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REBOUND!**

NEWS

**2016 LEGISLATIVE
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FOOD

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NEWS

The recent 2016 session of the Oregon state legislature recently wrapped up. What happened? We have your talking points on new laws concerning gun control, global warming, affordable housing and whether the Newfoundland should be the official state dog.



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Two decades ago, Eugene-based Cherry Poppin' Daddies whipped off their two million selling song "Zoot Suit Riot" in one take. But swing is just the tip of their musical iceberg. And we know you want more than just the tip.



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Who's cutting the cheese? Well, about two dozen artisan cheesemakers from around the state, at the 12th Annual Oregon Cheese Festival at the Rogue Valley Creamery on Saturday, March 19.



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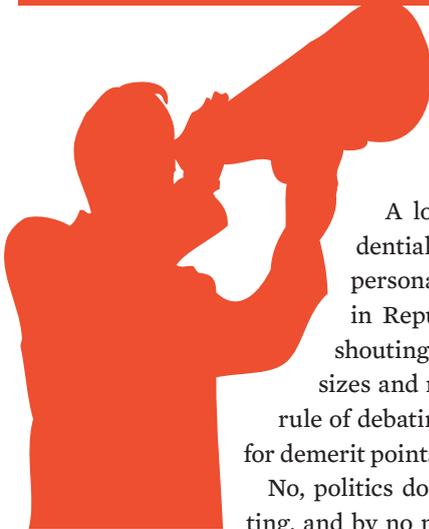


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DON'T SHOOT THE MESSENGER



Clean Politics

A lot of media attention in the national presidential race has been paid to the petty insults and personal jabs. The rancor has been most pronounced in Republican debates, which have atrophied into shouting matches, with candidates insulting hand sizes and manhood—and, ultimately, violating the first rule of debating, which is that personal attacks only count for demerit points.

No, politics does not need to be polite. It can be hard-hitting, and by no means do we believe that politics should not be about vociferously advocating for one's beliefs. Yes, competition is exciting (go March Madness!), but competition does not need to mean divisiveness; it also can be respectful. One side certainly can lobby for its ideas, but democracy works best when that advocacy is underscored by a respect that an opponent may believe as fervently about his or her own ideas.

In fact, during the past several months, politics in Oregon have had several real-life case-studies about how politics can and should operate. Most pointedly, the 2016 Oregon legislative session had many highlights (see, News, page 6 for a roundup of the latest session), including two forward-thinking new policies in the state.

As reported in our last edition, the Clean Electricity and Coal Transition Bill was moving towards approval by the Oregon legislature. That bill, first introduced as House Bill 4036, eliminates coal-based energy sources by 2040 and mandates half of the state's electricity will be generated from renewable sources like solar and wind. After press time for our last issue, but before the legislative session concluded, the Senate also approved the bill and took a substantive step towards reducing carbon emissions in the state. (Hooray!)

While lawmakers deserve kudos for passing the pioneering bill, the actual politics behind the bill are also important to recognize: That is, if the lawmakers had failed to pass the bill, advocates like Renew Oregon were waiting in the wings to submit a voter initiative for the November election. For sure, that type of politics—holding politician accountable, and holding a hammer over their heads—is playing hard ball, but we don't fault our athletes for playing hard, why should we fault our politically-engaged residents for doing the same, as long as they play fairly.

Likewise, Governor Kate Brown has received a lot of attention for signing into law a plan that will increase the minimum wage in Oregon over the next several years. That policy change also was motivated by advocates playing hard ball: Had the governor failed to act on the controversial measure, organizations like Oregon 15 Now were already gathering signatures to place the matter on the November ballot and with more aggressive terms than what Gov. Brown ultimately signed into law.

Yes, pushing such laws and policies is gamesmanship, and it is politics, but it is clean politics and it is democracy in noble action.

Outside of the state capitol, last week also saw another victory for democracy—and for the environmentalist of southern Oregon—and another victory that was brought about by stubborn, determined citizens. For months, activists and residents have been protesting against the Jordan Cove Liquefied Natural Gas (LNG) Export Terminal and Pacific Connector, a pipeline that would have cut across miles of rivers and streams and farmland in southern Oregon and posed environmental dangers on the Oregon coast.

Over the past year, residents have walked the length of the proposed pipeline to raise awareness about the potential social and environmental harms and have packed hearing rooms.

Last week, the Federal Energy Regulatory Commission denied the permit necessary to build the pipeline. Whether the grassroots activism affected that decision was not noted in the FEC decision, but the permit denial plainly stated, "The proposed Jordan Cove LNG Terminal can provide no benefit to the public to counterbalance any of the impacts which would be associated with its construction."

However sliced, that is a victory—and that is a victory brought about by unflinching advocacy.

Congratulations to all of the advocates and citizen advocates. 

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

RE.: ROGUE SOUND

The Legendary Goodtimes are a great band I thoroughly enjoy recording! Buy this CD album, you will love it. Just one correction, the band recorded their two albums with Mark Thomas Johnson at Bluejay Productions in Jacksonville, Oregon.

RE.: DINING GUIDE

Just like to submit a correction/complaint. In your latest restaurant guide you seemingly exhaustively list all the "restaurants" around, from decidedly good (Smithfields, Sammich) to decidedly not (Oberon's, Rocky Tonk). Do you guys publish letters to the editor or ever think about polling locals online? You guys left out some of the quintessential Ashland eateries (Beasy, Happy Bowl) as well as the most popular and local-loving places in town (La Tap, Martoli's—for Gods sake!). Ashland doesn't have much going for it but it does take pride in its food; it'd be cool to see you guys brag a little more objectively about the best places rather than a little bit about a bunch of mediocre ones (Rocky Tonk?? Really??). Just an idea, from on (sic) journalist and southern Oregonian to another. Otherwise love your guys' publication. Cheers!

- JD Anderson

RE.: WATER QUALITY

The huge methane leak in Porter Ranch California and toxic water in Flint, Michigan are two faces of one problem. Thoughtless actions of malfeasance by both industry and government, fueled by profit motive with little sense of consequence have led us to an untenable future.

The naysayers have finally lost ground publicly as more and more proof of climate change comes to the forefront. Even today the oil and gas industry, and political cronies alike misinform the public, attack climate activists, and control large swaths of government.

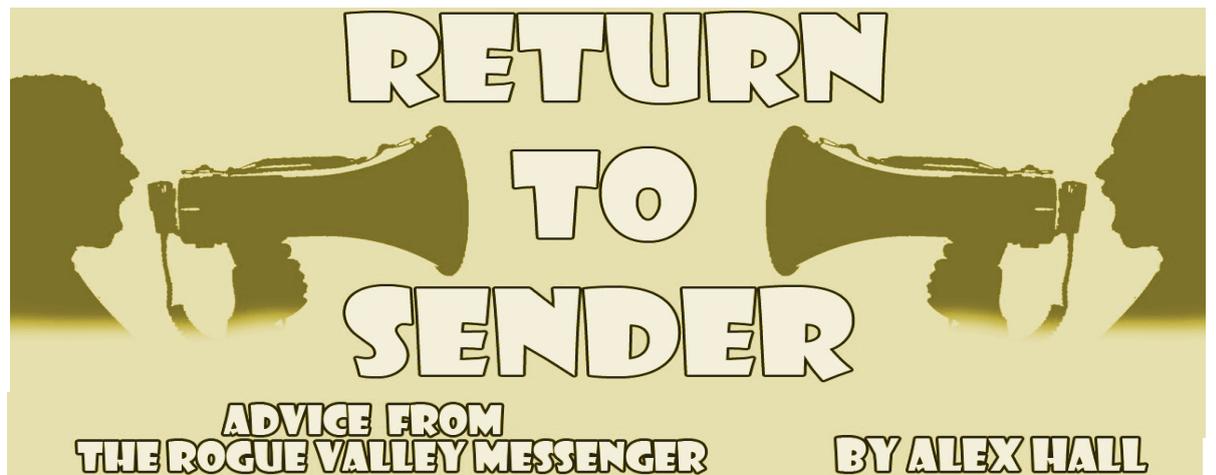
Corporate and government negligence with aging Infrastructure put us all at risk. There are many thousand active and 'sealed' oil and natural gas wells destined to fail in the U.S. alone! Global water reserves will be affected without drastic action. This is not an exaggeration. All wells are destined to fail eventually according to oil industry scientists.

If we do not greatly reduce greenhouse gases soon, and act to protect the environment, Mankind itself may well perish.

Let us not have man's epitaph be that "Hubris and Greed Sealed their Fate."

Please support Healthy Climate legislation and education in Oregon and worldwide.

- Douglas Peterson



Hey Messenger: I just had a question after I have been doing some small kine research...

Do you think with all the science we are provided by NASA that the Earth can and is scientifically a round sphere spinning 1000 mph? Why or why not?

Aloha!

- Jerry Burger

Hello Mr. Burger: "Small kine" research, huh? Proves you aren't just saying "aloha" to be cute. I didn't know we had any Hawaiians reading the Messenger. Anyway, evidence from NASA is not even necessary to show us the Earth is in fact a globe. People were able to figure this out more than 2,000 years ago using some pretty damn basic geometry and even more basic visual observations. Believing the world is anything BUT a globe takes some serious mental gymnastics.

Occam's razor is a problem-solving principle and tool gifted to us in the 13th century by a logic-loving friar. It basically states that the simplest answer is typically the best. Let me clarify. In situations involving scientific inquiry, "simple" means involving a minimal amount of steps, premises, assumptions, or demonstrations. To bring this back to the question, Flat Earthers have to rely on a bunch of ad hoc explanations and assumptions to make anything they say make sense, colloquially known as mental gymnastics. Other than being a key feature of every conspiracy theory ever, this is also a sure sign of someone bullshitting you, in ALL contexts. Apply Occam's razor to your life, today!

Hey Messenger: So my girlfriend of three years doesn't trust me. She checks my phone and reads my

texts. I'm also pretty sure she reads my Facebook, but there is nothing there to read. At least nothing incriminating. Does this mean she doesn't really care about me, love me, etc? I have checked her phone like once, only to see what the appeal is. I just don't get it.

Hello Sir or Madam: This has nothing to do with love. The things you described are common behaviors of people who score highly in the trait of Neuroticism. Neuroticism is characterized by depressiveness, anxiety, fear, worry, and general emotional instability. Stress is often not handled well by the neurotic individual. There is even evidence of a physiological response difference to stress (compared to those who score low on it), such as elevated heart rates, perspiration, and faster breathing. This is simply a personality trait; it is not inherently pathological. Research also indicates it can be a risk factor for mood or anxiety disorders.

If you want to make the situation better, you can give her more reasons to feel safe. You are not, of course, obligated to do so, but if you love her, you might want to try. Being an open book is your best bet when it comes to loving a neurotic partner. If you've already been doing this, then you may want to have a face-to-face discussion, preferably with a mediator/counselor present. There may be a concrete reason for the snoopy behavior that you are not aware of. Alternatively, she may actually have a problem and need medication or therapy. Either way, you should get an expert involved who will be able to suss out which it is. So to sum up, she 1) is simply neurotic, 2) has a reason you don't know about or aren't admitting, or 3) has a mood disorder. 🍷

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NEWS

Your 2016 Session

Sorting through the wreckage of the state legislature's in-between session

BY PHIL BUSSE

For decades, Oregon held a bi-annual legislature, with lawmakers meeting every other year instead of staying constantly in business like California and, well, most states; it was a quaint holdover from colonial days and perhaps an indicator that sleepy Oregon just didn't have enough legislative business to occupy a full-time docket.

But six years ago, the Oregon legislature put on its big boy pants, changed that rhythm and held its first between-years session, a 35 day gathering of state senators and representatives primarily intended to manage any housekeeping that happened to arise between the every-other-year session and to not let the dust fully settle on the capital building between sessions.

But with the recent 2016 session, which wrapped up in early March, the seams were ripped open on that concept of limiting the every-other-year session to basic housekeeping matters as activists pressured the governor and legislature to take up more pressing matters and greatly expanded the agenda to issues like gun control, student debt, global warming, affordable housing and whether the Newfoundland should be the official state dog.

Because this latest session happened as quick as a tornado whipping through a trailer park, *the Messenger* is happy to provide some forensic exploration about what happened over the several weeks in Salem—and offer some talking points so that our readers can sound informed and up-to-date with the comings-and-gone from the latest session.

Chiefly, minimum wage and carbon were the two biggest elephants in the room (note the ironic use of the term, as the Republicans were hardly a presence in the latest session, as the GOP occupied a minority position). With activists threatening to file ballot measures for both issues, the governor and legislature were forced to either consider the matters on their own terms or accept potentially more dramatic measures at the ballot box in November. In both insistences, that tactic seemed to served well as Governor Kate Brown quickly signed into law a three-tiered increase, ratcheting up wages in the Portland-area to \$14.75 an hour by 2022 in Portland, and \$13.50 and \$12.50 in other areas of the state.

As well, another threatened ballot initiative to mandate carbon emission reductions forced lawmakers hands, with the ultimate passage of the Clean Electricity and Coal Transition Bill. (For more detailed coverage of the bill, check out our last issue.)

But it was not all wins for environmental matters, as a companion bill, the Healthy Climate Bill, which intended to create “a market-based carbon reduction system,” failed. (In the “stalemate” column for the environmental category: Senate Bill 1557 was introduced to ratify the Oregon Department of Fish and Wildlife decision to remove the state's 85 gray wolves from the endangered species list; that bill failed to receive a vote, leaving the wolves' vulnerable status untouched.)

Just as the short session allowed for fast-tracking certain issues and agenda, it also had a limiting effect on other thorny matters, like public safety and gun control. The short session simply did not allow enough time for full consideration of several controversial bills. For example, a measure to allow police officers involved in fatal shootings to petition a judge to shield their identities passed the House, but it failed to reach a vote in the Senate.

Similarly, a bill to lengthen the amount of time the state police had to do a criminal background check for gun purchasers before the sale is approved automatically did not have enough time for a full vote. That bill, in particular, was tied to one of the recent mass shootings—and concerns that guns were being sold to persons with severe mental health issues. A year ago, a white supremacist killed nine churchgoers at a Bible study in Charleston, South Caroline. In that shooting, it was discovered that the shooter had legally purchased a .45-caliber handgun even though a background check on him was not completed. Oregon House Bill 4147, sponsored by Majority Leader Jennifer Williamson (D-Portland), would have closed what is known as “the Charleston loophole,” as currently a handgun may be purchased three days after paperwork for a background check is filed, even if the background check isn't completed and even though the turnaround time for a background check is closer to 42 days. Although supported in the House, that bill failed to have a full vote.

The legislature also took advantage of the between-years session to manage some pressing issues, like af-

fordable housing and foster care. With rental prices soaring around the state—up more than 60 percent in the past decade, while median income only has risen 40 percent—lawmakers have been trying to pump the brakes on real estate prices. For the past three sessions, legislators have tried to overturn the state's ban on “inclusionary zoning” (only one of two in the country). With Senate Bill 1533, they finally managed to provide local jurisdictions the opportunity to require developers to include a certain number of affordable housing units in new projects.

But, in the same session, lawmakers also passed SB 1565, which accommodates developers by providing a five-year tax break for any new industrial property costing \$1 million (but less than \$25 million). Originally proposed in 2015 to exempt the new Willamette Valley Vineyards tasting room, the bill was colloquially known as the “subsidized wine” bill.

As well, defining marijuana laws was also a top order for the last legislative session.

State Rep. Tobias Read (D-Beaverton), who's running for state treasurer, introduced a bill to exempt from state laws financial institutions (namely, banks) that provide services to marijuana producers, processors, wholesalers, retailers and researchers. That bill passed—and helps clarify what role banks can play in the marijuana business. A bill specifying that recreational marijuana retailers would not be allowed to collect sales tax from medical marijuana card holders, however, did not receive a vote.

Another big item on the agenda was tightening oversight and regulations for foster care in the state. With alarmingly high rates of foster care placement in Oregon (about 50 percent above the national average), and some recent alleged abuses, Sen. Sara Gelsler (D-Corvallis) introduced SB 1515, which was nothing less than an overhaul of the Department of Human Services, which funds and regulates foster care; the bill creates higher standards for licensing and certifying foster care providers. The so-called Children's Safety and Dignity Bill sailed unanimously through both chambers, showing that none of the elected are actively—or at least publicly—against protecting children.

And, oh right, perhaps the biggest party pooper of the session: HB 4140 passed, and bars the release of sky lanterns, with the risk of a \$2000 fine. Yeah, kill joys!

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FEATURE

Who Speaks For Bear Creek?

The region's most defining waterway is waiting for and wanting help

BY PHIL BUSSE, WITH REPORTING BY RYAN DEGAN



PHOTO CREDIT: RYAN DEGAN

“I think people are aware that Bear Creek has problems, but I think there is a less clear understanding of how to halt the damage and repair the Rogue River’s most urban waterway.”
- Forrest English, Rogue Rivekeepers,

Bear Creek is not a swimming hole. In the simplest terms, it is a dirty, polluted river.

During summer months, those brave—or foolish, stupid or ignorant—enough to jump into the waterway that stretches through the Rogue Valley complain about rashes, and although some native wildlife and salmon are returning to the area, it is a mere fraction of what would constitute a normal or healthy population. Water temperatures are too high to foster healthy salmon populations, and DEQ tests have shown bacteria levels disturbingly out-of-whack.

That Bear Creek is so polluted is both an environmental tragedy and a community shame: The waterway suffers from a double-whammie of vulnerabilities; it flows through the most populated areas in the region and also suffers because feeder streams pull fertilizer runoff and cow poop from farmers’ fields. Over the past decade, there certainly have been efforts here and there, now and then, for various cleanup efforts—and the water quality has improved, but only slightly, from “very poor” (the state’s Department of Quality worst rating) to “poor” (the next to worst rating); bacteria levels remain high, the creek is too warm and the amount of oxygen is below desired levels.

A greenway has been established, with walking and

biking trails trying to bring bikers and joggers to the area in the hope of revitalizing interest, but homeless camps also have nestled into many of those areas, scaring away many families, and police play a cat-and-mouse game with the encampments.

“I think people are aware that Bear Creek has problems,” says Forrest English, “but I think there is a less clear understanding of how to halt the damage and repair the Rogue River’s most urban waterway.” English is the Program Director for Rogue Riverkeepers. “Within just the last five years,” he continues, “I think we’re looking at small incremental change,” not an assessment necessarily providing a wellspring of hope and also leaving the lingering questions: Should, can and will we do more to clean up and protect Bear Creek?

