the planet’s largest mammal is to migrate south to Mexico to give birth to their young, called calves, which weigh between 1,100 and 1,500 pounds at birth and consume 50 gallons of their mother’s milk per day. Around 18,000 gray whales are currently making the trek from Alaska directly along the Oregon coast. Twenty four viewing spots along the coast marked “whale watching spoken here” denote good vantage points.

Morning light with the sun behind the viewer is the best time to spot the gentle giants, and they are usually about five miles offshore, so be sure to bring binoculars. Can’t get away this week? The whales will be passing back by starting in late February and continuing through early May, but the most common sightings are happening right now, to the tune of 30 per hour at peak times. For more information, visit <http://visittheoregoncoast.com/whale-watching/>. 🍷

SCREEN

Basic Training? Piece of Cake. Aftermath? Not as Simple.

Project VetFit Wants to Help Local Veterans Back to Healthy

BY SARA JANE WILTERMOOD

A good workout regimen comes down to stats. How long will it take? How much will I lose? How hard do I have to work? And with all the New Year's resolutions swirling, everyone seems to have a formula for fitness.

But how about these numbers? Seventy percent of United States military veterans are overweight or obese, says Project VetFit team member Jennifer Chew, RN, in their introductory video on Indiegogo. And according to the 2014 United States Census Bureau, 3.6 million of United States military veterans are disabled due to their service. When giving these diagnoses, traditional healthcare turns to prescription medication, but Project VetFit aims to change that.

"We want them to use food and exercise first, before pills, as their medication," says Dr. Dawn Lemanne, president of Strong Again, LLC, in the Indiegogo video.

Project VetFit is a local group of healthcare and fitness professionals who have teamed up to provide five disabled veterans with a free, specialized program to equip them with a longer-lasting healthy lifestyle. Through this program, they plan to track the participants' progress while making a documentary to fuel the program for expansion to all veterans—free of charge. The current Indiegogo funding campaign is on the way to raising \$30,000 to fund the project and make the documentary.

Gabe Figueroa, the director and producer of the film, is excited about what the project could accomplish for veteran care.

"I hope to weave their stories together to communicate a larger message to audiences in the United States," he said via email. "Not only do we need to make citizens aware of the grossly inadequate care our country provides veterans, but we also need to highlight the fact that CrossFit Ashland is taking powerful steps to revolutionize the way we approach healthcare in regards to physical and mental disabilities. The outcome of this process as captured on film could become the catalyst to a new national movement in healthcare and treatment."

Starting with a full medical screening, each veteran will follow a Crossfit exercise regimen at Crossfit Ashland with personal trainers, and have nutritional coaching from health professionals. After 12 weeks, the same lab tests and screening done at the beginning of the project will be repeated, and very positive results are expected.

Case in point: Victor Birdseye, retired US Army First Class Sergeant and Project VetFit Vet Coordinator was told that he would never lift more than ten pounds. After following a healthy diet and adhering to workouts at Crossfit Ashland, he found that he could in fact run, and lift much more than ten pounds. (See photo!) That's when he and Ben Chew of Crossfit

Ashland and Headcoach of Strong Again, LLC, came up with the idea for Project VetFit.

"I went to classes with Victor Birdseye," says Project VetFit Nutritional Specialist Dr. Deborah Gordon. "If I had progressed as much as he has in one year; I would be proud of myself."

Gordon says that the plight of veterans in America "freaks me out" to the extent that she has joined the VetFit team to do something about it.

"Though I have been against most wars that we have been in, I would gladly pay more tax dollars if I knew it would take better care of our veterans," she says. "These guys deserve a better break."

Gordon and her daughter, a nutritional educator, are working on a nutritional booklet for designing custom diets with supplements, based on the findings of each veteran's blood test results at the start of the program. The diets will focus on whole foods, no dairy, no grains—"more of a paleo approach."

"The documentary will give us a real look at this situation," Gordon says.

While this first group of five will be men, Gordon says they plan to do a group of women in the future, and serve all age groups.

