



W ROGUE VALLEY T F MESSENGER



FLASH FICTION
CATCHES FIRE

OUR WINNERS' STORIES

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CULTURE

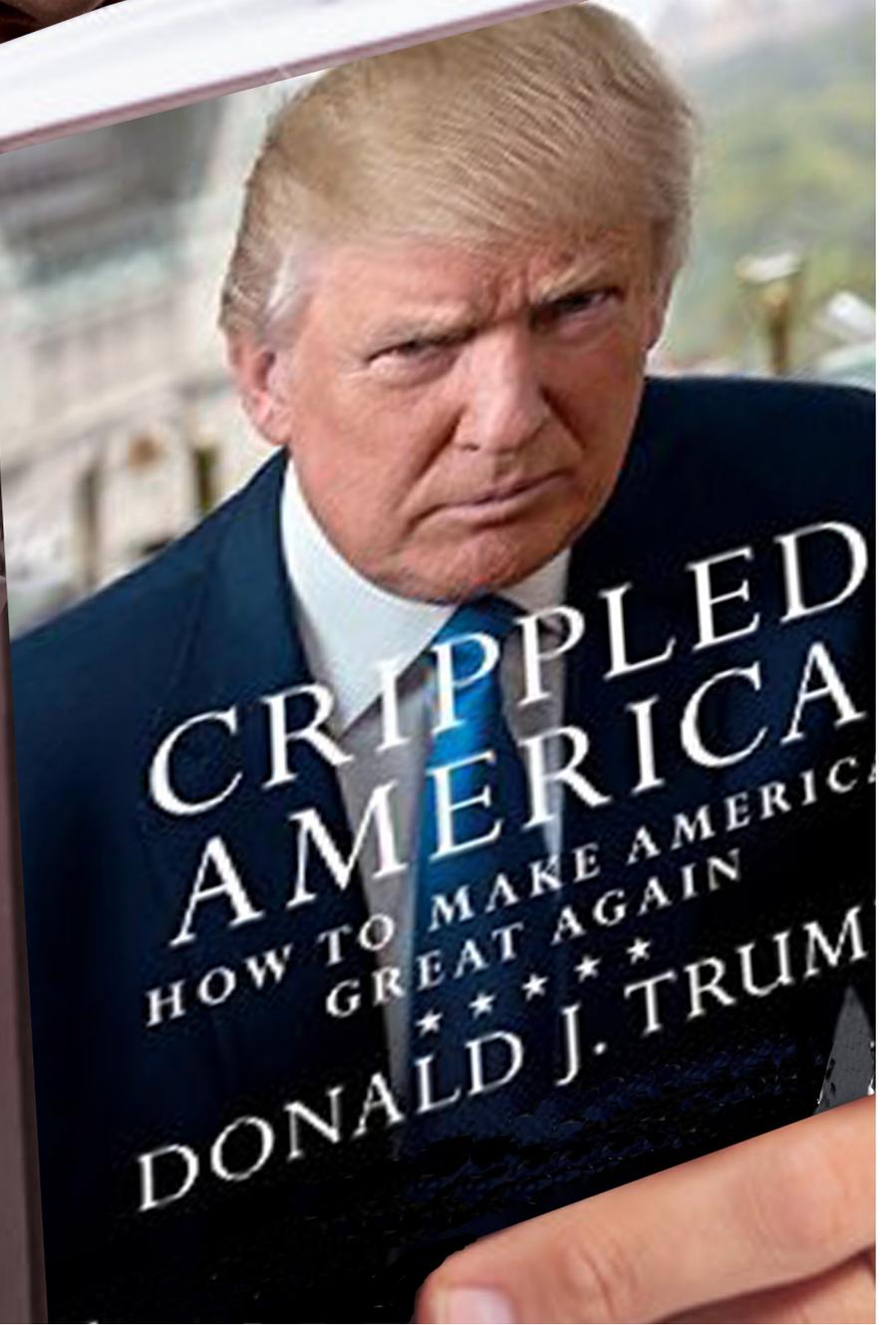
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SCREEN

LOCAL FILMMAKER'S HORSE DOX

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Wine Enthusiast Top Ten Wine Travel Destinations, 2016



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ADDRESS: PO Box 8069 Medford, OR. 97501
 PHONE: 541-708-5688

EMAIL info@roguevalleymessenger.com
 WEBSITE www.roguevalleymessenger.com
 MUSIC music@roguevalleymessenger.com
 EVENTS events@roguevalleymessenger.com
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COVER DESIGN BY
 Jessie Czopek

FEATURE

With two simple prompts, our readers penned complex and charming short stories, and our judges provide tips for becoming the next Hemingway.



PICKS

It's getting hot in here! As summer heats up, so do the events—and our Associate Editor Sara Jane Wiltermood serves up a dozen ideas to fry up your social calendar.



BEER

Medford's charming and quirky Portal Brewing is taking its cosmic and nautical décor and attitudes to a second location in Talent. Does that make them a chain?



THEATER

Part musical chairs, part hoedown, completely knee-slapping fun, Oregon Shakespeare Festival peppers their production of "Yeoman of the Guard" with singing, dancing, ukulele and knee-slapping spoons. Yeehaw and yippee.



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DON'T SHOOT THE MESSENGER

Vote YES on Measure 15-141



State Rep. Val Hoyle, (D-Eugene) is one of three candidates in the Democrat's primary for Oregon's Secretary of State. It has been a tight race, but last week, she reported a major cash contribution which may give her the bump in advertising and staff that she needs: Former New York City Mayor and current billionaire Michael Bloomberg donated \$250,000 to her campaign. The largest funder of gun control legislation, Bloomberg singled her out, for her past efforts on gun control.

Yes, less than a year after the shootings at Umpqua Community College, two years after shootings at Reynolds High School near Portland, and three years after two Christmas shoppers were killed at the Clackamas Town Center, little has changed for sensible gun measures—and we agree that the State of Oregon needs someone to guide policies towards a safer and fair measures. Perhaps knowing that Hoyle has Bloomberg's cash endorsement will sway your vote one way or another.

But for our money (which is woefully less than what Bloomberg carries even in his smallest coin purse), the most important ballot measure this election is Measure 15-141, a matter that does not have the drama of national politics, but matters immensely to the lives of residents in the region. Vote YES.

Sure, perhaps this would have been wiser to attach public transportation funding to a regional gas tax, however, this is how this matter is being presented: A temporary 13 cent property tax assessed per \$1000 of value, with funds directly applied to Rogue Valley Transportation District (RVTD). Vote YES!

In recent years, RVTD has struggled to make budgetary ends meet; like city roads and federal highway on which cars drive, RVTD relies on public funding to maintain its services. A keen example of this funding is a 2012 federal grant to pilot Saturday services. At its peak, 2000 people were riding the buses on Saturday, a large number using the buses to get to jobs. But when the grant ran out in 2015, RVTD was forced to cancel the services, leaving dozens of residents struggling to reach their jobs.

Public transportation is more environmentally sound than single-car commuters, and public transportation helps those most in need—students trying to get to class, workers trying to reach jobs, the elderly going on errands. Fine, most of us do not ride the public bus—but for hundreds and thousands of our neighbors and regional residents, public transportation is a critical to living their lives.

It is notable to see the number of endorsements favoring Measure 15-141 in the Voter Pamphlet: Medford School District, City of Ashland City Council, City of Talent. And, moreover, to note there's isn't a single argument published against the proposal. Even so, Measure 15-141 faces an uphill battle. Why? Why is no one speaking publicly against funding public transportation, yet it's unlikely to pass? Because most self-respecting people understand that denying public transportation is shameful; it is turning your back on a neighbor who needs help. Yet when asked to pony up \$35 a year to help out our region's most needy—and services directly helping people live and better their lives—many of us favor holding on to our money.

On the fence about this one? Think about it this way: Would you give \$1 each week to a neighbor's teenage son so that he could go to school? Or, would you tell him, sorry, I know that this \$1 will help move your life forward, but I really need to buy a box of Tic Tacs? \$1 each week for the school year? \$35 a year to maintain—and restore—public transportation for thousands, and keep the community operating smoothly?

Already Saturdays and evenings are all but gone. Without this funding, more services will vanish, and leave more residents stranded and vulnerable to losing jobs, losing access to health care, losing a means to get to school.

The only expansions that RVTD is proposing are lines dedicated to the Rogue Community College Table Rock campus, and to the South Medford School District, a school district where one out of seven are considered financially vulnerable, and desperately need this service.

Is it clear that we strongly believe Measure 15-141 is important?

We hope you agree.

Vote YES!



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LETTERS



Have something to say?

Send your thoughts and SnapShot submissions to:
editorial@roguevalleymessenger.com.

Letters must be received by noon Friday before next print date for inclusion in the following week's paper. Please limit letters to 250 words. Submission does not guarantee publication.

Speak Up

RE.: MEDFORD HOMELESS ENCAMPMENT

Thank you for the article. There are obviously opposing positions, for legitimate reasons. I think (if it's not already happening) a strategic study must be created: who are the homeless (demographics), costs to our region (hard and soft), and precedences created in other cities/towns that might help steer solutions.

The homeless are human. It's easiest to say they're "vagrants, substance abusers, slackers, scourge of society ..." because that makes it easier to accept. Now Medford/Jackson County can come up with proactive solutions to show what we can do. Hopefully, as best possible, we can find proactive solutions. Kudos too to Maslow, Rogue Retreat, and others who are working to find proactive solutions.

- Ginger G

RE.: MEASURE 15-141

Public transportation is a vital part of our local community; it ensures that people can get to work, to doctors appointments, to school, to the grocery store. Please support measure 15-141!

-Hannah Sohl

How about you tax renters that amount instead?

- Demetri Stewart

Thank you *Messenger* for supporting this measure! Strong public transportation means a livable community; it means people will be able to work more and will be able to access more education since they'll have a way to get there. Happy to vote yes and happy to pay a bit more in taxes to support it!

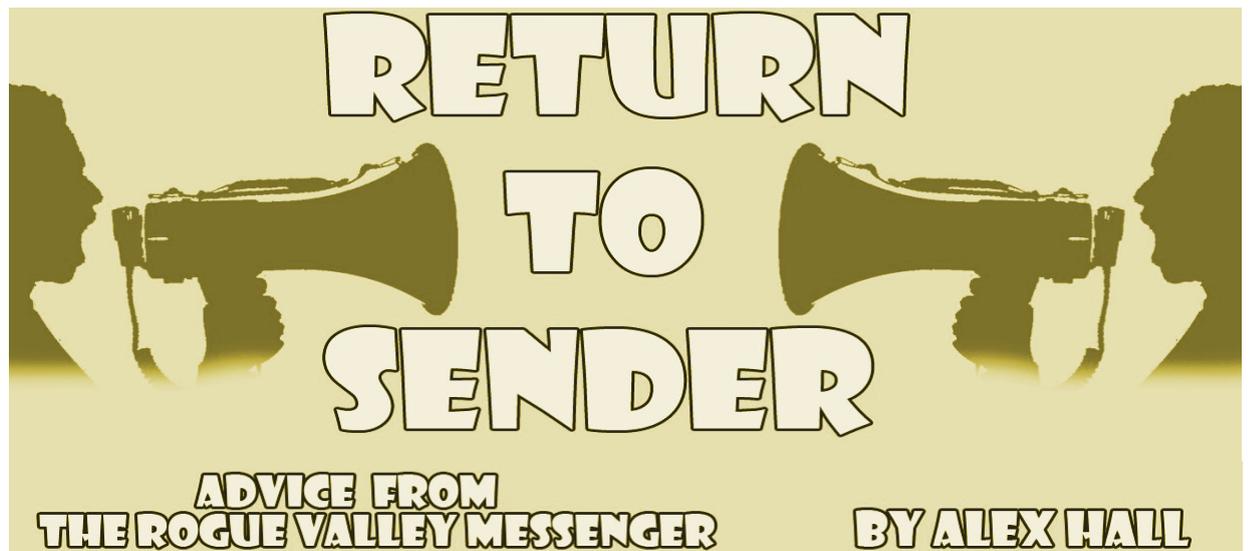
- Erika Glesen

RVTD is a critical service for many of our citizens who rely on it to get to medical appointments, school, VA SORCC, etc. Many people who use RVTD and Valley Lift cannot drive, or can't afford other transportation to live their daily lives, often through unexpected circumstances.

- Daniel Davis

Absolutely not!!! I encourage people to oppose this measure!

- Shane Kevin



Hey Messenger: Have any local food secrets? Preferably Medford or Ashland. Prefer: not super expensive or fancy/snobby.

-Brie

Hi Brie: I recently discovered the pastry joys of *La Baguette Music Café* in the Railroad District. *Mix* might have the stage when it comes to pretty miniature cakes and tarts, but *La Baguette* does scones, bagels, danishes, and muffins better than anyone else in town (and scrambled eggs, actually). Basically, the gluten-filled things you want when you are REALLY hungry. For lunch or dinner, I want to say *La Tapatia* in Phoenix, but at this point, I think most locals have heard about it. After all, they did win best Mexican in the *Messenger's* recent "Best Of" issue.

Hey Messenger: I have an old friend that I talk to online still. He's a nice guy but posts some astoundingly stupid things online. Obviously, I could just block or hide these posts, but I feel like that is a cop-out. Is there a nice way to call out stupid? Is it even worth it to confront this guy about how I feel?

-R

Hi R: I would advise you to only worry about yourself. On a purely interpersonal level, you only have to deal with this person online, which means it is on your terms and likely not very often and most importantly, not even

Medford is really rocking the food cart scene right now and I personally don't think this gets enough attention. If you haven't tried them already, I would recommend *Ooblie's Waffle Truck*, *Curbside King*, *Peruvian Point*, and *Tacos Michel*.

A friend of mine also recently informed me that *Happy Bowl* (a Vietnamese restaurant) has a secret Chinese food menu, and that this is the best Chinese food in Ashland because it is both delicious and traditional. Between that revelation and your question, I was compelled to order it for dinner tonight. We got the Chongqing Spicy Chicken and the General Spicy Chicken Stew. Both dishes were indeed traditional as well as bursting with flavor, as long as you don't hate Szechuan peppers. *Happy Bowl* can be found at 1401 Siskiyou Blvd in Ashland.

in person. There is no worthwhile pro-social motive to confront this person. On the level of intelligence vs. stupidity, there is no way to tell which one of you is the stupid one, from your commentary alone (no offense). On these grounds, I cannot recommend confronting anyone about saying supposedly stupid things. If he bothers you that much, go with the "cop-out." It only feels like a cop-out to you because you're making something into a problem in the first place. There does not need to be a problem and thus- there does not need to be a way out. Hope this helps. 🍷

WANT OUR ADVICE? @LOGICOFLEX OR RVMESSENGERADVICE@GMAIL.COM

NEWS

East Side, West Side

Proposed \$6 Million Project Stirs Up Troubled Waters

BY JEN MATTEIS



LEFT PHOTO: ON-STREET PARKING ON THE NARROW EAST PORTION OF NEVADA ROAD MAKES IT DIFFICULT FOR TWO CARS TO PASS EACH OTHER, MUCH LESS SCHOOL BUSES. RIGHT PHOTO: WEST SIDE OF THE PROPOSED BRIDGE; CAN YOU PICTURE A BRIDGE HERE? PHOTOS BY JEN MATTEIS.

Really, for as long as Ashland has been a city, Nevada Street has been divided into two portions, east and west, by Bear Creek. But a proposed \$6 million bridge would connect the segments—a plan that is enthusiastically supported by developers, but has many residents worried it will forever change the nature of the quiet, residential area.

“When we bought here, we bought into a dead-end neighborhood, which was wonderful,” said Tom Marr, who has lived on the east side of the proposed bridge site for almost 25 years.

Marr was one of more than 100 concerned residents who attended the April 28 meeting held by the Ashland Transportation Commission to gather public input. Three bridge designs were presented: a bicycle boulevard with a bike lane on one side (bronze medal price tag: \$5.8 million), a bridge with bike lanes and sidewalks on both sides (silver medal price tag: \$6 million), and a separate vehicular bridge and bike/pedestrian bridge (gold medal tag: \$6.3 million).

Yet, in spite of the significance of the proposed bridge(s) and the seismic change it could bring to Ashland, fliers that were distributed to residents in early April inviting public comment on the three plans were the first many had even heard of the proposal.

“I really don’t think the main public of Ashland is aware of what’s taking place,” Marr said. “That’s why so many people came to the meeting. It was not only standing-room-only, half the people couldn’t get in. The lobby was filled with concerned citizens.”

But, according to Ashland Public Works Director Mike Faught, plans for the bridge have been in place since about 1990.

“[The plan] was updated in 2012 and moved up as a higher priority,” explained Faught. “What’s driving the project is the transportation plan. It’s not just safe routes to school. It’s transit, it’s bus, it’s the Greenway bike path extension; it’s also an internal bypass for a community. For all those reasons, it’s a high-priority project for us.”

The bridge would allow for continuation of the Bear Creek Greenway to North Mountain Park, shorten bus routes for Helman Elementary School students, facilitate access for emergency services, and enable a future city bus route.

“We looked at the need for internal bus routes within the city, that’s listed as a high priority for the future,” Faught said. “This is also consistent with RVT’s [the Rogue Valley Transportation District’s] long-term plan.”

While Marr agreed that the bridge would provide a quicker bus route for students, he still sees more disadvantages than advantages, including that the current road is in a floodplain.

“It’s just not really designed for through-traffic at all,” said Marr. “On my side coming up Nevada Street there’s a pretty sharp curve and they couldn’t really straighten it out because there’s a rock outcrop—finally they just curved the road around it. There’s a blind corner that’s posted 15 miles per hour. On my side the beginning is a family neighborhood with lots of kids, then as you come up the hill you come into the senior retirement community. I see [the seniors] walking all around. There’s not a lot of good places for them to cross the street as it is. Adding more traffic is going to make that way worse.”

In general, public opinion seems to be heavily weighted toward a pedestrian bridge.

“The majority [at the meeting] did not want to see vehicular access. They want to see more of a pedestrian bridge,” Faught conceded. However, that public input

may be spitting in the wind, as the \$1.5 million federal grant already secured for the bridge might not be applicable toward a bridge that didn’t permit vehicles. “We got the grant because it’s multi-modal,” noted Faught.

In the broader picture, a car-friendly bridge fits with the Transportation Commission’s plans to reduce traffic in downtown Ashland, where parking is a known problem. Future plans include creating a bike lane and a designated loading zone on East Main Street. This would make one lane inaccessible during certain times of the day and remove about 20 parking spaces. Simple solutions such as asking employees to park farther away could make up the deficit, according to Faught.

“If we could get 100 or so employees to shift to a different spot, we just created 100 spots in downtown without having to create a parking structure,” said Faught. He emphasized that the city is considering the simplest solutions first—and that the businesses would have to be willing.

The city is also working on ways to make it easier for out-of-town visitors to find parking—even considering the possibility of a trolley. For Faught, it’s all part of creating a cohesive vision for the city’s future.

“There’s an opportunity to look at how we want our downtown to look over the next 30 years,” said Faught. “We’re going to look into all the feedback we get and try to answer all the concerns,” he assured. 🚩

The Downtown Parking Management and Circulation Ad Hoc Advisory Committee meets on the first Wednesday of the month including June 1 from 3:30 to 5:30 p.m. at the Council Chambers, 1175 East Main Street, Ashland. Each meeting includes time for public input. To comment on the Nevada Street bridge or plans for downtown Ashland, contact Mike Faught at faughtm@Ashland.or.us

NEWS

Ben Farlow Facilitator for SMART Recovery

BY JEN MATTEIS

Ben Farlow is a local facilitator for SMART Recovery, a group that provides an alternative approach to dealing with addictions of all kinds.

Rogue Valley Messenger: What exactly is SMART Recovery, and who might benefit from it?

Ben Farlow: SMART stands for self-management and recovery training. We view addictive behaviors as our own responsibility and the result of choices that we've made. But if addictive behaviors are choices, then it's possible we can choose to stop them. We discourage the use of labels such as alcoholic and addict. It's a set of tools that empower people to make better choices, taking responsibility for their own actions.

SMART Recovery is for any type of addictive behavior. We aren't necessarily limited to drugs and alcohol, but discuss eating disorders, gambling problems, and similar non-substance-related issues.



RVM: How does SMART deal with addiction in a way that is different from AA?

