



# W T F ROGUE VALLEY MESSENGER

Volume 7, Issue 2 // February 20 – March 18, 2020  
YOUR LOCAL, NON-PROFIT, INDEPENDENT NEWSPAPER

## INTERVIEWS

Local Actors Go Off Script

## SPORTS

High School Ski Season  
Update

## FOOD

Dipping into the  
Chocolate Festival

## Curtain Opens!

Our Annual  
Theater Issue

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Voting  
Now  
Open!**





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Deadlines may shift for special/holiday issues.

### ON THE COVER:

Tyrone Wilson in *As You Like It* (Adam) and Román Zaragoza (Orlando de Boys), Oregon Shakespeare Festival  
Credit: Jenny Graham

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Southern Oregon's array of live theater venues spans from cozily intimate to nationally renowned, and to celebrate the 2020 season the *Messenger* spotlights three local actors who have made the Rogue Valley stages their home.



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## CULTURE Public Profile

Part of our Theater Issue, we catch up with Susan Aversa Orrego, Managing Director, Collaborative Theatre Project, who talks about their ongoing production of "Sherwood," and what the audience should expect with swinging quarterstaffs. (Hint: Duck!)



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## FOOD

The Oregon Chocolate Festival turns "sweet sixteen" this year, with a party to top them all on March 6 to 8 at the Ashland Hills Hotel and Suites.



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## CULTURE ArtWatch

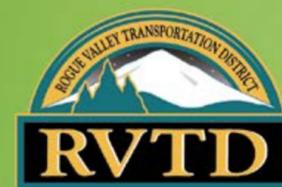
Struck with a surge of creative inspiration, but lacking tools, space, or skills? Luckily there's a solution for budding-builders, and it comes in the form of a previously deserted warehouse known as CraterWorks Makerspace.



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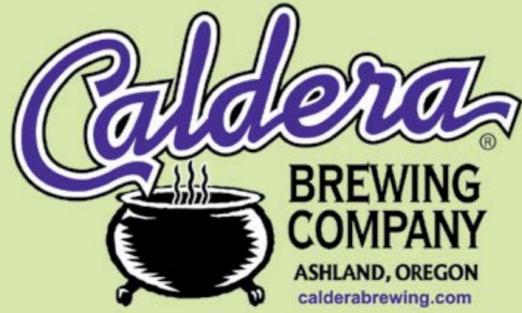
# FEWER CARS on the Road = Clean Air



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# PUBLIC PROFILE

## Sally Mackler, Board President, SNYP Clinic

INTERVIEW BY PHIL BUSSE

Serving the region, the newly open SNYP Clinic in Talent, is exactly what its letters stand for: spay and neutering pets. We caught up the nonprofit's Board president, Sally Mackler, to find out how the clinic came about—and the scope of the problem they hope to, well, neuter.

**Rogue Valley Messenger: This month marks one month since the opening of the SNYP Clinic. Can you provide some numbers about what has been accomplished—and how that impacts the community?**

Sally Mackler: We have done 2,858 surgeries in slightly less than a year since our opening; 2398 or 84 percent have been cats, 469 or 16 percent dogs.

Of the cat surgeries, 1257 have been females. The impact of stopping these cats from 'littering' is huge. Considering that each female and her offspring can conservatively produce 24 kittens in one year: a maximum total of 30,168 unwanted kittens may have been prevented from being born. Even if 50 percent survived, we're looking at over 15,000 kittens. That is year one only! Had 15,000 kittens been born, half would be female and each of them could produce 24 kittens. That represents a tremendous amount of suffering that has been prevented and we are very proud of that, not to mention the reduced strain on our shelters and rescue organizations.

**RVM: Roll back the clock a year or two, and tell us what was it that brought the clinic about? What need was recognized and how did people come together?**

SM: Veterinary offices had generously provided reduced cost spay neuter surgeries to the community through SNYP programs up until a couple of years ago. At that point, the demand for veterinary services increased dramatically and offices could no longer participate on our programs. The need for spay and neuter was only increasing as our access to supply dwindled. We had to either walk away or open our own clinic and provide needed spay neuter services ourselves. We got advice, support and, encouragement from existing spay neuter clinics; and our own community here rose to the occasion and helped us raise the startup funds we needed to take the leap and open the doors.



DR. JESSICA VOELLM, ONE OF SNYP VETERINARIANS SPAYING A CAT. PHOTO SUBMITTED

**RVM: If you could travel back in time one year, is there any advice you'd give for managing the clinic?**

SM: Finding the right staff and keeping channels of communication open are essential. Keep an open mind and be flexible because the learning curve is always there.

**RVM: Any changes we should expect in the upcoming year?**

SM: We hope to grow and be able to increase our number of surgeries. Our ultimate goal is to minimize the suffering caused by the number one source of it all: overpopulation.

**RVM: February is National Spay/Neuter Awareness Month. What activities are happening in the region?**

SM: We continue to provide the lowest cost possible for spay neuter surgeries. As long as we have the funds we will continue to reduce that cost to those who qualify for low income assistance.

**RVM: Feral cats seems to be a particularly acute problem. Perhaps this is a simple question, but first can you explain the scope of the problem and then also explain how cats end up feral? Is there a common "back story"?**

SM: The scope of the problem has been explained by looking at the number of kittens just one female cat can produce. When you couple that with irresponsible caretakers that results in feral cats. A feral cat is not just a stray cat, it is a cat who is unsocialized and cannot be handled. That can happen and does happen to any cat left behind or left to roam freely. Rental properties, apartment complexes, mobile home parks are hot beds of feral cat colonies many of which could be easily prevented if the rental agency required Spay and Neuter proof of tenants with pets. Many require vaccines, indoor only cats etc. but that is not an effective solution or deterrent to the problem. People move, people die, cats are allowed outdoors and from just one come many

more and more and more.

**RVM: What advice can you give about being a responsible pet owner?**

SM: Have your pet neutered asap. It is kitty breeding season now! Cats breed before most people anticipate: by 16 weeks! Kittens can be neutered as young as 8 - 10 weeks. The most important veterinary visit is to get your pet fixed. Not only will it prevent suffering; it will save money, keep your pet safer and healthier, free from cancer and prevent urine spraying and other undesirable/dangerous behaviors like roaming, fighting. Fixed pets make you better neighbors. 🐾



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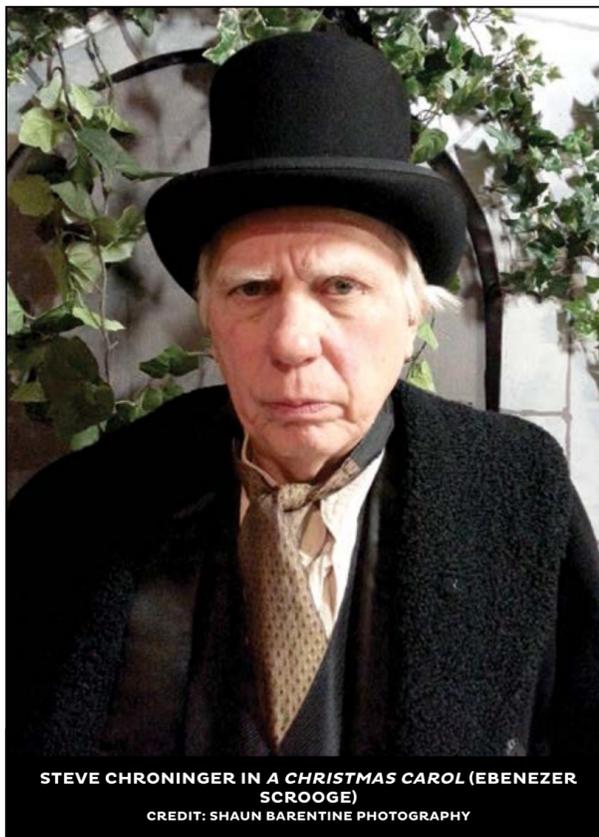
# FEATURE

## Center Stage

### Spotlight on Southern Oregon Acting

BY CATHERINE KELLEY

**S**outhern Oregon's array of live theater venues spans from cozily intimate to nationally renowned, and to celebrate the 2020 season the *Messenger* spotlights three local actors who have made the Rogue Valley stages their home.



STEVE CHRONINGER IN *A CHRISTMAS CAROL* (EBENEZER SCROOGE)  
CREDIT: SHAUN BARENTINE PHOTOGRAPHY

Grants Pass actor, **Steve Chroninger**, deciding to peel free from his high school math nerd moniker, challenged the fear of rejection as a teen by auditioning for his first musical when he started at the tiny campus of Lone Mountain College in San Francisco. "I purposely chose a small college because I wanted to expand who I

was, really open up my creative instincts," he says. "I was so nervous because I didn't have any skill, no understanding of what you do, but the play had a cast of about 40 people and only 28 auditioned so I got a part, obviously."

Chroninger fell in love with performing, exploring experimental theater and a variety of dance, even touring Europe in Lenwood Sloan's musical, *Three Black & Three White Refined Jubilee Minstrels*, calling it his political rant. Rather than become a "starving artist" though, he became a teacher, hanging up his tap shoes for the next thirty years.

But retiring to Grants Pass, and remembering he could "sing a lick," he joined Three Rivers Chorale before tamping down his fears once again by auditioning for *Scrooge, the Musical* at Barnstormers Theater. He got a role on the sold out show and six years and 17 plays later is still going strong, auditioning for roles at his various community theaters.

"I love the challenge, plus I get to work with a lot of wonderful people who become like family," he says.

If you're hitting one of the Medford area theaters you'll likely find **Simone Stewart** on stage lobbing her facial expressions and playing her pauses perfectly in her favorite genre, comedy.

"People in the profession call improv comedy working without a net, but it keeps me sharp and inventive," she says.

In elementary school she joined a small band of "big personality" kids to put on plays in front of the school, learning that she loved to perform. Throughout middle and high school she played numerous roles and several leads while she explored film, including her first audition for a KFC commercial.

"The competition was fierce; I learned early that you gotta have thick skin in this business," Stewart says. "I'd watch kids leave crying but I said I wasn't going to cry, I would just do better at the next audition."

She held in there and by graduation hit the pavement with a professional headshot and resume and enough experience to know what type roles she excelled in. The L.A. transplant wondered if she'd find work in tiny Medford until an ad for an audition led her to realize the Rogue Valley was teeming with live theater. She's since performed in every community theater in Jackson County and serendipity, she says, keeps emptying her bucket list of roles she created as a teen waiting to "get to the right age," including Camelot Theater's upcoming production of *You Can't Take It with You*.



SIMONE STEWART  
CREDIT: KALI KRUM

SIMONE STEWART AS NOODLER  
THE PIRATE IN *PETER PAN, THE MUSICAL*,  
CAMELOT THEATER

CREDIT: CHELSEA FINE PHOTOGRAPHY

"When I moved here it was like I found my place, I found my people," Stewart says.

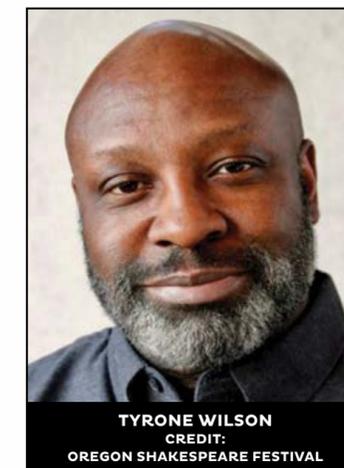
Veteran actor, **Tyrone Wilson of the Oregon Shakespeare Festival (OSF)** has come a long way since hamming it up in his kindergarten's production of *Peter Cottontail*.

"My mother said she knew right then that I wanted to be an actor," he laughs.

Wilson's family was deeply involved with their local Baptist church and he was "volunteered" regularly to help in duties like the annual holiday pageants, expanding his talents in acting which he pursued throughout his education. A high school production of *Godspell* gave him his first real taste of stage life.

"Just like that moment in *Peter Cottontail* there was something about that live connection between the audience and myself; I absolutely fell in love with theater," says the former New Yorker.

After earning an MFA through Yale School of Drama, Wilson spent time at the Indiana Repertory Theater where he worked under future OSF artistic director, Libby Appel, who helmed a 35th anniversary edition of Lorraine Hansbury's iconic *A Raisin in the Sun*.