"We hope to span from Vietnam to Iraq," says Gordon. 

Check out the video at <https://www.indiegogo.com/projects/strong-again-llc-project-vetfit#/>.



RETIRED US ARMY FIRST CLASS SERGEANT WAS TOLD THAT HE WOULD NEVER LIFT MORE THAN 10 POUNDS EVER AGAIN. CREDIT: INDIEGOGO.

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WELLNESS

Happy New Year!

Resolutions for the New You?

DR. DEBORAH GORDON

I imagine that once upon a time, New Year's resolutions made some kind of sense, and perhaps they still do in the lives of some souls less complacent than most of us. Is it any longer possible to go through daily life with a fair degree of contentment, without wondering whether how "it" measures up. It being your daily life, your waistline, your weight, your Facebook feed, or any of the other myriad details we are constantly able to compare to that of our neighbors.

I followed a Facebook thread this morning and read about a family of two parent-scientists and two kids. The scientists devote themselves to the study our intestinal microbiome, what many of us think of as our friendly gut bugs, but is indeed a vast and complex array of multiple types of organisms that digest our food and interact with our immune system, our psyches and the external world. So convinced are the scientists of the value of a complex microbiome, that they devote a moderate amount of their family's lifestyle to insuring a diversity of gut organisms for all. They eat more fiber than anyone around, most of it grown and prepared at home, and have written a book (*The Good Gut*, by Justin and Erica Sonnenburg, complete with recipes) about their endeavors. The article referenced their fiber-rich chia seed pudding which reminded me that I have resolved many times to include more fiber in my diet, including just such a pudding. Within minutes I had whipped up my first batch (1 can coconut milk, 1/4 cup each of unsweetened cocoa and chia seeds, and 1 Tbsp of maple syrup) which now sits, thickening for a few hours, before it's ready to start diversifying my gut bugs—hopefully first enjoyed for a moment on the tongue.

I suspect that the speed and ease with which I undertook my fiber resolution is probably suggestive of the speed at which I'll forget that I ever made such a resolution.

Much of my work with patients, and my fascination with health in general, consists of strategizing effective ways to "be better." I don't think I'm alone when I pull out a magnifying glass to look at diet, lifestyle, and imagine what needs to be tweaked to make everything come out ... better? Implying of course, that there is something wrong, broken, incorrect, about how



DR. DEBORAH GORDON

things are just at the present moment. Each detail in need of tweaking is somehow wrong—perhaps annoying, perhaps harmful.

It's easy to end up with a very long "to-do" list, a list so long, in fact, that when we add something to that list, we can attend to it for just a few minutes before our attention shifts elsewhere. I know the list will never be empty, but is it possible with our global information stream, that our lists have become unmanageable and no longer serve us? It's not even possible to keep in mind more than a handful of serious intentions and plans of action that might steer us in a new direction.

So let's think about a different Facebook post I saw yesterday. "What is your favorite line of poetry?" Although I was an English Literature major, I was not seriously into any kind of memorization, and the only line of poetry that sticks with me at all is the question I'd rather answer on New Year's Day 2016. Rather than thinking about what I might resolve to do better in 2016, I'll turn to "The Summer Day" by Mary Oliver and ponder a bit how I would answer my favorite eternal question, "Tell me, what is it you plan to do with your one wild and precious life?"

Join me in considering that question, or add more fiber to your diet—your choice! And Happy New Year to you and yours! 🍷

Read more of Dr. Deborah's healthy insights at www.DrDeborahMD.com.

