

Rogue Valley

A social emagazine for residents of the Rogue Valley

Living



Meet Richard, Skye and Henrik

Photo credit Skye Selene



Help homeless pets today! Scan Click & Donate

Southern Oregon Humane Society
2910 Table Rock Road, Medford, Oregon 97501
541-779-3215 • www.sohumane.org



A WORD FROM the Editor

Welcome to the 3rd issue of Rogue Valley Living! Delayed due to illness, this issue features a lot of your holiday celebrations and festivities. What a year 2022 has been! There is something fun and special about a new year. Whether you're into making New Year's resolutions or not, there's no denying that it feels good to have the Holiday clutter tucked away for the year. New beginnings hold new promises and 2023 feels like a promising year.

January is the time to reflect on the past year - the joys and triumphs, as well as the obstacles and losses we may have had. As we enter this new year of 2023, we can charge into it, full of new hope and inspiration.

We are getting to know more and more fabulous residents and learning their stories...from the children to our seniors, and I cherish each and every one's friendships. I'm glad that Rogue Valley Living has become a conduit for our readers to reach out and find each other.

Our new year's goal in 2023 is to deliver the best local magazine full of fun articles, photos and updates from around the valley. With this being said, we are looking for NEW contributors for the magazine. If you have an interest in helping with this publication this year, please email me at editor@roguevalleylivingmag.com. Please send your New Year's resolutions, and for February, a note to someone you love. As the new year unfolds, we here on the staff of RVL, wish you every success and happiness in 2023.

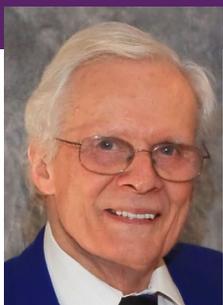
We hope you enjoyed your December holiday season. As we are ending one year and welcoming in a new year, we hope you are not only enjoying the content, but getting used to the idea of participating in YOUR magazine and its events. Enjoy the stories and pictures of your southern Oregon neighbors!

Be kind to one another, and may your days be blessed with sunshine and happiness!

Linda



STAFF PHOTOS



Roland Daniel
STAFF PHOTOGRAPHER



Mary Ann Daniel
STAFF WRITER



Linda Lochard
STAFF WRITER



Joy Hiler
CONTENT CONTRIBUTOR



Alice Ungerman
ELEMENTARY SCHOOL JR. REPORTER



Vincent Tacchini
MIDDLE SCHOOL JR. REPORTER



Seanna Nelson
HIGH SCHOOL JR. REPORTER

FAMILY Spotlight



Introducing Richard, Skye and Henrik

Richard, Skye Selene, and Henrik live in Rogue River with their pets Tala, Chako and Meesa. Rich is originally from LA and Skye is a home-grown Rogue Valley gal. Richard is a Life Coach and the Owner of Rain Makers Marketing group and Skye is the owner of ReWilding Women (a group that specializes in connecting women to nature, themselves and sisterhood).

They are a family of outdoor enthusiasts, overlanders, hikers, long range shooters and adventure seekers and their favorite hangouts are wherever there are mountains and/or waterways. In fact, their favorite vacation spots are the Redwoods, the Oregon coast and Maui. They go every year and play in the snow, wheeling the FJ as much as they can, with annual coast trips in the summer and swimming in the Illinois River regularly.

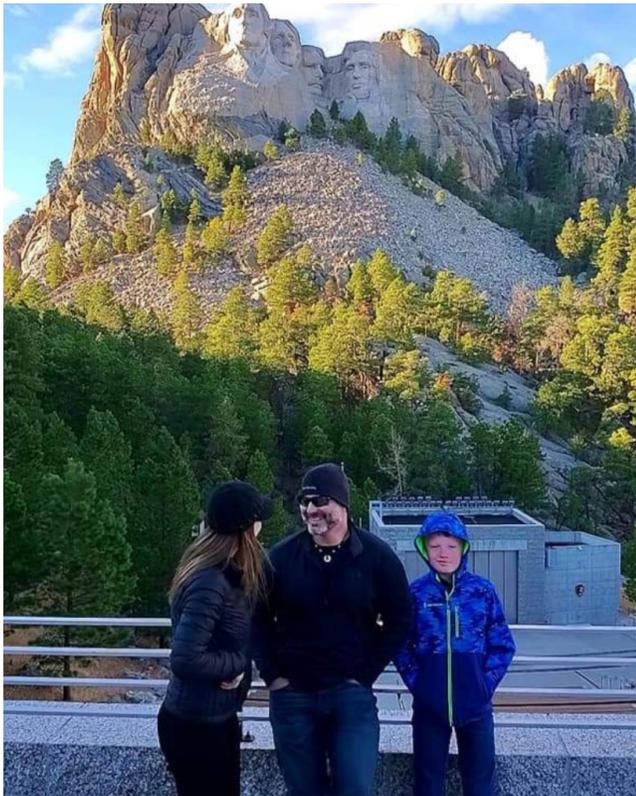
Living in the Rogue Valley for 20 years, Selene says that she enjoys dining out and that "the Rogue Valley is full of so many amazing restaurants. We love to eat out quite a bit, enjoying all the different fun flavors of this area. Melange, Mimosas and anything Mexican are amongst our favorites." When not dining out, their favorite home cooked dinner is definitely tacos! Henrik is their only child; he is 13 and is into riding his scooter, parkour, sports, rifle shooting, swimming and hiking. He holds the record for the youngest to climb Mt. McLaughlin unassisted at 6 years old. He is very athletic and plays Baseball, Football and Basketball.

For relaxation, they are a family of readers and spend a lot of time diving into self-education. They also spend a lot of time in nature to relax. They listen to a wide variety of music and their favorite movies are Top Gun, the Bourne movies and Karate Kid.

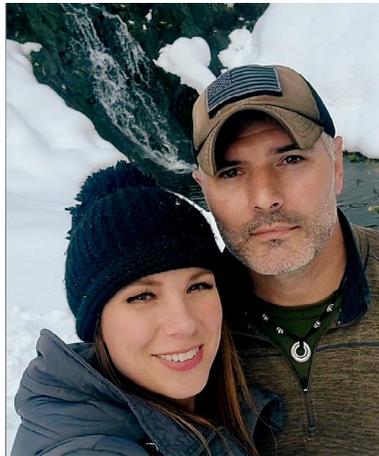
Being invested in the community, Selene said, "We volunteer with many Veteran programs locally. We have amazing neighbors and are just a short walk away from being in the mountains."



FAMILY COVER STORY



FAMILY COVER STORY



FAMILY COVER STORY

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



BEYOND HOPELESSNESS

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



BEYOND HUNGER

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



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

Written by: Vincent Tacchini, Hedrick Middle School

Malykiah Johnson is the older brother of my friend, Maurice Johnson. Malykiah is a senior at North Medford High School and the son of Papa Fall and Velvet Fall. He is seventeen years old. Inspired by his parents, friends and Paul Desmond, Malykiah participates in many extracurriculars, including the NMHS Band, playing the saxophone. He was honored as a drum major for the marching band and has gone to state music competitions many times.

He is a fan of jazz, Star Wars, Classic Rock, and used to play football. Malykiah enjoys traveling and one of his favorite vacations was when he went on a road trip to Colorado. Malykiah is a fan of the outdoors and backpacking. He has been accepted to the University of Oregon.

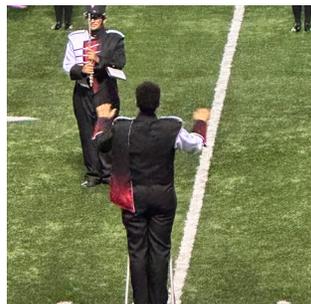


Photo credit: Ashley Adkins

NEIGHBORHOOD

Announcements

Terry Haines got married!

Terry Garrett and I met at church after I completed a one-year period of mourning following the death of my first wife. We got engaged on May 20, 2022 and got married October 15th at Heritage Christian fellowship in Medford.



Lost Item in December - Mercedes McCoy – Jacksonville, OR

Hello! I'm a travel RN looking for help in the community finding a very important personal item.

Anyone who knows me knows how important my stranger journal is to me (pictured below on NYC subway). A project I started years ago—strangers I meet I have share parts of their life, by writing in my journal.

Over the years, I've collected many stories from people across the world. Some writings more light-hearted and fun, others deeply vulnerable. Some of the stories written include A first-gen immigrant describing his journey coming to the US and starting his own business, a man describing how he knew he was falling in love with his partner, a man detailing his greatest regret being infidelity, and a woman describing how her divorce affected her and her children.

This anthology of strangers' stories has traveled everywhere with me and become deeply rooted in who I am. To me it exemplifies how imperfect humans are. How our experiences shape our world-view. Without a doubt, it has made me a more empathetic nurse. Someday, I hoped I would share this book with my grandkids, or even set a goal to get it published.

On 12/5/2022, I left it at a bar in Jacksonville, OR- **Live Music at Boomtown.**

A friend at the bar assured me that the bartender kept it safe for me to pick up. However, when I went back to pick it up, I was told it was there, but has since mysteriously gone missing. Anyone with any info on the whereabouts, please message me. Generous cash reward if found and returned.



Closed - Phoenix Post Office – by Mike Stitt

Due to vandalism the post office lobby will no longer be open 24-7.

It's open 9:30 AM to 5:30 PM Monday to Friday.

I'm not sure about Saturday.

If I get more information I'll pass it along.

The vandalism was significant. Hopefully as it's a Federal Building the authorities will look into this.

Promised/Engaged Jacqueline Gardner and Dale Alexander from Grants Pass

Dale got me a promise ring saying he will prove we are meant to be together just not rushing into marriage. We have to be stronger before we plan a wedding; we need to work on our foundation first! We met when I was in high school and he was a few years older. We met through a lot of mutual friends and the car cruise scene in Grants Pass back in the day 20 plus years ago. We have been friends for 23 years. But no we were only friends. I was out of the state in Hawaii and New Orleans for 9 years and before I moved home he hit me up on fb. Not in a normal way though! He started our conversation with the amazing question of "how do you get rid of toxic people in your life"? He had no idea I was in the middle of moving home. So I just said I am moving home in a few days let's get together for dinner and drinks and talk! We have been inseparable ever since!



Lost dog near White City – Priscilla Tavarez

It's been a full 2 weeks without my boy; it's been the worst week. I miss him so much. It's unreal. Please if you happen to see anything or anyone with him please let me know. Paco went missing 11/26 around 2 pm, near Falcon St. in White City. We are offering a \$1000 rewards for his return. Paco isn't just a dog to me he's my world. Please if you have him or know where he is please message me.



Wedding -

Matt Andrews married Lisa Webb on 12/24 in Medford, OR.



Got engaged – Chelsey Kirby to Alex Ayres on December 8



Passed

David Bigham

April 9, 1937 – November 24, 2022

Beloved father and grandfather, David William Bigham, also affectionately known as Pa, passed away on November 24, 2022, at his residence in Central Point, Oregon, surrounded by his family and all their love. Funeral services were held Wednesday, December 21, 2022, at 3:00 pm at Eagle Point National Cemetery.

Beauty

30 New Year's Instagram Captions for a Healthy and Happy 2023 - by Alexa Mellardo

Out with the old, in with the new. Starting a brand new year is the beginning of so many fresh possibilities. It's a time to establish goals and kick start exciting journeys. You're never too old to make changes in life and set **New Year's resolutions**.

As Napoleon Hill once said, "A goal is a dream with a deadline," which is the beauty of having hopes and dreams. You can do anything you set your mind to, but unless you get started, you won't get very far! So we've put together some motivating New Year's 2023 **Instagram captions** you can easily pair with your selfies or pics with friends and loved ones as you toast what's to come.

Don't ever think of a selfie as bragging; it's a way to inspire and celebrate yourself and your progress, whether you're at the gym, doing some self-care, or simply kicking back and relaxing. Besides, **research** shows that snapping some selfies can boost your confidence and happiness.



1. "2023 ... a brand new me!"
2. "New year, new flex."
3. "Six-pack, loading."
4. "Great things happen to those who put in the steps."
5. "Tomorrow is the first blank page of a 365-page book. Write a good one." — Brad Paisley
6. "The only bad routine is the one filled with excuses."
7. "I work out like a beast, to say the least."
8. "Believe you can, and you're halfway there." — Theodore Roosevelt
9. "Lifting hard so my selfies look great."
10. Making myself #1 this year.
11. "The bad news is time flies. The good news is you're the pilot." — Michael Altshuler
12. "The happiest hour of the day can be at the gym."
13. "If you woke up without a goal, go back to sleep." — Unknown
14. "Flourishing is all about nourishing."
15. "Gotta sweat in order to sparkle."
16. "Work on your inside to shine on the outside."
17. "Eat healthy, sleep well, gym hard, then repeat."
18. "Excuses don't kill the fat. Exercises do." — Unknown
19. "A healthy body is a happy body."
20. "One small crack does not mean that you are broken; it means that you were put to the test and you didn't fall apart." — Linda Poindexter
21. "Work on yourself. Nobody deserves it better."
22. "If your mind believes it, you can achieve it."
23. "The secret of your future is hidden in your daily routine." — Mike Murdock
24. "Those dumbbells won't lift on their own."
25. "Cheers to a new year and another chance for us to get it right." — Oprah Winfrey.
26. "Celebrate endings—for they precede new beginnings." — Jonathan Lockwood Huie
27. "The greatest wealth is health." — Virgil
28. "I don't know where I'm going from here, but I promise I won't bore you." — David Bowie
29. "Write it on your heart that every day is the best day in the year." — Ralph Waldo Emerson
30. "Wipe the slate clean. It leaves room for so many possibilities."

