

 **Rogue Valley**

A social emagazine for residents of the Rogue Valley

**Meet the Williams-Allen Family!**

*Living*



# Bellevue Capital Group



## A NEW APPROACH

ON COMMERCIAL LOANS

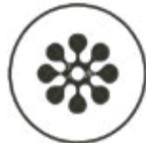
### ABOUT US

We put the same effort into each and every loan. Before making commitments we take the time to understand your property and you as a borrower. All transactions are evaluated, underwritten in house and then shopped aggressively with multiple lenders. You are presented only the most competitive product in the market. With a combined 50+ years of experience in CRE and \$500M+ in loans funded, Bellevue Capital Group has the knowledge, connections and resources for all your commercial financing needs.



#### BENEFITS

- 150+ Lenders
- In-house underwriting
- Shopped simultaneously with multiple lenders
- Lowest interest rates and fees
- Extensive knowledge of lender processes
- Mitigate financial exposure
- CRE mortgage products only available through brokers



#### LOAN PROGRAMS

- Office/Retail/Mixed-Use
- Bridge
- Construction
- SBA
- Storage
- Business LOC/Equipment
- Hospitality
- Industrial/Warehouse
- Multi-Family/MHP
- Medical/Practice



#### PRIVATE EQUITY

- \$250k - \$25MM
- Flexible terms
- Close as soon as 7 days
- Creative solutions
- Competitive lending

## CONTACT

Shawn Carter

425.209.7158

10500 NE 8th St #1910 Bellevue WA, 98004

Shawn@bellevuecapitalgroup.com

# A WORD FROM

*The Editor*

As the hot summer days fade into autumn, and the smoke from nearby fires dissipate, we are excited to bring you the launch of Rogue Valley Living! Here in our inaugural issue, you will find out interesting facts about some of your neighbors. My philosophy has always been that everyone has a story (or whole book) in them! We here at RVL want to feature those stories. So if you have a home or yard you want to show off, a beloved child or pet that needs to be featured, or you know someone who would be perfect for one of our 20 resident topics, please get in touch with us as soon as you can. We try to work 2-3 months ahead, so we want to make sure we don't miss anyone.

If you are a business owner and see the phenomenal opportunity that advertising in this publication would give you, please don't hesitate to contact us. Having an ad in our emagazine is a personal recommendation from us, as we vet every potential advertiser...on reputation, customer service and goals.

Do you have questions on how it all works? Listen to this podcast to get a better understanding of the range of topics presented to the residents of the Rogue Valley. Hear the complete details on how Rogue Valley Living emagazine works for the residents, as well as the advertisers!

<https://grantspassvip.com/linda-carter-rogue-valley-living/>

While we aim to be a cross between Facebook and People magazine, we strive to make every issue an upbeat, fun-filled and inspiring digest of stories about people you would like to know or already know. Please opt in so you don't miss an issue, and let us know how we can improve. We appreciate everyone's participation!

Have a joyous day!

**Linda**



## STAFF PHOTOS



Linda Carter  
PUBLISHER/EDITOR



Roland Daniel  
STAFF PHOTOGRAPHER



Mary Ann Daniel  
STAFF WRITER



Linda Lochard  
STAFF WRITER



Joy Hiler  
CONTENT CONTRIBUTOR



Vincent Tacchini  
MIDDLE SCHOOL JR. REPORTER



Alice Ungerman  
ELEMENTARY SCHOOL JR. REPORTER

# FAMILY

## Spotlight

### Introducing the Williams-Allen Family

Residing in the heart of Grants Pass, Cassidey and her 3 boys enjoy all that the Rogue Valley has to offer. Whether it's to the beach, the Redwoods, Trees of Mystery, Oregon Zoo Lights, trampoline parks or waterfalls, they love any spontaneous trips. Cassidey says that, "Anything new we can experience, I love to take them to do, so they have amazing memories with mom growing up."

Oldest son Brandon is 5 and is in kindergarten. He loves his twin brothers and wants to be Spider Man or a race car driver when he grows up. Jesse and Jaxon are 3 and in preschool. Jesse seems to be the more pragmatic one because he wants to be a fire fighter when he grows up, while Jaxon wants to be a dinosaur! They all are into soccer and BMX, and the whole family loves on their pet Chihuahua, Kuma.

It's so evident that Cassidey's life revolves around her children, and it shows how much she cares about kids because she is a fulltime childcare provider and owns her own daycare. She is also the PTA President at Brandon's school.

Having lived in Grants Pass for 25 years, she still roots for the 49ers, because that's Grandpa Eric Williams' favorite team, and Grandpa is their favorite.

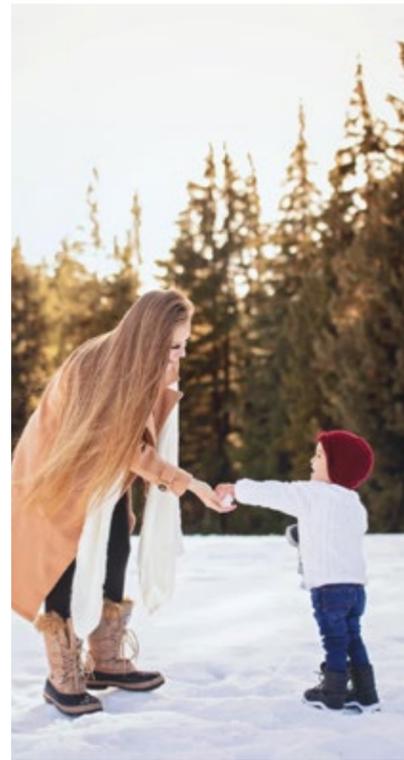
And while going to Brookings is everyone's favorite place to go, they also love just hanging out in their back yard with the bounce house, or having family gatherings and BBQs with friends. Their favorite family dinner is Mom's spaghetti. Favorite movie is Nightmare Before Christmas, and favorite music is AC/DC. That's what Cassidey grew up listening to with her dad, and the boys love it for road trips.

One family tradition they have is decorating the house for Halloween and Christmas. Cassidey says, "I go all out with lights and decorations during the holiday season for my boys and daycare. The boys love it so much. We also do family matching Halloween costumes that they enjoy doing! We are also obsessed with watching the Nightmare Before Christmas." She says everyone knows them by all of their wild holiday displays. But spending quality time with her boys is the most important thing for their family.



FAMILY COVER STORY

Photography by Heather Peck and Jennifer Whitney



FAMILY COVER STORY

Photography by Heather Peck and Jennifer Whitney



FAMILY COVER STORY

Photography by Heather Peck and Jennifer Whitney

AT THE MEDFORD SALVATION ARMY  
CITADEL CORPS YOU FIND...

**LOVE** BEYOND HOPELESSNESS

AT THE MEDFORD SALVATION ARMY  
FAMILY SERVICES OFFICE YOU FIND...

**LOVE** BEYOND HUNGER

AT THE JACKSON COUNTY SALVATION ARMY  
HOPE HOUSE YOU FIND...

**LOVE** BEYOND LONLINESS



MAJORS RANDY AND JONNETTE MULCH  
THE SALVATION ARMY MEDFORD CITADEL CORPS  
304 BEATTY STREET, MEDFORD, OR 97501  
541-773-6965



# YOUNG Achiever

*Kids that are making a difference*

**Name:**  
*Ryker Rothfus*  
**Age: 18**



**How long have you lived in your neighborhood?** We moved into our home in East Medford in September 2012.

**Who is in your family?** My mom Karla, my dad Randy, My oldest sister Jordynn 27, My other sister Dakotah 25, and my brother Hunter 24.

**What school do/did you attend? St. Mary's High School in Medford Grade?** Senior graduated this year 2022

**What are your plans after high school?** I will be attending Creighton University in Omaha, Nebraska. I was accepted into the Pre-Professional Scholars Program which means that I have guaranteed acceptance in the Dental School, which is very exciting. I want to follow my parents and be a Dentist with special emphasis in Forensic Dentistry

**What sports and extracurricular activities do you participate in?** I played striker in Soccer and point guard in Basketball. I also have spent the last 4 years as a dog foster parent

**How did you get started with soccer, basketball and fostering?**

I started playing soccer in kindergarten when my parents decided to take up coaching my team. We called ourselves the Rainbow Unicorns. I also started playing basketball when I was in kindergarten although I played on an all-boys team. I started fostering dogs freshman year of high school and haven't stopped since.

**What do you enjoy about these activities?**

I love the thrill of getting a goal in soccer and not knowing when the next one will come. I also love the team bonds that I have made throughout my years of playing soccer. For basketball I love being able to hear my parents cheering in the background as well as how much focus one must have to be able to not let the crowd get to them. With fostering I enjoy watching the dogs I foster come out of their shelter shells and showing their true personalities.

**Tell us something you have achieved or some highlights of your experience with your activities so far?**

In soccer I have received first team all-state as well as best striker. For basketball I have also received first team all-state and am currently playing in my last all-star game at Corbin University. I was also captains for both soccer and basketball senior year and captain for basketball junior year. I received the purple cord for an exemplary senior project which I wrote on my fostering experience.

**Is there something that makes you unique in this activity (a specific strength or quality you bring)?**

I believe a good quality I have is that I don't give up even if we are losing. I push myself to give everything I have got for my team.

**How do you keep a balance between sports, school, and other activities in your life?**

Honestly, it's all about time management. My biggest strength throughout high school was taking the time the teachers gave us in class to complete my classwork and homework. This made it so I didn't have to spend as much time out of school focusing on school and could put my efforts into sports. Although if I did not finish homework in class I made sure to start as soon as I got home from sports.

**Name someone you admire. What makes them special and how have they motivated you?**

Nelson Martin my soccer coach. Coach Martin took over the soccer program when I was a sophomore and has given me the best experience. I look up to him with everything I have. There has never been a moment where he has doubted my abilities even when I myself did. Coach Martin has been there for me through everything including my knee surgery Junior year. I couldn't possibly ask for a better role model. He told me something once that I will never forget and that was "Alis Volat Propriis" which means ' She flies with her own wings' in Latin. He will always be one of most important people in my sport life.

*Note: The two puppies she is holding are foster pups she found homes for. The Frenchie in the bottom left is Violet. We also have another Frenchie named Zoey and an English Bulldog named Ronnie.*

# KID 2 *Kid*

## FEATURED KID OF THE MONTH



Cutie

### Jade

Jade is a 2 year old that lives in Central Point with her parents, Phil and Erica, and 2 older brothers, Jack, 10, and Grant, 6. Her favorite food is strawberries. When she's not playing with her toy baby dolls, she's playing outside trying to keep up with her big brothers. Indoors, her favorite movie is Moana. You can tell by her big smiles that she is one happy go lucky kid!



Cuddles



Nighty Night



Playing in the sand



Check Up

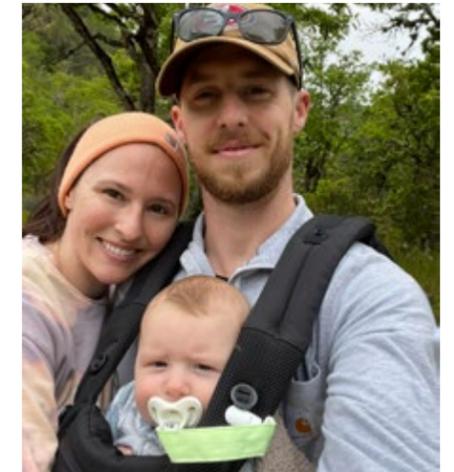
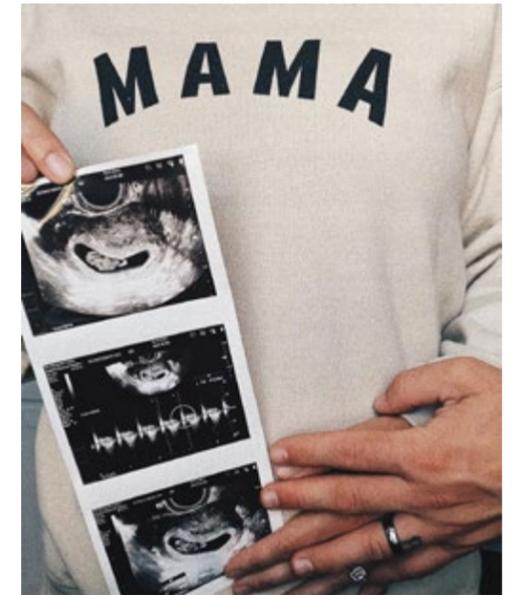


Airplane

# Sweet BABIES

Dexter Michael Gleason came into this world at Ashland Community Hospital on January 29, 2022. He weighed 6 lbs., 11 ounces, and was 19" long. His proud parents are Zachary and Billie Gleason. At 7 months now, he is doing so many cute and amazing things. He's crawling, does high 5's and is climbing on things. He loves his bath time and any kind of water. He loves his dog Griffy and has a ball playing outside. He even loves the vacuum!

Dexter is very easy going, but really doesn't like when the dog steals his toys! His favorite foods are scrambled eggs, jerky sticks and oranges. Zach and Billie have several nicknames for Dexter, including Dex, Dexy, Dexy Boo, Bug, and Buggie. Dex always has a smile on his face and he lives with his loving parents in Central Point.



# RESIDENT *Recipes*



From Jacksonville resident  
**Mechelle Phillips**

## Chicken Tater Tot Casserole Recipe

- 2 lbs. chicken breasts
- 21 ounces condensed cream of chicken soup (2 cans - can also use one chicken and one broccoli)
- 16 oz. frozen chopped broccoli - use frozen
- 1 1/2 cups shredded cheddar cheese
- 32 oz. tater tots - use frozen
- 1/4 teaspoon paprika
- 1 teaspoon garlic powder
- Salt and pepper to taste

### Directions

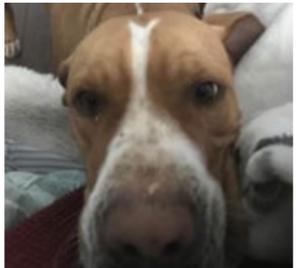
1. Preheat oven to 400 degrees
2. Roast chicken in oven until no longer pink, dice to bite size pieces / faster version, dice chicken and cook on stove top with both, 1 Tbs. of olive oil and butter.
3. Mix soup, 1/2 cup cheese and spices in a bowl.
4. Spread tots in 9x13 dish or similar.
5. Top with frozen broccoli.
6. Spread soup mixture and then remaining cheese on top.
7. Cover and cook 25-30 minutes.

# PRECIOUS *Pets*



## Hank the Tank by Wendy Roberts

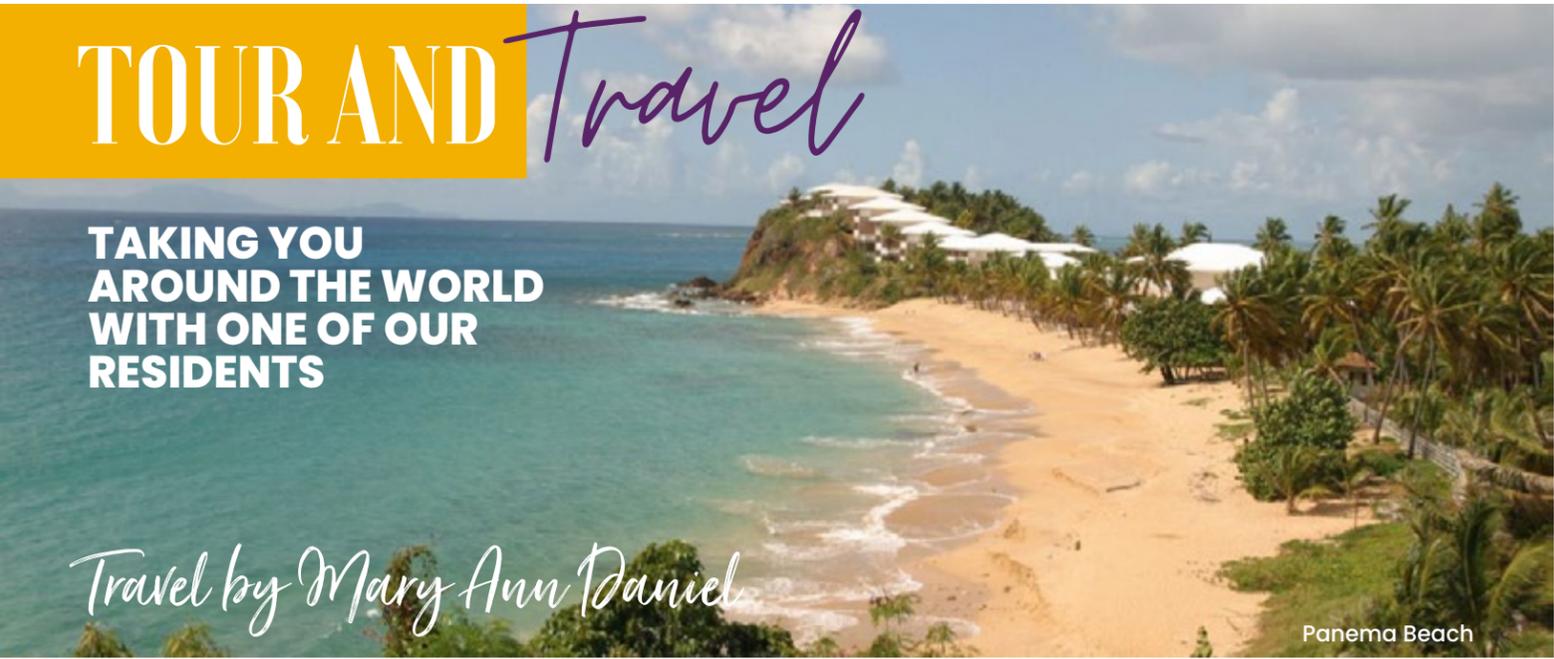
I would like to tell you a story about Hank the Tank. Hank was rescued out of the Shasta Humane Society by Kailani at SO Humane in Medford, that rescues the overpopulated and difficult dogs that are subject to be euthanized.