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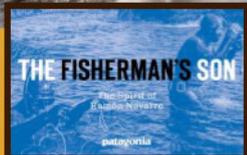
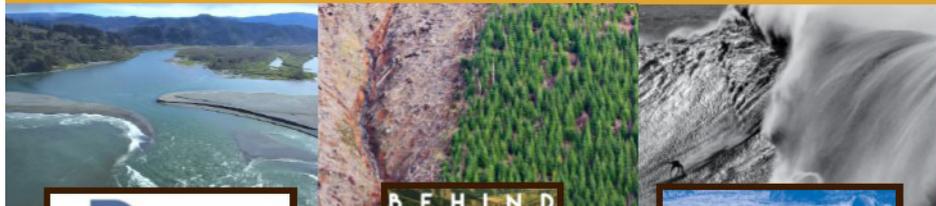


FEBRUARY 12TH 2016

14TH ANNUAL



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The Curtain Has Been Pulled Everything Marijuana Comes Out Into the Light at The Hemp and Cannabis Fair

BY OLIVIA DOTY

Last August, the first Hemp and Cannabis fair at the Jackson County Expo attracted over 2,500 visitors, and on Sunday, it even drew an after-church crowd. Yes, there was a rush of visitors to the “everything marijuana” fair when church let out that day.

Organizer Naomi Forkash has been delighted to see an incredibly broad range of cannabis curious fairgoers. Some families came to the fair and brought three generations - grandparents who have always been against “dope,” parents who tried it back in the 60s and their kids who have been enjoying weed for years, but have had to keep it hidden. They were all able to go the Fair, become a little more educated, indulge their curiosity and have an opportunity to finally have an open conversation about the topic.

It is instances like this that inspire Forkash to organize the THC Fairs. One of the main goals of The Hemp and Cannabis Fair, coming to the Jackson County Expo on January 9 & 10 is to provide a comfortable, smoke free and safe environment with doors wide open to invite neighbors, parents and fellow PTA members who might be a little curious about marijuana. With main stage presentations varying from lawyer Brian L. Michaels reviewing Oregon’s recreational marijuana laws (Sat 3pm, Sun noon), to information about industrial hemp, to information about how to start a “cannabiz,” as well as a fashion show from Cannafledge Designs (Sat noon, Sun 3 pm). Fair goers will come away with a broader understanding of what legal, recreational and medical marijuana is all about. With so much information about the medical benefits available, the Fair aims to be even more accessible by offering \$10 tickets to veterans.

Also motivating Forkash to create these events is the desire to bring a cannabis fair to areas with smaller markets, areas often ignored by organizers working in Las Vegas, Portland or LA. She combines this with the integrity of shopping local, and as a result, 70 percent of the Fair’s vendors are locals themselves. And by bringing the Fair to other Oregon communities like Roseburg, Bend and Salem, it gives the vendors an enormous opportunity for brand exposure in other regional markets that are traditionally more conservative on the subject. “We are looking at the Fair as consumer driven and education-based,” says Forkash.