BF: Our approach uses self-empowering skills. The program is organized to help people build and maintain motivation to quit, to cope with urges after quitting, and ultimately to live a balanced life substituting healthy addictions such as exercise, meditation, or social involvement.

Addiction is an epidemic in the Rogue Valley, and SMART is another approach to dealing with it. Different approaches to recovery will work for different people. SMART is for people who are tired of feeling powerless. Many approaches to addiction management use

monitoring or outside authority as a means to help people change their behaviors. SMART tools provide people with a way to manage their own behaviors. It teaches us to rely on our own moral compass and make good decisions because they're important to us, not because someone else is telling us it's important.

RVM: How does a typical SMART meeting progress?

BF: The meetings start with a check-in in which people discuss any challenges they might be facing. After the check-in, we use one of the SMART tools to analyze particular issues that might have come up in the check-in. For instance, we might do a cost-benefit analysis writing down the pros and cons of engaging in an addictive behavior, or do a root cause analysis of why someone might have an urge to engage in these behaviors. SMART isn't a lecture; it's a rolling discussion between group members about how they'd overcome challenges.

RVM: What's the best way for someone to find out more or get involved with SMART?

BF: Visit our website at www.SmartRecovery.org, or come to our meetings. We meet at the Medford Library on Thursdays from 6 to 7:30 p.m. We're going to create a second weekly meeting starting on Wednesday, May 18 at the same time and place. Beginning Tuesday, May 10, there will be a new meeting of SMART Recovery in Ashland at the Ashland Public Library from 6 until 7:30 pm



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FEATURE

FLASH FICTION WINNERS

LITERATURE CATCHING FIRE!

A few weeks ago, we dangled two tantalizing prompts in front of writers, and then limited them to write a short story in only 600 words. It is a tough writing challenge: How to develop—and close out—both a storyline and complete character sketch in fewer words than on the back of cereal box. We were pleased—and impressed, and entertained—with the Flash Fiction stories submitted by you, our readers. Our panel of judges considered each story and picked six winners and a few honorable mentions.

Our judges panel includes: Kumud Gokani, Best Author in the Valley, as voted by *Messenger* readers; Karen Polsgrove, owner of Village Books in Medford; and, Daniel Buck, Rogue Community College Writing Instructor.

All submitted stories are available online at RogueValleyMessenger.com; judge for yourself your own winner!

At 5 pm, Thursday, May 12, the writers have been asked to read their stories at Josephine County Library, 200 NW C St, Grants Pass, free.

DREAMWALKER

BY DESIREE COUTINHO

The morning dew was still dripping from the leaves, and the sound of a branch snapping wasn't far away. From where he stood—or, was it hiding?—behind the bush, the noise seemed as if it could be as close as an arm's length.

He walked out of his trailer, and lit a cigarette, scanning the green canopy for shadows in the brush. The morning air was cold, but the subtle warmth of the pale sun warmed his face.

"Hello?"

Silence.

A shiver ran down his spine. Fine hairs on his neck stood on end.

The texture of the light was off. It had the same unsettled quality of last night's dream, of which he could only remember bits and pieces. A dry dusty desert, black rock mountains in the distance.

"Whose there?" He scanned the perimeter, no dark shapes, no undefined shadows. He knew how to survey an area. He had been trained to do it. It was probably just a deer. Then why did he feel like he was being hunted? The dream was just lingering, perhaps.

He went into the trailer, grabbed his gun from the cabinet above the couch. Instinctively this made him feel safe. Whatever it was, animal or man, he would shoot it. He had killed before. In defense. On command. He shuddered, feeling the morning shadows strangely ominous. How did I get here? His head was foggy. This was his home? This was his country. He'd

bought this property after his discharge, far from any town or people. That's what kept him safe. It kept them safe. He was only the shell of a man. He'd been trained to kill. His friends were not his friends. His family was not his family. Kill. They'd taken the human out of the man and made a weapon.

He grew his plants. He drank beer. He was still alive. That was what he had now. His wife left him. He was a different man, not the man she'd married. She couldn't handle the rages over lost keys, tearing through the house, cold sweats, screaming, talk of ghosts and repentance. The nightmares. A black beast, never the same shape, but always the same. The terrors came, every night. In the mornings, he would wake, dry mouthed, scratchy throat, still whiskey drunk. Memories assaulted him. He couldn't escape.

Walking down the driveway, rifle in hand, he felt eyes watching him, like the eyes of the Haji children watching them enter the village.

They'd brought the war home. Where was it hiding? Why now? Why here? Stop it, Bill. Get a grip. Wake up. There! He heard it again, rustling in the bushes.

"I said, show yourself," he commanded. Silence.

An animal would have run. It wasn't animal. It wasn't human. He was being hunted.

"Whatever you want, you can have it. I don't care." It was true; he didn't care for things. He wasn't afraid of death. He had been expecting it for some time. Death was the only guest he ever entertained, his priest, his teacher, his master. He was not afraid of death, but he was afraid.

What had the dream been? He felt it coming back to him. Square mud huts surrounded by miles of hard, cracked, brown earth. Brown moon dust puffing under his feet, like walking on the bottom of an ancient, dried ocean. Gun shots. Dark men in plain white dresses standing outside their houses, watching. Black masked combatants. A pale blue sky, dusty air heavy with death.

Sticks broke, the bushes rustled. It was getting closer. Suddenly he remembered the end of the dream. Relief spread through him, the presence still lingering, the beasts still lurking, but the inevitable end was somehow was a comfort.

Black butterflies in a desert. A corpse rotting by a flowering bush. Silence.

This story felt "complete" to me. The author said what needed to be said to make me understand the character and what he was feeling/experiencing. The author's words painted a picture of not only the environment the character was living in, but the character's emotions and state of mind and how he got to those places.

- Karen Polsgrove, Owner, Village Books

TWO WRITING TIPS FROM DAN BUCK, WRITING INSTRUCTOR, ROGUE COMMUNITY COLLEGE

1. Write. Just write. Sadly, most people are content to talk about writing, rather than engage in the hard work of writing.
2. There is no muse unless you recognize hard work as a muse. Inspiration appears in the act of writing, not before it.

FEATURE

UNTITLED

BY KATE LUNDQUIST

That fire season was particularly bad, covering everything in a light layer of ash. Though, curiously, the sun felt closer through the screen of smoke, casting a glowing unnatural orange over everything. Still, each morning as the ash fell, Ella stood on her porch and waited. Each morning the mail was delivered and Ella was left empty handed. This had been her chore for as long as she could remember, fetching and sorting the mail. Before she could really read when the letters were just shapes she could match to each other she would sort it out that way. Her mother's name starting with a serpentine S, her father's name with a ring of an O. Once she learned to read Ella devoured books. She'd manage to read several a week. The local librarian sometimes had ordered an entire series in advance to make sure Ella wouldn't run out before the end of the month. But now there weren't new books. It started slowly at first with trees burning in groves, then swaths, and then acres upon acres alight every summer. Eventually there weren't enough trees left to cut down to make the new paper to print on. It had been ok, at first. People got creative, using just about anything they could find to make paper. Lint from dryers started selling for upwards of \$50 a pound. But then those books became more and more expensive. Even if they didn't hold ink well and often smelled of a noxious mix of detergents. It had been nearly five years since there had been a new book for Ella to read. The trees kept burning every summer.

Then about a year ago a letter arrived. On clean, crisp, new paper, and addressed to her in an unfamiliar scrawling hand. That year the fire season had started early in May and continued late into October. The ash thick on anything it landed on. Ella would write short stories in it with a stick on the porch to keep her mind off of Dad in the hospital, sick with a hacking cough.

The letters arrived fresh, each week, part of a story written on them. It was all Ella could do to wait between letters. Not an inch of space was wasted, the writing small and precise covering all of both sides of the precious paper. Even after Dad had died, they lasted for a while, helping to stave off the grief that seemed to have settled all around her just like ash. But last month they'd stopped, mid-story.

On Saturday Ella trudged downstairs, coughing a little. It wasn't always worth checking the mailbox on Saturdays as you only really had half a chance anything would come that day anyhow. But today the little red flag was up and Ella flew right out of the house still in her nightgown. Inside was a single envelope, and for the first time it had a return address. O. Ella looked down at the initial and her last name there in the left-hand corner. In the scrawling hand.

She turned the envelope over in her hands. She had waited so long for this letter, but now she wasn't sure she could bring herself to open it. Finally, gently tearing the flap of the envelope, she pulled out the thick stack of papers. Only the first had any writing, the rest were blank. «My Dearest Ella,» the letter began.

.....

The author's sense of place and tone is spot on. From the first sentence, the reader chokes on the claustrophobia of the smoke and welcomes the trope of the dying parent rather than rejecting it.

- Dan Buck

Very good use of descriptive language. I could see the orange glow of the sun and could almost smell the smoke. Using few words, the author was able to give me a sense of Ella's past, present and even her future to some extent). While the story was complete, I think this story could easily be expanded and I would enjoy reading the expanded version.

- Karen Polsgrove

THE ENVELOPE

BY DESIREE COUTINHO

She turned the envelope over in her hands. She had waited so long for this letter, but now she wasn't sure she could bring herself to open it. Caitlyn slid the white rectangle across her palm, imagining years unraveled, her whole life undone by a few bits of paper.

They had been so young; they hadn't a care, except for each other. It was fairy tale. It was epic romance. It was tragedy. He had remained, preserved in her memory, untouched. They shared a twin bed that entire year, just to be close to each other. She remembered his breath on her neck, the chill it sent through her entire body. How every morning, when he was still asleep she discovered new constellations in the freckles on his back. Yet, she had dismissed him so easily. If she hadn't been the brazen, restless, naïve girl she was, maybe her life would have been different. Maybe love would have been different? Caitlyn turned the envelope, tracing its edge.

She slept alone now, married 15 years. Justin preferred his own bed, just across the hall. He stayed up late; she got up early. He went to work; she kept up the house. They negotiated details in between. They did these things well. Caitlyn looked around the house, imagining it burn down. She dreamt of an escape, another life unfolding. Cam was twelve, maybe she would understand? Maybe she would forgive her in time?

In bed one night, after a few glasses of wine, Caitlyn searched his name on her computer. His photo came up on a University webpage: Faculty. She felt sick and giddy. His smile unearthed relics of memory. She remembered his face when she told him she was bored, that things had gotten dull. She was twenty. She remembered tears on his cheek. This could be her last chance, the turn in her story.

Months went by. Caitlyn planned a family trip, to a small college beach town a few hours south. Justin and Cam wanted to go swimming.

"I'll meet you later. I just have a couple of errands," she said. She did pick up some groceries. She didn't like to lie. Caitlyn kept his address tucked in the smallest pocket of her purse. She unfolded the white paper, and followed the directions to his house. Unsteady, Caitlyn got out of the car, feeling like a thief and a traitor. Trying to calm her shaking hands she placed the plain white envelope in his mailbox. She didn't look around, didn't wait to see if he came out, or his wife, if he had one. She didn't want to know.

That was a month ago. Now, sitting in her living room, going through bills and catalogues, she found his letter. Caitlyn's heart sped, his response in her trembling hands. It tasted bitter and familiar, the pangs of hope, of possibility. Her eyes were drawn down to the intricate pattern on the coffee table where she sorted the mail. Her and Justin had bought that table on their honeymoon in Naples. They had argued over the size. She had wanted something larger, something grand. He wanted something simple, something they could put their feet up on at the end of the day. It was the pattern they both liked and agreed upon: a golden labyrinth. There was a beginning, there was an end, and there was a center.

She closed her eyes, and clutching the envelope tight, and tighter, felt herself roaming in endless circles of love, and love lost. With sudden desperation and a stroke of will, she tore the envelope in shreds, and without looking back, threw it in the trash.

.....

This story accomplished so much with so little. An entire lifetime of hope and tragedy is captured with close attention to the small details that ring true and left me emotional.

- Dan Buck

“ WRITING ADVICE FROM KAREN POLSGROVE, OWNER, VILLAGE BOOKS ”

As for my "advice" for budding writers. I don't think I have any great wisdom. But I would say know who your audience is. Most readers seem to gravitate to one genre and don't like a lot of mixing and matching. That doesn't mean you have to stick to an absolute formula, but understand who you are writing to and what they like. Write what you like to read. If you wouldn't read your writing, why would anyone else?

FEATURE

MOBY DEER

BY JOSH GROSS

The morning dew was still dripping from the leaves, and the sound of a branch snapping wasn't far away. From where he stood—or, was it hiding?—behind the bush, the noise seemed as if it could be as close as an arm's length.

"Do you think it's him?" Fran whispered.

"Sssh!" he fired back. "You'll scare him off." Then Owen removed the compound bow from his back, and delicately counted to three on his fingers, finishing with a hand-signal for them to move forward.

The two boys slowly stepped around the bush and peered out into the big meadow behind the Anderson property. The sight awaiting them stopped them both dead in their tracks: a 10-point buck stood stripping berries and leaves from a large bush. He was lean, graceful, and bright white from nose to tail. The only blemish was to his magnificence was the feathered stump of an arrow protruding awkwardly from his right flank. It was weathered and cracked, and it swung in the breeze, hanging in the deer's hide only by its barbed tip.

"It's him," Fran gasped.

"Will you shut up!" Owen said to his little brother. "I'm regretting even bringing you!"

"I was the one who saw spotted him back in town!" Fran protested. "I brought you."

"Will you be quiet," Owen hissed. "You'll scare him off, and then we may never find him again. We got unfinished business, this deer and me. And if he runs off, then it's you and me that will have unfinished business, if you get my drift."

Fran looked furious, but he shut up. Owen motioned for him to get down and he complied.

Then Owen inched towards the deer, slowly, delicately. He'd only get one chance at this and he didn't want to screw it up.

Deer were naturally skittish, but this one stood its ground, simply watching Owen's advance from the corner of his eye. When Owen got within 10 feet, the deer lifted its head, staring straight at him. It inched back, but didn't retreat. Owen held his hands up, and backed off a little. Then he swallowed his pride and spoke.

"I'm sorry," he said. "For what I did to you. I just needed to say it to your face. Maybe it don't mean nothing to you, being that you're a deer and all, but for what it's worth, it won't ever happen again, to you or none of your kinfolk."

Then Owen tossed down his bow, and stepped back.

"There," he said. "It's yours."

The deer reared back on its hind legs. Its full height was truly fearsome, and for a hot second Owen regretted the loss of his bow, even if picking it back up would make his apology ring pretty hollow.

But the deer didn't charge. It went back to all fours, and then trotted off towards the woods, limping slightly where Owen had shot it.

"I thought you were going to finish it," Fran said. "What was that?"

"Just shut up," Owen said. "You don't know nothing about nothing."

"Can I have your bow if you don't want it?" Fran asked.

"No," Owen said. "I gave it to the deer."

"That's stupid," Fran said.

"Probably," Owen said. "But that's how it is."

.....

This story was very short but felt very complete. I did not think there was anything else needed to help me understand the situation or main character (Owen). The story evoked a sense of compassion on Owen's part. I felt as though I knew what Owen was feeling and why he was doing what he did.

- Karen Polsgrove

WEREFOR ART THOU DAVID?

BY JEN MATTEIS

She turned the envelope over in her hands. She had waited so long for this letter, but now she wasn't sure she could bring herself to open it.

The envelope was robin's egg blue with cartoonish red hearts on it. It also smelled a little funny. Pungent, and kind of musky. A little like wet dog. Her name and address were written in large, child-like handwriting in green ink, and there was no return address.

Becca took a deep breath, then tore open the envelope. Silver glitter scattered down her shirt and across the kitchen table, turning her blouse into a laundry chore and the dark table into a starscape. She pulled out the letter, shaking the glitter onto the table. The thick paper was folded in thirds. Trembling, she unfolded it.

Dear Becca,

You are probably wondering, "Why am I covered in glitter right now?"

She almost smiled.

I wanted to prove to you that I still have my sense of humor. Yes, I have changed. Yes, I should probably never see you again. But I am still myself in many ways. You are probably wondering were I am. Get it? For obvious reasons, I cannot tell you where I am living, but I would love to see you. I know I have done terrible things, and I do not expect you to forgive me. But I hope I can see you one last time, and I know you must feel the same. A love like ours transcends any circumstance. And what happened to me was not my choice. I cannot be held responsible for my behavior. I love you and I hope you understand. Our anniversary is approaching. At noon on that day, meet me at the place where I proposed. I hope you will come see me.

Love you forever,

David

Becca's hands were shaking. She looked at the calendar stuck to the fridge. Four days remained until her anniversary. For a moment, she thought about going back to him. Maybe they could make it work. Then she laughed, a sad and sober, mocking laugh. She looked at the wall opposite the fridge. There, her father's face stared down at her from a photo taken at Cobalt Bay, five months ago, right before everything in her life went wrong. He was standing in a boat, holding up a fish he'd just caught, with a grin splayed across his face. But his eyes were serious. And his voice rang in her head, the only place she could hear it anymore: "Kill the damn thing."

Becca crumpled the letter in her hand and dropped it onto the table, a moon in the field of stars. She stood, then walked over to the desk in the living room. She opened the top drawer and took out a small handgun. Then she pulled out another envelope, the one she hadn't been able to open back when it might have made a difference.

It was a large, padded yellow envelope with a foreign return address. The package that Dad had bought on eBay, when they'd first found out. She tore it open, and emptied the contents onto the top of the desk. Bullets—silver in more than their color—clattered across the hard wood. Her expression was stoic, but tears ran down her face as she loaded the gun.

.....

I love that I had to read this three times before I understood it. The clues were there all along, but I never suspected that the author was writing a mystery piece with the economy of flash fiction. It makes the reader relish the revelation.

- Dan Buck

THEATRICAL ANTICIPATION

BY MADDY OLDREAD (AGE 10)

She turned the envelope over in her hands. She had waited so long for this letter, but now she wasn't sure she could bring herself to open it. After auditioning earlier that month, Jessica had been tossing and turning in bed wondering if she had done a well enough performance to impress the stubborn and impatient judges. Could this be it? Could she have *actually* put together an impressive enough scene to get the lead role in the play, or could she have put together a bad enough piece that would end her dream career of acting at the age of only thirteen? Not only was she thinking of how much anticipation was going through her body at that moment, but also thinking of her fate depended upon it. There was so much cacophony going on in her brain that she didn't hear her irritating little brother asking her impatiently if she was going to open it or not. She was so nervous that she couldn't even answer him. Thoughts were racing through her mind, like all of them were trying to get to the finish line. One thought wanted to tear the envelope up and just read it, but then that thought fell behind and another one came in its place.

The next day she still didn't have the courage to open the wax sealed envelope sitting on her bed rest. Her anticipation was growing my the minute now, and her thoughts were as fast as a cheetah. She felt like she was going crazy. At the end of the day she couldn't take it anymore. She slowly tore the seal open. She opened the card. Then...

.....

An Honorable Mention to "Theatrical Anticipation" by Maddy Oldread. I think she did a wonderful job of describing Jessica's fears and worries and then leaving us hanging wondering what the letter said.

- Karen Polsgrove

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Many, many individuals, Ashland Rowing Club, Hamfist, our emcee Maria Kelly, Ashland Business Solutions and AHS Foods & Nutrition classes.