Hank was one of these dogs. He was curled up in a corner and terrified. He had been abandoned with another dog when the owners had moved out of their home and was discovered and transferred to the shelter. He was skinny and fearful of everyone but, with many treats, time, love and care he responded with trust, love, and affection.

He then went on to foster care with Desiree, another kind soul, who took in the worst of the worst. Months later my daughter, Sophy spotted him at the local Medford shelter waiting for his forever home. She was needing love and hugs, and so was Hank.

Hank is the most loving sweetest dog. He is very protective over his people, and follows us everywhere. If you are "in" with Hank you are very special. He has learned over a dozen tricks and has brought joy and love to so many. He goes to doggy day care at Southern Oregon Pet Services where he gets to see Kailani and socialize with dozens of four-legged friends. He loves his toys and tug-of-war with his rope. We don't know what we ever did without him.



# TOUR AND *Travel*

**TAKING YOU AROUND THE WORLD WITH ONE OF OUR RESIDENTS**

*Travel by Mary Ann Daniel*

Panema Beach

## SOUTH AMERICA

### *Rio De Janeiro*

A new adventure awaited us in South America and we were excited to visit our large neighbor to the south. Brazil is the largest country in South America and is densely populated, with Sao Paolo as its 'New York City'.



Iguazu Falls

We flew into Rio de Janeiro at the end of Karneval. Although the weather at first was warm and rainy, the rain eventually subsided as we arrived at our hotel on Copacabana Beach. It was crowded, mainly with Karneval guests, some of whom (fully costumed and with masks), met us at the door. We later strolled outside past some cafes—all of whom played Samba music—a Rio tradition. Locals were not shy about doing the samba outside the cafes.

That evening we joined a large group going to the arena for the last parade of Karneval (equivalent to our Mardi Gras, only larger and wilder). Costumes, floats and dancers glittered and created a gawdy, boisterous and lively atmosphere. Party music blared and Samba was king.

The next morning called us to the beautiful Copacabana Beach in front of our hotel. Sunbathing was very comfortable and peaceful. For snacks, people bought coconuts with holes cut out for a straw, much like in Hawaii. There are many promenades where you can safely walk -- apart from the crowded auto traffic. We went for lunch to Ipanema Beach, a 'chic', trendy area and found it artsy and very appealing.

We traveled through Tijuca Rain forest, admiring the lush flora and fauna, and later went on a tour to "Corcovado", the 2230 ft. high mountain with the statue of Christ the Redeemer with outstretched arms atop it.

One can take an exciting ride on a funicular (hanging cable car) up to it and enjoy the breathtaking view of the entire stretch of beaches, luxury condos, hang gliders, as well as "Sugar Loaf", a large mountain nearby.

What we were surprised to see was the extremely dense population of Rio, which has two distinct classes: the very wealthy living in high rise condos and the very poor, living in rundown slums called "favelas". Rising out of many sections of the favelas are large church spires. These sections are heavily Catholic.

On another day, we took a boat trip to Fundao, a small island off the coast of Rio. It was very tropical and home to many small capuchin and ring-tailed monkeys. I fed them bananas, which they artfully took from my hand with their tiny fingers to peel and feed themselves. The tropical island was gorgeous with blooms of orange and red as well as ferns and small palms all over. We enjoyed a buffet of tropical fruits.



Buenos Aires Argentine Tango



Buenos Aires Lady In Red



Corcovado

# NEIGHBORHOOD Announcements

## Engaged

Lexi Lane and Taylor Stormberg, reported by parents Michael Newmann and Lynnsey Jester Newmann

## Expecting

Thomas Guzzo and Danielle Fugate of White City are expecting a girl. Due date is November 14 but expected sooner.

## Passing

William Michael Evans, age 77, of Medford, Oregon passed away on Tuesday, September 27, 2022. William was born May 2, 1945 in Bronx, NY.

**Found** – from Facebook/ Jackson County Scanner – Oregon/ Jermanie Kivett Also posted to lost and found group.

I've found what appears to be a woman's ring (possibly engagement or wedding). I don't want to post a picture just yet so it doesn't end up in the wrong hands. But if you are missing a ring and were recently at Jackson park in Medford, message me what it looks like (it's nontraditional looking and has stones) and I'd love to get it back to you. Sorry for being so vague.

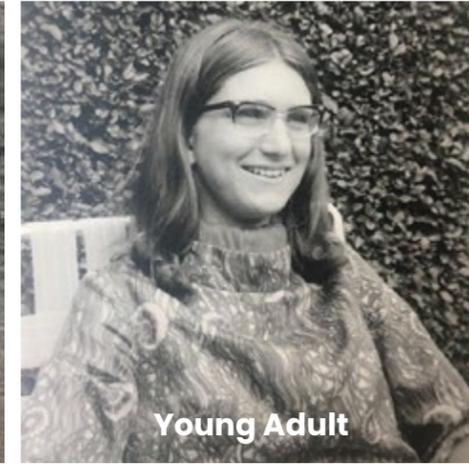


# BELOVED *Seniors*

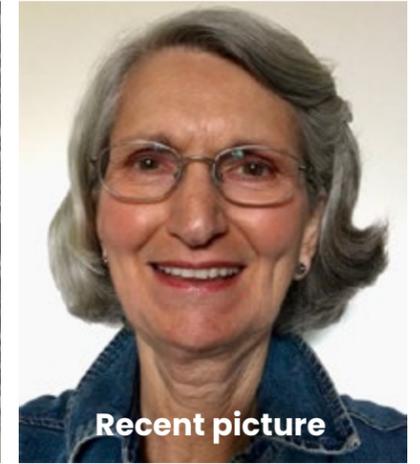
## OUR ESTEEMED ELDERS



2 years old



Young Adult



Recent picture

**Meet Annelies VandenBerg, age 74, who was born in the Netherlands/Holland to parents, Mr. and Mrs. Rietveld.**

As a child, she grew up in a small, safe neighborhood, where they were able to play in the street because there were very few cars driving by. She was a kindergarten teacher in Holland.

Annelies was married and had three children and three grandchildren. Two of them live in California and one lives close by in Grants Pass.

Annelies tells her story: "In 1976 I immigrated from Holland to Ohio. I had three children in three years and then moved to California. When the kids were in college, I became a caregiver for seniors, helping them at their homes. That was a very rewarding job. I particularly liked helping them while they were on hospice, until the end of their lives.

I also started a home-based business as an independent associate of Mannatech. I love helping people with improving their health and energy.

Two years ago I came to Grants Pass to help full-time to take care of my two little grandsons.

During that time I translated my book from Dutch into English. It is a memoir, of how I became a Christian in Salinas through a miracle. After that first miracle, many more followed.

Last fall I moved into a mobile home in Grants Pass, a beautiful senior park along the Rogue River. I was so thankful to move into this place after twenty-two years of driving and living in a little motor home."

Meeting with people, reading, and gardening are her favorite things to do now.

When asked what words of wisdom would you give young people nowadays, she said, "Slow down and enjoy the beautiful surroundings."

**Natalie M. Wetenhall, Esq.**

Natalie provides legal services for individuals, families, entrepreneurs, investors, and companies of all sizes throughout the state of Oregon.

- ⚡ Business Structuring, Transactions, and Investments
- ⚡ Contracts
- ⚡ Real Estate and Real Property
- ⚡ Wills and Estates
- ⚡ Trademark and Copyright Registration and Protection
- ⚡ OLCC Licensing and Compliance

Call Today to find out how Natalie can Help!

541-471-2222 | 542 Washington Street, Suite 104, Ashland | Licensed in Oregon, Washington, New York & D.C.

Thank You

FOR YOUR SERVICE | VETERANS



Chairman Haines



At his desk

**Military & veteran background for Terry M. Haines**

I first joined the United States Navy in August 1971 with the Vietnam War still very engaging. By the time I completed all my training and schooling to become an Electronics Technician, it was April 1973 before I got to my first operational command, COMFLTACTS Okinawa. From there I went to NAVCOMSTA Puerto Rico where I was discharged in 1977, all because they wouldn't transfer me over to Europe where I had always wanted to go.

After discharge I came back to Oregon and went to college, ultimately earning my BS degree from the University of Oregon in 1982. I immediately re-enlisted in the Navy Reserves in Eugene. I worked for a computer manufacturer in White City until they went out of business and in 1987, I took a job with Congressman Robert F. Smith as a caseworker specializing in military and veteran agencies. This single job shaped my love for working with veterans as I helped hundreds of veterans obtain their benefits over the 12 years that I worked for Congress. I got involved with veterans' groups in 1987 when I signed on with the Non Commissioned Officers Association (NCOA) and soon became the chapter chairman of the Rogue Chapter. This chapter took on the responsibility of building the Veteran's Memorial Park next to the Medford National Guard Armory, a project that took us 12 years to complete because we did most of the work ourselves.

Belonging to and overseeing the local NCOA chapter that won best Small & Large chapter numerous times helped my military career tremendously. I was able to prove leadership ability because of the success of my NCOA chapter and was able to get promoted. In approximately the mid 1990's, I changed rate from Electronics to Supply because of my love for logistics. I quickly became a Chief Petty Officer (E7) while assigned to Fleet Hospital 9 and in 1998 was recruited into NMCB-18 as the supply chief. I traveled from southern Oregon to Ft. Lewis every month to take over operational control of the supply department with 12 detachments in 7 states. I personally interviewed every member of the supply department and in short order was able to turn a bunch of individual sailors spread across the Northwest into a cohesive and functioning department that was a significant factor in NMCB-18 winning the Battle E as the Best Reserve Seabee Battalion in the Navy Reserves. I was promoted to E8 & E9 while with NMCB-18.

In 2002 I was mobilized to become the Assistant Supply Officer for the backfill for the 30th Naval Construction Regiment at Pearl Harbor Hawaii while the active regiment was forward deployed to Kuwait prior to the invasion of Iraq. I was used as a trouble shooter to solve problems across the Pacific region. After this deployment I was hired to supervise the supply warehouse in Port Hueneme, CA, a position that I held until deployed to Fallujah, Iraq in February 2005. My job in Iraq was to find all the Table of Allowance (TOA) that had been shipped to Iraq for the Seabees. Records showed that the Seabees were able to account for approximately 40% of the TOA and since my job prior to deployment was to oversee the building of the TOA, it was logical to send me to find it. After my year in Iraq and traveling to every base between Baghdad and Syria, I was able to bring the accountability of assets up to 92%. While stationed in Fallujah, I was able to earn the Seabee Combat Warfare Device, an award that I am most proud of and equally proud that Captain Paula Brown, the regimental commander during this deployment and former Public Works Director for the City of Ashland, was the one to pin it on me.

Since retiring from the Navy Reserves in 2006 I returned to southern Oregon and have worked at Harry & David, Ashland Community Hospital and Asante Health System until my retirement from the work force in 2015. I am a life member of NCOA, the VFW, DAV, FRA, American Legion, and a member of the Marine Corps League. I am most active in the NCOA where I have held every chapter position available, as well as every state and national position where I currently hold the position of Chairman of the International Board of Directors.

The Rogue Chapter is the current Large Chapter of the Year for NCOA and has held that honor 3 of the last 4 years. Under my leadership, we award 2 scholarships in the amount of \$500 each year, we have sent hundreds of care packages to troops deployed overseas, and currently are actively involved in the awarding of WW2 medallions to WW2 veterans or their immediate family as a memento to teach our younger generations the true meaning of the "Greatest Generation." To date, the Rogue Chapter has awarded or are scheduled in the near future to award over 180 of these medallions.

We are in our 6th year of hosting our annual VeteRUN which is a 5k fun run. In the first 5 years we have raised and awarded over \$60,000 to veteran's charities. I am also actively involved with the local Vietnam Wall project to have a 360' replica of the Vietnam Wall in Washington DC permanently installed in Medford with all 58,479 names on it. I have also been a past board member & Flight Director for Honor Flight of Oregon which takes honored veterans back to Washington DC to visit their memorials. After the death of my wife last year, I stepped away from that Board but still promote this as a beneficial program for our honored veterans.



Chairman Haines presents WW2 Medallion to 101 year old Marine veteran Ross Miles



SKCM at camp Moreell



Front of WW2 Medallion

# SPONSOR SPOTLIGHT

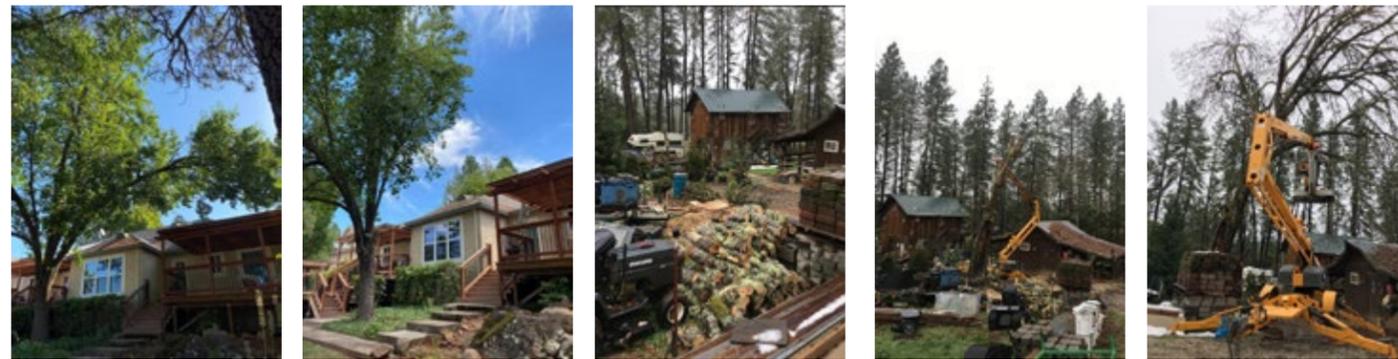
Zero Gravity Tree Service is a small family owned and operated company based in Grants Pass, Oregon. One day not too long ago four brothers: Charlie, Daniel, Kevin, and Brian started this company with a passion to succeed, and a goal of bringing exceptional tree care services to the local community.

To us, tree service is much more than hacking away branches and removing healthy trees for no reason. We prioritize what's best for the longevity of the trees and focus on removing trees that are dead, hazardous, and those that pose a threat to buildings or structures. From seasonal pruning, to full scale removal, to stump grinding, we can handle it all.

We work closely with our customers to exceed expectations, through prompt communication, flexible scheduling, and excellent service. With several years of experience in the tree service industry, we are able to accomplish the task at hand with confidence and professionalism. While our skillful abilities and superb services make us one of the best tree service companies in the area, what has really led to our success is being a part of the community in which we work.

We love Southern Oregon, which is why we are proud to serve the residents of Josephine and Jackson Counties. As a gesture to show our respect, we offer a 10% discount to all active/ retired military personnel, first responders, law enforcement, and medical professionals.

Our safe and efficient work practices allow us to complete jobs in a timely fashion. As a result of our efficient methods, we are able trickle down the savings to our customers. We always offer fair and affordable pricing, because we understand that tree work can be costly. Whether it's a full-detail clean up or a no-clean up job, we offer a variety of options for each bid based on customer needs. We're not just helping our customers, we're helping our friends, neighbors, and community do what's best for their trees.



This month, we will be listing all the Rogue Valley School Districts and their associated superintendents or school board members, plus their Vision or Mission statements from their websites. Follow the links to contact them or learn more.

## Ashland School District - Inspiring Learning for Life

The Ashland School District is driven to meet its mission to empower students to be lifelong learners, responsible citizens and stewards of the world. Ashland schools are the heart of our community, where kids are connected and families are supported. The Ashland School District is proud of its high academic achievement, broad learning options, commitment to the arts and dedication to diversity, equity and inclusion. We are excited to partner with you to fulfill our vision to inspire learning for life.

