Our Annual Besties!

Our Readers’ Choices for Their Faves.

Returning Champs!

Surprise Wins!

And a Showdown Between Two Breweries!
The past year has been an anxious one: Am I right? Viruses, forest fires, presidential elections. Yikes. Just yikes.

Which is perhaps why tallying up the votes for our annual readers’ poll for the “best of”—our Besties!—was such a nice exercise. Two-fold: First, because it is such an optimistic exercise. We are counting your opinion, your favorites, what you find best in the region. It is a celebration, and again, we had a big turnout of voters, each one of you telling us how much you love the region and exactly how! I love it!

And second, tallying votes for our Besties is fun because there are so many old friends: The co-ops in Medford and Ashland are perennial favorites, and Walkabout Brewing Co. has become a stand-by for favorite beers, and this year added a win in the “best place to see live music” category.

This year also layered another level of excitement by adding some new friends to the bunch—with enthusiastic voting for Best Chef (see page 4) and with particularly close voting in the beer categories (page 7), as the rookie (okay, nearly 1.5 years established now) Weekend Beer Co. in Grants Pass challenged—and won—and in several categories.

Thanks for voting! And, we hope our Besties serves as a map for reconnecting with old favorites and finding some new ones in the upcoming year.

The Rogue Valley Messenger
1630 Williams Hwy. #400 | Grants Pass, OR 97527
541-708-5688
roguevalleymessenger.com
info@roguevalleymessenger.com

The year’s results for our annual Besties Awards.

The past year has been an anxious one: Am I right? Viruses, forest fires, presidential elections. Yikes. Just yikes.

Which is perhaps why tallying up the votes for our annual readers’ poll for the “best of”—our Besties!—was such a nice exercise. Two-fold: First, because it is such an optimistic exercise. We are counting your opinion, your favorites, what you find best in the region. It is a celebration, and again, we had a big turnout of voters, each one of you telling us how much you love the region and exactly how! I love it!

And second, tallying votes for our Besties is fun because there are so many old friends: The co-ops in Medford and Ashland are perennial favorites, and Walkabout Brewing Co. has become a stand-by for favorite beers, and this year added a win in the “best place to see live music” category.

This year also layered another level of excitement by adding some new friends to the bunch—with enthusiastic voting for Best Chef (see page 4) and with particularly close voting in the beer categories (page 7), as the rookie (okay, nearly 1.5 years established now) Weekend Beer Co. in Grants Pass challenged—and won—and in several categories.

Thanks for voting! And, we hope our Besties serves as a map for reconnecting with old favorites and finding some new ones in the upcoming year.

The Rogue Valley Messenger
1630 Williams Hwy. #400 | Grants Pass, OR 97527
541-708-5688
roguevalleymessenger.com
info@roguevalleymessenger.com

The year’s results for our annual Besties Awards.
Food

Besties
2020

Best Pizza
Kaleidoscope
HONORABLE MENTION
Wild River
Walkabout Brewing Co.
Jackson Creek

Best Burritos
Ruby
HONORABLE MENTION
Muchu Gusto
La Fiesta

Best Thai
Thai Garden
HONORABLE MENTION
Ban Mai

Best Dessert
Twisted Cork
HONORABLE MENTION
Mix

Best Meat Market
Cartwright
HONORABLE MENTION
Cherry Street

Best New Restaurant
Tap & Vine (Medford)
HONORABLE MENTION
Bird & Rye (Ashland)

Best Outdoor Seating
Walkabout Brewing Co.
HONORABLE MENTION
Weekend Beer Co. (Grants Pass)

Best CSA or Farm Stand
Fry Family Farm
HONORABLE MENTION
Barking Moon

Best Food Truck
Valentino’s
HONORABLE MENTION
Curbside King
Daddy Ramen
Peruvian Point