Sweet BABIES



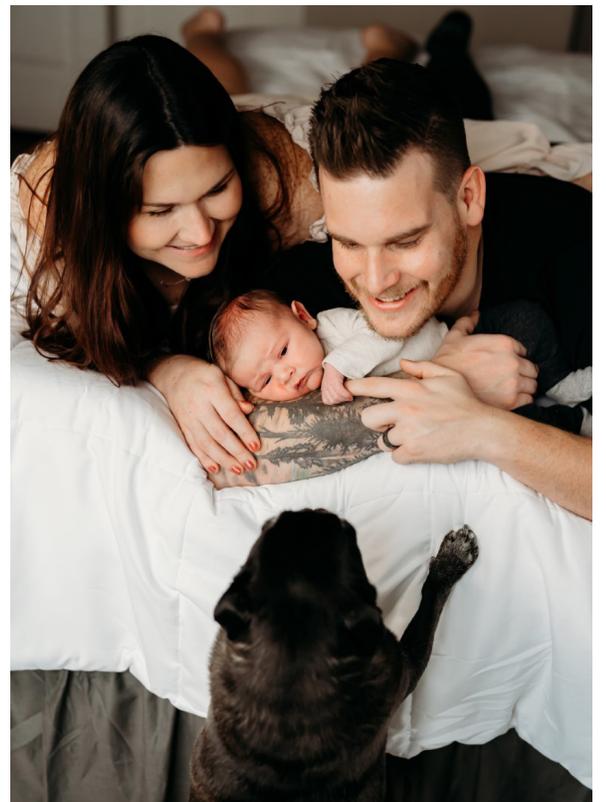
Welcome to the world, Theodore!

1. Child's name: Theodore James Buckalew
2. When was your child born? 12/08/2022 @ 10:58pm
3. Weight: 8lb 12oz
4. Length: 21"
5. Hair color or no hair? Brown
6. Mom and Dad Cheyenne and Jeremy Buckalew
7. Siblings? No
8. What town do you live in? Grants Pass OR
9. What does mom and dad do? Mom is a dental assistant and dad is a lumber buyer
10. Pets? Yes, a 10 year old pug named Bruce. He is having trouble sharing the attention after being an only child for so long
11. Tell us briefly about your pregnancy and birth experience/where you delivered/cravings, etc.
 Found out we were pregnant in March and having a boy in June. Mom's cravings were basically everything dad likes, meat/pastries/carbs when those aren't typically her favorites. She had crazy food aversion in the first few months; she wasn't able to cook meat on the stove without getting sick, and the rest of her pregnancy a rare steak is what she craved. The pregnancy went very smooth, no issues throughout. The seasonality was a good time of year for pregnancy; she wasn't super pregnant during summer and is able to be home throughout the holidays. During the labor he ended up flipping sunny side up and momma had terrible back labor, although it was pretty quick overall. We were admitted to the hospital around 1:30pm and when it came time after 15mins of pushing he was delivered at 10:58pm that night. We left the hospital on time and headed home with our little nugget

12. How has life been with a little one? Definitely hectic at first trying to understand his needs and routines. After 2 weeks we are feeling much more comfortable and in our element with him at home. Bruce the pug has had the largest adjustment, his 20hrs of sleep a day has been interrupted and he isn't thrilled about it.

13. Dreams for your child's future: We hope for a happy and healthy childhood for our boy. We want him to pursue his dreams, whatever those may be and we will support him 100%. Life has so many things to knock you down and we don't want to be one of them. If he became a pro golfer his dad wouldn't be upset.

14. Anything else you want to say about your baby? We are truly blessed with this little guy. He is the best baby anyone could ask for, definitely one of those babies that make you think the job is easier than it should be. Being parents is the biggest responsibility but most rewarding job anyone could ask for. We love our little guy.



KID 2

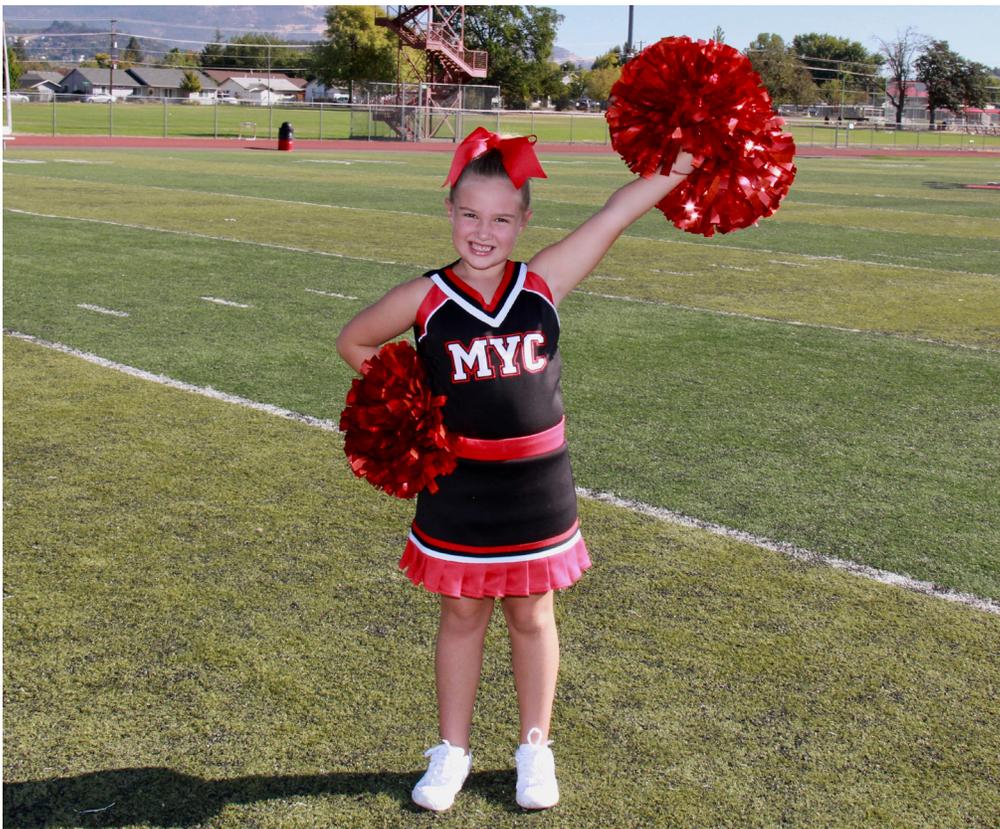
Kid

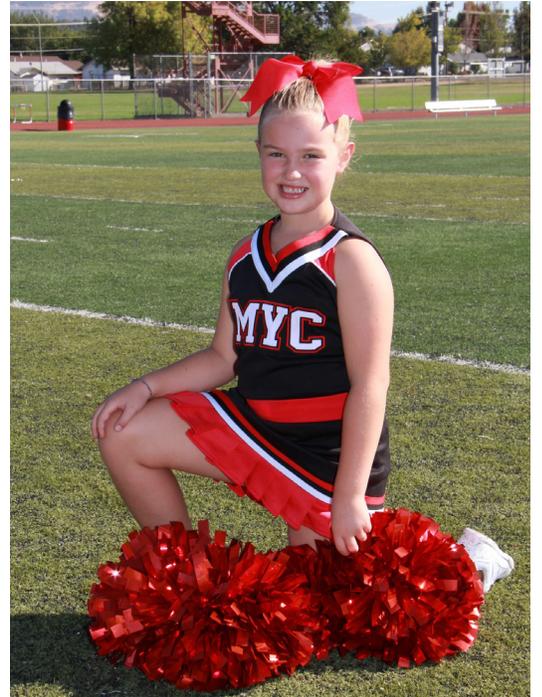
**FEATURED
KID
OF THE
MONTH**



Amelia Tacchini

Amelia Tacchini is 6 years old and has 2 brothers, Vince and Bowen. She practices ballet at Pointe Performance in Phoenix & just started Rogue Cheer Athletics Mini Team.





RESIDENT Recipes



Pecan Pie Squares from Lauren Ruth in Ashland

5 INGREDIENTS · 35 MINUTES · 16 SERVINGS

Ingredients

- **2 cups Pitted Dates (divided)**
- **1 1/2 cups Cashews (soaked for 1 hour and drained)**
- **1 cup Unsweetened Coconut Flakes**
- **3/4 cup Water**
- **2 cups Pecans**

Directions

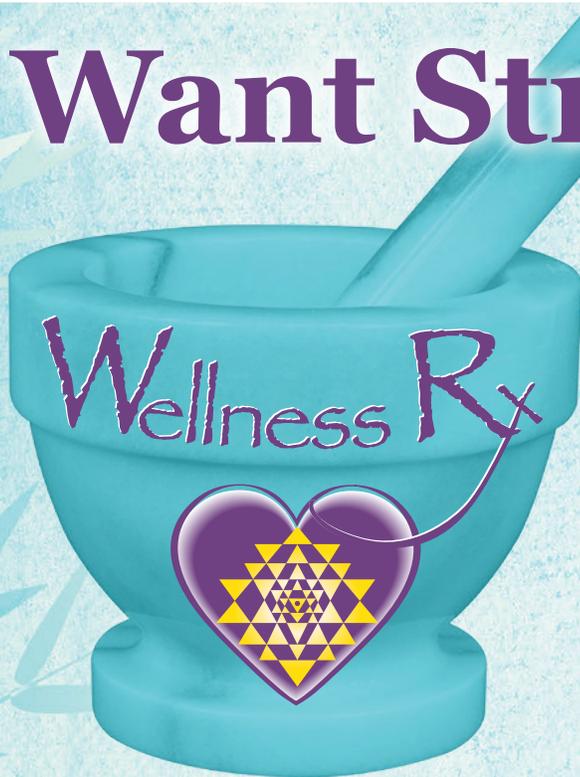
1. In a large bowl, beat the milk, sour cream, pudding mix and orange zest on low speed until thickened. Fold in whipped cream.
2. Place half the cake cubes in a 3-qt. glass bowl. Arrange a third of the strawberries around sides of bowl and over cake; top with half the pudding mixture. Repeat layers once. Top with remaining berries. Refrigerate for 2 hours before serving.
3. For true English style, can add a little sherry to cake cubes.

Notes

Leftovers - Store in an airtight container for up to four days. Freeze for up to three months.

Serving Size - One serving is one square. An 8 x 8-inch baking dish was used for 16 servings

Want Stress Relief?



Gain lasting clarity
and less anxiety in
under 30 minutes with
a Creation Healing
Energy session.

Phone: 518-878-5276

Email: Rob@iht.life

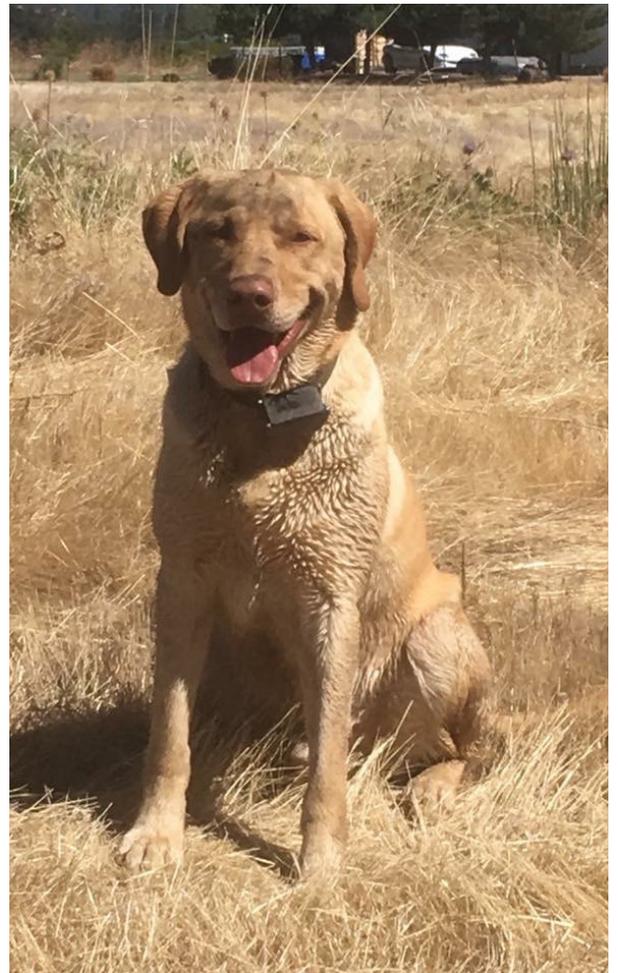
Website: Wellnessrx.life

PRECIOUS *Pets*

Frodo, Lord of the Skunks by Lyle McCaw



FRODO before Skunk



FRODO after Skunk

You have to love living in the country. And we sure do. Our son's dog "Frodo" really loves it too. He is a purebred Yellow Lab that has the run of about 10 acres of our land. Now, Frodo is an outdoor dog and he wouldn't have it any other way. Labs, with their unique coats of fur are very adaptable to the elements. He has an insulated doghouse that keeps him nice and warm in the most inclement weather.

But where he really shines is in his ability to keep the unwanted critters at bay. He especially loves taking care of any skunk that dares to enter our property. I have not figured out his fascination with them, but it has become rather comical. His first contact with a skunk when he was a pup was disastrous. He got the "full load" and we didn't go near him for a few weeks. But Frodo is now what I call, "The Lord of the Skunks." I have seen him corner a skunk and tease that skunk into spraying his load, but Frodo is able to avoid the spray. He seems to even have a look of great satisfaction and pride when this occurs. And after the skunk has emptied itself, Frodo then goes in and does what is natural for dogs to do when defending their territory. However, once the skunk has been dispatched, Frodo then spends the next half hour rolling himself again and again in the skunk. Thus, the smell is transferred to Frodo, the Wonderlab. I guess this is his way of celebrating his victory. And in about a week, the smell is gone. Ah, yes, you have to love living in the country.