**Superintendent**  
**Samuel Bogdanove**  
 (541) 482-2811, 1101

**Executive Assistant to the Superintendent & Board of Directors:**

**Jacqueline Schad**  
 (541) 482-2811  
[Jacqueline.Schad@ashland.k12.or.us](mailto:Jacqueline.Schad@ashland.k12.or.us)

**Assistant Superintendent: Erica Bare**  
[erika.bare@ashland.k12.or.us](mailto:erika.bare@ashland.k12.or.us)  
<https://www.ashland.k12.or.us/>

## Central Point School District 6 – Where Tradition Meets Innovation

The mission of the Central Point School District, in partnership with families and community, is to create a culture of belonging where personalized and authentic learning opportunities empower every student to thrive and contribute to our ever-changing society.

**Walt Davenport**  
**Superintendent**  
 541.494.6201

My mission as your Superintendent is to maintain a rigorous teaching and learning environment that provides every student with a sense of belonging and helps them to grow intellectually, emotionally, and socially. It is critical that students graduate from high school with the habits of mind and skills necessary to pursue and achieve their goals and dreams. We will strive to create positive experiences and connections that make this possible for every student.

**Amy Shipley**  
**Executive Secretary to the Superintendent & Board of Directors**  
 541.494.6202  
<https://www.district6.org/#>

## Eagle Point School District 9 - Every Student, Every Class, Every Day

### District Priority Statements

- **Close the Achievement Gaps for All Students** – EPSD9 recognizes that academic gaps exist in each grade level. We commit to raising the achievement level for all students using a growth model and will continue to work to identify barriers that might prevent them from reaching grade level success.

- **Innovative Career Pathways for All Students** – EPSD9 will create a highly focused culture of exploration and learning through opportunities that encourage students K-12 to identify and pursue the college and career pathways they desire.

- **Address Social Emotional Learning for All Students** – EPSD9 will partner with the community to ensure all students and staff are supported through social emotional learning systems developed through the four Ds (define, design, deliver, demonstrate) and integrated with multi-tiered systems of support.

- **A Clear Defined District Culture** – EPSD9 will support each and every student in our district, their individual strengths and weaknesses. We will commit to providing them a safe and student centered learning environment building relationships with trust and integrity, encouraging them to reach their full potential.

**Andy Kovach**  
Superintendent  
541-830-6563

**Stacey Morgan**  
Superintendent's Secretary  
morgans@eaglepnt.k12.or.us

541-830-1200  
<https://www.eaglepnt.k12.or.us/>

## Grants Pass School District 7 - Fostering Hope, Engagement, and Resilience

Our mission is to provide an education that encourages ALL students to reach their potential and to become responsible, productive citizens.

Our schools stand at the heart of the community life in Grants Pass. Academic, artistic, athletic and musical achievements of young people create a spirit of involvement that extends to young and old alike.

**Tim Sweeney**  
Superintendent

**Tonya Doane**  
Executive Assistant & Board Secretary

541-474-5700  
<https://www.grantspass.k12.or.us/>

## Medford School District 549C - All Are Learning and Learning is For All

The Medford School District encompasses 361 square miles in the heart of Southern Oregon's beautiful Rogue River Valley. We serve 14,000 students in 14 elementary schools, two middle schools, three high schools, one online virtual school, and four charter schools.

In the Medford School District, leadership matters. We aspire to become ABLE Leaders: Acting with Courageous Leadership; Building Collaborative Relationships; Living Disciplined Character; and Ensuring High Quality Student Learning.

**Dr. Bret Champion**  
Superintendent  
bret.champion@medford.k12.or.us

**Jodi Fahy**  
Senior Executive Assistant to the Superintendent and School Board  
541-842-3621  
jodi.fahy@medford.k12.or.us  
<https://www.medford.k12.or.us/>

## Phoenix-Talent School District 4 - Excellence for Everyone

### Our Vision

Together, we shall meet the challenges of preparing responsible, creative, lifelong learners.

**Michael Campbell, Chair** 541-535-1517  
**Dawn Watson, Vice Chair** <https://www.phoenix.k12.or.us/Page/1>

## Rogue River School District 35 - Learning Today, Leading Tomorrow

### MISSION STATEMENT

"Rogue River School District will offer a high quality instructional program to help students acquire necessary academic and life skills to succeed in a complex competitive world, while also learning the importance of respect, accountability, and responsibility"

### VISION STATEMENT

"Rogue River School District will offer an exciting, interactive and safe learning environment where students can excel to the best of their ability, and become respectful, responsible, and productive citizens."

**Patrick Lee**  
Superintendent  
patrick.lee@rogueriver.k12.or.us

**Christina Schloegl**  
Executive Assistant  
christina.schloegl@rogueriver.k12.or.us

Phone: 541.582.3235  
<https://www.rogueriver.k12.or.us/Page/9>

# Healthy Living

## Long COVID: The earlier you get care, the better

Over two years into the pandemic, an alarming number of people continue to develop symptoms months after recovering from COVID-19. It's estimated that anywhere from 10-30% of people that have been infected with COVID-19 will develop long COVID symptoms.<sup>1</sup> "Long-haulers" report a wide range of physical, mental, and cognitive symptoms — including chronic fatigue, muscle pain, brain fog, digestive upset, headache, hair loss, and change in smell. For some, these are the same symptoms experienced when they first became sick. For others, new and often debilitating symptoms arise.

Recovery can be difficult without any standardized treatment strategies and ongoing symptoms can exceed 35 weeks post-infection.<sup>2</sup> The World Health Organization (WHO) recognizes that people with mild symptoms during infection can still have symptoms that may continue for many weeks after infection. Due to the complexity of long COVID, successful treatment requires a personalized and supportive treatment plan outside of acute management for COVID-19.

Currently, the medical community acknowledges that a successful treatment includes a holistic approach to prevent, treat, and support people with long COVID.<sup>3</sup> However, many "long-haulers" report not being able to access healthcare providers or healthcare facilities to care for them. Access to healthcare has worsened since the pandemic, which has been exacerbated by the backlogs and staff changes in healthcare facilities.<sup>4</sup> While research institutions, governmental agencies, and specialty clinics continue to develop studies on long COVID, our community continues to seek effective treatment to address their unmet healthcare needs for recovery.

## Treating long COVID requires personalized primary care

New research suggests that primary care providers are critical in the success of addressing long COVID for patients and the healthcare system.<sup>5</sup> Providers that deliver personalized care can evaluate, monitor ongoing symptoms, and refer to specialists as necessary while best practices continue to develop. Integrative and personalized primary care can help you implement lifestyle changes such as nutrition and fitness to better support recovery. Working with a holistic medical provider to create a comprehensive plan can provide the greatest success.

## What should I do if I think I have long COVID?

If you suspect you have long COVID, don't delay seeking help. The earlier you get care, the better it will be for you. Many people that have been sick have not been able to get back to where they were pre-infection. When we become sick with different types of bacteria or viruses, our system gets off balance. The good news is we have the ability to get our system back into balance by using the right types of testing, supplements, and medication. At OnePeak Medical, we take people where they're at and figure out what's going on. We love what we do at OnePeak Medical because we don't tell people to just wait it out and see if you feel better in a couple of months. We fix it now.

If you find yourself waiting months to get an appointment with your provider, come into OnePeak Medical and let us help you. With nine clinics in Oregon, our team can also work alongside your primary care provider to provide comprehensive testing and personalized treatment plans for faster relief.

Appointments are available in person or virtually. Covered by most insurance. Book your appointment online today at **OnePeakMedical.com**.

### References:

1. Logue J, Franko N, McCulloch D et al. Sequelae in Adults at 6 months after COVID-19 infection. JAMA Network Open (2021), 4(2)
2. Davis H, Assaf G, McCorkell L et al. Characterizing long COVID in an international cohort: 7 months of symptoms and their impact. eClinicalMedicine, (2021), 38
3. Norton A, Olliaro P, Sigfid L et al. Long COVID: tackling a multifaceted condition requires a multidisciplinary approach. The Lancet Infectious Diseases, (2021), 601-602, 21 (5)
4. Grimm C. Hospitals Reported That the Covid-19 Pandemic Has Significantly Strained Health Care Delivery Results of a National Pulse Survey. February 22-26 2021.U.S. Department of Health and Human Services. Report in Brief.
5. Brennan A, Broughan J, McCombe G et al. Enhancing the management of long COVID practice: A scoping review. BJGP OPEN. 2022. DOI: <https://doi.org/10.3399/BJGPO.2021.0178>

**one peak MEDICAL** Personalized, Prevention-focused Primary Care



Accepting New Patients & Covered by Most Insurance

**OnePeakMedical.com**

## NORTHWEST

## Recreation

## RVL Events

Fall is a wonderful time to enjoy a bike ride in southern Oregon.

(SEPTEMBER–NOVEMBER)

Ride the Rim – Photo by Sonja Jones

The **Vineyard Tour** ride (Roseburg) combines two of Oregon's favorite things: cycling and wine! This event's routes range from 15 to 100 miles on the rural roads of the Umpqua Valley wine country. Of course, both wine and craft beer await finishers. **Harvest Century** is another event with five possible routes that wind past Willamette Valley wineries with glimpses of Mt. Hood.

Experience one of Oregon's natural wonders from the saddle of your bike as part of **Ride the Rim** at Crater Lake National Park.

The first 25 miles is car-free. If you choose to complete the entire loop, the remaining 8 miles will be on a shared road with no shoulder and significant inclines.

But know this: You don't have to wait for an organized ride to enjoy Oregon's splendor. There are 17 scenic bikeways across the state, ranging in distance from 29 to 174 miles and across all abilities. It couldn't be easier to hit the road with curated routes, detailed maps and clear signage. To pick your first epic ride, click [here](#).

If you're a hardcore biker, you might enjoy these 2 routes:

#### Cascade Siskiyou Scenic Bikeway

Difficulty: Extreme | Length: 55 Miles  
Southern Oregon

Rise high above Ashland for a bird's-eye view of Bear Creek Valley along the Cascade Siskiyou Scenic Bikeway.

Best season: Spring through fall

Or

#### Oregon Outback Scenic Bikeway

Difficulty: Extreme | Length: 90 miles  
Southern Oregon

Pedal through an undiscovered, ruggedly beautiful region on the Oregon Outback Scenic Bikeway.

Best season: Early spring through fall



# ROGUE VALLEY *Living Giving*

The nonprofits listed below, in alphabetical order, have given us permission to be listed, along with their mission statements. All are worthy of your time, talent and resources, and are a gift to our Rogue Valley community. If you would like your charitable organization listed here FREE, please contact [Editor@RogueValleyLivingMag.com](mailto:Editor@RogueValleyLivingMag.com)

#### Cascade Girl.org

Our mission is to save bees and other agricultural pollinators. Our most visible product right now is our class for veterans.

[www.cascadegirl.org](http://www.cascadegirl.org)

Sharon  
541-951-5595

Here is a link to the story. We also got into the Mail Tribune!

<https://www.stripes.com/veterans/2022-09-04/veterans-beekeeping-oregon-7210803.html>

#### Collaborative Theatre Project

CTP is dedicated to producing high quality theatrical events and community outreach projects to enhance the lives of our artists and our community.

<http://www.CTPMedford.org>

541 779-1055

[CTPOregon@gmail.com](mailto:CTPOregon@gmail.com)

#### Family Solutions

Family Solutions' mission is to provide mental health services - creating opportunities for healing with children, adults, and families.

Serina Pori

Development Director

Family Solutions

[spori@solutionsor.org](mailto:spori@solutionsor.org)

#### Must Love Boxers

Our organization strives to rescue, rehabilitate, and rehome unwanted and abandoned Boxers within Washington state, Oregon, and surrounding areas.

[mustluvboxersrescue.com](http://mustluvboxersrescue.com)

Robert And Kimm King

Southern Oregon Coordinators

541-291-6122

#### Pacific Bible College

Pacific Bible College is a Christ-centered learning community committed to equipping students to become biblically competent, academically proficient, spiritually cultivated, and culturally-engaged servant leaders.

Elijah Thomas

[Pacificbible.edu](http://Pacificbible.edu)

503-437-5883

#### Reclaiming Lives/Recovery Café

We provide hope and stability for those struggling with addiction through recovery planning and long-term support in a place where everyone is loved and accepted.

Stephanie Mendenhall

228 East Main Street, Suite H

Medford, OR 97501

541-292-1618

<https://reclaiming-lives.org/>

#### Riding Beyond

Saving Lives Since 1928. Riding Beyond enhances well-being of breast cancer survivors, their friends, families, associates, and others with life challenges through therapeutic horse/human interactions.

[ridingbeyond.org](http://ridingbeyond.org)

Trish Broersma

Opening Doors to the Future

541.482.6210

#### Rogue Community College Foundation

Make an investment in college students, our community of tomorrow, with a charitable or estate gift.

Contact the RCC Foundation at (541) 956-7293, [rccfoundation@roguecc.edu](mailto:rccfoundation@roguecc.edu) or <https://foundation.roguecc.edu/>

[www.rccfoundation.org](http://www.rccfoundation.org)

#### Rogue Retreat

Mission Statement: To create opportunities for those experiencing homelessness to have hope.

711 E. Main St. #25

Medford, OR 97504

541.499.0880

[joe@rogueretreat.org](mailto:joe@rogueretreat.org)

[rogueretreat.org](http://rogueretreat.org)

#### Salvation Army

Its mission is to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination.

Gail L. Evans

Administrative Assistant to the Executive Director of Development

The Salvation Army, Cascade Division

503-794-3271

<https://jacksoncounty.salvationarmy.org/medford/>

#### Sanctuary One

Mission: To provide a refuge for animals and a healing place for people while promoting environmental stewardship.

Vision: People, Animals & the Earth: Better Together

[megan@sanctuaryone.org](mailto:megan@sanctuaryone.org)

[info@sanctuaryone.org](mailto:info@sanctuaryone.org)

13195 Upper Applegate Rd, Jacksonville OR 97530

541-899-8627

<https://sanctuaryone.org/>

#### ShopDowntown.org

Mission Statement: Discounts for customers. Support local businesses. Fight Cancer.

Contact: Daniel Wells | [dwells97504@gmail.com](mailto:dwells97504@gmail.com) | 458-225-4626

Website: <https://shopdowntown.org/>

#### Southern Oregon Humane Society

<https://www.sohumane.org/>

[adoptions@sohumane.org](mailto:adoptions@sohumane.org)

2910 Table Rock Road

Medford OR 97501

541-779-3215

# RVL Events- Rogue Karting

9-24-22

Launching the first Rogue Valley Living event, was an undertaking assisted by Debbie Saxbury, Coleen Towne, and Wendy Roberts. Dylan Bloom, the manager of Rogue Karting let us bring in 50 residents of the Rogue Valley for a fun-filled 2 hours of entertainment, where we had the whole venue to ourselves. Beginning with check in and announcements and introductions, the participants were separated into groups of 8 for the first round of go karting. The younger children under 13 were up first. Then it was on, with the adults following. Along with the go karting, there were video games and other games galore, like chess, basketball, and billiards. Manning the kitchen, was Anna Bloom, serving us coffee, drinks, and pizza. Everyone had a fantastic time. In fact, several people stayed well beyond the allotted 2 hours to visit and chat. We'd like to thank Dylan and Anna Bloom for their hospitality, along with their wonderful and accommodating staff, Rory Noone (who does a mean rap), Ryan Jones, Chandler Parsons, Brandon Tibbils, Robyn Hergert, Nate Qualls, and Patrick O'Kane. Photos were taken by our intrepid photographer, Roland Daniel.

Comments after the event were enthusiastic and complimentary about Rogue Karting. Many folks were returning visitors, but just as many never knew it existed or had never been there and want to return again and again. I highly recommend Rogue Karting on Lars Way in Medford for all your parties, especially for those hard to please teens in your life!



A new batch of drivers



Getting ready to do laps



Checkmate!



Air Hockey challenge



Lots of games



More pool players



Rory and Dylan



Letting Charlie Daniel of Zero Gravity Tree Service in Grants Pass have a shot. With Wendy Roberts of Jacksonville and Linda Carter.

All signs Go!



Preparing to get their helmets on



Linda getting a coffee



Checking in with the drivers



Lineup of kids



Vroom, Vroom!

