

 Rogue Valley

A social emagazine for residents of the Rogue Valley

*Living*



Meet the Olsen family

# Bellevue Capital Group



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# A WORD FROM the Editor

January is almost over, the first month of the New Year. How are things going? Did you make resolutions?

My one public resolution this year is to bring you the best content that you can't find anywhere else. And to do that, I rely on you, the readers. Your announcements, news about your kids, pets, homes and gardens, travels, your businesses. Do you have a favorite activity, watering hole or restaurant? Please send them to me every month.

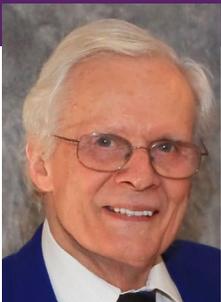
For February, you can also send love notes to your kids or partner. Just email them to **editor@roguevalleylivingmag.com**.

I am so grateful for you being here in this community and want to make sure we take the best care of you, so if there is something else you WISH we offered, please reply and let me know. I am committed to growing RVL and to connecting you with others who can meet your needs, namely our great advertisers and sponsors. It is through them that we can deliver this to you every month free.

*Linda*



## STAFF PHOTOS



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HIGH SCHOOL JR. REPORTER

# FAMILY

# Spotlight



## *Introducing the Olsen Family*

The Olsen family of Medford consists of single dad, Nathan (Nate), Blake who is 18, and Dane, aged 15. Blake is into music and Dane does cross country and weight lifting. There's also a cat, Murphy, that an ex-girlfriend left behind, shortly after she moved out that has become the neighborhood cat and lives outside. Nate grew up in the Seattle area and went to Washington State University in Pullman, WA.

He owns a small business called Pint Rider which looks amazing. It's a wheeled conveyance that seats 14 and everyone cycles to get to their destination.

Nate is quite the athlete. His love of running qualified him for the Boston Marathon to run in April 2023! He actually started the running group S.O.R.E., Southern Oregon Running Enthusiasts in January of 2012 that has 1300 members. No wonder his favorite hangout is Court House Family Fitness.

He doesn't eat out much, but loves to cook and Taco Tuesday is his favorite family dinner time. They also love to travel. He tries to visit a new place each time and wants to see the world. Every Spring Break, he takes the boys to a new place each year.

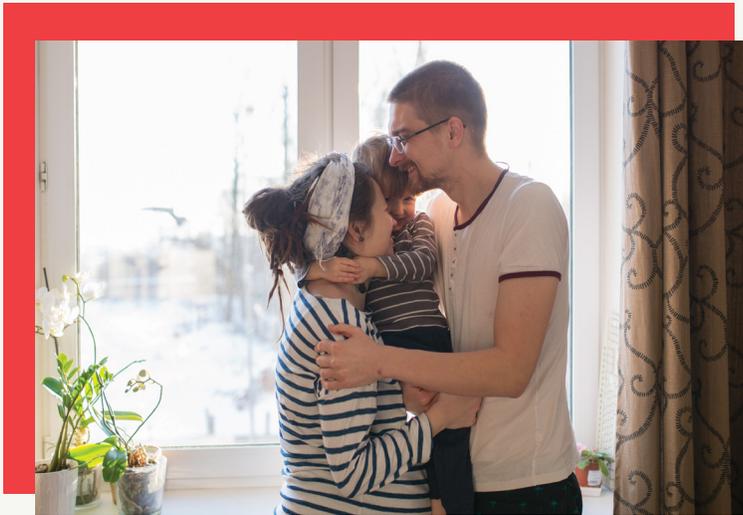
Nate follows his old Seattle sports teams, the Seahawks and Mariners. Music taste runs to 90's and 2000's alternative. Breaking Bad is Nate's go-to show. It was being filmed when he lived in Albuquerque. Relaxing by a body of water in the summer or a quiet night watching a good movie is where you can find him in his downtime.

He's lived in the neighborhood 6 years, the longest he's lived anywhere since moving out of his parent's house. As to why he loves living in his neighborhood on Dunthorpe, Nate says it's because of the quick access to Roxy Ann Peak, the sunsets, hiking/exploring, wildlife, and of course, running.



FAMILY COVER STORY

# A Story of Hope from The Medford Salvation Army Hope House



In June 2021, Rebecca and Francis, along with their seven-month-old son, found themselves at The Salvation Army Hope House with \$50 and a diaper bag.