HOBBIES AND *Crafts*

Collecting Hobbies

– from Hobbies-and-crafts.com



Because of its versatility, people with a collecting hobby come from all walks of life. Just about anything manmade or nature made can be collected, from simple nature-made pebbles, to the hugely expensive items, such as art and classic cars.

As such, collecting can be relatively inexpensive hobby, like the beginners stamp or pin collections, to the very expensive hobbies, such as classic bikes and sports memorabilia.

Art Collectibles Hobby

There's a whole variety of painted artwork that could be classed as art collectibles. From plates, thimbles and figurines, to painted saw blades, wooden eggs, and of course fine art collectibles for those with deeper pockets.



Collectibles for Investment

Many collecting hobbies are just for fun and learning. But there are other hobbies for more serious collectors that are worth investing in. They provide great long-term value and can protect against financial risks and crisis.



Collecting Sports Memorabilia

This hobby involves many different forms and it's a great way to combine your love for sport with a hobby. This kind of hobby usually requires more space and depending on your chosen sporting objects, can be costly. In the end, if you enjoy what you do and can afford it, it's all that matters.



Model Airplane Collecting

If you are planning to start collecting model airplanes, one of the best ways is to start with pioneers of civil aviation. And what can be more significant of it than the Wright Brothers' legendary flyer Kitty Hawk. This is the plane they used to make their historic flight in 1903.



Pins Collecting Hobby

Arguably one of the oldest collecting hobbies is collecting pins of all types, sizes, and purposes. One great advantage with collecting pins is that they don't take up much space and it's a less costly than many other collecting hobbies



Rocks Collecting Hobby

This hobby involves collecting all kinds of rocks and stones. It's a great way to enjoy the outdoors, walking and collecting rocks, be it on beaches, river sides, and elsewhere.

Lifestyles – FROM RURAL TO ACTIVE

5 Upcoming Lifestyle Trends in 2023 – by Manali



The first of the five upcoming lifestyle trends is self-care. In 2023, consumers will focus on nurturing their bodies and souls, a practice that has been influenced by the development of new technologies and approaches to listening to one's body. Consumers are moving away from a one-size-fits-all approach to wellness, and are instead seeking a more personalized approach to eating and self-care. Specifically, consumers will pay more attention to resilience in their immune/physical health, as well as their emotional well-being.

Another of the five upcoming lifestyle trends is sustainability. As the cost of living rises, consumers are shifting their shopping behaviors. They are seeking less costly, functional products that are also pleasurable to use. Some consumers are also looking for smaller sizes, while others want to minimize their waste. In addition, more consumers are turning to plant-based proteins for healthy diets.

A third of the five upcoming lifestyle trends is a return to comfort. In 2023, people will seek to make their homes cozy. Textured walls, soft edges, and analog hobbies are expected to be common features of cozy interiors. Customers will also seek to get dirty with their DIY projects.

A fourth of the five upcoming lifestyle trends is hygge. This Scandinavian term, which does not have a direct English translation, is meant to capture the cozy feeling of spending time in a warm bed. In 2023, consumers will seek products that will help them create a hygge home.

Another of the five upcoming lifestyles trends is natural lighting. In 2023, consumers will be seeking natural light and a more serene living environment. This will mean they will be spending more time in the countryside, looking for green landscapes and pure air.



**BOOK
NOW!**

Plan Your Amazing

HOLIDAY

**3 BR or
1 BR
Cottages**

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

TOUR AND

Travel

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

An Alpine Christmas by Mary Ann Daniel

Leavenworth, Washington, is a small town at the west end of the Wenatchee Valley, approximately 2 hours east of Seattle on Highway 2. It sits at the base of the Cascade Mountains, providing impressive alpine views and is a popular holiday destination. In the 1960's, the town council members decided to remake the town into a Bavarian village, hoping to attract visitors and boost its economy.

Shortly after its Oktoberfest ends, Leavenworth 'puts on the Ritz', decorating all of its shops and streets with lights and colorful adornments. Music, singers and horse drawn carriages lift the holiday spirits. Front Street is the center of town with its twinkling colored lights and looks like a fantasy land.

At the fabulous Enzian Inn where we stayed, we were greeted by the local Alpenhorn blower in lederhosen. It was a sight to see him balancing on the terrace wall with the massive horn. It is used in Europe to call in cows from the meadow and is a popular attraction for tourists.



Photos by Roland Daniel

The Christmas Lighting Festival is held on the three weekends preceding Christmas and is the most popular event. Each Friday afternoon heralds the arrival of Santa, bearing goodies for the children. Also appearing are Father Christmas and Saint Nicholas.

There are many great restaurants around town, serving Bavarian food, as well as concession stands, offering beer and pretzels, hot cider and roasted chestnuts. At the Andreas Keller Restaurant, we were treated to the lively music of an accordionist named Johnny V. In addition to traditional favorites, he played many tunes on request.

Not to be missed is a visit to the Nutcracker Museum, which houses over 5,000 nutcrackers from all over the world—with the oldest dating back to the 1300's. We purchased both a large and a miniature one to take back home.

For more information, check out their website: www.cityofleavenworth.com



BELOVED *Seniors*

Seniors Give Dating Advice



www.evergreenlawgroup.net

Natalie M. Wetenhall, Esq.

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

evergreen
LAW GROUP, LLC

- ⌘ 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

Honoring Ron Kohl in Medford

I was born and raised in California and graduated high school in 1963. I started college and obtained a position at the Federal Bureau of Investigation (FBI) in San Francisco. I was continuing my education in San Francisco while working at the FBI.

I received a draft notice and went to Oakland, California for my pre-induction physical. I was finished with the physical exam on the second day and spoke to the sergeant as I left. I asked him how long before I will be called. He advised I would be gone in two weeks. I was released from the FBI and returned home. The next day I went to the Air Force recruiter and enlisted.

I was sent to Lackland, AFB in San Antonio, Texas for basic training. After completing basic training, I was sent to Technical Training school for Air Police. During Air Police training my family received a letter from the draft board advising I am unfit for military. My family advised that I had completed basic training and was presently in technical school. Their response was, "Okay, go ahead".

I was sent to Mather AFB Sacramento, California with the Strategic Air Command Air Police Squadron. I was there several years when one Monday they advised me to pack my bags; I was going to Korea on Wednesday.

When I returned to the USA, I was near the end of my enlistment and they wanted me to re-enlist. I agreed to a two-year extension for a school of my choice; they agreed. I was sent to Biloxi, Mississippi to Airborne Radio Repair. I was two weeks from graduation when they pulled me out of class and put me in charge of recruit barrack. Unknown the reason I was pulled from class with high grades and ready to graduate. I was in charge of the barrack past my graduation day. Suddenly, I received orders to report to Grand Forks, North Dakota to the SAC base in 5 days. I left Biloxi with 98 degrees temperature, and arrived in North Dakota at -65 degrees. I was advised that they needed more (now) Security Police than Airborne Radio repair personal.



Ashland Oregon Police Department



Nevada Highway Patrol

I reported in and began to work Security police for SAC again. Since I had two more years to do for my extension, I applied for Elite Honor Guard at SAC headquarters in Omaha, Nebraska and got it. As the orders were presented to me, another set of orders were placed in my colonel's hands, reading Goose Bay, Labrador. I was off again after I got my family back to California.

Once in Goose Bay, a personnel specialist reviewed my records and advised I could get out of the service. I received a congressional discharge from the Air Force after 4 years, 6 months and 3 days.

I returned to Sacramento to my family and found a job. I began looking for a better job and applied to the Nevada Highway Patrol and was accepted. After the Highway academy, I was stationed in Elko, Nevada as a resident trooper. I transferred to Reno as a trooper. I also joined a reserve Air Force unit, continuing my military years with Tactical Air Command and Air Combat Command.

I went from the Highway patrol to the Ashland Police department in Oregon. I then transferred from Air Force to an Army unit and advanced to Drill Sergeant. I was, what they call, double dipping.

I continued in Law Enforcement and Military until I received 25 years in the Military and 30 years in Law Enforcement.

I have used all my years of military experience every day of my life. My experience has qualified me for promotions, saved lives, protected my family, worked out problems and be organized outside of the working world. I have taught my children things that have saved them, like handling the freezing temperatures.

After retirement, I returned to Oregon, and taught in 8 southern Oregon towns as a Crime Prevention Specialist. I lived in Ashland for 8 years as an officer and returned to Oregon for an additional 10 years.

I am the President for the Vietnam Memorial Wall coming permanently to Medford at the Lithia-Driveway fields.

I am past President for Honor Flight of Southern Oregon and Treasurer for Non-Commission Officers' Association, local chapter 1260. I am the principal leader for a veteran's breakfast at Punky's Diner that generated 30-60 vets each Wednesday before COVID, and am entering my 10th year.

SCHOOL Time



From Grants Pass School District 7

Congratulations to Mrs. Kristi Roe, 1st grade teacher at Allen Dale Elementary School!

"Kristi is not only a phenomenal teacher, but she pours so much time into loving and caring for her students," Principal Jake Musser says. "She inspires students to love reading and math through a variety of fun and enriching activities like 'Tinker Tuesday' and 'Flashlight Friday'. She also does so much schoolwide, including maintaining our staff room bulletin board promoting the importance of Allen Dale being more than just a staff, but a family!"

Mrs. Roe is being recognized as Teacher of the Month by State Farm Insurance agent Tom Randall, who is honoring local teachers every month. #WeAreGP

From SOU School of Education

Congratulations to Talent Middle School Principal Katherine Holden – the National 2022 Vice Principal of the Year. She recently received her award in Washington D.C. from the National Association of Secondary Principals Association. Southern Oregon University is very proud as Ms. Holden received her BS, MAT, and administrator's licenses from SOU School of Education.



From the Phoenix-Talent School District

Phoenix-Talent School District assistant superintendent Tiffanie Lambert is one of seven local recipients of the United Way of Jackson County's 2022 Everyday Hero award, UWJC.

Launched in 2021, the Everyday Hero award is supported in part by the Joe & Frances Naumes Foundation and intended to celebrate those "who do great things every day." Each honoree received a congratulatory letter and a check for \$500 on Wednesday, Nov. 23.

"I feel truly honored to receive the Everyday Heroes award from the United Way," Lambert said. "I am grateful to be recognized as one of the many people in Jackson County that stepped up and responded after the Almeda Fire to support the students and families of Phoenix-Talent Schools. I worked alongside an amazing team of dedicated individuals and will forever be inspired by their tireless, selfless work."

In addition to Lambert, the Everyday Hero award winners for 2022 were: Cass Cornwell, a zone captain in the wildfire recovery effort; Ruch Outdoor Community School volunteer Frank Kukla; volunteer fitness instructor Barb Meredith; Harry & David human resource generalist Steven Sparks; Jackson County Early Intervention Services intervention specialist Inga Leed; and Jackson County Sherriff's Department deputy Neftali Mateos.

Lambert, who has been the PTS assistant superintendent of teaching and learning since July 2016, was nominated by Phoenix-Talent SD superintendent Brent Barry, who explained in the application that Lambert "was instrumental in leading our district through the most tumultuous two-year stretch in its history with integrity, compassion, courage and a focus on students and families that are traditionally underserved. She continues this work each day, as she serves our school community. For this, she is so deserving of this recognition and it is my pleasure to share with you all of her amazing accomplishments."

Barry went on to highlight Lambert's role in helping Phoenix High School's 2021 seniors hit a 93% graduation rate, 10 points better than the state average. That included a 100% graduation rate for Migrant students and 91% clip for students with disabilities, two programs Lambert directly supervises.

The application also emphasized Lambert's role in the district's recovery effort following the 2020 Almeda fire, which left 700 PTS students homeless and scattered across the Rogue Valley.

"Tiffanie leaned heavily on her disaster response training and her ties to the community to help our families get the help they needed," Barry noted, "an effort that went far beyond their educational needs. In that role, and in all her roles that followed, Tiffanie was instrumental in gathering the voices of the traditionally unheard, gaining their trust and ensuring that their needs were delivered to the ears of those in power."

In the immediate aftermath of the fire, Lambert formed a logistics team through which she was able to set up a Response Team that navigated between the Emergency Operations Center at the Jackson County Expo and three strategically placed remote education centers in White City, Central Point and Ashland. She also worked closely with the district's healthcare partners to make sure health services would be available to its families, and helped the community separate fact from fiction by maintaining the PTS website and social media channels.

The application also detailed Lambert's work in the chaotic days after the fire:

"To track down Phoenix-Talent families at the Expo, Tiffanie mobilized a team that went door-to-door in the overflowing RV parking lot. When it became apparent that P-T parents needed a place for their children to go while the adults navigated insurance claims, housing options and damage assessments, Tiffanie organized an on-site daycare staffed with P-T employees."



Because of a snafu in communication, the wrong photos were used for the Tacchini family last month. Here are the photos that should have been published. As you can see, football and cheer are a big part of their lives, since both boys play, dad coaches, and Amelia cheers.



Bo and Teacher Mr Rossi



Bo happy to be a Renegade



Bo in nature



Bo leading the charge



Bo showing off his guns



Bo_number 36



Champion



Cheer Lift



Cheer pyramid



Courtney and Skyler



Happy Vince



Sky and Bo Football League Champs



Vince and Court Outdoor School



Kids - Lone Pine Color Dash



Hike!



Proud Papa



Proud winners



Scrimmage with Vince



Tacchinis are a football family



The Tacchini family



The Tacchini kids



The happy couple



Victory Dance



Vince



Vince is all smiles



Vince in action_number 65

Healthy Living

Selected New Medical Technologies – from <https://www.medicaltechnologyschools.com/>

REMOTE PATIENT MONITORING

Thanks to remote patient monitoring (RPM), physicians can now know what is going on with a patient without physically being close. There are several benefits to RPM including better patient outcomes, faster response time, and significant cost reductions over time. In fact, RPM goes hand in hand with telemedicine in reducing the need for patient travel and mitigating everyone's exposure.