THE HEMP AND CANNABIS FAIR

January 9 - January 10, 2016

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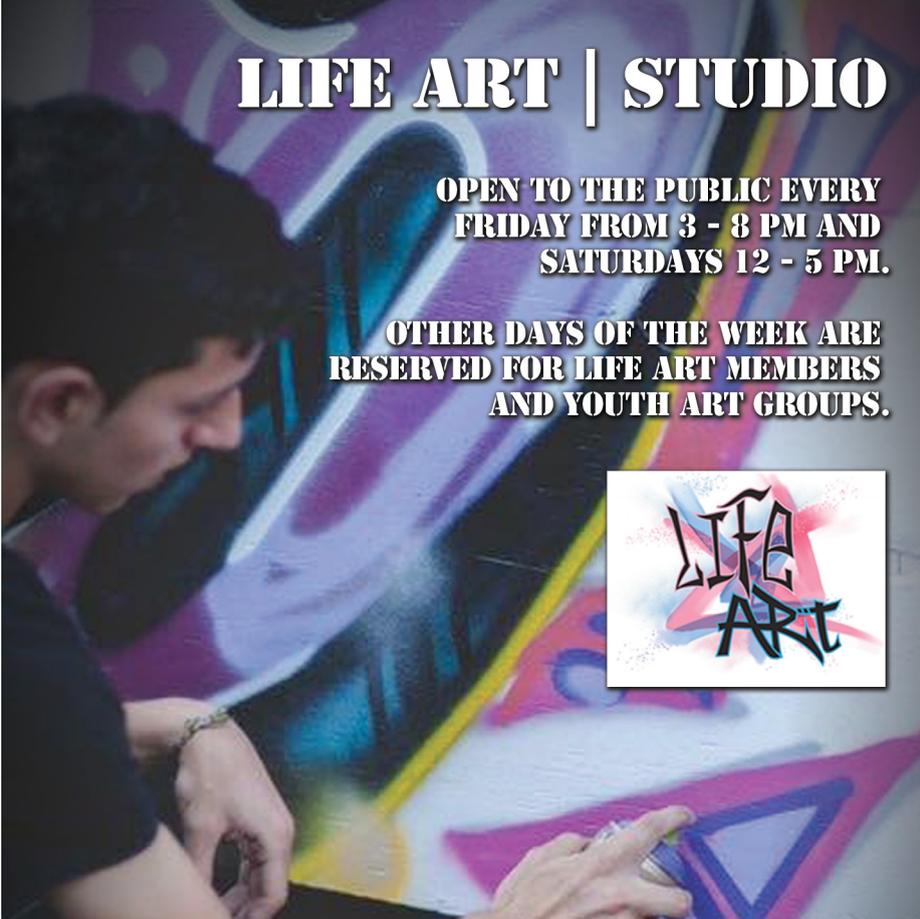
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FREE WILL ASTROLOGY

ARIES (March 21-April 19): John Steinbeck won the Nobel Prize for Literature in 1962. His novel *Of Mice and Men* helped win him the award, but it required extra persistence. When he'd almost finished the manuscript, he went out on a date with his wife. While they were gone, his puppy Toby ripped his precious pages into confetti. As mad as he was, he didn't punish the dog, but got busy on a rewrite. Later he considered the possibility that Toby had served as a helpful literary critic. The new edition of *Of Mice and Men* was Steinbeck's breakout book. I'm guessing that in recent months you have received comparable assistance, Aries -- although you may not realize it was assistance until later this year.

TAURUS (April 20-May 20): Remember back to what your life was like during the first nine months of 2004. I suspect that you fell just short of fulfilling a dream. It's possible you were too young to have the power you needed. Or maybe you were working on a project that turned out to be pretty good but not great. Maybe you were pushing to create a new life for yourself but weren't wise enough to make a complete breakthrough. Almost 12 years later, you have returned to a similar phase in your long-term cycle. You are better equipped to do what you couldn't quite do before: create the masterpiece, finish the job, rise to the next level.

GEMINI (May 21-June 20): To become a skillful singer, you must learn to regulate your breath. You've got to take in more oxygen than usual for extended periods, and do it in ways that facilitate rather than interfere with the sounds coming out of your mouth. When you're beginning, it feels weird to exert so much control over an instinctual impulse, which previously you've done unconsciously. Later, you have to get beyond your self-conscious discipline so you can reach a point where the proper breathing happens easily and gracefully. Although you may not be working to become a singer in 2016, Gemini, I think you will have comparable challenges: 1. to make conscious an activity that has been unconscious; 2. to refine and cultivate that activity; 3. to allow your consciously-crafted approach to become unselfconscious again.

CANCER (June 21-July 22): Ancient humans didn't "invent" fire, but rather learned about it from nature and then figured out how to produce it as needed. Ropes had a similar origin. Our ancestors employed long vines made of tough fiber as primitive ropes, and eventually got the idea to braid and knot the vines together for greater strength. This technology was used to hunt, climb, pull, fasten, and carry. It was essential to the development of civilization. I predict that 2016 will bring you opportunities that have metaphorical resemblances to the early rope. Your task will be to develop and embellish on what nature provides.

LEO (July 23-Aug. 22): British author Anthony Trollope (1815-1882) had a day job with the postal service until he was in his fifties. For years he awoke every morning at 5:30 and churned out 2,500 words before heading to work. His goal was to write two or three novels a year, a pace he came close to achieving. "A small daily task, if it really be daily," he wrote in his autobiography, "will beat the labors of a spasmodic Hercules." I recommend that you borrow from his strategy in 2016, Leo. Be regular and disciplined and diligent as you practice the art of gradual, incremental success.