TYRONE WILSON  
CREDIT:  
OREGON SHAKESPEARE FESTIVAL

"It had played on Broadway the month I was born and I'd met Sidney Poitier in New York (1989)," Wilson shares. "It was important to me because the play and the character, Walter Lee Younger (whom he played) and I were each 35 years old; it was a perfect time to perform that production."

Now in his 26th season with OSF, Wilson enjoys taking aside new actors on the Elizabethan stage and pointing to the stars after lights go out.

"I'll say *look!* It's just you and the heavens!" 🌟

# It's that time again!



## Be a Bestie... TO YOUR FAVORITE BUSINESSES AND SERVICES IN THE ROGUE VALLEY AND ...

### Vote today!

For the past four years, the *Messenger* has hosted the Best Of Awards in the region. This year's issue hits stands on March 19. **VOTE NOW** for your favorite restaurants, beers, weed and peeps. Voting opens on February 17 and closes March 5. Besties announced in the March 19th issue.



To vote, go to [RogueValleyMessenger.com](http://RogueValleyMessenger.com)

## [P] OUR PICKS



**thu 20 & sun 23**  
**Final Straw & Hugel-Kulture Workshop**  
**FILMANDWORKSHOP**—The film *Final Straw* looks into the history of farming in order to better look into farming's future, including interviews with Larry Korn. 6:45 pm. Thurs., Feb. 20. Williams Grange, 20100 Williams Hwy., Williams. \$5. Also, a workshop on a Regenerative Agriculture Practice, HugelKultur, teaches alternative ways to utilize waste. 10 am - 3 pm. Sun., Feb. 23. Siskiyou Field Institute, 1241 Illinois River Road, Selma.



**fri 21**  
**Mario the Maker Magician**  
**MAGIC**—"Magic's punk rock Peter Pan philosopher!" is coming to Grants Pass all the way from New York. From his superb robotic talent, to his ingenious prop makeovers, to his fun-loving and relevant sense of humor, Mario the Maker Magician can put a smile on anyone's face. 7 pm. The Haul, 121 SW H Street, Grants Pass. \$12 - \$22.



**fri 28 - tue 3**  
**Oregon Shakespeare Festival Opening**  
**THEATRE**—Why choose between four amazing plays? Best to block out the ol' Google Calendar for the long weekend and see them all. *A Midsummer Night's Dream*, *The Copper Children*, *Peter and the Starcatcher*, and *Bring Down the House, Parts I & II* will set off OSF's 2020 season, as usual, one not to be missed. Info at [osfashland.org](http://osfashland.org).



**fri 28 - sun 1**  
**The Revolutionists**  
**THEATRE**—Based on four "badass" women of the French Revolution, *The Revolutionists* tells a tale by women, for women, played by women, and hoping to be deemed hilarious by all women. Directed by Gwen Overland, the witty script and even wittier actresses are sure to start a new revolution. Collaborative Theatre Project, 555 M



**fri 28 & sun 29**  
**The Tales in Our Bones**  
**CIRCUS**—Thirteen women of the Le Cirque Centre Emphyrean Aerialists will give new insight to classic fairytales and folklore from the air, honing in on cultural diversity and telling everyone's story with a beauty that can't be found on the ground. 7 pm, Feb. 28. 2 and 7 pm, Feb. 29. Levity Circus Collective, 280 E. Hersey Street, #15, Ashland.



**fri 28 - mar 16**  
**Revenge of thge Space Pandas**  
**THEATRE**—*Revenge of the Space Pandas* (aka *Binky Rudich and the Two Speed Clock*) takes a kid named Binky through time and space. Keeping his sheep pal Bob safe from space pandas who want to turn him into a wool sweater is first priority, followed closely by getting back to the correct time. 2 and 7:30 pm. Barnstormers Theatre, 112 NE Evelyn Ave., Grants Pass. \$18.



**sun 1**  
**Gentlemen Broncos**  
**BADFILM**—"It's best to watch this film after not sleeping for a few days," suggests the press release for The Bad Film Society's upcoming gathering. *Gentleman Broncos* was made by the same genius behind *Napoleon Dynamite*, but with a bit more whaaaaaat?? 6 pm. Ashland Elks' Dungeon, Will Dodge Way (the alley between E. Main and Lithia Way and 1st and 2nd Sts.), Ashland. \$4 donation.



**thu 5**  
**Rob Ricardo**  
**MUSIC**—For a born-and-raised East Coaster from New York, Rob Riccardo sure does know how to take it easy. Now hailing from Arizona, Riccardo leans on yoga and meditation to fuel his songs, starting with his first full-length album, "The Calm Within," to his most recent, "The Fire in Me." 9 pm. Brickroom, 35 N. Main Street, Ashland. \$12, presale. \$15, door.



**tue 10**  
**Ballroom Thieves**  
**MUSIC**—At over 85 million streams and counting, the Ballroom Thieves are certainly sucking up the bandwidth, but they also have a dedicated following which speaks to their honest and straightforward take on the political and emotional climate we live in. 6 pm. OSF's Black Swan Theatre, corner of S. Pioneer and E. Main, Ashland. \$15 - \$20.



**wed 11**  
**Boy Named Banjo**  
**MUSIC**—While it might seem an unfortunate name, at least it isn't Sue. Boy Named Banjo started out on the streets of Nashville when they were too young to play in a bar, and they were actually named by a drunk guy stumbling out of one such establishment. 6 pm. The Rocky Tonk Saloon, 333 E. Main Street, Medford. \$5.



**sun 15**  
**Williams Propagation Fair**  
**FAIR**—Spring is definitely springing this spring, and seeds are just begging to be planted. It is share and share-alike at the Williams Propagation Fair with a seed swap, rootstock sale, plant swap, scion exchange, presentations, a potluck, and a plant-adoption fundraiser for the Sugarloaf Community Association. 11 am - 3 pm. The Bandshell in the Sugarloaf Community Association Park, 206 Tetherow Road, Williams. Free.



**tue 17**  
**St. Patrick's Day**  
**LUCKO THEIRISH**—While green beer will be served at most places, the truly authentic Irish vibe is sure to be found at O'Shea's Irish Pub, 14 Calle Guanajauto Way #100, Ashland, or at O'Ryan's Irish Pub, 137 E. Main Street, Ashland, or perhaps wherever a four-leaf clover can be discovered.

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# LIVE MUSIC *and Nightlife*

## Thursday, February 20

### ASHLAND

**Gayle Wilson Trio** - The Wild Goose. 7 pm. Jazz.  
**Patsy O'Brien & Dick Hensold** - The Headwaters Bldg. 7 pm. Traditional Celtic music. \$15 - 25.

### JACKSONVILLE

**RVT 4th Annual Beer and Benevolence!** - The Schoolhaus Brewhaus. 6 pm. Hosted by Rogue Valley Timbers Soccer Club and The Schoolhaus Brewhaus.

**The Brothers Reed** - Bella Union Restaurant and Saloon. 7 pm. Bluegrass/Folk/Americana.

### MEDFORD

**Drunk Spelling Event** - Portal Brewing Co. 7 pm.

### GRANTS PASS

**DJ Rizlo's Rinseout** - The Sound Lounge. 8:30 pm.

## Friday, February 21

### ASHLAND

**Saucy** - AQUA Restaurant and Bar. 9 pm.

**David Scoggin Duo** - The Wild Goose. 5:30 pm.

**Shine Swing Trio** - Platt Andersen Cellars/Ashland Art Center. 6 pm.

**DK Soul Project** - Brickroom. 9 pm. Jazz and retro soul.

### MEDFORD

**Verna & the Vandals** - The Urban Cork. 6 pm. Fun mix of Blues, Oldies, Rockabilly, Upbeat Country, & Sultry Jazz.

**Gypsy Gillis** - Pier 21 Tavern. 9 pm. Rock n blues. Haven Yates/Stoner Control/Joypress - Johnny B's. 8 pm.

**Bishop Mayfield** - RoxyAnn Winery. 6 pm.

### GRANTS PASS

**Hip-Hop Fridays** - The Copper Mug. 9 pm.

**Mario the Maker Magician** - The Haul. 7 pm. All ages.

**Dead Lee** - The Sound Lounge. 9:30 pm. Folk & Country.

## Saturday, February 22

### ASHLAND

**Karaoke Night** - The Wild Goose. 8:30 pm.

**OLOX** - Havurah Synagogue. 8 pm. Traditional shamanic traditions w/ electronic music and world rhythms.



ANNA TIVEL & JEFFREY MARTIN WILL BE AT THE HEADWATERS BUILDING IN ASHLAND ON FEB. 23.

### TALENT

**Jen Ambrose w/ Jon Galfano** - StoneRiver Winery. 4 pm. Pop/ Rock.

**The Winter Social** - TonTon's Artisan Affections. 9 pm. Hip-Hop.

### JACKSONVILLE

**Saucy** - Boomtown Saloon. 8:30 pm.

**The Little Giantess** - South Stage Cellars. 6 pm. Original acoustic duo. Blues, jazz, rock.

### MEDFORD

**Gypsy Gillis** - Pier 21 Tavern. 9 pm. Rock & Blues.

**Copperoke!** - The Copper Plank. 7 pm. Karaoke Night.

### GRANTS PASS

**The Distilled-Spirit Rebellion** - The Sound Lounge. 8 pm. Honky Tonkin' Cosmic Outlaw Country Rock.

**Danielle Kelly Soul Project** - Josephine Co. Fairgrounds Floral Bldg. 5 pm. Black, White, & the Blues art gala event.

### MEDFORD

**The Music of Frank Ellis** - The Copper Mug. 9 pm. Rock.

## Sunday, February 23

### ASHLAND

**Jim Quinby** - The Wild Goose. 6 pm. Piano Jazz.

**Shine Swing Trio** - Luna Cafe at Ashland Hills Hotel. 5 pm.

**Anna Tivel & Jeffrey Martin** - Headwaters Building. 7 pm.

**Friends** - Oberon's. 9 pm. Garage Rock.

**Feckin' Tinkers** - Black Sheep Pub. 7 pm. Irish & Celtic music.

**Michael Kempf** - Callahan's Lodge. 6 pm.

### TALENT

**Aaron Reed (of The Brothers Reed)** - Paschal Winery. 3:30 pm. Folk/Bluegrass/Americana.

### MEDFORD

**Buddy Paprock** - Walkabout Brewing Co. 4 pm.

90's Rock/ Pop

## Monday, February 24

### ASHLAND

**Peggy Rose's Singers' Showcase** - The Wild Goose. 7 pm.

**Prohibition Night** - The Black Sheep Pub. 8 pm. A prohibition era speakeasy!



THE BALLROOM THIEVES PLAY AT THE BLACK SWAN THEATRE IN ASHLAND ON MARCH 10.

### MEDFORD

**Danielle Kelly & Dean Angermeier** - The Rogue Grape. 6 pm.

## Tuesday, February 25

### ASHLAND

**Going Up On Phat Tuesday** - Aqua. 9 pm. Mardi Gras Masquerade Ball. \$5.

## Wednesday, February 26

### ASHLAND

**Ol' Mount'n Due** - The Wild Goose. 8 pm.

Stompin' Bluegrass.

**LEFT** - Oregon Cabaret Theatre. 8 pm.

**John Hollis** - Callahan's Lodge. 6 pm.

**Blades of Grass** - Black Sheep Pub. 8 pm.

**Frances McCabe & We Are The Kind** - Oberon's. 8 pm.

**Shake 'N Bake Jazz** - AQUA. 7 pm. Swing Jazz

Night preceded by a free swing dance lesson!

**MEDFORD**

**Me & Your Mother Tour** - Johnny B's. 7 pm.

Hosted by SeenLoc - Emceesxyhair .

### GRANTS PASS

**Aaron Reed (of The Brothers Reed)** - Wild River Pub. 6 pm. Bluegrass/Folk/Americana.

**Seth Brown** - The Bohemian. 6 pm.

## Thursday, February 27

### ASHLAND

**Sage Meadows** - The Wild Goose. 7 pm. Classic Country & Folk.

**Palmer T. Lee & Humbird** - La Baguette Music Cafe. 7 pm. Folk & Americana.

### MEDFORD

**Drunk Spelling Event** - Portal Brewing Co. 7 pm.

Applegate

**Stone Foxes** - Applegate River Lodge & Restaurant. 8 pm.

### GRANTS PASS

**Storytellers 2.0 Krister Axel & Mike Smith** - The Hive. 7 pm.

**Jug of Punch** - Weekend Beer Company. 6 pm.

Traditional Irish Music.