Slung between Mt Ashland and the confluence with the Rogue River, there is perhaps no greater natural feature critical to the history of southern Oregon than Bear Creek, yet its more recent history has been one of abuse and neglect; what was once attractive is now lined with trailer parks and polluted to unsafe levels.

In the centuries before white settlers came to the area, Takelmas, the Latgawas and Shastas tribes thrived here, supported by fertile soil and riverways chuck full of salmon and supporting deer and elk. In the 1850s, with

somewhat cruel irony, white settlers were drawn to the area for many of those very attributes—and forced out native populations; the 30 mile-long waterway was first renamed Stewart’s Creek for an officer killed and buried near the waterways’ banks. A few years later, the stream was renamed after a near-fatal fight between a settler and grizzly bear (no, not the origins for *The Revenant*, but likely an equally bloody affair as Leonardo being mauled on screen).

Not coincidentally, the primary cities and towns of the region—Ashland, Talent, Phoenix, Medford and Central Point—sprung up along Bear Creek’s pathway, with Medford pulling its drinking water from the creek during the city’s first few years; and, in the 1860s, the Oregon & California Railroad set its first route, running largely along the same pathway as the creek, a transportation corridor that later traced the basic pathway for Interstate 5. Again, ironically, those origins are also the underpinnings for the stream’s current vulnerability: The proximity to urban areas places Bear Creek susceptible to sewage and garbage, not to mention a busy interstate running its length spewing toxins and oils. Moreover, the multitude of cities and towns frustrate efforts for cleanups, as it has proven as slippery coordinating all the municipalities to act in accordance as solving a Rubik’s Cube.

FEATURE



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PHOTO CREDIT: RYAN DEGAN

That is not to say that cleanup and protection efforts have not been nearly as long as the history of Bear Creek: In 1889, Jackson County recognized Bear Creek's unique importance to the region and raised \$500 through a tax on bicycles (yes, bicycles) to build parks and pathways along the waterway. But like many more recent efforts to protect Bear Creek, efforts came up short and that greenway was not established until 1973 when the Bear Creek Greenway finally began to take shape; yet, in the intervening decades, the waterway fell into misuse and disuse.

For the first two-thirds of the twentieth century, sewage systems in Phoenix, Talent, Medford and Jacksonville were leaky; raw sewage bypassed treatment facilities and flowed directly into streams, and the local chapter of the American Medical Association repeatedly warned that the area was primed for a health epidemic. In 1968, the state ordered a system overhaul and repair—to which the Rogue Valley Sewer Services (RVSS) has responded heroically, measures recognized by the Environmental Protection Agency in 2008 by noting that the RVSS was the best managed storm water quality program in the country.

Those efforts are enviable, but they also are only one piece in a messy puzzle.

In 1998, the DEQ added 26.3 miles of Bear Creek and some of its tributaries to its list of "impaired waters" in Oregon. One of the most insidious pollutants is phosphorus, which spurs on algae growth and can choke a river; 80 percent of the phosphorus is non-specific point pollutants from the Ashland area, most likely meaning wash-off from lawns.

In the past 15 years, some \$40 million spent "water quality improvements" and there have been noted improvements, but the waterway remains "impaired" and none of the city officials interviewed for this article expressed a keen sense of urgency for Bear Creek.

There are a smattering of efforts seem to cleanup Bear Creek, but none of them whole-scale changes—and many of them seem to be more intention than execution. For example, on their website, Salmon Drift Watershed Council points to a 2009 report noting the limiting factors—lack of shade, warm water—for proper salmon spawning, and a year later implemented a small-scale restoration process. The website also notes plans for another restoration for the summer of 2012, but has no further updates.

FEATURE

Likewise, the City of Medford hosts a webpage nobly outlining why and how to protect riverways, but the actual link to Beak Creek provides a 404-broken link message. The Rogue Valley Council of Governments has dedicated staff and resources towards Bear Creek, but their information and sense of urgency also seems lackadaisical. The introductory page for the primary restoration project explains the threats to the waterway, and explains that “work started in the fall of 2014,” troublingly explaining “(t)he first task will focus on removing blackberries by using herbicides.” While important to remove invasive species, the use of herbicides in the vicinity of the river seems worrisome. Moreover, the outline for the restoration project continues, explaining what will happen in 2015, but the posting has no more recent updates.

Another section of the website for the Rogue Council of Governments talks about plans to manage storm water that “were developed and implemented over a 5-year period from 2005 through 2010.” The site goes on to explain, “(p)lans for implementation over the next 5 years are currently be (sic) developed for review and approval by DEQ,” and “(n)ew plans and program changes are anticipated in 2013-2014.” On another page of the site, it lists the current year as July 1, 2014 through June 30, 2015, with nothing more than a smattering of meetings.

The upshot seems to be that in spite of all good intentions, meaningful cleanup, restoration and protection of Bear Creek is herky jerky.

Yet, that said, credit is due where it is deserved and progress does seem to be made, slowly and perhaps surely.

Craig Tuss, a Natural Resource Project Manager with Rogue Valley Council of Governments has helped coordinate restoration efforts in Medford, pulling out invasive species on 50 acres and planting native species, in

part to help provide more shade and cool the river, which makes the stream more hospitable for wildlife, and also simply to make the space more attractive to residents. And, what efforts are happening are inspiring other measures to cleanup and protect Bear Creek. He notes “lots of random acts of kindness.” (Unfortunately, there also have been acts of vandalism, like in December 2014,



PHOTO CREDIT: RYAN DEGAN

some 50 plants and shrubs that had been planted as part of the Medford Riparian Planting Project in the vicinity of McAndrews Road were pulled and cut out.)

Yet, just as the apathy and misuse for decades suffered from inertia, the cleanup efforts do seem to be slowly gaining momentum. In particular, Tuss points out the Rogue Valley Mall took notice of the recent cleanup efforts in Medford, and started to do its own, as well as installing rain swills which collect rainwater and runoff, essentially serving as filters before water from parking lots washing into the river and mitigate heinous pollut-

ants like gas and oil runoff.

“We’ve started the process,” says Tuss, “and we’ve seen good results so far, but the real test about how well we do is ten years from now is it still a nice area.”

He goes on to explain that the cleanup efforts are important, but ensuring long-term success requires a shift in mindset. “The tough thing is that for so long is people have been using Bear Creek as a place to throw things into. We’re trying to work with the community to change that paradigm; getting them to see Bear Creek has a lot to offer.”

He points out that most businesses and houses in the region face away from the waterway, like family members turning their backs on an aging and sick relative. “That’s another indication its not in people’s minds.” He adds, “It’s a tragedy in the commons,” he says.

“By making the area park-like and attractive, more people will start using the greenway,” he continues. “They will look at it as a place to have a picnic, rather than a place to avoid.”

And, that positive interaction is what leads to a sense of stewardship. “Getting families out and actually investing some of their time in the Bear Creek area is how we get that paradigm shifted,” Tuss says, “from taking Bear Creek for granted to taking an interest in Bear Creek.”

On Saturday, April 23, the Rogue Valley Council of Governments hosts a Bear Creek stewardship day, with a litter and vandalism abatement efforts. 9 am – noon, along Bear Creek Greenway in Medford. Last year, 120 volunteers picked up two tons of trash and debris during two such efforts. 🚫

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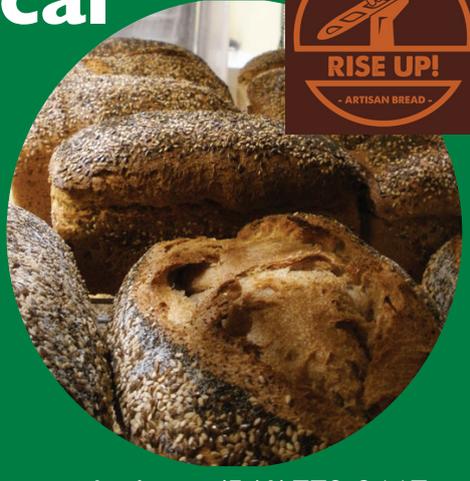
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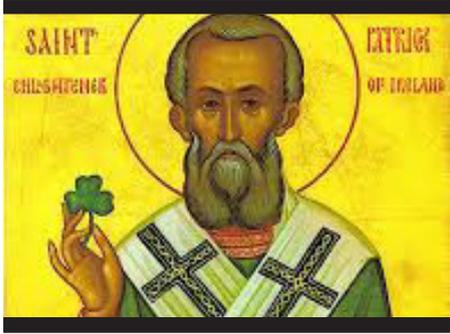
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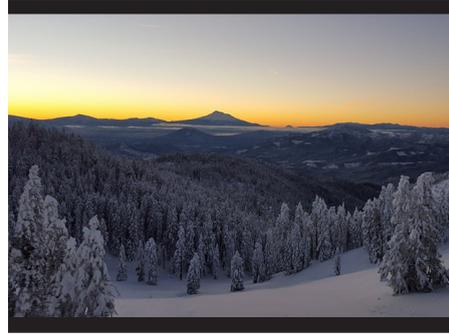
OUR *Picks*



thurs 17
St. Patrick's Day
HOLIDAY—Aye, it's that time of year again. Put on your very best green sweater, grab a few friends, gobble down some corned beef or seek out a four-leaf clover (the odds are 1 in 10,000). Pretty sure chances for green beer, though, is at 4 Daughters Irish Pub. 126 E Main, Medford.



fri 18
Chili Cook Off
CHILI—With March still drizzly and rainy, a warm, tasty bowl of chili is just the thing to take the cold edge off. Better yet, try a bite of every pot of chili and vote for the best! Complete with cornbread. Proceeds benefit the CJ Farmers' Market and the radio station, KXCJ. 6 - 9 pm. Kerby Belt Building, 24353 Redwood Highway, Kerby. \$5 - \$15.



sat 19
Mt. Ashland Snowshoe Hike
HIKE—Brave the snow while we still have it with KS Wild Development Director Michael Dotson. Trek to the top of Mt. Ashland and bask in the panoramic view. BYOGear or enjoy a special half off snowshoe rental at Get'n Gear in Ashland on that Saturday. 10 am - 3 pm. Carpool available at Northwest Nature Shop, 154 Oak Street, Ashland.



sat 19
Jay Owenhouse
ILLUSION—The live version of "now you see me; now you don't." Jay Owenhouse has been wowing crowds with his sleight of hand and mind-bending tricks since he was a young boy. Now, his kids are grown and have joined him on stage. It would seem that illusion runs in the family. 4 & 8 pm. Craterian Theater, 23 S. Central Avenue, Medford. \$29 - \$69.



sat 19
An Equinox with Cornflower
MUSIC—Cornflower gives the traditional one-man-band a run for his money. Not to mention those Pitch Perfect divas. Using song, beat-boxing, live-looping and "vocal instrumentation," Cornflower seeks to inspire and teach through his musical creations, uplifting people to find their purpose and work together. Show up willing, leave inspired. 7 pm. The Haven, 1970 Ashland Street, Ashland. \$15 - \$25.



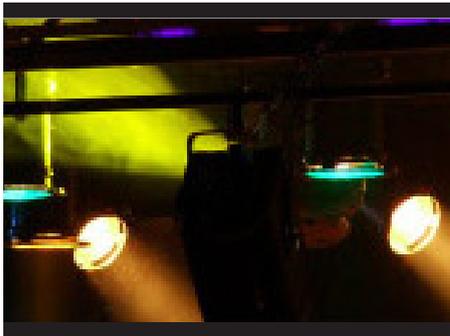
sun 20
James Otto
MUSIC—Known for the #1 Billboard Song of the Year in 2008 "Just Got Started Lovin' You," James Otto's smooth twang is sure to incite some cowboy boot dancing—a staple at the Rocky Tonk. Opening for Otto is 15-year-old singer/songwriter Brenna Beatty with special guest musician Jim Friend. 6 pm. Rocky Tonk Saloon and Grill, 333 E. Main Street, Medford. \$12.



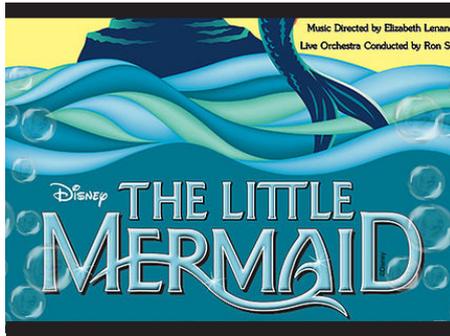
mon 21
Being Selfish
READING—After searching the world for fulfillment, author Sarah Marshank settled on being a monk for her ultimate career. In her book Being Selfish: My Journey from Escort to Monk to Grandmother, she chronicles her wayward path leading to rural Oregon, where she finally found true meaning and peace. 7 pm. Bloomsbury Books, 290 E. Main Street, Ashland.



wed 23
Pimps of Joytime
MUSIC—Pimps of Joytime is one of those rare band names that truly describes the sound of their music. One moment of blues can explode into EDM and flow back again, keeping the audience mesmerized, hanging on every note. POJ will be joined by Marv Ellis and WE Tribe. 8:30 pm. Historic Ashland Armory, 208 Oak Street, Ashland. \$15, advance. \$20, day of show.



fri 25—sun 27
Ashland New Plays Festival
PLAYS—For a town that loves its old/classic plays (ahem, Shakespeare), Ashland also prides itself in its new plays. The three winning plays from the Women's Invitational will be performed: "Cost of Living" by Martyna Majok, "Hannah and the Dread Gazebo" by Jiehae Park and "King of the Yees" by Lauren Yee. 1:30 and 7:30 pm. SOU Music Recital Hall, 1250 Siskiyou Blvd, Ashland. \$18 - \$22.



fri 25—sun 3
The Little Mermaid
THEATRE—Since the original Disney rendition of The Little Mermaid hit the box office in the 90s, many have called a fork a "dinglehopper" ever since. Relive the magic of underwater teenage defiance and consumerism that unrealistically turns out happily ever after in the end. 2 and 7 pm. Grants Pass High School Performing Arts Center, 830 NE 9th Street, Grants Pass. \$8 - \$12.



sun 27
Easter
EASTER AND MORE THEATER—The annual Chamber of Commerce Easter Egg Hunt seems so well hidden this year that it may have just disappeared all together. Perhaps a new sense of discovery? The Ashland New Plays Festival Women's Invitational, three readings of three dynamic, yet-to-be-produced plays. 1:30 - 10 pm. SOU Recital Hall, South Mountain St., Ashland.



tues 29
Last Giant
MUSIC—Likening themselves to wild animals who are close to being extinct, Last Giant plays every song like it is their last. And they sure look like they are having a fun time. For example, their music video for their song "Captain My Captain" offers a comical parody featuring condiments. 9 pm. Johnny B's, 120 E Sixth Street, Medford.

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LIVE MUSIC *and Nightlife*

THURSDAY, MARCH 17, 2016

ASHLAND

KAT MAND - Belle Fiore Winery - 5:30 - 7:30 pm - No cover.

JOHN HOLLIS - Acoustic Guitar - Callahan's Mountain Lodge - 6 pm - No cover.

DAVID PINSKY & FRIENDS - The Wild Goose - 8 pm - No cover.

DART TOURNAMENT - The Black Sheep Pub & Restaurant - 7:30 pm - \$5.

OBEKE KARAOKE - Join Starbuck and sing your favorite songs - Oberon's Tavern - 9 pm - 21 and older - No cover.

GRANTS PASS

HARLEY BOURBON - St. Patrick's Day Party - The G Street Bar and Grill - 8 pm.

MEDFORD

DAVID OUELLETTE - Limestone Coffee - 9:30 am.

HUNTER & THE DIRTY JACKS - Rock/Blues - Howie's On Front - 8 to 11 pm - No cover.

DROP TANK - Johnny B's - 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, MARCH 18

ASHLAND

JOHN HOLLIS - Acoustic Guitar - Callahan's Mountain Lodge - 6 pm - No cover.

JEFF KLOETZEL - Pop, Rock, Blues and more - Belle Fiore Winery - 6 to 8 pm - No cover.

WELCOMING SPRING - A Palzewicz-Tutunov Piano Cello Concert - Including pieces by Beethoven, Dvorak and Popper, Davydov's "At the Fountain," plus a special arrangement of Beethoven's "Spring" sonata for the cello - \$25 at the door - 7:30 pm - Methodist Church, 175 N Main St.

KING ROY WING - La Baguette Bakery/Cafe - 8 to 10 pm - All ages.

KARAOKE WITH JOSH - The Wild Goose - 8:30 pm - No cover.

THE CHERRY POPPIN' DADDIES - Live at the Historic Ashland Armory - 8:30 pm - \$35 day of show - 21 and older.

GRANTS PASS

GAME NIGHT - Griess Family Brews - 7 to 10 pm.

HOT GOSSIP - 60s, 70s, 80s and 90s Tribute Rock Band - The G Street Bar & Grill - 8 pm.

JACKSONVILLE

UNCORKED - Music from 6 to 8 pm - Friday Sip n' Supper at South Stage Cellars - Wine Tasting from 1 - 5 pm for \$5 - Call for dinner reservations 541-899-9120.

KENTUCKY BLEND - Bella Union Restaurant and Saloon - 7 - 10 pm - No cover.

KERBY

RIVERSTARS - Dance performance at the Kerby Belt Bldg, a Chili Cook Off fundraiser for the Cave Junction Farmers Market and KXCJ-LP local radio - 6 pm - Make a \$5-\$20 donation to eat chili and vote for your favorites!

MEDFORD

DAVID OUELLETTE - Limestone Coffee - 9:30 am - No cover.

COMEDY NIGHT - Headliner: Mike Wally Walter / Opener: Lang Parker - Chadwicks Pub & Sports Bar - 9 pm - \$10.

THE ROGUE REBELLION / HARLEY BOURBON - Indie Rock / Americana - Howie's On Front - 9 pm until close - No cover.

ZACHARY KIBBEE & THE BRAVE ONES - Johnny B's - 9:30 pm - \$10 - 21 and older.

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

ROGUE RIVER

THE STAMPS - Robbie Lindauer, Robbie DaCosta, Anthony Cusenza, Frankie Hernandez - Cattlemen's - 9 pm.

SATURDAY, MARCH 19

ASHLAND

JEFFERSON STATE CHORAL COALITION

"Better World" - Don't miss this heart-felt musical offering that embraces the whole world. "Brothers and Sisters" is a rockin' opener written by Dr. Kirby Shaw that says it all: "Brothers and sisters and sisters and brothers, workin' together to make things right. Knowin' for sure there's a new day dawning, by sharing our love we can see the light." Other favorites include "Here Comes The Sun," and "Over The Rainbow," the one Judy

Garland made famous. SOU Music Recital Hall - Performances at 3 pm & 7:30 pm - \$10 Adults, \$5 Children & Students with ID.