Ashland Parks & Recreation, Jackson County, USFS, Private Landowners, APD and Steve MacLennan

Robin Pike, M.D. of Vista Pathology, Wellspring Centre for Body Balance, DrDeborahMD.com, JPR, Moss Adams LLP, The Krabberød Foundation, Rogue Valley Roasting Co., Ashland Chamber of Commerce

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OUR *Picks*



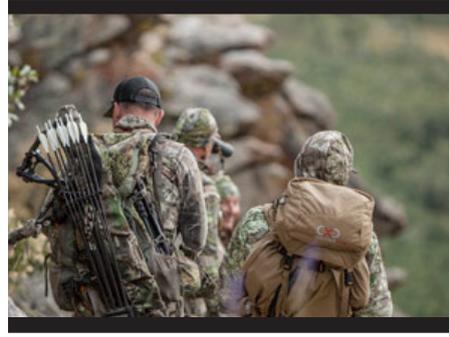
thurs 12 & fri 13 Barnyard Stompers

MUSIC—Simply said: Don't mess with Texas. This truly rowdy country western duo from Texas makes you feel tough just listening, and you walk away with a pretty respectable drawl too. They are working on their fourth album, their first with a full band, showing no signs of slowing down. 9:30 pm. Thurs. Bamboo Room, 1182 Court Street, Medford. Fri. The Haul, 121 SW H Street, Grants Pass.



fri 13 - sat 14 Safe-Deposit Box Auction

AUCTION—Calling all pirates! For those who tire of the traditional garage-sale hunt, or die-hard fans of "Storage Wars," the Oregon Department of State Lands has cooked up a similar event. Financial institutions are required to give the state the contents of abandoned safe-deposit boxes, and the state is ready to clean their closets. 9 am. Fri., coins. Sat., jewelry. 202 Redwood Hwy,



fri 13 Full Draw Film Tour 6

FILM—More than "pulling-it-back-and-letting-it-go," the art of bow-hunting is captured in shorts films from the great outdoors themselves. With films from "Born and Raised Outdoors," "Gritty Bowman" and more, these films are sure to hit the target. Brought to you by Hoyt and Real Tree, the makers of everything camo. 7 pm. Craterian Theatre, 23 S. Central Avenue, Medford. \$14, adults. \$9, youth (4-17).



sat 14 Customs for Kids Car Show

CAR SHOW—Go ahead! Bring your 1995 Toyota Camry. Over 40 trophies will be awarded to ALL makes and models of cars. Over \$40,000 has been raised by Altered Vision Car Club through this event since 2010 to help fund the Maslow Project, an organization that helps homeless kids. 9 am - 3 pm. Brammo, 300 W. Valley View Road, Talent. \$15, vehicle entry. General admission, free.



sat 14 On the Fly Improv

IMPROV—On the Fly Improv jumps right into the month of May with "May Hams." (Yes, that is a real slice of ham in the photo. Ha Ha.) And in true improv style, when they run out of hammy jokes, they just make it up as they go. This performance will benefit the Havurah. 8 pm. Havurah Shir Hadash, 185 N Mountain Ave, Ashland.



sat 14 What if Roe v Wade were argued today?

DISCUSSION—Oregon Shakespeare Festival's plays are meant to spark discussion, and the "Living Ideas" series is just the place to discuss. This round-table conversation will include legal scholars from Stanford and U of O, a Senior Policy Analyst and a Court of Appeals Judge. 11 am - 1 pm. OSF, Carpenter Hall, 15 S. Pioneer Street, Ashland. \$12. \$10, members. \$8, youth (6-17).



wed 18 Wolf OR-7 Expedition Screening

FILM—After stalking the famed wolf "OR-7" online for the past two years, now is the chance to finally see him in action. In addition to breathtaking views of the wilderness of the Pacific Northwest, watch OR-7 journey to find a mate, start a family and simply survive. 7 pm. Southern Oregon University, Arts Building 101, Meese Auditorium, 1250 Siskiyou Boulevard, Ashland.



sat 21 Rogue Valley Rumble Boxing

BOXING—We all know it isn't OK to hit people, unless they hit you first. See who throws the first punch when Will Hughes takes on Richardo Maldonado. Six fights will take place, with Mike Wilson as the "Main Event." 7 pm. Jackson County Expo, 1 Peninger Road, Central Point. \$20, advance. \$25, general admission. \$15, age 12 and under. Free, age 4 and under.



sat 21 Chance Kersten

MAGICIAN—Chance Kersten calls himself "an entertainer first, a magician and mentalist second." And then he disappears into thin air! In addition to mind-bending tricks and sleight of hand, Kersten aims to keep his audience engaged, laughing and headed home with memories and questions. 7:30 pm. Barnstormers Theatre, 112 NE Evelyn, Grants Pass. \$15. Jackson County Expo 1 Peninger Rd Central Point Or Saturday May 21 @7pm



sun 22 Peter Gabriel Tribute: Security Project

MUSIC—Security Project has done a pretty good job of resurrecting Peter Gabriel's solo career in his albums Car, Scratch, Melt and Security. They even feature Gabriel's 1977-1986 drummer Jerry Marotta. Just hitting the music scene together last year, their fan base is growing rapidly. Local "rootsy" group Left to open. Live at the Ashland Armory, 208 Oak Street, Ashland. \$25, advance. \$30, day of show.



sun 22 Applegate Uncorked

WINE—Check off your bucket list or start a tradition. All 17 of the Applegate Valley Wineries are participating in Applegate Uncorked, a chance to enjoy a self-guided tour of some of our Valley's most illustrious offerings. Appetizers included, and are free for designated drivers. Get your tickets and choose your starting point at applegatewine-trail.com, and let the tour begin. 11 am - 5 pm. \$49, included commemorative wine glass.



sun 22 Sip 'N Snap: Capture Better Photos with Your Cell Phone

CLASS—Got your smartphone and a glass of wine? Time to take some photos. Molly Bermea of Frizz Photography Studio will share her secrets to taking photos with your phone, and being able to pass them off as professional. (Almost.) She will also instruct on photo touch up. Selfie Saved! 4 - 6 pm. EdenVale Winery, 2310 Voorhies Road, Medford. \$35.

A PERFECT LOCATION FOR YOUR EVENT.

Space rentals for your class or program -- www.AshlandHaven.net



LIVE MUSIC *and Nightlife*

THURSDAY, MAY 12, 2016

ASHLAND

SARCALOGOS / WITCH CULT / TORTURE REDEFINED

Sarcalogos is Blackened Hateful Assault from Portland, Witch Cult is Satanic Sexual Death Thrash, Torture Redefined is Death Metal - Club 66 - 5 to 8 pm - \$3 to \$5 suggested donation.

FRANKIE HERNANDEZ - Rock, Soul/Funk, Reggae - TAP: The Artisan Project, 567 Fair Oaks Ave. in Ashland - 5:30 to 7:30 pm.

JEFF STANLEY TRIO - Belle Fiore Winery - 6 to 8 pm - No cover.

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

CRAIG MARTIN & FRIENDS - The Wild Goose - 8 pm - No cover.

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

OBEOKA KARAOKE with Starbuck - Oberon's Tavern - 9 pm - No cover.

CENTRAL POINT

KRANK IT UP KARAOKE - PIZZA SCHMIZZA - 9 pm.

JACKSONVILLE

Tim Mitchell Duo - Bella Union Restaurant and Saloon - 8 pm - No cover.

MEDFORD

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

DJ JIM 80'S / ALTERNATIVE / DANCE NIGHT - Howie's On Front - 9 pm.

KRANK IT UP KARAOKE - The Bohemian Club - 9 pm.

FRIDAY, MAY 13

ASHLAND

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

PAUL TURNIPSEED TRIO - Belle Fiore Winery - 6 to 8 pm.

EXULT: A TRIBAL CIRCUS FOR ALL SENSES - Ark Tribe and JamQwest present a one night visceral festival for all senses. Dance shows, Fire Dancers and live tribal percussive music will be from 6 pm to 10:30 in the Casbah. An Ecstatic dance with Tribal, electro and world music DJ sets will set the tone in the Community Room from 10:30 pm to 2 pm. From 6 to 10 pm, the Community room area will be matted and rugged for yoga play, where guests are invited to stretch, meditate, breathe, perform acro yoga, or just congregate with fellow tribesmen. Jumbo Tibetan gong, crystal bowls, Tibetan bowls, sacred drums, sacred tea and cacao ceremonies, tarot, readings, holistic healers and crystal healing, plus squishy needle fights and an outdoor area for pigeon jousting, hula play, and juggling. Plus a Sanctuary Lounge on the Thump Bus in the Wellsprings lot. Guests of Exult may soak in the full spa at the Wellsprings from 4 pm to 12 am for a special rate of \$8. The Jackson Wellsprings, 2253 Hwy 99 North, Ashland, Oregon - 6 pm to 2 am. \$15 Adv / \$20 at the door. (This event was originally scheduled for May 7 at The Ark, but was changed due to zoning limitations on fire shows and drum circles).

FREDDY AND FRANCIENE - "Freddy & Francine, the King & Queen of LA's folksy alternative hard to describe scene" (www.examiner.com) - Americana / Soul duo featuring songwriters Lee Ferris and Bianca Caruso are back at Public House - 8:30 pm - No cover - All ages until 10 pm.

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

CENTRAL POINT

RENAISSANCE DANCE RECITAL - The University of Oregon Repertory Dance Company will present its annual collaborative concert with faculty and students from Central Point's Crater Renaissance Academy. The concert is a capstone event to a week long artistic residency in which UO dancers will work with the high school-age student artists to help them develop their craft. Themes include thoughtful considerations of womanhood, subtle intimacy, baroque flourishes, jazz soul, and hard-hitting athleticism. Crater Performing Arts Center, 655 N Third St. - 7 pm - Adults \$7, Students \$5 / Pay-What-You-Can.

GRANTS PASS

LEON RUSSELL - Leon Russell has enjoyed a remarkable and lengthy career as a performing and recording artist. His all-encompassing style ranges from raucous, gospel-inflected rock to heartfelt romantic ballads. He's recognized as one of the best interpreters of Bob Dylan and even recorded with Dylan ("Watching the River Flow") - Historic Rogue Theatre - 8 pm - \$30 - \$55.

WILD SIDE - A Rockin' Good Time - G Street Bar & Grill - 8 pm to Midnight - No cover.

JACKSONVILLE

JEFF KLOETZEL - Acoustic Pop / Folk / Rock & more - DANCIN Vineyards - 5:30 to 7:30 pm - No cover. **IT BEATS WORKIN'** - Bella Union Restaurant and Saloon - 8 pm - No cover.

MEDFORD

COMEDY NIGHT: MARC YAFFEE / OPENER: MIKE MOSES - Chadwicks Pub & Sports Bar - 9 pm - \$10.

JENNY DON'T AND THE SPURS / ELLY SWIFT - Classic Country - Johnny B's - 9 pm.

KRANK IT UP KARAOKE - Pit Stop Tavern - 9 pm.

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

MT. SHASTA, CALIFORNIA

FREEDOM WITH JOSHUA WELLINGTON /



MAY 13 - FREDDY AND FRANCIENE AT PUBLIC HOUSE IN ASHLAND

MATTHEW HUMAN - Mt. Shasta Vets Club, 406 N Mt Shasta Blvd, Mt. Shasta, California - 7:30 to 11:30 pm - \$10 cover.

PHOENIX

KRANK IT UP KARAOKE - Barkley's Bar - 9 pm.

SATURDAY, MAY 14

ASHLAND

SISKIYOU DE MAYO: A WORLD MUSIC FESTIVAL - Celebrate multiculturalism with international music and dance, featuring Unity African Drum and Dance at 1:05 pm, Ka Pi'o O Ke Anuenue performing with Ha'ena at 1:50 pm, Rutendo Marimba at 2:35 pm, Maraval Road Steel Band 3:20 pm, Salsa Brava at 4:05 pm, and The Frankie Hernandez Band at 5:20 pm. Paul Gerardi from The Valley 106.3 will open up the event, which will be MC'd by T Poe and The Rogue Poets, who will entertain between sets! Event takes place at the Butler Bandshell (150 Winburn Way in Lithia Park in Ashland, from 1 to 6 pm. Take advantage of our FREE shuttle service and avoid the hassle of parking downtown. Main Street Tours will be providing up and drop off services from multiple locations around Ashland that include: Bi-Mart, SOU, The Grove, Mountain Meadows, and the downtown Ashland Plaza. Visit www.ashland.or.us for more information.

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

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

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

OPUS 3 - Jazz - Belle Fiore Winery - 6 to 8 pm - No cover.

FREEDOM WITH JOSHUA WELLINGTON / MATTHEW HUMAN - Freedom: "A Singer Songwriter from the Northland, Freedom's Music is Medicine. Undefinable. Full With Potent Poetry of Substance and Relevance. Good for the Soul. With his Brother traveling with him this will be something to Witness." Matthew Human: "Rooted in the best of country music traditions, Matthew Human's music is about the simple life, and what's truly important - healthy food, clean air and water, true love, and community. It's that kind of hippie country rock that you probably haven't heard since the early days of The Eagles." - The Jackson Wellsprings - 7:30 to 11:30 pm - \$10 cover - www.MysticRisingFestival.org - www.MatthewHuman.com.

MAY HAM! - On The Fly Improv Show - Adult themes may come up - The Havurah - 8 pm - \$10 to \$15 suggest donation.

OLIVIERO - Mike Oliviero is a Maine-born, LA-based songwriter, producer, singer and multi-instrumentalist whose idiosyncratic brand of experimental indie-

rock is an exploration of sound and emotion. An eclectic mix of indie-rock, experimental folk, post-rock, minimalism, ambient and post-classical music, Oliviero's music draws sonic inspiration from a diversity of sources such as Steve Reich, La Monte Young, North Indian classical music, Neil Young Rufus Wainwright, Yann Tiersen, Sigur Ros, and the music of the 50's and 60's. The artist's lyrical themes are

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

COMEDY NIGHT AT BRICKROOM: THE JOKER & THE JESTER - Top-notch comedy from Jake Daniels (Finalist, Las Vegas Invitational) and magician Justin Rivera (America's Got Talent) - Brickroom - 9 pm - No cover.

MEDFORD

ROGUE VALLEY CHORALE - FESTIVAL OF CHURCH CHOIRS - The Rogue Valley Chorale will sponsor a weekend of workshops culminating in celebratory performances with a mass choir as we come together with church choristers from around the Rogue Valley at The Craterian Theater - There will be two performances, 3 pm and 7:30 pm - \$20 / \$10 / Students \$5 - www.craterian.org.

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

KRANK IT UP KARAOKE - Karaoke Competition, 1st place wins \$50 - Pit Stop Tavern - 9 pm.

PHOENIX

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

JEFF KLOETZEL - Acoustic Pop / Folk / Rock & more - Pebblestone Cellars - 3 to 5 pm (weather dependent!) - No cover.

MONDAY, MAY 16

ASHLAND

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

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

OPEN MIC - All ages 5 pm - 7:30 pm. Over 21 Open Mic 8:30 pm - 1:30 am - Oberon's Three Penny Tavern - No cover.

CREATIO SONI PRESENT "TRAVEL THROUGH TIME" - "We are putting on a concert entitled "Travel Through Time" where we will be taking listeners through music from all musical time periods." - SOU Music Recital Hall - 7:30 pm.

WILD GOOSE CHASE - Folk / Rock / Country - The Wild Goose - 8 pm - 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, MAY 17

ASHLAND

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

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

"A DAY OF SAXOPHONE" AT SOU WITH OTIS AND HARUKO MURPHY - Featuring Steve Galante's "The Pawn" with SOU saxophonist Rhett Bender. There will be a Saxophone Master Class (free and open to the public) with Otis Murphy from 3 to 5 pm. The concert is at 7:30 pm in the SOU Music Recital Hall - Concert tickets are \$10 general, \$5 seniors, free for students. All tickets are general admission. For more info, visit oca.sou.edu.

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

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

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

MEDFORD

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

SOUTHERN OREGON JAZZ ORCHESTRA - First and third Tuesdays at Howie's On Front - 7 to 10 pm.

WEDNESDAY, MAY 18

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.

JEFF STANLEY - Belle Fiore Winery - 6 to 8 pm - No cover.

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

GRANTS PASS

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

COMRADES / EVERETT / SURPASSES / HOSTAGES / YOUR HANDS WRITE HISTORY - The Eaden Ballroom - 6 pm - \$7 donation.

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

JACKSONVILLE

JEFF KLOETZEL - Acoustic Pop / Folk / Rock & more - South Stage Cellars - 6 to 8 pm - No cover.

MEDFORD

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

LIVE MUSIC *and Nightlife*

TRIVIA NIGHT - Portal Brewing Company - 7:30 pm - No cover.
ALEX KIRK AMEN / JOE MARSON - Johnny B's - 9 pm.

THURSDAY, MAY 19 ASHLAND

AC2 at TAP: The Artisan Project - AC Music + Garrett Baxter = AC2 - 6 to 8 pm - No cover - All ages.
DAVID PINSKY & PHIL NEWTON - Blues - Belle Fiore Winery - 6 to 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.
NEW AUTONOMOUS FOLKSINGERS - The Wild Goose - 8 pm - No cover.
OBEJOE KARAOKE with Starbuck - Oberon's Tavern - 9 pm - No cover.

of Canada, she captured her soundscape amongst an eclectic underground hip-hop and rave culture. Erica's live show is a refreshing experience; she's an international soulstress that'll lead you to discover the depths of your own heart, swooning you with melody, rhythm, stand-out a capella segments, and tastefully selected productions - Brickroom - 9 pm - 21 and older.
GRANTS PASS STORYTELLERS SHOWCASE WITH FOGLINE - Acoustic original songs and the stories behind them. - "Meet Fogline...an up-and-coming country group from southern Oregon. Fogline is passionate about truthful, grassroots country music, and their authenticity is woven through their songs as well as their performances. Bolstered by strong musicianship and commitment to honesty, you can expect nothing less than great, raw music." - Barnstormers Theatre - 7:30 pm - \$10 - 541-479-3557.
SUCKERPUNCH - CD Release Party - Punk Originals -

TIM CHURCH - Standing Stone Brewing Company - 5:30 pm - No cover.
KEN HART - Acoustic Guitar - Callahan's Mountain Lodge - 6 pm - No cover.
DAN FELLMAN WITH STOLEN MOMENTS - Belle Fiore Winery - 6 to 8 pm - No cover.
ROGUE WORLD ENSEMBLE PRESENTS: TRAVELIN' LIGHT - Unitarian Fellowship - 7 pm - \$15 Adv / \$20 Door / \$5 Student or youth.
SOUTHERN OREGON REPERTORY SINGERS PRESENT HAYDN'S "CREATION" - The Repertory Singers conclude their 30th season under the direction of Dr. Paul French, performing Joseph Haydn's "Creation" in English with an orchestra drawn from the Rogue Valley Symphony and period players across the west coast. Featuring Soloists Elissa Johnston, soprano, Brian Thorsett, tenor, and Christopher Nomura, baritone. Dr. French says,

May 22 at 5 pm - Visit www.AppleJamMusicFestival.com for more information. (See band list on the May 20 Apple Jam listing).

SUNDAY, MAY 22 ASHLAND

BEN GAULT - Pianist and lifetime Rogue Valley resident - Belle Fiore Winery - 4:30 - 6:30 pm - No cover.
LIVE CELTIC MUSIC SESSION - Music of Ireland, Scotland and Wales - The Black Sheep Pub & Restaurant - 2 pm - No cover.
SOUTHERN OREGON REPERTORY SINGERS - Haydn's "Creation" - SOU Music Recital Hall - 3 pm.
KEN HART - Acoustic Guitar - Callahan's Mountain Lodge - 6 pm - No cover.
PETER GABRIEL TRIBUTE: "THE SECURITY PROJECT" WITH OPENING BAND: LEFT - "A collection of musical heavyweights exploring the early years of Peter Gabriel's illustrious solo career...heavily focused on the singer's four eponymous albums from 1977 to 1982 (known among fans as Car, Scratch, Melt and Security) - Live at the Armory - 7 pm - \$25 Adv / \$30 Day of show.
JIM QUINBY 6 pm / LITTLE THOM'S OPEN MIC W/ DAVE HAMPTON - 9 pm - The Wild Goose - No cover.

CENTRAL POINT

LIZ JONES - Solo - Caprice Vineyards, 970 Old Stage Rd - 2 to 5 pm.

GRANTS PASS

CASTLE / HIESER - Metal / Alternative Rock - G Street Bar & Grill - 8 pm to midnight - \$5 cover.

JACKSONVILLE

ROGUE WORLD ENSEMBLE PRESENTS: TRAVELIN' LIGHT - Celebrate the unique and expressive power of the human voice with a set of mostly a capella songs from around the world. Whether is pure unison or complex harmony, these bare and beautiful folk songs will captivate you - Bigham Knoll Ballroom, 525 Bigham Knoll Dr. - 4 pm - \$15 Adv / \$20 Door / \$5 Student or youth.

MEDFORD

YOUTH SYMPHONY OF SOUTHERN OREGON - "The 2015-2016 season marks the organization's 28th year of presenting symphonic masterworks, contemporary and commissioned music, and special arrangements. Audiences will be impressed by the interpretive, technical and performance skills of the musicians, as well as their commitment to artistic excellence." - The Craterian at the Collier Center for the Performing Arts - 3 pm - \$10 / \$5 Students with ID.

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

KRANK IT UP KARAOKE - Karaoke Competition, 1st place wins \$50 - Pit Stop Tavern - 9 pm.

PHOENIX

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

WILLIAMS

APPLE JAM MUSIC FESTIVAL - 3-day music and arts events with weekend-long free camping nestled in the



MAY 20 - ERICA DEE AT BRICKROOM IN ASHLAND

CENTRAL POINT

KRANK IT UP KARAOKE - PIZZA SCHMIZZA - 9 pm.