VIRGO (Aug. 23-Sept. 22): Umbrellas shelter us from the rain, saving us from the discomfort of getting soaked and the embarrassment of bad hair. They also protect us from the blinding light and sweltering heat of the sun. I'm very much in favor of these practical perks. But when umbrellas appear in your nightly dreams, they may have a less positive meaning. They can indicate an inclination to shield yourself from natural forces, or to avoid direct contact with primal sensuality. I hope you won't do much of that in 2016. In my opinion, you need a lot of face-to-face encounters with life in its raw state. Symbolically speaking, this should be a non-umbrella year.

LIBRA (Sept. 23-Oct. 22): Around the world, an average of 26 languages go extinct every year. But it increasingly appears that Welsh will not be one of them. It has enjoyed a revival in the past few decades. In Wales, it's taught in many schools, appears on road signs, and is used in some mobile phones and computers. Is there a comparable phenomenon in your life, Libra? A tradition that can be revitalized and should be preserved? A part of your heritage that may be useful to your future? A neglected aspect of your birthright that deserves to be reclaimed? Make it happen in 2016.

SCORPIO (Oct. 23-Nov. 21): Fourteenth-century author Geoffrey Chaucer produced a collection of stories known as *The Canterbury Tales*. It became a seminal text of English literature even though he never finished it. The most influential book ever written by theologian Thomas Aquinas was a work he gave up on before it was completed. The artist Michelangelo never found the time to put the final touches on numerous sculptures and paintings. Why am I bringing this theme to your attention? Because 2016 will be an excellent time to wrap up long-term projects you've been working on -- and also to be at peace with abandoning those you can't.

SAGITTARIUS (Nov. 22-Dec. 21): A bottle of Chateau Cheval Blanc wine from 1947 sold for \$304,000. Three bottles of Chateau Lafite-Rothschild 1869 went for \$233,000 apiece. The mystique about aged wine provokes crazy behavior like that. But here's a more mundane fact: Most wine deteriorates with age, and should be sold within a few years of being bottled. I'm thinking about these things as I meditate on your long-term future, Sagittarius. My guess is that your current labor of love will reach full maturity in the next 18 to 20 months. This will be a time to bring all your concentration and ingenuity to bear on making it as good as it can be. By September of 2017, you will have ripened it as much as it can be ripened.

CAPRICORN (Dec. 22-Jan. 19): In her poem "Tree," California poet Jane Hirshfield speaks of a young redwood tree that's positioned next to a house. Watch out! It grows fast -- as much as three feet per year. "Already the first branch-tips brush at the window," Hirshfield writes. "Softly, calmly, immensity taps at your life." I suspect this will be an apt metaphor for you in 2016. The expansion and proliferation you have witnessed these past few months are likely to intensify. That's mostly good, but may also require adjustments. How will you respond as immensity taps at your life?

AQUARIUS (Jan. 20-Feb. 18): Centuries ago, lettuce was a bitter, prickly weed that no one ate. But ancient Egyptians guessed its potential, and used selective breeding to gradually convert it into a tasty food. I see 2016 as a time when you could have a comparable success. Look around at your life, and identify weed-like things that could, through your transformative magic, be turned into valuable assets. The process may take longer than a year, but you can set in motion an unstoppable momentum that will ensure success.

PISCES (Feb. 19-March 20): Imagine that a beloved elder has been writing down your life story in the form of a fairy tale. Your adventures aren't rendered literally, as your waking mind might describe them, but rather through dream-like scenes that have symbolic resonance. With this as our template, I'll predict a key plot development of 2016: You will grow increasingly curious about a "forbidden" door -- a door you have always believed should not be opened. Your inquisitiveness will reach such an intensity that you will consider locating the key for that door. If it's not available, you may even think about breaking down the door. 