Thanks to legislative changes to Medicare for the Covid-19 pandemic, various forms of RPM were approved for reimbursement, effectively increasing the popularity of this new technology.

Prevounce, a provider of medical software, notes that in 2020 an estimated 23.4 million patients utilized some form of remote patient monitoring. The most common types of monitoring were blood pressure, weight, heart rate, and blood sugar, all without having to go into an office or a lab. This practice is becoming so widespread that a survey conducted by Spyglass Consulting Group found that 88 percent of healthcare providers had invested in or were evaluating adding RPM to their practice.

TECHNOLOGY IN MENTAL HEALTH

There are several new technologies that have emerged over the past year that can help address a patient's ongoing mental health needs. While most assessments and initial treatments may still need to be completed by a clinician, there are now additional tools patients can use to improve their mental health between appointments.

The digital therapeutics mentioned above are uniquely suited for providing high quality ongoing mental health care. Increasingly some apps are able to complete patient intakes and provide an initial diagnosis before a patient ever meets with a provider. A traditional therapy method called cognitive-behavioral therapy (CBT) has been widely adopted and used in digital therapeutics with significant success, when used alongside virtual or in-person therapy, in helping patients change their behavior.

Another technology newly being utilized for mental health is the use of video games. Just recently, the FDA authorized **EndeavorRX**, the first only prescription video game designed to treat ADHD in children ages eight to 12. In clinical studies, 73 percent of participants reported an increased ability to pay attention after just one month of treatment with zero adverse side effects.

INTERNET OF MEDICAL THINGS

The internet of things refers to the invisible network formed by physical objects that are connected to the internet. For healthcare, this encompasses new technologies such as remote patient monitoring, 5g-enabled devices, and wearable sensors. The more than 500,000 web-enabled medical devices are increasingly interconnected to be able to provide the most accurate and up-to-date patient data.

As technologies and software improve, smart medical devices will be able to network with other nearby smart devices to help improve patient outcomes. This will eventually allow doctors to monitor patients' status holistically and systematically. For example, one study found that a FitBit is more reliable at measuring physical activity and better at assessing a five-year risk of death than more traditional methods. All patients need to do is make the data they already have accessible.

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



Accepting New Patients & Covered by Most Insurance

OnePeakMedical.com

NANOMEDICINE

Nanomedicine is the medical application of nanotechnology, the technology that operates on the atomic, molecular, or supramolecular scale. For something of such a small size, the potential is huge: nanomedicine has applications in imaging, sensing, diagnosis, and delivery through medical devices.

Researchers are finding new ways to use nanomedicine to target individual cells, and in 2021, that research will be put into action. **CytImmune Sciences**, a leader in cancer nanomedicine, has recently completed a Phase I trial of using gold nanoparticles to target drug delivery to tumors; **BlueWillow Biologics**, a biopharmaceutical company, has developed nanotech that fights viruses and bacteria.

TRICORDERS

For decades, tricorders have been medical technology's version of the flying car: its origins are in science fiction, and the concept is both elegant and eminently useful. As far back as the 1960s, tricorders were imagined to be palm-sized devices that could quickly and accurately monitor a wide array of vital signs, while also performing simple diagnostics. Unlike flying cars, however, tricorders have finally made the leap from the screen and into users' hands.

While some companies have attempted to craft workable prototypes, none have passed FDA approval or made it to the market yet. However, the race is on as several medical device companies are vying to win the 10 million **Qualcomm Tricorder XPRIZE** competition. The first workable device that can accurately diagnose 13 medical conditions without the need for a physician, as well as monitor five vital signs, will win the grand prize.

CANCER IMMUNOTHERAPY

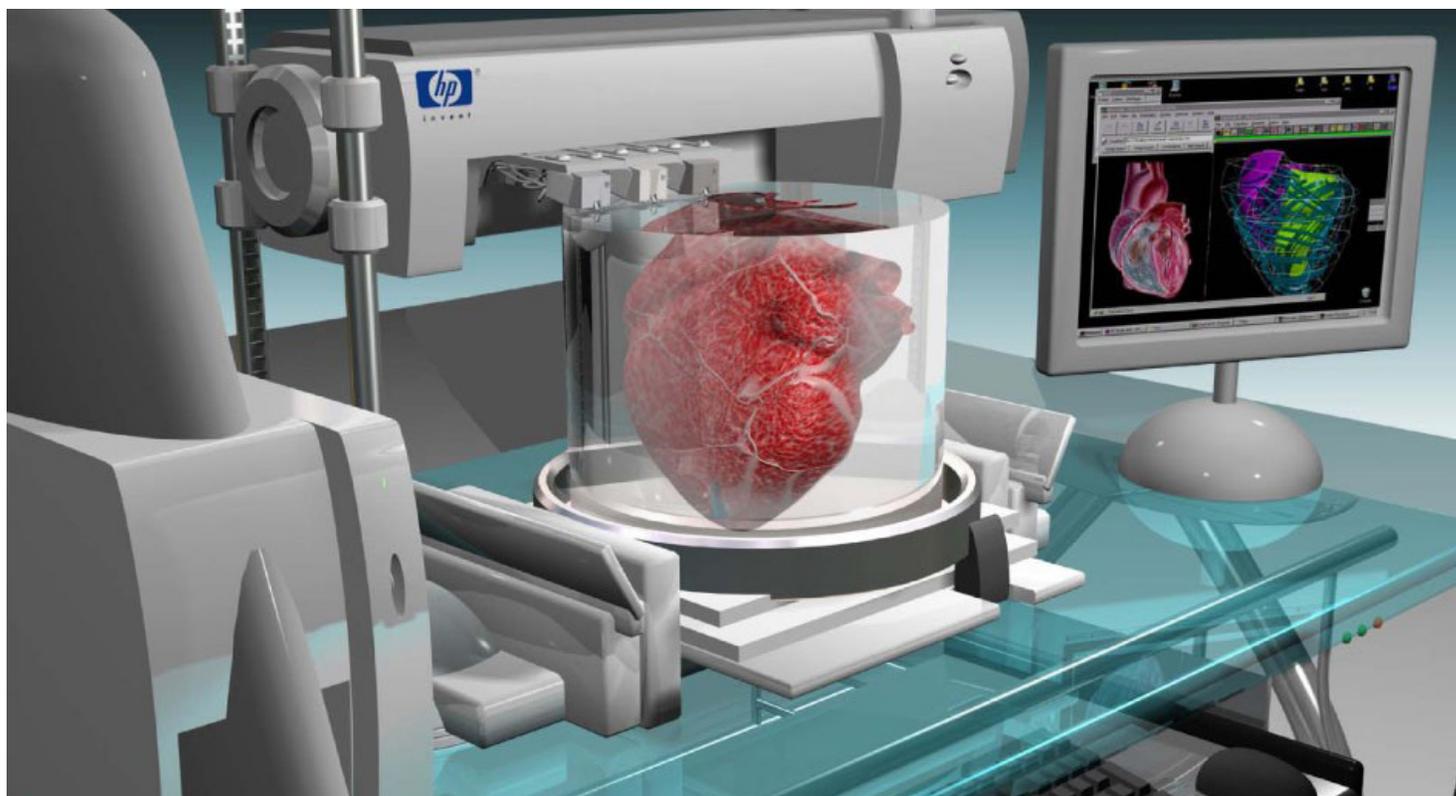
Immunotherapy is changing definitions in the medical world, primarily by **curing previously un-curable diseases**. The premise of immunotherapy is to genetically alter a patient's cells to work in tandem with the body's immune system to fight cancer. Unlike chemotherapy, immunotherapy does not destroy healthy cells as collateral damage. By altering the immune system, one can "teach" it to **detect and destroy more cancerous cells** and reduce tumor growth.

A promising area of medicine for almost a decade, immunotherapy continues to highlight new immunotherapeutic targets and biomarkers. New treatments in combination with joint therapy and engineered T-cells can create what will ideally be effective therapies for a wide range of tumor profiles.

3D PRINTING

The first-ever 3D-printed object was a piece of low-grade medical technology, **an eye-wash cup**, and has come a long way since. Medical devices can now be perfectly matched to the exact specifications of a patient, and be compatible with their natural anatomy. A patient's body is more likely to accept implants, prosthetics, and devices when they're perfectly aligned and customized, and the patient often expresses greater comfort and improved performance outcomes as a result.

The most significant developments in 3D printing have come in external prosthetics, cranial or orthopedic implants, and custom airway stents. But it has also proven helpful in surgical planning and has been used in complex open-heart surgeries, and even Cleveland Clinic's total face transplant. Talks of **printing human tissue** have suggested that organ transplants may one day be obsolete.



NORTHWEST *Recreation*

From KTVL News

CRATER LAKE, Ore. — Crater Lake National Park announced that ranger-guided snowshoe walks have begun for this winter season.



(Photo Courtesy: National Park Service)

Officials say these walks happen Saturdays, Sundays, and most holidays from Dec. 17 through April 30. Hikes will be offered daily from Dec. 17 through Jan. 2 and from March 25 through April 1.

Snowshoes are provided free of charge. No previous snowshoe experience is necessary to participate.

These walks begin at 1 p.m. and cover one to two miles of moderate-to-strenuous terrain. Most walks begin at Rim Village and explore the forests and meadows along the rim of the lake.

Crater Lake National Park says it's one of the snowiest inhabited places in America, receiving an average of 43 feet of snow each year.

Space on the tours is limited. Advance registration is required.

There is no additional cost for the walk, apart from the park's entrance fee. Walkers must be at least eight years old and be prepared with warm clothing and water-resistant footwear.

For more information and to sign up for a walk, call the park's visitor information line at 541-594-3100.

SPIRITED Tastes

14 Requirements to Look for in a Brewery or Taproom – by SummitShah

Does the brewery offer food?

Many people don't go to a brewery just for the drinks, food is a big factor as well. Some questions you may want to ask are: what kind and how often do they change their menu items? Are there daily specials or happy hour deals? When is lunch served? What about dinner time too? Food is a big deal in the brewery scene.



Does the brewery offer tours?

Is it a brewery with tasting rooms only or does it offer tours as well for brewery enthusiasts to learn more on how beer gets made and which ingredients go into making different types of beers.

Are gluten-free options available at this location (beer-wise)?

Not everyone can drink beer and not everyone wants to drink it. That is why a lot of breweries offer gluten-free options!

Is it family-friendly?

Some people enjoy bringing their family with them when visiting the brewery or taproom. If you have kids, they deserve some time too so be sure that this location has a space available where they can play in case they get bored while walking around looking at all different kinds of beers (or liquor).

Is this place handicap accessible?

Some people are unable to walk very well but still want to visit these locations because of how much fun it seems like it would be. It's important that they're able to come if possible by making accommodations for those who need them. By checking off whether this location is **handicap accessible**, you can eliminate any possible disappointment of not being able to visit the place.

Is there live music?

This doesn't apply only to breweries but taprooms too! There are some really cool places that offer a variety of different styles and types of music while still having a great beer on tap. It's one way people like to enjoy their time with friends or by themselves at times. Live music adds a whole other dimension that brings more life into these establishments so be sure this requirement satisfies your taste for it!

Are there TVs tuned in to sports channels? –

Some people come here seeking entertainment as well when they're bored from all the walking around looking at beers (or liquor). If you want to watch your favorite team's game, be sure to check for TVs that are tuned in and have the channels you want on there.



What's the setting like inside/outside?

Some people may not like a loud, crowded place while others prefer it. Some breweries are located in the middle of nowhere and have almost nothing around them so if you want to go somewhere new but still be near civilization then this may not be your best option for that. You could also find some brewery or taproom locations with a more artsy vibe due to their interior design.

What kind of beers do they offer?

There are many different kinds of beer out there! If you're looking for something specific, make sure the location offers what you need before booking your trip because it will save time in case it doesn't. There is always something new to try and with the variety of different beer types, you're sure to find something that satisfies your taste in no time.

Do they offer samples?

Some people like to make a selection based on what kind of beer sounds best before committing fully while others want to know for certain if it tastes good or not beforehand by trying a smaller amount first. So be sure this requirement is satisfied! Another thing about sampling at these places: some breweries may offer samplers but only have one type of brew available (mostly due to licensing). Be aware so you don't get disappointed when visiting.

Pet-friendly Options?

If you're bringing your pup, make sure this location is pet-friendly. Otherwise, they might be too busy for a long time sniffing around and not being able to play or get lost in the process!

Is there an indoor/outdoor space?

Some people like one over another because it fits their preference better so if you want something of that nature then find out before booking your trip. **Many have a wide variety of indoor spaces** but also some outdoor ones as well with large patios covered by roof systems when needed.

Deals for large groups?

If you have a large group (like 15+) then make sure this location offers deals for that amount. That way everyone can enjoy some time together and not pay more for the privilege when it's needed most. This may also exclude certain breweries altogether because of their size but don't worry! There are plenty of other ones to choose from with different sizes available to fit your needs so just explore around and see what you find!

Is the staff friendly?

Some people might not like it if the staff is too busy to help them when they need something. The employees are there for a reason, so make sure your needs are met and you're happy with their service!



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

RVL Events - Puppet Karaoke



On December 9th at 7pm, at the Jackson County Library, we held a Puppet Karaoke Show. We had named it an adult show, only because people have said a few naughty words on stage in the past, but really, children would have enjoyed the puppets that Shannon Reagan of Wyndwolf Puppets brought. Shannon actually makes these beautiful puppets, and you can buy them! There were all kinds of puppets - bats, unicorns, and all manner of creatures. You can see a nice assortment at <https://www.pinterest.com/WyndwolfPuppets/wyndwolf-puppets-and-creations/>

And while there wasn't a lot of attendance at this event, likely due to the adult wording and the holidays, everyone enjoyed themselves. You'll notice that our cover family was there. Even the diehard non-singers got up and sang with us. It actually inspired Linda to ask Santa for her very own karaoke machine. And Santa obliged! Although on Christmas she had laryngitis. We may do another one in the future and invite families. RVL puts on these events to give residents a night out in a fun and enjoyable setting. We are in the process of lining up more, so if you have an idea for a fun gathering to meet neighbors, please let us know.