## Friday, February 28

### ASHLAND

**DJ Ujjayi** - Ashland Ecstatic Dance Fridays at The Dance Space. 8 pm. \$10.

**John Hollis** - Callahan's Lodge. 6 pm.

**David Scoggin Duo** - The Wild Goose. 5:30 pm.

### MEDFORD

**Kat Edmonson** - Artistic Piano Gallery. 7 pm.

**LEFT** - RoxyAnn Winery. 6 pm.

**The Shaky Harlots & The Reverberays** - Johnny B's. 8 pm. \$5.

### GRANTS PASS

**Hip-Hop Fridays** - The Copper Mug. 9 pm.

**MS Late Night Hangout** - Catalystrg. 7 pm.

Middle School open gym, games, and pizza.

**Sarah Dion Brooks** - Candela Dance Studio. 7:30 pm. \$15 door.

## Saturday, February 29

### ASHLAND

**Flow & Glow (A Black-Light Yoga Experience)** - Ashland Yoga Center. 7 pm. \$30.

**Karaoke Night** - The Wild Goose. 8:30 pm.

**Seth Brown** - Brickroom. 9 pm. \$5. Acoustic pop, blues, folk, rock, & gospel.

**Advash Concert KolH'aolam** - Temple Emek Shalom. 8 pm. World music in different languages.

**Temple** - The Black Sheep Pub. 9 pm. Psychedelic Grunge.

### TALENT

**The Second String Band** - Talent Club. 9 pm.

Rootsy & folksy with a soulful R&B side.

**David Starfire, Ujjayi, & Lucid Artilect** - Ton Ton's Artisan Affections. 9 pm. \$25 door.

### MEDFORD

**Gypsy Gillis** - Grape Street Bar & Grill. 8 pm. Rock n Blues.

### GRANTS PASS

**Dancehall! Leap Queer** - The Haul. 7 pm. LGBTQ.

**WLD** - Cedarwood Saloon. 9 pm. Covers from 80's, 90's, 00's.

**Bekkah & the Pine Top Mountain Boys** - Weekend Beer Co. 6 pm. Bluegrass, Country.

**Ghost King, Sojourner, Someone Else, Gary Margason** - Eaden Ball. 6 pm. \$5.

## Sunday, March 1

### ASHLAND

**Jim Quinby** - The Wild Goose. 6 pm. Piano Jazz.

**Shine Jazz Trio** - Standing Stone Brewing Co. 7 pm.

**A St. Jazz Collective** - Luna Cafe. 5 pm.

## Monday, March 2

### ASHLAND

**Highway RobBree** - The Wild Goose. 7 pm. Rock, Blues, and Soul.

# LIVE MUSIC *and Nightlife*

## Tuesday, March 3

### ASHLAND

**Rickishane** - The Wild Goose. 7 pm. Classic Rock.

### GRANTS PASS

**Karaoke Night** - The Jammin' Salmon. 8 pm.

## Wednesday, March 4

### ASHLAND

**Gene's Themed Open Mike: "Love Gone Wrong"** - The Wild Goose. 8 pm.

**John Hollis** - Callahan's Lodge. 6 pm.

**Blades of Grass** - Black Sheep Pub. 8 pm.

Bluegrass.

**Shake 'N Bake Jazz** - AQUA. 7 pm. Swing Jazz

Night preceded by a free swing dance lesson!

**Signing the Song w/ William Martinez** - Oregon Cabaret Theatre. 8 pm. Sign language w/ music.

### MEDFORD

**Open Mic** - RoxyAnn Winery. 5 pm. Winner gets the tip jar!

**Grape Jam w/ Gypsy Gillis** - Grape Street Bar & Grill. 6 pm.

**Seth Brown** - Jefferson Spirits. 6 pm.

### APPLEGATE

**Steely Dead** - Applegate River Lodge. 8 pm. A sonic fusion of The Grateful Dead & Steely Dan.

## Thursday, March 5

### ASHLAND

**Rob Riccardo** - Brickroom. 9 pm. \$15 door.

**Jimmy Pinwheel Band** - The Wild Goose. 8 pm.

### JACKSONVILLE

**Paul Simon Tribute w/ One Trick Pony** - Bella Union. 8 pm.

### MEDFORD

**Drunk Spelling Event** - Portal Brewing Co. 7 pm.

**Farewell Angelina** - Craterian Theater. 7:30 pm.

\$28. Country Music.

### GRANTS PASS

**Jug of Punch** - Weekend Beer Co. 6 pm.

Traditional Irish Music.

## Friday, March 6

### ASHLAND

**DJ Cala Fleur** - Ashland Ecstatic Dance Fridays at The Dance Space. 8 pm.

**Spunj** - Oberon's. 9 pm. A high energy, multi-genre'd fusion four piece band.

**John Hollis** - Callahan's Lodge. 6 pm.

**Friday Night Disco Inferno Social w/ DJ Veach** - Oregon Chocolate Festival at Ashland Hills Hotel & Suites. 7 pm. \$15.

**David Scoggin Duo** - The Wild Goose. 5:30 pm.

### MEDFORD

**Dustin Clark** - Walkabout Brewing Co. 7 pm.

**Live from Laurel Canyon** - The Craterian Theater. 7:30 pm. Classic American Folk Rock.

### GRANTS PASS

**Hip-Hop Fridays** - The Copper Mug. 9 pm.

**Scott Tecca** - Weekend Beer Company. 6 pm.

Modern Country.

**First Friday Art Show!** - Vice Brewing Co. 7 pm.

## Saturday, March 7

### ASHLAND

**Karaoke Night** - The Wild Goose. 8:30 pm.

**Not Too Shabby** - Belle Fiore Winery. 5:30 pm.

Jazz, pop, blues, and r&b.

**Dead AF** - Black Sheep Pub. 9:30 pm.

### MEDFORD

**Spunj** - Johnny B's. 9 pm. A high energy, multi-genre'd fusion four piece band.

### GRANTS PASS

**Charlie Brown Squares: Can Can Dance** - Josephine Co. Fairgrounds. 7 pm. March on Hunger/Canned Food Drive.

**Lasana Kennah** - Bethany Presbyterian Church. 6:30 pm. World Music.

## Sunday, March 8

### ASHLAND

**Jazz Sunday feat. Charles Guy** - Luna Cafe. 5 pm.

**The Cheers Tour: Grieves & The Holdup** - Historic Ashland Armory. 7 pm. \$25 day of Hip-Hop/Alternative.

**Michael Kempf** - Callahan's Lodge. 6 pm.

**Jim Quinby** - The Wild Goose. 6 pm. Piano Jazz.

### MEDFORD

**Donnie MacFarlane** - Walkabout Brewing Co. 5 pm.

90's Rock/ Indie Rock.

### GRANTS PASS

**2020 Southern Oregon Battle of the Bands** - Alibi Tavern parking lot. 12 - 7 pm. More than 10 local bands compete for \$1000.

## Monday, March 9

### ASHLAND

**The Nightcrawlers** - The Wild Goose. 7 pm.

Old School Blues.

## Tuesday, March 10

### ASHLAND

**Ballroom Thieves** - Black Swan Theatre. 7 pm.

Indie Folk-Rock trio. \$20 door.

**Justin Gordon** - The Wild Goose. 8 pm. New Classic Rock.

**Who Can Sleep** - Oberon's. 8 pm. Indie Folk Duo.

**Pub Karaoke!** - Bird & Rye. 9 pm.

## Wednesday, March 11

### ASHLAND

**Q&A Duo** - The Wild Goose. 7 pm. Piano Jazz.

**Arthur Buezo** - Oberon's. 9 pm.

**Seth Brown** - Belle Fiore Winery. 5 pm. Acoustic Americana.

**Vocal Play w/ Morah Cyrise** - Havurah Synagogue. 6:30 pm. Sacred Song Circle.

**Blades of Grass** - Black Sheep Pub. 8 pm. Bluegrass.

**Shake 'N Bake Jazz** - AQUA. 7 pm. Swing Jazz

Night preceded by a free swing dance lesson!

**John Hollis** - Callahan's Lodge. 6 pm.

### MEDFORD

## EVENTS



THE WINTER EXHIBITION TWO GENERATIONS: JOE FEDDERSEN AND WENDY RED STAR RUNS THROUGH MARCH 14 AT SCHNEIDER MUSEUM OF ART IN ASHLAND.

## Art

## TWO GENERATIONS: JOE FEDDERSEN AND WENDY RED STAR

Jan. 16 - March 14. This winter exhibition presents the work of two Northwest Indigenous artists who work across media and whose work responds, on their own terms, to historic and contemporary misrepresentations of Native Americans. [www.sma.sou.edu](http://www.sma.sou.edu). Schneider Museum of Art - Southern Oregon University, 555 Indiana Street, Ashland.

## NATURE'S TEXTURES: WATERMEDIA PAINTINGS BY EVE MARGO WITHRO

Jan. 17 - Mar. 26. [www.roguegallery.org](http://www.roguegallery.org). Rogue Gallery & Art Center, 40 S. Bartlett Street, Medford.

## SHOE DREAMS: PAINTINGS BY JAY GORDON

Jan. 24 - Feb. 28. [www.roguegallery.org](http://www.roguegallery.org). Rogue Gallery & Art Center, 40 S. Bartlett Street, Medford.

## HANSON HOWARD GALLERY EXHIBIT

Feb. 5 - Mar. 2. Features Betty LaDuke original paintings from the archives. Hanson Howard Gallery, 89 Oak Street, Ashland.

## CVA GALLERIES AT SOU

Feb. 7 - Feb. 28. Winter Term Round Two Exhibitions. CVA Galleries at SOU, 1250 Siskiyou Boulevard, Ashland.

## THIRD FRIDAY EVENT AT ART DU JOUR GALLERY

Feb. 21, 5 - 8 pm. Featuring classical guitarist Rod Petrone and artist Mary Ann Macey. [www.facebook.com/ArtduJourGallery](http://www.facebook.com/ArtduJourGallery). Art du Jour Gallery, 213 E. Main Street, Medford.

## FLOWING ACRYLIC PAINTINGS

Feb. 29 - Mar. 31. Mar. 1, 2 - 5 pm is the artist reception. Meet the artist and enjoy complimentary appetizers! [www.roxyann.com](http://www.roxyann.com). RoxyAnn Winery, 3283 Hillcrest Road, Medford.

## Classes

## TUTORIAL TUESDAYS

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

## MASSAGE CLASSES

January-March. Classes for couples, singles, pregnant partners, and more! [www.familymassageEC.com](http://www.familymassageEC.com). Family Massage Education Center, 77 Manzanita, Ashland.

## SOCAN'S MASTER CLIMATE PROTECTOR - A PRIMER FOR ACTION

Mondays Feb. 10 - Apr. 13, 6 - 9 pm. Master Climate Protectors complete a 10-week training course that covers climate change science and the impacts on key sectors of energy, transportation, agriculture, water, and health. <https://socanmcp.eco>. Higher Education Center, 101 S. Bartlett, Medford.

## FREE BRAIN FITNESS CLASS

Feb. 20, 4 - 6 pm. Community members are invited to an innovative brain fitness program focused on activating all five areas of the brain and addressing all 21 aging factors of the body. [www.prestigecare.com](http://www.prestigecare.com). Prestige Senior Living at Arbor Place, 3150 Juanipero Way, Medford.

## EFFECTIVE COMMUNICATION STRATEGIES

Feb. 21, 3:30 - 5 pm. Free. The class is designed to help anyone who cares for an aging Oregonian understand stages of memory loss and improve verbal and nonverbal communication with those affected. [www.OregonCarePartners.com](http://www.OregonCarePartners.com). AllCare Health, 1701 NE 7th St, Grants Pass.

## YOU CAN CREATE: ENGAGING WITH THE NATURAL WORLD

Feb. 22, 9 - 11 am. \$8. 18 & up. Get inspired using natural objects and celebrate the natural world through art. North Mountain Park, 620 N. Mountain Avenue, Ashland.