Best Burger
Jaspers
HONORABLE MENTION
Valentino’s
Immortal Spirits

Best Burrito
Ruby
HONORABLE MENTION
Muchu Gusto
La Fiesta

Best Thai
Thai Garden
HONORABLE MENTION
Ban Mai

Best Dessert
Twisted Cork
HONORABLE MENTION
Mix

Best Meat Market
Cartwright
HONORABLE MENTION
Cherry Street

Best Natural Market
Medford Food Co-op
Ashland Food Co-op

Best Burrito
Ruby
HONORABLE MENTION
Muchu Gusto
La Fiesta

Best Thai
Thai Garden
HONORABLE MENTION
Ban Mai

Best Dessert
Twisted Cork
HONORABLE MENTION
Mix

Best Meat Market
Cartwright
HONORABLE MENTION
Cherry Street

Best Natural Market
Medford Food Co-op
Ashland Food Co-op

Best Burrito
Ruby
HONORABLE MENTION
Muchu Gusto
La Fiesta

Best Thai
Thai Garden
HONORABLE MENTION
Ban Mai

Best Dessert
Twisted Cork
HONORABLE MENTION
Mix

Best Meat Market
Cartwright
HONORABLE MENTION
Cherry Street

Best Natural Market
Medford Food Co-op
Ashland Food Co-op

Best Burrito
Ruby
HONORABLE MENTION
Muchu Gusto
La Fiesta

Best Thai
Thai Garden
HONORABLE MENTION
Ban Mai

Best Dessert
Twisted Cork
HONORABLE MENTION
Mix

Best Meat Market
Cartwright
HONORABLE MENTION
Cherry Street

Best Natural Market
Medford Food Co-op
Ashland Food Co-op

Best Burrito
Ruby
HONORABLE MENTION
Muchu Gusto
La Fiesta

Best Thai
Thai Garden
HONORABLE MENTION
Ban Mai

Best Dessert
Twisted Cork
HONORABLE MENTION
Mix

Best Meat Market
Cartwright
HONORABLE MENTION
Cherry Street

Best Natural Market
Medford Food Co-op
Ashland Food Co-op

Photos by Steven Addington

PHOTOS BY STEVEN ADDINGTON
Beer

Besties Awards 2020

Best Brewery

The most popular category in all of the voting showed a virtually tie, with the Medford-based Walkabout Brewing Co. edging out the relatively new Weekend Beer Co. by just six votes for “Bestie” brewery.

Walkabout Brewing Co. (Medford)

HONORABLE MENTION

Weekend Beer Co. (Grants Pass)

Best IPA

Weekend IPA
(Weekend Beer Co.)

Ripper IPA
(Walkabout Brewing Co.)

TIE

Best Non-IPA

Another photo finish for the two favorite breweries, with the standby from Medford crossing the finishing line nose-and-nose with the upcomer from Grants Pass!

Workers Pale Ales (Walkabout Brewing Co.)

Slow Your Row Kolsch (Weekend Beer Co.)

TIE

Best Beer Tender

Again, these two breweries are battling for your hearts, with only three votes separating the top two favorites.

Ashley Crews (Weekend Beer Co.)

HONORABLE MENTION

Emilee Taylor (Walkabout Brewing Co.)

Besties Awards 2020

Best Brewery

The most popular category in all of the voting showed a virtually tie, with the Medford-based Walkabout Brewing Co. edging out the relatively new Weekend Beer Co. by just six votes for “Bestie” brewery.

Walkabout Brewing Co. (Medford)

HONORABLE MENTION

Weekend Beer Co. (Grants Pass)

Best IPA

Weekend IPA
(Weekend Beer Co.)

Ripper IPA
(Walkabout Brewing Co.)

TIE

Best Non-IPA

Another photo finish for the two favorite breweries, with the standby from Medford crossing the finishing line nose-and-nose with the upcomer from Grants Pass!

Workers Pale Ales (Walkabout Brewing Co.)

Slow Your Row Kolsch (Weekend Beer Co.)

TIE

Best Beer Tender

Again, these two breweries are battling for your hearts, with only three votes separating the top two favorites.

Ashley Crews (Weekend Beer Co.)

HONORABLE MENTION

Emilee Taylor (Walkabout Brewing Co.)

Besties Awards 2020

Best Brewery

The most popular category in all of the voting showed a virtually tie, with the Medford-based Walkabout Brewing Co. edging out the relatively new Weekend Beer Co. by just six votes for “Bestie” brewery.

Walkabout Brewing Co. (Medford)

HONORABLE MENTION

Weekend Beer Co. (Grants Pass)

Best IPA

Weekend IPA
(Weekend Beer Co.)

Ripper IPA
(Walkabout Brewing Co.)

TIE

Best Non-IPA

Another photo finish for the two favorite breweries, with the standby from Medford crossing the finishing line nose-and-nose with the upcomer from Grants Pass!

Workers Pale Ales (Walkabout Brewing Co.)

Slow Your Row Kolsch (Weekend Beer Co.)

TIE

Best Beer Tender

Again, these two breweries are battling for your hearts, with only three votes separating the top two favorites.

Ashley Crews (Weekend Beer Co.)

HONORABLE MENTION

Emilee Taylor (Walkabout Brewing Co.)