GRANTS PASS

LUCKYIAM OF LIVING LEGENDS - Hip-Hop / EDM / Soul / Trap & Pop - G Street Bar & Grill - 8 pm to midnight - No cover.

JACKSONVILLE

GAIBE CARROLL - Bella Union Restaurant & Saloon - 8 pm - No cover.

MEDFORD

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

KRANK IT UP KARAOKE - The Bohemian Club - 9 pm.

MOVING PANORAMAS - Johnny B's - 9 pm.

OPEN JAM - Rocky Tonk Saloon & Grill - 9:30 pm - No cover.

PHOENIX

BLENDER WITH WILD ENGLISH - Come kick off Apple Jam weekend at the The Phoenix Clubhouse with local favorites, BLENDER and newcomers, Wild English - Music starts at 8 pm - \$5.

FRIDAY, MAY 20

APPLEGATE

AN EVENING WITH PETE - In this one-man performance, Tim Holt portrays Pete Seeger, telling the artist's life story and singing songs from the various chapters in his life. The audience is encouraged to join with him on songs that include If I Had A Hammer, We Shall Overcome, Union Maid, and This Land - Applegate Branch Library - 5 to 6 pm - This Free event is sponsored by Friends of the Applegate Library.

ASHLAND

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

JEFF KLOETZEL - Acoustic Pop / Folk / Rock & more - Belle Fiore Winery - 6 to 8 pm - No cover.

ALL AGES ALTERNATIVE PROM - Lotus Rising Project presents the All Ages Alternative Prom - Why all ages? We want to have this event open to all ages because we would like to give the opportunity of this prom not only to young people, but to those who have been discriminated against at their own proms and/or did not get to go to their high school prom. Lotus Rising is a youth initiated, compassion-based organization that embraces diversity. "Our goal is to make a safe space of equality. We want it to be fun and different. We want to break the social norms and have a dance where the community is celebrated and recognized." Historic Ashland Armory - 7 pm to Midnight - \$15 suggested donation - A Drug & Alcohol Free Event.

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

ERICA DEE - "A honey laced voice with peachy summer day melodies over stick-to-your-ribs beats and sub-synth harmonies." The daughter of Bostonian jazz musicians, Erica Dee was saturated in music her entire childhood. Growing up on the west coast

G Street Bar & Grill - 8 pm to midnight.

SAM DENSMORE & PRETTY GRITTY - "Keep The Porch Light On Tour" - Portland's Sam Densmore (Indie / Folk Rock) with Americana Duo Pretty Gritty - The Haul - 9 pm.

JACKSONVILLE

MERCY DUO - Bella Union Restaurant & Saloon - 8 pm - No cover.

MEDFORD

COMEDY NIGHT: GABE RUTLEDGE / OPENER: JR BERARD - Chadwicks Pub & Sports Bar - 9 pm - \$10.
KRANK IT UP KARAOKE - Pit Stop Tavern - 9 pm.
RIVER COUNTRY - Johnny B's - 9 pm.

O'BRIEN

FRANKIE HERNANDEZ BAND - Rock / Reggae / Soul Funk - McGrew's Restaurant and Lounge - 9 pm - \$5.

PHOENIX

"Haydn's music is inspired, full of life, beautiful and includes one of the most celebrated moments in all of western music: the blazing C major entrance of the orchestra to the accompany the words: "and there was light." - SOU Music Recital Hall - 7:30 pm.

WARREN G. - Warren Griffin III, better known by his stage name, Warren G, is an American west coast rapper and hip hop producer. He is best known for his debut 1994 single, "Regulate," which reached number 2 in the U.S. and charted worldwide. Live at the Historic Ashland Armory - Doors at 8:30 pm - \$25 Adv / \$30 Day of show - 21 and over.

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

GRANTS PASS

CHANCE KERSTEN: MAGICIAN & MENTALIST - Barnstormers Theater - Doors open at 7 pm - Show begins at 7:30 pm - \$15.



MAY 22 - THE SECURITY PROJECT AT HISTORIC ARMORY HALL IN ASHLAND

KRANK IT UP KARAOKE - Barkley's Bar - 9 pm.

WILLIAMS

APPLE JAM MUSIC FESTIVAL - 3-day music and arts events with weekend-long free camping nestled in the heart of the Applegate Valley - May 20, 12 pm through May 22 at 5 pm - Shook Twins, The Magic Beans, Lovebomb Go-Go, Scott Pemberton Trio, Surefire Soul Ensemble, Paa Kow, Groovesession, Gems, Yak Attack, Rainbow Girls, Joytribe, 100 Watt Mind, Jive Coulis, Jackalope Saints, Frankie Hernandez Band, The Hill Dogs - \$50 Single Weekend Pass - 14391 Williams Hwy, Williams, Oregon - Visit www.AppleJamMusicFestival.EventBrite.com for Tickets, www.AppleJamMusicFestival.com for more information.

SATURDAY, MAY 21

ASHLAND

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

SAVANNA TRIO - Dana Campbell Vineyard, 1320 N Mountain Ave - 5 to 7 pm.

SLOW SEASON / WHITE WAIL - Rock & Roll - G Street Bar & Grill - 8 pm to midnight - No cover.

JACKSONVILLE

MERCY DUO - Bella Union Restaurant & Saloon - 8 pm - No cover.

MEDFORD

JEFF KLOETZEL - Acoustic Pop / Folk / Rock & more - Morrton's Pizza & Pub - 8 to 10 pm - No cover.

COMEDY NIGHT: GABE RUTLEDGE / OPENER: JR BERARD - Chadwicks Pub & Sports Bar - 9 pm - \$10.

STONE TYLER / MIKE OLIVIERO / THE RIVER SOUTH - Johnny B's - 9 pm.

KRANK IT UP KARAOKE - Pit Stop Tavern - 9 pm.

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

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

PHOENIX

KRANK IT UP KARAOKE - Barkley's Bar - 9 pm.

WILLIAMS

APPLE JAM MUSIC FESTIVAL - 3-day music and arts events with weekend-long free camping nestled in the heart of the Applegate Valley - May 20, 12 pm through

heart of the Applegate Valley - May 20, 12 pm through May 22 at 5 pm - Visit www.AppleJamMusicFestival.com for more information. (See band list on the May 20 Apple Jam listing).

MONDAY, MAY 23

ASHLAND

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

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

THE SULTANS - Old School Rhythm & Blues - The Wild Goose - 8 pm - No cover.

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

MEDFORD

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

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

COO COO BIRDS - Johnny B's - 9 pm.

EVENTS

TUESDAY, MAY 24

ASHLAND

KEN HART - Acoustic Guitar - Callahan's Mountain Lodge - 6 pm - No cover.
TRIVIA NIGHT - Louie's Restaurant & Bar - 7 pm - No cover.
BOB DYLAN BIRTHDAY BASH! - The Wild Goose - 8 pm - No cover.
FECKIN' TINKERS TUESDAY - Oberon's Three Penny Tavern - 8 pm - No cover.
ROBBIE DACOSTA - Every Tuesday - Granite Taphouse - 8:30 pm.
SUMAC - Touring for their new album "What One Becomes" - Club 66 - 8 pm - \$5 donation - No one turned away!
MEDFORD
LINE DANCE LESSONS - Rocky Tonk Saloon & Grill - 7 pm - No cover.

WEDNESDAY, MAY 25

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.
MARK CHARLES HILL - Belle Fiore Winery - 6 to 8 pm.
CAPTAIN & THE MAESTRO - The Wild Goose - 8 pm - No cover.
BART BUDWIG'S AMPERBAND - Bart Budwig has "a heart as big as a skyscraper - if skyscrapers knew how to be humble. Bart Budwig doesn't write big songs. He writes the songs about the places between the hills, in the draws and hidden canyons where truth is a little more in focus, stories can take their time gettin' told, heartbreak is a place of deep reflection, and melodies don't have to wear rhinestone suits or drive new, shiny, cars to be beautiful." - Public House - 8:30 pm - No cover - All ages until 10 pm.
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 - Acoustic Pop / Folk / Rock & more - South Stage Cellars - 6 to 8 pm - No cover.
MEDFORD
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.

MUSIC SOUNDS BETTER TOGETHER

"Researchers at Yale, using chocolate as their study material, recently concluded that chocolate tastes best when two or more people are eating it together. When the study's participants tasted chocolate together, they judged it as tasting better than when they ate it alone. This held true even if the two people eating the chocolate didn't share a single word with each other. As the study's authors summarize, "Sharing an experience with another person, [even] without communicating, amplifies one's experience." Much of what makes music resonate to a listener depends on whom they were spending time with when they first heard a piece of music, and how the music fits into the tapestry of their lives." There is also the connection of the artist with the audience and, as is often overlooked, the connection of the audience to the people they love, or at least share interests with. This is well worth taking into account, to be built up and built upon. - Micah Solomon, president of Oasis CD. Read full article on musician development, published April 20, 2016 at www.oasiscd.com, see Micah's Musings. Many thanks to musician Jeff Kloetzel for sharing this interesting research with us. He says, "make the effort to bring friends along when you go hear music - it will be a better experience for everyone!"



Art

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.



MAY 14 - 24TH ANNUAL ROGUE RIVER CLEAN UP - GRANTS PASS

IN SCENE

April 7 through June 11. The Schneider Museum of Art presents 'In Scene,' a group exhibition of eight artists who explore the state of the natural world in modern times through video, installation, site-specific outdoor installation, sculpture, and photographs. Works by: Adam Bateman, Anna Daedalus, Kerry Davis, Tannaz Farsi, MK Guth, Rashawn Griffin, Laura Heit, and Jesse Sugarmann. Thursday, April 7 through June 11, 2016, 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.

PANTA RHEI

View the photography of Jolene Monheim from May 1 through June 31, 2016 at Love Revolution, featuring Jolene's "Panta Rhei." "I am a painter who stumbled upon photography and fell in love. My work is about beauty, reflections, harmony, the magic of collaboration, and relationships. Especially the relationship we have with our bodies and how we relate to our environment. The shapes that our bodies take in a watery environment fascinates me, and I primarily use water as the context within which the models explore their sensations of being held." - Jolene Monheim. Love Revolution, 383 East Main Street, Ashland.

ROGUE GALLERY

April 22 - May 26, 2016 in the Main Gallery: Garden Frolic: Jonnel Covault, Julia Janeway and Randall Perkins (Reception: May 20, 5-8 pm). April 29 - May 26, 2016 in the Community Gallery: Second Glance: Paul Jorizzo, sponsored by Ed and Marie Houck. Reception: Fri, May 20, 5 - 8 pm. April 15 - June 7 in the Berryman Gallery: Lo Smucker. The Rogue Gallery and Art Center, 40 S. Bartlett St., Medford. Hours: Tues-Fri, 10 - 5 pm / Sat 11 - 3 pm.

Classes

DIVE DEEP INTO PLANTS SERIES

Sundays, May 1, 22 & 29, from 11 am to 4 pm. A broad and in-depth immersion into wild and non-so-wild plants of the Rogue Valley and surrounding mountains. This beginner course will take you on a journey of learning the historical uses of plants for first aid in the forest or at home. Pre-registration is required. Fee \$150 (for entire series). See details at www.CoyoteTrails.org. Questions? Contact Lynne at 541-772-1390. Coyote Trails Nature Center, 2931 South Pacific Hwy. in Medford, Oregon.

EXPLORING RELATIONSHIP THROUGH FILM

Sunday, May 22, from 1 to 6 pm. "I alone must become

myself; I cannot become myself alone." - Pittman McGehee. Join us for this film series exploring various dynamics of romantic relationship. Come to one or all of them! For more info and to register, email marla16@charter.net or call 541-482-4948. The cost is \$45-\$60, sliding scale.

FELTING FRIDAYS AT ASHLAND ART CENTER

Every Friday, 3:30 to 5 pm. Learn the easy and fun art of needle-felting wool, and create your own collection of cute, furry, and unique animal miniatures! Classes are fun, relaxed, with personal instruction on your unique project. \$10. All materials included. Scholarships available. Adults and children 8+ are welcome to attend

Community

9TH ANNUAL 'LET'S PULL TOGETHER' WEED PULLING EVENT

Saturday, May 21, 2016, from 9 am to 1 pm. Let's Pull Together is a weed pulling event hosted in towns across the west coast from Alaska to California. Join Josephine and Jackson County neighbors for this annual event to help protect some of our most special places from invasive plants. May 21 at Rogue Gold Sports Park & Tilimikh Falls near Gold Hill. June 4 at Reinhart Volunteer Park, 1690 SW Webster Road in Grants Pass. Please bring work gloves if you have them, otherwise, we'll have some to share. Participants receive

classes; kids under 8 with parent supervision. No prior registration required, just drop in on class day. Private lessons, take-home kits and needle felting supplies available! www.wooliza.com / www.ashlandartcenter.org. Ashland Art Center, 357 East Main Street in Ashland.

IT'S QUITTIN' TIME!

Wednesday, May 18, from 2 to 3 pm. Quitting Smoking is one of the most important choices someone can make to improve their health. Deciding to stop is the first step, but having support while quitting is the key to success. AllCare Health is offering a series of classes to help local residents quit smoking and make it stick. Those who enroll are encouraged to attend all six classes in a series. The series is free and open to all Southern Oregonians; however, RSVP is required. You do NOT need to be an AllCare member for this. Call AllCare Health to enroll at 541-471-4106. Summer session is July 13 - August 17. Fall session is October 12 through November 16. Josephine County Public Health, 715 NW Dimmick Street in Grants Pass.

MOMENT IN TIME MODERN DANCE CLASSES

Monday and Thursday nights, from 5:30 - 6:30 pm. \$12 per class or 10% off if paid monthly. Oak Street Dance Studio at 1287 Oak Street in Ashland.

SIP & PAINT: MOONLIGHT SERENADE CLASS

Friday, May 13, from 6:30 to 8:30 pm. Two people can paint a matching set of paintings that are designed to make a whole painting when hung on the wall, or Singles can paint 1 half OR the whole picture on a single canvas. We provide all supplies start to finish! Enjoy a complimentary glass of wine, soda, etc. Canvases are 12x16, upgrade to 16x20 for an additional \$5, payable at event. If you wish to paint both halves without a partner, please let us know when you check in and you may purchase a second canvas for an additional fee. 1 ticket purchase per person. \$35 each. Art 4 Joy, 425 Oak Street in Ashland.

SUMMERTIME FUN: UNLEASH YOUR PLAYFUL SIDE IN A MAGICAL GARDEN.

May through August, 2016. Adult Classes - Mondays: Writing. Tuesday: Drawing. Both Adult classes are from 6:30 pm to 8:30 pm. Children's Classes - Tuesdays: Drawing & Writing from 10 to 11:30 am. Location is in Phoenix, Oregon. Please call Rosemarie for more information at 541-535-3821.

a commemorative t-shirt, enjoy a BBQ lunch and raffle prizes! Visit www.rogueweeds.info for more information and directions.

24TH ANNUAL ROGUE RIVER CLEAN UP

Saturday, May 14, 2016, from 8:30 am. Come volunteer and help clean up our Rogue River. Last year more than 300 people participated in removing trash from the roadside and river's shoreline! Sign-up begins at 8:30 am at Hog Creek boat ramp at 8:30 am, followed by an afternoon of BBQ, music and raffle prizes at Indian Mary County Park at 2 pm. Directions for Hog Creek Boat Ramp: From I-5, take Exit 61, then travel west on Merlin Galice Road for about 14 miles until you see the parking lot on your left. Indian Mary County Park is located at 7100 Merlin-Galice Rd., Grants Pass. Pre-register at www.solve.org. For information call 541-474-5285, ext. 0.

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 schwarz.andrew@gmail.com.

BEN TRUWE'S WALKING TOUR OF DOWNTOWN MEDFORD

Saturday, May 21, 2016 from 11 am to 1 pm. On the third Saturday of every month, Historian Ben Truwe brings Medford's history to life as he conducts a walking tour of downtown Medford. He may take you back in time to Front Street, when 30 N. Front Street was a brothel operated by "Stella the Redhead." Or, he'll relate "...rip-roaring tales about the city's early firefighting mishaps," and more! Tours take a couple of hours, beginning in front of the Southern Oregon Historical Society Research Library (meet here), 106 N Central Ave. (at Sixth and Central), Medford. For reservations, please call Ben at 541-773-8369.

COMMUNITY RESOURCE CENTER

The Ashland Community Resource Center (ACRC) offers food and companionship, access to telephones and on-line computers as well as a mail drop, message center services, clothing and toiletries. More in-depth services, such as aid in completing applications for low income housing, help with replacements of personal identification and case management are

EVENTS

also available but generally require more than one day. Listening Post: Volunteers are available to listen without judgement, providing no feedback, no recommendations and no advice, Thursdays from 11 am - 1 pm. Veteran Services, Thursdays from 9 am - 1 pm: Chuck Hanger, Jeff Nichols, James Raison, and Frederic Berger are available to help veterans with such issues as homelessness, employment, and veterans' benefits. Tuesdays, 9 am - 12 Noon: Drug, Alcohol and Crisis Counseling: Counseling for individuals who are facing drug or alcohol abuse, and individuals who are in crisis. Tuesdays, 9 am - 12 Noon: Dress for Success; Job interview clothing and advice is available for people in the process of finding employment. Ashland Community Resource Center, 572 Clover Lane in Ashland. Clover Lane is located next to Exit 14 off I-5 in Ashland, Oregon.

FREE TOURS OF THE HISTORIC HOLLY THEATRE

The historic Holly Theatre is open for free public tours on the first Saturday of each month, from 10 am to 1 pm. Opened in 1930, the Holly is the last remaining grand movie palace in Medford and is being restored to its original grandeur to become the largest indoor entertainment venue in the region. Visitors to the theater will gain a unique insight into the theater's history and promising future! Tours are offered every half-hour and will last approximately 1 hour. Please be advised that the interior of the building is still under construction. Visitors are encouraged to wear closed-toe walking shoes, and should be comfortable using stairs. Accommodations can be made for visitors with limited mobility. Groups of 10 or more and private donors may arrange private tours. Holly Theater, 226 W Sixth St. Medford, Oregon. Free.

PHOENIX CITY-WIDE ANNUAL YARD SALE

Saturday, May 14, 2016. Fun annual community celebration! Along with yards sales, check out the Phoenix Garden Club's Annual Scholarship Fundraising Plant Sale from 9 am to 1 pm at Ray's, 735 Main St. Go to the Spring Book Sale at the Phoenix Branch Library from 9 am to 2 pm at 510 West 1st Street. There will be a rummage sale at the First Presbyterian Church, 121 West 2nd Street. Visit www.PhoenixOregonChamber.org. Phoenix, Oregon.

ROGUE VALLEY BIRD DAY 2016

Saturday, May 14, from 8 am to 12 pm. Rogue Valley Bird Day is the local celebration of International Migratory Bird Day (IMBD), which celebrates one of the most important and spectacular events in the life of a migratory bird - its journey between wintering and breeding grounds. The event's theme this year is "Spread Your Wings for Bird Conservation," focusing on how birds have inspired many of the most significant conservation actions in the Americas. We recognize the capacity of citizens in every country to support programs and laws that protect birds and their habitats, including a landmark treaty that, for the last century, has protected nearly all migratory bird species in the U.S. and Canada - the Migratory Bird Treaty. Enjoy Wildlife Images live raptor exhibits, guided bird walks, bird banding and a bird-calling contest for all ages beginning at 10:30 am. This outdoor event is admission-free and takes place at North Mountain Park, 620 N Mountain Avenue in Ashland. For more information, visit www.RogueValleyBirdDay.net or call the North Mountain Park Nature Center at 541-488-6606.

THE CONVERSATION PROJECT SEEKS SPRING HOSTS

Through May 31, 2016. Oregon nonprofits and community groups are invited to join the more than 200 organizations that have hosted public discussions through the Conversation Project (a program of Oregon Humanities), which offers humanities-based programs about provocative issues and ideas. Conversation Project programs are opportunities for Oregonians to talk about things that matter - things like food, privacy, race, the purpose of education, and our relationship to the natural world - in exploratory and thoughtful ways. Trained facilitators guide the discussions, connecting each subject to participants' experiences and to the local community and challenging participants to think in new ways without advocating a particular perspective. Through May 31, 2016, Oregon nonprofits and community groups may apply to host Conversations Project programs that take place between July 1 and August 31, 2016. View the catalog and instructions for host organizations at OregonHumanities.org. Contact Oregon Humanities Office Manager Mikaela Schey at 503-241-0543 or 800-735-0543, ext. 110, or email m.schey@oregonhumanities.org.