## PERMACULTURE DESIGN COURSE

Over 6 weekends Feb. 22 - May 3, 9 am - 5 pm. \$775. Topics to be covered include: Patterns in nature, ultimate water care, and healthy soils. [www.siskiyoupermaculture.com](http://www.siskiyoupermaculture.com). Different venues in Ashland, Oregon TBA.

## HUGELKULTUR WORKSHOP

Feb. 23, 10 am - 3 pm. In this hands on workshop we will learn to design and implement this Regenerative Agriculture Practice. [siskiyoufieldinstitute.org](http://siskiyoufieldinstitute.org). Siskiyou Field Institute, 1241 Illinois River Road, Selma.

## REALISTIC DRAWING SKILLS PRACTICE

Feb. 26 & Mar. 25, 5:30 - 8 pm. [www.ashlandartcenter.org](http://www.ashlandartcenter.org). Ashland Art Center, 357 E. Main Street, Ashland.

## GUIDING MODERN HERBALISM TO OLD MAGIC

Feb. 27, 7:30 - 8:30 pm. We will spend the hour discussing medicine making, herb growing, energetics, medicinal and magical properties. Free class. [www.nowandthenherbalapprenticeship.com](http://www.nowandthenherbalapprenticeship.com). House of Charm, 223 Maple Street, Ashland.

## SELF-EMPOWERMENT: 3 STEPS TO LIVING A MORE AUTHENTIC LIFE

Feb. 27, 6 - 7:30 pm. Free. Find out if there are beliefs or patterns getting in the way of your self empowerment [www.newleafwellnesstherapy.com](http://www.newleafwellnesstherapy.com). NEW LEAF Wellness Therapy, 21 Hawthorne St, Medford.

## TRAVELING ALTER/ SCULPTED TINS

Feb. 28, 10 am - 4 pm. Fiber/Paper/Collage/Misc. Media. [www.ashlandartcenter.org](http://www.ashlandartcenter.org). Ashland Art Center, 357 E. Main Street, Ashland.

## FIELD ORGANIZER TRAINING BY PROGRESSIVE OREGON WOMEN

Feb. 29, 10 am - 4 pm. \$50. [www.progressiveoregonwomen.com/gettrained](http://www.progressiveoregonwomen.com/gettrained) This training will show you how combine your people-skills with data-driven strategies to create engaging campaigns that energize people, generate volunteers, and make sure people in the community hear about the campaign from trusted messengers. Rogue Valley Universal Unitarian Fellowship, 87 Fourth Street, Ashland.

## LANDSCAPING WITH COLD HARDY SUCCULENTS

Mar. 3, 5:30 - 7 pm. \$10 - 15. We will cover succulents' unique climate adaptations, care basics, and strategies to use them in low-maintenance, drought-tolerant landscapes. <http://bit.ly/JacksonMGWorkshops>. OSU Extension, 569 Hanley Rd., Central Point.

## GET TO KNOW &amp; LOVE YOUR WEEDS

Mar. 7, 2 - 4 pm. \$20. <https://forms.gle/71kPUH1RpdtdmRaG6>. Pollinator Project Rogue Valley, 312 N. Main Suite B, Phoenix.

## INTRODUCTION TO ACRYLIC PAINTING

Mar. 7 & 8, 1:30 - 6 pm. [www.ashlandartcenter.org](http://www.ashlandartcenter.org). Ashland Art Center, 357 E. Main Street, Ashland.

## FRESH FLORALS PAINTING WORKSHOP

Mar. 10, 17, 24, & 31, 9 - 11:30 am. [www.ashlandartcenter.org](http://www.ashlandartcenter.org). Ashland Art Center, 357 E. Main Street, Ashland.

## BECOME A BETTER SPEAKER SUMMIT

Mar. 12, 9 am - 4 pm. \$149. If you've ever wanted to improve your speaking skills to better connect, communicate & influence then this workshop is for you. <https://www.gingerjohnson.com/product/become-better-speaker/>. Rogue Valley-Medford International Airport, 1000 Terminal Loop Pkwy, Medford.

## EXPLORING TOYS IN YOUR RELATIONSHIP

Mar. 12, 6:30 - 8:30 pm. \$10. Join somatic sex educator, Emily Athena, for a fun, informative and interactive sexploration into the whys and hows of introducing sex toys into your relationship. As You Like It - A Love Revolution, 383 E. Main Street, Ashland.

## GRAPEVINE PRUNING

Mar. 17, 5:30 - 7:30. In this class, the basics of grapevine pruning for a home hobby or small-scale grape production in the Rogue Valley will be shared. OSU Extension, 569 Hanley Rd., Central Point.

## BALLROOM DANCING

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

## PRESCHOOL PUPPET THEATRE

2nd Friday each month Jan. 10 - April 10, 10:30 - 11:45 am. \$6. Gather around and see what Brenda Bear and friends are up to. North Mountain Park Nature Center, 620 N. Mountain Avenue, Ashland.

## TAKE FLIGHT EXHIBIT

Jan. 11 - May 17. Visitors of all ages discover the fundamental principles of flight through interactive exhibits. [www.scienceworksmuseum.org](http://www.scienceworksmuseum.org). ScienceWorks, 1500 E. Main Street, Ashland.

## RCC OFFERS FREE DENTAL X-RAYS

Jan. 24 - Mar. 22. A qualifying patient must have at least 24 fully erupted teeth (visible and present in the mouth), be at least 18 years old, and be eligible for a full-mouth X-ray. [dental@rogucecc.edu](http://dental@rogucecc.edu). Rogue Community College, 3345 Redwood Highway, Grants Pass.

## PROJECT FEEDERWATCH

Alternate Saturdays Feb. 1, 15 & 29, Mar. 14, 9 - 10 am. Free. Learn to identify bird species with expert birders. North Mountain Park, 620 N Mountain Avenue, Ashland.

## SOUL MATTERS LIVE! WITH KATE INGRAM

First Thursday of every month, 5:30 - 7 pm. \$10. Good company. Great wine. Transformative conversation. [rellikwinery.com](http://rellikwinery.com). Rellik Winery, 970 Old Stage Road, Central Point.

## HETEROSEXUAL SPEED DATING

Feb. 20, 6:15 pm. Give your dating app a rest and come out to meet some new people, make friends, and maybe even find romance! As You Like It - A Love Revolution, 383 E. Main Street, Ashland.

## BEEKMAN HOUSE LIVING HISTORY TOURS

4th Sat. of every month Feb. 22 - May 23, 10:30 & 11:30 am, 1 & 2 pm. \$8. [www.historicjacksonville.org](http://www.historicjacksonville.org). Historic Jacksonville, Inc. invites you to become part of history and time travel to the Depression Era. Beekman House Museum, 470 E. California Street, Jacksonville.

## NICK GARRET POWELL

Feb. 23, 3 pm. Live music. [www.roxyann.com](http://www.roxyann.com). RoxyAnn Winery, 3283 Hillcrest Road, Medford.

## GRADUATE SAXOPHONE RECITAL

Feb. 24, 7:30 pm. Free. SOU Music Recital Hall, 450 S. Mountain Avenue, Ashland

## PIANO CONCERT

Feb. 28, 7:30 pm. \$25. Tutunov Piano Series presents: Hugues LeClere. SOU Music Recital Hall, 450 S. Mountain Avenue, Ashland.

## MARDI GRAS CELEBRATION &amp; FUNDRAISER

Feb. 29, 6 - 9 pm. \$25. Enjoy a 4-course Cajun dinner. <https://socan.eco>. Bellview Grange, 1050 Tolman Creek Road, Ashland.

## PAUL SCHEMELING QUARTET - JAZZ

Mar. 1, 3 pm. Live music. [www.roxyann.com](http://www.roxyann.com). RoxyAnn Winery, 3283 Hillcrest Road, Medford.

## CELTIC CELEBRATION ON ST. PATRICK'S DAY

Mar. 17, 6:30 - 8:30 pm. \$35. Irish food and beer, live Celtic music, a singing competition, and the Irish tradition of good cheer and laughter. [www.roguegallery.org](http://www.roguegallery.org). Rogue Gallery & Art Center, 40 S. Bartlett Street, Medford.

## Kids &amp; Family

## FAMILY FUN ARCHERY

Saturdays from 11 am - 12:30 pm. Learn archery while having fun popping balloons & loosing arrows at creative targets! Rental equipment available. Children are required to have an adult supervise and participate with them. More info at [www.MoonbowArchery.com](http://www.MoonbowArchery.com). Ashland Parks & Rec Center, 1195 E Main St, Ashland.

## PAWS TO READ: K9 READING BUDDIES PROGRAM

Wednesdays beginning in March from 2 - 3 pm. Therapy dogs provide quiet encouragement for budding readers to explore reading aloud. [jcls.org](http://jcls.org). Jacksonville Library, 340 West C St, Jacksonville.

## PAWS TO READ: K9 READING BUDDIES PROGRAM

2nd Monday of every month, 3 - 4 pm. Therapy dogs provide quiet encouragement for budding readers to explore reading aloud. [jcls.org](http://jcls.org). Rogue River Library, 412 E. Main St, Rogue River.

## Sports &amp; Outdoor

## ARCHERY OPEN SESSION

Wednesdays from 6:30 - 8 pm. Hone your archery skills and learn techniques from other archers, both traditional and modern, while having fun popping balloons & loosing arrows at creative targets! Rental equipment available. Ashland Parks & Rec Center, 1195 E. Main St, Ashland.

## TAI CHI WITH PETE

Wednesdays, 10:30 - 11:45 am. Everyone is welcome! If you need more info, call director Rick

## EVENTS

Patsche, 541-702-2585. \$5. Jacksonville Community Center, 160 E Main St, Jacksonville.

## Stage

## STEEL MAGNOLIAS

Jan. 30 - Mar. 22. Robert Harling's classic American play features six powerhouse actors. [www.oregoncabaret.com](http://www.oregoncabaret.com). Oregon Cabaret Theatre, 241 Hargadine Street, Ashland.

## WATER MADE TO RISE

Feb. 13 - 23, 7:30 pm. Sunday matinees at 2 pm. \$20. The tale of three unlikely strangers trapped in an abandoned bar by the rising waters of a never-before-seen flood. [artistscollective@live.com](http://artistscollective@live.com). Wesley Hall, 175 N Main St, Ashland.

## OREGON CENTER FOR THE ARTS THEATRE PRESENTS: IF/THEN

Feb. 20 - 22, 27 - 29, 8 pm. Feb. 29 & Mar. 1, 2 pm. \$20. [oca.sou.edu/box-office](http://oca.sou.edu/box-office). SOU Main Stage Theatre, 491 S. Mountain Avenue, Ashland.

## MASTERWORKS V

Feb. 22, 7:30 pm, Feb. 23, 3 pm. Rogue Valley Symphony performance. [www.craeterian.org](http://www.craeterian.org). Craterian Theater, 23 S. Central Avenue, Medford.

## REVENGE OF THE SPACE PANDAS

Feb. 28 - Mar. 15, Th - Sat. 7:30 pm, Sun. 2 pm. \$18. [www.barnstormersgp.org](http://www.barnstormersgp.org). This play follows the adventures of a boy named Binky as he travels through time and space with his friends. Barnstormers Theatre, 112 NE Evelyn Ave, Grants Pass.

## THE REVOLUTIONISTS

Feb. 28 & 29, 7:30 pm, Mar. 1 at 1:30 pm. \$15. Lauren Gunderson's comedic take on the French Revolution. Collaborative Theatre Project, 555 Medford Ctr, Medford.

## THE TALES IN OUR BONES

Feb. 28 & 29, 7 pm, Feb. 29 at 2 pm. \$20. Young artists exquisitely craft aerial retellings of folk and fairy tales that reflect their own complex cultural heritage. Levity Circus Collective, 280 E. Hersey St. #15, Ashland.

## BODYVOX - URBAN MEADOW

Feb. 29, 7:30 pm. A tour de force of dance, theater, film, athleticism, and wit. [www.craeterian.org](http://www.craeterian.org). Craterian Theater, 23 S. Central Avenue, Medford.