“

“Shortly after our arrival, a staff attendant said to us, ‘My hope is that you leave here better than you came.’ Once hearing that sage advice we decided to make that our mantra to truly improve our lives, and we have.

Hope House has been a genuine place of uplifting for us. It has been a place of recovery to launch ourselves into a much better life. We are forever grateful for having been admitted into the Hope House program.”

-Rebecca Collins

”

A year and a half later they are living in their own apartment with new dreams, new jobs, and new goals.

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[jacksoncounty.salvationarmy.org](https://jacksoncounty.salvationarmy.org)**



DOING THE MOST GOOD

# YOUNG Achiever

Youth that are making a difference

**Name:** Lisa Stadtmiller

**Age:** 25

**What city do you live in?** Medford

**How long have you lived in the neighborhood?** 2 Years

**Who is in your family?**

Mom - Amy, Dad - Mark, Oldest Sister - Erika, Youngest Sister - Andrea

**What school do/did you attend?** The University of Nevada - Las Vegas

**Grade?** Graduated in 2019

**What work and activities do you participate in?**

I am the Event Coordinator for Youth 71Five Ministries. <https://www.71five.org/> We help hundreds of lost and hurting youth throughout the Rogue Valley foster trusting relationships and find hope in our 13 unique programs by sharing God's story. I plan our major fundraising events. We have Emerging Leaders from March - June, the 71Five Golf Challenge in May, the 71Five Homecoming Online Auction in September, and the Year End Campaign in November and December. So many kids are in need of love, true connection, and support, and I am so grateful to be a part of an organization that provides a safe place where that is made possible.

Along with my work at 71Five, I am also an active member in the Medford Chamber of Commerce Greeters where I am one of the weekly hosts. I also regularly attend the Young Professionals Network. I love getting to meet and connect with new people.

When I am not doing these activities, I work with Enchanted Experiences to bring magical princess moments to people's lives. It is so much fun! <https://www.facebook.com/YourEnchantedExperience/>



Annie



Elise, Punzie and Annie at Your Enchanted Experience



Bel and Cindy

**How did you get started with Youth 71Five Ministries?**

In 2020, I got laid off from my job as an event coordinator in Las Vegas due to COVID-19. As I was searching for a new job, my friend suggested (as a joke) I move to Medford, Oregon to be her roommate. I had never been to Oregon, and I didn't want to live in a small town, but I decided to see if there were any available jobs. I continued to apply to jobs all over the United States and prayed for one job offer to the place I was supposed to go. Lo and behold, it was 71Five! I packed all my things and started my new life in Medford two weeks later. I love it here and am so happy I moved.

## What do you enjoy about Youth 71Five Ministries?

When I was three years old, I went up to a lady at church that was a baker and told her the theme of my party and what type of cake I wanted. From then on, I always had an interest in event planning and knew that's what I wanted to do for my career. I also have a heart to want to help people and have been volunteering for different organizations since I was young. Being able to work for a Christian non-profit organization that helps youth as an event coordinator is truly my dream job! I also love all my coworkers and the people I have met because of 71Five.

## Tell us something you achieved or some highlights of your experience with 71Five so far?

I was honored in receiving the Rising Star award from the Medford Chamber of Commerce this October for my leadership skills, professionalism, and commitment to our community.

71Five has also had record-breaking years in all our events for the last two years. I am so grateful to everyone that supports 71Five and changes the lives of youth!

## Is there something that makes you unique in event planning (a specific strength or quality you bring)?

I am very passionate about what I do, and that shines through in the events I plan. I love being able to start with a simple concept and execute it into reality. If you love what you do, it truly does not feel like work.

## How do you keep a balance between work and other activities in your life?

I have a very busy social calendar, but I love hanging out with people and exploring this valley! I put everything on my calendar with reminders, so I do not forget. During Y715 event weeks, nothing gets planned, because those days are filled with work in making sure everything is all set up and ready to go!

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

The person I admire is Sharre Whitson (now with the Salvation Army). Not only is she a kind, confident, and strong woman of God, but also extremely good at her job. She has taught me so much and has helped me improve my event planning skills, always acting with grace. She is a great role model and is constantly encouraging and uplifting everyone around her.