OLD TIME JAM - El Nuevo Tapatio, 1633C Hwy 99 - 3:30 to 6 pm - No cover.

LADIES NIGHT - Swing Tree Brewery - 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.



MARCH 23 - BLUE LOTUS - THE APPLGATE LODGE 9 PM

DAN FELLMAN WITH STOLEN MOMENTS - Dan Fellman on guitar, Conny Lindley on vocals and guitar, and Walter Lindley on upright bass - Belle Fiore Winery - 6 - 8 pm - No cover.

AN EQUINOX WITH CORNFLOWER - Join together and celebrate the return of the Equinox through an intimate evening of music, community and dance - The Haven - Doors open at 6:30 pm - Concert from 7 to 10 pm - \$15 Adv / \$20 at the door, reserved seating add \$5.

SUB-RHYTHMS OF THE PARALLEL UNIVERSE - Debut Album Release: Elemental - The Jackson WellSprings - 7 to 10 pm - \$10-\$15 donation.

THE BROTHERS REED - 2nd Album Release:

Believe!" at The Craterian Theater - Performances at 4 pm & 8 pm - \$29-\$39, VIP \$69.

COMEDY NIGHT - Headliner: Mike Wally Walter / Opener: Lang Parker - Chadwicks Pub & Sports Bar - 9 pm - \$10.

HANK SHREVE BAND - Blues - Howie's On Front - 9 pm until close - No cover.

LA FIN ABSOLUTE DU MONDE - The Bamboo Room at King Wah's, 1182 Court Street - 9 pm.

RAY GOREN - Johnny B's - 9 pm.

Show starts at 6 pm.

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

PHOENIX

LYME IS LAME BENEFIT CONCERT - Come support Christin in her fight against Lyme Disease, every little bit helps! This show is all ages, bring the family - Listen to Patrick McEntire, Michael Szczesniak, and Blender featuring Keenan Danger Pruet, Jared Gutridge, and Bryan Hills-Oliver - \$7 suggested donation at the door - The Phoenix Clubhouse - 3 to 7 pm.

MONDAY, MARCH 21

ASHLAND

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

MARIJUANA KILLED MARC / THE JUNIPER BERRIES / SCOTT GARRIOTT - Oberon's Tavern - 6 pm.

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

WILD GOOSE CHASE - Folk / Rock / Country - The Wild Goose - 8 pm - No cover.

ROBBIE DACOSTA - Mondays at Smithfield's Pub & Pies - 8:30 pm.

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, MARCH 22

ASHLAND

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

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

JEFF FRETWELL BAND - The Wild Goose - 8 pm - No cover.

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

GRANTS PASS

LOREENA MCKENNITT - Canadian musician, composer, harpist, accordionist and pianist who writes, records and performs world music with Celtic and Middle Eastern themes - The Rogue Theatre - 7:30 pm - \$45-\$55 - 21 and older.

MEDFORD

DOWNTOWN BLUES ASSOCIATION - Howie's On Front - 6 to 9 pm - No cover.

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

WEDNESDAY, MARCH 23

APPLGATE

BLUE LOTUS - "Rooted in Rock and Blues, and experimenting with elements of Bluegrass, Jazz and Funk, the band fuses styles to create a high energy, fun and danceable melodic hybrid" - The Applegate Lodge - Doors 8 pm - Show 9 pm - \$10 Adv.

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.

THE PURIM OF BROADWAY - Annual Purim Shpiel at The Havurah, filled with slightly altered versions of some of your favorite Broadway tunes - Come in costume! Come to laugh! 6:30 pm - Free and open to all.

CHRIS COUCH & DAN HURLEY OF WORLD'S FINEST! - The Wild Goose - Free pool from 6 to midnight every Wednesday - Music at 8 pm - No cover.

PIMPS OF JOYTIME - "For listeners weary of today's DJ culture but eager to dance with abandon, the Pimps of Joytime are the antidote... mashing up '70s funk tones with modern dance beats" - Live at the Historic Ashland Armory - \$15 Adv / \$20 day of show - 8:30 pm.

ROBBIE DACOSTA - Every Wednesday - Brickroom - 8:30 pm.

CAVE JUNCTION

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

GRANTS PASS

OPEN JAM NIGHT - Griess Family Brews - 6 pm



MARCH 26 - FELLOW PYNINS - GIOS BLDG IN ASHLAND - 7 PM - WISH DANI & IAN WELL IN THIS 'FIRST & LAST' CONCERT BEFORE THEIR LIVES BECOME MORE 'ACCENTED.' COME FIND OUT WHY!

monster in my head - Brickroom - 8 pm - \$10.

ERIC LEADBETTER & FRIENDS - Smithfield's Pub & Pies - 9 pm - No cover.

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

CENTRAL POINT

SAVANNA - Ledger David Cellars Tasting Room - 1 to 3 pm.

GRANTS PASS

Steve Kiem - Griess Family Brews - 7 to 10 pm.

HOT GOSSIP - 60s, 70s, 80s and 90s Tribute Rock Band - The G Street Bar & Grill - 8 pm.

JACKSONVILLE

KENTUCKY BLEND - Bella Union Restaurant and Saloon - 7 - 10 pm - No cover.

MEDFORD

JAY OWENHOUSE: THE AUTHENTIC

ILLUSIONIST - Well, because Tigers! "Dare to

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

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

JACKSONVILLE

JEFF KLOETZEL - South Stage Cellars - 4 pm.

MEDFORD

WELCOMING SPRING - A Palzewicz-Tutunov

Piano Cello Concert - Including pieces by Beethoven, Dvorak and Popper, Davydov's "At the Fountain," plus a special arrangement of Beethoven's "Spring" sonata for the cello - \$25 at the door / FREE to all children and students - 3 pm - North Medford High School Auditorium, 1900 N Keene Way Drive.

JAMES OTTO - #1 Song of the Year "Just Got Started Lovin' You" - The Rocky-Tonk Saloon - \$12 -

LIVE MUSIC *and Nightlife*

- No cover.
HONKYTONK WEDNESDAYS - Cedarwood Saloon & Grill - 7 pm - No cover.
JACKSONVILLE
SHYBO - Music 6 - 8 pm - Wine n' Dine - \$12 Dinner - Dinner from C St Bistro - South Stage Cellars - Call by Noon on Wednesdays for reservations 541-899-9120.

MEDFORD
TRIVIA NIGHT - Howie's On Front - 7 to 10 pm - No cover.
TRIVIA NIGHT - Portal Brewing Company - 7:30 pm - No cover.
FAILURE MACHINE / HUNGRY GIRLS - Johnny B's - 9 pm.
PHOENIX
OPEN MIC & JAM - Open Mic every Wednesday - Some instruments available like drums, keyboard, guitar - The Phoenix Clubhouse - 7 - 10 pm - Free - All ages.

THURSDAY, MARCH 24

ASHLAND
ROD PETRONE - Guitarist - Belle Fiore Winery - 6 - 8 pm - No cover.
KEN HART - Acoustic Guitar - Callahan's Mountain Lodge - 6 pm - No cover.
DART TOURNAMENT - The Black Sheep Pub & Restaurant - 7:30 pm - \$5.
SAGE MEADOWS & HIGH COUNTRY - The Wild Goose - 8 pm - No cover.
OBOE KARAOKE with Starbuck - Oberon's Tavern - 9 pm - No cover.
GRANTS PASS
FAILURE MACHINE W/ SPECIAL GUESTS - Garage Soul - The G Street Bar & Grill - 8 pm.
JACKSONVILLE
DAVID PINSKY & BROADWAY PHIL - Blues - Bella Union Restaurant & Saloon - 7 to 10 pm - No cover.
MEDFORD
DAVID OUELLETTE - Limestone Coffee - 9:30 am - No cover.
DJ JIM 80'S / ALTERNATIVE / DANCE - DJ Dance Music - Howie's On Front - 9 pm until close - 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, MARCH 25

ASHLAND
NOT TOO SHABBY - Jazz/R&B/Blues and more - Lisa Yriarte on lead vocals, Pete Brown on guitar and vocals, and Matthew Kriemelman on drums, percussion and vocals - Belle Fiore Winery - 6 - 8 pm - No cover.
KEN HART - Acoustic Guitar - Callahan's Mountain Lodge - 6 pm - No cover.
KARAOKE WITH JOSH - The Wild Goose - 8:30 pm - No cover.
GRANTS PASS
AENIMUS / AETHERE / YOUR HANDS WRITE HISTORY / AS DEATH COMES CALLING / CATHEDRAL HILLS - The Eaden Ballroom - 6 pm - \$8 suggested donation.
ERIC LEADBETTER - Griess Family Brews - 7 to 10 pm.
SPIRAL KINGS - Classic Rock, Funk, Blues and Cosmic Originals - The G Street Bar & Grill - 8 pm.
JACKSONVILLE
DAVID PINSKY & BROADWAY PHIL - Blues - Bella Union Restaurant & Saloon - 8 to 11 pm - No cover.
JEFF KLOETZEL - Music from 6 - 8 pm - Friday Sip n' Supper - South Stage Cellars - 541-899-9120 - No cover.
MEDFORD
THE JOHN DOUGH BOYS - Americana / Rock - Howie's On Front - 9 pm until close - No cover.
COMEDY NIGHT - Headliner: Don Frost / Opener: Rob Neville - Chadwicks Pub & Sports Bar - 9 pm - \$10.
ADDICTIVE VOLUME / THE SLEAZETONES - The Bamboo Room at King Wah's - 9 pm.
VICE VERSA / VICE MINDED - Johnny B's - 21 and older - 9 pm.

SATURDAY, MARCH 26

ASHLAND
ACCAPPELLARE - Come hear the ethereal harmonies of classically trained local vocal duo, Zoe La Terreur and Jeffri Lynn Carrington - Belle Fiore Winery - 12 to 2 pm.

OLD TIME JAM - El Nuevo Tapatio, 1633 Hwy 99 - 3:30 to 6 pm - No cover.
LADIES NIGHT - Swing Tree Brewery - 5 pm - No cover.
TIM CHURCH - Standing Stone Brewing Company - 5:30 pm - No cover.
KEN HART - Acoustic Guitar - Callahan's



MARCH 23 - PIMPS OF JOYTIME AT THE HISTORIC ASHLAND ARMORY

Mountain Lodge - 6 pm - No cover.
JEFFERY JONES - CD Release Concert: "Way Beyond the Blue" - "I've been a member of bands nearly my entire adult life and I'm so excited to finally have produced a solo CD!", says Rogue Valley musician Jeffery Jones - He will be joined at this concert by his son on bass, Julian (of The John Dough Boys), well-known fiddler, Crystal Reeves, and Glenn Freese on hammered dulcimer (Reeves and Freese are in Siskiyou Summit) - Belle Fiore Winery - 6 - 8 pm - No cover, for reservations call 541-552-4900.
FELLOW PYNINS / LAKE TOBA - Fellow Pynins are Dani Aubert and Ian Van Ornum of the



SARA ROUTH AND RAE DAVIS AND WILL PERFORM AT JOHNNY B'S ON MARCH 28

Patchy Sanders clan. They are moving to Europe this spring to study music and traditional living amongst the sheep and green hills of the British Isles. This is Fellow Pynins' first and also departing concert in Ashland! Gios Building, 84 4th St. - 7 pm - \$10, Kids free.
NATHAN FOX - Public House - 8:30 pm.
KARAOKE WITH MAD MATTY - The Wild Goose - 9 pm - No cover.
THE BATHTUB GIN SERENADERS - Prohibition era hot jazz and dirty blues, plus originals - Brickroom - 9 pm.
GRANTS PASS
CLASSIC ROCK TRIVIA NIGHT - Griess Family Brews - 7 pm.
YESTERDAY & TODAY - "Born in Oakland, California, Y&T is one of the San Francisco Bay Area's own innovators of the hard rock sound. Prepare to have your face melted." The Rogue Theatre - 8 pm - \$25.
SPIRAL KINGS - Classic Rock, Funk, Blues and Cosmic Originals - The G Street Bar & Grill - 8 pm.
JACKSONVILLE
DAVID PINSKY & BROADWAY PHIL - Blues - Bella Union Restaurant & Saloon - 8 to 11 pm - No cover.
MEDFORD
I'M A LION, I'M A WOLF (CD RELEASE) / THE MOTIONS / FOXHOLLOW - Living Waters Church, 2200 Roberts Rd. - Doors open at 6 pm - \$5 suggested donation.
THE JAZZ AMBASSADORS OF THE US ARMY FIELD BAND - "America's Big Band" presents a free concert of jazz and patriotic favorites - Central

Medford High School - 7 pm - Free.
COMEDY NIGHT - Headliner: Don Frost / Opener: Rob Neville - Chadwicks Pub & Sports Bar - 9 pm - \$10.
ROCK MUSIC 7 pm / DJ MUSIC 10 pm - 4 Daughters Irish Pub - No cover.
BISHOP MAYFIELD & FRIENDS - Funk / Motown

/ Soul - Howie's On Front - 9 pm until closing time - No cover.
MAC LETHAL / BELICO BLACKOP / GRIZZ GARNER +8BIT - The Bamboo Room at King Wah's - 9:30 pm - \$10 Adv / \$15 at the door / \$15 reserved seating - 21 and older.
CLUB MUSIC - The Bohemian Club - 10 pm - No cover.
TALENT
JIVE COULIS - Talent Club - 9 pm - \$5 cover.
WHITE CITY
GORDON GREEN - Kriselle Cellars - 1 pm.

SUNDAY, MARCH 27

APPLEGATE
HOT BUTTERED RUM - Bluegrass - With opener Front Country - The Applegate Lodge - Doors 8 pm - Show 9 pm - \$15 Adv / \$20 at the door.
ASHLAND
ACCAPPELLARE - Local, classically trained vocal duo, Zoe La Terreur and Jeffri Lynn Carrington - 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.
KEN HART - Acoustic Guitar - Callahan's Mountain Lodge - 6 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 - Jefferson Spirits - 7 pm - No cover.
PHOENIX
LIVE MUSIC - Acoustic Afternoons w/ brunch (min \$5 order) - The Phoenix Clubhouse - 12-3 pm.

MONDAY, MARCH 28

ASHLAND
KEN HART - Acoustic Guitar - Callahan's Mountain Lodge - 6 pm - No cover.
PAUL SCHEMELING TRIO - Martino's Restaurant & Lounge - 7 pm - No cover.
PEGGY ROSE'S SINGER'S SHOWCASE - The Wild Goose - Sign-up at 7 pm - Show at 7:30 pm - No cover.

ROBBIE DACOSTA - Mondays at Smithfield's Pub & Pies - 8:30 pm.
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.
MEDFORD
GEEKS WHO DRINK PUB TRIVIA - BricktownE Brewing Company - 7 pm - No cover.
TRIVIA NIGHT - 4 Daughters Irish Pub - 7:30 pm - No cover.
 SARA ROUTH / RAE DAVIS - Johnny B's - 9 pm.

TUESDAY, MARCH 29

ASHLAND
HEMORAGE / EXULANSIS - Club 66 - 5 pm - All ages - \$3-\$5 suggested donation.
KEN HART - Acoustic Guitar - Callahan's Mountain Lodge - 6 pm - No cover.
TRIVIA NIGHT - Louie's Restaurant & Bar - 7 pm - No cover.
FECKIN' TINKERS TUESDAY - Oberon's Three Penny Tavern - 8 pm - No cover.
CRAIG MARTIN & FRIENDS - The Wild Goose - 8 pm - No cover.
MEDFORD
LAST GIANT - Johnny B's - 7 pm.
LINE DANCE LESSONS - Rocky Tonk Saloon & Grill - 7 pm - No cover.

WEDNESDAY, MARCH 30

APPLEGATE
JELLY BREAD - "A blend of desert twang meeting the urban tones of funk and rock. Exceptional songwriting and storytelling interlaced with four part harmonies, intricate in-the-pocket' drum and bass grooves, swampy lap steel guitar, dirt under the fingernails guitar licks, tasty talkbox, 'take-em-to-church' organ come together into a sound that is downright appetizing." - Live at The Applegate Lodge - Doors 8 pm - Show 9 pm - \$12 Adv / \$15 at the door.
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.
CAPTAIN & THE MAESTRO - The Wild Goose - 8 pm - Free pool from 6 to midnight every Wednesday - No cover.
MOZART ET. AL. IN THE ROUND - A celebration of classical music in the spirit of Mozart, including works by Luigi Boccherini (1743-1805), Maximo Diego Pujal (1957-) and Alberto Ginasters (1916-1983), performed by the Delgano String Quartet and James Bishop-Edwards in the Forest Room at Greensprings Inn & Cabins - 7:30 pm - Free admission, donations accepted.
 ROBBIE DACOSTA - Every Wednesday - Brickroom - 8:30 pm.

FARNELL NEWTON AND THE OTHERSHIP CONNECTION - Featuring Tony Ozier, J Ross Parrelli, and Jam of the Week special guests - Milagros After Hours - 21 and older - 9 pm - \$10 cover.
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 - Wednesday Wine n' Dine - South Stage Cellars - Music 6 to 8 pm - Dinner by C St Bistro - Reserve your table 541-899-9120.
MEDFORD
TRIVIA NIGHT - Howie's On Front - 7 pm to close - No cover.
TRIVIA NIGHT - Portal Brewing Company - 7:30 pm - No cover.
PHOENIX
OPEN MIC & JAM - Every Wednesday - Fully backlined - Some instruments available like drums, keyboard, & guitar - The Phoenix Clubhouse - 7 to 10 pm - Free - All Ages - All talent levels are welcome.

Calendars are always so dated...get it?
 View more events at
www.RogueValleyMessenger.com/events
 Playing a show? Email your event info to
Events@roguevalleymessenger.com.

EVENTS

Art

ART BY GREG THWEATT

"How wonderful it is to be part of a creative process, to add to our world instead of taking from it. This is what being an artist means to me." - Greg Thweatt. Through the end of March, 2016, View Greg's artwork at Belle Fiore Winery, which includes landscapes from the Rogue Valley inspired by the late 19th century European Post Impressionist, Paul Cezanne and Canadian Landscape painters Tom Tompkins, Emily Carr and the Group of Seven; portraits inspired by early 20th century Expressionists Chaim Soutine and Amedeo Modigliani; and mindscapes (marriage between reality and the inner world) such as works based on dreams by Henri Rousseau, Wassily Kandinsky and Marc Chagall. Belle Fiore Winery, 100 Belle Fiore Lane, 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.