## MURDER ON FIFTH AVENUE - A PLAY READING

Mar. 14, 6:30 pm. The trial of Anthony Kyle, a Secret Service officer. Gresham Room - Ashland Public Library, 410 Siskiyou/Corner of Gresham, Ashland.

## Presentations

## BLOOMSBURY BOOKS AUTHOR TALK

Feb. 20, 7 pm. Connie N. Hart, author of The Pebble and the Man, the story of an emotional journey toward love. Bloomsbury Books, 290 E. Main Street, Ashland.

**Get Yours To Go!**

- Full menu available
- Deferred ordering
- Half-Baked pizzas
- Beer, wine and soft drinks
- Bottled Salad Dressing



**kaleidoscopepizza.com**  
541-779-7787

Dine In: 3084 Crater Lake Hwy • To Go: 1923 Delta Waters Rd

## BLOOMSBURY BOOKS AUTHOR TALK

Feb. 24, 7 pm. Glenn Hill, author of The Violin Maker. This book unravels dangerous puzzles within a compelling romantic mystery that spans centuries. Bloomsbury Books, 290 E. Main Street, Ashland.

## AS IT WAS: CELEBRATING WOMEN'S HISTORY MONTH

Mar. 4, 12 - 1 pm. Each story shared features women from the Rogue Valley, their experiences, and their impact on the valley. [jcls.org](http://jcls.org). Medford Library, 205 S. Central Avenue, Medford.

## AS IT WAS: CELEBRATING WOMEN'S HISTORY MONTH

Mar. 11, 12 - 1 pm. Each story shared features women from the Rogue Valley, their experiences, and their impact on the valley. [jcls.org](http://jcls.org). Ashland Library, 410 Siskiyou Blvd, Ashland.

## Meetings

## WOMEN'S FEMINIST CONSCIOUSNESS-RAISING GATHERING

Sundays from 3:30 - 5:30 pm. This group is for women to gather and discuss feminist issues amongst one another. Boss Up Studio, 1 W 6th St, Medford.

## PARENT INFORMATION SESSIONS

Feb. 26, 6 - 7 pm, Mar. 9, 4 - 5 pm. For parents interested in enrolling their children in our school. Woodland Charter School, 301 Murphy Creek Road, Grants Pass.

## Food

## FESTIVE FONDUE!

Feb. 28, 6 - 9 pm. \$30. Please join us for a unique dining experience with a specialty cheese Fondue Dinner. Paschal Winery and Vineyard, 1122 Suncrest Road, Talent.

## Film

## FINAL STRAW: FOOD, EARTH, HAPPINESS

Feb. 20, 6:45 - 9 pm. A public screening of a film showcasing Natural Farming. Williams Grange, 20100 Williams Hwy, Williams.

## ON BEING WRONG

Feb. 20, 7 pm. TedTalk hosted by Marla Estes. Awake Cafe & Gallery, 1757 Ashland Street, Ashland.

## THE VIOLENCE PARADOX

Feb. 22, 7 - 9:30 pm. We'll take a journey through history and the human mind to explore what triggers violence and how it may have decreased over time. <http://SaveAmerica.info>. Medford Library, 205 S. Central Ave, Medford.

## INTRODUCTION TO PROJECT DRAWDOWN

Feb. 23, 3 - 5:30 pm. Through inspiring videos and an exchange of ideas for getting into action, Introduction to Project Drawdown invites us



GENTLEMEN BRONCOS - THIS FREAKISHLY SURREAL FILM IS MADE BY THE FOLKS BEHIND "NAPOLEON DYNAMITE." SCREENING OF THE FILM IS AT THE ASHLAND ELKS' DUNGEON ON MARCH 1.

to see both the possibility of reversing global warming and that we each have an important role to play in that process. Illinois Valley Senior Center, 520 E. River Street, Cave Junction.

## HEALING TRAUMA: BEYOND GANGS &amp; PRISONS

Feb. 27, 7 pm. Mass incarceration is a broken system the U.S. government keeps funneling taxpayer's money into. Awake Cafe & Gallery, 1757 Ashland Street, Ashland.

## MY SISTER'S KEEPER

Mar. 1, 3:30 - 6:30 pm. This film reveals surprising truths that challenge one's perception of family love and loyalty, and give new meaning to the definition of healing. FREE. \$5 to \$10 suggested donation. Ashland Public Library, 410 Siskiyou Blvd, Ashland.

## GENTLEMEN BRONCOS

Mar. 1, 6 pm. \$4 requested donation. This freakishly surreal film is made by the Mormon folks behind Napoleon Dynamite. Ashland Elks' Dungeon, Will Dodge Way (the alley between E. Main and Lithia Way and 1st and 2nd Streets), Ashland.

## Wellness

## COMMUNITY COUNSELING CENTER

The Community Counseling Center offers low cost, sliding-scale, professional counseling for individuals, couples, adolescents, families and children. \$40. Visit [www.cccofashland.com](http://www.cccofashland.com) or call 541-708-5436 for more information. The Phoenix Clubhouse, 310 N Main St, Phoenix.

## AWARENESS THROUGH MOVEMENT WEEKLY FELDENKRAIS CLASS

Tuesdays from 6:30 - 8 pm. Unwind Your Spine!

Mindful moves to regain lost mobility. We've all been brainwashed to believe decrepitude is inevitable after 50. Learn resilience for flexibility in mind and body. \$15-50, free for veterans. Learn more info at [www.gabriellepullen.info](http://www.gabriellepullen.info). Feldenkrais Studio, 135 W. Main St., Jacksonville.

## EVENING YOGA

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

## WELLNESS WEEKEND

Feb. 22, 11 am & 2 pm, Feb. 23, 10 am. Three simple interventions for reversing diabetes, hypertension, high cholesterol, and obesity will be covered. For more information: (541) 476-6313. Seventh-Day Adventist Church, 1360 NE Ninth Street, Grants Pass.

## CANDLELIGHT HOT STONE YOGA

Feb. 28, 6:30 - 8 pm. Ashland Yoga Center, 303 Fourth Street, Ashland.

## FLOW &amp; GLOW - A BLACK LIGHT YOGA EXPERIENCE

Feb. 29, 7 - 8:30 pm. Ashland Yoga Center, 303 Fourth Street, Ashland.

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



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# FOOD & Drink

## Sweet Sixteen

### The Oregon Chocolate Festival is Growing Sweeter

BY VANESSA NEWMAN

The Oregon Chocolate Festival turns “sweet sixteen” this year, with a party to top them all on March 6 to 8 at the Ashland Hills Hotel and Suites.

For starters, attendees have an opening night choice of celebration.

“Those who want a fancy culinary affair can go to the Wine Dinner (sponsored by Lille Belle Farms) and others who want more socializing and dancing can attend ‘Disco Inferno’ and enjoy wine and beer samples,” says Karolina Wyszynska Lavagnino, Director of Sales and Marketing for the Neuman Hotel Group and festival organizer.

The first-night option is not the only new happening this year. On Saturday and Sunday evening from 4 to 7 pm, there will be Jazz music at Luna “Chocolate Cafe,” Lavagnino explains. Because Jazz with chocolate is better than Jazz alone! Additionally, the children’s Scavenger Hunt will spill into downtown Ashland, meandering through local businesses and making it an epic hunt. “We keep adding layers and layers to the festival,” Lavagnino comments.

Like a delicious chocolate cake!

“Each year, there are more vendors and they are coming from beyond Oregon including California, Nevada, Utah, and Washington,” she adds. There are over 40 chocolatiers as vendors this year.

Being the sixteenth year, festival attendees are in search of unique flavors and surprises. Deena Branson, owner of Branson’s Chocolates in Ashland, says she sells the “new and interesting” over the tried-and-true. Her first attendance at the festival was in 2007 and although Branson’s is known for their classics like truffles, bars and clusters, that is not what she sells the most at Southern Oregon’s Chocolapalooza. This year, Branson has a “new” chocolate she will be showing off and will offer a truffle-making class for budding chocolatiers on

Sunday at her production location (1660 Siskiyou Boulevard) from 9 to 10 am. Anyone regardless of experience or age can attend.

“One year we had a five-year old in class who had a blast making chocolate, while his Mom choose to watch and film him.” Everyone gets to bring home truffles they have created and enjoy recreating them at a later date.

The Oregon Chocolate Festival presents opportunities for festival-goers to put on their judging hats and taste cocoa-loco varieties. Both on Saturday and Sunday, from 11 am – 4 pm at the Ashland Hills Hotel & Suites, vendors offer samples and friendly faces to explain how they make and prepare their sweets.

But the actual judging is done by three professionals (they are so important that their names are being withheld until the actual event) who also are presenting workshops like “Around the World of Chocolate Tasting.” And what is even sweeter is that 10 percent of all festival ticket proceeds go to Rogue Valley Habitat for Humanity.

There are definitely more than sixteen reasons to go to the festival. My choices for the sweetest ones?

**Experts come from around the area to judge and provide their expertise on what to look for when tasting chocolates.**

*Chocolate Product Competition, 10:30 am – 1:30 pm, Sat. March 7; Chocolate Product Competition Award Ceremony, 2:30 – 2:45 pm, Sat. March 7; Dessert Contest Judging, 11 am – 12:30 pm, Sunday, March 8; People’s Choice & Best in Show Award Ceremony, 2:45 – 3 pm, Sunday, March 8*

**There are so many vendors and not just Chocolatiers.**

There are over 40 chocolatiers and many beyond chocolate vendors including Jem Organics, Seed Oil Company and Roxy Ann Winery, to name a few.



KEVIN AND DEENA BRANSON  
PHOTO CREDIT: WHITNEY DEBERRY

**There are amazing demonstrations on what to do with chocolate.**

*11 am to 4 pm, Sat. March 7 & Sun, March 8*

**The chocolate bar has come a long way since its introduction.**

The first chocolate bar was invented by Cadbury in 1842, but many vendors at the Oregon Chocolate Festival have put their own spin on the chocolate bar. Ask Lillie Belle about their “Do Not Eat This” bar. And ask Deena Branson about chocolate trends like dairy-free and plant-based options.

**Chocolate and alcohol and spas go together.**

*Chocolate & Wine Spa Party, Lithia Springs Resort, 4:30 – 6 pm, Sat. March 7*

**Chocolate can be good for your health.**

Test out the research that ingredients like flavanoids are anti-inflammatory and antioxidants:

*Charlie’s Chocolate 5K and 10K Run, Emigrant Lake Recreation Area, 9 am, Sunday*

**OREGON CHOCOLATE FESTIVAL**

Friday, March 6 through Sunday, March 8  
Ashland Hills Hotel & Suites  
[oregonchocolatefestival.com](http://oregonchocolatefestival.com)



2019 TREATS FROM OREGON CHOCOLATE FESTIVAL  
PHOTO CREDIT: NEUMAN HOTEL GROUP

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## Rogue Sounds

### The Questionable Overall Satisfaction One Gets from the Shelf-Life of “Twinkie Lips”

#### Reviewing JD Rogers’ Latest Full Length Disc

BY ALAN ARMSTRONG

JD Rogers is a rocker. He originally hails from the “heartland,” just outside of Indianapolis. I don’t know how old he is or how many albums he’s released before “Twinkie Lips,” but when listening to this music, I can tell he’s been around the block a few times. His singing voice reminds me of Roy Orbison or maybe Iggy Pop; weathered and wise. The songs are enjoyable enough; JD’s musical chops, technically-speaking, are admirable. Undeniable. But all that said, I didn’t quite get the feeling that he challenged himself enough to make a really good record this time around, or one that says something new. I was left wanting.

There are very few risks or experimentation here. The album is straight-forward “what you would expect” rock. Content-wise, JD relies on too many “doo doo doo’s” and “oh oh oh’s” so that, by the fourth song, they start to sound like filler. The background vocals occasionally wane towards having poor production quality, and the lyrics are sometimes a tad trite. Although this is a full-length, it’s only ten tracks and clocks in at under 36 minutes, making it feel like there was a stretch to ensure the album would meet bare minimum requirements to earn the title of full length.

The album contains songs about going after your dreams, overcoming fear and loneliness, and searching for true love, which makes it all the more incredulous that the album is entitled “Twinkie Lips.” I can only suspect that the reason could have to do with the idea of maximizing on the potential novelty single status of the title track, which is the one that JD promotes. (It can be found on RVM’s 2019 compilation CD of local artists.)