Besties Awards 2020

Best Brewery

The most popular category in all of the voting showed a virtually tie, with the Medford-based Walkabout Brewing Co. edging out the relatively new Weekend Beer Co. by just six votes for “Bestie” brewery.

Walkabout Brewing Co. (Medford)

HONORABLE MENTION

Weekend Beer Co. (Grants Pass)

Best IPA

Weekend IPA
(Weekend Beer Co.)

Ripper IPA
(Walkabout Brewing Co.)

TIE

Best Non-IPA

Another photo finish for the two favorite breweries, with the standby from Medford crossing the finishing line nose-and-nose with the upcomer from Grants Pass!

Workers Pale Ales (Walkabout Brewing Co.)

Slow Your Row Kolsch (Weekend Beer Co.)

TIE

Best Beer Tender

Again, these two breweries are battling for your hearts, with only three votes separating the top two favorites.

Ashley Crews (Weekend Beer Co.)

HONORABLE MENTION

Emilee Taylor (Walkabout Brewing Co.)
**Best Cocktail Bar**

Jefferson Spirits

**Best Local Winery**

**TIE**

Del Rio

Dancin’

**HONORABLE MENTION**

Red Lily

Roxy Ann

**Best Drive Bar**

Gypsy

**HONORABLE MENTION**

Talent Club

Corner Club

---

**Drinks**

**Best Bartenders**

Kalea McKenna (Jefferson Spirits)

Alli McGonagle (Jefferson Spirits)

**HONORABLE MENTION**

Immortal Spirits

**Best Cider**

Gold Rush

**HONORABLE MENTION**

Outlaw

---

**Best Coffee Shop for a Date**

Limestone (Medford)

**HONORABLE MENTION**

Rogue Roasters (Grants Pass)

**Best Coffee**

This was a category with divided loyalties, and a four-way tie!

- Dutch Bros.
- Limestone
- Case
- Rogue Roasters

**Best Coffee Stand**

Dutch Bros.

**HONORABLE MENTION**

Human Bean

---

**Best Cider**

Gold Rush

**HONORABLE MENTION**

Outlaw

---

**Best Local Winery**

**TIE**

Del Rio

Dancin’

**HONORABLE MENTION**

Red Lily

Roxy Ann

**Best Drive Bar**

Gypsy

**HONORABLE MENTION**

Talent Club

Corner Club

---

**Best Cider**

Gold Rush

**HONORABLE MENTION**

Outlaw

---

**Best Local Winery**

**TIE**

Del Rio

Dancin’

**HONORABLE MENTION**

Red Lily

Roxy Ann

**Best Drive Bar**

Gypsy

**HONORABLE MENTION**

Talent Club

Corner Club

---

**Best Cider**

Gold Rush

**HONORABLE MENTION**

Outlaw

---

**Best Local Winery**

**TIE**

Del Rio

Dancin’

**HONORABLE MENTION**

Red Lily

Roxy Ann

**Best Drive Bar**

Gypsy

**HONORABLE MENTION**

Talent Club

Corner Club

---

**Best Cider**

Gold Rush

**HONORABLE MENTION**

Outlaw

---

**Best Local Winery**

**TIE**

Del Rio

Dancin’

**HONORABLE MENTION**

Red Lily

Roxy Ann

**Best Drive Bar**

Gypsy

**HONORABLE MENTION**

Talent Club

Corner Club

---

**Best Cider**

Gold Rush

**HONORABLE MENTION**

Outlaw

---

**Best Local Winery**

**TIE**

Del Rio

Dancin’

**HONORABLE MENTION**

Red Lily

Roxy Ann

**Best Drive Bar**

Gypsy

**HONORABLE MENTION**

Talent Club

Corner Club

---

**Best Cider**

Gold Rush

**HONORABLE MENTION**

Outlaw

---

**Best Local Winery**

**TIE**

Del Rio

Dancin’

**HONORABLE MENTION**

Red Lily

Roxy Ann

**Best Drive Bar**

Gypsy

**HONORABLE MENTION**

Talent Club

Corner Club

---

**Best Cider**

Gold Rush

**HONORABLE MENTION**

Outlaw

---

**Best Local Winery**

**TIE**

Del Rio

Dancin’

**HONORABLE MENTION**

Red Lily

Roxy Ann

**Best Drive Bar**

Gypsy

**HONORABLE MENTION**

Talent Club

Corner Club

---

**Best Cider**

Gold Rush

**HONORABLE MENTION**

Outlaw

---

**Best Local Winery**

**TIE**

Del Rio

Dancin’