BITS AND PIECES AT ROGUE GALLERY

From Feb 19 - March 25 in the Main Gallery: Meditations on Daily Splendor: Sarah Burns, Sarah Fagen & Karen Rycheck. From March 4 - April 1 in the Community Gallery: Bits & Pieces: Mixed Media Collages of Arlene Warner. Opening Reception for Bits and Pieces is on March 18, from 5 to 8 pm. In this exhibit, Warner explores color, texture and atmosphere by layering paint and paper. 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.

CLINK! A TASTE OF OREGON WINE

Through April 31, 2016, celebrate the wonders of Oregon wine and the people who make it possible in "Clink! A Taste of Oregon Wine," a traveling exhibition curated by the Oregon Historical Society in collaboration with local history organizations and industry leaders. Clink! traces the history of Oregon wines, featuring 12 colorful banners with photographs and text illustrating the history of the flourishing Oregon wine industry. The Southern Oregon Historical Society is located at 106 North Central Avenue in Medford.

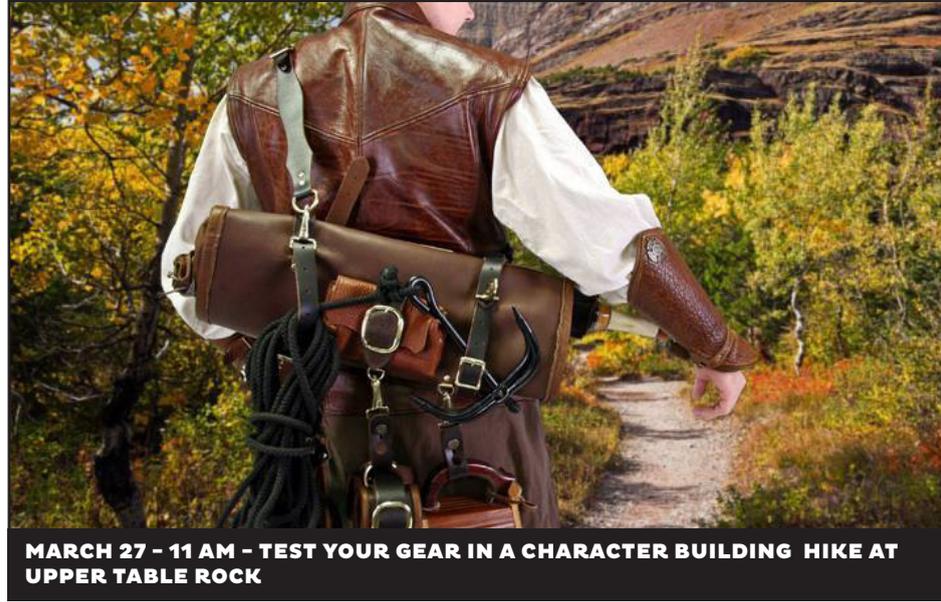
COURAGE IN THE GOLDEN VALLEY

Through April 17, 2016. The Southern Oregon Historical Society hosts its third annual exhibit, Courage in the Golden Valley: Chinese History in Southern Oregon, held at the Rogue Valley Mall. Timed to coincide with

complex community we live in today. Courage in the Golden Valley tells more about the lives and accomplishments of the Chinese through their own voices. Exhibit admittance is free, but donations are gladly accepted! Rogue Valley Mall, 1600 N Riverside Ave. in Medford. For information, call 541-773-6536, ext. 206, email amy@sohs.org, or visit the SOHS website, www/sohs.org.

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



MARCH 27 - 11 AM - TEST YOUR GEAR IN A CHARACTER BUILDING HIKE AT UPPER TABLE ROCK

from through March 19 will be works of sculpture, printmaking, installation and painting. Also, feel free to join us for weekly docent-led tours from 12 - 12:30 pm (Jan 19 - March 15). FREE Family Day: 10 am - 1 pm on Saturday, March 19. Normal Hours are Monday through Saturday, from 10 am - 4 pm. Schneider Museum of Art is located at Southern Oregon University, 1250 Siskiyou Blvd in Ashland.

THE BEEKEEPER'S DAUGHTER

Enjoy the artwork of Catie Faryl through this exhibition of 20 paintings representing work created in each of the past 20 years, beginning with Catie Faryl's first show in 1995. The show will be on display from February 11 through April 28, 2016. Pioneer Village at 805 N 5th St. in Jacksonville.

Classes

EXPLORING DYING AS A WAY TO LIVE MORE FULLY

Saturday, March 26, from 1 - 6 pm. "How Shall I Live, Knowing I Will Die?" - Wayne Muller. Explore your relationship to life, death and dying through film, discussion and self-inquiry. Saturdays, March 26, April 16, and May 21. The cost per session is \$45 - \$60, sliding scale. You may choose to take any or all sessions! Space is limited to 9 participants. Facilitators: Marla Estes, M.A. and Laurel Miller. For more information, location and to register, call 541-482-4948 or email: marla16@charter.net.

LIVING BOLDLY: LOSING YOUR MIND AND COMING TO YOUR SENSES

Saturday & Sunday, March 26-27, 9:30 am to 5 pm. "In the depths of winter, I finally learned that within me there lay an invincible summer." - Albert Camus. The Enchantment of Life is real and awaits us. Though we agree conceptually that the quality of our lives is an inside job - one we must do for ourselves, we insist that others and things outside of us do the changing. In this conceit we fail to claim our sovereignty and thus experience the enchantment of our lives. Systemic constellations are powerful methods for healing and change. If you long for richer sensate experience, join Master Facilitator and Mentor, Stephen Victor in this workshop. Both days: \$295; One-day fee: \$195. Contact Bridget: info@stephenvictor.com, or 541-531-5756. The Old Siskiyou Barn, 249 "A" St. Ashland.

MISSMOAIC'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.

LET'S GET TRASHY!

Sunday, March 20, 10 am - 2 pm. Join us for a day in the beautiful Illinois Valley at one of its ecological hotspots, the Waldo-Takilma Area of Critical Environmental Concern (ACEC). The Waldo-Takilma area could use some TLC, join KS Wild's Botanical Area Program, and the Medford BLM for a dual trash-clean-up and removal of the invasive Scotch Broom! Carpool from Ashland Shop 'N Kart at 8:15 am. Meeting (and carpool) in Cave Junction at Coffee Heaven at 10 am. Morning snacks, gloves, weed removal tools, and trash bags will be provided. Please wear sturdy shoes, and bring a bag lunch and water. For questions, please contact jeanine@kswild.org.

STATE OF JEFFERSON CHEMTRAIL SUMMIT: UNITED UNDER ONE SKY

Sunday, March 20, 12 to 5 pm. Come join us for the fundraising event in Southern Oregon to spread awareness on this ongoing crime against humanity. Chemtrails are a serious problem in the Pacific Northwest and Oregon is subject to the toxic atmospheric aerosols. A gathering of the like-minded is a necessity! Join us for speakers, music, food and some sharing of vital information. "Knowledge is power and being the change is Not a spectator sport." The speaker list of ACTivist researchers consist of: Michael Murphy - Filmmaker, Patrick Roddie, Matt Landman, Deborah Whitman, Harry Rhodie, and others! Music by: American Sideshow, Spun by Monks, Ash, Patrick Tovak & Warren Wolf, and more. Craft fun for children, too. This is an amazing venue space, built by Steve Miller band, its high-tech sound studio seats 300 people! Pacifica Gardens, 14615 Watergap Rd. Williams, Oregon. Soblueskies.com

VOLUNTEER THURSDAYS AT COYOTE TRAILS

Every Thursday in March, from 11 am to 4 pm, Coyote Trails Nature Center has a variety of adult volunteer opportunities, from caring for the pollinator garden to trail maintenance to supporting our nature connection nonprofit. See more about the school at www.CoyoteTrails.org. For questions, contact Steve at 541-772-1390 or email steve@CoyoteTrails.org. Coyote Trails Nature Center, 2931 S Pacific Hwy. Medford.

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 rrtorre11@gmail.com. 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 NEW PLAYS FESTIVAL: WOMEN'S INVITATIONAL

March 23 - 27. Great theatre consists of great storytelling, yet many beautiful, powerful stories go unheard due to barriers faced by talented women playwrights, particularly women of other cultures. Ashland New Plays Festival will present the ANPF Women's Invitational - dramatic readings of the three winning plays received from 50 of the nation's best playwrights. By offering this platform for women to present their work, we will help to lift these barriers and offer theatregoers a unique opportunity to experience the rich talent and compelling perspectives that women bring to storytelling. Included: "Cost of Living" by Martyna Majok, "King of the Yees" by Lauren Yee, and "Hannah and the Dread Gazebo" by Jiehae Park. Don't miss the Opening Reception with host Bill Rauch (Invitation only), "Parity, A Playwrights Roundtable" on March 23, and "A Playwrights Workshop" on March 26. Visit www.ashlandnewplays.org for more information, full schedule and to purchase tickets or call 541-201-8950. March 25-27, Matinee and Evening performances will be at the SOU Music Recital Hall on S Mountain Ave. in Ashland. Reserved Seating \$22/\$20/\$18. See all three plays and save \$5.

SPOTLIGHT ON DIRECTOR MICHAEL CURTIZ

Mondays, March 21 & 28, from 11:30 am to 1:30 pm. Mondays in March, the Gold Hill Library celebrates Hollywood director Michael Curtiz with films spanning his award-winning career. Admission is free. Visit jcls.org for more information. Gold Hill Branch Library, 202 Dardanelles St.

WILDERNESS FIRST AID CERTIFICATION

Saturday, March 19, 8 am - 5 pm. Coyote Trails Nature Center is hosting a 2-day workshop for those age 16 and older who wish to gain the knowledge, skills and ability to make sound decisions in emergency situations in the wilderness. The class, which fulfills certification requirements through WMI/NOLS, is ideal for trip leaders, camp staff, outdoor enthusiasts and individuals in remote locations. Pre-registration is required. The fee is \$195. See details and register at www.CoyoteTrails.org. Questions? Contact Lynne at 541-772-1390 or email office@coyotetrails.org. Coyote Trails Nature Center, 2931 S Pacific Hwy, Medford.

Community

2016 SEED MENTORSHIP PROGRAM

Support quality seed in the Rogue Valley! The Southern Oregon Seed Growers Association (SOSGA), through the funding of a Western SARE grant, is offering a mentorship program to new and beginning seed growers. The mentorship includes up to 10 hours of on-farm consulting during the 2016 growing season. There is compensation for the mentor time and driving mileage. If you are interested in becoming a mentor or a mentee, please contact Andrew Schwarz at schwarzar.andrew@gmail.com

ASHLAND GOOD FRIDAY SERVICE

Friday, March 25, from 12 noon - 12:55 pm (to accommodate lunch-hour schedules). The annual Good Friday Service will be held at the Ashland Christian Fellowship. This special event always draws a full house, and the message will be delivered by ACF's own Pastor Mark Anderson. Come learn about the true meaning of Good Friday (as it historically relates to the Easter Season)! For more info, call the ACF office at 541-482-8539 or email: AshlandChristianFellowship@gmail.com. Ashland Christian Fellowship, 50 West Hersey Street in Ashland.



MARCH 22 CELEBRATE SPRING AS A FAMILY AT THE ASHLAND LIBRARY - MAKE TISSUE FLOWERS WITH CATHY EGELSTON MAHONEY FROM 2-4 PM

Jacksonville's Chinese New Year Celebration, the Society has drawn upon new research, including local archaeology, to tell the history of the Chinese in Southern Oregon. Amongst the first settlers to arrive, they helped shape the region as it grew in the unique,

EVENTS

THAT SCREWBALL JEAN ARTHUR

Watch films on Wednesdays in March, from 2 to 4 pm. James Harvey once wrote, "No one was more closely identified with the screwball comedy than Jean Arthur. So much was she part of it, so much was her star personality defined by it, that the screwball style itself seems almost unimaginable without her." We will be celebrating Jean Arthur's screwball films every Wednesday in March (March 9, 16, 23 & 30) at the Talent Branch Library, 101 Home St. 541-535-4163. Free movies and refreshments.

Food

AROUND THE WORLD WITH SOUTH STAGE CELLARS

Saturday, March 19, from 2 to 4 pm. You don't have to pack any bags for this trip, but some of the countries/regions you'll be visiting are: Portugal, South of France, Southern Italy, Chile, Spain, Australia, South Africa, and more. We will be offering tastes from around the world along with food pairings from local restaurants. March 19: France Bordeaux Region. March 26: Italy. April 2: France - Rhone region. \$25 per person, per class includes 3-4 tastings along with food pairings. 541-899-9120. South Stage Cellars, 125 S 3rd St. Jacksonville, Oregon.

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. Minimum \$5 order.

OREGON CHEESE FESTIVAL

Saturday, March 19, 10 am - 6 pm. Come to the 12th annual Oregon Cheese Festival at Rogue Creamery. Sample cow, sheep and goat cheese from Oregon Creameries, as well as Oregon wines, beer, cider, and local artisan gourmet foods. A \$15 advance ticket (\$20 at the door) includes sampling and demonstrations. An additional \$10 alcoholic beverage fee (wine, beer, cider, spirits) includes a collectible wine glass etched with the Oregon Cheese Guild logo. Don't miss the Cheesemaker's Dinner, 6 pm on March 18 at the Inn at the Commons, 200 N Riverside Ave. Medford.

PHOENIX COMMUNITY DINNER

On the 2nd & 4th Thursdays of each month, the Phoenix Community Kitchen hosts dinner from 5 - 7 pm. 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.

ROGUE VALLEY GROWERS & CRAFTERS MARKETS

ASHLAND MARKET: Tuesdays, from 8:30 am - 1:30 pm, National Guard Armory, 1420 E Main St. March through November.
ASHLAND SATURDAY MARKET: Saturdays, from 8:30 am - 1 pm, Oak Street in the Heart of Downtown. May through October.

MEDFORD MARKET: Thursdays, from 8:30 am - 1:30 pm, Hawthorne Park, 501 E Main St. March through November.

MEDFORD SATURDAY MARKET: Saturdays, from 9 am - 1 pm, The Commons (6th & Bartlett). May through October.

Kids & Family

CELEBRATION OF SPRING FOR CHILDREN AND FAMILIES

Tuesday, March 22, from 2 - 4 pm. Celebrate Spring! Join us in the Ashland Library for a workshop designed to teach children how to create lovely tissue paper

KINDERMUSIK CLASSES

CUDDLE & BOUNCE: Birth-1 yr, and not yet walking... Music and movement with Parent/Caregiver.

March Theme "Old MacDonald" 11:15 am - 12 noon Wednesdays.

SING & PLAY: Toddlers ages 1-2. Music & Movement with Parent. "Big Red Barn" theme. 10-12:45 am Wednesdays.

WIGGLE & GROW: ages 2-3. Music and Movement with Parent. "Colors and Shapes on the Farm" March theme. 11-11:45 am Tuesdays.

LAUGH & LEARN FAMILY CLASS: ages 3-4 and families with children of multiple ages. Music & Movement. "Around the Farm" theme. 12:30-1:15 pm Wednesdays.

PRINCESS ZEV FOUNDATION SPONSORS "FOR THE BIRDS" STORYTIME

Friday, March 25, from 1 - 2 pm. Join us for a bird themed storytime and children's craft at the Gold Hill Branch Library, 202 Dardanelles St. All children in attendance will receive a free copy of the book being read! For more information, please call 541-855-1994.

ROGUE ROOTS AND STRINGS SPRING BREAK MUSIC CAMP

Monday - Friday, March 21 - 25, from 9 am to 3 pm. The Britt Festival and the Modern Roots Foundation are pleased to offer the Rogue Roots & Strings Camp! Working to instill the seeds of a lifelong love of music and building community among young people, the camp offers kids a unique musical experience nestled right here in the Rogue Valley. Students of all skill sets will work together in both large group and small group format with their own roots music instrument. Even if your child doesn't yet play an instrument, the Rogue Roots & Strings camp is a fantastic entry point into a life of music. Regular Session: Ages 8-18, 9 am - 3 pm, \$195/week. Tiny Notes: Ages 4-7, 9 am - 12 pm, \$75/week. Camp Instructors: Hanneke Cassel Block, Duane Whitcomb, Sage Meadows, Jef Fretwell, and Rachel Buklad. Visit www.brittfest.org/rootsstrings. Ashland Hills Hotel & Suites, 2525 Ashland St. Ashland.

SHAKESPEARE IN TWO MINUTES

Saturday, March 26, from 2 - 3 pm. Can you really experience the magic of Shakespeare in only a few minutes? Yes you can! Join us in the children's department of the Medford Library for a fun, interactive workshop that helps kids learn acting basics and gives them a chance to see and participate in brief renditions of Shakespeare classics. Children ages seven and up will learn acting skills, such as what it means to stay in character and how to make one person sound different from another. Kids will try their hand at capturing famous Shakespeare characters. Break a leg! This program is designed for children aged seven and older, but younger siblings are welcome when accompanied by an adult. Children's Department, Medford Branch Library, 205 S Central Ave. Free.

TODDLEROBICS: MOVEMENT, MUSIC, & ME!

Every Tuesday beginning in January, 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

AN OPEN MEETING WITH GANGAJI

Friday, March 18, 7:30 pm. Hosted by local volunteers, open meetings with Gangaji are an opportunity to gather together and closely investigate the truth underlying our daily life experience. Many people meet Gangaji for the first time in this community setting. Open Meetings last for about an hour and a half. They begin with silence, following which Gangaji will share her direct experience and invite reports and questions from members of the audience. Please plan to arrive at least 20 minutes before the meeting begins, to allow time to get settled. There will be plenty of chairs available for the meeting, we look forward to seeing you! Rogue Valley



MARCH 27 - HEAR CLASSICALLY TRAINED VOCAL DUO, ACCAPELARE - BELLE FIORE WINERY - NOON TO 2 PM

flowers. Presenter Cathy Egelston Mahoney, a local area artist, has taught classes for children and adults for over twenty years. This event is for ages 5 and older. Ashland Library, 410 Siskiyou Blvd.

CHILDREN'S NATURAL HISTORY OF THE OREGON TRAIL

Thursday, March 24, from 2 - 3 pm. Join us for a program for children and families as John Jackson discusses the game animals, predators, landmark rocks, and rivers of the Applegate and Oregon Trails. Children will be able to pet the pelts, hides, and horns of all the mammals and birds we discuss. We will also play the Oregon Trail Food Supply Game to find out what animals gain the greatest benefits along the trail. Each student receives a detailed Oregon Trail historical map and coloring page at the end of the program! Children's Department, Ashland Branch Library, 410 Siskiyou Blvd. Free.