CD Baby lists JD’s work as “90s Rock,” which doesn’t exactly sum things up when describing the genre category he fits in. Sure, there’s crunchy sandpaper grunge effects in moments of “Bleeding for You,” but there’s also occasional snippets of high pitched glam metal on the album, ala MTV 80s hair bands.

“Twinkie Lips” truly is the stand-out track here. JD delights in this hedonistic romp at the fair where he lecherously describes taking in a feast for all the senses. When he shouts euphorically “It’s fried with cream inside!” at the end of the third verse, one can’t help but chuckle a little. Other parts of the album have moments where JD shows us that he can be fun too, but this one takes the cake.

Musically as well, “Twinkie Lips” is one of the most intriguing tracks on the album. The intro guitars really sound like they’re fueling up for something rather sinister, but their sound quickly dissolves into a casual stroll through the fairgrounds. The guitar solo melds into a quick modulation up followed by a brief silence before JD lunges into the third verse. In this track and “Follow the Crow,” JD holds out guitar notes and lets them hang there vibrating for a moment before going to the next one.

After hearing the track “Twinkie Lips,” I was curious about what to expect from songs entitled “Lick It,” “Show Me,” and “Tell Me What You Like,” but they all ended up being somewhat PG-13 or tamer; some not even being carnal in nature as their title suggests.

JD ends the disc with the only truly slow tune, “Could You Be the One.” If Pink Floyd had an uncle that tried his hand at writing a romantic ballad, this is what it would sound like.

Basically, this album is a lot like the dessert it celebrates. It’s simple. On the surface level, it’s appealing enough, but it’s no double mocha almond fudge cake.

“Twinkie Lips” by JD Rogers is available for purchase at [store.cdbaby.com](http://store.cdbaby.com).

# PUBLIC PROFILE

## Susan Aversa Orrego, Managing Director, Collaborative Theatre Project

INTERVIEW BY PHIL BUSSE

**Rogue Valley Messenger: There is quite a robust lineup this year. What is the decision making process for determining what plays to present?**

SAO: As our name implies, we meet together to discuss scripts and ideas for each season. In crafting the 2020 Season, we wanted fun, yet thought-provoking material to create a solid group of productions. For instance, *Sherwood: The Adventures of Robin Hood* is a true swashbuckling, fast-paced farce, yet at the heart of the work is the idea that we should fight injustice and work together for the common good. *Our Town* is more than an iconic piece of theatre. It still has the ability to make us laugh and cry because it is, at its core, about each and every one of us.

**RVM: Currently, CTP is showing "Sherwood," and the description playfully warns to "get ready to duck a few quarterstaff." Is the play really interactive?**

SAO: We're truly enjoying *Sherwood* right now because it's the first time we've done huge fight scenes and since our theatre is up close and intimate, the audience will feel as if it's in the midst of all the action. When the swords swing and the quarterstaffs clash we've watched the audience react with surprise and total enjoyment of the experience.

**RVM: Who is acting in the plays? Is it often the same actors?**

SAO: We're able to attract some of the area's strongest directors and consequently we have a wonderful acting pool. Each director auditions separately and while many of the actors are cast in more than one play, you'll find some great and familiar faces at CTP. Todd Nielsen has joined us as Associate Artistic Director and he brings a new dynamic to both the decision process and additional programming ideas. We're really excited about our continuing relationship.

**RVM: CTP is now several years old, and no longer a "new" theater. Do you feel established? What wisdom comes with age?**

SAO: We're beginning our fourth Season and while it may seem as if we're no longer the "new" theatre, we are fully aware that in terms of growing audience share and attracting sponsors and supporters, we are still only in our infancy. It typically takes five or more years to really feel that you've "made it," and even then wrong choices can turn back the clock in terms of support. So we're always talking with our audience and

supporters and always trying to learn from them how to improve things.

**RVM: How has CTP changed over the years? Or, has it?**

SAO: As we've gotten established, we've had some changes in personnel and we expect further changes to come. Nothing stays the same forever. We're grateful to the folks that helped us begin and we're excited about the people we are beginning now to work with. We've grown more confident in our abilities and have added some new technology to our productions that were available thanks to the growing base of supporters. As time passes, we're working to provide the actors and technicians a bit more financial reward and recognize that their contribution of time and talent does deserve rewarding.

**RVM: Any changes we should expect in the upcoming couple years?**

SAO: Considering we're moving forward at a solid pace, we expect to be a theatre company for Medford and the Rogue Valley for many years to come. We've got a wonderful, intimate theatre setting and we'd love to see more new faces! We're expanding our outreach to the community with a new bi-lingual program for children. It's currently in the developmental phase but we'll be announcing soon. We've always believed that theatre is one of the first means of communication that humans developed to tell their stories, and we believe that in our modern society, that tends to isolate with devices, that theatre is still the most effective means of developing community. We have a simple slogan: "See you at CTP!" And we truly mean that we see and treasure all of our performers, technicians and audience members. 🍀



CAST FROM SHERWOOD. SUBMITTED

# Art Watch

## Central Point is for Makers

### The Maker Movement takes Flight for the Central Point Community

BY ERIN MCMENOMY

We've all been there—struck with a surge of creative inspiration and determined to tackle that unfinished project collecting dust. Unfortunately, it doesn't take long for our ambition to be overpowered by our lack of tools, space, or skills. But luckily there's a solution for budding-builders, and it comes in the form of a previously deserted warehouse-style building known as CraterWorks Makerspace.

Tucked in Central Point's Artisan Corridor off Highway 99, the CraterWorks facility opened last May as a collaborative space for entrepreneurs, students, craftspeople and the average Joe to work on projects and bring their ideas to life. This do-it-yourself industrial building provides 17,000 square feet of space of tools and equipment for woodworking, metalworking, 3-D printing, graphic design and more – including a fully-equipped Commercial Kitchen space opening in March to provide industrial-grade appliances for caterers, restaurateurs and food trucks.

Originating in partnership with the Central Point School District and the non-profit Direct Involvement Recreation Teaching, (D.I.R.T.), the multi-disciplinary facility strives to bring students and community members together by weaving applied learning into the curriculum of high school classes and creating a space to share tools, knowledge and resources.



"What's great about CraterWorks is that it helps enhance the core academic and career technical education of Central Point students, while at the same time encouraging community members to further pursue their interests and skills in technical, industrial and artistic ventures," says Tanea Browning, managing partner of CraterWorks. Being able to create something with your own two hands is an amazing feeling," said Browning. "And it's our goal to help everyone in the community experience that feeling."

The membership-based makerspace offers members unlimited access to the space during shop hours, along with weekly, instructor-led classes teaching everything from basic skills

to specialized projects. And with four levels of membership available, curious creators can tailor their involvement to their individual interests, skill-levels and budgets.

While the makerspace concept may be hard to grasp in words, a visit to the facility quickly brings the ambitious vision to life—which is free public tours are offered every Saturday at 10 am. Learn more, sign-up for a tour and start discovering the maker inside on the CraterWorks website, [www.craterworks.org](http://www.craterworks.org). 🍀

**CRATERWORKS MAKERSPACE**  
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# SPORTS & Outdoor

## View from the Top High School Skiers Gear Up for State Competition on the Slopes

BY ERIN MCMENOMY

While loaded lunges, bleacher-runs and air squats may not typically be the first images that come to mind when thinking about downhill skiing, for high school students who've trained with the Medford Ski Education Foundation (MSEF), these types of leg-blasting workouts often become synonymous with the sport. That's because, because of the short snow-season in Southern Oregon, MSEF student athletes begin these types of arduous physical—and mental—preparations long before the first snowflake ever falls.

"We start dryland training at Spiegelberg Stadium in early November," said MSEF Head Coach Gary King. "This is an important time to build up the athletes' strength, stamina and conditioning, and while we try to incorporate a variety of exercises, there always ends up being a lot of lunges. Dryland trainings have become notorious for being hard."

Established in 1992, MSEF is a registered 501(c)(3) non-profit organization currently serving students from eight different schools across Jackson, Lake, Klamath and Josephine counties, bringing together

more than 36 athletes each on a mission to score points for their schools as they race down the slopes.

Nearing the season's end, this year's skiers participated in their final race weekend February 14 and 15, closing out the calendar with all five of their scheduled competitions completed, only one of which had to be adjusted for weather.

"We had thin snow to begin with and not as many of the heavy powder days we like, but weather has still provided good conditions overall," said Coach King. "And training on our home mountain, Mt. Ashland, is not only convenient but also gives us an advantage as it's steeper and more challenging than other race venues, so our kids end up better and faster as a result."

The two-day, weekend race events include both the Giant Slalom and Slalom disciplines with contestants completing two runs for each category. While winners are ultimately determined by how fast they make it down the course, scoring is calculated on both an individual and team basis—meaning the racer with the lowest combined time for both runs is deemed the winner and awarded the maximum number of points for their respective school. Subsequent racers also earn points for their teams based on their individual placements, and the team ending with the highest total score wins.

An athlete's individual results also help earn them the opportunity to participate in the ultimate challenge—the State High School Alpine Championship. Held the first weekend in March, this year's epic event is especially exciting for MSEF athletes as it will be held on their home turf.

"We get to host the state championship race every five years or so, and this year is one of them," noted Coach King. "We're very proud of having this mountain, and fortunate for the added benefit of getting to train where we race."



VIEW FROM THE TOP OF MSEF HOME TURF, MT. ASHLAND. (PHOTO CREDIT JANELLE DUNLEVY, 2019)

Taking place March 4 – 6, this final feat will bring more than 250 qualified student racers and 50 coaches onto our Rogue Valley mountain, eager for three days of Alpine racing on Mt. Ashland's Lower Winter & Tempest runs.

But pre-qualification isn't required for those looking to experience a bit of vicarious thrill-seeking—race spectators are always welcome and encouraged. After all, it takes a lot of guts to willingly fly down a mountain on two skis, battling myriad weather variables while maneuvering sharp poles protruding from the snow.



MSEF STUDENT SKIERS BEGIN PREPARE FOR THE SLOPES WITH HOURS OF TURF TRAINING AT SPIEGELBERG STADIUM IN MEDFORD. (SUBMITTED)

"Our kids work their tails off all season long, and hearing the cheers and cowbells, knowing people are appreciating what they're doing is just awesome," said Janelle Dunlevy, MSEF Board Chair and parent of two MSEF skiers. "There isn't much glory or coverage for ski racing, so these kids really do it with intrinsic motivation, knowing skills they're developing will be utilized for many, many years."



11TH GRADER GRACEN HOKANSON MANEUVERS THROUGH HER SLALOM RACE ON HER WAY TO HER FIRST PLACE FINISH AT THE FEBRUARY 15TH RACE. PHOTO BY JOSH BELDEN

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Medford, Oregon

Provided by **ASANTE**  
**THE Ford Family FOUNDATION**

AGENDA

**8:00 am** Breakfast Pastries Served

**8:30 am–11:30 am** **Stewards of Children training begins** | Facilitated by Melody Wolf, Tina Meyer, and David Rowley

**11:30 am–12:00 pm** Lunch Served

**12:00 pm–11:00 pm** **Commercial Sexual Exploitation of Children** (1 hour)

**1:00 pm–3:00 pm** **Internet Safety Discussion**  
Presented by Dave Schroeder, Homeland Security Investigations

**15 Minute Break**

**3:15 pm–5:00 pm** **Advanced Stewards of Children Trainings**

- Bystanders Protecting Children from Boundary Violations and Sexual Abuse (30 min)
- Healthy Touch For Children and Youth (30 min)
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# WELLNESS

## In the Mood

### Co-creating a New Year and Decade with the Wisdom of The Heart's Elixirs on Tap with HeartMath

BY CATHERINE KELLEY

For nearly 30 years, researchers with the HeartMath Institute (HRI) have delved into the wonders of the heart helping thousands to improve their emotional wellbeing using their discoveries and tools. Like ordering a perfect chemical cocktail to reduce stress, find courage or forgiveness, we can now tell the heart how we want to feel, giving us the control to deal with life's stressors a little more smoothly. In honor of heart month, southern Oregon's HeartMath-certified practitioners have a bit of wisdom to share.