RT8 Best time		
Best of the day	Best of the week	Overall track record
1 BRONEL 28.894	17 REVELATION 3:1 18.687	17 BO_DUKE 18.152
2 JFLOWW 21.820	2 BO_DUKE 19.128	2 JIMMY'S MOM 18.157
3 NATHAN U. 21.198	3 LORD FARQUAAI 19.208	3 BOO BOO 18.264
4 EDDYB 21.450	4 REED 19.252	4 RAMON VR4 18.266
5 DEWAYNE CORS 21.712	5 BRETTBUTTERFI 19.261	5 BOOTS! 18.318
6 SEAN DALE 21.866	6 YOGI 19.293	6 RACER20C 18.319
7 ALISHA B 22.124	7 SPEEDGONZALE 19.367	7 DB94 18.354
8 ANGIE2 22.359	8 SP DOLLAR SIGN 19.483	8 LORD FARQUAAI 18.371
9 RACER P 22.589	9 SHAMBLIN#21 19.415	9 +FTPCANCEI 18.371
10 REBECCA B 22.625	10 NATEE 19.454	10 UNBROW 18.407
11 DEVIN 22.885	11 FASTPITCH 19.448	11 FASTYFASTY 18.419
12 THATONGUY 23.134	12 NOOT NOOT 19.527	12 WISEGUY 18.431
13 ZSOTER-BOLT 23.340	13 BABY BOSS 19.615	13 WEEPINGONION 18.441
14 SCRUGGS 23.888	14 MARKT 19.781	14 GIO 18.468
15 TEALFLOWER 26.987	15 TERPLORD 19.786	15 EL RATON 18.505

The final results

# SPIRITED Tastes

## Wine in Southern Oregon

Although the first Oregon wineries were founded in late 1800s, it was almost a century later in the early 1960s that the wine industry began to develop—in what's now the Umpqua Valley American Viticultural Area (AVA), not the Willamette. What? Zinfandel is Oregon's grape? Who knew? Although Noble Grapes—Merlot, Cabernet Sauvignon and Syrah—are planted successfully, Southern Oregon is increasingly becoming known for its Spanish varietals. Abacela (in Roseburg) in particular has a formidable reputation for their Grenache, Tempranillo and Albarino.

The Rogue Valley is a sub-AVA of the Southern Oregon AVA and contains the Applegate Valley within its borders. The Valley contains a large number of micro-climates resulting in the cultivation of both cool and warm climate grapes. The Illinois, Applegate and Bear Creek rivers, and associated valleys, define this AVA that stretches from the Siskiyou Mountains to the California border. The western-most of the three, the Illinois River Valley, is most affected by the cooling effects of the Pacific Ocean and is the coldest of the three valleys; Pinot Noir, Pinot Gris, Riesling and Gewürztraminer are the primary varieties.

The Applegate Valley, located about 25 miles to the east, is warmer and dryer and Cabernet Sauvignon and Merlot dominate. The easternmost valley, Bear Creek, is the hottest and driest valley resulting in ripe Cabernet Sauvignon and Syrah.

<https://americanwineryguide.com/regions/rogue-valley-wineries/>

## Here is a list of local wineries. Take a day trip and visit for a tasting or two!

### Ashland

Ashland Vineyards and Winery	2775 E. Main Street, Ashland
Belle Fiore Estate and Winery	199 Belle Fiore Lane, Ashland
Dana Campbell Vineyards	1320 N. Mountain Avenue, Ashland
Grizzly Peak Winery	1600 E. Nevada Street, Ashland
Irvine Vineyards	2113 Emigrant Creek Road, Ashland
L. Donovan Wines/Long Walk Vineyard	1800 N Valley View Road, Ashland
Platt Anderson Cellars	330 Otis Street, Ashland
Schultz Wines	340 N. Fir Street, Ashland
Weisinger Family Winery	3150 Hwy 99, Ashland

### Central Point

Caprice Vineyards/Rellik Winery	970 Old Stage Road, Central Point
Hummingbird Estate	1677 Old Stage Road, Central Point
Ledger David Cellars	245 N. Front Street, Central Point

### Eagle Point

Agate Ridge Vineyard	1098 Nick Young Road, Eagle Point
Bayer Family Estate	11663 Agate Road, Eagle Point
Simple Machine	1098 Nick Young Road, Eagle Point

### Gold Hill

Cliff Creek - Sams Valley Vineyard	1015 McDonough Road, Gold Hill
Del Rio Vineyards	52 North River Road, Gold Hill
Folin Cellars	9200 Ramsey Road, Gold Hill
Sams Creek Cellars	39 Sams Creek Road, Gold Hill

### Grants Pass

Augustino at the Big Red Barn	16995 N. Applegate Road, Grants Pass
Rosella's Vineyard & Winery	184 Missouri Flat Road, Grants Pass
Schmidt Family Vineyards	330 Kubli Road, Grants Pass
Serra Vineyards	222 Missouri Flat Road, Grants Pass
The Academy	18200 Highway 238, Grants Pass
Troon Vineyard	1475 Kubli Road, Grants Pass
Wooldridge Creek Vineyard	818 Slagle Creek Road, Grants Pass

### Jacksonville

Cowhorn Vineyard and Garden	1665 Eastside Road, Jacksonville
Daisy Creek Vineyard	675 Shafer Lane, Jacksonville
Devitt Winery	11412 Highway 238, Jacksonville
Quady North	255 California Street, Jacksonville
Red Lily Vineyards	11777 Oregon 238, Jacksonville
South Stage Cellars	125 S. 3rd Street, Jacksonville
Valley View Winery	1000 Upper Applegate Road, Jacksonville
Wild Wines Winery	4550 Little Applegate Road, Jacksonville

### Medford

2Hawk Vineyard & Winery	2335 North Phoenix Road, Medford
Carpenter Hill Vineyard	928 Carpenter Hill Road, Medford
DANCIN Vineyards	4477 South Stage Road, Medford
Daniel Joseph Cellars/Pallet Wine Co.	340 N. Fir Street, Medford
Domaine Paradox	2310 Voorhies Road, Medford
EdenVale Estate/Eden Valley Orchards	2310 Voorhies Road, Medford
Pebblestone Cellars - Ellis Vineyards	1642 Camp Baker Road, Medford
Rocky Knoll Vineyards	711 East Main, Medford
RoxyAnn Winery	3285 Hillcrest Road, Medford

### Talent

Aurora Vines	2275 Pioneer Road, Talent
Paschal Winery	1122 Suncrest Road, Talent
StoneRiver Vineyard	278 Pioneer Road, Talent
Trium Wines	7112 Rapp Lane, Talent
Upper Five Vineyard	1125 Morey Road, Talent

### White City

Kriselle Cellars	12956 Modoc Road, White City
------------------	------------------------------

# REAL ESTATE

# Resource

## MLS LISTINGS

*Brought to you by*

**Kimi Fernandez @ RE/MAX Integrity**  
**CRS, RENE, SFR, C2EX, CLHMS, Principal Broker**  
**541-301-8332**  
**www.541RealEstate.com**

Sold Price	Address	Bedrooms	Baths	Sq. Ft.
\$4,000,000	766 Strawberry Lane, Ashland, OR	3	4	5,447
\$2,300,000	4177 Tami Lane, Central Point, OR	3	5	5,132
\$2,212,500	970 Walker Avenue, Ashland, OR	4	4	3,209
\$1,925,000	245 N Fifth Street, Jacksonville, OR	13	12	5,460
\$1,925,000	1930-1932 Stevens Road, Eagle Point, OR	3	3	3,167
\$1,875,000	5709 Hughes Road, Medford, OR	3	3	3,146
\$1,850,000	1355 Tolman Creek Road, Ashland, OR	4	5	4,387
\$1,622,000	185 Pleasantville Way, Grants Pass, OR	4	4	6,376
\$1,550,000	233 Granite Street, Ashland, OR	3	3	3,625
\$1,525,000	221 Hawk Drive, Grants Pass, OR	4	4	3,385
\$1,500,000	291 Gresham Street, Ashland, OR	4	4	3,786
\$1,425,000	29 Scenic Drive, Ashland, OR	4	4	4,084
\$1,350,000	12210 Modoc Road, White City, OR	3	2	1,344
\$1,350,000	2025 Butler Creek Road, Ashland, OR	4	2	2,664
\$1,305,000	4057 Livingston Road, Central Point, OR	3	4	3,132
\$1,300,000	2052 Jaynes Drive, Grants Pass, OR	4	4	3,540
\$1,266,470	4587 Innsbruck Ridge, Medford, OR	4	3	3,111
\$1,250,000	156 Greenway Circle, Medford, OR	3	3	2,474
\$1,240,000	3580 Redwood Avenue, Grants Pass, OR	4	5	3,956
\$1,200,000	3960 Independence School Road, Medford, OR	3	2	2,422
\$1,200,000	401 Majestic Lane, Ashland, OR	3	2	2,487
\$1,200,000	2000 Soda Mountain Road, Ashland, OR	6	5	3,396
\$1,197,500	360 Strawberry Lane, Ashland, OR	3	3	3,410
\$1,179,000	1000 Morton Way, Jacksonville, OR	7	5	4,379
\$1,150,000	94 Granite Street, Ashland, OR	3	3	2,879
\$1,150,000	191 Birdsong Lane, Ashland, OR	3	3	4,717
\$1,100,000	24100 E Evans Creek Road, White City, OR	3	3	2,990
\$1,100,000	743 Morton Street, Ashland, OR	4	4	3,975
\$1,100,000	16995 E Evans Creek Road, Rogue River, OR	3	3	2,160
\$1,100,000	5140 5300 Thompson Creek Road, Applegate, OR	3	2	3,265
\$1,100,000	3300 Redwood Avenue, Grants Pass, OR	4	3	3,425
\$1,094,195	1050 Old Siskiyou Highway, Ashland, OR	3	3	3,530
\$1,050,000	1957 Upper River Road, Gold Hill, OR	3	4	4,554
\$1,050,000	527 Waterstone Drive, Medford, OR	4	2	2,965
\$998,000	400 Sheridan Street, Ashland, OR	3	2	2,490
\$985,000	5603 Autumn Park Drive, Medford, OR	4	3	3,196
\$980,000	1000 Dead Indian Memorial Road, Ashland, OR	3	2	2,352
\$965,000	4060 Fieldbrook Avenue, Medford, OR	4	3	3,387
\$960,000	543 NW Valley View Drive, Grants Pass, OR	4	4	3,446
\$950,000	5407 Hillcrest Road, Medford, OR	3	4	3,682
\$950,000	443 Wildrose Lane, Grants Pass, OR	3	3	3,144
\$949,900	329 Tumbleweed Trail, Jacksonville, OR	5	4	2,806
\$949,900	842 Kestrel Parkway, Lot 7, Ashland, OR	4	3	2,223
\$945,000	238 Espey Road, Grants Pass, OR	4	4	2,286
\$935,000	3626 Hosmer Lane, Gold Hill, OR	4	4	2,287
\$930,000	171 Anita Drive, Grants Pass, OR	4	4	4,211

Sold Price	Address	Bedrooms	Baths	Sq. Ft.
\$925,000	8387 Upper Applegate Road, Jacksonville, OR	4	4	2,952
\$920,000	1494 Kubli Road, Grants Pass, OR	3	2	2,020
\$908,351	112 Pine Street, Ashland, OR	3	4	2,646
\$899,000	485 Beach Street, Ashland, OR	3	5	3,036
\$895,000	7765 Colonial Way, Central Point, OR	4	3	2,843
\$895,000	3274 Annapolis Drive, Medford, OR	3	3	2,804
\$889,000	41 SE Hogan Way, Grants Pass, OR	5	4	3,359
\$885,000	525 Hugie Lane, Eagle Point, OR	4	3	2,079
\$880,000	3825 Annettes Way, Medford, OR	4	3	3,770
\$875,000	2639 Kerrisdale Ridge Drive, Medford, OR	5	3	3,464
\$871,450	7654 Rapp Lane, Talent, OR	4	2	2,722
\$870,000	14738 Upper Applegate Road, Jacksonville, OR	3	3	2,398
\$865,000	998 W Justice Road, Central Point, OR	3	4	2,410
\$865,000	733 Crystal Drive, Grants Pass, OR	3	4	3,450
\$850,000	550 Taylor Street, Ashland, OR	4	3	2,918
\$850,000	2540 David Lane, Medford, OR	3	3	2,447
\$850,000	1192 Park Street, Ashland, OR	5	3	3,176
\$850,000	225 W E Street, Jacksonville, OR	3	3	2,569
\$839,000	1530 Oregon Street, Ashland, OR	4	2	2,579
\$837,000	2914 Neville Lane, Medford, OR	3	3	2,348
\$830,000	343 S Livingston Way, Grants Pass, OR	4	3	3,044
\$825,000	473 Leafwood Drive, Eagle Point, OR	4	4	3,373
\$825,000	4040 Dry Creek Road, Medford, OR	3	2	1,992
\$820,000	2367 Brownsboro Meridian Road, Eagle Point, OR	4	4	2,887
\$815,000	595 S Loop Road, Jacksonville, OR	3	3	2,078
\$811,500	1960 Nezla Street, Ashland, OR	3	2	1,898
\$811,100	399 Beach Street, Ashland, OR	4	4	2,169
\$810,000	698 S Mountain Avenue, Ashland, OR	3	3	2,256
\$810,000	4289 Murry Hill Court, Medford, OR	4	4	2,726
\$803,000	1068 SE Belle Aire Drive, Grants Pass, OR	3	2	2,298
\$802,027	411 Briscoe Place, Ashland, OR	4	3	2,854
\$802,000	29 Oak Hills Court, Eagle Point, OR	4	3	2,716
\$800,000	301 Wimer Street, Ashland, OR	5	5	3,590
\$800,000	1065 S Shasta Avenue, Eagle Point, OR	3	4	3,390
\$800,000	1000 SW Zane Grey Court, Grants Pass, OR	4	4	3,054
\$800,000	3861 Calle Vista Drive, Medford, OR	3	3	2,625
\$798,500	477 Allison Street, Ashland, OR	3	3	2,132
\$794,000	455 Nest Box Way, Lot 1, Ashland, OR	3	2	1,795
\$792,000	813 Buck Point Street, Central Point, OR	4	4	3,207
\$790,000	4413 Vista Pointe Drive, Medford, OR	5	3	2,879
\$785,000	289 Idaho Street, Ashland, OR	3	3	2,252
\$782,000	583 Darneille Lane, Grants Pass, OR	3	3	2,444
\$780,000	705 Amerman Drive, Phoenix, OR	4	3	2,871
\$775,000	345 Harrison Street, Ashland, OR	2	4	2,146
\$775,000	223 Eastbrook Way, Ashland, OR	4	3	2,345
\$775,000	2408 Camp Baker Road, Medford, OR	6	3	2,725
\$775,000	1545 Devonshire Place, Medford, OR	3	3	2,875

Sold Price	Address	Bedrooms	Baths	Sq. Ft.
\$765,000	940 Wildflower Drive, Merlin, OR	3	3	3,312
\$760,000	4334 Vineyard Terrace, Medford, OR	4	4	3,964
\$750,000	500 Riverbanks Road, Grants Pass, OR	4	4	3,912
\$749,000	7745 Beagle Road, Central Point, OR	3	2	1,008
\$733,000	1858 NW Sunview Place, Grants Pass, OR	3	3	3,185
\$730,000	504 Waterstone Drive, Medford, OR	4	2	2,320
\$729,000	4280 Dark Hollow Road, Medford, OR	3	3	2,780
\$725,000	6598 Truax Road, Central Point, OR	4	5	2,493
\$722,500	1690 Foothills Creek R Fork Road, Gold Hill, OR	3	2	1,846
\$715,712	367 Otis Street, Ashland, OR	3	2	1,709
\$715,000	99 Union Street, Ashland, OR	3	2	2,090
\$715,000	542 Quail Court, Central Point, OR	4	3	2,624
\$715,000	485 W Nevada Street, Ashland, OR	3	3	2,079
\$710,000	4919 Grant Road, Central Point, OR	3	2	1,929
\$710,000	3267 Sky Way, Medford, OR	3	2	2,449
\$710,000	110 Daisey Lane, Jacksonville, OR	4	2	2,323
\$710,000	580 Ragsdale Road, Trail, OR	3	3	4,805
\$705,000	620 D Street, Jacksonville, OR	2	4	2,229
\$700,000	1393 Ryan Drive, Medford, OR	4	4	3,630
\$695,000	309 & 311 Davidson Way, Talent, OR	5	5	2,708
\$695,000	4486 Innsbruck Ridge, Medford, OR	4	3	2,736
\$695,000	4155 Barbara Jean Way, Medford, OR	4	3	3,819
\$695,000	1726 River Run Street, Central Point, OR	4	2	2,172
\$695,000	535 Sutton Place, Ashland, OR	3	3	2,975
\$695,000	125 McDonalds Way, White City, OR	3	2	1,640
\$695,000	14356 Hwy 62, Eagle Point, OR	3	2	2,529
\$693,000	143 3rd Street, Ashland, OR	2	1	1,716
\$690,000	450 Iowa Street, Ashland, OR	4	2	2,184
\$690,000	3928 Sunleaf Avenue, Medford, OR	4	2	2,516
\$690,000	1012 Kristen Drive, Medford, OR	4	3	3,152
\$689,900	359 Otis St Street, Ashland, OR	3	3	1,573
\$685,000	235 5th Street, Ashland, OR	3	3	1,914
\$685,000	10320 Wagner Cr Road, Talent, OR	3	2	4,200
\$680,000	2008 Stringer Gap Road, Grants Pass, OR	4	3	2,319
\$675,000	685 Morton Street, Ashland, OR	4	3	2,450
\$675,000	1215 Summer Lane, Grants Pass, OR	3	3	2,830
\$675,000	965 Garden Way, Ashland, OR	3	2	2,928
\$675,000	655 Valley Oak Boulevard, Central Point, OR	4	3	2,807
\$670,000	5656 Foothill Boulevard, Grants Pass, OR	3	2	1,766
\$669,900	315 Summit Loop, Grants Pass, OR	3	2	2,174
\$669,000	430 Robert Trent Jones Boulevard, Eagle Point, OR	4	3	3,296
\$665,000	4878 Highway 66, Ashland, OR	3	2	1,700
\$665,000	1943 Wards Creek Road, Rogue River, OR	3	3	2,107
\$665,000	3268 Sky Way, Medford, OR	3	3	2,417
\$661,600	9075 Upper Applegate Road, Jacksonville, OR	2	2	1,682
\$660,000	345 Alta Avenue, Ashland, OR	4	3	2,411
\$660,000	145 Central Avenue, Ashland, OR	3	2	1,942