**HONORABLE MENTION**

Red Lily

Roxy Ann

**Best Drive Bar**

Gypsy

**HONORABLE MENTION**

Talent Club

Corner Club

---

**Best Cider**

Gold Rush

**HONORABLE MENTION**

Outlaw

---

**Best Local Winery**

**TIE**

Del Rio

Dancin’

**HONORABLE MENTION**

Red Lily

Roxy Ann

**Best Drive Bar**

Gypsy

**HONORABLE MENTION**

Talent Club

Corner Club

---

**Best Cider**

Gold Rush

**HONORABLE MENTION**

Outlaw

---

**Best Local Winery**

**TIE**

Del Rio

Dancin’

**HONORABLE MENTION**

Red Lily

Roxy Ann

**Best Drive Bar**

Gypsy

**HONORABLE MENTION**

Talent Club

Corner Club

---

**Best Cider**

Gold Rush

**HONORABLE MENTION**

Outlaw

---

**Best Local Winery**

**TIE**

Del Rio

Dancin’

**HONORABLE MENTION**

Red Lily

Roxy Ann

**Best Drive Bar**

Gypsy

**HONORABLE MENTION**

Talent Club

Corner Club

---

**Best Cider**

Gold Rush

**HONORABLE MENTION**

Outlaw

---

**Best Local Winery**

**TIE**

Del Rio

Dancin’

**HONORABLE MENTION**

Red Lily

Roxy Ann

**Best Drive Bar**

Gypsy

**HONORABLE MENTION**

Talent Club

Corner Club
At the time of publication, many and most social activities were shut down indefinitely. It is a strange time indeed, and we encourage our readers to remain connected to those in your community, but perhaps not physically so!

We are very concerned about our music venues and theaters, and about our social groups and public spaces—and look forward to being on the other side of this pandemic.

Because events and happenings are changing so quickly, we will keep you posted on our online calendar, our website and our social media.

Until we meet again face-to-face, take care of yourselves!

Humboldt Seed Organization is now providing stable THC and hemp genetics in the Rogue Valley and Southern Oregon. We specialize in regular, feminized and auto-flower genetic & grow consultation, seed production and S.O.P. management.

Email ras@humboldtseeds.net for more information.
Best Local Actor (Film or Stage)
Cody Wright
HONORABLE MENTION
Bruce Campbell

Best non-OSF Theatre Co.
Oregon Cabaret Theatre (Ashland)
HONORABLE MENTION
Collaborative Theatre Project (Medford)
Camelot Theatre (Talent)

Best Art Gallery
Madrone Cannabis Club (Ashland)
HONORABLE MENTION
Hanson Howard Gallery (Ashland)

Best Local Author
Melissa Mathewson
HONORABLE MENTION
Josh Gross

Best Place to See Live Music
Walkabout Brewing Co.
HONORABLE MENTION
Talent Club

Best Local Music Festival
Britt Fest
HONORABLE MENTION
Apple Jam

Best Karaoke Spot
Wild Goose Café & Bar (Ashland)
HONORABLE MENTION
Gypsy Blues Bar (Medford)

Best Band or Solo Artist
Brothers Reed
HONORABLE MENTION
John Dough Boys
Petty Thievery

Father & Son Jewelers
126 East Main St.
Medford
541-774-8900
For your old gold, silver & diamonds
We offer
Free watch battery & installation (most brands)
We repair all types of jewelry... plus custom work!
Besties Awards 2020

**Retail**

**Best Record Store**
Biscuits & Vinyl (Talent)
HONORABLE MENTION
Music Coop (Ashland)

**Best Outdoor Store**
REI
HONORABLE MENTION
Mountain Provisions (Ashland)

**Best Adult Store**
Castle
HONORABLE MENTION
Love Revolution

**Best Elected Official**
Darby Ayers-Flood (Mayor, City of Talent)
HONORABLE MENTION
Jeff Golden (Oregon Senate, 3rd District)

**Service**

**Best Veterinarian**
Pacific Veterinarian Clinic (Grants Pass)
HONORABLE MENTION
Dr. Steven Poet (Best Friends Animal Hospital, Medford)

**Best Doggie Day Care/Groomer**
R&R Pet Resort (Phoenix)
HONORABLE MENTION
Land of Paws (Ashland)

**Best Place to Get Groomed for Humans**
(i.e., manicurists, hair stylists, etc.)
Blue Giraffe Salon (Ashland)
HONORABLE MENTION
Lina Dionne Salon & Spa (Grants Pass)
Le Nails & Spa (Medford)