**Michelle Nagel**, president of Soul Shift, Inc and best-selling author of *Suffering is Optional*.

Helping others overcome the effects of trauma, especially betrayal trauma, is Nagel's mission. The recipient of severe childhood abuse, Nagel began studying psychology in her twenties and spent the next 30 years working to find ways to heal herself and others.

"It's incredible what betrayal trauma does to us and how it effects us," Nagel says. "People are beginning to talk about their experiences, they're not as shamed into hiding it is much, and so we're more aware today."

By teaching body awareness and integrating HRI techniques such as the heart lock-in\* practice, she helps others reconnect to the heart and its powerful intuition. Once the heart's energetic response takes effect, she has people wash it over themselves first.

"Somehow we were taught that

loving ourselves was selfish," she explains. "I teach people to honor their feelings and to trust their heart."

**Marilyn Lindsay**, Stress reduction counselor at Hidden Springs Wellness.

Specializing in impaired digestion therapy and nutrition education, Lindsay integrated HRI's technology to help clients see, literally, the difference between an uncontrolled emotional state and intentional heart and brain coherence that calms a stressed body. "We're at a time in history when we're all suffering from much of the same thing, just expressed in different ways," she says.

Clients are plugged into a program on her computer and she walks them through the heart lock-in steps then leaves the room so they can practice while the results are recorded. The patterns are evident on a graph she explains to them afterward, giving real-time biofeedback.

According to HRI, there is a whole communication system within and from the heart that explains ways we feel. Patterns can be observed when the heart is experiencing emotions and when it is upset the patterns become erratic and jagged. Like taking a daily medication, practicing heart-focused exercises can help build heart power to keep the nervous, immune and hormonal systems in balance. "The heart's been left behind as technology



**MICHELLE NAGEL**  
CREDIT: LINDSEY BOLLING



**MARILYN LINDSAY**  
CREDIT: TIM TIDBALL



**SANDRA PETTIGREW**  
CREDIT: SANDRA PETTIGREW

keeps coming at us but we're now primed and ready to bring the heart forward," says Lindsay.

**Sandra Pettigrew**, Certified HeartMath coach and trainer

"Spirit has always been important to me," Pettigrew shares. Believing we each hold the answers to our own truth, health and happiness, she helps others connect with their heart more and learn to navigate its innate wisdom to follow their inner guidance.

After breast cancer treatment drained her emotionally, Pettigrew was keen on learning about HeartMath and completed both certification levels. "We're so often in stressful situations like listening to the news or being pushed by a 'tailgater' on a busy

freeway," she says. "But there's a way we can intentionally regulate and sustain a heart/brain coherence that, through practice, can help balance our emotions, our physical reactions and help us maintain a higher resonance with the beat of life that goes on around us."

One recommendation: Heart lock-in practice—focus attention on the heart area and pretend to breathe slowly through the heart for 10-15 seconds. Remember the feeling of love or appreciation for someone or something positive in your life and breathe this feeling into the heart—stay with this for 5-15 minutes and bathe in the effects yourself before sending it out to others.

More info at [heartmath.org](http://heartmath.org).

# WELLNESS

## Happy Libido Day? Matching up the Body to the Holiday

BY DR. MARGARET PHILHOWER

Around Valentine's Day, our culture seems obsessed with love and romance. Are you still up for it? Some of you may not have the same energy and stamina you once did. Or maybe you feel like you are stuck in a rut and just not feeling it anymore. Many folks come to my office looking for help with sexual dysfunction. While no single treatment works for everyone, there are many natural ways to get that spring back into your step. Libido issues are usually multifactorial. Hormones definitely play a role, but the solution is rarely as simple as just treating low sex hormones. Your heart health, mental health and metabolism also play a huge role.

Love and desire involve a complex interplay between oxytocin, dopamine, cortisol, endorphins and serotonin in the body. Oxytocin has been called the cuddle hormone and levels increase during orgasm, childbirth and lactation. Dopamine is our reward hormone and levels increase with sexual attraction similarly to using

illicit drugs and gambling. Serotonin is our main happy neurotransmitter. Cortisol is a stress hormone that can reduce libido and immunity as well as promote diabetes and heart disease. Endorphins are our bodies' natural pain relievers. These chemical messengers rule many parts of the brain involved in human reproduction, emotions, hormone synthesis and our fight or flight response. There's a lot that can go wrong.

In order to get to the root cause, I recommend individualized testing. Helpful blood tests include: Total and free testosterone, Estrogens, Prolactin, inflammation markers, Cardio IQ or similar expanded lipid testing, complete blood count, comprehensive metabolic panel, diabetes screenings, morning cortisol, DHEA and a thyroid panel. An in-office physical exam is important to assess for circulation and blood pressure issues. Depression and anxiety screening questionnaires can identify potential mood disorders. Imaging tests



such as coronary calcium score and carotid arterial intimal thickness can rule out arterial plaques as a culprit. Finally, there's the DUTCH test, an acronym for "dried urine total complete hormones," which evaluates your stress and sex hormone levels and their metabolites over 14 hours. The results highlight your individual issues, which could be hormone excess, deficiency or impaired detoxification pathways.

These test results help determine the best treatment plan for you. For example, the most likely cause of erectile dysfunction is atherosclerosis, when the arteries start filling up with hard plaques. Blood tests showing high LDL cholesterol and elevated inflammation markers can point to this diagnosis. If this is your root cause, then a pesco-vegan diet, intensive exercise, stress reduction and adrenal support may have you feeling like a stallion again in just a few months.

Mood issues are another common underlying cause of low libido. Relaxation is key. Get plenty of sleep and exercise regularly- and sex counts as exercise. Sex is a mood enhancer for most people and strengthens relationship bonding, which can make you happier and reduce stress, which can then increase your libido in a biofeedback loop. If you need help motivating, counseling, meditation and bodywork are useful tools.

If you're looking for a love potion to stoke the fires of passion within, there is hope. General libido enhancing herbs for women include Maca, Shatavari, Cannabis, Black cohosh, Damiana and Tribulus. Compounded prescription



**DR. MARGARET PHILHOWER**

*Dr. Margaret Philhower is a naturopathic doctor with a naturopathic family practice in Takilma next door to The Dome School and at The Bear Creek Naturopathic Medical Clinic located at 2612 E. Barnett Rd. in Medford. You can schedule an appointment in Takilma by calling 541-415-1549 or Medford by calling 541-770-5563 or visit her website at [www.drmmargaret.org](http://www.drmmargaret.org).*

hormone Oxytcin lozenges are another option. Men can benefit from Shilajit, Eurycoma, Damiana and Pausinystalia. There are a lot of questionable supplements out there, so I suggest consulting with a healthcare professional rather than trying a random product from the internet or store shelf.

Lastly, sometimes the best way to get the love we need is to be our own best friend/lover/partner. If you love yourself, others will be more naturally attracted to you. Prioritizing self-care is not selfish. It is a revolutionary act that makes the world a more loving place for everyone.

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MONDAY - FRIDAY 9AM TO 5PM



## “Marijuana” or Hemp? Oregon Can’t Afford Anymore Confusion

If you’ve read previous columns you know my disdain for the word, “marijuana” as it has been used in recent U.S. history. The usurping of a colloquial Mexican term by government and economic power-players in the U.S. with the evil intentions of utilizing race to gain further economic gain and social control does not sit well with me. (See Jack Herer’s, *The Emperor Wears No Clothes* for a full history.)

Today even the United States government perpetuates the confusion by utilizing the unscientific term, “Marijuana” to draw arbitrary distinctions within the genus. (See 1976 article, “A Practical Taxonomy in Cannabis” to see how the 0.3 percent definition was created to differentiate between “hemp” and “marijuana.”)

The truth of the matter is they are both the same plant: Cannabis sativa L. For this column, I distinguish between the industries by referring to either “hemp” or “high-THC cannabis.”

Why does this matter to Oregon? Because we aren’t just hemp farmers. We aren’t just marijuana farmers. We are cannabis farmers. The beaver state relies heavily on the cannabis economy, be it hemp or high-THC cannabis, and we need to dissolve this dichotomy and work together to stabilize both nascent industries in order to ensure a healthy future for both.

Over the last couple of years, as the OLCC-regulated, high-THC cannabis economy in Oregon tanked amidst a flooded new market, the ODA’s hemp program became a life-saver for many cannabis farmers who have always grown high-THC—whether for the black, medical or adult-use markets. And as an entire country of new hemp farmers is trying to unload their recent harvest in a--you guessed it--flooded market, it’s the same story of struggle all over again, but at a larger scale since hemp happens in acres, not square feet.

Yet I believe we should be high on hope for Oregon’s cannabis economy. We have one of the most advanced cannabis industries in the world here—starting with growing some of the best flower—whether hemp or high-THC. Good sun-grown cannabis flower comes from Mediterranean climates like ours. We’ve been showing that for decades with a cannabis industry that has traditionally helped California supply the whole country with good weed.

However, we must work to protect that niche market. It is special. The country demands our products. And we could do some serious harm to them if we aren’t careful about our regulations. For example, in Southern Oregon, unculled male plants and cross-pollination from new hemp fields became a huge issue for cannabis farms in 2019, whether for the hemp, adult-use/medical markets or for home grows. There must be regulations in place that protect the future of hemp and high-THC cannabis flower in Oregon.

We’re disoriented and moving too fast. Sure, OSU has created the Global Hemp Innovation Center which bolsters Oregon’s place on the world stage. However, the industry happens in the Southern part of the state, away from funding and decision-making.

According to F.A.R.M.S. Inc. (a local farmer run non-profit), OSU and the Hemp Innovation Center are calling for OPEN POLLINATION! That would be bad for Oregon cannabis. It’s fine for fiber, etc. but would threaten the unique product that Oregon offers, unseeded flower. This jeopardizing issue illustrates the need to work together as one industry to secure the regional brand of all Oregon cannabis.

Here is my call to people who care. It’s a call to educate ourselves. It’s a call to meet each other and talk. It’s a call to contact your regulators and lawmakers with your concerns and constructive input. It’s a call to maintain Oregon’s reputation for growing the best cannabis in the world. Let’s drop the confusion and be industry leaders! 🍓

## FREE WILL ASTROLOGY February

**PISCES (Feb. 19-March 20):** In 1908, British playwright W. Somerset Maugham reached the height of success. Four of his plays were being performed concurrently in four different London theaters. If you were ever in your life going to achieve anything near this level of overflowing popularity or attention, I suspect it would be this year. And if that’s a development you would enjoy and thrive on, I think the coming weeks will be an excellent time to set your intention and take audacious measures.

**ARIES (March 21-April 19):** Do you feel ready to change your mind about an idea or belief or theory that has been losing its usefulness? Would you consider changing your relationship with a once-powerful influence that is becoming less crucial to your life-long goals? Is it possible you have outgrown one of your heroes or teachers? Do you wonder if maybe it’s time for you to put less faith in a certain sacred cow or overvalued idol? According to my analysis of your astrological omens, you’ll benefit from meditating on these questions during the coming weeks.

**TAURUS (April 20-May 20):** When she was alive more than 2,500 years ago, the Greek poet Sappho was so famous for her lyrical creations that people referred to her as “The Poetess” and the “Tenth Muse.” (In Greek mythology, there were nine muses, all goddesses.) She was a prolific writer who produced over 10,000 lines of verse, and even today she remains one of the world’s most celebrated poets. I propose that we make her your inspirational role model for the coming months. In my view, you’re poised to generate a wealth of enduring beauty in your own chosen sphere. Proposed experiment: Regard your daily life as an art project.



**GEMINI (May 21-June 20):** Have you ever dropped out of the daily grind for a few hours or even a few days so as to compose a master plan for your life? The coming weeks will be an excellent time to give yourself that necessary luxury. According to my analysis, you’re entering a phase when you’ll generate good fortune for yourself if you think deep thoughts about how to create your future. What would you like the story of your life to be on March 1, 2025? How about March 1, 2030? And March 1, 2035? I encourage you to consult your soul’s code and formulate an inspired, invigorating blueprint for the coming years. Write it down!