Sold Price	Address	Bedrooms	Baths	Sq. Ft.
\$660,000	800 Wildflower Drive, Merlin, OR	3	3	2,156
\$660,000	1683 E Evans Creek Road, Rogue River, OR	3	3	2,929
\$659,000	241 Irena Road, Grants Pass, OR	3	3	2,070
\$655,000	2912 S River Road, Grants Pass, OR	4	6	4,142
\$655,000	1532 SW Schutzwahl Lane, Grants Pass, OR	3	2	1,977
\$655,000	4743 Torrey Pines Drive, Medford, OR	3	3	3,106
\$652,836	331 Randy Street, Ashland, OR	3	2	1,530
\$652,000	5369 Rogue River Highway, Gold Hill, OR	3	2	1,850
\$650,000	522 Maryann Drive, Jacksonville, OR	3	2	2,286
\$650,000	767 Roca Street, Ashland, OR	4	3	2,352
\$650,000	664 Wildflower Drive, Merlin, OR	3	2	1,918
\$650,000	1070 St Francis Drive, Medford, OR	3	3	2,342
\$650,000	1428 Highcrest Drive, Medford, OR	3	3	2,174
\$650,000	572 Ray Lane, Ashland, OR	4	2	2,080
\$650,000	186 Felkner Road, Grants Pass, OR	4	3	2,224
\$650,000	9444 Highway 234, Gold Hill, OR	6	4	3,472
\$649,900	1417 SE Weeping Willow Court, Grants Pass, OR	3	3	2,354
\$649,000	3877 Colorado Drive, Medford, OR	4	3	2,097
\$646,630	339 Randy Street, Ashland, OR	3	2	1,422
\$645,000	6297 Dodge Road, White City, OR	4	2	2,080
\$640,000	1694 Highcrest Drive, Medford, OR	4	3	2,758
\$640,000	1609 Pacific Lane, Phoenix, OR	3	2	2,040
\$640,000	495 Waterstone Drive, Medford, OR	3	2	2,087
\$640,000	4039 Shamrock Drive, Medford, OR	3	3	1,947
\$639,000	125 Rooster Lane, Williams, OR	4	3	3,648
\$635,999	410 Woodbury Lane, Grants Pass, OR	3	2	1,787
\$635,000	684 Siskiyou Boulevard, Ashland, OR	4	3	2,456
\$635,000	4341 E Evans Creek Road, Rogue River, OR	3	2	2,086
\$634,500	776 Capella Circle, Ashland, OR	3	3	1,909
\$632,900	8604 Wagner Creek Road, Talent, OR	3	3	2,320
\$630,000	170 Timbers Lane, Talent, OR	3	2	2,018
\$627,000	6756 E Evans Creek Road, Rogue River, OR	3	2	1,770
\$627,000	3887 Arena Drive, Medford, OR	4	2	1,927
\$625,000	530 Dogwood Way, Ashland, OR	3	3	1,694
\$625,000	1075 S Mountain Avenue, Ashland, OR	4	3	2,713
\$625,000	1115 Wagon Trail Drive, Jacksonville, OR	2	3	2,002
\$625,000	551 Taylor Street, Ashland, OR	5	3	2,800
\$620,000	3775 Brownsboro Highway, Eagle Point, OR	3	2	2,650
\$620,000	10342 E Evans Creek Road, Rogue River, OR	2	2	2,224
\$620,000	2193 Jeremy Street, Central Point, OR	5	3	3,187
\$620,000	979 Arrowhead Trail, Eagle Point, OR	4	2	2,303
\$616,500	3644 Creek View Drive, Medford, OR	3	3	3,334
\$615,000	2898 Elk Lane, Grants Pass, OR	3	2	1,920
\$610,000	1480 Dutcher Creek Road, Grants Pass, OR	3	3	2,041
\$609,000	4748 Upper Applegate Road, Jacksonville, OR	3	2	1,573
\$607,000	3215 Madrona Lane, Medford, OR	3	3	1,608
\$600,000	7212 Lower River Road, Grants Pass, OR	4	3	3,458
\$600,000	2687 Syringa Drive, Medford, OR	3	3	2,030

# FINANCIAL *Fitness*

**HOW TO  
GROW AND  
KEEP YOUR  
MONEY**

## IS YOUR CASTLE PROTECTED?

Your home is your castle. Next to your family & health, your home is a primary asset. The housing and construction market has changed so substantially over the last several years and even in the past few months. Even though most insurance companies will automatically increase your coverage each year, how can you be sure that it's enough?

Here's THREE tips on how to get smart about reviewing your policy:

**First, an overview of basic coverages is listed in your annual renewal paperwork.** If you want to dig into some substantial tips on how to review your declaration pages, keep reading. If it feels like a foreign language, we'd love to translate that for you!

The dwelling coverage is the first coverage (A) listed on your home policy. This is the estimated cost to rebuild the home (not the market/list price!). Over and above the dwelling amount, check for extended replacement cost (an additional % above the dwelling coverage) or guaranteed replacement cost (essentially rebuilds your home to same size/quality no matter the cost). Adding together the stated dwelling coverage and your extended replacement cost, make sure your coverage is at least \$250-\$300/square foot.

**The next coverage stated on your home policy is for separate structures.** If everything is under one roof, you can skip this step.

Otherwise, this is included with most home policies at 10% of the dwelling coverage (whether you have any additional structures – like detached garages, greenhouses, pool houses, fences, etc.). That included ten percent may not be sufficient depending on the sum of those exterior features.

**Coverage C on your policy is personal property.**

According to the Bureau of Labor Statistics the June 2022 Consumer Price Index indicates a 9.1% increase in cost of consumer goods year over year. Since your personal property should be covered at replacement cost, you will want to factor in that your stuff costs a lot more now!!

**One more thing for a bonus.**

The National Association of Home Builders recently noted that rental prices had the highest monthly increase in June since 1986. As rental prices have soared, your next coverage – loss of use – should also be checked! Since local construction can take over 18 months, calculate a minimum of 18 months rent to ensure there is enough coverage in this category and as well as more than 12 months' time limit. If you have a renters insurance policy, all the same coverages apply excluding the dwelling & separate structures.

**Don't wait until something happens!** Make it your goal this year to actually open that envelope or email you get from your insurance company. Spend a few minutes making those quick calculations to rest easier knowing you are prepared should a situation arise. So many changes in life happen that should be reflected in your insurance coverages, but often go unadjusted as that open relationship between client and agent has become a lost priority. Better yet, take the opportunity to review your policy with your insurance agent.

## LIFE IS BETTER WHEN YOU HAVE A PLAN

- Home insurance
- Life insurance
- Plans you can customize for your needs



**Skyler & Courtney Tacchini**

Your Local Agents  
721 MAIN ST, STE. J10  
PHOENIX, OR 97535  
[STACCHINI@FARMERSAGENT.COM](mailto:STACCHINI@FARMERSAGENT.COM)

**Call 541.535.6161 today!**  
Smart choices last a lifetime.



Restrictions apply. Discounts may vary. Not available in all states. See your agent for details. Insurance is underwritten by Farmers Insurance Exchange and other affiliated insurance companies. Visit farmers.com for a complete listing of companies. Not all insurers are authorized to provide insurance in all states. Coverage is not available in all states. Life Insurance issued by Farmers New World Life Insurance Company, 3120 139th Ave. SE, Ste. 300, Bellevue, WA 98005.

16634665

# AUTO *Buzz*

**We take a look at some of the latest models**

## The Windsor Machine group creates TRUEactive head restraint

This is a remarkable system that senses an oncoming rear end collision and automatically tilts the headrest forward to minimize the distance between it and your head, which reduces whiplash. Watch the video on how it works here:

<https://www.autonews.com/video/autonews-now/autonews-now-windsor-machine-group-creates-trueactive-head-restraint>

### PHOTOGRAPHY *Service*

**PHOTO-PRO**

DIGITAL PHOTO & VIDEO RECORDING  
CALL ROLAND (541) 292-2597

Specializing in:

- Family Photos and Single Portraits, including Vignettes
- Product Photos for companies
- Special Event/Occasion Coverage
- Professional Portfolios.
- Outdoor, Property, Landscape and Pet Shots
- I come to your location. Affordable Prices
- Professional Prints available in most sizes
- Over 25 years Experience.
- Top Quality Digital Equipment

EMAIL  
[torreypines@charter.net](mailto:torreypines@charter.net)

**YOUR AD  
COULD BE HERE!**

Visit our website for our Media Kit!  
[www.RogueValleyLivingMag.com](http://www.RogueValleyLivingMag.com)

# TECH *Talk*

## Devices to improve health and safety at home

By WECT Staff



Devices that were once only accessible in settings such as a doctor's office are becoming more accessible for individuals to have in their own homes.

Jessica Vinoverski from U.S. Cellular sat down to showcase and discuss some of the devices that can assist with medical and safety needs in the home.

"We have the Google Nest Hub Mini, it's a voice activated speaker that you can say commands to. You have the Google Nest Hub Max, where you can do virtual doctor's appointments if you can't make it into the doctor's office, which is nice," said Vinoverski. "You even have the smart pill organizer that can hold a week's worth of medications. And it comes with an app that will tell you when and what medication you need to take."

Recent surveys show that more than 60 percent of those age 65 years and older have a cell phone. Ten years ago, only 13 percent owned one. With an increase in ownership, home devices that can connect to one's phone makes keeping up with healthcare and personal safety easier.

"I think when people think smart home, they think young adults, but more older adults are coming into the store now to get this, for safety, for security, even the Google Nest Hub Camera that will watch your front door, let you know who's outside," she added. "It can even tell the difference between animals, vehicles, so you know you're safe and secure at all times."

For those who may not be tech-savvy, many of these devices allow other family members access in order to check in on loved ones.

"We've seen people have the camera in their home for their parents. And it has a two-way microphone as well, so you can check in on them at all times," explained Vinoverski.

# Fashion FORWARD

## 5 Runway Trends to Take to the Streets This Autumn

By Munira Fidai

The leaves are falling, the weather is turning, and the wardrobe is calling for an autumn revamp. If you are itching to get your hands on the newest collection, hot off the ramps, here are 5 staples that can take your fall fashion game to another level altogether.

### Animal prints

Animal prints make a comeback each year without fail and this year is no different. Turning the heat, a notch up in this cooler season, all the celebrities — from Victoria Beckham to Tom Ford — who mean business when it comes to fashion, sported some form of animal print this year on the ramp. Ocelot, snake, zebra, leopard and tiger print, everything was paraded, while Zara unfolded a huge, 64-piece animal print collection for the season.



### Pleated skirts

Something of a seasonal trend, pleats are one of autumn's most favoured fashion statements. Mid length numbers in knife or elite pleat styles continue to be in vogue, but experts say that it is not as much about the type of pleat as about how one styles it. One can choose to be gutsy and wear it over trousers, like how Valentino did, but for the warmer climate of Bangladesh, it is infinitely more practical to wear it on its own, with a bright coloured knit top, to spruce up the look.

### White boots

It may be difficult to pin the first prize on shoes this year as cone heels, slingbacks, and flats all put forward convincing displays. However, if one dedicated last year's leg trend to sock boots in dark colours, this year would undoubtedly belong to long, white boots, in high end (Balenciaga and Maison Margiela) and cheaper (Zara) options.

### Tweed coats

Especially suited to cooler locations, the tweed coat is warm, nifty and something of a nostalgic return of a classic. Seen and loved extensively in the popular OTT series, The Crown, the tweed coat can be styled in all kinds of attractive ways. One can style it as an elegantly fitted coat over dresses, as a boxy, structured overcoat, as a historic, flared, comfortable button-down or as a fashion-forward, oversized number over high-waisted fitted pants and crop tops for a range of versatile looks.

### The Successor to 'Millennial Pink'

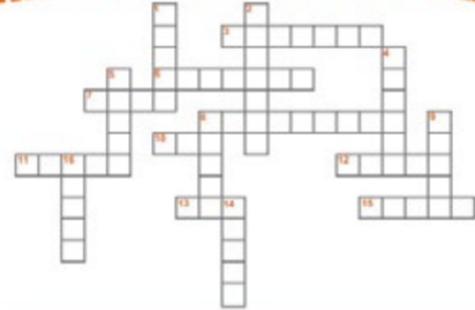
"Millennial pink" hit the ramp in 2016, and the fashion world was suddenly ripe for all things bright and colorful.

Shot down for either being too summer-y or simply not syncing right with autumn, trend forecasters are now placing their bets on bright green as the hue for the season. However, if one looks at the trend charts, it seems as if any color, other than the drab black, is being preferred, for coats, skirts, and all other clothing articles this fall.

# PUZZLE AND Fun Corner

## FUN PAGE

### HALLOWEEN CROSSWORD



- Across**
- Famous vampire
  - When you dress up you wear a \_\_\_\_\_
  - O'Lantern
  - October 31
  - What ghosts might say to scare you
  - He's all wrapped up in white bandages
  - Trick or \_\_\_\_\_
  - What a spider spins
  - Opposite of day
- Down**
- Some say it's bad luck to see this color cat walk under a ladder
  - "Double, double toil and \_\_\_\_\_"
  - Halloween color
  - Children like to get lots of this on Halloween
  - Haunted \_\_\_\_\_
  - She lies on a broom
  - What vampires like to drink
  - A magician performs \_\_\_\_\_ tricks

CAN YOU SOLVE IT?

+ + = 24  
 + + = 18  
 + + = 11  
 + + + x = ?

### HALLOWEEN WORD SEARCH

W H D R S U V H F L H H N D Q J U A P C H R I U  
 C D X W P C T A K S F Q X B F L O W E R E W E K  
 I W U N G G Q L Z U F C D S E L K Z P A S Q R Z  
 Q X L R U Q F L V F N A V L V W N G G C O N I T  
 J H C E N O T O S R J P J T I D B B O N E I P R  
 C L B T K S X W C E U M J K L I W B H S T K M F  
 N R B N K W K E R B V W C M Q W Q E S Y X P A L  
 A W L A K K Q E E O M O Y S J A N C C B H M V R  
 X R A L N P H N A T Z M Y P S P I R I T P U E A  
 S T C O D Z U S M C P Q C B F B R C O P E P Z E  
 S C K K M F W C T O E F Y S C A R E L S V S G F  
 Q U C C N N S I Z C L U E M U T S O C R P P D E  
 V C A A I S Z M R G H O S T Z X V H T U O O F W  
 L J T J G E G R A V E P E R H M W A R P Y O K Q  
 L A V A H I Z E Q Z Q P C H J Z I X I H Z K O U  
 S N O P T B O V Z Z V I T J K K K Y C A C Y F A  
 K D H X M M K P S Z C P U D E I G U K N Y G W Q  
 E H U Y A O K M Q F J D R T B U B N O T K T V V  
 L R I O R Z C A N D Y M U M M Y Q V R O Q L W P  
 E O F V E E I I W Z B W E A X D Y O T M O Y L S  
 T E W I T C H S H J K D E T N U A H R Q O X F I  
 O K B T G A N E T H G I R F Z C P F E T B J J A  
 N B V M I F T F N N W O L C G U L L A E G Z F R  
 J Y O H C G T I R O R R O H P F F H T R S M R M

- |         |          |          |           |              |              |
|---------|----------|----------|-----------|--------------|--------------|
| BOO     | MUMMY    | BLACKCAT | BONE      | CANDY        | CLOWN        |
| HAUNTED | GHOST    | GRAVE    | HALLOWEEN | HORROR       | JACKOLANTERN |
| SCREAM  | PHANTOM  | PUMPKIN  | SCARE     | SKELETON     | SPIRIT       |
| EVIL    | VAMPIRE  | WITCH    | ZOMBIE    | TRICKORTREAT | SPOOKY       |
| OCTOBER | WEREWOLF | FRIGHTEN | FEAR      | NIGHTMARE    | COSTUME      |

### Halloween Maze



From printablee.com

# HOME Matters



by Sean Comerford

**How do you keep your home's plumbing system from breaking down or needing major repairs? Here is expert advice for plumbing mistakes to avoid.**

Our actions can be the biggest threat to our home plumbing system. If you wash the wrong things down the garbage disposal or do a poor DIY job, you could be risking an expensive repair or a plumbing emergency down the line. Read this article for advice on avoiding common plumbing mistakes, and ways to prevent damaging your home plumbing system.