TRANSPORT YOURSELF & OTHERS BACK IN TIME!

Would you like to learn how to take yourself and others back in time, for instance, to the 1850s? Learn to be a historic Hanley Farm Museum Docent, lead visitors back through time as you tell them about the farm's history. Here's your opportunity to learn about

a place where human occupancy dates back 4,000 years, and where farming has been practiced since the 1850s. Hanley Docents give tours of the Historic Hanley Farmhouse during many events, including the third Thursday of the months April through October. Download a volunteer application from our website, www.sohs.org; from the "Get Involved" tab on the drop-down menu bar, select "Volunteer for SOHS." Hanley Farm, 1053 Hanley Road, Central Point. 541-773-6536, ext. 202 or email info@sohs.org.

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 rmtorre11@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

ACTORS PLAYING THE FOOL

Wednesdays, May 18 & 25, at 2 pm. The Talent Library gives Oscar Wilde what he wishes for with some of the greatest cinema fools. Each program begins at 2 pm with an amusing and informative introduction and the film's production. May 18: Jerry Lewis is a lovesick handyman in a women-only boarding house (1962, 95 min). May 25: Don Knotts portrays a birdwatcher who gets mistaken for a Hugh Hefner type publisher (1969, 101 min, PG-13). Admission and refreshments are free, sponsored by the Talent Library Club. Talent Branch Library, 101 Home Street.

CONCUSSION

Wednesday, May 25, 2 to 4 pm. Based on a true story, Will Smith stars in this 2015 movie based on Jeanne Marie Laskas' GQ article 'Game Brain,' about the potentially horrific cost of playing football. In the movie, Pittsburgh-based neuropathologist Dr. Bennet Omalu (Will Smith) discovers a degenerative brain disease (now known as CTE) in the autopsies of several deceased pro-football players, but after presenting his research, he finds himself under fire from the NFL. Sponsored by Friends of the Ashland Library. Popcorn will be served. 541-774-6996. Ashland Branch Library, 410 Siskiyou Boulevard. Free admission.

OR-7 THE EXPEDITION FILM SHOWING

Wednesday, May 18, from 7 pm to 9 pm. Join KS Wild and the SOU Outdoor Programs for a WILD movie night: 1 Wolf + 6 Adventures traveling over 1,200 miles and back to bring you this film! This documentary expedition follows the path of the famous Wolf OR-7 to explore human-wolf coexistence. Hear the story of the people who journeyed in the footsteps of OR-7. Panel discussion and Q&A to follow after the film. Support wolf conservation with the purchase of your tickets: Sliding scale \$7 - \$15. www.kswild.org. Film showing is at Meese Auditorium, Arts Bldg, SOU, 1250 Siskiyou Blvd. in Ashland.

TED TALKS: WONDERS OF THE DEEP

Tuesday, May 24, 3:30 to 4:30 pm. The TED Talks theme for May is Oceans: Wonders of the Deep. Enjoy fascinating lectures on beautiful and amazing creatures and other things deep below the ocean surface. We will present video lectures by Paul Snelgrove, Edith Widder, David Gruber, Laura Robinson, and David Gallo. TED (an acronym for Technology, Entertainment, Design) is a nonprofit organization whose slogan is "Ideas Worth Spreading." Medford Branch Library, 205 South Central Avenue.

Food

5TH ANNUAL EMPTY BOWLS

Friday, May 13, from 4:30 to 6:30 pm. Join us for the 5th Annual Empty Bowls Peace Fundraiser for food security in Ashland. This heartwarming community celebration benefits Uncle Foods Diner and its partners in food security in Ashland - ACCESS, Ashland Emergency Food Bank, and Food Angels. Attendees pick out a hand-crafted bowl (which you get to take home) which is filled with delicious soups furnished by area restaurants, plus bread and cookies. Adults \$25, Bowl Makers & Children under age 12 free. Information: Call Peace House at 541-482-9625 or visit www.peacehouse.net. Event is in Wesley Hall, First United Methodist Church, 175 North Main Street in Ashland.

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.

JACKSONVILLE WINE CRUISE

Sunday, May 22, from 12 to 6 pm. Discover the Jacksonville Wineries, where wine is the new gold! Tour five unique wineries within a mile of Jacksonville and enjoy three wines and a pairing at each. 15% off bottles of wine! There'll be trolleys every 20 minutes between Daisy Creek Vineyards, Quady North, Caprice Vineyards, DANCIN Vineyards, and South Stage Cellars. Visit www.JacksonvilleWineries.com for tickets and information. Tickets are \$30 each.

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 7 through October 29, 2016.

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

FUN IN THE ASHLAND TEEN LIBRARY

Monday, May 16, 3:30 to 5:45 pm. Teen movie night in the Gresham Room - The 5th Wave (2016, PG-13). Saturday, May 21, 12 to 3:30 pm. Teen game day in the Gresham Room - Video and board games like Wii, 2 new PS4s, Magic the Gathering, plus snacks! Ashland Branch Library, 410 Siskiyou Boulevard.

FUN IN THE MEDFORD TEEN LIBRARY

Sunday, May 15, 1 to 3 pm. Duct Tape Club - Decorate a light switch cover! Saturday, May 21, 1 to 3 pm. Board Game Mania - Get your game on! All ages.

Sunday, May 22, 1 to 3 pm. Stick N Strings - Come knit, crochet, or explore other fiber crafts. Materials and instruction provided.

Saturday, May 28, 1 to 3 pm. Wii Fun & Games - Explore the world of Wii. We've got lots of games available to play.

Medford Branch Library, 205 South Central Avenue.

KINDERMUSIK AT GREAT NORTHWEST MUSIC

Youth Choir for ages 7 - 12: Wednesdays in May, 4 - 5pm. May/June Theme: "A Salute to the U.S.A." First rehearsal free for new members. Taught by the Director of the Rogue Community College Chorus. Kindermusik Classes: Various times on Tuesdays and Wednesdays, with themes such as "Music Makes My Day," "I Can Do That," "Marvelous Me!," "Make Believe," and "Jumping Beans." Call 541-956-8600 or visit www.musiclearning.us for more info. Great Northwest Music, 220 SW G Street, Grants Pass, Oregon.

MOTHERS & DAUGHTERS: EMBRACING TRANSFORMATION

Thursdays, April 7 through May 26, 3:30 - 5:30 pm. Ashland Hot Yoga presents an 8-week yoga class series for pre-adolescent girls (age 9-12) and their moms. Using the technology of Kundalini Yoga, the teachings of Yogi Bhajan, and expression through circle work and the visual and creative arts, we will explore ways to navigate the transition into puberty through a yogic perspective. We will use yogic techniques to find our sense of Self and help us remain true to our Self despite the chaos of physical and emotional change. By cultivating positive, promoting habits and fostering the mother/daughter bond, we empower ourselves and invite a successful transition that is in line with our own purpose and

true sense of Self. Moms will not have to attend all sessions. To register online please go to www.ashlandhotyoga.com. Natalie: nati@natiyoga.com. Emmy: emmysan44@yahoo.com. The cost is \$270 after March 20, 2016. The location of the series is at The Haven, 1970 Ashland Street, Ashland.

OUTDOOR ADVENTURE HOME SCHOOL

Thursdays, April 7 through May 26, from 1 to 4 pm, for ages 5-11. Focus is on nature connection through tracking, storytelling, survival skills and getting comfortable in the natural world. Class location alternates every other week between the Coyote Trails Nature Center, 2931 S. Pacific Hwy., Medford, and the Coyote Trails wilderness campus near Ashland. Pre-registration required. Fee: \$160. www.coyotetrails.org. Contact Lynne at 541-772-1390.

PRESCHOOL PUPPET THEATRE

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

THURSDAYS AT HISTORIC HANLEY FARM

Every Thursday through October, bring a picnic and enjoy an evening at Hanley Farm. However, Third Thursdays are special! In addition to regularly scheduled events - garden tours and self-guided tours, plus harvesting food directly from the no-till garden during June and July - activities are expanded to include: Docent-led Hanley Farmhouse Tours, Hay Rides, and Children's Garden Activities! The 'first' Third Thursday is April 21, 2016, from 4 to 7 pm. Hanley Farm, 1053 Hanley Rd., Central Point, Oregon. Free admission. Farmhouse Tours \$5 for non-members / \$3 SOHS members. Information: 913-638-6954, or email hanleyagriculture@sohs.org.

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

BINGO

Third Sunday of every month, from 4 to 7 pm. \$1 per game. Game proceeds are split evenly between winning players and the house. Snacks and beverages are available. Information: 541-846-7501. Applegate Valley Community Grange, 3901 Upper Applegate Road, 4 miles south of Ruch, Oregon.

BOOK CLUBS

BOOKS@4: Third Tuesdays monthly, from 4 - 5 pm. April 19, May 17, June 21 & July 19. Adams Meeting Room at the Medford Branch Library, 205 S Central Ave.

BRAIN BOOKS: Fourth Tuesday monthly, from 1:30 - 3:30 pm. Guanajuato Room of the Ashland Branch Library, 410 Siskiyou Blvd.

MYSTERY READERS ROUNDTABLE: Third Tuesdays monthly, from 2 - 3 pm. Meyer Memorial Trust Community Meeting Room, Phoenix Branch Library, 510 W First St.

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, 610 SW 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. www.ashlandgreendinks.com

EVENTS

NONVIOLENT COMMUNICATION PRACTICE GROUP

Tuesdays, from 4:15 - 5:45 pm. Anyone who has had a NonViolent Communication course and wants to practice is welcome. Bring your book, NonViolent Communication by Marshall B Rosenberg, Ph.D. and drop-in, or come regularly. Gift exchanges welcome. With questions or for more info, contact Joanna Niemann at joannawn@yahoo.com. Every Tuesday at the Ashland Public Library, 410 Siskiyou Blvd.

RECORDER GROUP OF TALENT

Tuesdays, from 12 Noon to 1 pm. This will be an informal, all-ages 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, 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.

TALK STORY AT THE APPLGATE LIBRARY

Saturday, May 14, 7 pm. Every Second Saturday of the month, join us for Talk Story with David Kennedy. Talk Story, known in Hawaii as mo'olelo, is a respected tradition in many cultures where the personal sharing of important stories preserves them for future generations. Sit with other members of your community and share stories from your life. You may come and listen or let your voice be heard. Bring the kids, the grandparents, or anyone in between! Sponsored by Friends of the Applegate Library, located at 18485 North Applegate Road, Applegate, Oregon. Free event.

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.

PRESENTATIONS

FROM GRAPES TO WINE IN THE APPLGATE VALLEY

Saturday, May 14, from 2 to 3 pm. Hear from expert Winemakers, Rachel Martin and Steve Hall, as they explain what it takes to create the great wines of the Applegate Valley. In addition, the presenters will also discuss how this burgeoning local industry got started, and just where it is headed. Light refreshments will be provided. "From Grapes to Wine" is a free program presented by the Friends of Ruch Library, in conjunction with "Clink! A Taste of Oregon Wine," sponsored by the Oregon Historical Society. Community Room of the Ruch Branch Library, 7919 Hwy 238. 541-899-7438 or visit jcls.org.

IN THE STILL NIGHT

Thursday, May 12, 1 to 2 pm. Join English teacher and longtime Rogue River resident, Sharon Robinson, for an introduction to her first novel, a thriller, "In the Still Night." In the Still Night is a tale of a young English teacher who is abducted from a small public restroom in the mountains near Crater Lake during a snowstorm by an angry, anti-social man who has retreated from society. He has kidnapped her to be a present for mentally challenged adult son. She is trapped in isolation in a primitive cabin in the woods surrounded by deep snow. She survives by her wits, befriends the childlike son, and plans her escape. And through it all, she is surprised to learn that in the midst of brutality and fifth, beauty still exists. Ashland Branch Library, 410 Siskiyou Boulevard. Free event.

LAST STOP BEFORE TOMORROW

Thursday, May 12, 7 pm. Tim Hicks shares the compelling tale of characters who wrestle with the riddles, paradoxes, and dilemmas of climate change and humanity's relationship with technology, and search for answers to the human predicament and the challenges of their own lives. Bloomsbury Books, 290 East Main Street, Ashland. Free and open to the public.

ONE YEAR OF COLUMNS FROM THE ASHLAND DAILY TIDINGS

Thursday, May 19, 7 pm. Through personal stories, practical information and local resources, certified Aging Life Care Specialist, Ellen Waldman's book, Aging Happens: One Year of Columns from the Ashland Daily Tidings, addresses a variety of topics related to older adults and their families. This talk will offer suggestions for pre-planning, and may include presentations by other local experts. Bloomsbury



MAY 14 - MAY HAM - 'ON THE FLY' IMPROV SHOW AT THE HAVURAH IN ASHLAND

Books, 290 East Main Street, Ashland. Free and open to the public.

OREGON'S SMOKEJUMPING HISTORY

Saturday, May 21, from 10 am to 12 pm. The Southern Oregon Historical Society is pleased to announce the next event in its monthly Tales from the Collections program, Fighting Fires from Above: Oregon's Smokejumping History. Oregon's first U.S. Forest Service smokejumper base was opened in 1943 at Cave Junction, and while the Siskiyou Smokejumper Base was in operation, its crews suppressed thousands of fires. On May 21, Gary Buck, of the Siskiyou Smokejumper Base Museum, speaks about the history of U.S. Forest Service aerial wildfire suppression and how it's evolved today. Southern Oregon Historical Society, 106 North Central Avenue, Medford, Oregon. 541-773-6536, ext. 203, email curator@sohs.org, or visit www.sohs.org.

SPECIES: THEY MAY OR MAY NOT BE WHAT YOU THINK

Thursday, May 19, 7 pm. Dr. Stephan Meyers, from the Oregon Flora Project, will discuss several of the numerous species concepts and evaluate the strengths and weaknesses of each concept. Refreshments at 6:45 pm. Meeting and program at 7 pm. Location: Southern Oregon University Science Building, Room 161. For information, contact Dave at 541-535-5355. Free and open to the public.

THE IMPORTANCE OF STORY

Thursday, May 12, 4 pm. Famous (or notorious) for the raucousness of her open discussions, editorial director of Exterminating Angel Press, Tod Davies will bring her long history in the world of the literary arts to share both facts and opinions on the importance of story, its impact on our culture, and why we need new ones now, more than ever. This event is free and open to the public, with free parking available behind the library. Limited seating available. For more info, email libraryevents@sou.edu or call 541-552-6816. Meese Room of the Hannon Library at SOU, 1250 Siskiyou Blvd. in Ashland.

THE TORTURE TRIAL OF GEORGE W. BUSH

Thursday, May 26, 7 pm. Joseph Suste discusses "The Torture Trial of George W. Bush." When a runaway grand jury stirs the media and the public, an unprincipled private investigator stalks him, and a famous defense attorney challenges him in court. Fact-based fiction, entertaining and informative, The Torture Trial of George W. Bush calls for actions and pricks the conscience of political leaders and the American People. Bloomsbury Books, 290 East Main Street, Ashland. Free and open to the public.

THREE HUNDRED CUPS OF TEA & THE TOUGHEST JOB

Thursday, May 12, from 2 to 4 pm. At age 60 and 57, David Drury and Asifa Kanji found themselves on the shore of the great Sahara Desert, posted to one of the hottest and poorest parts of Africa

before and during the military coup and Peace Corps evacuation from Mali in 2012. Told with humor and compassion, their side-by-side memoirs bring you on a 14 month odyssey of life with the warm-hearted Malian people, set against a darker background of approaching famine and social unrest. Join them for a lively afternoon of pictures, discussion, music, and stories from their book. Jacksonville Branch Library, 240 West C Street. 541-899-1665. Free and open to the public.

TO LIVE AND DIE A WASP

Wednesday, May 18, 12 to 1 pm at the Ashland Library, and Thursday, May 19, 3 to 5 pm at the Jacksonville Library. Join local author and historian William M. Miller to hear the stories of Women Airforce Service Pilots (WASP), Miller's writing experiences, and get signed copies of his book, "To Live and Die a WASP: 38 Women Pilots Who Died in WWII," which retells the life stories of 38 women pilots - from birth,

elusive Morel Mushroom! This interpretive hike will take place at Jacksonville's Forest Park. A carpool will leave from Jacksonville's Public Library at 1 pm. Contact Amy Schlotterback at 541-488-5789.

HIKE MULE MOUNTAIN WITH KS WILD

Saturday, May 21, 9 am. Follow us up the vibrant sloping hills of Mule Mountain, a hike rewarded at the top by open sky and views of the valley that extend in every direction. Bring plenty of water, comfortable walking shoes, warm layers, and a lunch. Call or email Jeanine Moy at 541-488-5789 or jeanine@kswild.org for more information, directions, and to sign up for a hike. Carpool leaves from the Ashland Shop 'N Kart at 9 am. Visit kswild.org/get-involved/Events.

HOWARD PRAIRIE HOSTS FAMILY FISHING EVENT

Saturday, May 14, from 9 am to 12 pm. Outdoor fun is on tap for the Oregon Department of Fish and Wildlife Family Fishing Event at Howard Prairie Reservoir. Howard Prairie was recently stocked with 5,725 legal-sized rainbow trout and 400 trout that average more than two pounds each! Plus, the 100,000+ fingerling rainbows stocked last fall should be catchable. "This event is a way to encourage families to get up in the mountains, visit Howard Prairie Reservoir, and have fun fishing together," said Ryan Battleson, ODFW's Rogue Fish District STEP biologist. Rods, reels, tackle and bait are provided by the ODFW to make learning how to catch fish as fun and easy as possible. Volunteers and ODFW staff can answer questions and demonstrate effective fishing techniques. Two 30-minute talks are also offered in a covered area at the marina. Learn about the birds of Howard Prairie at 10 am, and at 11 am. Kids 11 and younger can fish for free while those 12 to 17 need an Oregon angling license to fish. A new Youth license for 12-17 year olds costs just \$10 and is good for hunting, fishing, and shellfishing. Only day licenses can be purchased at Howard Prairie Resort. All State fishing regulations continue to apply. Check www.odfw.com for stocking schedules, maps, guides and a full list of Family Fishing Events throughout the state. Directions to Howard Prairie Reservoir (about 30 minutes east of Ashland, Oregon: Take I-5 S to Exit 14. Take OR-66 E for almost 1 mile and turn left on Dead Indian Memorial Rd. After about 17 miles, take a right on Hyatt Prairie Rd. Go about 3.5 miles to resort entrance.

MUD FACTOR 2016

Saturday, May 14, 10 am. Come earn your new 2016 Mud Factor Medal. The misfit of mud runs returns to The Jackson County Expo for another "Seriously Fun, 5k Obstacle Run!" Giant cargo climbs, Mud pits, Water slide, New course route & more obstacles! Mud Factor waves are "Family Friendly" and open to all participants ages 4 and up. Learn more at www.MudFactor.com. The Jackson County Expo, 1 Peninger Rd. in Central Point.

GUIDED TABLE ROCK HIKES

The Nature Conservancy (TNC) and the Bureau of Land Management, Medford District (BLM) are sponsoring free guided hikes at the Table Rocks. Anyone is welcome to sign up reservations are required (unless noted). Space is limited to 20 individuals unless otherwise indicated. Register at TableRockHikes2016.eventbrite.com or call the BLM Medford District at 541-618-2200, M-F, 7:30 am - 4:30 pm. Hikes are 3-5 miles round-trip along a moderate grade trail and generally last 3-5 hours. Dress for the weather and bring drinking water (none available at site) and a lunch or a snack. Restrooms available at trailhead. No dogs, mountain bikes or OHVs are allowed on the trail.

LOWER TABLE ROCK HIKE - BEAUTIFUL BUTTERFLIES & INCREDIBLE INSECTS

Saturday, May 14, 10 am. Dr. Peter Schroeder, entomologist and Affiliate Professor of Biology at SOU, will lead a hike to observe and discuss the beautiful butterflies and other incredible insects that live on or flutter by the Table Rocks. On this hike, Peter will help you gain a deeper appreciation for how butterflies and other insects live and their essential role in the environment. Free, but reservations are required.

LOWER TABLE ROCK LOOP HIKE - WHOO COMES OUT AT NIGHT?