I also want to make a special shoutout to my family and boyfriend for always supporting me, motivating me to do my best, and unconditionally loving me!

What are your future plans?

I plan to keep growing and evolving as an event planner and helping the community whenever I can.



Rising Star



Little Green Fairy



Rising Star

# NEIGHBORHOOD

## Announcements

### First baby of 2023 born to Medford couple

Excerpt By Buffy Pollock

The first baby born in 2023 in the Rogue Valley made her debut at Providence Medford Medical Center 56 minutes after the clock struck midnight on New Year's Day.

Born to Medford parents Bridgette Thurman and Brenden Andresen, 7-pound, 11-ounce Zyana Thurman Andresen measured in at 19.5 inches long and seemed largely unimpressed with the pomp and circumstance of being the Rogue Valley's first resident born in the 2023 calendar year.



Bridgette Thurman and Brenden Andresen cradle 7-pound, 11-ounce Zyana Thurman Andresen, the first baby born in Jackson County in 2023. [Courtesy photo]

Thurman said the newborn had spent her first day on Earth snoozing in order to do the hard work of ensuring her newly christened parents could be kept awake during the evening and nighttime hours for a respectable portion of the very near future. Wrapped in a fuzzy pink blanket covered with stars, baby Zyana boasted a scruff of messy hair and rosebud lips, though still slightly swollen from labor. Thurman said Andresen suspected the couple might meet their new daughter on a holiday, whether Christmas or New Year's.

"Honestly, I thought there was no way it could happen. Or at least there was a very low chance. He was like, 'Watch her be the first baby for the new year,' and ta-da, she decided to be the first baby!" Thurman, 18, and Andresen, 20, both have big families to dote on the new arrival — all equally impressed that the baby took the title of this year's first birth. Said Thurman, "My mom was like, 'Day one and she's already trying to be famous.' But whenever she got here, we're just very happy."

Andresen, who works in health care, called his daughter's birth "the craziest experience I could ever have." "All of it was so overwhelming, but in a good way. While it's all happening, you're feeling all the different emotions just coming and going," said the new dad.

"I didn't expect her to be so beautiful. I was going to love her regardless but was expecting that babies usually come out a little funky looking to start with. She's a little swollen, but she's absolutely perfect." He added, "We're just really excited to see her personality shine through, and we just want her to be her. I'm really excited to get to watch her grow up. I know we're gonna enjoy it. Definitely not the no-sleep part, but the rest of it is gonna be amazing."

### Engagement: Terah and Justin of Medford

We met the end of 2021 on a dating app. Started officially dating 2/2022. We were hanging out at a friend's house 3/2022 and I knew he was it for me so I actually proposed to him! I told him he was my forever and he was going to marry me, he immediately jumped up and down and yelled out yes! We have been together a year now. I'm from Seattle. He moved up there about 7 years ago to pursue new job opportunities, but he is from here. Last summer he decided he needed to move home to be closer to his family so my two kids Elijah, 14 and Gwenivere, 7 and I packed up with him and our puppy, Jackson and moved down here the beginning of 12/2022. His youngest daughter Kaitlyn lives down here and it has been an amazing experience so far!

We are planning our wedding for 9/2023.

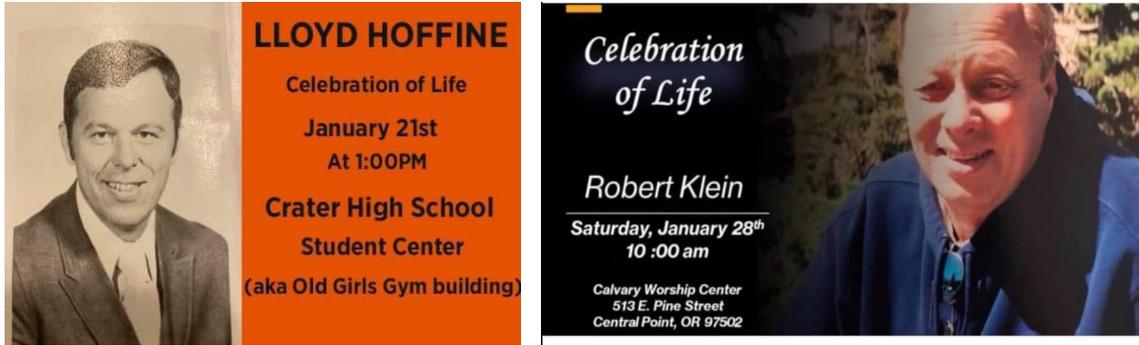
We love the outdoors and exploring and are so excited to get out this spring and summer and see what is out there. This place is unlike anything I have ever seen before!