## 1. Flushing "flushable wipes"

Ask any plumber how they feel about "flushable wipes," and they will tell you these disposable wipes are every plumber's nightmare. Don't flush them down the toilet!

Why? Because they are likely to create a partial blockage in the drain and, as more go down your sewer line, they can become compacted over time to create a complete drain clog. When this happens, the home's drain system becomes completely backed up.

Water rising up your drains and other fixtures like toilets, bathtubs or washing machines indicates a full blockage. If a flushable wipe lodges further down the line, other fixtures in the home might back up, too.

## 2. Pouring grease down the drain

After cooking with a hot pan of grease, the worst thing you can do to your drain pipes is to pour the grease down the kitchen-sink drain. As the grease solidifies in the cooler faucet water, it will stick to the walls of the drain pipes and a thick, gunky blockage will begin to build.

When this happens, a drain line needs to be "hydro-jetted" to clear the blockage—where a plumber blasts high-pressure water through your pipes at a cost of \$200 to \$500. Instead, pour the cooking grease and oil into a container and dispose of it according to the recommendations of your local waste-removal service.

## 3. Choosing the wrong drain cleaner

When trying to open a clogged drain, the first and fastest fix for most homeowners is to use a liquid drain cleaner that dissolves the blockage.

When there is a total drain blockage, people tend to go with the most powerful acidic liquid drain cleaner they can find. In some situations, this can actually cause damage. Aggressive drain cleaners should not come in contact with fixtures because they can remove or etch the porcelain or stainless steel. A better solution is to snake the drain or call a plumber.

Nonetheless, drain cleaners can work if used properly in certain cases. But use the right one for the type of drain you are trying to clean.

**For kitchen blockages, use a drain cleaner that will remove the fat and grease that gets into the drain.**

For bathrooms, use something formulated for soap scum and hair that is commonly found in that type of drain. Also be aware that most chemical cleaners need at least some flow so the acid solution can reach the blockage. In some cases, it's necessary to mechanically clear the block with a plunger or plumbing auger (snake) so the chemicals can effectively flow through the sewer line and adhere to the blockage.



#### 4. Improper use (or failing to use) thread sealant tapes

When you want to change out a shower head or connect threaded metal pipes, use thread sealant tape and—wind it properly—to seal the joint and make the connection easier to disassemble in the future if required.

Wrap the sealant tape clockwise around the threads with 3 to 5 revolutions. If you wrap it the wrong direction, the sealant tape will unravel when you screw on the shower head or pipe fitting. When this happens, the connection may leak, leading to expensive water damage over time.

Using a grey color tape as shown in the photo will match the fixture's finish and be less visible. Knowing how to select and apply the right tape for a specific project will save you costly plumbing fixes in the future.

#### 5. Improper use of a garbage disposal

Throwing potato skins down the garbage disposal may make kitchen clean-up easier, but the thick, starchy mess could cause some serious damage to the garbage disposal or your pipes over time.

The grinder in the garbage disposal chops up waste into manageable sizes and then disposes of it down your drain system. When this system is abused, it can lead to thick blockages and is environmentally unsound.

#### 6. Not knowing the location of water shutoff valves

In an emergency situation, such as an unexpected pipe burst, it is important to know how to turn off your water. You also need this information when you switch out fixtures in the kitchen or bathroom.

When valves are installed they typically sit idle for a long time until they are used. Since they are not turned on regularly, it's important to turn them off and on about once a year to keep them from seizing up.

#### 7. Failing to winterize pipes before winter

Winterizing pipes involves a series of steps that prepare a home's interior and exterior plumbing to withstand below-freezing temperatures without freezing. This protects against devastating pipe bursts and leaks.

As water freezes and becomes ice, it expands. The expansion quickly builds pressure within pipes that can eventually burst the pipes.

#### 8. Over-tightening pipe connections

When installing under-sink pipes or plumbing fixtures, don't over-tighten the joints. These pipe connections don't require much force to seal. Over-tightening can damage the internal seals and make for a difficult repair job later.

Hand tightening followed by a ¼ to ½ turn with a wrench is sufficient for water supply line connections feeding the majority of fixtures in a home. One answer is to err on the side of under-tightening, and then test the connection. If a leak occurs, you can always tighten the connection more.

Don McCoy: The Real McCoy Of Real Estate!

As the Real McCoy of Real Estate, I have had a lot of success working with Senior Citizens in getting their homes sold. And when it comes to homebuyers, you can go to my website and get all the newest listings as quickly as they become available.

When I first got into Real Estate, I realized just how impactful it could be to work with my clients through some of the most significant transactions of their lives.

Whatever your real estate needs, you will have a professional and honest transaction with the Real McCoy of Real Estate.

Get in touch with Don McCoy to get your free book on how to sell your home or get the newest MLS listings of homes for sale today.




[CLICK HERE TO GET IN TOUCH WITH THE REAL MCCOY OF REAL ESTATE](#)

# Entertainment

## 10 Rising Voices in Audio Honorees Point to the Future of Podcasting

By Paula Hendrickson and William Earl

The inaugural class of the Gotham Film & Media Institute's the Gotham/Variety Audio Honors, presented by Wondery, are the next generation of storytellers, and have been selected in recognition of their innovations in audio storytelling by a committee of distinguished audio industry professionals, chaired by award-winning podcast creator, producer and new host of NPR's "It's Been a Minute," Brittany Luse. The Gotham/Variety Audio Honors are set to take place in person as a luncheon and a staged presentation in New York City on Oct. 14.

"As an organization dedicated to celebrating and nurturing independent creators, we are proud to recognize these brilliant, innovative, and groundbreaking audio storytellers," said Jeffrey Sharp, executive director of the Gotham Film & Media Institute. "As audio content reaches a pivotal point of engagement and innovation, it is crucial that we launch new platforms of recognition, such as The Gotham/Variety Audio Honors, to celebrate the most daring creators in our industry."

The Audio Honors will be hosted by Gotham Executive Director, Jeffrey Sharp, and Variety COO/CMO, Dea Lawrence. Variety Executive Editor, Brent Lang, will moderate a discussion with the honorees. Variety will also feature the winners and their profiles as part of its New York Issue, set to publish on Friday, Oct. 21.

The Gotham Film & Media Institute, host of the annual Gotham Awards, has been at the forefront of nurturing and celebrating independent creators for over 40 years, providing access to the industry, pathways to wider recognition, and creative- and career-building resources and mentorship. Over the past five years, its community has grown to include audio storytellers, furthering its mission to elevate original voices and influence the industry to be more expansive and inclusive. The Gotham Film & Media Institute has celebrated emerging voices through its annual Podcast Certificate Program, Audio Forum projects at Gotham Week (now in its third year), podcast pitch events as well as year round film and TV labs and programming and The Annual Gotham Awards, now in its 32nd year.

"There are so many talented podcast creators who deserve to be recognized for building on the medium's rich history and pushing its future forward," said Lawrence. "In partnership with The Gotham and Wondery, we hope these new honors can celebrate a few of the people behind some of the truly excellent podcasts leading this industry forward."

"There's so much opportunity in podcasting right now. We're seeing more and more emerging creators who are entering the space and bringing in new ideas and perspectives," said Marshall Lewy, chief content officer at Wondery. "We are thrilled to join Variety in honoring these up-and-coming new voices and look forward to seeing how they shape the future of the industry."

**MAKE SURE**  
**TO OPT-IN**

**ROGUEVALLEYLIVINGMAG.COM**

- STORIES ABOUT YOU
- AND YOUR NEIGHBORS
- THINGS YOU CARE ABOUT
- FUN & UPLIFTING

**541-900-6584**

**Deadline for next month's issue  
is at the end of every month.**

Get the opportunity to be featured in RVL ...your family, pets, home or yard!

**Sign Up Now!**

Our Email :  
Editor@RogueValleyLivingMag.com



## 11 Ridiculously Simple Business Tips That Will Help You Beat Your Competition

By Faye Ferris

Business can be brutal because... well, that's business!

For every success you have in growing your market share, another business or other businesses will inevitably lose ground. Here are 11 quick and easy business tips to gain a competitive advantage over your rivals and insulate yourself from the threat of new entrants in the market.

### 1. Focus on leads, not sales

Of course, we all want to spark business growth and increase revenue. But the way you do this in a sustainable way is to focus instead on the building of a loyal database of avid fans.

Content marketing, paired with optimized website forms and intelligent email automation follow-up is critical to business success. This approach builds trust by giving away free value before asking for someone's hard-earned money.

### 2. Don't sell products, provide solutions

Like it or not, folks out there aren't searching for your brand, they're just looking to solve a problem or find a particular type of product (unless you run Starbucks or Adidas!)

Don't list all the benefits your product brings. Focus on the solutions. Explain to the customer in simple, straightforward terms how or why your product can help them or assist in the attainment of their goals.

Consider FedEx's iconic slogan: When it absolutely, positively has to be there overnight. This was a clear example of addressing widely-spread anxiety about the reliability of delivery services.

Run through some market research to profile your target customer. How does your product or service – and your delivery and price point – solve other people's problems and make their lives easier or more pleasurable?

### 3. Always optimize your pricing

Dropping prices doesn't necessarily raise sales, for instance (though it will definitely squeeze margins). If you position yourself as a premium brand, then your customers aren't necessarily value-driven in the first place, and cutting prices could even tarnish your brand.

Consider this case study from Robert Cialdini's seminal book 'Influence: The Psychology of Persuasion': a jeweler sold out of turquoise jewelry after accidentally doubling, instead of halving, the price. The inflated price tag lent the product an unwarranted cachet!

If you are a premium brand, there are ways to optimize your pricing without lowering prices. For example, offer the quality-conscious customer an 'exclusive' benefit that your rivals do not or cannot provide.

If you are at the value-driven end of the market, on the other hand, don't assume slashing prices means incurring a loss. Low pricing can help you rapidly onboard a heap of new customers who may also buy other items in your shop and return again.

Context also counts for a lot with pricing. The best way to sell a \$5,000 watch, for instance, could be by putting it next to a \$10,000 watch. Think strategically when it comes to deciding any price point.

### 4. Hire friendly customer-facing staff

Yes, it sounds obvious, but it's so very important! Whether consciously or not, people are more likely to buy a product if they like the sales assistant who's attending to them.

While the employee's personality obviously has no bearing on the price or your product's ability to serve their needs is irrelevant. Friendly customer-facing staff will always attract more sales.

Be rigorous in hiring people who are genuinely cheerful, friendly and outgoing. Make sure your training program teaches them to adopt a consistently friendly approach that puts customers at ease and feel like a priority.

### 5. Stay open even longer

Say you're a bricks-and-mortar store and you're getting a rush of customers as closing time approaches... why not close up an hour later?

While this may cause disgruntlement among staff, solve this issue by getting creative with rosters. Monitor customer footfall throughout the day and week to identify your busiest periods, and staff people accordingly.

You can also reduce headcount during quieter periods to offset the higher costs and longer working hours created by your extended opening hours. It's a win-win!

### 6. Don't make customers dig deep for a phone number

Even in the digital age, some customers will always prefer to contact you by phone rather than email or Facebook. While many online companies with tight margins eschew manned phone lines altogether, it's worth giving customers the option of having a voice-to-voice conversation with your brand.

By all means, slash the time and cost spent responding to queries by funneling customers to standardized, pre-existing responses on your webpage (i.e., FAQs).

But if their query isn't listed in the drop-down menu of FAQs, then don't make them click more than once more to find your phone number. Put it front and center on your web page, particularly if you're a retail offering.

'Live chat' bots are an inexpensive way of offering real-time communication, too.

### 7. Give something for nothing (or very little)

Why not give your happy customers a voucher with their purchase to redeem on your products and services? If they love what you do already, they're only going to love you more for this.

It's good for you because:

- It guarantees they will return to your store again. People hate to waste freebies!
- When they return to your store to redeem their voucher, they may buy other items, too. If your business operates online, then the freebie could be strategically timed to coincide with a special sale.

Oh, and guess what? Chances are customers who have received vouchers or freebies won't stay quiet about it either, so you could enjoy some positive buzz on social media.

### 8. Support your local community

Local businesses can arguably connect with their unique communities with much greater authority than any global chain. A local retailer, hair salon or gardening company can sponsor a kid's sports team and offer deep discounts for OAPs at the same time.

Some cinemas feature special 'sensory' screenings where parents can bring kids with autism (who would normally be overwhelmed by busy, noisy environments) to enjoy a movie in a relaxed, stress-free atmosphere. This reflects well on them and also guarantees them a loyal customer niche.

Whatever you choose to do to support your community, make sure it authentically fits with your brand offering and business journey to date.

### 9. Use social media smartly

Social media is a great medium through which to build a solid relationship with customers – just don't forget what 'social' actually means! Soul-less corporate shop-talk won't work on Twitter.

Try to give your brand some 'personality' when you write updates or posts. This can bring its own risks, of course. But if you get it right, the benefits can be immense.

Develop a tone of voice that aligns well with your brand identity. Seek to inform, help, entertain or amuse.

And most importantly – given the dire PR consequences – don't patronize, try too hard to be funny, or tweet after a few alcoholic drinks!

### 10. Own your niche

Sometimes it's better to be a master of one discipline than a jack of all trades. Admittedly, multiple revenue streams do spread your risk: if one falters, others can take up the slack.

Nevertheless, consumers often associate 'specialists' with higher quality products or services than generalists. And with good reason, too: specialists typically invest all their resources into perfecting a single product or service.

So what should you specialize in? To state the obvious, it should be something in which you excel. You could also pick something with rising or recession-proof demand which is resilient to technological change in which you possess a competitive advantage over your rivals or where there's an obvious gap in your local market.

Own it, whatever you do.

### 11. Be humble

Don't ever get too satisfied with your business. You can always improve – and improve you must!

Don't get me wrong: without the odd moment of smug satisfaction, what's the point? Do relish in the successful launch of a game-changing product or take pleasure in positive customer feedback. But don't let your customers hear you banging on about it time after time!

Be alert to the common element that has led to the downfall of countless hitherto thriving brands: complacency. Imaginative, nimble and innovative start-ups often do better than big market leaders that just got lazy.

You may be the disruptive innovator today, but tomorrow you could be the complacent market leader with a tired business model.

So try to be humble and always strive to improve. Seek inspiration from other entrepreneurs, from books and from seminars.

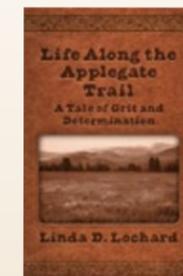
The moment you think 'mission accomplished' is the same moment you become vulnerable to being usurped.

#### Writing Services by local author

#### LINDA LOCHARD

Writing Services Linda provides include biographies and freshening of print and digital marketing materials.

Other assistance is available upon agreement.



#### Why call Linda?

- Experienced and Inspirational
- Shares a different point of view
- Is responsive to you
- Connects with your audience
- Builds or strengthens trust with your customer
- Invites the purchasing of your service or goods
- No obligation to call for information



541.951.2779 • [Lochardlinda@gmail.com](mailto:Lochardlinda@gmail.com)  
[facebook.com/lindalochardauthor](https://facebook.com/lindalochardauthor)

# Beauty



We LOVE beauty hacks! Whether you're multitasking a skincare product, creating a DIY face mask, or combining two individual products, beauty hacks just make everything so much better. The fun part about beauty is that you can break the rules. Want a body lotion that's more hydrating? Add in a few drops of body oil. Just used up your last scoop of shaving cream? Use a body butter instead.

You may have seen one or two of these Truly beauty hacks on TikTok already. All the rest have been freshly invented! Here are five Truly hacks you should definitely include in your beauty routine to get the most out of our products — and the biggest bang for your buck.

## #1: Mix Blueberry Kush Body Oil + Coco Rose Body Butter

For Extra Glowey Legs

Looking for a moisturizer that can nurture your dry, itchy skin? If your current body lotion isn't doing a good enough job at keeping dryness at bay, try mixing two Truly favorites to get your smoothest, glowiest gams!

**Blueberry Kush Body Oil** is an illuminating potion of blueberries, vegan collagen, lactic acid, and salicylic acid that fights inflammation, boosts collagen production, and brightens the skin. It's also extremely hydrating thanks to its base of CBD and jojoba oil.

**Coco Rose Fudge Body Butter** is a nourishing body moisturizer made with a blend of coconut oil, shea butter, and rose to brighten and hydrate dull skin to give it a smooth, radiant appearance.

Mix them together and you've got yourself a treatment for glowing skin! Start with the body butter, then seal it all in with the oil. With the sheen from the oil, it'll highlight your curves beautifully.

## #2: Multitask Unicorn Fruit Whipped Body Butter

As a Lip Balm, Shaving Cream, and More...