EASTER EGG HUNT

Saturday, March 26, 11 am. The City of Phoenix is hosting the 2nd annual Easter Egg Hunt for the children of Phoenix. There will be prizes, fire trucks and face painting! Egg hunt groups are for toddlers and face painting! Egg hunt groups are for toddlers and face painting! Egg hunt groups are for toddlers and face painting! Gift Basket Giveaways, too. Drawings for every age group! Free Easter buckets for kids, while supplies last. Free Child Fingerpaint Kits for Parents, provided by Phoenix Police Dept. Refreshments provided by Iron Skillet Restaurant & Bakery. Thanks to our Sponsors! Event is at the Phoenix Elementary School, 215 N Rose Street in Phoenix, Oregon.

MOVE & GROOVE: ages 4-6. Music, Movement, and Piano Keyboard Exploration. "Under the Rainbow" March theme. 3-3:45 pm Tuesdays.

Great Northwest Music, 220 SW G Street, Grants Pass. 541-956-8600. First class is FREE for new students.

MEDFORD YMCA FAMILY NIGHT

Friday, March 18, 6 - 8 pm. Bring the family for a FREE night of swimming, rock climbing, gym activities and more! Rogue Valley Family YMCA, 522 W 6th St. Medford.

NATURE ROCKS: FAMILY HIKE AT UPPER TABLE ROCK

Saturday, March 26, 9 am. Celebrate spring break with a BLM environmental interpreter on a family hike to the top of the rock! This is a general information hike suitable for the whole family. Topics will include wildflower identification, ethnobotany, geology, wildlife, ecology, and cultural history. Hike is 3-5 miles round-trip along a moderate grade trail and generally lasts 3-5 hours. Dress for the weather and bring drinking water (none available at site) and lunch or a snack. Restrooms are available at the trailhead. No dogs or OHV's are allowed on the trail. Upper Table Rock is in Central Point (I-5 exit 33).

NUTRITION WORKSHOP

Tuesday, March 22, 6 to 7 pm. Come learn how to make better food choices for yourself and your family, then use the YMCA for FREE! A healthy snack will be provided. Rogue Valley Family YMCA, 522 W 6th St. Medford. Call 541-772-6295 or visit rvymca.org.



MARCH 26 - THE JAZZ AMBASSADORS OF THE US ARMY FIELD BAND - CENTRAL MEDFORD HIGH SCHOOL - 7 PM - FREE

EVENTS

Unitarian Universalist Fellowship, 87 4th St. Ashland.
BOOKS@4

Third Tuesdays from 4 - 5 pm. Join us for a monthly meeting of readers discussing books they have read in the previous month. If you enjoy talking about books, please join us on the third Tuesdays of each month. April 19, May 17, June 21 & July 19. Adams Meeting Room at the Medford Library, 205 S Central Ave.

BRAIN BOOKS

Tuesday, March 22. Gather on the fourth Tuesday of each month, from 1:30 - 3:30 pm, for Brain Books Discussion Group. 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 Rogue Roasters, 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 (March 14), at 6 pm. Ashland Food Co-op Community Classroom, 300 N Pioneer St. MEDFORD: Meets every 4th Monday (March 28), at 5:30 pm. Locations vary. 541-773-8200.

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 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 Ivend Holen in Medford at 541-779-5392.

disillusioned, she sets out on a twenty-year pilgrimage to explore sex, God, and herself. Her forays into orthodox Judaism, the sex trade, and new age spirituality don't satisfy the depth of her longing for authenticity. Then she meets Sam, a New York baby boomer turned monk, living a life unplugged from society in remote rural Oregon. When Sarah realizes what Sam is up to, she abandons her career, friends, and family to dive into a disciplined life of meditation, yoga, fasting, and silence. It wasn't her original intention to spend a decade in isolation, but that's what it took for Sarah to discover who she really is, though not without paying a price. Bloomsbury Books,

and photograph the eclipse. Look at the results obtained so far during test flights and hear about the team's participation in the April 2016 Global Space Balloon Challenge. The presenters are mentors of the NMHS team. Sean Curry is an avid astronomer and astrophotographer. Colin White is an information technology analyst, consultant and educator. Admission is free. 21 and older only. Caldera Tap House, 31 Water St. Ashland.

SOUTHWEST OREGON'S THREE BEST BACKPACKING TRIPS

Tuesday, March 29, 6:30 pm. Join the Siskiyou Mountain Club's executive director, Gabe Howe, for this stunning visual presentation through Southwest Oregon's best three backyard backpacking loops. Get the inside scoop on current field conditions, which maps to use, and the best times to go. Learn how to explore off the beaten path, and find out about loops in the largest roadless areas on the west coast. Get started with this presentation and make some big plans for this year! REI, 85 Rossanley Dr., Medford.

TED TALKS: THE LANGUAGE OF THE BODY

Tuesday, March 22, from 3:30 - 4:30 pm. Enjoy fascinating lectures on body language, what ours tells others and tells ourselves. Enjoy video lectures by Amy Cuddy: Your Body Language Shapes Who You Are, Janine Shepherd: A Broken Body is Not a Broken Person, and Kelly McGonigal: How to Make Stress Your Friend. Amy Cuddy is a professor and researcher at Harvard Business School.

Janine Shepherd is a walking paraplegic; she is also a pilot and aerobics instructor, as well as a motivational speaker and author. Kelly McGonigal holds positions at Stanford University in the Graduate School of Business and the School of Medicine. TED (an acronym for Technology, Entertainment, Design) is a nonprofit organization whose slogan is "Ideas Worth Spreading." Adams Room, Medford Branch Library, 205 S Central Ave. Free.

WAIT, IS THAT REAL?! - SCENIC PAINTING TECHNIQUES

Saturday, March 26, 12 pm. OSF Festival Noon Demonstration. Join Gabriel Barrera, OSF's Charge Scenic Artist as he demonstrates scenic painting techniques. Festival Noons are noon-time events led by OSF actors and directors, scholars and theatre artists from around the country who share their insights about the plays, playwrights and theatre in general. Carpenter Hall, 44 S Pioneer St. Ashland. \$12 General, \$10 Members, \$8 Youth age 6-17.

Sports & Outdoor

CHARACTER HIKE AT UPPER TABLE ROCK

Sunday, March 27, 11 am - 4 pm. Ever wonder exactly HOW a character would carry all of the gear they need? What obstacles does carrying a great sword through the woods create? Don your armor and join us on a practical, character-building hike! Meet local enthusiasts, discuss stories and games, and try out your adventuring gear on a real-world quest through the Table Rocks. Upper Table Rock is located in Central Point, take Exit 33 from I-5, take E Pine to Table Rock Road. Drive north on Table Rock Rd, cross the Rogue River then take a right on Modoc Rd. The Upper Table Rock Trailhead and parking lot will be on your left in approximately 1.5 miles. Don't forget water!

FOREST PARK 5K & 10K RUN

Saturday, March 26, 10 am. Join us for a run/walk at Forest Park in Jacksonville. Register on the day of race from 8:30 am to 9:45 am. Age division ribbons for 1st/2nd/3rd. Prizes for 1st overall female/male. Refreshments and hot chocolate available before and after run! Entry Fees: 5K is \$12 online, \$20 day of race. 10K is \$18 online, \$25 day of race. 5K is 90% singletrack and 10% gravel roads in a single loop with 2 singletrack climbs totaling less than 800



MARCH 23 - OREGON DESERT TRAIL PRESENTATION IN GRANTS PASS - PHOTO IS THE ODT IN OWYHEE CANYON - LANDS, PHOTO BY JEREMY FOX

Presentations

APPLYING AN ASSET-BASED APPROACH TO SOCIAL CHANGE

Wednesday, March 30, 6 to 8:30 pm. This event is the first in a 8-part series, The Not-for-Profit Way: A Series for Changemakers. This event is hosted by Donnie Maclurcan, PhD, founder of PostGrowth, and Affiliate Professor of Economics at SOU. Join us for "An Introduction to Asset-based Approach to Social Change." Discover and expand your knowledge of how to develop powerful talks, articles, campaigns, projects and teams using an asset based approach. Event is \$40, light refreshments provided. The next part of the series "Refining Your Ideas," is on April 13. Register at cascadeshub.org/#registration. Art Building, Room 124 at SOU, 1250 Siskiyou Blvd in Ashland.

AUTHOR TALK BY KENNETH LEVIN

Sunday, March 20, 1 - 2:30 pm. Kenneth Levin, a decorated Naval officer, hosts a reading and discussion from his third book, "Salami and the White Horse." Levin is the author of the novel, Crazy Razor, and a short story collection, The Many Deaths of Comrade Binh, both based on actual events occurring during the Vietnam War. Salami and the White Horse is his first nonfiction work taken from the Vietnam diary of an army doctor, Levin's brother, discovered almost five decades after the last entry. It's a journey where interpersonal relationships, sibling rivalry, narcissistic brilliance, love, and humor are presented in a bittersweet, unvarnished, and gritty narrative - a roller coaster ride of tears and laughter. Levin's wry style and quick wit appeal to audiences of all ages with special emphasis on veterans and their families. Ashland Branch Library, 410 Siskiyou Blvd.

BEING SELFISH: MY JOURNEY FROM ESCORT TO MONK TO GRANDMOTHER

Monday, March 21, 7 pm. Join us for an author talk at with Sarah Marshank, author of "Being Selfish: My Journey from Escort to Monk to Grandmother." In Being Selfish, we meet Sarah, who is facing a second unplanned pregnancy at the age of twenty-two. Her conservative Jewish, politically liberal, middle-class American upbringing fails to provide her with meaningful comfort or guidance. Depressed and

290 E Main St. Ashland. 541-488-0029. This event is free and open to the public.

CALMING YOUR INNER CRITIC

Monday, March 21, from 6 to 8 pm. Being too hard on ourselves doesn't help us be effective or happy. Join us for a free talk with Charlotte Nuessle and learn how to soothe these place inside. Ashland Co-op Community Classroom, 300 N Pioneer St. in Ashland.

FANTASY, MAGIC AND FOLKLORE: THE RIVER BRIDE AND THE ART OF STORYTELLING

Saturday, March 19, 12 to 1 pm. OSF Festival Noon Demonstration. Join us for a conversation with The River Bride actors: Carlo Alban, Armando McClain, Nancy Rodriguez, Jamie Ann Romero and Vilma Silva. Festival Noons are noon-time events led by OSF actors and directors, scholars and theatre artists from around the country who share their insights about the plays, playwrights and theatre in general. Carpenter Hall, 44 S Pioneer St. Ashland. \$12 General / \$10 Members / \$8 Youth age 6-17.

OREGON DESERT TRAIL

Wednesday, March 23, 4:30 to 6 pm. Come learn about the Oregon Desert Trail! Trail Coordinator Renee Patrick will cover the basics of hitting the trail and share some new resources that will help in planning your next adventure in the high desert. Drawing on her 10,000 backpacking miles and recent triple crown accomplishment (completing the AT, PCT, & CDT), Renee is applying all her knowledge and passion for trails to this new route; and don't miss a chance to win some raffle goodies provided by CLIF Bar, Oboz Footwear, Backpackers Pantry, Green Goo, and Hikertrash. Contact Renee Patrick at 541-330-2638. Event is at the Josephine County Library, 200 NW "C" St. Grants Pass, Oregon. Free presentation.

SCIENCEWORKS TAP HOUSE TALK: SOUTHERN OREGON GOES TO SPACE

Thursday, March 24, from 6:30 - 8 pm. Students from North Medford High School are collaborating with NASA to launch a high altitude balloon to take photos of the Moon's shadow on the Earth during the total eclipse of the Sun on August 21, 2017. Learn about this rare astronomical event and the technology that will be used to launch the balloon, then track

EVENTS

feet. 10K uses the 5k course but adds a 3rd climb on trail before descending to the finish. To get to Forest Park: When leaving Jacksonville on Hwy 238 towards Ruch, go about half a mile then turn right on Reservoir Rd. Follow the signs to the main parking lot, which is about a quarter mile past the Rail Trail kiosk. Race start is at the main Forest Park parking lot, approximately 1.5 miles up Reservoir Rd.

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.

MT. ASHLAND SNOWSHOE HIKE

Saturday, March 19, 10 am - 3 pm. Don't miss this spectacular chance to trek through the snow with KS Wild Development Director, Michael Dotson. For carpool, meet at 10 am at the Northwest Nature Shop, 154 Oak St. Ashland.

PROJECT FEEDERWATCH

Saturday, March 19, from 9 - 10 am. 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. North Mountain Park Pavilion, 620 North Mountain Avenue in Ashland.

SHAMROCK RUN

Saturday, March 19, 9 am start time. Join us for a 5 Mile run / walk, sponsored by Southern Oregon Runners. Start and finish on Crater High School Track. Run on the new extended Bear Creek Greenway - it's more scenic! Register on day of race from 7:30 - 8:30 am. Race day entry will be \$20, no refunds. The 5 Mile run and walk start at 9 am sharp. Free Leprechaun Lap for the kids - with Irish Mike - starts at 8:50 am sharp. Ribbons for all ages groups through 80's (1st - 3rd place). Random drawings for pre-registered only. Winners must be present. There are bathrooms available at registration area, no showers available. Absolutely no rollerskaters, bicycles, skateboards, baby joggers, dogs, headphones, or unregistered participants. Race Director: Mike Barrett 541-779-1214. Crater High School, 655 N 3rd St. Central Point.

Stage

A DOLL HOUSE

March 10 - 26. Theatre Convivio presents Henrik Ibsen's "A Doll House," directed by Brady Rubin. Starring: Christina "Saia" Blakeslee, Harlan Cox, Radley Cox, Lia Rose Dugal, Ann Haynes, Richard Heller, Michael K. Hovermale, Lala Jahn Peterson, and John Richardson. Thurs & Fri shows at 7:30 pm. Saturday matinees at 1:30 pm. Saturday & Sunday evening shows at 7:30 pm. General Admission: \$12.50. Seniors & Students with ID: \$10. Group Rates of 10 or more: \$7.50. The Bellview Grange, 1050 Tolman Creek Rd. Ashland.

RING OF FIRE - THE MUSIC OF JOHNNY CASH

February 11 through April 17, various times. Hear more than two dozen hits, including "I Walk The Line," "A Boy Named Sue," "Folsom Prison Blues," and the title tune - performed by a multi-talented cast, which paints a musical portrait of The Man in Black that promises to be a foot-stompin', crowd pleasin' salute to the unique American legend. Ring of Fire has no nudity, profanity, or any strong adult content. Songs like Folsom Prison Blues contain adult lyrics and references to violence and drugs. Were it a movie, it would likely be rated PG. \$21-\$35. Oregon Cabaret Theatre at 241 Hargadine St. in Ashland. Box office: 541-488-2902.

OREGON SHAKESPEARE FESTIVAL

- 15 South Pioneer St. Ashland
GREAT EXPECTATIONS: Feb 20 - Oct 30 - Angus Bowmer Theatre.
HAMLET: June 7 - Oct 14 - Allen Elizabethan Theatre.
RICHARD II: July 5 - Oct 30 - Thomas Theatre.
ROE: Apr 20 - Oct 29 - Angus Bowmer Theatre
THE RIVER BRIDE: Feb 21 - July 7 - Angus Bowmer Theatre.
THE YEOMEN OF THE GUARD: Feb 24 - Oct 30 - Thomas Theatre.
THE WINTER'S TALE: June 9 - Oct 16 - Allen Elizabethan Theatre.
THE WIZ: June 8 - Oct 15 - Allen Elizabethan Theatre.
TIMON OF ATHENS: July 28 - Oct 29 - Angus Bowmer Theatre.

TWELFTH NIGHT: Feb 19 - Oct 30 - Angus Bowmer Theatre.

VIETGONE: Mar 30 - Oct 30 - Thomas Theatre. Watch for Festival Noon events in Carpenter Hall, 44 S Pioneer St. (next are March 19 & 26, see Presentations). These are noon-time lectures, discussions, demonstrations and workshops led by OSF actors and directors, scholars and theatre artists from around the country!

THE LITTLE MERMAID

March 25th & 26th at 7 pm, April 1st & 2nd at 7 pm, and April 2nd & 3rd at 2 pm. Join One Eleven Theatre Company "Under the Sea" for a dazzling new musical, "The Little Mermaid." Beautifully designed

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"



'SWIMMING IN RED' BY ARLENE WARNER - MARCH 18 - BITS AND PIECES OPENING RECEPTION AT ROGUE GALLERY & ART CENTER

and starring local favorites, it is sure to awe young and old alike! \$12 Adults / \$10 Seniors & Students, \$8 Kids age 8 and younger. Grants Pass Performing Arts Center, 830 NE 9th St. Grants Pass.

Wellness

ACRO AT FLIPSIDE

Wednesdays in March, 6 - 8 pm. Come to feel challenged and empowered as we work together to learn new tricks. This dynamic practice combines yoga, acrobatics, strength buildings, and Thai Massage. Explore flying, basing, spotting techniques, choreography, flow, drills and improvisation. No partner or experience necessary! \$10 drop-in rate. Flipside Studio, 255 Helman Street in Ashland.

ACROYOGA AT ROGUE ROCK GYM

Fridays, from 10:30 am - 12 pm. A playful and invigorating partner acrobatics class is the best way

FILIPINO MARTIAL ARTS

Fridays, 3:30 - 5 pm: Intro to Eskrima-Kali-Arnis. 5 - 6:30 pm: Yellow Belt & above in E-K-A. You will learn many techniques, forms, drills and concepts from our curriculum in a safe, encouraging community of martial artists. Our classes focus on Single Stick, Double Stick, Eskrido, Sword & Dagger, Kickboxing, Padded Stick Sparring, Flexibility & Relaxation. \$15 Drop-in or \$12 with 10 class punch card. Private lessons available. 920-286-2759. Ashland Karate Academy, 644 Tolman Creek Rd. in 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



COMMUNITY - VOLUNTEER THURSDAYS AT COYOTE TRAILS SCHOOL OF NATURE

to start your day and weekend! Join Liz and Emily, experienced acroyogis who love sharing this practice and building the acro community. Make friends, build strength and learn a fun and dynamic movement practice built on trust, communication, and creativity! \$10 drop-in rate. Rogue Rock Gym, 3001 Samike Drive in Medford.

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 Street in Ashland.

FAMILY MASSAGE EDUCATION CENTER

77 Manzanita St., Ashland. Call 541-482-3567 to register. Mondays: Singles Massage Classes (couples

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.

KUNDALINI YOGA AND MEDITATION

Mondays, 5 - 6:30 pm. Join Lindsey Roby for a unique, stress-relieving experience. For everyone. All levels welcome. The Haven, 1970 Ashland St, Ashland. \$10.