## Baby on the way!

Bre and Matthew DeGennaro, and brother Michael await the arrival of Baby Charlotte in May!

## Passed



Eagle Point and Shady Cove have new mayors, The Butte Creek Mill Country Store is now open 3 days a week, the Eagles Gas Station has a new updated exterior and pumps, downtown Eagle Point has a new Coffee Shop, and we have new food trucks for Mexican food and doughnuts. There is a new expanded Grange store in White City, Snyder Creek Development will be expanding housing in Eagle Point, the E.P. Golf Course is adding additional Chalets for overnight visitors and, if the storms have damaged your beautiful American Flag, there is an official flag disposal box stationed outside the Butte Creek Mill.

## City of Ashland seeks help from the public to renovate, replace or remove historic fountain By: Mariah Hill

The Butler-Perozzi Fountain was given to the City of Ashland in 1916 by Gwin S. Butler and Domingo Perozzi. This historic fountain was sculpted in Italy and made out of Flower of the Peach marble.

It now stands in Lithia Park and is currently not running. The fountain stands with multiple cracks and chips off the original marble.

The City of Ashland proposed a plan for the public to submit a comment stating to renovate, remove or replace the fountain. One woman, Jennifer Annen has been a resident of Ashland for 17 years. She said it would be devastating to see the fountain removed.

This fountain means a lot to the residents of Ashland," says Annen. "My kids loved coming here for their prom pictures and it's just really special to our family and the community." According to the City of Ashland, restoring or replacing the fountain will cost about \$500,000. This price includes the whole fountain plus the stairs, pool, surrounding concrete, and plumbing infrastructure.

Annen said this is not only a piece of Ashland history but Lithia Park. "It's always been beautiful," says Annen. "I think if the community knew they were going to remove it, there'd be a lot of people protesting that. So I think renovating is really the only way to go."

People can provide a comment on their selection by filling out the form on **The City of Ashland website**. The deadline to submit a comment is by 10 am on February 6, 2023.

From January 16th through February 17th, Kelly's Automotive Service is giving you a pair of standard windshield wipers (installed) in exchange for a 40 oz. or larger jar of peanut butter and a 10 oz. or larger jar of jelly for the Josephine County and Access food banks at both locations!

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2990 Biddle Rd  
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www.kellysautomotive.com

# Beauty

## Hair Trends Set to Explode in 2023 – by Vogue.com

### Slick Artistry

“For so long, it’s just been about the haircut, but we’re starting to see a return to styling again,” says Luke Hersheson, which is why very slick, gelled up-dos are a big trend right now.” Whether top knots, ballet buns, and Croydon face-lift ponytails, or gelled kiss curls and more ornate and architectural shapes, it’s time to really go there with your updo.



Photo: @halleybrisker

### The Box Bob

Bobs are still very much in vogue, and Syd Hayes predicts that the “box” style will be one of the most popular for 2023. “It’s an extremely classic Vidal Sassoon bob,” says Hayes. “A sharp shape, that’s striking—less about the layers and more about straight lines and angles.” It’s the epitome of a power haircut.



Photo: @courtneyfrances

### Luxurious Long Hair

Whether thanks to hair extensions or good old-fashioned growth, hair is getting longer by the day. The difference is that instead of leaving hair to air dry for an undone feel (which still has its place in many of our routines, it’s worth noting), Hersheson says we’re moving towards a more styled aesthetic. That might be a classic blowout or big voluminous waves, but whatever it is, it’s an antidote to the last couple of years in which our obsession with short hairstyles left us less room for experimentation.



Photo: Getty Images



Photo: @hoooyeony

### Side Partings

“I tend to favor a middle part, but it feels like a good time to flip the parting deep onto the side,” says George Northwood. “It suddenly makes things feel fresh and new, especially with a bob.” He name-checks Emma Corrin in *Lady Chatterley’s Lover* for reference. They “went from a deep, side-parted marcel wave into a very textured, undone bob with the same parting.” Both looks, he says, worked with their fine features and highlighted how a bob can move from elegant to sensual with just a little tweak. Another good example of the side parting in action is Alexa Chung, whose latest looks feature a number of side partings; she adds an embellished barrette for extra dazzle.