Photography by Roland Daniel.





FINANCIAL *Fitness*

HOW TO GROW AND KEEP YOUR MONEY



Photo by calcitecu.com

Side Hustles – by Courtney Tacchini

Worth it?

Side hustles are a popular recommendation these days to provide an additional income stream. This is sometimes cast as an “easy” way to earn extra cash. You can get hype from someone else; after owning a business and attempting a few side hustles, here’s some important words of advice from a layman’s life lessons to ponder:

Define your goals:

Are you looking to make money or is it a passion project? If profit is the primary objective, take some time to determine what level of sales are needed to achieve the income you desire. Is it possible for you to put in the time it takes to achieve those sales?

Understand the investment:

Will you need to pay upfront for inventory? Consider other annual franchise or fees involved. Take the time to create a quick pro forma! If you don’t know how, ask a friend with that skill set (or myself!). Remember your most important resource is your time. If you don’t have enough time to devote to the side hustle, it will likely never reach your goals and may create a strain on other areas of your life.

Try it in advance:

If possible, try the business model in a risk free or low risk environment. For instance, if you are thinking of selling a product, host a party for someone who is already a salesperson for the brand. Consider if doing that on an ongoing basis will be manageable and if you have enough of a natural market to support that.

Anticipate legal or tax consequences:

Will you need to form a business entity (can be somewhat costly and time consuming up front) or will the business be in your name? Think about what tax bracket will your additional income be in and what costs you’d be able to expense against that income.

A word about insurance:

Depending on the type of business, any transactions or storage of inventory in your home or non-dedicated business location can be excluded from your personal insurance coverage. For instance, if all your inventory was lost in a fire or theft, your home insurance only covers a very small limit of business property. Many business activities also are not covered in the personal liability of your home insurance. Touch base in advance with your insurance agent on this!

See a need, fill a need:

Follow demand, ask around in your network. There is a need for temporary labor and substitute teachers. If your time is flexible enough, consider reaching out to staffing agencies, getting your substitute teaching license or getting your CDL to drive a school bus!

A side hustle can be a very profitable and exciting part of your life. Just make sure to do your research before diving in for your best opportunity to crush your goals!

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

Call 541.535.6161 today!
Smart choices last a lifetime.



FARMERS
INSURANCE

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.

AUTO *Buzz*

Biohazard Quarantine Causing Massive Delays For Ford And Other Automakers Down Under – By Jay Traugott

There are now around 10,000 vehicles stuck at ports for quarantine checking.

Australia is currently facing a biosecurity hazard that is preventing around 10,000 new vehicles from a variety of automakers from being unloaded at ports and delivered to dealerships. Australian publication Drive began reporting on the situation just before Christmas, and, unfortunately, things have gotten worse since then. Most recently, about 650 Ford vehicles from Thailand, including the **Ranger** and the **foreign-market Everest**, have joined the growing backlog of vehicles that now require additional cleaning to remove seeds. Seeds?! Yes.

Australia has very strict laws regarding the prevention of soils, plant debris, seeds, and live insects that are not native from entering the country. Back in 2019, for example, a situation involving a stink bug infestation struck the country.

The latest problem has been linked to that. However, that incident saw only one ship turned away. This time, multiple ships are involved as authorities believe the new problem might be related to recent changes in shipping arrangements.

“The department understands that the increase in BRM (Biosecurity Risk Material) on new vehicles imported to Australia is likely due to a number of commercial factors, including changes to shipping patterns due to Covid,” a Department of Agriculture spokesperson said. “For example, some vehicles may be stored in paddocks or parking lots overseas where they are inadvertently collecting BRM while they are awaiting loading onto vessels for export to Australia.” Ford, Toyota, Mazda, Mitsubishi, Nissan, MG, and Volkswagen are all facing Australian market delivery delays.



Photo from instructables.com

Clearly, this is not a good situation and the growing backlog is taking quite some time to clear. Officials believe the vehicle bottleneck will finally be resolved in the next two weeks, but that’s assuming no other biohazard materials are found in the existing shipments.

Automakers are trying their best to keep both dealers and customers informed of the latest happenings. Interestingly, government officials are still placing the blame on automakers.

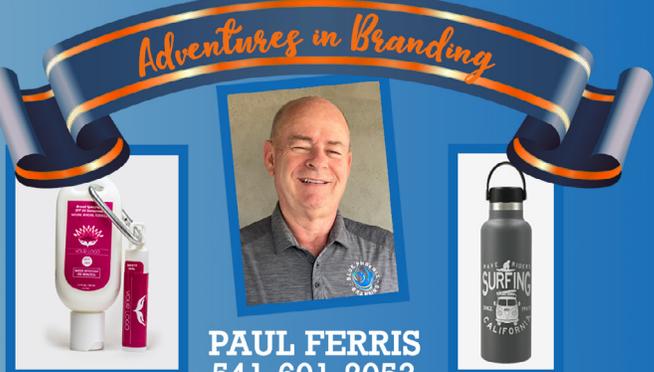
“Australia has a fragile eco-system free of many pests,” a government official explained. “Seeds and insects can have a catastrophic effect [if let into Australia]. This is not a quarantine issue, this is the car-makers not taking the necessary precautions and efforts to make sure their cars are free of pests.”



**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

TECH *Talk*

Some Great New Gadgets for 2023 – from besttechtrend.com

Headlamp - “Everlyte” - Flashlights Haven’t Changed In 100 Years - Until Now

Everlyte just redesigned headlamps from the ground up.

It doesn’t stick out or knock into things and lights up everything in front, and on the sides of your vision. You can switch between a powerful side beam for precision lighting up to 100 meters as well as 5 lighting modes.

It’s lightweight and adjustable, making it perfect for working in those dim areas of your house or car.

On top of that, camping enthusiasts, runners and cyclists trust Everlyte as it gives them the freedom and hands-free mobility they need to see and be seen – especially during the darker months.



Muama Enence - This Device Turns You Into A Native Speaker Of 36+ Languages In Seconds

What if we wouldn’t have to speak a word of a foreign language and could still easily get around in over 36 countries? Well, with Muama Enence, you now can! This genius device turns you into a fluent speaker of 36 languages in seconds. Just click the button, start talking, and it will immediately translate your words into the language of your choice.

It’s perfect if you regularly deal with foreigners at work, enjoy talking to natives in exotic locations or simply want to impress your international business partners next time you meet.

Stop paying for expensive translators or fiddle around with overly complicated smartphone apps. **Just hit the button**, talk into the device, and no language will be foreign to you anymore.



Chill Pill - The Handheld Device That Helps You Fall Asleep in Minutes

If you use sleeping pills on a regular basis, you probably already know they’re not a smart long-term solution.

Sleeping pills can increase your risk of death by 4.6X – and they often don’t even improve the quality of your sleep!

That’s why we’ve been recommending The **Chill Pill** lately. It’s a new handheld device (NOT an actual pill) that you hold in your hand while you go to sleep. It sends safe electronic pulses that calm your brain and help lull you into a deep sleep in just a few minutes. If you struggle to sleep quickly at night (or find yourself waking up frequently), this could be the innovation you’ve been waiting for!

- ✓ **Delivers pulses of low-intensity electric currents that help you fall asleep FAST – and STAY asleep!**
- ✓ **Backed by science & tested to be completely safe**
- ✓ **Easy to use – simply hold onto the device as you go to sleep!**
- ✓ **Also helps reduce anxiety and panic attacks**
- ✓ **Helps restore balance to your brain’s neurochemicals, improving your sleep quality over time**



Miracle Sheets - Miraculous Antibacterial Sheets Keep You Clean and Cool

From a once tiny company called Miracle comes an invention that will change the way you sleep. Feel fresh, clean, and comfortable without any sweat, bacterial build-up, or extra heat. These self-cooling and self-cleaning sheets have it all; 99% of the bacteria – OFF; Supima cotton, no smells and fresh all the way. Luxury hotel chains, and Airbnb are quickly jumping on board, and both are reporting more 5 star reviews as a result. **Click here to read more about Miracle Sheets**, including reviews and other testimonials.



Fuel Saver Pro - Save Up To 35% At Your Gas Pump

As gas prices explode, this might be the biggest gift for yourself and your family: A simple plug-and-play device that can reduce your car’s fuel consumption by a whopping 35%!

So if you’ve helplessly watched our gas prices increase 70-100% these past 12 months, this is your chance to strike back. Fuel Saver Pro reprograms your car’s fuel efficiency and works for all cars built and sold in the US after 1996.

Although the fuel giants aren’t happy about it, this device is 100% safe and legal. A small group of testers tried it out and saved a combined \$594.01 their first month. The only question is: how much will you save?

Demand for the Fuel Saver Pro has been soaring, so make sure to **get yours before it’s too late!**



Fashion

FORWARD

What's New in Denim for 2023

– Excerpts from [womanandhome.com](https://www.womanandhome.com)



Softer Denim

Rigid denim has long been the mainstay of any jean collection, however, the denim trends 2023 ushered in a new direction with softer, more fluid, denim styles being showcased by designers.

Sam says part of this is the move to sustainability and the use of Lyocell in many more designer collections.

"We will definitely see and feel softer denim going forward that lends itself to fluid and draped designs," she says.

"It's all due to the many denim mills working with The Lenzing Group's Tencel Lyocell, a sustainable fiber made from natural raw wood pulp. It's fast becoming a go-to fiber for denim due to its low amounts of water, low carbon footprint, and softness. The biggest direction for denim in 2023 is definitely sustainability."

A.W.A.K.E created soft denim shirts that hung seductively off shoulders, while Batsheva teamed soft culotte-like denim shorts with a pretty puff-sleeved blouse to create a smart casual look.

Baggy Jeans

As denim skirts get longer, jeans are getting wider. This denim trend 2023 gives more of a nod to '90s baggy jeans, as opposed to the '70s flares and is a great one to invest in as it is likely to stick around for some time. As comfortable as your **best joggers**, this is a chic option for more **smart casual outfit ideas**.

"For SS23, the wide-leg jean continues to grow in strength and dominance, and you can expect to see a lot of brands adding to their wide-leg offering in a variety of lengths and styles", says Lesley Torson, the founder of leading denim retailer, **Trilogy Stores** who predicts shorter lengths in wide styles will become popular in the summer months.

Wide-legged denim was particularly popular on the runway, spotted at the likes of Tibi, who tucked blazers into uber baggy pants, to Rejina Pyo and Nensi Dojaka who both showcased two-tone wide-legged jeans.

And while integrating a new jean style into your closet can be tricky, you can easily get the hang of **what to wear with wide-leg pants**, according to Miss Sixty's, Lisa Baranello.

"Style with a fitted or cropped length top to balance out the shapes," Lisa says. "Fun additions like cut-outs and asymmetric waistlines always add intrigue, but try to avoid wearing equally baggy untucked tops or jumpers to steer clear of burying the figure."

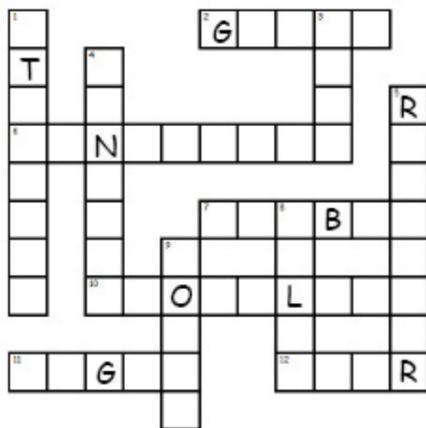
What to look out for:

- Pretty color washes: Mark Fast sent lilac jeans down the runway, championing one of the **fashion color trends** 2022. Pretty pastel washes will work well for spring/summer, bringing playfulness into denim and lilac and pinky hues were spotted across the board for next season. Team with a lace blouse or puff-sleeved t-shirt for a super cute look.
- Two-tone jeans: Jeans with a darker shade on the outside and a lighter shade of denim on the inside give new interest to this classic shape. Keep the rest of your outfit simple to let your trendy denim take center stage.
- Dark, creased flares: If you want to look professional, choose a darker pair with a crease down the middle as seen on the Eftychia runway. Team with a blazer and white shirt for a timeless outfit.



PUZZLE AND Fun Corner

'Tis the Season



ACROSS

DOWN



Trivia

It was on December 17, 1903, in Kitty Hawk, North Carolina, when Orville Wright completed the first powered flight of a heavier-than-air aircraft.

The constellation Orion dominates the sky in December. Look southeast to find three stars lined up in a row. This is Orion's Belt. Rigel, a bright white star, forms Orion's knee. And to the upper left of the belt, is Betelgeuse, also called Alpha Orionis, second brightest star in the constellation Orion, marking the eastern shoulder of the hunter. Its name is derived from the Arabic word bat al-jawzā', which means "the giant's shoulder."

Also, look out for Sirius, the brightest star in the winter night sky.