NIA ROUTINE IMMERSION: JOY

Saturday, March 26, 8:30 am to 1 pm. Join Nia faculty member Rachael R. Resch for an immersion in the Nia routine, "Joy." Using Nia FreeDance, simple movement patterns, world beat music, drawing and writing, participants will create their own personal relationship with Nia's newest routine in a fun and relaxed environment. "Joy of movement is the sensation of life-force energy in your body," says Resch. "This workshop offers a personalized way to

heal and condition your brain, your emotions and your body." No previous movement experience is needed. CEUs are available for healthcare providers. \$50 by March 19, \$60 after March 19. Contact Rachael Resch at 541-488-1192. The DanceSpace, 280 E Hersey #10 in Ashland.

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.

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!

RELATIONSHIP MAGIC

Sunday, March 20 at 9:30 am (LIVE 1-hour talk), and Thursday, March 24 at 5:30 pm (LIVE 2-hour webinar) Best Selling "Letting Go" author and relationship expert Guy Finley will present a 3-part course plus webinar on "Relationship Magic" that will offer powerful insights into how to understand and improve relationships of every kind. Begins March 6 and runs three consecutive Sundays (March 6, 13 & 20 at 9:30 am). You may attend in person at the nonprofit Life of Learning Foundation at 459 Galice Rd in Merlin, or attend via live streaming. The seminar includes a follow-up webinar on March 24 with the author where he will answer questions from attendees. Finley will address such questions as how to overcome destructive relationships patterns, how to be free of heartache and loneliness, how we can recover when trust has been broken, and more. The cost is \$5 at the door for single meetings at the Foundation. Attend one or more classes and begin at any time! Visit www.MyRelationshipMagic.org or call 541-476-1200.

SHIATSU: STRUCTURAL BALANCE THROUGH THE SINEW LINES

Sat, March 19 & Sun, March 20, from 9 am - 5 pm. Shiatsu is a method of treating imbalances with finger pressure. Thumbs, hands and arms are used to apply pressure along the channels in order to correct irregularities in the body, maintain or improve health, and contribute to the healing of certain illnesses. The cost is \$250. 14 CEU's. For information and pre-registration, call Steven Glaser (LMT #17988) at 541-708-1044 or email info@ashlandcenterofasianbodywork.com.

TENDING THE TEMPLE: SACRED CARE OF YONI

March 25, 26 and 27. "When sleeping women wake, mountains move." - Chinese proverb. Yoni (pronounced Yo-Nee), is Sanskrit for the sacred space of vagina. Tending the Temple is a 3-day playshop for women, designed to delight, awaken, and stir your heart and yoni in the brilliance and divinity of deep sisterhood. There is a revolution going on, and it is within each of us. For centuries, women have been separated from the deep connecting energy of our pleasure, of our sexuality and of our sensual nature. We know this is the most powerful energy we can feel in our bodies, and yet these energies have been severed, restricted, diminished, shamed, guilted and locked in the closet. It is time to bring them out into the light! Join us for a fabulous weekend of awakening to our own divinity! Location in Ashland. Facilitated by Kim Keller. Visit kimrosekeller.com/tending-the-temple/ for more info and to register or call Kim at 541-326-2007. The cost is \$475 (sliding scale available upon request).

TIGMONK IN ASHLAND

Friday, March 18, 7 pm to 9 pm (Talk: Embody the Miracle You Already Are - \$10), and Saturday, March 19, 11 am to 2 pm (Workshop: Conscious Life Design with Tigmonk - \$45). Tigmonk is described by many as a 34 year-old Modern-Day-Mystic, which simply points to someone with a sincere connection to the source of Life. Time spent with Tigmonk is playfully promised to draw you inward and see more clearly the beauty you already are. His innate ability to clarify the human experience, allows the heart and mind to unify with Love. The first 30 people to ask for it on Friday, 3/18 get a Free copy of Tigmonk's book, "An Explosion of Love; the Color of All Things Beautiful." The Jackson WellSprings, 2253 Rogue Valley Hwy 99 North (take Exit 19 on I-5), Ashland.

FIND MORE EVENTS AT
www.RogueValleyMessenger.com/Events.

SOUND

Space, The Guitar Frontier Boise's Red Hands Black Feet

BY TYRELL TRIMBLE



PICARD SAYS RED HANDS BLACK FEET HAVE FOUR RED LIGHTS, AND EIGHT WHITE FEET!
PHOTO CREDIT: HARRISON BERRY

Space. The seemingly endless vacuum has captivated the imagination of generations (and proven to be the perfect place for William Shatner to make out with countless alien women). While this awe-inspiring final frontier is deafeningly silent, Boise, Idaho's own Red Hands Black Feet is anything but. The emotionally-evocative four-piece delivers a blend of shoegaze and gravity-heavy rock colored by elements of science fiction. Now on their third tour, Red Hands Black Feet will be playing at Club 66 in Ashland on Thurs., March 31.

Red Hands Black Feet's sprawling, often 10-minute songs, are the product of intensive jam sections.

"We usually start with little to no idea how a song is going to turn out and just kind of play off of each other until we have something to work around," says guitarist Eric Larsson.

Red Hands Black Feet stresses an organic approach to songwriting implementing improvisation as a core element.

"Even fully finished songs could use some improvisation," says Larsson. "It's not so important to me what individual notes I play on guitar. It's fun to have that element of chaos."

Nowhere is this chaos better harnessed than on Red Hands Black Feet's latest album "*We Must Fall Forever if We Survive*." The five-song conceptual epic was initially inspired by Russian cosmonaut Yuri Gagarin's historic first mission to space in 1961.

"We wanted to do something about the history of human space life; then, we decided to boil it down to something more immediate and human," says Larsson. "We describe it as a fictionalized telling of first human space life."

Larsson's reimagining of man's first extraterrestrial expedition seeks to understand what one might contemplate while adrift in space.

"By the first song he is grappling with the idea whether to return to earth or not," says Larsson. "Whether he could stay out on this incredible mission forever and not come back to all the trouble and ugliness of the Cold War."

It is clear that Red Hands Black Feet has worked diligently to craft that musical narrative. But performed entirely instrumental, it is also presented in such a way that audience members can participate in developing their own interpretations.

"The idea is that people will react more strongly to the music if there is something concrete to anchor their interpretation, but we don't want to attempt to limit anyone's personal reaction to the songs," says Larsson. "We want the listener to fill in the gaps with their own imagination." 🍷

RED HANDS BLACK FEET, WITH SLOW CORPSE AND ICONOPLASTY

8pm, Thu., March 31
Club 66, 1951 Ashland St., Ashland
\$5

Rogue Sounds

You Can Hear The Brothers Reed Deciding Who They Want to Be on New Album

BY JOSH GROSS

The Brothers Reed, half of local cowpunks, Bucklerash, launched as an acoustic duo a little over a year ago. Their debut album, "*Sick as Folk*," was one of 2015's best local albums, chock full of catchy songcraft and the sweet oozi-naahs of the bros entrancing two-part harmonies.

But the band's work ethic is as impressive as its music, and the band is already dropping a follow-up, "*Monster in My Head*," which The Brothers Reed will release with a special full-band performance at Brickroom on Sat., March 19. And the distance the band has travelled is clear from the opening notes.

Though still rocking the signature harmonies, the first track, "Figure it Out," is carried by chords on an organ, not The Brothers Reed's twin acoustic guitars, and it is driven forward by a series of handclaps. It's a song far more evocative of The War on Drugs than Townes Van Zandt.

That motif comes back on the album's gospel-esque 11th track, "Baby Child."



But not all the band's travel is strictly forward. Whereas the folk and Americana vibe of their debut was of the Wilco school, tracks on "*Monster in My Head*" like "Lonesome Bird Pass," the album's seventh track, hew far closer to old-time. That song is a somber, folky waltz, dressed up with hints of mandolin of just the variety one would expect to ring forth from the front porch of a log cabin in Oregon's pioneer days.

The follow-up, "Calling All Cars," sounds a bit like a Simon and Garfunkel Nashville-recorded outtake, and the 10th song could pass for an early Dylan song had only someone given the poor bastard a throat lozenge.

The 9th track is "I'll Be Singing," a Jason Mraz-esque reggae tune that is a bit too saccharine for this critic's taste, especially as the track feels a bit under-produced relative to its neighbors.

The signature style comes back on the 12th track, "Perfect Song."

"Jake's Song," the 13th track, is one the album's best tunes, carried by a gritty electric piano for a soulful sound.

And the final tune, "DPT," a constantly morphing and slowly building piano epic, is far and away the album's most interesting offering.

Altogether, though it has some truly captivating moments, on the whole, "*Monster in My Head*" is a bit inconsistent. Whereas "*Sick as Folk*," was a focused album that revealed a new dimension and sound to its members, "*Monster in My Head*" is scattered. It broadens The Brothers Reed's sound, but not always in ways that feel like the unified thesis of an album so much as the collection of tracks that makes up the bonus tracks in a box set. Some songs sound like they might go better on a Bucklerash record, and others feel like promising experiments only half-explored, like the band is trying out styles to see what sort of band it wants to be in the future: a rootsy acoustic duo or something else yet to be determined.

But whatever shortcomings "*Monster in My Head*" has are likely to be short-lived as The Brothers Reed are rumored to already be at work on a third album. 🍷

SOUND

It Still Means a Thing

The Cherry Poppin' Daddies' Complicated Relationship with Swing

BY JOSH GROSS



THE DAD PACK. COURTESY OF THE CHERRY POPPIN' DADDIES

There's a simple litmus test to assess one's knowledge of Oregon's music scene: mention Eugene legends, The Cherry Poppin' Daddies. If the answer is about swing music, they don't quite have a full perspective on what's what.

The Daddies formed in 1989 and crafted a wicked catalog of dirty funk and rock, with only a handful of swing tunes. When the band first played the Historic Ashland Armory in 1992, which it will return to on Fri., March 18, the rest of the bill was punk and metal bands, as they were on its subsequent Ashland gigs. And more than that, it wasn't weird.

"When I was a kid, it was DIY," says frontman Steve Perry. "The idea wasn't to look and sing like everyone else. That's what a tool did. So I had to figure out my own way, and that's how I came up with the swing thing, merging that with punk rock."

Even the band's inaugural swing tune, "Drunk Daddy," the first track from its debut album *"Ferociously Stoned,"* hit like rock thunder.

"The music history we take from is pre-Elvis, as if Elvis never happened," says Perry. "Because when Elvis came along, it became a guitar world. Until a couple years ago. Now that The Foo Fighters are breaking up or whatever, guitars have been completely supplanted by computers. Our interest is what if none of that shit ever happened, and people still used horns. So we're coming from an al-

ternative universe."

The Daddies kept up that horn-driven and punk-rooted formula for three brilliant albums, but found themselves cash poor when setting out to record their fourth. So the band's manager suggested recording only a handful of new songs and releasing them with a compilation of the swing tunes from its first three albums (since people asked about those the most). The band said, "why not" and released *"Zoot Suit Riot,"* an album so shoestring that its chart-topping title track was recorded in a single take.

"You hear, 'I think I'm ready to sing it now.' That's me after warming up," says Perry. "But we sold two million of those things and it's on the sheet music now."

The band is just now getting around to gussying up the mix and master.

"Zoot Suit Riot" was followed by the tragically overlooked, *"Soul Caddy,"* an album that launched with Gary Glitter style glam tune and ended with a lonely jazz ballad, hitting every conceivable stylistic point along the way.

But by then, something odd had happened. Punk was receding, and swing had again become a thing.

"When I wrote *"Zoot Suit Riot,"* I wrote it as a clarification call to a scene that didn't exist," says Perry. "Now all over the world, people have a swing scene. Bulgaria has a swing scene."

But it didn't quite go down as Perry had hoped.

"I figured the swing scene would be a hybrid of The Clash and The Cotton Club," he says. "But then when other bands did swing music, they did a kind of '50s version. They kept it very clean and vanilla. Most of it has to do with nice people having manners and dressing up. That's not what we wanted. We wanted to be The Rolling Stones of swing, not The Beatles of swing. So it kind of didn't go our way."

But the beauty of a catalog as lengthy and diverse as The Daddies' is that it has enough material to make any show go however they like.

"We can play the warped tour or our hotsy totsytotsy thing," says Perry.

So if you go to the show in your tux and spats, don't be too shocked if the only thing the band swings is some elbows in the pit. 🍷

.....
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Holy Cheese, It's a Cheese Festival

A Tour of Tastes at the 12th Annual Oregon Cheese Festival

BY ELISE HERRON



CHEESE, CHEESE, AND MORE CHEESE—FESTIVALGOERS ENJOY SAMPLES, AND CHAT WITH LOCAL CHEESEMAKERS. PHOTO CREDIT: ROGUE CREAMERY

If you're looking for a little slice of Havarti heaven or have been searching for god in your Gouda—look no further than the Rogue Valley Creamery on Saturday, March 19. The Central Point shop and the Oregon Cheese Guild are hosting the 12th Annual Oregon Cheese Festival, where 20 cheese-makers from across the state will be bringing their artisan cheeses to taste. And, if a day full of cheese isn't enough of a mouth-watering prospect, add local offerings of wine and beer to the culinary excitement. Or, maybe make it to one of the classes the festival offers and take on the title "Connoisseur of Cheesy Decadence."

One connoisseur in particular, Chef Damon from Inn at the Commons in Medford, is crafting an impressive menu for a Cheese Makers Dinner on Friday, March 18. The dishes will pair with select Oregon cheeses. And, wines from Southern Oregon vineyards will complement. Also, at each table, you'll find yourself elbow to elbow with one of the cheesemakers or winemakers. Special guests and cheese celebrities, Lassa Skinner and Gordon Edgar, will be tour guides to culinary bliss for the night—talking to guests about the cheese, wine, and food pairings for the four-course meal.

Edgar is author of *"Cheesemonger: A Life on The Wedge,"* which is part memoir, part artisan cheese education. Edgar is a cheesemonger at San Francisco's Rainbow Grocery Cooperative and has roots in punk-rock activism. His knowledge of cheese profiles is extensive, and he is an activist for business ethics, animal rights, and happy taste buds. Equally prolific in the cheese world, Lassa Skinner is the owner and co-founder of *Culture*, a cheese magazine for any level cheese lover. Her list of achievements includes: training at Formaggio Kitchen in Boston, starting the cheese program at Tra Vigne restaurant, and opening the Oxbow Cheese Merchant in downtown Napa. Together,

Edgar and Lassa bring over 45 years combined knowledge, and love, of all things cheese.

The host of the festival, the Oregon Cheese Guild, is a tremendous supporter of local food and thriving farms. The Oregon Cheese Guild puts on deliciously wonderful events, like the Oregon Cheese Festival and The Wedge. The guild is also a unique cooperative that allows Oregon cheese-makers to connect and share resources. The festival, this year, is a celebration of fine cheeses and a benefit for the guild, which is a non-profit organization. Attending Oregon Cheese Guild events is a wonderful way to interact with and become educated about farms in your backyard. There are twenty-one farms that make up the guild of cheese-makers, which are all from Oregon, artisan, and makers of outstanding cheeses. At the festival this Saturday, some featured Oregon creameries will be Briar Rose, By George, Face Rock, Portland Creamery, Rivers Edge, and much, much more. What better way to tour the state than through cheese?

When asked why not to miss out on attending the Oregon Cheese Festival, Francis Plowman, from the Oregon Cheese Guild, says, because there will be "100 vendors under 15,000 square feet of tented space...twenty cheese-makers from the finest Northwest creameries, twenty-five wine, beer, cider, and spirit vendors sampling and selling their products, and thirty-five specialty food vendors in attendance, with many vendors prepared to demonstrate how their wonderful products pair with the amazing cheese this festival celebrates." Plowman also points out the attendance of some adorable "crowd pleasers"—baby cows. He says, "a calf petting area [will] showcase the beginnings of great milk producers." For kids and adventurous adults, there will also be face painting and a photobooth. 🍷

100
VENDORS

15,000
SQUARE FEET

25
WINE, BEER, CIDER
& SPIRIT VENDORS

35
SPECIALTY FOOD
VENDORS

Drink Local

Wine, Style and Architecture=Maturation of the Rogue

Belle Fiore Chateau Winery and Wine Pavilion

BY MAC GRAHAM



On the upper reaches of Bear Creek flowage near Emigrant Lake—easternmost extreme of the Rogue Valley—Belle Fiore elevates the region’s wine experience to the next level of style and elegance. In tribute to Southern Oregon’s recent national accolades, many call the Rogue Valley “the Napa of 30 years ago.” Belle Fiore bumped the agenda a decade ahead: *fifteen* varietals were planted on 33 acres in 2007-2009; the Chateau opened in 2007, and the region’s largest, most opulent facility, “the Pavilion,” opened in 2013.

Tastings and winery visits feature a broad array of wines from heritage southern European grapes, tours of the modern, efficient, yet architecturally classic Italianate palatial fixtures, and, starting this year, tours of the beautiful, terraced vineyards where the grapes soak up southern-exposure sun, as iconic Pampadour and Pilot Rocks look on.

The many fine wines derive from deep and ancient traditions, with unique twists. The Belle Fiore name, “Beautiful Flower,” itself consists of a French and an Italian word, in the same transnational spirit. Three labels designate distinct styles of wine-making—Belle Fiore, wines of classical style that age well to reveal deepening layers of flavor and structure, likened to Classical Music; Belle Esprit, engenders the wine-lover with an energetic, young-at-heart, spirited quality likened to popular dance music; Belle Arte, artistic and innovative, strives to capture the best of science, technology and the arts, akin to avant-garde jazz.