Photo: @alexachung

### The Wet Look

“Ultra glossy, impossibly shiny, wet-look hair is a 2023 trend that is set to be everywhere,” says Northwood, who created a luminous wet look on Alicia Vikander at Cannes Film Festival this year. “On the catwalk, Chanel and Saint Laurent showed us how to wear this style at any length, whether it be center-parted, with a deep side part, down or textured.” A great way to take a daytime look into the evening, it can also work on any hair type.

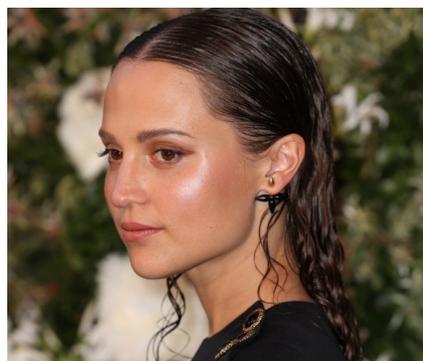


Photo: Getty Images

### Seventies Bangs

They’re really not going anywhere, according to Hersheson, who says they are one of the most requested styles in salons. “There are nuances to them, though—they can be Stevie Nicks-style and really obvious or a bit more grown out. Either way, they’re the epitome of cool-girl hair,” he says. As versatile as they come, you can switch up how you style them: blow them out so they’re super fluffy or wear them beachier and undone.



Photo: Getty Images

# Sweet BABIES

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Meet Kavan Krew Perkins! He arrived on April 26, 2021. He is now 25 pounds and 30 inches tall with beautiful red hair. His proud parents are TayLynn and Chase Perkins, who work in Retail and Construction. Kavan is an only child so far and life with him has been amazing and a blessing. He's all boy! He loves the outdoors and riding quads, and he also loves baseball. Dreams for his future are simple...good health and tons of love and support.



# KID 2

## Kid

### FEATURED KID OF THE MONTH



## Chloe

Chloe is 10 and lives in Phoenix with her mom Nicole and dad Christian. She has done gymnastics for 7 years and also does cheer. Other things she loves are dance, singing, going into nature, roller skating and trampoline. She wants to learn to play piano and learn more advanced techniques in gymnastics.

Her favorite vacation was competing at IMTA (International Modeling and Talent Association) in Orlando, FL. She has eclectic taste when it comes to movies, from High School Musical to Zombies. On TV, her favorites are Stranger Things and Wednesday. She listens to mostly pop music – Olivia Rodrigo, Miley Cyrus, Taylor Swift and Adele.

Some unique things about Chloe are that she has never been stung by a bee, she can roll her tongue, she does her own makeup, nails and hair better than an adult, and she has a childcare certificate! When she grows up, she wants to be a coffee barista and a babysitter.





# RESIDENT Recipes



## Roasted Corn Chowder – by Lisa Petrini in Ashland

### Ingredients

**3 ears of corn**  
**1 Jalapeño**  
**8 strips of thick bacon**  
**2 shallots or 1 onion**  
**2 celery sticks**  
**6 red potatoes**  
**Clove of garlic**  
**Salt**  
**Pepper**  
**4 cups Chicken bone  
broth**  
**2 cups Heavy cream**

### Directions

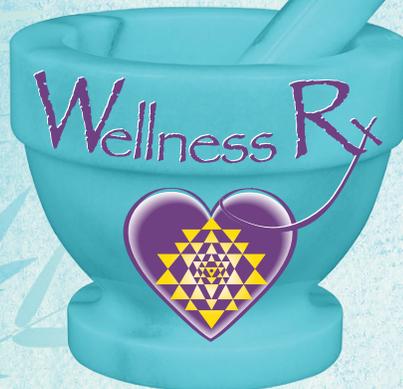
On a BBQ or in the broiler, cook three ears of corn until they are charred. Do the same with the jalapeño and set aside.