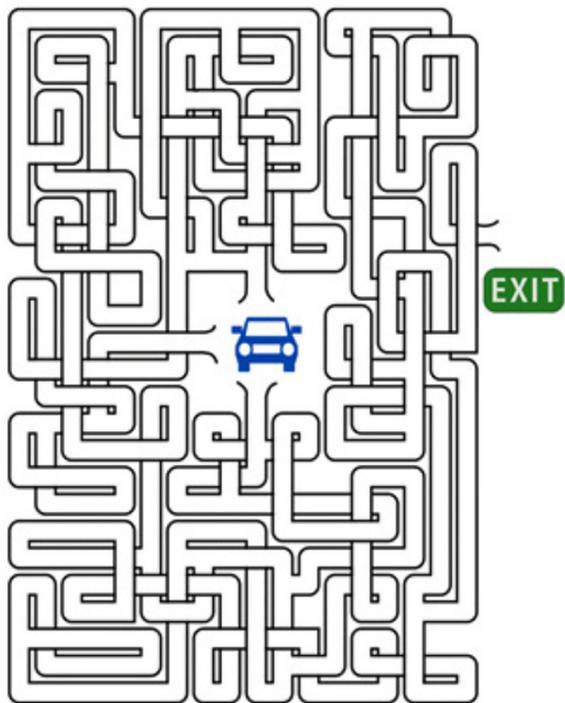
December contains the shortest days of the year making it the darkest month on the calendar.

In places like Alaska, Siberia and the Canadian territories, December is the month when the sun never rises, pitching thousands of people into complete darkness for several days.

Strange December Holidays

The Night of the Radishes. The radish-carving festival is celebrated every December 23rd in Mexico. The Burning Clocks Festival in Brighton, England is where paper lanterns are burned in an enormous bonfire on December 21st to mark the shortest day of the year.

Parking Garage



© puzzle-to-planet.com

Henri parked his car in the city parking garage, but he can't seem to find his way out. What is the shortest route to the exit?

Scrambled Presents



- | | |
|------------|-------------|
| 1. ---0--- | 4. 0--0-- |
| 2. 00--- | 5. ---00--- |
| 3. -0--0- | 6. --0- |

Unscramble the words, then use the circled letters to answer the riddle:
What nationality is Santa Claus?

Send a message to your
loved one in February!



Tell someone special that you love
them in our tribute to Valentine's Day.
Collecting throughout January!



SEND SHOUT OUTS TO: 541-900-6584 | Editor@RogueValleyLivingMag.com

Scrambled Presents

1. Dollhouse
2. Train
3. Bicycle
4. Slinky
5. Telephone
6. Wagon

Answer: North Polish

HOME Matters

HOME RENOVATION AND REMODELING TRENDS FOR 2023- BY ROY FAUST



1. Spa Bathroom

Whether you're spending more time at home, or you just want somewhere to be alone with your thoughts for a while, consider a bathroom with a large bathtub, stand-up shower, low lighting, and calm colors. Bring a bit of nature into the space to complete the calming environment (and don't forget those scented candles!).

If your bathroom is tight on storage, add built-in shelves or cabinets. That allows you to have all your necessities close at hand while keeping them out of sight so that you can maintain the soothing environment you desire.



2. Bold Wallpaper

Wallpaper can work in any room, and it's a great way show off the personality or style of the space while staying on budget. Of course, you may not want to wrap an entire room in wallpaper but choosing one accent wall to have some "fun" is all the trend right now.

Photo from aliexpress.com



3. Large Window Banks

There's nothing better than natural light in a home, and the best way to get it is with large banks of windows. Whether you add windows to multiple walls or install a floor-to-ceiling window wall as the focal point in a room, large windows will transform a space in the most beautiful way.

Natural light not only makes your home more beautiful and can make a room feel larger, updated UV blocking technologies built into many window options combined with lower lighting needs, may also help lower energy usage.



4. Multifunctional Islands

Homeowners are saving space by installing their dishwashers, sinks and trash pullouts in islands, leaving much more room throughout the kitchen for other things. Of course, an island is also a gathering place for everyone, so the trend in 2023 is large seating areas around the island where the crew can gather.



5. Multifunctional Rooms

Families want to know their home has the space working from home, spontaneous Zoom meetings, or home schooling without tripping over each other. From offices that double as rooms for schoolwork to kitchens that double as work zones on the fly, multifunctional rooms are needed by just about every family today.

Don't forget about dual-use spaces that allow for relaxation and unwinding, too. Think couches in home offices, chairs in bedrooms, and extra seating in the kitchen so others in the family can converse with you while you cook or just get ready for the day.

More Than Just a Tile Store

Add a little bit of body text

COLOR TILE
of **Medford**

- LVP
- Laminate
- Carpet

Right Behind Burger King

CCB # 223480



Entertainment

Pop Culture Events in 2023 – Excerpted from E!

By Tierney Bricker

The Eras Tour

The lucky ones who scored tickets to Taylor Swift's The Eras Tour cannot wait to see how she'll showcase her 10 studio albums—and two re-recordings—during her first tour in five years. She has released six(!) albums since then, and we Swifties are beyond ready for it to kick off in March 2023. Count me in to meet her at midnight and see sparks fly onstage! —Lindsay Weinberg, Assignment Editor

Beyoncé's Renaissance Tour

Last year, I was hoping and wishing (may have even manifested) a new album from Queen Bey and—much to my surprise—not only did we get it, but there's even a tour to look forward to next year! Hearing Renaissance in a stadium will no doubt make my year, I can't even think about it. —Kisha Forde, Writer

The Super Bowl Halftime Show

Fans will be going from zero to 60 in 3.5 and tuning in as soon as it's time for Rihanna's Super Bowl performance. After years of being away from the stage, the nine-time Grammy winner is set to sing during the big game's halftime show. Only time will tell if RiRi will debut any new music during her performance. But one thing is for sure: Come rain or shine, you'll want to grab your umbrella (ella, ella). Because if her past performances are any indication, the praise for this one is sure to come pouring in. —Elyse Dupre, Writer

Marvel's Jam-Packed Slate

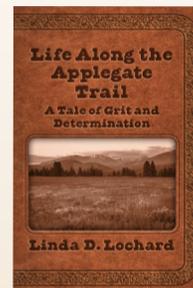
After a somewhat rocky year for the superhero studio, 2023 is looking quite marvelous for our Avengers. Ant-Man and the Wasp: Quantumania looks dazzling (We bow down to Jonathan Majors as Kang), Guardians of the Galaxy Vol. 3 looks diabolically devastating—we are still emotionally unwell over Groot's "We are Groot!" line in the trailer—and we're desperate for the first look at The Marvels. Oh, and on the Disney+ side of things, we've got the eagerly anticipated Secret Wars, Loki's second season, Echo, Ironheart and, possibly, Agatha: Coven of Chaos. So yeah, we could do this alllllll year. —Tierney Bricker, Features Editor

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
facebook.com/lindalochardauthor

Stagecoach

Yah, Coachella is cool but the real desert party happens the last weekend of April. This year marks Stagecoach's 15th year and the lineup doesn't disappoint. Between Luke Bryan, Kane Brown, Lainey Wilson and a side of Diplo, country fans are about to be in music heaven once again. —Mike Vulpo, Editor

The Ballad of Songbirds and Snakes

In 2023, I'm ready to head back to Panem with *The Ballad of Songbirds and Snakes*. Suzanne Collins' prequel was a masterpiece, as was casting Rachel Zegler, Hunter Schafer, Viola Davis AND Peter Dinklage all in the same film. 2014 Tumblr has been making a resurgence for a while now, so why not cap it off with more Hunger Games fancams?

—Charlotte Walsh, TV Scoop Writer

Daisy Jones and the Six

Prepare for your eyes, ears and soul to be taken over by Amazon TV's adaptation of Taylor Jenkin Reid's beloved 2019 book about the rise, fall and drama of a fictional '70s rock group. We're already considering changing our names to Penny Lane because we are totally going to be band-aids for this miniseries starring Riley Keough and Sam Claflin and produced by Reese Witherspoon. Ever heard of her? —Tierney Bricker, Features Editor

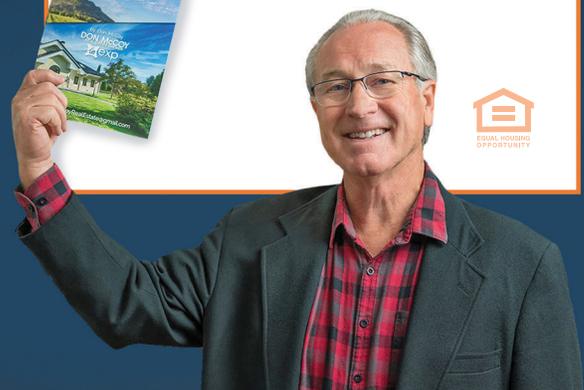


Practical Ideas for **SELLING YOUR HOME**

don mccoy  **exp**
REAL ESTATE REALTY

What would it be like to have a small, succinct, direct book in your hands to help you through the maze of selling your home?

Find it **FREE** online at
DonMcCoy.RealEstate
or Call 541-261-3542



BUSINESS Beat



Immersive customer experience

– by Bernard Marr

In 2023, customers crave experience above all else. That doesn't necessarily mean that price point and quality take a back seat, though. Both play a part, to some extent, in the way we experience the process of choosing, purchasing, and enjoying the goods and services we spend our money on.

The role that technology plays here, traditionally, has been to streamline processes and remove hassle from the life of the consumer. Think recommendation engines that help us choose what to buy or online customer service portals that deal with problems and after-sales support. These will still play a key role in 2023, but the game has evolved, with this year's keywords being immersion and interactivity.

The **metaverse** – something of a catch-all term used by futurists to describe the “next level” of the internet, where we interact with brands and fellow consumers through immersive technology, including 3D environments and VR – is the stage where this will play out. Think of online shops where we can browse and “try on” virtual representations of clothes, jewelry, and accessories. We might use virtual dressing rooms to dress up avatars of ourselves – as pioneered already by the likes of **Hugo Boss** – or it could involve AR, as used by **Walmart**, to see how clothes will fit on our actual bodies. These trends will impact both online and offline retail.

The trend towards experience is so strong that brands like Adobe and Adweek are appointing **chief experience officers** (CXO) to ensure that it is made a foundational element of business strategy. As well as customer experience, businesses increasingly need to think about employee experience as competition for the most talented and skilled workers grows more intense.

MEET YOUR *Neighbor*



Photographer is Amy Wilhelms of
En Pointe Photography

Grace Wilhelms

Interviewed by Alice Ungerman

Grace is a seventeen-year-old girl, who is in Eleventh grade, and lives in her parents' house in Medford. Her parents are Amy and Bill Wilhelms. Grace is in ballet, and her mom Amy, works at the ballet studio, (Ms. Diana's Ballet). Grace hopes to be a professional dancer when she's older. Grace plays the flute, but she does want to learn how to play the violin again.

Grace has a dog named Hunny. Hunny is one of her favorite things in the world. Hunny is three years old and is very energetic. Something interesting about Hunny, is that he can jump to about four feet high! Hunny has a favorite toy, his pink dinosaur! His pink dinosaur is the first toy they ever got him. He never rips it apart, but he rips apart EVERYTHING ELSE. It is special to him and he would never hurt it.

Grace is also competing in a dance competition called Y.A.G.P., a teen dance competition in Seattle Washington. She is really nervous, because she will be doing a solo, and in front of a panel of judges. But then again she is excited. She also told me it will be on live TV at the time. The time is coming close to the competition! We're all rooting for you Grace! :)

HOME of the Month

Edward and Crystal Bunker's Home in Ashland

The long drive up through the winding Ashland hills was worth the trip. Walking into this expansive 4 bedroom, 5 bath home owned by Edward and Crystal Bunker, you feel surrounded by over 5000 square feet of luxury. Lush views surround this home with unrestrained vistas and all manner of flora and fauna. Everywhere you look, there is an architectural detail or piece of art or collectible that means something to the pair that they've picked up on their travels.

My favorite places were the 2 kitchens, one sage-colored upstairs and a small buttercup-colored one downstairs. There are so many things to see and experience, and each object has a history. Their taste has an eclectic flair and we hope you enjoy the tour! We were accompanied on our tour by her sweet pups. (Roland Daniel and I took a lot of photos, with one from Zillow of the entrance. The first batch will be those taken by Roland.)

Also check out the Yard of the Month where we will look at the grounds, but we will save the greenhouse and man-cave barn for a future issue.



Street Address:

- On Old Highway 99 S Ashland, OR 97520

What rooms did you decorate?

- All of them.

What room is your favorite in the house & why?

- The kitchen is our favorite room in the house. It's where we host our guests and spend the most time together.

Did you design or decorate it yourself?

- We decorated it together.

What was your inspiration?

- We really enjoy traveling with one another and most of the spaces in our home are filled with art we bought while on vacation. There is a lot of Hawaiian inspiration. For a long time when we would go on vacation we would typically visit the islands. We also have art from New Orleans and Jacksonville, Florida.

What company did you use?

- We didn't use a company. Although, we did hire an artist last December whose name is Nathan Neil. We met him when we bought a piece of his art in Maui and remained in contact since ever since then. We hosted him in our home and gave him a space to let his creativity run wild. A lot of the art in our living room was done by him and we have a few other pieces we've dispersed throughout the house.

Did you decorate the rooms one at a time or all at once?

- It was a combination of both. When we first moved into our home we had a lot of art that we brought with us, but we also had a significant increase in wall space. There were a few walls that were left empty for a bit in the main rooms such as the kitchen and living room.

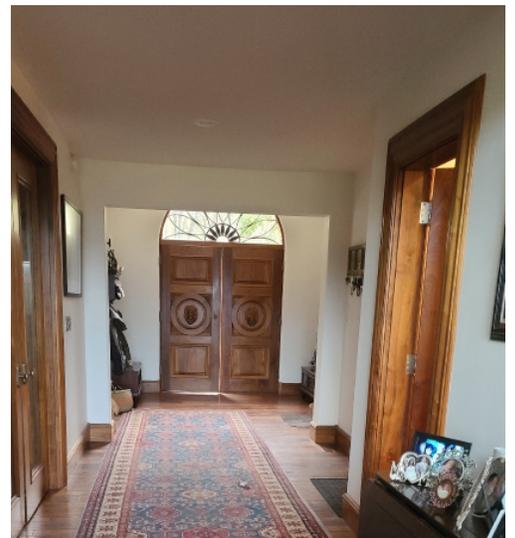
If you could do it all over again, would you change anything?