Blends also bear unique labels, borrowing from ancient Mediterranean culture—Numinos, a hefty red Bordeaux style like Claret or Meritage, honors the transcendent mind of Greek Philosophy; white Calypso, represents the captivating and enchanting sea-nymph of Homer’s *Odyssey*; a lighter red Sous-pire, “the Sigh,” seeks the spirit of reverie and contemplation. On a recent trip, we enjoyed the soon-to-be released 2014 Pinot Noir—bright and clean, yet surprisingly rich and fruitily bodied; Caprettone, derivative of ancient Italian Coda di Volpe grape, “tail of the fox”—is as dense as a white can get, and 2013 Terodalgo, is a bold and tannic red rarely seen outside the Trentino-Alto Adige region of northeast Italy. 🍷

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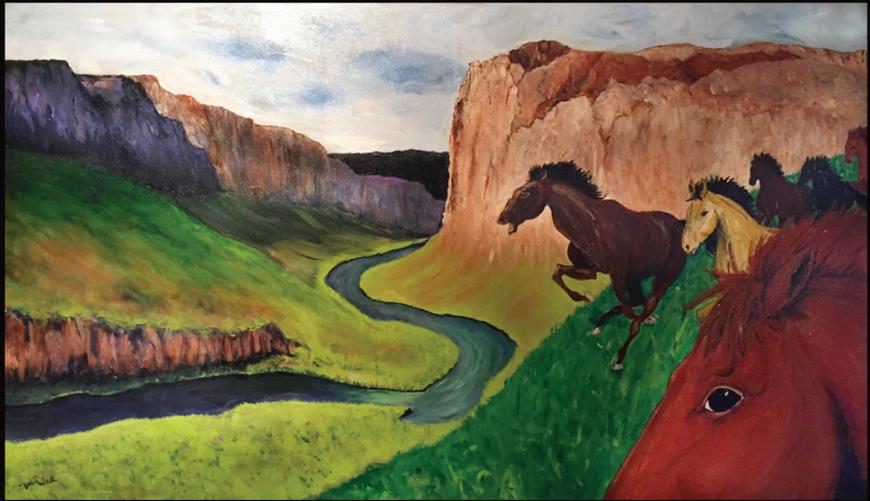
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March 19	THE ROGUE REBELLIONIrish inspired Ska, Blugrass, Rockabilly from Southern Oregon 9pm
March 25	INTUITIVE COMPASS Original Vaudevillian Folk from Southern Oregon9pm
March 20	4-course French/Asian Prix Fixe dinner at 6pm (\$29/person) Please RSVP The Haul for reservations
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April 3	4-course Middle Eastern Prix Fixe dinner at 6pm (\$28/person) Please RSVP The Haul for reservations

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CULTURE

Dancing Through the Rogue Valley

Your Guide to Get Moving

BY J.J. ROWAN



Many of us have always imagined what it would be like to be a dancer: what does it feel like to exist in that space where athleticism meets raw creativity? How do you connect with a dance partner on a level that is fully communicative yet uses no words? How does she do that thing with her hips?

When you're new to it, a dance scene (or any creative scene, for that matter) can seem like a secret society: a lot of

people seem to know what to do and where to go, but not a lot of people are talking about it. "Oh, is there much dancing here?" is a question local dancers hear often. It's also the question they constantly ask themselves. Dance scenes, like dance itself, are fluid, but take a lot of work. Partner dancing, in particular, requires just that: partners.

For new or prospective dancers, the question is "Where do I even start?" What it actually takes is simply step-

ping onto the dance floor. This is exactly what dancing is: taking one step and then another.

Partner dancing is a great place to start. It instantly connects you with others, builds community, and is all kinds of fun. In the past weeks of exploring dance in the Rogue Valley, I've only scratched the surface. Classes come and go, sometimes offered in limited series. Special workshops pop up here and there. Local bands play, some regularly and some not. Venues have all kinds of floors and may or may not even have much of a space to dance.

Despite these challenges—from ever-changing schedules to concrete-clad dancefloors—it's still just about taking those steps. Seek out a dance studio: Candela in Grants Pass or Evergreen Ballroom in Central Point, to name a couple. Be a groupie: find local bands who play dance-able music and follow them around. Attend a social dance: even if you don't get right out on the dance floor, observe and talk to the people who do.

"When new dancers call me to ask about a dance class," explained Melissa McRobbie, instructor at and owner of Candela Dance Studio, "they're often concerned that they're too inexperienced, or too 'awkward' to sign up. When they get to class, it's easier than they think! So I would encourage brand-new dancers to take the leap and go to their first class." 

DANCE SNAPSHOT: CLASS & PRACTICE

Salsa Rueda, Evergreen Ballroom, Central Point - Mondays at 7:30

Tango Practica, Community Center, Ashland - Tuesdays at 7:30

Intermediate Salsa, Candela Dance Studio, Grants Pass - Wednesdays at 6:30

Beginner Salsa, The Edge Nightclub, Medford - Thursdays at 8:00

Salsa Workshop with Ricardo Linnell, Candela Dance Studio, Grants Pass - March 26 at 1:30

DANCE SNAPSHOT: SOCIAL SALSA SOCIAL,

The Edge Nightclub, Medford - Thursdays at 9:00

Ashland Blues Society Jam (Live & Swing-able!), Little Brown Jug, Talent - alternating Tuesdays & Thursdays each week at 6:30

Robbie Dacosta (Live & Swing-able!), Smithfield's Pub & Pies, Ashland - Mondays at 8:30 & Brickroom, Ashland - Wednesdays at 8:30

Bathtub Gin Serenaders (Live & Swing-able!), Brickroom, Ashland - March 26 at 9:00 (& more shows forthcoming!)

Salsa Brava (Live & Salsa-able!), Paschal Winery, Talent - April 2 at TBA (& more shows forthcoming!)

Band du Pays (Live & Swing-able!), Liquid Assets, Ashland & Paschal Winery, Talent - monthly

Cherry Poppin' Daddies (Live & Seriously Swing-able!), Live at the Armory, Ashland - March 18 at 8:30

Art Watch

We the People Collaboration as a Political Act

BY J.J. ROWAN

When they started collaborating on their "color map" project, Summer Ventis and Karin Davis didn't know it was going to get political. Their first piece, "Elizabeth Bishop, You, and Me," translated said poet's poem, "One Art," into two individual but complementary pieces wherein language becomes color.

"We are not synaesthetes," explains Ventis, a member of SOU's Oregon Center for the Arts faculty. "This is an interpretive act, trying to make visible our reading of the text."

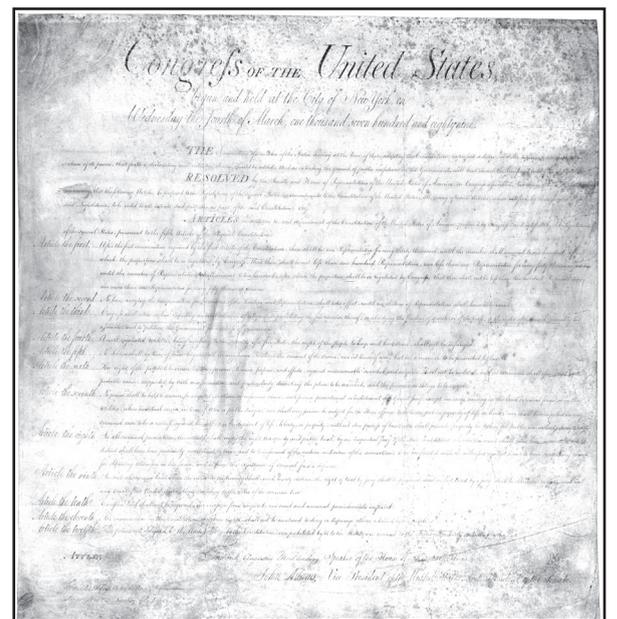
The two artists developed individual systems for translating language into a field of swatches, demonstrating both how scientific and how personal color can be from both an artistic and a human standpoint.

"[Davis] approaches the text very intuitively," explains Ventis. "She feels each word and transcribes that feeling. The same word might take on a different color depending on the context - the words that are touching it."

Ventis refers to the "uneasy edge between the desire for order and separation and the desire for connection" in her own work and how that resulted in a "ridiculously elaborate system" for her own part in the project. Ventis recently described this system, which breaks the language of the text into color-coded categories, at the First Friday Art Walk "PechaKucha" event hosted by Kyle Peets at the Meese Auditorium.

The most recent installment of this creative team's "interpretive act" reacts to issues surrounding gun violence. Their piece, simply titled "Second," is on display through March 18 in the Thorndike Gallery at Southern Oregon University and applies their translation approach to the short-yet-potent Second Amendment. This group show is titled *Campus-Safe-Campus* "My Campus is My Home!" and Ventis and Davis's piece is one among many. As stated on the gallery wall, "this show engages our response as students and faculty that our campuses are our homes, and that the aftermath of these tragic events is similar to that of a home invasion."

As artists working in the university system, it is no surprise that Ventis and Davis found their work delving into this issue: "Karin and I have talked a lot about gun violence and its effects on the university



campuses where we teach. The arguments surrounding gun legislation all come back to this short text and the wildly different meanings people take from it." "Second" is on display as part of *Campus-Safe-Campus* "My Campus is My Home!" in the Thorndike Gallery at SOU through March 18.

SPORTS & *Outdoor*

Go With the Flow

Experience the Thrill of Downhill Mountain Biking on Mountain of the Rogue Trail

BY DAC COLLINS

The local dirt-riding community has some exciting new terrain to rip up. Completed just last spring, Mountain of the Rogue Trail features Southern Oregon's first and only purpose-built mountain biking trails. Located near the I-5 corridor and less than two miles from downtown Rogue River, the trail system can be accessed from a parking area on N. River Road.

Mountain of the Rogue is a system of flow trails that were designed to give riders a thrilling and intuitive downhill experience. The smooth, predictable singletrack incorporates man-made features such as berms, rollers and cambered turns, allowing riders to maximize momentum while maintaining control.

The three downhill loops are all reached from Rat Pack Trail, a roughly three mile long climb that begins at the parking area and winds up the south and west-facing aspects of a long ridge. A left at the first intersection will lead you down Pay Dirt, a fun little loop rated for beginners. Intermediate to advanced riders looking for steeper, more technical terrain can continue climbing north along the ridge to reach the loops known as Breakdown and Armbar. From there, riders begin an adrenaline-pumping descent of 1,300 vertical feet.

In order to get a rider's perspective on the new trail system, we caught up with Emily and Dusty Caseria, two competitive mountain bikers who were able to check out Mountain of the Rogue last November. Although the couple has more of a cross-country background, they admitted to having a lot of fun on the downhill sections.

Talking about the climb to the top, Dusty said, "It could have been a lot more direct, but then it would have been

a brutal slog. They graded it out really nice with wide switchbacks that you can carry speed around."

the overwhelming support of local biking communities—groups like the Rogue River Area Trail Stewards (Rogue RATS), who approached the Bureau of Land Management with a formal proposal to develop the trails on public land.

According to Darren Jahn and Dean Stirm, two mountain bikers and small business owners from Rogue River that spearheaded the project, "our objective [was] to have world-class downhill mountain biking." Jahn also mentioned in a promotional video that the trail system was designed to appeal to a whole range of riders: "from the cross country rider that loves climbing to the beginner biker down low, to the really advanced, technical rider up high."

Although it will depend largely on funding and local interests, there are already hopes to expand upon the first phase of the trail system. The BLM's project summary mentions "possible future phases" such as: constructing additional trails starting at the trailhead, expanding the current trail system to connect with area roads and installing restroom facilities at the parking area.

Hardcore riders like the Caserias would certainly appreciate these potential developments. "It would be pretty sweet if there were more trails to do," Emily commented. "I think there's a lot of potential for riding in all those foothills."

While plans to expand the trail system are still up in the air, one thing is

for sure: if you're looking for a rush on two wheels, check out Mountain of the Rogue Trail right outside of Rogue River. Just remember to wear a helmet, be easy on the front brake and go with the flow. 🚲



"There were great views the whole time too," Emily added. "It'd be a cool ride to take video on."

She mentioned running into a few Ashland riders on the trail who had volunteered during the building process. As it turns out, none of this would have been possible without

Go Here

Places to Go with a GoPro

BY MIKE DICKENSON



It can be difficult to explain to friends and family just how awesome your Rogue Valley adventures are without visual proof. Luckily, with the advent of the GoPro, now your daily activities (no matter how radical) can make everyone feel like they're actually there. With a little creativity and the right back-drop, you just might find yourself on the rise to Youtube stardom (or, perhaps a submission in Ashland's upcoming film festival).

Emmigrant Lake: Whether it's rock climbing, boating, or the edge-of-your-seat sport of fishing, Emmigrant Lake offers a plethora of opportunities for you to film yourself being a bad-ass.

Pilot Rock: This hike not only comes with incredible views, but also a pretty sketchy final ascent that will undoubtedly have your viewers saying, "Damn, you're hardcore on weekends!"

Dog Park: There's something truly satisfying about watching a dozen dogs jump and slobber all over each other in first-person. Strap your GoPro onto your favorite pup and hit any of your local off-leash dog parks. Watch your pooch grab a frisbee, bark at unfamiliar things, and sniff the rear-end of that curious-looking Dalmatian.

The BTI: This is what GoPros were made for. Scream down the BTI trail in your souped-up mountain bike and capture some killer shots that are destined for the slow-mo reel.

Mt. Ashland: Hurry, while there's still snow! Join your fellow Go-Pro heroes by hucking it big off that jump you just built-Extra views for big wipe-outs.

Red Butte Wilderness: Got a drone? This area is ideal for high and wide-angled shots of the incredible ecosystem we're all lucky enough to call home.

SCREEN

Rogue Valley On Film

Locals Only at AIFF

BY TUULA REBHAHN

The Ashland Independent Film Festival is known for showcasing innovative films that span a wide breadth of genres, and the Locals Only category this year is no exception. Whether practicing yoga in schools or wandering the forests of Cascadia in a dream-come-to-life, these filmmakers are pushing the boundaries and telling untold stories of our special little corner of the world.

Nine films made the cut in the Locals category. Some are as short as three minutes, and most can't be found on Youtube, and the Locals

“Loose Ends,” created by the Pixel Bros—also known as Jacob Dalton, Chris Lawruk and Avion Maloney—is a suspenseful alt-western with some fun local shout-outs. Watch two best friends duke it out on a grassy hillside with familiar views of the Rogue Valley behind them, and meet their scary crime boss at a formerly innocuous Grants Pass pizza joint.

Best friendship is not an unfamiliar subject for Dalton and Maloney, who have been making films together since the 7th grade. This is their first submission to AIFF, and, as Dalton calls it, “jumping out of the three-minute YouTube category.” With twenty action-packed minutes, “Loose Ends” far transcends internet entertainment.

In “Female to Male,” transgender also finds its genesis in YouTube, where producer Dade Barlow posted four years worth of video documenting his transition from female to male. After seeing too many comments based in misunderstanding of transgenderism, Barlow says, “I wanted to give people a window into the private thoughts of a transgender person who is transitioning.” With Barlow’s roots in Jacksonville, the message hits closer to home than ever before. “A lot of people assume they don’t know a transgender person, but they do,” he says.

“YoMind/AHS” is the brainchild of yoga instructor Libby Edson, who for the past three years has been putting students into shivasana at Ashland High School through their innovative YoMIND program.

“Kids were coming up to me expressing how grateful they were for having yoga in school,” says Edson, and she says getting them on camera was the next logical step. With the professional film-making skills of fellow yoga instructor Todd Wilson, the result is an inspiring short documentary with some young faces you might recognize!

Also showing: “Dear Future Self,” written and directed by Ray Novato Robison, and “The Settling,” which Robison produced for his friend Brad Douglas. “The Settling” was shot in Klamath County and deals with themes of family and fidelity.

“Dear Future Self” shows what happens to a woman who uncovers a time capsule recording she made for herself fifty years prior and is shocked by hearing her own racism. “I think it’s going to appeal a lot to people, especially older people, who are aware of how our society has evolved,” says Robison.

Another Locals Only film on the theme of aging is Cat Gould’s short documentary “Bernardina,” which profiles a local woman who realizes that she’s not getting old, she just is old. Locals Only audiences are also sure to enjoy the Cascadia forest romp “The Giantess,” produced by Philip Kumsar of Jacksonville along with several friends from Arcata. “As I Am” is an experimental dance/art film created by Amirah David of Ashland. Last but not least, we have Cyle Ziebarth, an AIFF veteran, with his animated short “Climb of Competence.” 🏠

Locals Only screening times are available on the AIFF website, AshlandFilm.org.



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WELLNESS

**Supplements,
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 Four Tips to Using Supplements**

DR. DANIEL SMITH

Quality. This is the most important but most difficult attribute to ascertain. In a profit driven society where industry can more or less monitor itself, there is much room for inferior product. Last year, the New York State attorney general office accused Walmart, Target, GNC and Walgreens of selling dietary supplements that were fraudulent and contaminated (See "What's in Those Supplements" in the *New York Times*, February 3, 2015.) In "Herb Plus" brand, for example, pills labeled Ginkgo biloba contained only rice, asparagus, and spruce. Remember that a company who sells to chains such as GNC and Walgreens are more driven by quantity of sales than by quality of product. Reputable companies use third parties to substantiate quality and will provide you with proof of assays upon request. Additionally, they use quality ingredients that may be more expensive. Calcium carbonate may be calcium, but it is little more than ground up sea shells.



DR. DANIEL SMITH

Prudent use with Rx medications. Do not presume that just because an herb or nutrient is natural, it is also "safe," especially if you are also on prescription medications. For example, in 2015 a medical journal published a case of a man who was placed on warfarin (Coumadin), a drug used to thin the blood, after having had a valve replaced in his heart. The man self-substituted nattokinase for warfarin. Nattokinase is an enzyme derived from fermented soybeans that highly effective at decreasing the tendency of the blood to clot. Nevertheless, the man developed a clot which lodged itself in the artificial valve. While herbs and nutrients can always be used to heal and improve health, they should not be substituted or used concomitantly with prescription medications without the guidance of a licensed health professional.

Ingredient List. Ever seen a supplement that contains 25 or more ingredients, containing each and every possible nutrient and herb of the day? Stay away from such supplements! These brands are panhandling to each and every fashionable nutrient of the day, rather than to your health. Keep in mind that in order to include all of these nutrients in one or two capsules, there cannot be more than a dusting of each per capsule, which is unlikely to have the desired effect on your physiology. Further, herbs work well synergistically. An intelligently crafted product with five ingredients will do far more with fewer capsules than one that contains everything

but the kitchen sink. Lastly, be aware that supplements manufactured abroad may be contaminated with heavy metals such as arsenic. Your best bet is buying USDA certified organic products.

Take 'em when you need 'em. When do you take an Ibuprofen? When you have a headache, that's when! Would you take one if you did not have the headache? Of course not, why would you? (There are herbal formulas far superior to Ibuprofen, and far safer, but that's a discussion for another day). Along that line, I recommend taking supplements only when you need them. If you feel tired and burned out, B-complex and adrenal support can help immeasurably. Once you recover, discontinue them. Taking methyl-donors like folate, SAM-e and some forms of B12 can trigger restlessness and anxiety if taken too often; if you have these symptoms, stop taking them. Furthermore, following this advise will make your supplements last longer and save you a few dollars.

The bottom line? Supplements are medicine that should be used prudently. If in doubt, consult your friendly neighborhood integrative health provider!

.....