Saturday, May 14, 7:30 pm. Join Tony Kerwin and Steve Godwin, wildlife biologists with the BLM, to look for creatures and listen to sounds of the night from dusk 'til dark on a jaunt around the Lower Table Rock Loop Trail (half mile accessible trail). Steve will attempt to lure pygmy, great horned, and screech owls - no guarantees! A short presentation of the common bats, owls and other animals active at night in this area and their unique characteristics and adaptations will precede the hike. Bring your flashlights and good hiking shoes. Free, but reservations are required.

UPPER TABLE ROCK - POWERFUL POLLINATORS

Sunday, May 15, 10 am. Find out what all the buzz

through their military flight training, and on to their premature and tragic deaths. A recent decision banning the inurnment of WASP ashes in Arlington National Cemetery has sparked a battle in Congress and angered women's groups. Senator Barbara Mikulski, and Representatives Martha McSally, and Susan Davis, have introduced a bill that would change that, and allow WASP's access to Arlington. Editor's Note: The bill is H.R.4336: Women Airforce Service Pilot Arlington Inurnment Restoration Act, Introduced on January 6, 2016. Status: Passed House (Vote: 385/0) on March 22, 2016. Goes to the Senate next for consideration. A bill must be passed by both the House and Senate in identical form and then be signed by the President to become law. Based on many factors, this bill has a 36% chance of being enacted. Only about 21% of bills that made it past committee in 2013-2015 were enacted. Source: www.govtrack.us/congressbills/114/hr4336.

Sports & Outdoor

25TH ANNUAL DOG WALK

Saturday, May 14, 9 am. Dogs for the Deaf is proud to bring awareness to our mission by hosting the 25th anniversary of our fundraising Dog Walk. It's our largest fundraising event and this year's theme is "The Silver Screen." Grand Marshall John Drach, Dogs for the Deaf Training Director and Originator of Dog Walk. Events will include a 1 mile round trip walk, a Silver Screen Costume Contest, a Dog Agility Contest, a Poker Walk, Raffles & Education Booths. By helping us reach our fundraising goal, you are able to participate even if you don't have a dog or cannot attend the event. Jacksonville Elementary School, 655 Hueners Lane in Jacksonville, Oregon.

CUSTOMS FOR KIDS

Saturday, May 14, from 9 am to 3 pm. Join us for Altered Vision's 6th annual 'Customs for Kids' car show to raise money for Maslow Project to help homeless youth in Jackson County. All years, makes, and models are welcome. \$15 Registration fee, Free to spectators. Raffle prizes, 50/50, Food, Stereo Competition. Giant bounce house, coloring contest, laser tag, and more! New and larger location this year, at Brammo, 300 West Valley View Rd. in Talent, Oregon.

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, Oregon. Free.

JACKSONVILLE FOREST PARK MOREL FORAGING

Sunday, May 15, 1 to 4 pm. Come join KS Wild's Communications Director Amy, out and about doing what she loves best in the Spring - searching for the

EVENTS

is about by joining Sarah Red-Laird, a.k.a. Bee Girl, who will explain why pollination is essential for our survival. On this family-friendly hike, learn about the birds and the bees and their relationship with the wildflowers and trees that produce a rainbow of colors on the Table Rocks. Limited to 15 individuals. Free, but reservations are required.

Stage

9 TO 5: THE MUSICAL

April 29 through July 3, 2016. Based on the hit 1980s film, '9 to 5' tells the story of three female co-workers who concoct a plan to get even with the sexist, egotistical, lying, hypocritical bigot they call their boss. This hilarious story of friendship and revenge in the Rolodex era is outrageous, thought-provoking, and even a little romantic. "Sexism in the workplace, the employee/employer relationship, self-empowerment, and the plight of the contemporary woman - these are unfortunately issues that remain relevant" says director Michael Jenkinson. "It's a comedy first and foremost, but there's this rich narrative about three remarkable feminists who come together to force change." Features a score by Dolly Parton. The Oregon Cabaret Theatre, 241 Hargadine Street in Ashland, Oregon.

CHANCE KERSTEN: MAGICIAN AND MENTALIST

Saturday, May 21, 7:30 pm. Chance Kersten is a magician and mentalist who travels around the country performing at corporate events and parties, weddings, private parties, festivals and theaters, stunning audiences with his world-class sleight of hand, deception, and his uncanny ability to read people and body language. Come see him live at Barnstormers for a show full of comedy and mystery, as he keeps you on the edge of your seat between laughter, awe, and amazement! Tickets are \$15. Visit Barnstormersgp.com or call 541-479-3557 ext.2. Barnstormers Theater, 112 NE Evelyn Avenue, Grants Pass, Oregon.

INHERIT THE WIND

April 27 through May 29, 2016. By Jerome Lawrence and Robert E. Lee. While this Tony Award winning play debuted in 1955, its story is as relevant today as it was then. One of the most outstanding dramas of our time, Inherit the Wind is a fictionalized account of the 1925 Scopes "Monkey" Trial. The controversial subject of evolution versus creation causes two polar opposites to engage in one explosive battle of beliefs. Attorney Henry Drummond faces off against fundamentalist leader Matthew Harrison Brady in a small Tennessee town where trial for teacher Bertram Cates has been brought to trial for teaching Darwinism. Says Lawrence, "We used the teaching of evolution as a parable, a metaphor for any kind of mind control. It's not about science versus religion. It's about the right to think." Camelot Theatre, 101 Talent Ave., Talent, Oregon, United States of America, Earth.

NOW THIS

Monday, May 23, 2016 at 7:30 pm. Ashland New Plays Festival (ANPF) will present a dramatic reading of Scott Kaiser's play NOW THIS. Kaiser, the Director of Company Development now in his 26th season at the Oregon Shakespeare Festival (OSF), will join a cast of 14 superb actors in this story about the tragic consequences of American consumerism. Synopsis: Broke, alone, and without hope teenager, Joey Adderall, is at the end of his tether when he heads to the Clear Cut Mall with a loaded pistol and shoots his way out of his disposable life. Can the people

of Purple Mountain ever hope to understand - and learn from - Joey's rampage at the mall? \$15 general admission (available at Paddington Station). www.ashlandnewplays.org. Great Hall at the Unitarian Center 87 4th Street in Ashland, Oregon.

OREGON SHAKESPEARE FESTIVAL - 15

South Pioneer Street in Ashland, Oregon. Box Office: 541-482-4331. www.osfashland.org. Backstage Tours: "The Show Behind the Show" - through October 29, 2016. Discover what's behind the shows with a walking tour and brief history of the Oregon Shakespeare Festival. Tour begins at Thomas Theatre. Dress accordingly for some outdoor spaces. Tour Prices: \$20 General Admission, \$14 Youth (6-17). Watch for Festival Noons at Carpenter Hall, 44 S Pioneer St. in downtown Ashland. These are



MAY 13 - JENNY DON'T AND THE SPURS AT JOHNNY B'S IN MEDFORD

noon-time lectures, discussions, demonstrations and workshops led by OSF actors and directors, scholars and theatre artists from around the country! Festival Noon Tickets: \$12, \$10 Members, \$8 Youth. GREAT EXPECTATIONS: Feb 20 - Oct 30, 2016 - 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.

THE SECRET GARDEN

May 12 through May 15. The Oregon Center for the Arts at Southern Oregon University Theatre program proudly presents a musical version of "The Secret Garden," based on the beloved book by Frances Hodgson Burnett. This Tony-award winning musical has a story that will appeal to people of all ages. Mary Lennox, an orphan newly entrusted to the care of her grief-stricken uncle, discovers a sickly cousin, a down-to-earth friend and, most importantly, a neglected garden whose revival heralds healing and renewal for the whole family. There are mysterious ghosts,

new friendships, and the possibility of putting down real roots and beginning anew. The Secret Garden is a story about loss and recovery, of forgiveness and letting go. "You will love Mary Lennox and her journey too!" says director Liisa Ivary. Music by Lucy Simon. Book and Lyrics by Marsha Norman. Performances take place Thurs-Sat, May 12-14 at 8 pm; Sat - Sun, May 14-15 at 2 pm in the SOU Music Recital Hall, 405 S Mountain Avenue in Ashland. \$21 General, \$18 Senior, \$6 Students.

Wellness

ACROYOGA AT ROGUE ROCK GYM

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

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.

BACH FLOWER REMEDIES - LEVEL 1

Sat & Sun, May 21 & 22 in Ashland. "Health depends on being in harmony with our Soul." Help yourself and loved ones cope with worry, shyness, fears, poor concentration and lack of confidence. Whether you're worrying about a loved one, juggling a challenging workload, feeling unfocused, or striving towards your next personal goal, the remedies offer support. This three-tiered program is approved by the Bach Centre, UK and leads to Practitioner Registration with the Centre. Practice selecting remedies and learn how and when to take them, and gain insight into the remedies and history of Dr. Edward Bach and his philosophy of healing. Course will be taught by Nancy Buono, BFRP, Director of Education. Visit www.bachflowereducation.com.

EARTHY MIRTH WITH MICHELLE KEIP

Unleash your playful body, Unwind your open mind, Uncover your happy heart. Come delight in the yin-yang interplay of form and flow. With Earthy Mirth, joyful practices guide our attention as we follow what is coming to life in our movement, the group body, the space and the moment. Central to Somatics practice, we cultivate curiosity while concentrating on bodily sensation. As we stay with our felt experience, the gifts of spontaneous insight arise. We expand our explorations with sound, art, sharing and dedication to the benefit of all. Starts April 4, Mondays 10-11 am, on-going, drop-in, sliding scale donation \$5-\$20 at Merging Rivers Zen Center, 243 "J" St., Grants Pass. Also Tuesdays, April 19 & 26, 11am-Noon, \$5, Intro. Classes at the Williams Grange, 20100 Williams Hwy. Contact Michelle Keip at 541-244-1885 or michelle@wellspringai.com.

KABBALAH MEDITATION

Thursdays, May 19 & 26, from 5 to 6 pm. Rabbi David Zaslow presents a 16th century method of meditation created by Rabbi Issac Luria in the city of Tsfat in Israel. Based on the 10 s'firot (chakras), the body's energy centers, participants will learn to calm their emotions, leading to more balanced daily lives. Learn to draw down archangels such as Michael and Gabriel, increase balance in your flow of energy, increase joy, and attend to the needs of the soul, plus more! In addition, this practice sharpens memory and increases intellectual flexibility. \$72 for non-members, \$36 for members for five sessions, includes all handouts. \$18 for participants who've taken the class before. www.havurahshirhadash.org or call 541-488-7716. The Havurah Synagogue, 185 North Mountain Avenue, Ashland.

MEDICINE OF THE FEMINE

Saturday, May 14, 8:45 am to 7:30 pm. "When women feel physically well, emotionally supported, and mentally empowered, their families and communities thrive. The whole world benefits." Women are being asked to step forward with their medicine NOW to heal our planet in crisis. In order to drastically shift the current results of unbalanced practices of the past, the time has come to create new models, beginning with self-care. When each woman is given the teachings, trust, and resources to manage her wellbeing, everything changes for the better. Please join four leaders in the women's health and empowerment movement as they offer a day-long symposium full of inspiring and vital teaching: Rachele Garcia Seliga, Sarah Naomi Bly, Suzanne Mathis McQueen, and Donna Maria Camps. Together they will explore the terrain of the Feminine and a new paradigm of self-care that places each woman as the expert of her own body, sourcing her health from within. Education, practices, inquiries and techniques will be offered to begin or deepen your practice of self-understanding, self-care and devotion to healing, inside and out. Welcome and registration from 8:45 am to 9:15 am. Closing Ceremony at 7:30 pm. Early Bird Admission: VIP \$160, General \$129. At the door \$149. The WellSprings, 2253 Hwy 99 N, Ashland.

YOGA OF BREATH & VOICE CLASS

Wednesdays, from 4 to 5:15 pm. Join Amy Maher MD, for an exploration of breathing and chanting. This process was developed by Silvia Nakkach of Yoga of the Voice in Emeryville, CA. We build a simple structure of breath and voice to connect with our divine selves. The intention is to offer a practice that you may use daily at home. With these simple exercises, begin to listen and re-engage in your world. Your precious life is your yoga, enjoy! All levels are welcome. First class is FREE, others are \$8/class. Ashland Yoga Center, 485 Fourth Street in Ashland, Oregon.

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SOUND

Double Feature:

GrooveSession and Joy Tribe bring the sound at 8th annual Apple Jam

BY TYRELL TRIMBLE



THIS FESTIVAL GIVES NEW A NEW MEANING TO JAM PACKED LINE UP. PHOTO COURTESY OF JOY TRIBE.

Summer is just around the corner and while for some this means possible droughts and bank-breaking air conditioning bills, for others this means festival season. There's no better way to get the summer season started off right than enjoy a weekend of hot sweaty dancing at Williams Oregon's eighth annual Apple Jam. The three-day musical extravaganza kicks off Fri., May 20.

One of the many bands taking the stage in the hot Oregon sun is Ontario, California-based soul and blues act, GrooveSession. The trio creates a large sound comparable to bands twice their member count. With the recording of this latest album, "California Hurricane," GrooveSession hoped to capture the spontaneity and passion they throw into their live set.

"We always want to leave it out there and play every show as if I could be our last show," says guitarist and keyboardist Manny Sanchez. "We try and create that session or that moment. We are a trio but we truly believe that the fourth member is that force which is the audience and that sense of fun you get to have sharing the energy."

Though this will only the second time GrooveSession has played in Oregon, they have high expectations for Apple Jam and look forward to splitting the bill with some close friends.

"The Rainbow Girls are really good friends of ours," says Sanchez. "The very first time we met them they mentioned Apple Jam and the area of Ashland, Bend, and Eugene and told us you guys got to get out there it's so cool."

Portland-based group Joy Tribe will also be making their way out to Williams. Joy Tribe's sound is characterized by their personal take on a plethora of dance-based genres. The group self-identifies with funk, soul, reggae and even a touch of afrobeat. Drawing from this large wealth of influence, Joy Tribe is able to create progressive and dynamic grooves.

"We want to make music that's complex enough or interesting enough that we enjoying playing it night in and night out," says guitarist Eric Hickey. "At the same time [it] doesn't have this pretentious vibe about it. We're not shooting for something that's going to be off-putting to people."

Hickey believes that Joy Tribe's strength lies in their ability to deliver complex and unorthodox time signatures in a way that is palatable to the untrained ear. Above all, Joy Tribe prides themselves on their ability pull audience members out of their seats and onto the dance floor with their heavy funk rhythms.

"Funk as a genre really comes down to getting people dancing," says Hickey. "It really just focuses on the groove and doesn't bother too much with complex progressions and stuff like that." 

APPLE JAM

Fri., May 20-23

14391 Williams Hwy, Williams, OR

Advanced Ticket: \$55 weekend pass

Onsite admission: \$30 day pass, \$75 weekend pass

Rogue Sounds

Fractal Love Jam really sticks to its guns

BY JOSH GROSS



Warhol had soup cans. Bowie had space. Motley Crue had girls, girls, and lessee.... right, girls. Sometimes artists just find their thing and stick to it.

Such is the case with Ashland band Fractal Love Jam. Every album cover is fractals: every poster and every show-augmenting projection. And the band works it into their music as much as possible as well on their new album, "Flowers in the Dark," with lyrics that trip the life fantastic over music tracks that combine electro-jam, world music, and dreamy ballads.

The band performs as a two-piece, with composer Martin Ball and vocalist Jesslynn Jones playing guitars along with sequenced beats. Rather than use the studio as an opportunity to incorporate more live instruments, the band ported that sequenced performance style straight into the studio. It gives "Flowers in the Dark," a tight and focused sound, but one that often feels flat and lifeless without much dynamic range beneath the vocal melodies.

The title track, "Flowers in the Dark," has an interesting retro bent to it, sounding a bit like late '80s underground electronic music like LA Style.

The fourth track, "It's a Beautiful Day," is a goddamn tragedy. The scourge of corny nordic-white reggae now seems tragically unstoppable, as time has proved it impervious to good taste or self-awareness. But there is still a spectrum. and between the weak bland beats, synth horns, and uninspired vocals, it sounds like a cheap karaoke track.

The sixth song, "Pure Energy," returns to reggae, and with less of the synth horns and more filtered swirls of sound, it works better.

The lyrics throughout are a fairly purple, ramming the central themes home without any regard to subtlety or nuance. The band says those themes are universal love, self-discovery, transcendence, nonduality, and entheogenic awakening and exploration. That includes stuff like energy, wormholes, infinity, and of course, fractals. But without splitting hairs too much, it can be summarized as shit if you think of tripping balls and grinning like a dingus. That isn't much of a surprise, as the band's lyricist, Martin Ball, is also the organizer of the annual Exploring Psychedelics academic conference at Southern Oregon University.

"Flower in the Dark" closes with "Movement Underground," another reggae tune that leans heavily on the fake horns for its opening hook. When the melody line ditches the horns for synth sounds, the melody is mega-hooky.

The thing that's tricky to grasp is that *Flowers in the Dark* contains some remarkably complex composition with thick layers of sound and melody that go far beyond the average bass, guitar, drums and keys of most bands. And the band deserves credit for tossing out the bland three-chord, verse/chorus, verse/chorus formula. But a lot of the drum and synth sequencing is done with sounds about 30 years out of date, and not in a good way. It's as corny as fall in Iowa. But when the album moves away from those sounds, it's pretty solid.

In the end, here's the thing with "Flower in the Dark," and Fractal Love Jam in general. You're either into it or you're not. There is not a lot of middle ground. But what matters is the band is into it. Like WAY into it. And whether you like what they stand for or not, they stand for something, and they stick to their love-guns. That's a helluva lot more than can be said about a lot of bands. 

SOUND

Surround Sound

Austin's Moving Panoramas on the Joys of Big Sound from Small Amps

BY JOSH GROSS



YOU CAN TELL THAT LESLIE FROM MOVING PANORAMAS DIED AND WAS REPLACED BECAUSE HER LEGS ARE CROSSED DIFFERENTLY. ALSO THE MOON LANDING WAS FAKE. CREDIT ALI COPELAND.

Austin indie group Moving Panoramas will be playing its first Medford show on Thu., May 19, at Johnny B's. The band's clear, catchy melodies, straight and simple beats, and reverb drenched guitars are a luscious combination, equal parts Joy Division and Best Coast, and the show is sure to delight.

The Messenger caught up with frontwoman and guitar player Leslie Sisson to find out what makes the band's sound so dreamy.

RVM: How did you meet/did the band get together?

LS: I started this band a couple years ago while I was teaching music at School of Rock in Austin. I recruited a student I'd been mentoring, Rozie Castoe, on bass and Karen Skloss on drums, who was a longtime friend I met in film school and toured with in her former band, Black Forest Fire. Karen is also a filmmaker and couldn't make it on tour this time because she's working on her own feature film. So Rozie switched to drums, and we're bringing along a friend on bass, Jolie Flink, who has a band in Austin called Mean Jolene.

RVM: What does your name mean? What does it say about your sound?

LS: We were originally called Panoramas, inspired by aiming to have a more 'panoramic' sound, i.e. wider, stereo, spread-out. ... I play through three small amps on stage via a stereo/surround signal, and every night someone seems to be blown at how I get such a large sound out of one guitar via tiny amps. It started as an experiment to make one big amp out of multiple smaller amps just because I can't carry one big amp on my own. That's really aided in that panoramic sound. ... [but] About a year into it, we learned there was a French band in the 80's called Panoramas, so we decided to change the name to Moving Panoramas.

RVM: You call your sound "dream gaze." What does that mean to you, and what is it that attracted you to that sound?

LS: I made that descriptive up combining dream-pop with shoegaze. I originally started writing music because I was so inspired by '90s shoegaze and Brit-pop. There's something about that sound that soothes my soul, perhaps all the reverb or the lack of in-your-face vocals that allows the listener to get lost in the music.

RVM: What are you looking for or trying to do when you write a song?

LS: Songwriting is part of my therapy. I write music to externalize what's going on in my head and in my heart. I'm a survivor of some crazy trauma, and the only thing I've been able to find over the years to help ease my PTSD was music. I've been medicating with music, not drugs, and I reach for the guitar instead of the bottle. Aside from that, I'm just looking for something I'd like to listen to and play.



MOVING PANORAMAS

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FOOD & Drink

Fantastico!