**Unicorn Fruit Whipped Body Butter** is a TikTok-famous beauty product designed to soothe, hydrate, and plump skin. It contains a nourishing blend of acai, plant collagen, and matcha to deliver your smoothest, softest limbs. But its fabulousness doesn't stop there!

You can use UF Body Butter as a lip balm, shaving cream, cuticle softener, and hair mask. It's so universal, you'll want to keep a tub of it in your handbag so you always have it on you for those mid-day touch ups. Make it part of your daily skincare routine to achieve an irresistibly smooth body and stay smelling sugary sweet all day long. Just remember to follow up with sunscreen when applying it in the morning or afternoon.

## #3: Combine Super Fruit Conditioner + Glazed Donut Oil

For Irresistibly Smooth Strands

Got dry, depleted hair? It sounds like your mane could do with some major TLC. Instead of relying on conditioner alone to repair and strengthen your strands, try adding a few drops of your fave oil to your conditioner and applying it as an intensive hydrating treatment. It's a fun and easy hair hack that works like a charm! And the two products we like to combine? Super Fruit Conditioner + Glazed Donut Oil.

**Super Fruit Conditioner** is a repairing, moisturizing, and color-safe formula enriched with coconut oil, argan oil, and jojoba oil to coat your locks and restore their naturally strong, silky form.

**Glazed Donut Shave Oil** is a deeply moisturizing, flash-absorbing serum that replenishes lost moisture while smoothing and softening skin. While it's designed to heal post-shave irritation, its blend of coconut, passion fruit, and vitamin E make it an excellent hair care ingredient too.

Apply a few drops of oil to your conditioner, coat your hair in the mixture, and let it sit for 15-20 minutes before rinsing off. Besides hydrating strands, it should also help to fight frizz while prepping for sleek hairstyles such as buns and braids.

## #4: Swipe Unicorn Fruit Deodorant Over Your Legs + Bikini Line

As a Chafing + Ingrown Deterrent

Instead of relying on baby powder or dry shampoo to soak up sweat, try our Unicorn Fruit Deodorant instead. It's a fantastic beauty tip for combatting body odors and irritation at the same time. By swiping your inner thighs with a natural deodorant, you create a barrier between the skin and shorts, thus preventing friction and thereby chafing. You can even swipe it over your bikini line to ward off ingrowns and inflammation.

**Unicorn Fruit Deodorant** is a cooling, aluminum-free formula that'll provide instant relief from irritation while creating a layer of lubrication to stop skin from rubbing against clothing. It'll also keep your bikini line smooth and bump-free. The best time to apply to the bikini area is after shaving and on the days following a shave when the skin is most sensitive.

## #5: Dab on Cooka Concentrate

To Clear Up Blemishes

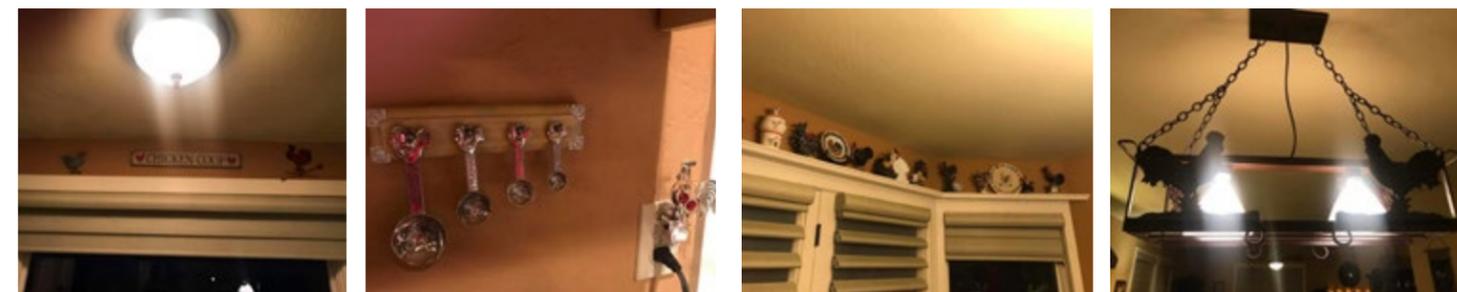
**Cooka Concentrate** was originally designed to relieve and preventing ingrown formation in the bikini area. It turns out, the ingredients found in this formula can be just as effective at treating breakouts as they can be for razor burn and ingrown hairs.

Lavender essential oil's soothing antimicrobial effects work alongside bacteria-busting tea tree oil and hydrating jojoba oil to relieve inflammation, decongest pores, and promote a clear and blemish-free complexion. It's basically like a topical spot treatment that you can use on either the face or body.

Just be aware that this is a potent, highly concentrated treatment. When applying to active blemishes, only use a very small amount and only to affected areas.

# HOME of the Month

This fantastic collection of chickens and roosters is owned by Frances, who lives in Jacksonville. She has been collecting for quite awhile, and of course, people give her gifts of different poultry items. Frances not only keep busy collecting roosters and hens, but also doing activities with her church, her family, and hosting game night once a month at her home.



# FOCUS ON THE ARTS

## Art, Music, Theatre



Waitin' on the Boss



Eye to the Soul



Display



Best in Show - Josephine County Fair

### Kim Ragsdale - From her website with permission

Award winning western and folk artist, including many 1st place and Best in Show awards. Growing up in Montana, Kim Ragsdale started to draw at the young age of five. She spent hours drawing horses and dogs that she saw in Western Horseman magazine. As she matured, she found that she could copy all the textures onto paper and make the drawings extremely photo realistic.

Mentored by her art teacher (a portrait artist) and taken under his instruction, helped Kim's fascination with the human face. The men of the west with their rugged appearance intrigued her, there were stories beneath all those lines and character built from the weathering that comes from working in harsh elements. She explains, "I learned to draw what I see, not what I know is there."

Kim now enjoys doing authentic commissioned projects for her clients, utilizing her drawing techniques using high-quality graphite in 19 differentiated degrees from especially soft to extra hard. She lives in Southern Oregon with her husband and when she is not drawing, Kim spends time hiking, cooking and enjoying her 14 grandchildren and two great grandsons.

Kim does commission work and portraits. She says, "My best advertisement is a satisfied purchaser, and word of mouth recommendations are greatly appreciated. Feel free to give out my name, website address, email address and/or phone number to anyone who is interested in a portrait or in seeing any of my other work. I will be happy to send you my business cards or brochures."

Kim is a resident of Grants Pass.  
 kragdale58@gmail.com  
 Tel: (541) 621-6015  
<https://www.kimragsdale.com/home>

# GOOD Eats

## BEST BRUNCHES AND BREAKFASTS IN THE ROGUE VALLEY

Sunday is the day of rest. And the day for brunch! There are many eclectic, local brunch spots in and around Medford and the Rogue Valley. How will you choose?

Whether you crave a refreshing mimosa, buttery pastries, fluffy pancakes or anything topped with a fried egg, Medford's restaurants will satisfy your every brunch desire.

- Buttercloud Bakery
- Bella Union
- C Bistro
- Sweet Beet Station
- The Breadboard

**Over Easy** is the only pop-up brunch restaurant in Southern Oregon! They take over Downtown Market Company every weekend and feature a menu of new, original items.

Learn more at [www.TravelMedford.org](http://www.TravelMedford.org).

From Yelp and Menupix.com, these restaurants serve brunch:

### In Ashland:

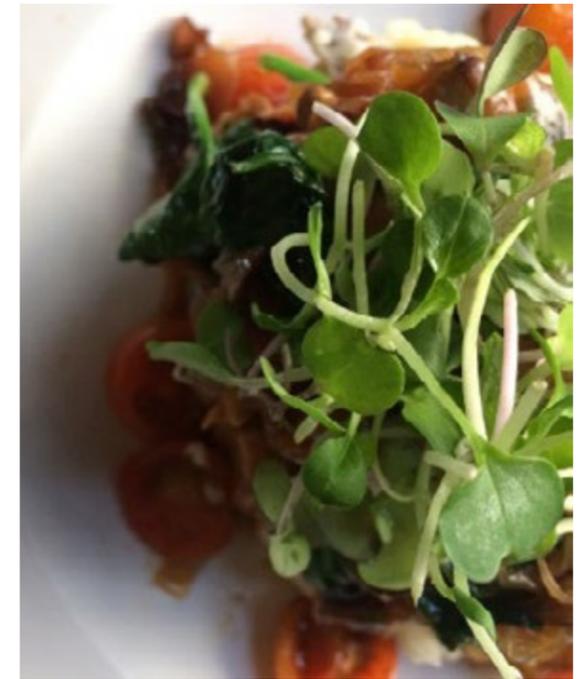
- The Breadboard Restaurant
- Dragonfly Restaurant
- Greenleaf Restaurant
- Munchies Restaurant
- Brother's Restaurant Delicatessen
- Morning Glory
- Hither Coffee & Goods
- Ruby's Neighborhood Restaurant
- Rogue Valley Roasting Company
- Oak Tree Northwest Bar & Grill

### In Central Point:

- Central Point Perk
- The Palms Cafe
- Crackin' & Stackin'
- Rogue Grill

### And in the Grants Pass area, try:

- Lulus for the love of food
- MA Mosa's
- Powderhorn Cafe
- Elmer's Restaurant
- Taprock Northwest Grill
- Deano's Diner
- Sweet Tea Express
- Wonder Bur Cafe
- The Train Depot
- Riffle Cafe



# HOBBIES AND *Crafts*

## Japanese Crafts

By VeryCreative

Bonkei, meaning “tray landscape” in Japanese, involves the creation of miniature landscapes in a shallow tray.

This hobby is quite similar to modeling as you are building scenes on a small scale.

However, bonkei tends to revolve around nature. Items generally used include trees, vegetation, rocks, rivers, and mountains. Unlike bonsai, this activity does not involve any live plants or materials.

This hobby is great for those who enjoy working with living materials. Bonsai is the Japanese art of cultivating small trees to replicate the appearance of a standard-sized tree in a natural landscape.

Like bonkei, it’s usually created in a shallow container or tray. The practice has been around for more than a thousand years with the oldest existing bonsai tree estimated to be 1,000 years old!

Bonsai might be for you if you are looking for a hobby that encourages patience and thoughtful consideration.

This hobby is for people who enjoy fishing or can appreciate fish. Gyotaku is a Japanese hobby originating from the mid-1800s that involves creating a print from fish.

This technique was initially utilized to document the fish that were being caught by fishermen.

Gyotaku involves covering one side of the fish with ink, placing a piece of paper over it, then using pressure to transfer the ink.



# Lifestyles – FROM RURAL TO ACTIVE

Besides having no sales tax, not having to pump your own gas, and Crater Lake, Oregon has many other advantages and hidden gems you may not have discovered yet.

## OREGON FACTS

Oregon is home to the **deepest lake in America** (Crater Lake), the **deepest river gorge** in the country and is also home to the **windsurfing capital of the world**. Oregon is consistently topping the charts of the most environment-friendly states in the country. It boasts having one of the lowest carbon footprints in the states and encourages more leadership in energy green building per capita than any other region.

Oregon is home to the **largest living organism on earth**, the honey mushroom, which spans the equivalent of 1,350 soccer fields.

### Oregon is home to award-winning wineries

One thing is certain about moving to Oregon, you’ll never be thirsty. In fact, Oregon is the **4th most wine producing state** in the country. The two most notable are the Willamette Valley and Columbia River Gorge.

Willamette Valley is the crown jewel of Oregon’s wine region, boasting more than 550 wineries and sitting at the same latitude as Burgundy’s wine region.

The region is best known for producing knock-out award-winning pinot noirs that can hold their own even in worldwide competitions.

Home to 774 wineries, Oregon is known for having **one of the best wine regions in the country**.

### Oregonians care about the environment

Oregonians take great pride in their love for the environment. Because of this, Oregon has one of the lowest carbon footprints in America.

Our effort to care for the planet is made evident in the way most people live their daily lives in Oregon.

We don’t litter, we take recycling and composting seriously, and we shop local whenever possible, as opposed to shopping at big chain retailers.

All this to say, Oregon is considered one of the **greenest states** in the country. Fact: Oregon was the first state to introduce a **bottle deposit**.



**Access to the (epic) Oregon coast**

One of the best things about living in Oregon is having access to the striking Oregon coastline.

Oregon's nearly 400-mile coastline is famous nationwide for good reason. The striking shoreline is lined with massive rock formations, the largest coastal sand dunes in America, and a breathtaking view of the chilly Pacific Ocean.

But what makes the Oregon Coast so special? Well, for starters, every inch of the coastline is public property (and therefore freely accessible to everyone).

Thanks to the Oregon Beach Bill from 1967, it is unlawful for any entity to privatize any stretch of Oregon's shoreline.

**The easy-going and hospitable culture**

By and large, living in Oregon is easy because of the laid-back culture inherent to the state.

People will give you a friendly hello when you pass by and some of the small towns are best known for their hospitality. From Livability.com

**There are a lot of ghosts**

According to historian and author Steve Ardnt, Oregon is home to more ghost towns than any other state. With over 250 abandoned settlements to explore, you are bound to bump into a specter here and there. If you are a fan of the creepy, you'll want to hit **Shaniko, Antelope, and Mitchell**—ghost towns that have consistently been listed as the best to visit.

**Oregonians like to drink more than just beer**

With the largest number of breweries in any state, Oregon is well known for its love of beer, but Oregonians enjoy other libations as well. Thanks to the verdant Willamette Valley, the state is well known for its wine production. According to the Oregon Wine Board's Oregon Vineyard and Winery

Census Report released in August of 2017, the state's 725 wineries ended the year with \$529 million in sales: that's a lot of wine.

On a more sobering note, Portland has made a name for itself in the national coffee industry in recent years with roasters like **Stumptown, Heart Coffee, and Coava** making headway into the **Seattle**-dominated scene. Regardless of where you live in Oregon, you are bound to find a coffee shop on almost every city block.

**Even your dog wants to move here**

Oregonians love their dogs. In 2013, the American Veterinary Medical Association released a survey showing that Oregon ranked fourth highest in the nation for pet ownership. But it's not just that there are a lot of dogs, Oregonians take their dog's quality of life seriously—even in the city. Whether you live in **Portland, Eugene, Ashland, or Bend**, finding stores and restaurants that welcome your furry family members, both indoors and out, is never a problem.

On hot days, you are likely to find dog bowls filled with water sitting outside of many businesses and plenty of storeowners keep puppy treats at the counters.

If your dog likes to run and socialize, chances are there's a dog park or off leash area nearby.

Just be sure to read up on the local leash laws. There are big fines for those who don't who don't follow them.

From the nextfind.com

**An emerging force in the green rally**

Oregon is consistently topping the charts of the most environment-friendly states in the country.

It boasts to having one of the lowest carbon footprints in states and encourages more leadership in energy green building per capita than any other region.



**BOOK NOW !**

*Plan Your Amazing*

**3 BR or 1 BR Cottages**

**HOLIDAY**

Experience comfort and hospitality with Luxury Vacation Rentals and an easy walk to Britt Festival & Gardens, Historic Jacksonville, Restaurants for All Tastes, Shopping and Wine Tasting. Perfect for executive or romantic accommodations with multiple rooms, baths and areas to lounge. Concierge service from proprietors Brian and Wendy Roberts.

TheInnOn5th.com

TheInnOn5th@gmail.com

541.973.8080

*The Inn on 5th*  
JACKSONVILLE, OREGON VACATION & COTTAGE RENTALS

**BLUE PHOENIX BRANDING**  
Branded Merchandise  
On boarding / welcome aboard gifting  
Employee Retention  
Unique Gifting  
Specialty Food Products

*Adventures in Branding*

**PAUL FERRIS**  
541-601-2053  
paul@bluephoenixbranding.com  
bluephoenixbranding.com

# YARD of the Month

Joy lives in Grants Pass amid a splendor of blooming flowers in her yard. Enjoy the amazing colors. Just wish we could smell them too!