**CANCER (June 21-July 22):** Cancerian novelist William Makepeace Thackeray (1819–1875) is famous for *Vanity Fair*, a satirical panorama of 19th-century British society. The phrase “Vanity Fair” had been previously used, though with different meanings, in the Bible’s book of Ecclesiastes, as well as in works by John Bunyan and St. Augustine. Thackeray was lying in bed near sleep one night when the idea flew into his head to use it for his own story. He was so thrilled, he leaped up and ran around his room chanting “Vanity Fair! Vanity Fair!” I’m foreseeing at least one epiphany like this for you in the coming weeks, Cancerian. What area of your life needs a burst of delicious inspiration?

**LEO (July 23-Aug. 22):** Who loves you best, Leo? Which of your allies and loved ones come closest to seeing you and appreciating you for who you really are? Of all the people in your life, which have done most to help you become the soulful star you want to be? Are there gem-like characters on the peripheries of your world that you would like to draw nearer? Are there energy drains that you’ve allowed to play too prominent a role? I hope you’ll meditate on questions like these in the coming weeks. You’re in a phase when you can access a wealth of useful insights and revelations about how to skillfully manage your relationships. It’s also a good time to reward and nurture those allies who have given you so much.

**VIRGO (Aug. 23-Sept. 22):** Doom and gloom dominate the forecasts made by many prophets. They experience perverse glee in predicting, for example, that all the rain forests and rivers will be owned by greedy corporations by 2050, or that extraterrestrial invaders who

resemble crocodiles will take control of the U.S. government “for the good of the American people,” or that climate change will eventually render chocolate and bananas obsolete. That’s not how I operate. I deplore the idea that it’s only the nasty prognostications that are interesting. In that spirit, I make the following forecasts: The number of homeless Virgos will decrease dramatically in the near future, as will the number of dreamhome-less Virgos. In fact, I expect you folks will experience extra amounts of domestic bliss in the coming months. You may feel more at home in the world than ever before.

**LIBRA (Sept. 23-Oct. 22):** I don’t require everyone I learn from to be an impeccable saint. If I vowed to draw inspiration only from those people who flawlessly embody every one of my ethical principles, there’d be no one to be inspired by. Even one of my greatest heroes, Martin Luther King Jr., cheated on his wife and plagiarized parts of his doctoral dissertation. Where do you stand on this issue, Libra? I bet you will soon be tested. How much imperfection is acceptable to you?

**SCORPIO (Oct. 23-Nov. 21):** Scorpio comedian John Cleese co-founded the troupe Monty Python more than fifty years ago, and he has been generating imaginative humor ever since. I suggest we call on his counsel as you enter the most creative phase of your astrological cycle. “This is the extraordinary thing about creativity,” he says. “If you just keep your mind resting against the subject in a friendly but persistent way, sooner or later you will get a reward from your unconscious.” Here’s another one of Cleese’s insights that will serve you well: “The most creative people have learned to tolerate the slight discomfort of indecision for much longer, and so, just because they put in more pondering time, their solutions are more creative.”

**SAGITTARIUS (Nov. 22-Dec. 21):** Sagittarian philosopher Baruch Spinoza (1632–1677) developed a vigorous and expansive vision. That’s why he became a leading intellectual influence in the era known as the Enlightenment. But because of his inventive, sometimes controversial ideas, he was shunned by his fellow Jews and had his books listed on the Catholic Church’s Index of Forbidden Books. Understandably, he sometimes felt isolated. To compensate, he spent lots of time alone taking wide-ranging journeys in his imagination. Even if you have all the friends and social stimulation you need, I hope you will follow his lead in the coming weeks—by taking wide-ranging journeys in your imagination. It’s time to roam and ramble in inner realms.

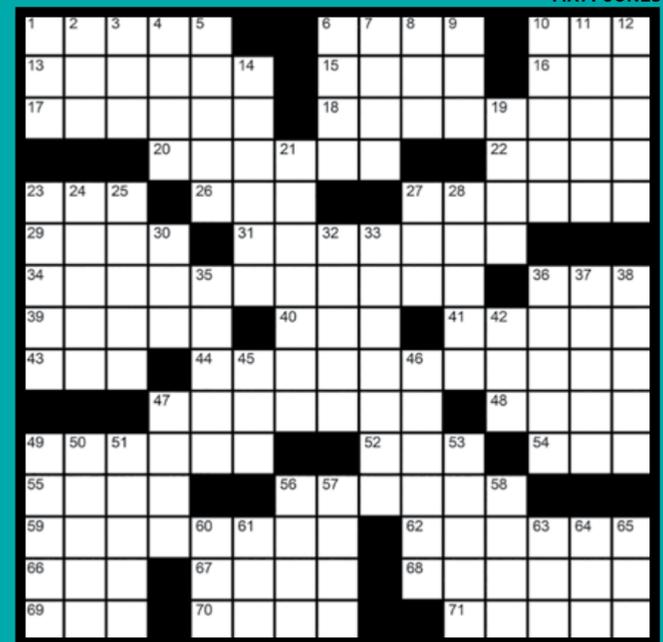
**CAPRICORN (Dec. 22-Jan. 19):** “Absolute reason expired at eleven o’clock last night,” one character tells another in Henrik Ibsen’s play *Peer Gynt*. I’m happy to report that a different development is on the verge of occurring for you, Capricorn. In recent days, there may have been less than an ideal amount of reason and logic circulating in your world. But that situation will soon change. The imminent outbreak of good sense, rigorous sanity, and practical wisdom will be quite tonic. Take advantage of this upcoming grace period. Initiate bold actions that are well-grounded in objective rather than subjective truth.

**AQUARIUS (Jan. 20-Feb. 18):** Renowned Aquarian composer Franz Schubert (1797–1828) created more than 700 compositions, some of which are still played by modern musicians. Many of his works were written on and for the piano—and yet he was so poor that he never owned a piano. If there has been a similar situation in your life, Aquarius—a lack of some crucial tool or support due to financial issues—I see the coming weeks as being an excellent time to set in motion the plans that will enable you to overcome and cure that problem.

[Editor: Here’s this week’s homework:]  
I declare you champion, unvanquishable hero, and title-holder of triumphant glory. Do you accept? FreeWillAstrology.com.

# REC ROOM

## DECADE IN REVIEW, PART 5 FUN STUFF FROM 2018 & 2019 -MATT JONES



ANSWERS AT ROGUEVALLEYMESSENGER.COM

### Across

- Lip enhancer
- Go through flour
- Pale
- Blue \_\_\_ (butterfly species)
- \_\_\_ Shamrock McFlurry (McDonald’s debut of 2020)
- Ingested
- Company that launched Falcon Heavy in 2018
- Game that generated more digital revenue in 2018 than any game in history, per the Hollywood Reporter
- “Nashville” director Robert
- Word before eye or twin
- “The \_\_\_ Squad”
- Air traffic org.
- Like some soft coats
- Blue, in Barcelona
- “So the theory goes ...”
- Host who retired from “Inside the Actors Studio” in 2018
- On the nose
- What goes around?
- “That’s mildly funny,” online
- Aquiline bird
- “King Kong” and “Citizen Kane” studio
- Song that topped the Billboard Hot 100 for a record 19 weeks in 2019
- Detroit-born fashion designer
- Crossword puzzle, without the clues
- Part of some pirate costumes
- Fighting a bug, perhaps
- Indefinite quantity
- “\_\_\_ y Ahora” (Univision newsmagazine)
- Amy’s “Parks and Recreation” role
- It held up a banana in Maurizio Cattelan’s 2019 artwork “Comedian”
- ESPN personality who retired in 2019 after being with the network since its inception in 1979
- Little \_\_\_ (protagonist of Punch-Out!!)
- Omen
- Make angry
- 2001 Will Smith role (or a princely 2019 role opposite Will Smith)
- Oil of \_\_\_
- “Well, you’re not looking \_\_\_ yourself ...”

### Down

- Sports execs, for short
- Cut off, as branches
- Pop singer and “The Masked Singer” (U.K.) panelist Rita
- Animal advocacy org.
- Knickknack perch
- Den furniture
- Monopoly token replaced by a cat in 2013
- Two-\_\_\_ (buy one, get one deal)
- “Paw Patrol” watcher
- Forfeit voluntarily
- Lofty storage area
- Hockey Hall of Famer Cam
- Jamaican stew ingredient
- It may be pressing
- Broadway hit based on a Roald Dahl book
- Senior’s focus
- Jason Bateman Netflix drama
- Flying Disney character
- \_\_\_ Schwarz (toy store that reopened in 2018)
- Bedding purchase
- Luau wear
- Parking units
- Gateway Arch site
- Thing in a ring
- Ancient Greek market
- Type of M&M’s renamed “Milk Chocolate”
- Partner of Abe, Thomas, and George
- Buenos Aires loc.
- Highly volatile fuel, for short
- Words repeated after “Whatever” in a Doris Day song
- Landed
- “Top Chef” host Lakshmi
- =
- Big name in bags
- Pride participants?
- Org. for Madelene Sagström and Park Hee-Young
- “\_\_\_ meeny, miney, mo”
- Spain’s longest river
- Chinese menu name
- Be off
- \_\_\_-di-dah
- Anton \_\_\_ (“Ratatouille” restaurant critic)
- Nevertheless

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## SUDOKU NO. 240 - MEDIUM

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

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

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### Previous solution - Easy

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

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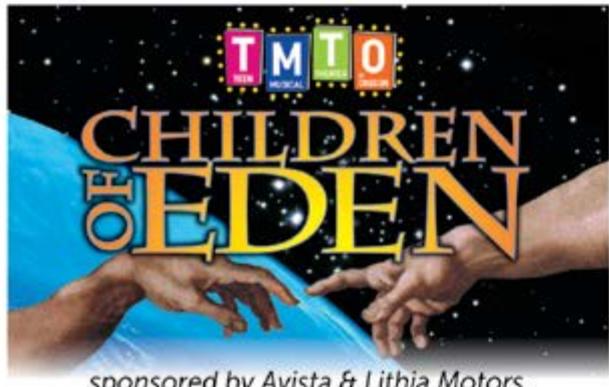
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**Looking Ahead...**

- 4/19: **FREE Stars on Stage: Celebrating State Soloists**
- 4/22: **Drum Tao 2020**
- 5/1-2, 8-9: **Next Stage: [title of show]**
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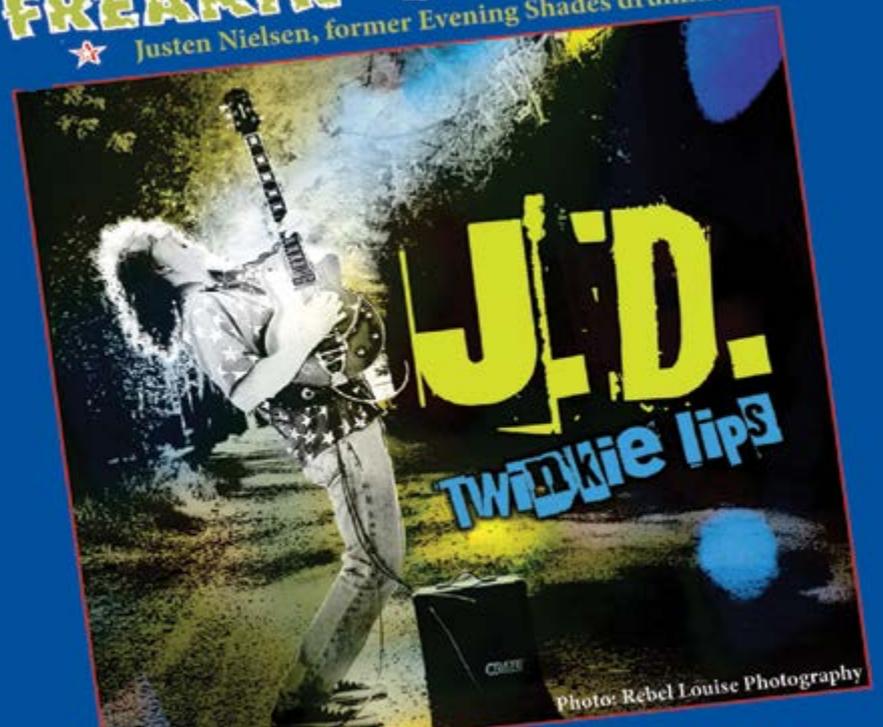
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