Top Marks for Brava Italian Eatery in Grants Pass

BY RYAN DEGAN

An oasis of delicacy located in long streets of fast food joints, dive bars, and diners, Brava Italian Eatery is a casual friendly restaurant fit for families of all types. Located at 1214 NW 6th St, Grants Pass, Brava Italian Eatery is a relatively new Southern Italian restaurant having opened in late November of last year.

“I think the cool thing is that there isn’t a lot of competition in the area, which is why we wanted to do the Italian thing in the first place,” said Brava employee Kari Musselman, “We make almost everything here, our sauces, our desserts, our dressings are made in house. We’re not in the business of popping cans.”

Walking into Brava, one is instantly greeted by the bright hanging lights and open sitting area resembling a restaurant in sunken Venice. The kitchen has a wide-open window for patrons to view the busy chefs at work, which was pretty cool. They seemed to have a large amount of orders constantly coming in, but stayed cool and collected throughout the evening.

I began my dinner at Brava with an order of veal and ground beef mini meatballs, served in a dish covered in house-made pomodoro sauce and mozzarella cheese. The drive up from Ashland had made my dinner companion and I quite famished and initially fearful of having to wait a lengthy amount of time for our food. These

fears were quickly put to rest, however, by Brava staff’s fast preparation of our appetizers. The meatballs were creamy and savory; after I had eaten them all, I kept the plate around to dip the warm bread in the remainder of the pomodoro sauce.

as one of Brava’s most popular dishes.

Deciding to go with their recommendation, I ordered the Tuscan chicken rigatoni and instantly understood what made it such a popular item. It had creamy pesto sauce served with chicken breast, sun dried tomatoes and artichoke hearts. The sauce was succulent and lush, with the artichoke hearts complementing the combination nicely, making the Tuscan chicken far and away the best dish of the evening.

Being so satisfied from the previous three courses, I settled on a New York styled vanilla cream soda for dessert.

The servers were very friendly, the atmosphere nice, and the prices reasonable. The price range of dishes are similar to larger chains such as Olive Garden, but Brava still maintained the charm of a small town restaurant. I give Brava top marks. 🍷



PHOTOS BY RYAN DEGAN

My second course consisted of bread and olive oil with garlic garnish and a house-made pesto vinaigrette salad served with sliced olives and mini tomatoes.

For my main course, I asked Musselman what the most popular dish at Brava typically was. “Definitely the baked lasagna or the Tuscan chicken rigatoni,” Musselman said. Apparently the Tuscan chicken had been added to the menu almost as an afterthought, but served

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Drink Local

Born of the Sea, Out of This World

Portal Brewing Is Quirky,
But Hits the Mark

BY MAC GRAHAM



Medford's Portal Brewing Company and brewpub is expanding, and will open June 1 in lucky, thirsty Talent. In a space shared with Ton-ton's Artisan Affections—formerly occupied by Inti Restaurant—Portal will operate a casual cookery and tap-house modeled after their petite and artistic locality in downtown Medford.

Besides the run of a dozen or more unique handcrafted brews and a menu of classic western and international concoctions, Portal serves up a rotating gallery of local artwork and (in Talent) a small outdoor beer garden, all wrapped in a low-key alterna-mom-n-pop entrepreneurial package that exudes personality. From the nautical theme borne of surfing, scuba and Moby Dick to Carmen, sponsored competition skateboarder and server extraordinaire, Portal's vital essence pours forth rich, smooth and complex—but after all the décor and quirky charm, the beer is the main attraction at Portal; it is all brewed locally a couple of miles away and rotates nearly as quick as the tides. To suggest that the place is fun and eccentric is to overlook this fundamental feature.

Currently twelve taps (plus an Atlas Cider from Bend) include classic to exotic flavors and something for the most cautious to adventurous tastes. Tub Springs American Pale Ale, Irish inspired Reagan Red Ale, signature Riptide IPA and zippier Passage to India IPA, Black Ghost Cascadian Dark Ale, Iron Pint Scottish Wee-Heavy, and an over-the-top Mugshot Cherry Chocolate Whiskey Sour Stout more than pulls its weight.

As a nano-brewery that sources closer than local, brewer Michael Dimon harvests lacto-bacillin from his garden bamboo to produce lactic acid for sour-brews. Ingredients and flavor combinations emerge rare and unique as the hand-painted growlers at the shop. Portal, a doorway to a greater reality, to paraphrase proprietress Theresa, opens from our tiny spinning blue planet to an ale-rich pathway for evolving new humanity. To catch a quick glimpse of one of these bright sources of light, run fast, to the nearest Portal.

For current pours, menus and events (Drunken Spelling Bees; Drunken Trivia—no doubt a Whale of a Time), check out PortalBrewingCo.com or Facebook.com/Portal-Brewing-Company. An eclectic education is offered in the mere reading of descriptions of brews and sub-oceanic to trans-planetary consciousness, from full imbibement! 🍷

www.rvgrowersmarket.com



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CULTURE

Yeoman of the Guard = Too. Much. Fun.

The Oregon Shakespeare Festival is the Very Place for a Knee-Slappin' Hoedown

BY SARA JANE WILTERMOOD

As if the Oregon Shakespeare Festival actors were not already talented enough, the cast of *Yeoman of the Guard* adds musical talent to their repertoire. Not only in singing and dancing, but playing musical instruments ranging from the ukulele to a set of spoons—and, according to an online interview with director Sean Graney, some of the actors had never played their instrument before *Yeoman*. Every member of the ten-person-ensemble played their musical part; the main characters hardly let their guitars leave their shoulders, and it seemed like they had always been there. This raucous musical will be on the stage in the Thomas Theatre until October 30.

This world premiere adaptation done by Graney and Andra Velis Simon was originally written by the famed Gilbert and Sullivan in the late 1800s. While steeping the set, costumes and music in the country western theme—think Hank Williams and Patsy Kline—*Yeoman* keeps the quirky storyline meant to make a political statement back in the day—Fairfax is wrongfully sentenced to death for dealings with the Devil in order to steal Fairfax's land, and multiple misunderstood romances blossom and are crushed as the community rallies to either encourage or foil the execution—while managing to engage the modern audience of all ages with puns, music and ... promise-made seating.

In addition to the traditional play where the audience watches from standard ascending seats and discouraged from leaving them, the patrons of *Yeoman* were not only seated on the stage and required to move around, they also interact with the members of the cast—sharing knowing glances at pivotal moments in the story, using props like the onstage rocking horses and literally rubbing elbows with the characters as they clamber over the bale of straw where you are sitting. While standard seating is avail-



THE YEOMEN OF THE GUARD ENSEMBLE SINGS ONE OF GILBERT AND SULLIVAN'S SONGS, REARRANGED COUNTRY-WESTERN STYLE. PHOTO CREDIT: JENNY GRAHAM, OREGON SHAKESPEARE FESTIVAL.

able, all audience members are invited to dance, sing and visit the bar. From this intimate vantage point, a certain excitement much akin to stage fright enveloped me, but the ensembles' thoughtful inclusion and graceful maneuvering around the on-stage audience quickly lowered my heart rate. It was also an excellent spot to truly appreciate the intricate detail of the costumes, from the bedazzled cowboy boots to the multi-colored pleated skirts. 📍

THE YEOMAN OF THE GUARD

1:30 and 8 pm, through October 30
Oregon Shakespeare Festival, Thomas Theatre,
15 S. Pioneer Street, Ashland
\$30 - \$111

Hot Button

'Roe' is Part History Lesson, Part YouTube Comment Thread

BY JOSH GROSS

Reviewing non-fiction, creative as it may be, is hard. Because there is always a line you bump up against in which the question becomes are you reviewing the presentation, or the history or the politics that are the subject of the presentation? And that's an especially prescient question with as charged a topic as the one that is the focus of *"Roe,"* a new play... showing at the Oregon Shakespeare Festival through October 29.

The play loosely depicts the story of Roe Vs. Wade, the Supreme Court decision that legalized abortion nationwide, and has been the subject of non-stop controversy ever since.

Roe begins in Austin, Texas, with Sarah Weddington, a young lawyer that is a member of the burgeoning women's movement, played by Sara Jane Agnew, and Norma McCorvey, pregnant woman desperate for help, played by the stellar Sarah Bruner, the magnetic star of last year's *"Fingersmith,"* who knocks it out of the park in this piece as well.

The first act races through the case with lighting-paced scenes that serve more as a historical infodump, than a dramatic narrative. It crescendos with the SCOTUS hearing itself, in which audio from the court records is played back and acted against for wonderful effect.

The second act switches things up entirely, and delves into McCorvey's life post-Roe, her time as a drifter, an abortion clinic counselor, and her eventual status conversion to being a spokesperson for the pro-life movement.

But predictably, as the events being depicted move towards modernity, with its hardened stances and tribal affiliations, it doesn't take long for the play itself to descend into being the comment thread on a YouTube video, with actors shouting stale talking points at one another, which is far more uncomfortable than it is dramatic. The climax feels a bit like a game of my team/your team, especially when the audience cheers or jeers a piece of dialog, not for its witticism or insight, but for its

affirmation of their pre-existing political stance.

Which feels bruising to say, because the acting is top-notch, the production hums and sparkles, and the script packages a remarkable density of material into the narrative. And when it is on, it is on.

But for me, and this is only one critic's opinion—and a male one at that—the story elements of the story at large fell a bit flat. And herein lies the reviewers struggle mentioned at the top of the piece. The history is frustrating. Some of the characters in it undeserving of honest depiction so much as a swift kick in the nuts. And even if neutrality were the goal, it's nearly impossible to achieve in a medium and market biased towards second wave feminist audiences because an expensive production like *"Roe"* can't be sustained without a bit of pandering to keep seats filled. The left loves to flaunt its outrage over entertainment tropes that don't fully embrace its values and the right loves to stay home instead of go out. That's why the big cheer

lines were all classical liberal talking points. It is the rare person that goes to a show like *"Roe"* without expectation, and the majority of those expectations are not a twisting and turning story that challenges your core beliefs with its third act reveal, but a new and improved package on a product you already planned to buy. And since the story itself is set, a product of history, any analysis of the presentation inevitably also becomes an analysis of the history it depicts as well, which is often, to be blunt, stupid and infuriating.

But maybe we need *"Roe"* the same way we needed a new production of *"Roots,"* or the continuing stream of holocaust films, not necessarily to shed new light or break new ground or tell new stories, but to keep what we all know illuminated, lest we forget the true horror. In that, *"Roe"* is a huge success. It may not be a great story as a story, but it's an important one, and for the most part, the play managed the herculean task of making the dryness of history witty and engaging. 📍

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SPORTS & Outdoor

Birds of a Feather 11th Annual Bird Day Celebration in Ashland

BY ELISE HERRON

Who has hollow bones, can feel earth's magnetism, reach altitudes of five and half miles above sea level and travel more than 49,700 miles a year during migration? Birds, of course. And Southern Oregon is lucky to be a stop on many migratory paths. Linda Chesney of North Mountain Park Nature Center, host of Rogue Valley Bird Day Celebration, says "The list of migratory species that arrives here each spring to breed and rear their offspring is quite long."

Songs and sightings of these birds add to the area's diverse ecology—enjoyed by hikers, bikers, backpackers, and lake-goers alike. But, everyone has something to gain by contributing to conservation efforts. The Rogue Valley Bird Day, May 14th at North Mountain Park, is a free event with bird-related activities and education on practical ways to practice conservation every day.

More than 4,000 species of birds regularly migrate from wintering to breeding grounds, according to the Nation Audubon Society, and bird day was established to celebrate this long, and incredible journey. With similar events taking place all over the world—across the US, in Canada, Central America, and Mexico—the theme of this year's celebration is "Spread Your Wings for Bird Conservation." Chesney points out that this is an international, as well as local event to celebrate International Migratory Bird Day.

The focus of the event is on the many ways that people can preserve birds every day and to celebrate the centennial of the Migratory Bird Treaty. The treaty, signed on August 16, 1916, protects birds across international borders. It encompasses efforts of state, federal, private, non-government, international, and tribal partnerships. Special reasons for conserving migratory birds and their habitat, outlined by US Fish and Wildlife, are the following: to connect people to the beautiful color and sound birds add to nature's landscape, and preserve pollinating, insect controlling and seed spreading bird species. Birds, and a diversity of them, indicate a healthy environment. And, they are a fun, easy to

study species.

"Whether someone is an experienced birder or just curious about birds, this event offers a rich and wonderful exposure to native birds in a beautiful habitat setting with expert volunteers and scientists providing educational guidance," says Chesney. Klamath Bird Observatory staff will be leading bird walks as an education on identification, and to see birds being captured and banded. Staff from Wildlife Images will be bringing rehabilitated birds of prey for observation and education as well. To put identification skills to the test, a race called the "Big Sit" will measure how many birds can be identified in a 17-foot diameter circle. A calling contest will round out the day with "...prizes for all," Chesney says.

For hard-core bird lovers, or curious bystanders, the day's birdcall competition will highlight some of the most bird song savvy in the community. Competitors will be judged in three rounds of "name that bird" identification, where they imitate the call of five Western North American wild birds. Judges Vince Zauskey and Shannon Rio, from Klamath Bird Observatory and Rogue Valley Audubon Society, will be critiquing the cadence, tone, volume, pitch, and overall accuracy of contestants. And, a grand prize awaits the victor imitator.

Conservation efforts are vital to the future of the environment, and Bird Day is an opportunity to learn how to preserve and appreciate Rogue Valley's diverse birds. For novice birders and budding environmentalists, a tip from Chesney: "From large to tiny, folks would probably recognize two of the migratory species to the Rogue Valley; a Turkey vulture and a Rufus hummingbird."

The day begins with guided bird walks, at 8:15, 9, and 9:45am, Klamath Bird's banding station will be open from 8 to 10:30am, bird identification (the "Big Sit") takes place from 8am to noon, at the same time Wildlife Images will have birds of prey on display (and sketching materials on hand). Finally, bird-calling and name that bird contests will begin at 10:30 am. 🏆



TURKEY VULTURE
PHOTO CREDIT: GARY SHAFFER



RUFUS HUMMINGBIRD
PHOTO CREDIT: GARY SHAFFER

ROGUE VALLEY BIRD DAY CELEBRATION
8am – noon, Saturday, May 14
North Mountain Park, 620 N. Mountain
Avenue, Ashland Free

Go Here

Fact and Fiction Books About the Area

BY MIKE DICKENSON

Authors have been writing about Oregon for some time now, and many a fiction novel is set in the green state—*Goonies*, *Sometimes a Great Notion*, *One Flew Over the Cuckoo's Nest*, to name just a few. Southern Oregon is the setting for a number of books in multiple genres, so next time you're at the bookstore or library, consider picking up one of these titles.

Rogue River Wars by Zane Grey

Zane Grey pretty much invented the western genre, despite growing up in Ohio. In 1919, he took a fishing trip on the Rogue River and fell in love with it. Years later he built himself a cabin on Winkle Bar, a cabin which can still be viewed to this day. There he fished along the banks of the Rogue and wrote a book called *Rogue River Wars* that would popularize the river, much to his own chagrin. Despite his love for the remoteness and wilderness of the Rogue, Grey blamed himself for the river's newfound popularity. Regardless, his novel is an accurate portrayal of early mining along the Rogue River.

Precious Gold, Precious Jade by Sharon E. Heisel

Go back in time to the early days of the gold rush and follow two sisters who befriend the first Chinese immigrant to attend their school. A great read for young adults, this book explores life in rural Oregon and the inevitable culture clashes of whites and Chinese miners. Locals will find the descriptions of the landscape, towns, and technology nostalgically accurate.

The Rogue I Remember by Wallace Ohrt

This book is a true account of life in the Upper Rogue Valley during the Great Depression. Truth is often stranger than fiction, and many of Ohrt's accounts are just that. This is an excellent and interesting read for those interested in regional history. Folks old enough to remember this time will undoubtedly find themselves nodding in agreement while the rest of us might use Ohrt's reflections as a useful context for today's problems in the area. 🏆

SCREEN

Snap! Crackle! Horse!

Interview with "Life, Adjusted" Director, Sean Marc Nipper

BY REYNARD SEIFERT



Produced by Jay Komarek, "Life Adjusted" explores Jay's work as a chiropractor who adjusts any and all animals, and believes that all creatures can benefit from his mystical ability to clear the nervous system and stimulate cellular healing, as do many other people in the film. But Jay specializes in horses, and the arc of this documentary follows him through the treatment of a severely traumatized horse named Dizzy. Full of gorgeous vistas and animal drama, this well-edited film is screening at the Varsity Theatre on May 12 at 6:30 pm. I talked with the film's director, Sean Marc Nipper, whose production company, Reel House Films, is based in Ashland.

Rogue Valley Messenger: At the end of the film, Jay addresses much of the public's skepticism towards chiropractic, saying, "You've been told some story about what this is that's not even close to the truth." What would you say to people who might not think they are interested in seeing a film about chiropractic practiced on horses?

Sean Marc Nipper: That's a great question. When we started on the journey to tell people about chiropractic, we decided to use the perspective of animals, as they are incapable of lying. If we were to show the transformation in humans, I don't think it would have quite the impact as allowing the magic to unfold on screen as it does for Dizzy. We all experience stress and we are all locked in varying degrees of fight or flight just as Dizzy is. When you can get your nervous system cleared out, your body has the capacity to heal itself on the cellular level enabling us, as humans to be the best we can be.

RVM: Were you already a fan of Jay's work prior to filming, or did you become convinced in the process?

SMN: I really didn't know that much about Jay other than what my fiancé, Dr. Kacie Flegal, told me. Kacie is also featured in the movie, and Jay has been a longtime mentor to her since she attended chiropractic college. One weekend almost 5 years ago, Jay held a seminar for students from Life Chiropractic College West at Kacie's office, and she mentioned

that I should come get adjusted by one of the professions true masters. So I did, and wow! That is when I realized the power of chiropractic.

RVM: You filmed on some beautiful ranches. Where are some of the locations you filmed in Southern Oregon?

SMN: For the filming in Oregon, we were at Farwood Horse Park, owned by Penny Barrares, who also owns the non-profit Prasad Foundation. Penny's place is in White City, and is a gorgeous animal and horse rescue property. She has saved and rehabilitated many horses over the course of about 35 years. Penny also rescues horses and other animals from situations where there has been domestic disputes, and this is where the story of Dizzy the horse comes in.

RVM: Where else are you taking the film? What do you see for its future?

SMN: I am so excited, as the film has already been accepted into its first festival. We submitted to the Equus Film Festival in New York, and were immediately selected to be included in the festival in November. We will be submitting it to many other festivals around the globe.

RVM: What was your experience like at the San Francisco Academy of Art? What brought you back to the Rogue Valley?

SMN: I grew up in Ashland, and after 27 years I desired a change. I learned some really important skills as far as storytelling while attending Academy of Art. Kacie and I started a family, and upon visiting Ashland over a thanksgiving holiday, I was drawn back to this beautiful valley. I saw it through a different lens you might say.

RVM: This is your first documentary. Are you hooked?

SMN: Indeed I am. I love the opportunity to tell a story and help folks experience something which they may not know about. I look forward to many upcoming projects.



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WELLNESS

Depression Some Thoughts On Treating the Cause

DR. DANIEL SMITH

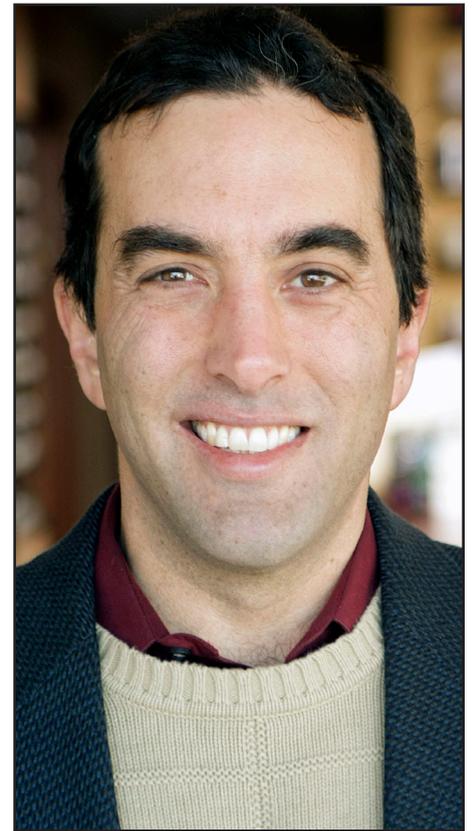
There are many reasons that any given person with depression might be depressed. Like all illness, depression can have many contributing causes, including past traumas and grief, chronic illness, an inability to perceive where one is “stuck” in life, toxic exposures, and many others. Unfortunately, in the conventional medical world, most cases of depression—no matter what the cause—are treated the same way: medication. I do not presume to believe that medication is inappropriate for all people who suffer from depression. I recognize that many, many people have benefited from these prescription medications. I do believe, however, that the inclination of conventional physicians to rely on medication without considering possible causes of depression is inappropriate. It is my wish that within twenty years, both patients and doctors will be highly motivated to investigate some of the following factors that contribute to depression:

Food. Most people reading this article choose to eat organic food. This is an excellent place to start improving your health. Remember though: “organic” does not necessarily mean the food is nutrient dense. It only means that the food was grown without chemicals. Healthy soil, air and water are unfortunately rare these days, and I believe even organic food suffers.