- Nope.

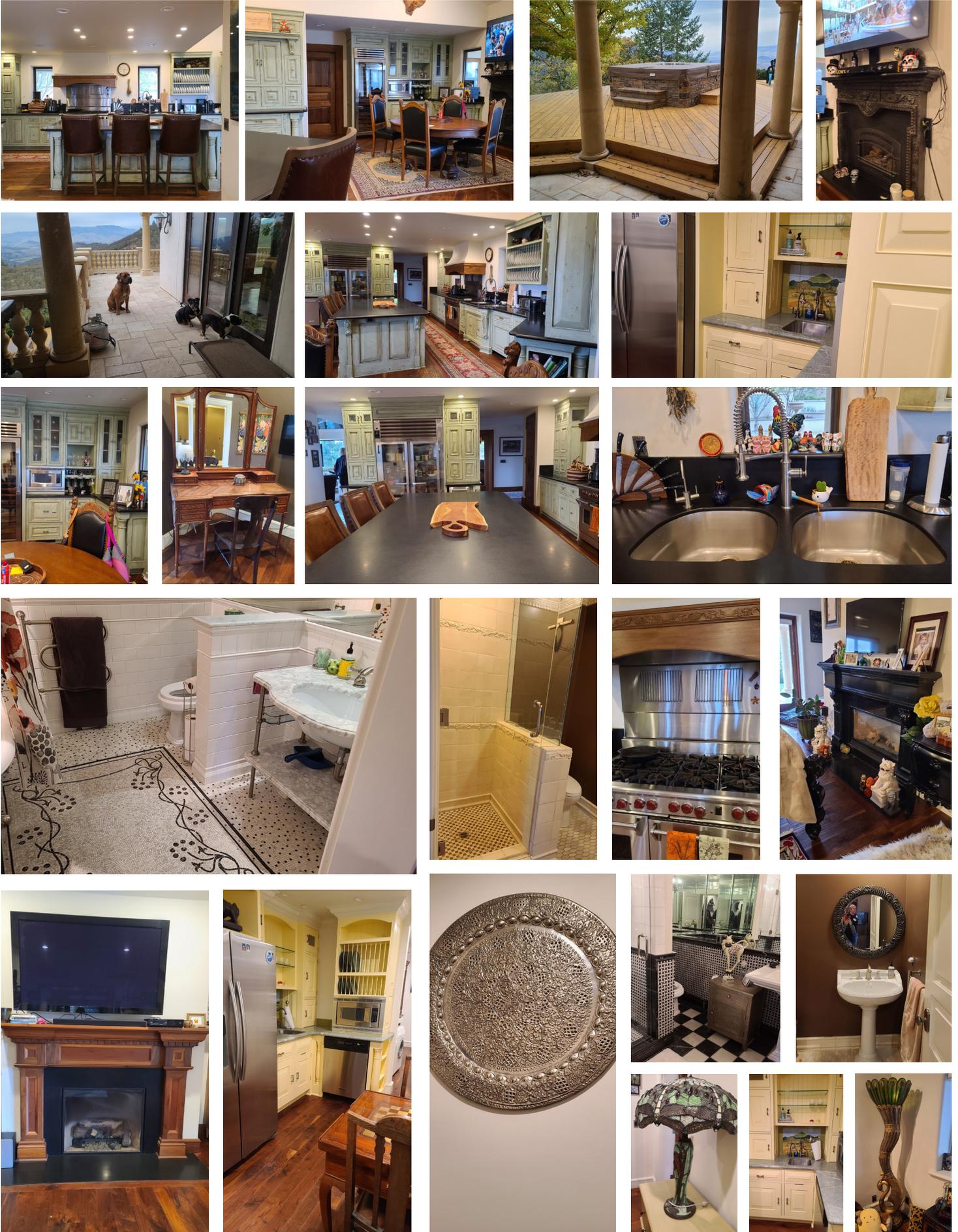
What advice would you give to someone looking to spruce up their living space?

- I would encourage those looking to spruce up their living space by doing it in a way that makes your home feel like you. The way you decorate your space reflects who you are and what you enjoy in life. Most of the art in our home reminds us of our travels and the rich experiences we've gained from them.





Linda's photos



Linda's photos

FOCUS ON THE ARTS

Art, Music, Theatre



Carpenter 1



Lizzies horse



Engagement



First day of School



Ginny



Olivia



Linda H.



The Egg Lady



Sea Isle House



Aunt Grace

Linda Henning – Artist Statement Dec, 2022

I was born in Philadelphia in 1953 and spent parts of my childhood years in the city, in the suburbs, and at the New Jersey shore. I have been drawing as long as I can remember and showed an ability to copy images very early on.

I attended community college since the big art schools were not within my financial reach but I was able to major in fine art under instructors who were great artists in their own right. After college I began working in the printing industry in Portland, Oregon and had the benefit of printing works of renowned artists and photographers. Their inspiration kept me working in art on my own. My work was accepted in art and photography contests while living in California, Canada, Florida, Washington, Alaska and Oregon and used various corporate and government publications.

My husband and I moved from Alaska in 2015. We live with 2 Labradors and 2 cats north of Eagle Point on an acre with views of the Siskiyou mountains to the south, Table Rocks to the west and Cascade foothills to the north, in a home we have been renovating since 2016.

For the last 6 years I have been attending dozens of workshops and master classes, working with nationally and internationally known artists. In 2019 I settled on portraiture as a concentrated area of study and now produce portraits professionally. I capture what people love: their people, pets, and homes.

Linda Henning
Eagle Point, OR
lindahenning@msn.com
541-973-9621
ljenningart.com

GOOD

Eats

THE BEST DESSERTS AROUND THE ROGUE VALLEY

Indulge your sweet tooth at these brick and mortar locations



Photo from Babe's Bakery

ASHLAND

Lovejoy's Tea Room of Ashland Mix Bakeshop

96 N Main St Ste. 201 Ashland, OR 97520
57 N Main St Ashland, OR 97520

(541) 708-6718
(541) 488-9885

<https://www.lovejoystearoom-ashland.com/>
<http://mixashland.com>

CENTRAL POINT

**Central Point Perk & Bakeshop
Coquette Bakery
Corinne's Café**

117 E Pine St Central Point, OR 97502
245 N Front St Central Point, OR 97502
1254 North Third St Central Point, OR 97502

(541) 613-5962
(541) 727-0330
(541) 423-5145

<http://gogetcoquette.com>

GRANTS PASS

**Babe's Bakery
Dassh Bakery
G.G. Sugarplum's Bakeshop
Heavenly Sweets Bakery
House of Glory
Slice of Heaven Bakery**

1701 NE 6th St Grants Pass, OR 97526
102 SW 5th St Grants Pass, OR 97526
225 SE 6th St Grants Pass, OR 97526
200 NW 4th St Grants Pass, OR 97526
115 SW G St Grants Pass, OR 97526
1606 Dowell Rd Grants Pass, OR 97527

(541) 476-1710
(541) 474-1380
(541) 944-7528
(541) 955-9485
(541) 226-9004
(541) 476-4321

<http://babesbkry.com/>

<https://heavenlysweetsbakery.business.site/>
<http://Houseofglory.co>
<http://sliceofheavenbakeryor.com/>

MEDFORD

**Artisan Bakery Café
Buttercloud Bakery & Café
Cakebar + Bakery
Crumbl Cookies
Decant
Delish
Downtown Market Company
Sweet Stuff
The Cupcake Company**

1325 Center Dr, Ste. 106 Medford, OR 97501
315 S Front St Medford, OR 97501
915 W McAndrews Rd. Medford, OR 97501
1250 Biddle Rd Ste. H Medford, OR 97504
1108 E Main St Medford, OR 97504
543 Medford Ctr Medford, OR
123 W Main St Medford, OR 97501
515 S Riverside Ave Medford, OR 97501
950 N Phoenix Rd Ste. 105, Medford, OR 97504

(541) 245-3500
(541) 973-2336
(503) 957-3827
(541) 292-5653
(541) 776-1234
(541) 245-5474
(541) 973-2233
(541) 414-8456
(541) 772-5511

<http://www.artisanbakery.biz>
<http://www.buttercloudbakery.com>
<https://www.facebook.com/Cakebarandbakery/>
<http://crumblcookies.com>
<http://www.decantmedford.com>
<http://www.delishoregon.com>
<https://www.downtownmarketco.com/>
<http://www.sweetstuffcake.com>
<http://www.the-cupcakecompany.com/>

ROGUE RIVER

Mom and Sons Eatery

107 Bramblewood Ct. Rogue River, OR 97537 (541) 292-1854

OUT *and About*

1100 E Barnett Road a Hot Potato!

by Don McCoy



Good News! Have you ever noticed the dilapidated, distressed run down, eyesore building on E. Barnett Rd. next to Black Bear Diner? For years it was a Shell Station and a mini mart next to Bear Creek. It has sat vacant since before 2005 I believe. This location had turned into a problem area with vagrants and homeless bothering people, selling drugs, fencing stolen items, building up trash and further damaging the building. All too often Medford Police were called to deal with 3 am break-ins. All of this is in the process of changing!

Here is a bit of the back story: After lunch next door at Black Bear Diner in February 2020 – nearly 3 years ago, I was wondering what the deal was with this property. I did some research and found the owner living here in town and called him. “What are you planning on doing with

the property?” I asked. “I want to be rid of it!” the owner stated. “It has been a problem and I don’t know what to do because I can’t sell it. Help me if you can.”

Now, I couldn’t and wouldn’t list it in the condition it was in however, I dove in to determine what the problem was.

The entire acreage in that area was once owned by the owner’s parents and it was their family farm. Over the years portions of it were sold off and a motel and a restaurant were eventually built. When the interchange to the I-5 Freeway and new bridge over Bear Creek was being developed, ODOT (Oregon Department of Transportation) attempted to purchase the lot from the owner’s 90 plus year old mother who owned it at the time. Her attorney countered ODOT’s offer asking for more

EPICURE™
 JOY HILER
 541.659.1125
 Joy
 with
 EPICURE™
 INDEPENDENT CONSULTANT
 JoyHiler.EPICURE.com

money and ODOT finally accepted. However, they rewrote the DEED and fixed the property with no access. This deed restriction created No access or easement either directly or indirectly into the property. You couldn't even legally land on the property with a helicopter! In this condition this is known as landlocked property and makes it very difficult if not impossible to sell.

So the fun began. In my letters and communications with ODOT, Jackson County and the City of Medford we had the proverbial "hot potato"! Each said the other had jurisdiction, and back and forth. Covid 19 hit and the lockdowns created a long delay in keeping communication up with any of these entities. Eventually the ball got to rolling again.

At least 3 attorneys this year looked over the issue and stated there was nothing that could be done unless ODOT relinquished their deed restriction and allowed access to the property. ODOT eventually agreed they had jurisdiction. The property owners of the neighboring motel and restaurant "might" be interested in buying it if there was written legal access to the property. ODOT was not about to lift the deed restriction or give in, unless, as one attorney put it, "pay back the money."

The last resort I could think of was to create legal action and plead the issue before a Judge and present the curse and blight this has been on the Community for so many years. But this wasn't in the cards without a substantial financial commitment and no guaranteed outcome. We were about to give up when around early October, out of the blue, not one, not two but three calls came in to the owner over the space of a few weeks asking about the property and were actually interested in purchasing it! As the owner said, "This is getting weird!"

I showed the property to the most serious and motivated would-be buyer. And the coolest thing! Adam Pearson has a non-profit ministry, called Faceplant Ministries. This is quite the visual for anyone that has been on a skate board! Being a contractor and connected with donations from other groups, Adam created a purchase of the property and is now in the process of cleaning it up and constructing a fenced, covered skate board park for kids. The hot potato is finally caught.

Adam says, "This is a labor of love, born out of necessity." What has been a black eye on the face of our Community for too long now, in the next many weeks you will be seeing a much needed clean up and facelift of the lot and building.

And a final statement from the previous owner that sold it:

"I am so excited to see the place where I spent many happy years growing up and which then these last many years became the biggest drain on my emotions and mental health of anything in my life, but now becoming a valuable and productive venue for society, especially those who need a good, safe place to help them grow up. It was for me. I wish my Mother and Dad could be recognized as it was they who nursed the property all those years.

As I said Don, you did a good job. Both helping me dispose of it and your writing of this article. You are a big value to the community where you have chosen to spend your life. It's what life is about; it's the meaning of life; it's why we are here. Hats off to you my friend."

"May the Good Lord Bless and Keep You", (Jim Reeves, Country Music Artist)

Marty

**Thanks Marty,
Don McCoy Agent for the Seller**

From the new owner, Adam Pearson

Faceplant Ministries is a labor of love, born out of necessity. We are a community of people who see the need for mentorship and guidance in our local middle school and high school students who are in the skateboard and core sports scene. Our goal is to provide a safe environment for young adults to skateboard, develop their own creativity and to grow in the knowledge of God through Bible teaching and fellowship.

We recently purchased the old abandoned gas station next to the Black Bear Diner on Barnett road and are currently renovating it to accommodate a small indoor skatepark. We will have regular sessions that are divided up by age groups and skill. During each session we will have a short Bible study and question and answer time. Further mentoring and discipleship programs are available to those who want to go deeper. Our goal is to eventually erect a covering in front of the building and expand the skatepark outside.