1. In a Dutch oven, crisp bacon until crunchy. Set aside and strain renderings.
2. Chop up shallots/onions and celery; sweat down until translucent. (See note.)
3. Chop up potatoes into bite-size pieces. Add to onion and celery mix. Add clove of garlic. Salt and pepper to taste.
4. Add 4 cups bone broth to mixture and let simmer.
5. Remove the corn from the cob and add to pot. Use a fork and remove char from jalapeño. Chop up and add to pot.
6. Let everything simmer together on low until potatoes are soft.
7. Once potatoes are soft, add the heavy cream. Continue to simmer, but do not boil. Serve when hot.

Note from **thekitchn.com**: “Sweating” applies to the aromatic vegetable base of a recipe and simply means for you to start those veggies cooking before other ingredients are added. The goal is to soften the vegetables without browning them and let their flavors get a chance to start mingling. Sweating is similar to sautéing in that it is usually done in a pan on the stovetop with a relatively small amount of oil. Unlike sautéing, you want to sweat vegetables over a medium heat and you don’t want the vegetables to start browning. Look for the vegetables to start glistening and softening around the edges, then move on to the next step in the recipe.

This technique is often used in recipes where those aromatics will be a background flavor base rather than main ingredients in the dish. It’s also used a lot in slow-simmered dishes where the vegetables will continue to cook over a long stretch of time, like with braises and soups.

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# PRECIOUS *Pets*

## **Mystery, by Adrienne Withthe Cats from Facebook, used with permission**

Lanky, awkward, scraggly and skittish, Mystery was living amongst an out of control cat colony, when my eyes first met her cautious gaze...

Born under a dilapidated trailer, its inhabitants living in a twilight haze of addiction and demons, Mystery was skittish and scared, scrounging for food, while fending off the numerous attacks of advancing Tom cats.

Her days of survival looked bleak...filled with pregnancy, fighting, breeding, ignorant humans, and the never-ending hunger pains that would be a daily reminder of the life of a Colony Cat...



But, bleakness would have been a paradise, compared to the raging Hell that would soon scorch the ground, and destroy Mystery's home and colony, with an unbridled carnage...

The Alameda Fire would lay siege to our small community...wreaking havoc on its inhabitants, and anything unfortunate enough to be in the pathway of the fire's annihilating flames..

Weeks later, as embers slowly extinguished, gasping for the last bit of oxygen to continue their assault, the Sun would break through the grim smoke clouds. Under sunbeams of hope and light, piercing the grey ashes still falling....there would be Mystery...elusive and dazed...our gaze would once again, lock in...

She would soon be plucked from the emptiness, and quiet chaos, of what remained the only existence known to her.....

Mystery would become a Crowned Cat at the end of that destructive September...

Today, she claims a warm home as her existence. Mystery is met each morning with a loving scratch behind the ears, a soft kiss, and a heap of wet, smelly food on a plate of fine China....she no longer attempts to escape outside.

After two and a half years, she's finally learning that Humans are not all that bad, that four walls and a roof provide comfort and safety, and that evolving into a domesticated housecat, provides luxury and contentment... From Street Cat to Crowned Cat, Mystery is a permanent fixture here at The Crowned Cat residence....

# HOBBIES AND *Crafts*

**Indoor Winter Activities with the Kids**  
Credit [craftythinking.com](http://craftythinking.com)

## Winter Dollhouse

No matter where you live, there is a high probability that you have shoe boxes in your house. Well, why not use those boxes for something productive? Shoe boxes can be used to make beautiful dollhouses for your kids. You can involve your kid in its making. They can use their ideas to make it more interesting.



## Snow Jar

Now, this one is something new and full of colors. Ever wonder why most of the kids' toys are based on the snow? Kids often wonder about the sky and its mysteries. So the best way to make their imagination practical is by making a snow jar. This jar can be filled with colored snow and you can use multiple shiny papers to make it more beautiful.



## Pop-up Books

This is an activity that would even require your expertise along with your kids. Kids usually love doing activities that involve their parents. So pop-up books can be made with your kids that might include weather, sports products, cartoons, and much more. They can even carry that book till their adulthood to remember the fun they had.