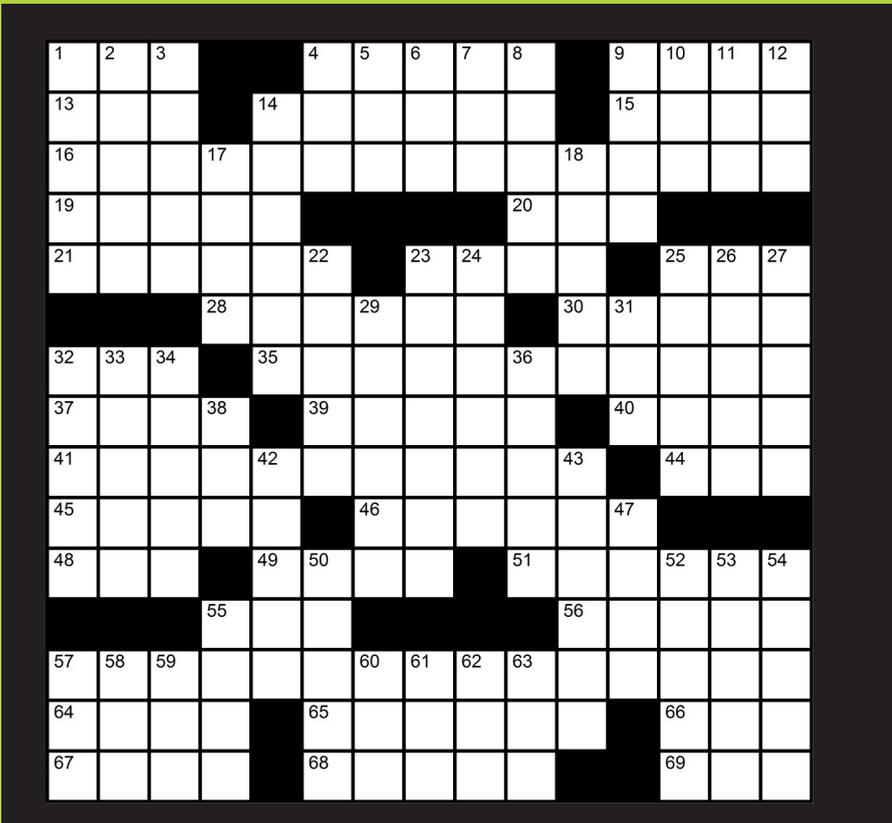
Homework:

Write a one-page essay entitled "2016 Is the Year I Figure Out What I Really Want."

Rob Breznsky - Free Will Astrology
freewillastrology@freewillastrology.com

LETTER CHOP

"MIDDLE C"--NO NEED FOR PIANO LESSONS HERE. - MATT JONES



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Across

- 1 Clearwater's st.
- 4 The beginning of greatness?
- 9 Those other guys
- 13 Account exec
- 14 Copenhagen amusement park
- 15 Fully grown
- 16 Why I have to drive close to see what's on your rear window?
- 19 Script on a tablet?
- 20 Hardly hard
- 21 "I Love Lucy" production company
- 23 "Our National Parks" author John
- 25 Cookout cut
- 28 Nissan, way back when
- 30 Fight stopper
- 32 Caps Lock neighbor
- 35 Indifferent travel slogan for a Bolivian capital?
- 37 Fix errata
- 39 Pay increase
- 40 Eternities
- 41 Guy with a self-referential Renault 5?
- 44 Discouraging word
- 45 Pertaining to the eye
- 46 Short-billed shorebird
- 48 "Ultimate" degree
- 49 Kick out of a club
- 51 And others, in Latin
- 55 "Even *I* knew that!"
- 56 "Darby ___ and the Little People" (1959 Disney film)
- 57 Give the recent harvest report in a few words?
- 64 Bad sign
- 65 Difficult trial
- 66 "Falcon Crest" actress ___ Alicia
- 67 The "sun" in "sunny side up"
- 68 Beat the heck out of
- 69 Utter