**Best Bike Mechanic**
Cycle Sport (Medford, Ashland)

**Best Realtor**
Liz Forster (Windermere)
HONORABLE MENTION
Sharon Watson (Re/Max)

**Best Childcare/Preschool**
Arlene Thommen Daycare (Ashland)
HONORABLE MENTION
The Learning Loft Preschool (Ashland)
St Anne’s Catholic School (Grants Pass)
Wellness

Best Dentist
Matt Hill Dentistry (Grants Pass)
HONORABLE MENTION
Erickson Dental Care (Grants Pass)

Best Physician/Practitioner
Dr. Mark Rondeau (Asante, Grants Pass)
HONORABLE MENTION
Dr. Brigid Crowe (Wild Fern Natural Care, Ashland)

Best Naturopath
Dr. Brigid Crowe (Wild Fern Natural Care, Ashland)
HONORABLE MENTION
Cory Tichauer (Bear Creek Naturopathic Clinic, Medford)

Besties Awards 2020

Best Kicking Trail
Table Rock
HONORABLE MENTION
Cathedral Hill

Best Mountain Bike Trail
Jabberwocky Mountain Trail (Ashland)
HONORABLE MENTION
Eight Dollar Mountain (Illinois Valley)

Best Dog Park
Schroeder Park (Grants Pass)

Best Park to Smoke Weed
Lithia Park (Ashland)
HONORABLE MENTION
My Backyard

Best Golf Course
(including mini and disc)
Oak Knoll (Ashland)
HONORABLE MENTION
Centennial Golf Club (Medford)

Best Spa
Chozu Bath & Tea Gardens (Ashland)
HONORABLE MENTION
Club Northwest (Grants Pass)

Best Yoga Instructor/Studio
Wise Roots Yoga (Grants Pass)
HONORABLE MENTION
Rasa Center for Yoga & Wellness (Ashland)

2020 Rogue Valley Go By Bike Week
MAY 11-17
TAKE THE PLEDGE.
RIDE YOUR BIKE.
LOG TRIPS.
FREE EVENTS.
WIN PRIZES!
RVTD.org/GoByBike #RideRVTD
Weed

Besties Awards 2020

Best Cannabis Dispensary
Madrone Cannabis Club (Ashland)
HONORABLE MENTION
Pharm To Table (Medford)
Breeze Botanicals (Ashland)

Best Local Cannabis Strain
Madrone OG
HONORABLE MENTION
Morning Star

Best Budtender
Brenton Clarke (Madrone Cannabis Club)

Best Locally Made Cannabis Product
(tincture, salve, etc.)
Madrone Joint Packs
HONORABLE MENTION
Sun God Tinctures

Win a pair of passes to one of the
“25 Coolest Film Festivals in the World” and
“Top 50 Film Festivals Worth the Entry Fee”
according to MovieMaker magazine.

WIN.ASHLANDFILM.ORG
Beyond the Tide Throws Down the Gauntlet at Battle of the Bands!

By ALAN ARMSTRONG

PHOTO BY ALAN ARMSTRONG

SOUND

First, let's talk about what these conditions are, and then I will discuss what they have in common. Fibromyalgia (FM) is recognized as the most common cause of chronic widespread musculoskeletal pain. It is often accompanied by fatigue, sleep disturbance, Irritable Bowel Syndrome (IBS), and abnormal bleeding (such as change in bowel movements, depression and/or anxiety, and cognitive issues). Common contributing factors include difficulty with concentration and/or memory and patients often refer to these symptoms as “brain fog” or “fibro fog.” Depression and/or anxiety are present in 30 to 50 percent of patients at the time of diagnosis. In addition to the above symptoms, it is not uncommon for patients to experience symptoms of autonomic nervous system (ANS) dysfunction such as low blood pressure when they stand up and variable heart rate.

Fibromyalgia Syndrome (FM/ME) also known as myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS) has many similarities to Fibromyalgia. Most patients the tide have seen have received both diagnoses. The Institute of Medicine (IOM) diagnostic criteria for FM/ME focuses on the most specific features of this condition. Diagnostic criteria include that symptoms should be present for at least six months and have moderate, substantial, or severe intensity at least one-half of the time. In addition to fatigue, other criteria include post-exertional malaise, unrefreshing sleep, cognitive impairment, and inability to perform activities of daily living. The IOM diagnostic criteria have been criticized for their lack of specificity.