"Skateboard ministries like Campus Life Underground in Medford and Skatechurch PDX were instrumental and life changing experiences when I was growing up. I didn't always appreciate the Bible studies at the time, but I did appreciate the overwhelming message that God loved me, these men and women loved me, and I mattered. All that to say, it worked! Now it's my turn to give back. Like Paul wrote in 1 Corinthians, "that which I have received I give unto you.""

Adam Pearson

Feel free to call, write, or come by. We welcome your thoughts and ideas.

Skatepark address: 1100 East Barnett Rd., Medford, OR 97504

Mailing address: PO Box 4148, Medford, OR 97501

faceplantcommunity@gmail.com

(541) 292-4168

SEASONAL *Splendor*

Christmas Around the Valley



Acrey family in Central Point



Arnold family in Central Point



Bigham family in Sams Valley



Carder family in Central Point



Cunningham family in Central Point



DeMille-Campos family in Central Point



Diaz family in Central Point



Diaz family in Medford



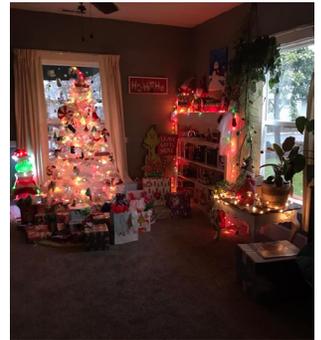
Doss family in Central Point



Duskin family in Central Point



Ecker family in Central Point



Fernandes family in Central Point



Fernandez family in Medford



Flanagan family in Central Point



Frison family in Central Point



Glanz family in Central Point



Graham family in Central Point



Jacques family in Central Point



Knight family in Central Point



Knight family in Medford-Village



Knight family in Medford



Krugel family in Central Point



Loogman-Gillis family in Central Point



Lynn family in Central Point



Marie family in Central Point



Martin family in Central Point



Martin-Medina family in Central Point



Mason family in Central Point



Nunez family in Central Point



Pearson family in Central Point



Petrini family in Ashland



Perry family in Central Point



Pettijohn family in Central Point



Plankenhorn family in Medford



Reynolds family in Sams Valley



Rushton family in Eagle Point



Rushton family in Eagle Point_front porch



Sellers family in Central Point



Stephens family in Central Point



Swenson family in Central Point



Tamaoki family in Central Point



Todd family in Central Point



Wardlow family in Central Point



Watters family in Central Point



Webb family in Central Point



Williams family in Grants Pass



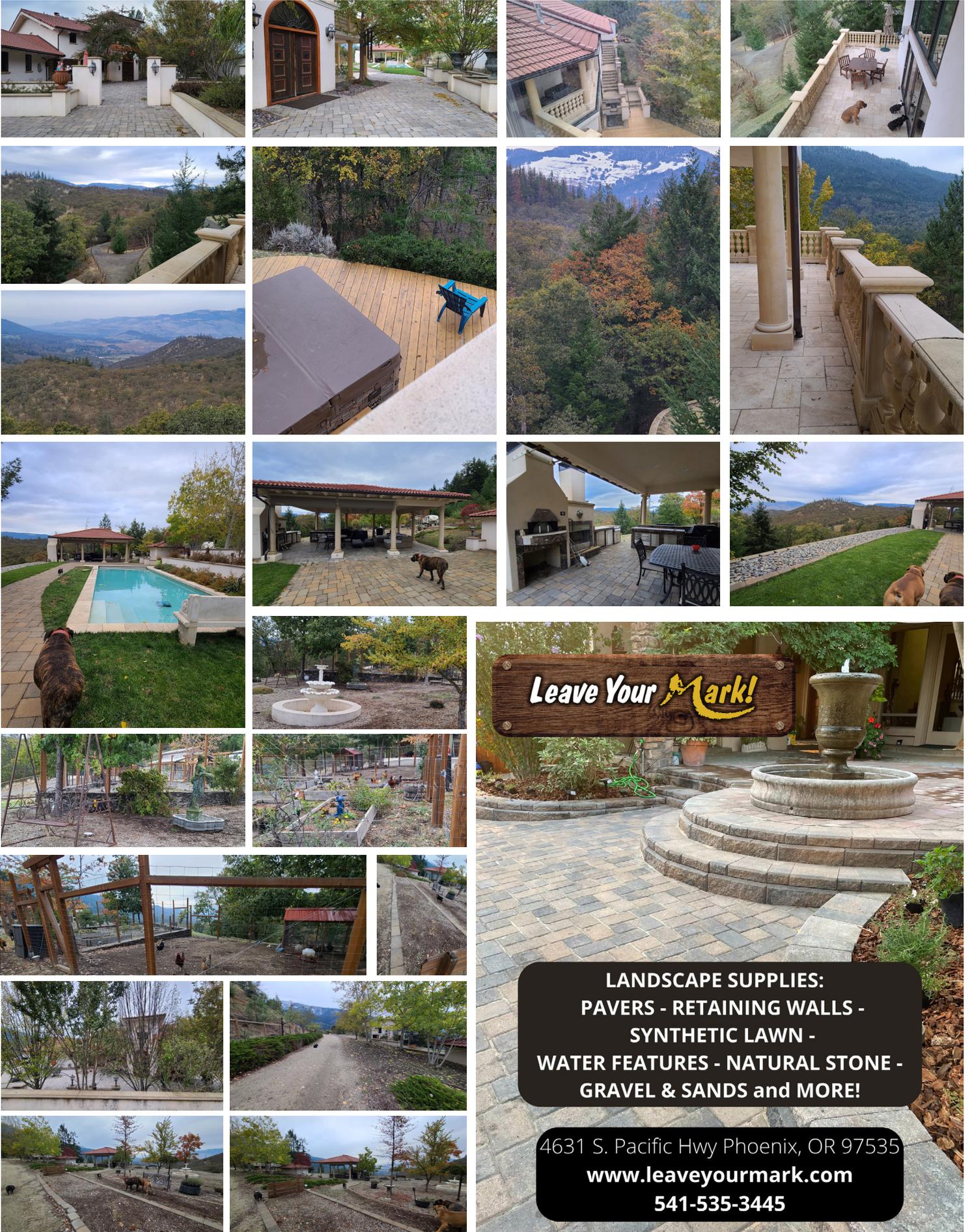
Williams family in Medford

YARD of the Month

Edward and Crystal Bunker's Grounds in Ashland



Roland's photos



Linda's photos

LOCAL COMMUNITY *Events*

January Events – by Linda Lochard & Linda Carter

Date/Community	Name, Location & Time of Event	
Ashland	Chamber of Commerce	541-482-3486
01/13-15/2023	Brine, Brew and Barrel Festival, Ashland Hills Hotel & Suites, Ashland. Purchase tickets in advance.	541-482-8310
01/15/2023	Hot Sauce and Bloody Mary Brunch Buffet, Ashland Hills Hotel & Suites, Ashland. Purchase \$37 ticket in advance.	541-482-8310
1/22/23	Mariee Siou 6:30-10pm Acoustic at the Living Room 434 Morton St, Ashland	
1/27/23	Dirtwire: Ghostcatcher Tour 2023 8pm Ashland Armory 208 Oak St, Ashland	877-982-LATA
Phoenix/Talent	Chamber of Commerce	541-535-3837
01/4/2023	Open Mic Night The Phoenix Clubhouse 310 N Main Street, Phoenix, OR 97535	541-292-8532
01/10/2023	CD Scratch Art. Talent Library. Call Library for time. 13+ yrs. Talent	541-535-4163
Medford	Chamber of Commerce	541-779-4847
01/02-30/2023	Axe Throwing every Mon. night 3-9pm 5681 Crater Lake Hwy, #4, Medford	541-203-0246
01/07/2023	Teen Gamer Day (1st Saturdays). Medford Library. 13+ yrs. 1-4 pm. Medford	541-774-8689
1/18/23	Historic Cemetery 10am-noon Free Tour I.O.O.F Eastwood Cemetery Mausoleum Entrance, 1581 Siskiyou Boulevard	(541) 774-2400
1/27/23	Shawn Colvin 7:30pm Craterian Ginger Rogers Theater 23 S. Central Ave, Medford	541-779-3000
01/28-29/2023	Bellingham Blazers vs. Rogue Valley Royals The RRRink 1349 Center Drive, Medford	541-770-1177
Jacksonville	Chamber of Commerce	541-899-8118
01/09/2023	Rogue Reads CD Scratch Art. Jacksonville Library. 13+ yrs.	541-899-1665
01/14/2023	Strings Trio Concert, the Cascade Strings. Library. 1-2 pm	541-899-1665
Central Point	Chamber of Commerce	541-664-5301
1/7/23	Delphi Ravens 4-6pm Rellik Winery 970 Old Stage Rd, Central Point	541-499-0449
01/12/2023	Intro to Dungeons & Dragons 15+ yrs old. Central Point Library. 2:30-5:30 PM. Central Pt.	541-664-3228
Eagle Point	Chamber of Commerce	541-944-6925
01/03/2023	Eagle Point Book Club. Eagle Point Library. 12:30-3 pm. The Dearly Beloved	541-826-3313
01/07/2023	Rogue Reads Musical Mobiles. Eagle Point Library. 7+ yrs. 1-2 pm. Eagle Pt.	541-826-3313
Rogue River	Chamber of Commerce	541-582-0242
Grants Pass	Chamber of Commerce	541-476-7717
1/7/23	Sugarbeats 8pm at The Haul, 121 SW H Street, Grants Pass	(541) 474-4991
1/11/23	Phil (of the Brothers Reed) 6-8 pm Weekend Beer Co. 1863 NW Washington Blvd Grants Pass	541-507-1862
1/18/23	Authentic Thai Cooking at Home 5:30-8:30pm RCC Redwood Campus, Grants Pass	541-956-7500
1/21/23	Wreath Making at the Vineyard Apricity Vineyard, 5719 Jerome Prairie Rd, Grants Pass	541-301-4137
1/27/23	Steve-O: The Bucket List Tour 9:30 pm Rogue Theatre, 143 SE H St, Grants Pass	541-471-1316

Jackson and Josephine County are rich in theatre, music, museums 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 and reservations.

LAWN AND *Garden*

Top 4 Free Seed & Plant Catalogs – from ruralsprout.com

Are you getting tired of the dreary, long, cold, snowy winter? Then it's time to break out the seed and plant catalogs and start planning your spring garden. Nothing helps to while away to winter blues quite like the bright and vibrant colors of a beautiful seed catalog. The best part is, you can get them for free.

Order a bunch of seed catalogs so you can compare hundreds of varieties of each crop, that way you know you're getting the best plants for your future garden.

1. Baker Creek / Rare Seeds
2. Johnny's
3. Gurney's
4. Burpee

Other seed companies that offer free seed catalogs

If you're looking for specific crop varieties, or just want to have a lot of choice, why not order a whole stack of catalogs? Digging through them is the perfect way to spend a cold winter's day.

- Park Seed
- Territorial Seed Company
- Annies Heirloom Seeds
- Stokes Seeds
- Pinetree Garden Seeds
- Richters
- Select Seeds
- Adaptive Seeds
- Seed Savers
- NE Seed
- R.H. Shumway's
- Fedco Seeds
- Seeds from Italy
- Botanical Interests
- Rohrer Seeds
- Urban Farmer
- Harris Seeds
- Sow True Seed
- Jung Seed
- Kitazawa Seed
- Southern Exposure Seed Exchange
- Burgess Seed
- White Flower Farm



ZG

ZERO GRAVITY

TREE SERVICE

Pruning | Removal | Stump Grinding

FREE quotes

(541) 218-5877

License #237285 Bonded & Insured

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

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

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

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

Must Love Boxers

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

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

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

Opening Doors to the Future since 2013. Riding Beyond enhances the well-being of breast cancer survivors, their friends, families, associates, and others with life challenges through therapeutic horse/

human interactions.

Trish Broersma, CTRI, ES, MA

541.482.6210

ridingbeyond.org

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@rogucecc.edu

or <https://foundation.rogucecc.edu/>

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

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

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 | 458-225-4626

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

Southern Oregon Humane Society

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

adoptions@sohumane.org

2910 Table Rock Road

Medford OR 97501

541-779-3215

Southern Oregon Aspire

Inspiring Unlimited Opportunities for People to Create the Life They Choose

Phone: 541-476-8241

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

BUSINESS CARD *Section*



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.

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**



RE/MAX
PLATINUM



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




AMERICAN FAMILY INSURANCE

LYLE MCCAW, AGENT



1005 N Riverside Ave Ste 200
Medford, OR 97501

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



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



RACK'EM



(541) 779-6111

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

40 N RIVERSIDE AVE,
MEDFORD, OR 97501



Master Stitch

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

TABLE OF CONTENTS

A WORD FROM the Editor	3
Family Spotlight	4
Young Achiever	9
Neighborhood Announcements	10
Beauty.....	13
Sweet Babies	14
Kid 2 Kid	16
Resident Recipes	18
Precious Pets	19
Hobbies and Crafts	20
Lifestyles	21
Tour and Travel	22
Beloved Seniors	24
Thank You for Your Service	25
School Time	26
Healthy Living.....	30
Northwest Recreation	32
Spirited Tastes	33
RVLEVENTS!.....	35
Financial Fitness	37
AutoBuzz.....	38
Tech Talk.....	39
Fashion Forward	40
Puzzle and Fun Corner	41
Home Matters	43
Entertainment.....	44
Business Beat.....	46
Meet your Neighbor	47
Home of the Month	48
Focus on the Arts	52
Good Eats	53
Out and About	54
Seasonal Splendor	56
Yard of the Month	59
Local Community Events	61
Lawn and Garden	62
Rogue Valley Living Giving	63
Business Cards	64

Bellevue Capital Group



A NEW APPROACH

ON COMMERCIAL LOANS

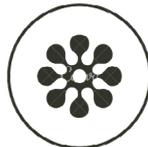
ABOUT US

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