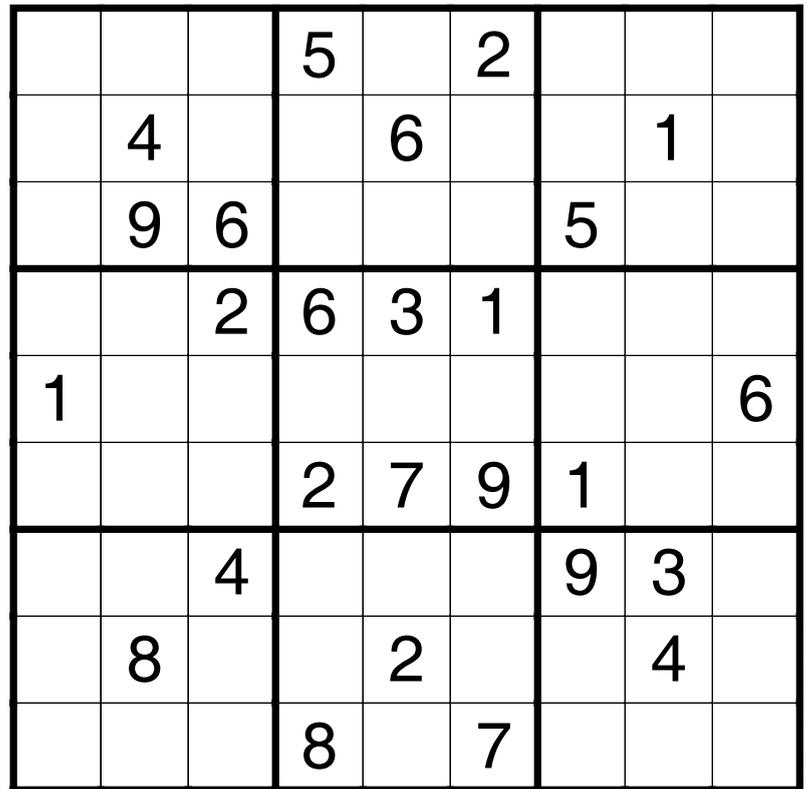
Down

- 1 Served like some green tomatoes
- 2 Leave alone
- 3 Lhasa ___ (Tibetan dogs)
- 4 Blackjack decision

- 5 "Mogambo" actress Gardner
- 6 Comedian Riddle
- 7 551, in film credits (if films had been around then)
- 8 Affleck film that earned a 2003 Razzie
- 9 "Jurassic Park" predator, for short
- 10 Sound that deserves a scare, maybe
- 11 Clean Air Act org.
- 12 Blanc who voiced the Tasmanian Devil
- 14 Gertrude Stein's "The Autobiography of Alice B. ___"
- 17 Old Domino's Pizza spokescreature
- 18 Traitor Vader
- 22 180
- 23 "___ Wedding" (1994 sleeper hit starring Toni Collette)
- 24 World Heritage Site org.
- 25 Talk and talk and talk
- 26 "I Love It" duo ___ Pop
- 27 Ross of flag fame
- 29 Resells at a jacked-up price
- 31 Dark deli loaf
- 32 Carpentry joint component
- 33 Become a parent, perhaps
- 34 Nascence
- 36 Salon extension
- 38 "Spare me the details"
- 42 Be a brat
- 43 Install new machinery
- 47 "Rich & Meaty" brand
- 50 "I'm amazed!"
- 52 Ling and Loeb, for two
- 53 Actress Massey of "Frankenstein Meets the Wolf Man"
- 54 Forever, in poetry
- 55 Like a medieval dungeon
- 57 ___ G. Biv
- 58 Genre for Fall Out Boy
- 59 "Pinocchio" keepsake
- 60 Buckingham Palace letters
- 61 Commotion
- 62 President pro ___
- 63 Puppy sound

SUDOKU

NO. 135 - EASY



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Previous solution - Medium

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

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

For many strategies, hints and tips, visit www.sudokuwiki.org

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