I love the paradise that I live in



Dusky Peach Iris



Columbine



Magenta Peony



Chives



Mauve Iris



Purple Iris



Beautiful Iris



Lavender Iris



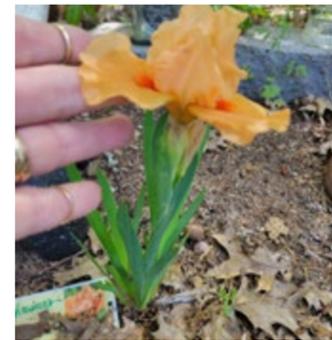
Red Columbine



White Iris



Gorgeous Iris



Miniature Iris Gold



Apricot Peony



Peony



Deep Purple Iris



Miniature Iris



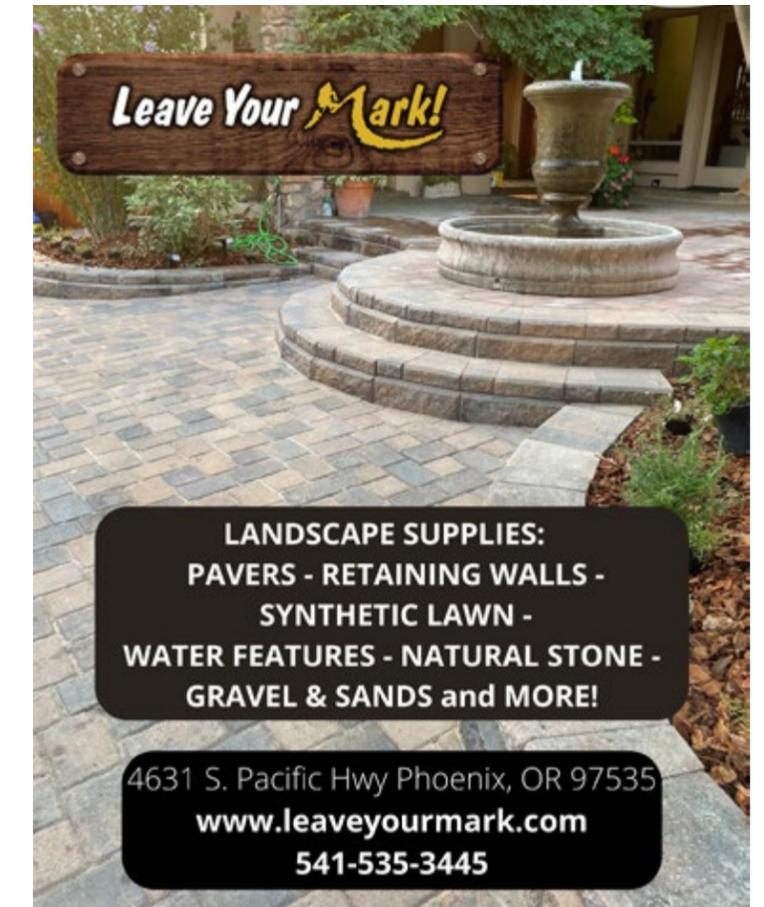
Yellow Peony



Yellow Iris



Lupine



**LANDSCAPE SUPPLIES:**  
PAVERS - RETAINING WALLS -  
SYNTHETIC LAWN -  
WATER FEATURES - NATURAL STONE -  
GRAVEL & SANDS and MORE!

4631 S. Pacific Hwy Phoenix, OR 97535  
[www.leaveyourmark.com](http://www.leaveyourmark.com)  
541-535-3445



Zen Iris

# LOCAL COMMUNITY *Events*

## October/November Events

<u>Date/Community</u>	<u>Name, Location &amp; Time of Event</u>
<b>Ashland</b>	<b>Chamber of Commerce</b> <b>541-482-3486</b>
10/1-31/2022	Live shows performing on stages throughout Ashland
10/31/2022	Children's Halloween Celebration, Parade forms at Public Library at 3:30PM
11/5/2022	WESO Entrepreneur Fest, <u>Ashland Hills Hotel &amp; Suites and Convention Center</u> , 12-4PM
11/5-6/2022	Martin Sexton Tour — Live at the Ashland Armory
<b>Talent</b>	<b>Chamber of Commerce</b> <b>541-535-3837</b>
10/22/2022	Grateful Americana with Shine On, at Stone River Vineyards, 2178 Pioneer Rd., 3-5PM
11/6/2022`	Shybo Torres at Pebblestone Cellars, 3-5PM
11/14/2022	Jake Blount, 7912 Wagner Creek Rd, Talent, OR 3-6PM
<b>Phoenix</b>	
11/12/2022	Pioneer Road Runs 9miles and 5k at Phoenix High School, Check times
<b>Medford</b>	<b>Chamber of Commerce</b> <b>541-779-4847</b>
10/27/2022	Medford Thursday Market, 501 E Main St, Hawthorne Park, Medford, 8:30 AM-1:30PM
11/3/2022	Sip and Paint Pottery Party at Roxy Ann Winery, 5-7PM
11/4/2022	'80s VS. '90s w/ Def Cougar Mellencamp & Oh My Golly at Johnny B's, 8PM
11/4 -5/2022	Postmodern Jukebox - Meet & Greet Package at the Craterian. Check for times
11/12-13/2022	Jefferson Starship at the Craterian – Check for times
11/13/2022	Bellingham Blazers at Rogue Valley Royals, The RRRink 1:30PM
11/19-20/2022	Clayfolk Show and Sale – Medford Armory – Free 10AM-3PM
<b>Jacksonville</b>	<b>Chamber of Commerce</b> <b>541-899-8118</b>
10/15-22/2022	Harvest Festival with Pumpkin Chuckin', LongSword Vineyard, 8555 OR 238, Jacksonville, 12PM-5PM
11/7/2022	Firefighter 2 Academy, Applegate Valley Fire District #9, 8AM-5PM
11/12/2022	Redwood Empire at Bella Union, 7-10PM

<b>Central Point</b>	<b>Chamber of Commerce</b> <b>541-664-5301</b>
10/1-24/2022	Bigham Farms Pumpkin Patch, 9445 Pumice Lane 9AM-5PM
10/21-22/2022	The Last of Us: A Staged Radio Play at Crater Performing Arts. 7 or 9 PM, Check times
10/22/2022	Liam's Trunk or Treat at Twin Creeks Park, 5-7PM
11/5/2022	Oregon Cheese Festival at the Jackson County Expo, 11AM-5PM
<b>Eagle Point</b>	<b>Chamber of Commerce</b> <b>541-944-6925</b>
11/3/2022	Games at the Eagle Point Senior Center, 12:30-4PM
11/7/2022	Music at the Eagle Point Senior Center, 10:30-11:30AM
<b>Gold Hill</b>	
11/5/2022	Annual Artisans Event at Rock Point RV Park, 97 Rogue River Hwy, 8AM-3PM
11/20/2022	Sweet N' Juicy at Lucky's, Free for over 21, 2-6PM
<b>Grants Pass</b>	<b>Chamber of Commerce</b> <b>541-476-7717</b>
10/27/2022	Beatles vs Stones, A Musical Showdown, Rogue Theatre, 143 SE H Street, Grants Pass 8-10PM
10/29-30/2022	Howl-O-Ween, Wildlife Images Rehabilitation and Education Center, 11845 Lower River Rd, 10AM-4PM
11/1/2022	Frightmare Theatre Haunted House, NE D St. Check times
11/3/2022	Celebration of Community Spirit Dinner, Evergreen Federal Bank's Bear Hotel, 5:30-8PM
11/4/2022	Happy Friendsgiving First Friday, Two Rivers Vineyard, Noon to 4:30PM
11/5/2022	Gem and Mineral Show, Josephine County Fairgrounds, 9AM-5PM
11/5/2022	Annual Christmas Bazaar, Fruitdale Grange, 9AM-4PM
11/11/2022	Grants Pass Dance Club, Josephine County Fairgrounds, 1-4PM
11/12/2022	Race to the Millennium Falcon 5k & Kids Dash, 725 NE Dean Dr., 8AM-8:45PM
11/12-13/2022	Hot Cocoa and Shop Event, Josephine County Fairgrounds, 9AM-3PM

**Jackson and Josephine County are rich in theatre, music and beautiful wineries. On almost any day of the week you can find live entertainment for your pleasure. It is wise to call ahead for a schedule.**

# LAWN AND *Garden*

Hello neighbors, and thank you for welcoming us to sponsor this section. We are a family owned and operated tree service company based in Grants Pass, Oregon. Our company name is Zero Gravity Tree Service, because we make the heavy lifting seem easy while delivering out of this world customer service.

Zero Gravity Tree Service began as an idea with not much to it but a passion for tree work, a drive to succeed, and a goal of bringing exceptional tree care to our community. To us, tree service is much more than hacking away branches and removing healthy trees for no reason. We prioritize what's best for the longevity of the tree and focus on removing trees that are dead, hazardous, and that pose a threat to buildings or structures.

We have several years of experience in the tree service industry, allowing us to efficiently review a situation and help our customers make informed decisions. Whether it's a full-detail clean up or a no-clean up job, we offer options based on customer needs. We pride ourselves on the integrity of our work and our commitment to the customer, which is why we strive to meet and exceed expectations.

From full removals, to seasonal pruning, to stump grinding, we can handle it all. While our abilities and services place us among the best tree service companies in the area, what has really led to our success is being a part of the community in which we serve. We're not just helping our customers, we're helping our friends, neighbors, and community do what's best for their trees. Responsible tree care is just a phone call away, we are always ready to respond and come out for a free estimate.

Our strong family values and authentic care for our customers separates us from others within the industry, we are proud to serve the residents of Josephine and Jackson Counties, which is why we offer fair and affordable pricing. Another way we pay our respects, is by offering a 10% discount for all active /retired military personnel, first responders, and law enforcement officers.

-Charlie, Daniel and Ben

**ZERO GRAVITY TREE SERVICE**  
Pruning | Removal | Stump Grinding

**FREE quotes**  
**(541) 218-5877**

License #237285 Bonded & Insured

# BUSINESS CARD *Section*

**AMERICAN FAMILY INSURANCE**  
LYLE MC CAW, AGENT

1005 N Riverside Ave Ste 200  
Medford, OR 97501

Bus: (541) 858-2582  
Fax: (855) 868-8155  
lmcaw@amfam.com  
lylemccaw.com  
fb.com/390451673626  
Access Anytime: 1-800-MYAMFAM (800-692-6326)

**Commercial embroidery and screen printing for businesses and events.**  
Serving Oregon & Northern California since 2006  
837 S Riverside, Medford, OR 97501  
541-210-9999 / www.MasterStitch.net

Professional Repair / Tuning of Organs,  
Keyboards, Leslie Speakers and  
Solid State / Tube Amplifiers.

25 Years Experience  
Medford, OR. 97504

Call Roland at: **(541) 292-2597**

**MORTGAGE EXPRESS**  
✓ PURCHASE ✓ REFINANCE  
✓ ACCESS EQUITY

**AMBER HARDIN**  
LOAN OFFICER | NMLS #904372

Direct 541.622.9032 Email ahardin@mtgxps.com  
Apply online by visiting ahardin.mtgxps.com  
Mortgage Express 3262 Hillcrest Park Drive | Medford, OR 97504

NMLS COMPANY ID: 40831 | EQUAL HOUSING LENDER | Not a commitment to lock or lend, terms and conditions apply.

**Jim Frings**  
Real Estate Broker  
Licensed in Oregon  
2594 E. Barnett Rd., Suite B  
Medford OR 97504  
C: 541.840.7184  
O: 541-734-5500  
jimfringsrealestate@gmail.com  
MaxHomeFinder.com

**Focusing on Medicare Health Planning**

- Southern Oregon Office
- Community-based
- Independent Insurance Agent
- Medicare 101 Educational Workshops
- Top-rated Carriers
- Friendly & Helpful
- Medicare Supplement Plans
- Medicare Advantage Plans
- Prescription Drug Plans
- Dental/Hearing/Vision Plans
- Hospital Indemnity Plans
- Final Expense Plans

shreeveinsurance.com  
541.499.0357 | melissa@shreeveinsurance.com  
Shreeve Insurance is not connected with the federal Medicare program.  
This is a solicitation for insurance.

**SHREEVE|insurance**

**THE GAME JUST GOT BETTER**

(541) 779-6111

- 14 POOL TABLES
- GREAT FOOD!
- BEER, WINE SELTZERS & CIDERS
- LOTTERY GAMES
- LEAGUES
- LESSONS

40 N RIVERSIDE AVE,  
MEDFORD, OR 97501

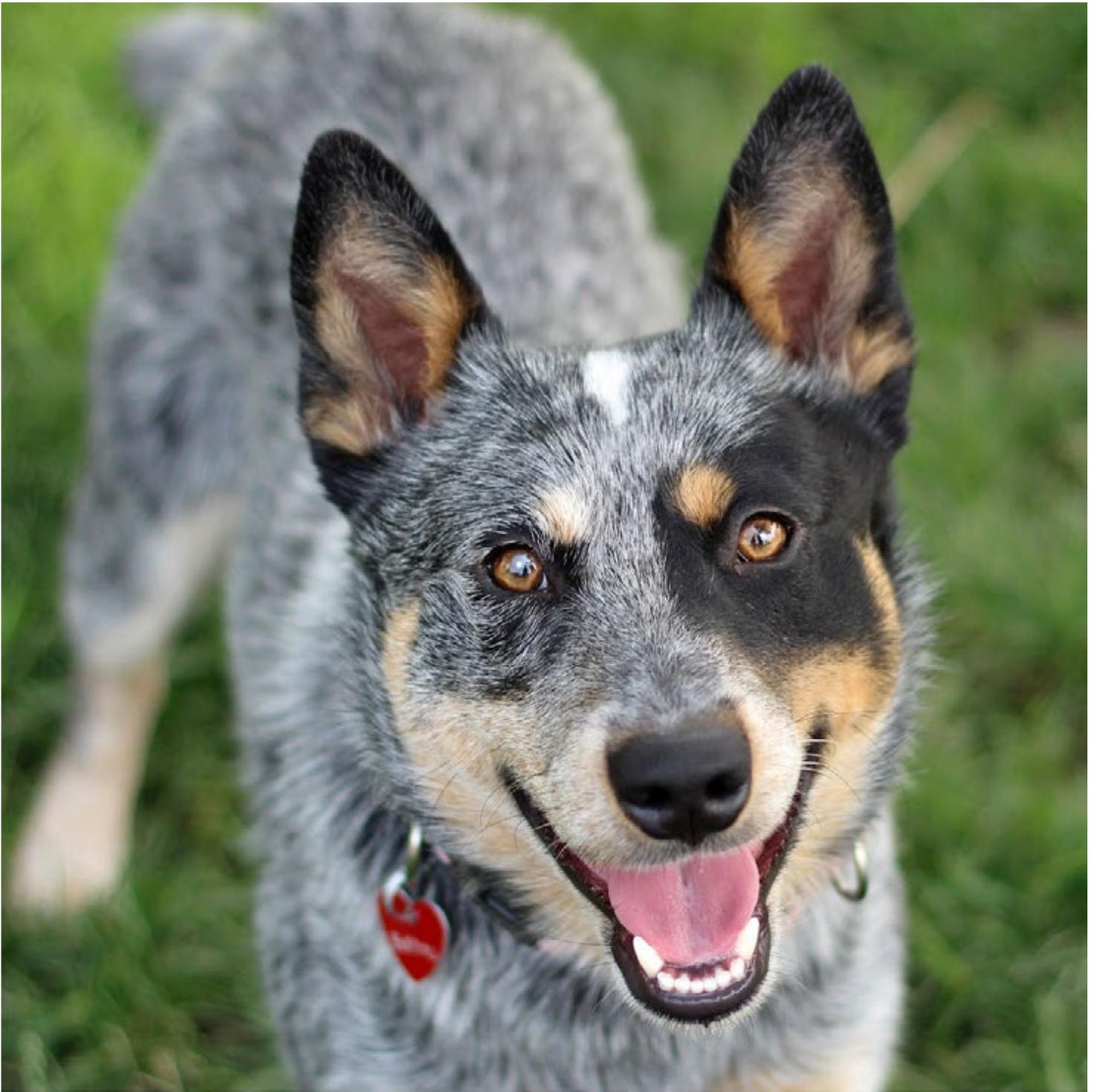
# TABLE OF CONTENTS

- A WORD FROM the Editor ..... 3
- Family Spotlight ..... 4
- Young Achiever ..... 9
- Kid 2 Kid ..... 10
- Sweet Babies ..... 11
- Resident Recipes ..... 12
- Precious Pets ..... 13
- Tour and Travel ..... 14
- Neighborhood Announcements ..... 16
- Beloved Seniors ..... 17
- Thank You for Your Service ..... 18
- Sponsor Spotlight ..... 20
- School Time ..... 21
- Healthy Living ..... 23
- Northwest Recreation ..... 24
- Rogue Valley Living Giving ..... 25
- RVL EVENTS! ..... 26
- Spirited Tastes ..... 28
- Real Estate Resource ..... 30
- Financial Fitness ..... 32
- Auto Buzz ..... 33
- Tech Talk ..... 34
- Fashion Forward ..... 35
- Puzzle and Fun Corner ..... 36
- Home Matters ..... 37
- Entertainment ..... 39
- Business Beat ..... 41
- Beauty ..... 44
- Home of the Month ..... 46
- Focus on the Arts ..... 48
- Good Eats ..... 49
- Hobbies and Crafts ..... 50
- Lifestyles ..... 51
- Yard of the Month ..... 54
- Local Community Events ..... 56
- Lawn and Garden ..... 58
- Business Cards ..... 59

**Send your scary**  
**HALLOWEEN**  
**PICTURES FOR THE MAGAZINE!**

---

**Email them to: [Editor@RogueValleyLivingMag.com](mailto:Editor@RogueValleyLivingMag.com)**



# A Second Chance... Adopt a rescued dog or cat!

**Southern Oregon Humane Society**  
2910 Table Rock Road, Medford, Oregon 97501  
541-779-3215 • [www.sohumane.org](http://www.sohumane.org)