At this point, a man in the crowd introduced himself. He had decided to take the stage, knowing that he was addressing an audience that was already captivated by the performance. When the band played the final notes of the song, and before the people could truly realize the song’s closure, Martin’s guitar took over vocals for the most part even though people “trying to make themselves something they’re not,” and Martin showed off the acrobatic nature of his voice, ratcheting from falsetto croon to belting power. “They’re my number one so far.”

Beyond the Tide will next be playing at G Street Bar & Grill in Grants Pass on April 17th.

BY DR. TOM MESSINGER

SOUND

When faced with the competition at Southern Oregon’s Battle of the Bands, Sunday, March 8, all the bands on the Tide were worked up with their victory, presenting polished songs that have plenty of hooks. The audience had voiced its approval and, in a crowded field of regional talent, Beyond the Tide was definitely a contender.

But, then again, one more band was set to play.

Throughout the day, the emcee of this show had been trying to educate the crowd on how each band’s ability to captivate the audience with a gradual surge effect near the end of one of their tunes. Miscreants arrived on the scene, threatening to dismantle everything we had experienced so far with their own twisted style of...
Cannabis vs. Coronavirus
Precautions & Potential

In an effort to stay up to date with current events, I thought I’d talk about the worldwide event currently unfolding onto the pages of history. On March 11, 2020 the World Health Organization (W.H.O.) declared Covid-19 a “global pandemic.” Coronavirus is officially an issue that affects every person on this planet.

Let’s begin with basic stone etiquette for the times. Please be particularly aware of yourself and your immediate and your social stone habitats. Take an inventory of all the places you might be swapping spit with someone who has been exposed to the virus. Don’t trade body fluids in those places for the time being. Wait until this blows over before you dress all over the community types hidden on the top shelf of the walls in firewood or oak. This is a R.O.Y.O. situation. When it comes to hanging with fellow stoners, bring your own bong, new pipes, roll your own joint or whatever. Just be a considerate stoner. Even if that means passing the dutchie to the left hand side.

If you work with weed or hemp/CBD products, please, for the love of Zippaull, take extra sanitary precautions. People with compromised immune systems make up a large portion of medical cannabis consumers. Their medicine. Don’t put them at risk with a careless stoner moron.

Some convicted is the respiratory system, if you feel yourself coming down with symptoms such as coughing or difficulty breathing, take a break. Be easy on the Dragon-style long rips. Opt for an edible or tincture instead of smoking two joints in the morning, afternoon and night.

Keep hope, though, canadians—both in what cannabis can provide our arousal in the fight of the medical cannabis phenomenon and in the social aspects of cannabis—demanding we’ve been careless.

A quote from the National Institute on Drug Abuse website: “Marijuana (Cannabis sativa) has long been known to contain antibiotic cannabinoids, whose potential to address antibiotic resistance has yet to be investigated. All five major cannabinoids (cannabidiol (1b), cannabinol (2), cannabigerol (3), cannabicyclol (4), and cannabinol (5) showed potent activity against a variety of drug-resistant clinical isolates of Staphylococcus aureus.”

Our natural endocannabinoid system works hand-in-hand with our immune system—even on us as the building blocks of our body. “Endocannabinoids are believed to control immune function and play a role in immune homeostasis.” So cannabis consumers may already have been doing for coronavirus consumers—even if we’ve been careless.

We intercept your regulatory scheduled homeostatic control and guide your immune system to a set point. We understand this is the set point to what we call our homeostatic control. We are the set point in order to understand this is the homeostatic control that we call our immune control. We are the set point in order to understand this is the homeostatic control that we call our immune system.

In addition, the endocannabinoid system is considered to be involved in the modulation of inflammation, which is a key factor in the development and progression of many chronic diseases such as cancer, arthritis, and multiple sclerosis. The system is also involved in pain perception and nociception, which are important in the management of chronic pain conditions.

In summary, the endocannabinoid system plays a crucial role in maintaining homeostasis and health, and cannabis may be a valuable therapeutic tool for managing a variety of health conditions. Research is ongoing, but the potential benefits of cannabis for conditions such as inflammation, pain, and immune function suggest that it may have a future role in the treatment of COVID-19 and other diseases.
I am for the child

I am for the child who lives in motels, cars and shelters. The child who stands in the entryway of a foster home at three o’clock in the morning, clutching a garbage bag filled with just a few belongings. That is the child I am for.

I am a Court Appointed Special Advocate (CASA) Volunteer. I am you.

www.jacksoncountycasa.org • 541-734-2272