Consider performing a food allergy panel. Most panels are relatively inexpensive and can identify foods that are causing inflammation throughout your body. Think of inflammation as being smoke from a wet log thrown on a fire. In this case, the smoke is inside your body, contributing to depression. If you choose not to pursue this test, then avoid all grains, processed foods and dairy for one week to see if your depression lightens.

Nutrient depletion. Several nutrients, especially B12, B6, sam-e and folic acid are involved in several metabolic pathways that affect neurotransmitters such as dopamine. If these depletions lead to an inability to make or to breakdown these neurotransmitters, depression can develop. Be wary of testing for these nutrients. Serum B12 values for example, fluctuate depending on supplementation and although it may reveal blood levels of B12, it does not divulge anything about how efficiently your cells are able to use B12. In other words, it is possible to have high serum level of these nutrients, but be metabolically deficient. Testing levels of markers such as transcobalamin and methyl-malonic acid are more accurate and readily available.

Methylation defects. Methylation is a hot topic these days. Methylation describes the effect of genes and possible



DR. DANIEL SMITH

mutations upon critical cellular process that effect mood, detoxification, hormone and neurotransmitter levels, muscle function, development of cancer and other cellular processes. Defects in methylation called single nucleotide polymorphisms (or “SNiPs” for short) may play a definitive role in our sense of happiness. In fact, certain SNPs will affect the efficacy of anti-depressant drugs. Those who suffer from chronic depression or who have been unsuccessful at finding an effective medication would benefit by consulting a physician knowledgeable about SNPs.

Toxins. If you eat, breath or drink in this world, you are toxic. Some of us are better than others at detoxifying, but most of us could use some help. The list is seemingly endless, but common contaminants of our health include benzene, bisphenol A, DDT and heavy metals. Do these poisons effect our emotional health? You bet they do. Inexpensive tests are available to assess your body’s burden of toxins.

Lack of exercise. Admit it! We can all do better here. The fact is that nothing can bring you out of the blues more than physical activity. Exercise picks up our metabolism, reducing the obligation of the thyroid and adrenal gland to do the same thing; it allows us to detoxify through sweat and delivers oxygen to all of our tissues. Be sure to get at least 30 minutes in a day. 

Dr. Daniel Smith practices at Bear Creek Naturopathic Clinic. His new 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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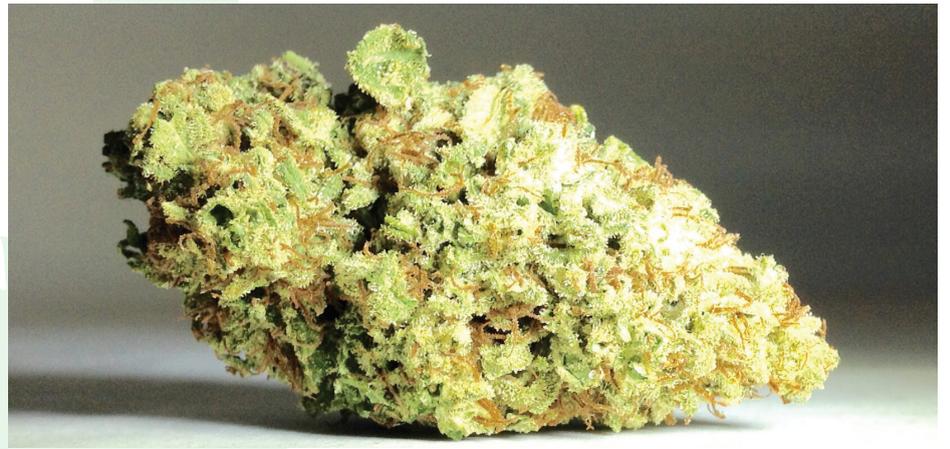
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FREE WILL ASTROLOGY

ARIES (March 21-April 19): Russian writer Anton Chekhov was renowned for the crisp, succinct style of his short stories and plays. As he evolved, his pithiness grew. "I now have a mania for shortness," he wrote. "Whatever I read -- my own work, or other people's -- it all seems to me not short enough." I propose that we make Chekhov your patron saint for a while. According to my analysis of the astrological omens, you are in a phase when your personal power feeds on terse efficiency. You thrive on being vigorously concise and deftly focused and cheerfully devoted to the crux of every matter.

TAURUS (April 20-May 20): "Creativity is intelligence having fun." Approximately 30,000 sites on the Internet attribute that quote to iconic genius Albert Einstein. But my research strongly suggests that he did not actually say that. Who did? It doesn't matter. For the purposes of this horoscope, there are just two essential points to concentrate on. First, for the foreseeable future, your supreme law of life should be "creativity is intelligence having fun." Second, it's not enough to cavort and play and improvise, and it's not enough to be discerning and shrewd and observant. Be all those things.

GEMINI (May 21-June 20): In Western culture, the peacock is a symbol of vanity. When we see the bird display its stunning array of iridescent feathers, we might think it's lovely, but may also mutter, "What a show-off." But other traditions have treated the peacock as a more purely positive emblem: an embodiment of hard-won and triumphant radiance. In Tibetan Buddhist myths, for example, its glorious plumage is said to be derived from its transmutation of the poisons it absorbs when it devours dangerous serpents. This version of the peacock is your power animal for now, Gemini. Take full advantage of your ability to convert noxious situations and fractious emotions into beautiful assets.

CANCER (June 21-July 22):

"Clear moments are so short," opines poet Adam Zagajewski. "There is much more darkness. More ocean than terra firma. More shadow than form." Here's what I have to say about that: Even if it does indeed describe the course of ordinary life for most people, it does not currently apply to you. On the contrary. You're in a phase that will bring an unusually high percentage of lucidity. The light shining from your eyes and the thoughts coalescing in your brain will be extra pure and bright. In the world around you, there may be occasional patches of chaos and confusion, but your luminosity will guide you through them.

LEO (July 23-Aug. 22):

"Dear Smart Operator: My name is Captain Jonathan Orances. I presently serve in the United Nations Assistance Mission in Afghanistan. I am asking for your help with the safekeeping of a trunk containing funds in the amount of \$7.9 million, which I secured during our team's raid of a poppy farmer in Kandahar Province. The plan is to ship this box to Luxembourg, and from there a diplomat will deliver it to your designated location. When I return home on leave, I will take possession of the trunk. You will be rewarded handsomely for your assistance. If you can be trusted, send me your details. Best regards, Captain Jonathan Orances." You may receive a tempting but risky offer like this in the near future, Leo. I suggest you turn it down. If you do, I bet a somewhat less interesting but far less risky offer will come your way.

VIRGO (Aug. 23-Sept. 22):

"Some things need to be fixed, others to be left broken," writes poet James Richardson. The coming weeks will be an ideal time for you to make final decisions about which are which in your own life. Are there relationships and dreams and structures that are either too damaged to salvage or undeserving of your hard labor? Consider the possibility that you will abandon them for good. Are there relationships and dreams and structures that are cracked, but possible to repair and worthy of your diligent love? Make a plan to revive or reinvent them.

LIBRA (Sept. 23-Oct. 22): Once every year, it is healthy and wise to make an ultimate confession -- to express everything you regret and bemoan in one cathartic swoop, and then be free of its subliminal nagging for another year. The coming days will be a perfect time to do this. For inspiration, read an excerpt from Jeanann Vernee's "Genetics of Regret": "I'm sorry I lied. Sorry I drew the picture of the dead cat. I'm sorry about the stolen tampons and the nest of mice in the stove. I'm sorry about the slashed window screens. I'm sorry it took 36 years to say this. Sorry that all I can do is worry what happens next. Sorry for the weevils and the dead grass. Sorry I vomited in the wash drain. Sorry I left. Sorry I came back. I'm sorry it comes like this. Flood and undertow."

SCORPIO (Oct. 23-Nov. 21): According to the British podcast series "No Such Thing as a Fish," there were only a few satisfying conjugal relationships in late 18th-century England. One publication at that time declared that of the country's 872,564 married couples, just nine were truly happy. I wonder if the percentage is higher for modern twosomes. Whether it is or not, I have good news: My reading of the astrological omens suggests that you Scorpios will have an unusually good chance of cultivating vibrant intimacy in the coming weeks. Take advantage of this grace period, please!

SAGITTARIUS (Nov. 22-Dec. 21): "Some days I feel like playing it smooth," says a character in Raymond Chandler's short story "Trouble Is My Business," "and some days I feel like playing it like a waffle iron." I suspect that you Sagittarians will be in the latter phase until at least May 24. It won't be prime time for silky strategies and glossy gambits and velvety victories. You'll be better able to take advantage of fate's fabulous farces if you're geared up for edgy lessons and checkered challenges and intricate motifs.



CAPRICORN (Dec. 22-Jan. 19):

Author Rebecca Solnit says that when she pictures herself as she was at age 15, "I see flames shooting up, see myself falling off the edge of the world, and am amazed I survived not the outside world but the inside one." Let that serve as an inspiration, Capricorn. Now is an excellent time for you to celebrate the heroic, messy, improbable victories of your past. You are ready and ripe to honor the crazy intelligence and dumb luck that guided you as you fought to overcome seemingly insurmountable obstacles. You have a right and a duty to congratulate yourself for the suffering you have escaped and inner demons you have vanquished.

AQUARIUS (Jan. 20-Feb. 18):

"To regain patience, learn to love the sour, the bitter, the salty, the clear." The poet James Richardson wrote that wry advice, and now I'm passing it on to you. Why now? Because if you enhance your appreciation for the sour, the bitter, the salty, and the clear, you will not only regain patience, but also generate unexpected opportunities. You will tonify your mood, beautify your attitude, and deepen your gravitas. So I hope you will invite and welcome the lumpy and the dappled, my dear. I hope you'll seek out the tangy, the smoldering, the soggy, the spunky, the chirpy, the gritty, and an array of other experiences you may have previously kept at a distance.

PISCES (Feb. 19-March 20):

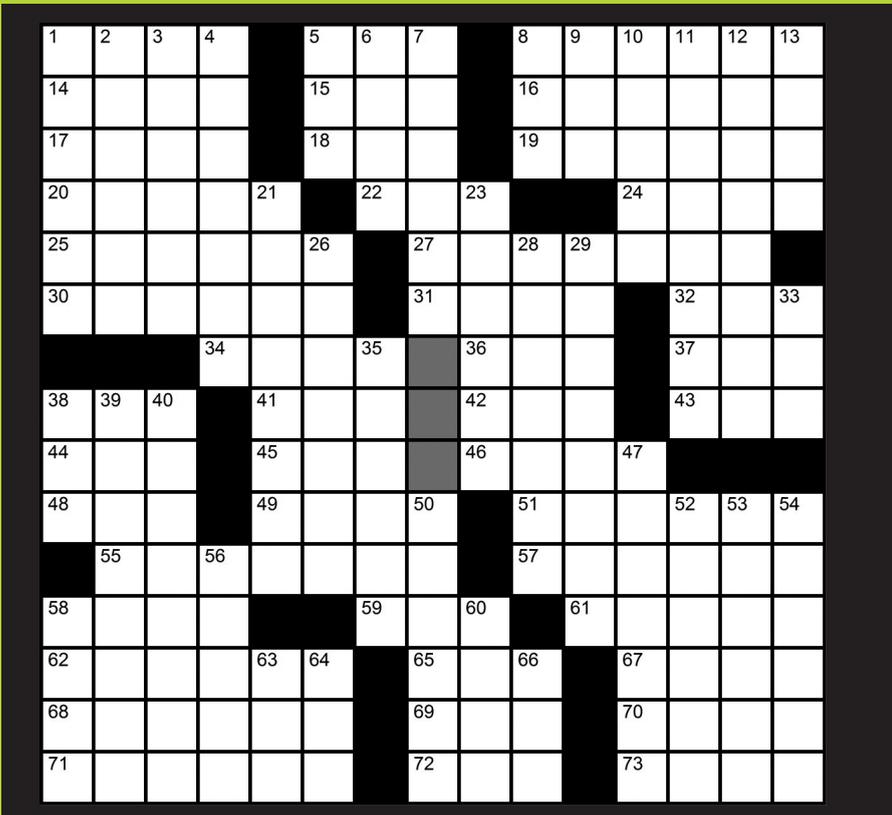
"A thousand half-loves must be forsaken to take one whole heart home." That's from a Coleman Barks' translation of a poem by the 13th-century Islamic scholar and mystic known as Rumi. I regard this epigram as a key theme for you during the next 12 months. You will be invited to shed a host of wishy-washy wishes so as to become strong and smart enough to go in quest of a very few burning, churning yearnings. Are you ready to sacrifice the mediocre in service to the sublime? 

Homework:

Whether or not we believe in gods, we all worship something. What idea, person, thing, or emotion do you bow down to? FreeWillAstrology.com.

LETTER CHOP

"THE LUCK / IS YOURS"--WITH THE / HELP OF A / NUMERAL. - MATT JONES



ANSWERS AT ROGUEVALLEYMESSENGER.COM

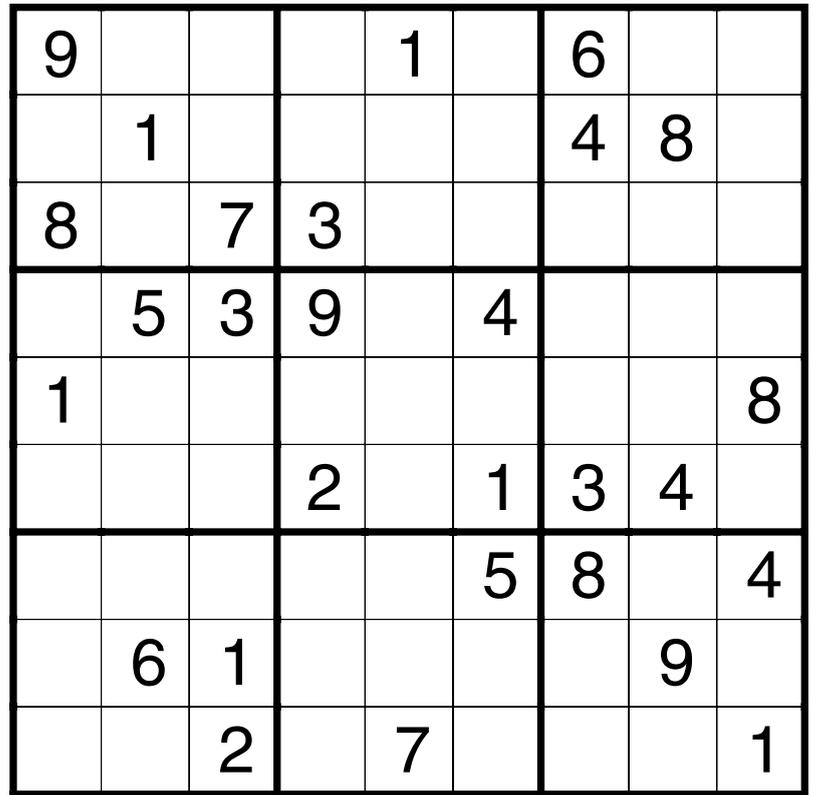
Across

- 1 Capital / south of / Ecuador
- 5 Place to / do Zumba, / perhaps
- 8 Ebert or / Siskel's / "ratings" / figures?
- 14 Autbio / by Turow / based at / Har- vard
- 15 Edge of a / garment
- 16 Deletes
- 17 H.S. class / with lab / studies
- 18 "Sum," as in / "... ergo sum"
- 19 Harriet / Tubman's / new bill
- 20 Harold's / titular / best bud
- 22 Abbr. in a / to-let ad
- 24 Speck in / one's eye
- 25 Muscat's / natives
- 27 Duncan's / nemesis / in a Bard / tragedy
- 30 Genre of / Yanni or / crystal / healing
- 31 Actress / Sorvino
- 32 British / lexicon, / in brief
- 34 & 36. Guy who'd / sell you / Gruyere
- 36 -
- 37 How your / senator / signals / dissent
- 38 Tattoos, / in slang
- 41 & 42. Tonight
- 42 -
- 43 GQ staff, / briefly
- 44 Leaping / A. A. Milne / young 'un
- 45 & 46. WWE Hall / of Famer / who's now / "The Body ... / Politic?"
- 46 -
- 48 Georgia / capital, / in slang
- 49 Firenze / flooder, / in Italy
- 51 Lyle who / was seen / on old TV / sitcoms
- 55 Star who / is not as / notable
- 57 Do a film / editor's / job, once
- 58 Class of / numbers?
- 59 Make the / motor go / vroom in / neutral
- 61 Hunt who / saw cows / fly by in / "Twister"
- 62 Dress to / sing in a / chorale, / perhaps
- 65 Bowlful / you sink / chips in
- 67 Feeling / pleased
- 68 ___ a living
- 69 Defunct / GM brand

- 70 Monthly / payment, / perhaps
 - 71 African / malaria / carrier
 - 72 Lamb's ma
 - 73 "... ___ it seems"
- ### Down
- 1 Aim at, as / a target
 - 2 Inter, or / put back / a casket
 - 3 "Big Bang / Theory"'s / "grandma" / moniker / (i.e., as per / Sheldon)
 - 4 "Farmer's" / ref full / of facts
 - 5 Letters / beneath / a four, on / a keypad
 - 6 It opens / on every / January
 - 7 "Humming" / part of a / tagline / for soup
 - 8 Letters / like .doc, / but for a / Notepad / file ext.
 - 9 Cut with / an axe in / a forest
 - 10 Funk hit / for Bill / Withers
 - 11 Sound of / droning / on and on, / on and on ...
 - 12 Beavis's / partner / in crime
 - 13 Eye sore?
 - 21 Punch by / a leftie / no boxer / expects
 - 23 "Amen! You / ___!" ("Right on!")
 - 26 "Now wait / for just / a moment ..."
 - 28 Upscale / sugared / hybrids / that are / usually / flakier
 - 29 Summary / of stats / in a boxy / display
 - 33 Start of / "-lexia" or / "-peptics"
 - 35 Disney's / one-time / boss man / Michael
 - 38 George's / lyrical / brother
 - 39 "I'll pass"
 - 40 It bears / nuts now / used in a / limited / variety / of Pepsi
 - 47 Briskly, / in music
 - 50 Nervous
 - 52 Invoice / charger
 - 53 Pacific / plus all / the rest
 - 54 Care for
 - 56 "Go ahead, / ask away!"
 - 58 Run into
 - 60 Hilltop / feature
 - 63 Student / vehicle?
 - 64 It comes / prior to / "automne"
 - 66 "Annabel / Lee" poet

SUKOKU

NO. 146 - VERY HARD



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Previous solution - Tough

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

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

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

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TOO MUCH COFFEE MAN SHANNON WHEELER



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AUTHOR READING AT BLOOMSBURY BOOKS

PLEASE JOIN THE AUTHOR IF YOU CAN

Tim Hicks will be reading from his new novel
that addresses climate change and technology



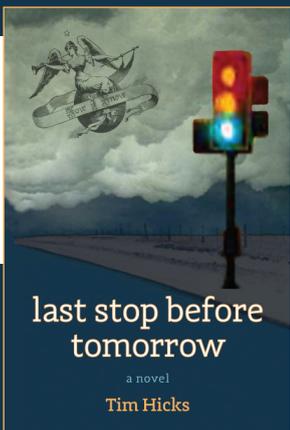
The novel has been receiving rave reviews:

"I just finished your had-to-be-written book. It has been a long time since I have felt compelled to mark sentences because they are so beautifully crafted."

"This is truly an amazing book! It gets better and better as one turns the pages and moves to the exciting ending."

"I love the poetic use language. It's not just a story, it's an experience."

"This book is one of my favorite reads in a long time. It's fun, full of radiant characters, and so crowded with history, philosophy, and science."



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