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

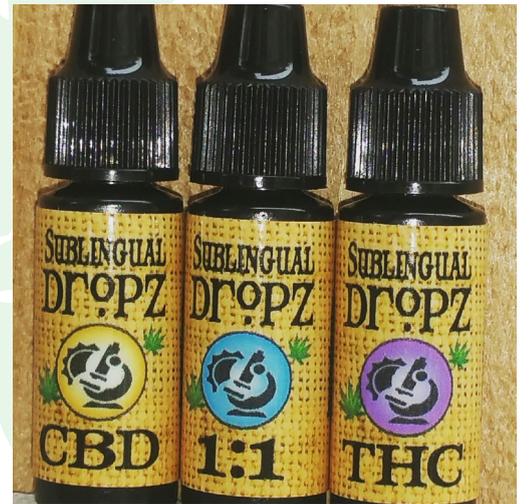
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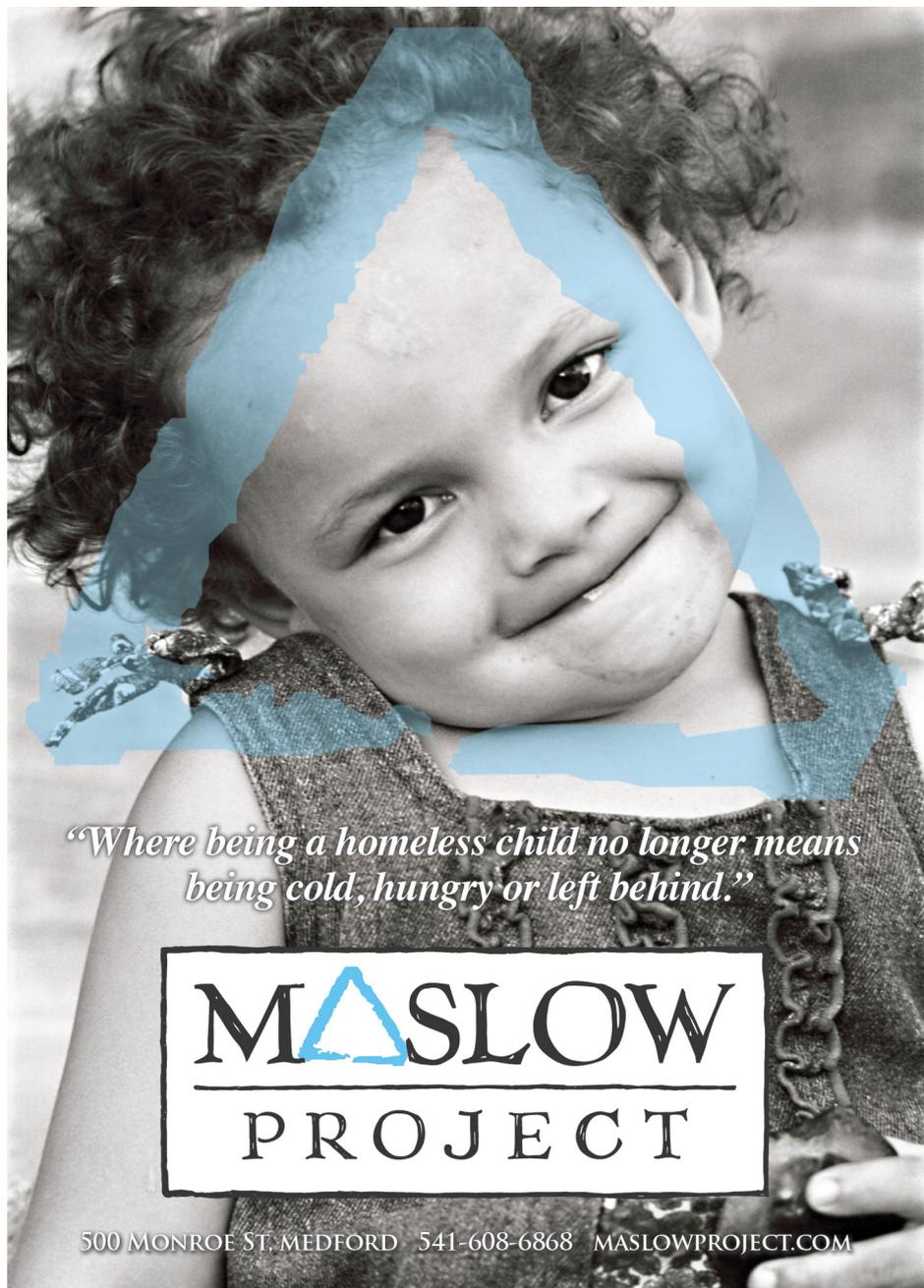
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FREE WILL ASTROLOGY

ARIES (March 21-April 19): Artist Steven Spazuk works exclusively with an unusual medium: soot from candles and torches. He spreads the stuff across a blank canvas, then uses various instruments to sculpt the accidental blobs into definitive forms. I've seen the results, and they're both well-done and intriguing. What would be the metaphorical equivalent, in your world, of using soot to make beautiful and interesting things? I think you're primed to turn waste into building blocks, rot into splendor, and lead into gold. (See Spazuk's work at spazuk.com.)

TAURUS (April 20-May 20): Carl Sagan said that science thrives on "two seemingly contradictory attitudes: an openness to new ideas, no matter how bizarre or counterintuitive, and the most ruthless skeptical scrutiny of all ideas, old and new." Whether or not you are a scientist, Taurus, I recommend that you practice this approach in the coming weeks. It's the tool that's most likely to keep you centered and free of both rigidity and illusion. As Sagan concluded, this is "how deep truths are winnowed from deep nonsense."

GEMINI (May 21-June 20): "Excess on occasion is exhilarating," said British author W. Somerset Maugham. "It prevents moderation from acquiring the deadening effect of a habit." Now would be an excellent time to take that advice to heart, Gemini. According to my analysis of the astrological omens, you not only have a license to engage in rowdy fun and extravagant pleasures; it's your sacred duty. So get out there and treat yourself to an orgy of naughty adventures -- or at least a celebration of meaningful thrills. You can return to the rigors of discipline and order once you have harvested the healthy benefits that will come from escaping them.

CANCER (June 21-July 22): At one point in Friedrich Nietzsche's book Thus Spoke Zarathustra, the hero is having a conversation with himself. "You have wanted to pet every monster," he says. "A whiff of warm breath, a little soft tuft on the paw -- and at once you were ready to love and to lure it." If I were you, Cancerian, I would regard that type of behavior as forbidden in the coming weeks. In fact, I will ask you not to pet any monsters at all -- not even the cute ones; not even the beasties and rascals and imps that have slight resemblances to monsters. It's time for maximum discernment and caution. (P.S.: One of the monsters may ultimately become a non-monstrous ally if you are wary toward it now.)

LEO (July 23-Aug. 22): On a social media site, I posted the following quote from self-help teacher Byron Katie: "Our job is unconditional love. The job of everyone else in our life is to push our buttons." One commenter took issue with this. "'Pushing buttons' is a metaphor that's long past its expiration date," she wrote. "Can't you come up with something fresher?" So I did. Here are a few potential substitutes for "push our buttons": "tweak our manias" . . . "prank our obsessions" . . . "glitter-bomb our biases" . . . "squeeze our phobias" . . . "badger our compulsions" . . . "seduce our repressions" . . . "prick our dogmas." Whichever expression you prefer, Leo, find a graceful way to embrace your fate: Your current job is unconditional love. The job of everyone else in your life is to tweak your manias and prick your dogmas.

VIRGO (Aug. 23-Sept. 22): In the coming weeks, you will have maximum power to revise and reinvigorate your approach to cultivating intimate relationships. To aid your quest, I offer this paraphrased advice from Andrew Boyd: Almost every one of us seeks a special partner who is just right. But there is no right person, just different flavors of wrong. Why? Because you yourself are "wrong" in some ways -- you have demons and flaws and problems. In fact, these "wrongs" are essential components of who you are. When you ripen into this understanding, you're ready to find and be with your special counterpart. He or she has the precise set of problems you need -- is the person who is wrong for you in just the right ways. (See Boyd's original quote: tinyurl.com/boydquote.)

LIBRA (Sept. 23-Oct. 22): In her book The Winter Vault, Anne Michaels says, "We become ourselves when things are given to us or when things are taken away." If she's right, does it mean we should be grateful for those times when things are taken away? Should we regard moments of loss as therapeutic prods that compel us to understand ourselves better and to create ourselves with a fiercer determination? Meditate on these possibilities, Libra. In the meantime, I'm pleased to announce that the things-getting-taken-away period of your cycle is winding down. Soon you'll begin a new phase, when you can become a deeper, stronger version of yourself because of the things that are given to you.

SCORPIO (Oct. 23-Nov. 21): "I'll make love when the lust subsides," sings Denitia, one-half of the electro-pop band Denitia and Sene. That would be a good motto for you to play around with in the coming days, Scorpio -- in both literal and metaphorical ways. I'll enjoy seeing how your emotional intelligence ripens as the white-hot passion of recent weeks evolves into a more manageable warmth. As fun as the intensity has been, it has blinded you to some of the possibilities for collaborative growth that have been emerging. You may now be ready to explore and appreciate sweeter, subtler pleasures.

SAGITTARIUS (Nov. 22-Dec. 21): "The poems I have loved the most are those I have understood the least," said T. S. Eliot. I'm going to steal and expand upon his idea for the purpose of giving you an accurate horoscope. In the coming days, Sagittarius, I suspect that the experiences you love most will be those that you understand the least. Indeed, the experiences you NEED the most will be those that surprise and mystify and intrigue you. Luckily, life will ingeniously bypass your analytical intelligence so as to provide you with rich emotional stimuli for your soul.



CAPRICORN (Dec. 22-Jan. 19): Capricorn painter Henri Matisse made the following testimony about his creative process: "At each stage I reach a balance, a conclusion. At the next sitting, if I find that there is a weakness in the whole, I make my way back into the picture by means of the weakness -- I re-enter through the breach -- and I reconceive the whole. Thus everything becomes fluid again." I recommend this approach to you in the coming days, Capricorn. You've been making decent progress on your key project. To keep up the good work, you should now find where the cracks are, and let them teach you how to proceed from here.

AQUARIUS (Jan. 20-Feb. 18): "We all lead three lives," said Austrian novelist Thomas Bernhard, "an actual one, an imaginary one, and the one we are not aware of." I suspect you'll get big glimpses of your third life in the coming weeks, Aquarius: the one you're normally not aware of. It might freak you out a bit, maybe unleash a few blasts of laughter and surges of tears. But if you approach these revelations with reverent curiosity, I bet they will be cleansing and catalytic. They are also likely to make you less entranced by your imaginary life and better grounded in your actual life.

PISCES (Feb. 19-March 20): "The greatest illusion is not religion," says aphorist Michael Lipsey. "It's waking up in the morning imagining how much you're going to get done today." But even if that's often true, Pisces, I suspect that you have the power to refute it in the coming weeks. Your ability to accomplish small wonders will be at a peak. Your knack for mastering details and acting with practical acumen may be unprecedented. For the immediate future, then, I predict that you'll largely be able to get done what you imagine you can get done.

HOMEWORK:
Identify your fondest childhood memory, and recreate in the present time the feeling you had back then. Testify at Freewillastrology.com.

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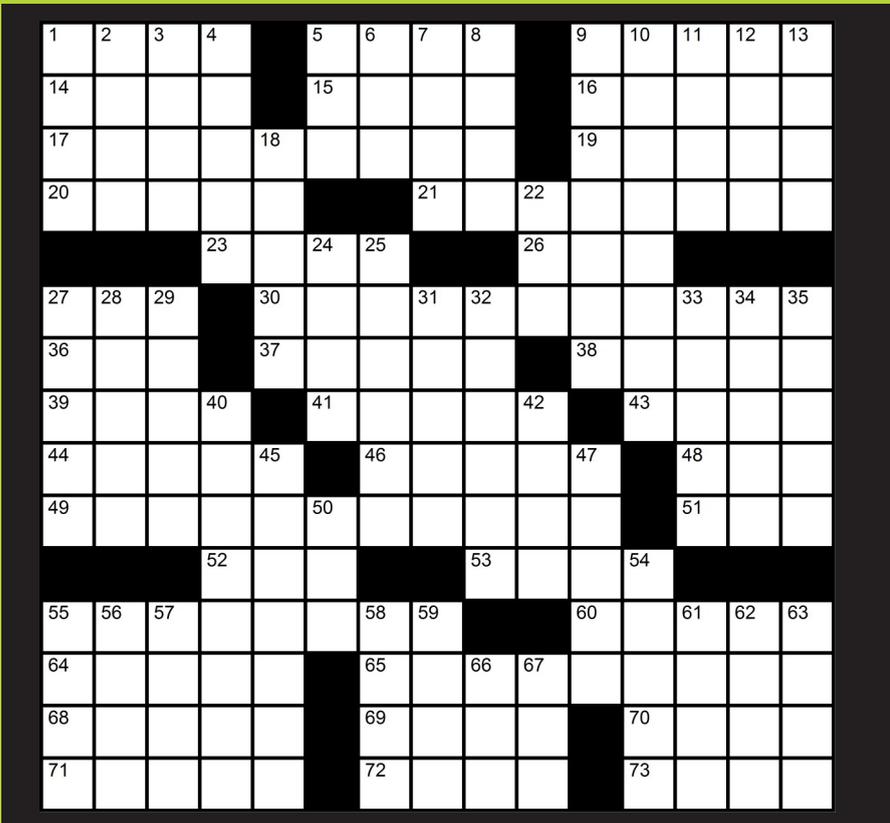
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LETTER CHOP

"BARBE-CLUES"--THIS COOKOUT'S MISSING SOMETHING. - MATT JONES



ANSWERS AT ROGUEVALLEYMESSENGER.COM

Across

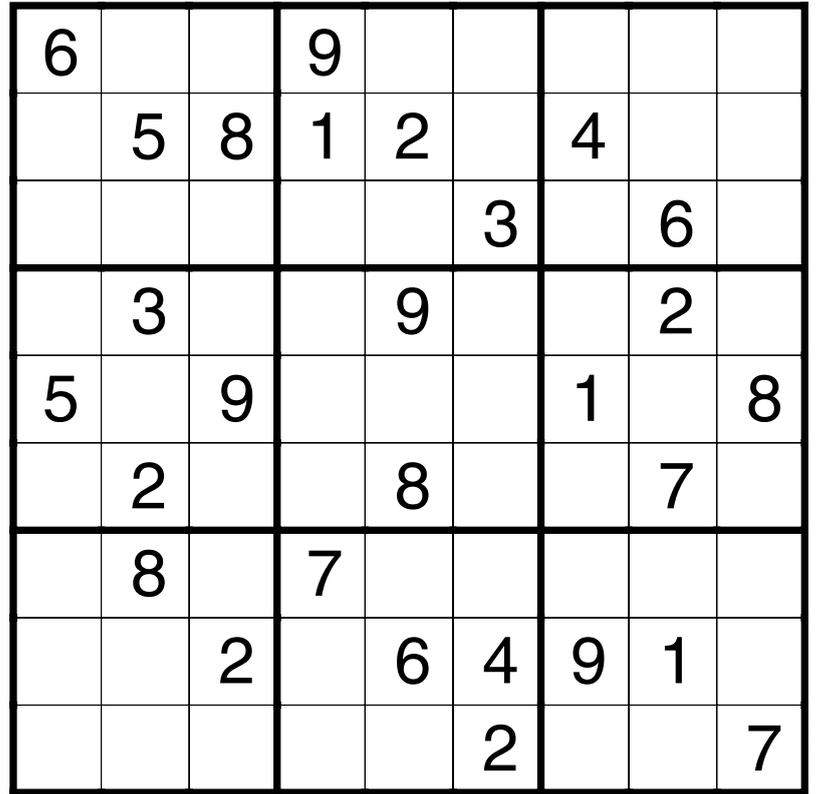
- 1 Move slowly
- 5 "Smokey ___ Cafe"
- 9 "American ___ Warrior"
- 14 First state to weigh in on presidential candidates
- 15 Inauguration Day recitation
- 16 How anchovies are preserved
- 17 Ink for a fan of '60s chess champion Mikhail?
- 19 Bossa nova relative
- 20 Photographer Adams
- 21 Facebook display
- 23 "I call it!"
- 26 Crew team need
- 27 Do a grocery store task
- 30 Introduction from an Italian guy who doesn't speak much English?
- 36 Box score stat
- 37 Having no experience in
- 38 "Beat it!"
- 39 English aristocrat
- 41 Resulted in
- 43 Feels under the weather
- 44 Roman ___ (novel genre)
- 46 Trees that yield hard wood
- 48 Dir. from Reno to L.A.
- 49 Insult your private instructor's headwear?
- 51 Monopoly token choice
- 52 Restroom door word
- 53 Actress Sedgwick of "The Closer"
- 55 It's often served sweetened
- 60 Buddy who bugs Bert
- 64 Friar's Club event
- 65 Barbecue offering, or what the other three theme answers do?
- 68 First name in fragrances
- 69 Musician who feuded with Eminem
- 70 1960s bluesman Redding
- 71 Consenting responses
- 72 Blunt-edged sword
- 73 Get one's feet wet

Down

- 1 Falafel accompanier
- 2 Home buyer's need, usually
- 3 Mail deliverers at Hogwarts
- 4 Behind the times
- 5 Write hastily, with "down"
- 6 Grain in granola
- 7 Prince William's alma mater
- 8 Yeezy Boost 350, for one
- 9 Leaf and Pathfinder, for two
- 10 Where Chad is
- 11 Coastal Alaskan city
- 12 Agree (with)
- 13 "Only ___" (Oingo Boingo song)
- 18 Even out
- 22 Got the most votes
- 24 Jessica of "7th Heaven"
- 25 Site of a 1976 anti-Apartheid uprising
- 27 Sandwich need
- 28 Calculators with sliding beads
- 29 Lena Dunham show
- 31 Dark Lord of the Sith
- 32 Onslaught
- 33 From Limerick
- 34 Mango side, maybe
- 35 "Good to go!"
- 40 "Hmm ..."
- 42 Word of affirmation
- 45 Former MTV personality Daisy
- 47 Buying binge
- 50 Blast creator
- 54 Katniss Everdeen's projectile
- 55 "Dirty Dancing" actress Jennifer
- 56 Actress Byrne
- 57 "... 'cause I ___ me spinach, I'm Popeye ..."
- 58 Mr. Hoggett's wife, in "Babe"
- 59 Each, informally
- 61 1920s leading lady ___ Naldi
- 62 Abbr. in the footnotes
- 63 "___ quam videri" (North Carolina motto)
- 66 Late actor Vigoda (for real)
- 67 Grain in some whiskey

SUKOKU

NO. 143- EASY



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Previous solution - Very Hard

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

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

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