# Lifestyles – FROM RURAL TO ACTIVE

## Tales from the Trail: Owyhee Uplands Backcountry Scenic Byway

By Eva Rupert, Photos by Bill Dragoo

For this Tales from the Trail, Eva Rupert took Overland Expo's Ultimate Overland Motorcycle 2022, Yamaha's Ténéré 700, from Arizona to Oregon. The Ténéré 700 will be a part of other storytelling throughout the year. Follow the Ténéré 700's adventures on its [official landing page](#).

**"This is about as perfect as it gets," I said as Bill Dragoo and I basked in the low, golden sunlight.**

The long shadows of our motorcycles stretched across the scrub grass surrounding our tents. The sky was in full splendor, pulling out all the stops for our last night on the road, 2,000-some-odd miles into our adventure ride from Utah to Oregon.

Kicked back in camp that evening, I had spent the better part of two weeks riding from my home in Arizona to Oregon, and the whole trip was as close to ADV perfection as any I've ever taken. Sipping bourbon in the fading light, I felt like we had stumbled on the formula for the perfect ride.

Perhaps the formula was in the bike? I was riding a Yamaha Ténéré 700; our Ultimate Overland Motorcycle Build for 2022. Straight out of the box. The Ténéré is awesome, and in the months prior to my departure, I fitted the bike with long travel TracTive suspension, wrapped it in Outback Motortek crash bars, and loaded my gear into the Mosko Moto luggage. I added an Atlas Throttle Lock to make up for the lack of cruise control and dialed the ergonomics to fit my five-ten frame with Altrider's bar risers, footpegs, and accessories. The upgrades list goes on and on, you can read more about it here, but there's certainly more to this formula than just the bike.

Was it my riding buddy or the route we chose? My partner for the bulk of my miles was Bill Dragoo, off-road motorcycle trainer, owner of Dragoo Adventure Rider Training (that's D.A.R.T., for those in the know), adventure journalist, and, as it turns out, one of the best people I've ever had the pleasure of traveling with. Though we've been industry friends for years, crossing paths at press events across the country and even overseas, BDR film screenings, and other venues that draw in ragtag groups of adventure folks, Bill and I hadn't spent much time actually riding together.



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## HOLIDAY

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In fact, before we set out, Bill and I hadn't spent much time actually planning our trip either. We both had the same destination: Oregon, for Overland Expo Pacific Northwest. Bill and his crew run the Motorcycle Expedition Skills Area for Overland Expo, and I have a variety of coordination tasks as part of the planning team. We knew where we would start and where we were headed, but everything in between was yet to be determined.

Utah is chock-full of great riding, as are Nevada, Idaho, and Oregon — all of the states in the crosshairs of our adventure. The infinite amount of Grade A gravel between where we were and where we were headed seemed overwhelming; we could spend six months getting to Oregon and still not have scratched the surface.

West and north would be the best way to go, we decided and folded up the maps without much of a plan. "West and north" would become a mantra for the trip, a running joke at junctions and turning points whenever we stopped to consider the next stretch of our journey.

We were looking for a dirt road and wild camping that we could ride to before sunset put a damper on setting up our tents smoothly.

This 20-something, rough-around-the-edges ranch kid was the perfect person to pitch our question to. "You might go down Mud Flat Road. It'll take you all the way to Jordan Valley, and you can camp anywhere out there."

The road he was referring to is also known as the **Owyhee Uplands Backcountry Byway**, a 104-mile gravel road that traverses Owyhee County in southwestern Idaho from Grand View to Jordan Valley, Oregon. And it was just what we needed to wash down those tasty burgers from the One Stop.

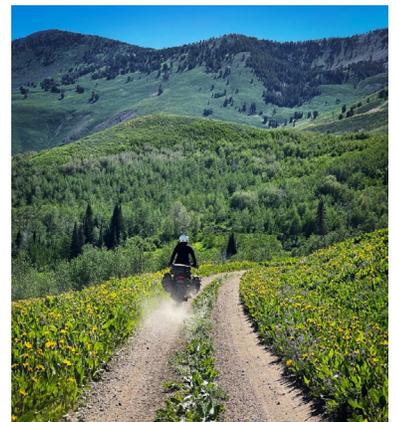
Backcountry Byways are managed by the BLM and range from buttery pavement to rougher than a rancher at a burger joint bait shop in rural Idaho. I've ridden several and always find them a treat, carefully selected to give vehicle access to pristine western landscapes. The BLM manages 54 designated National Back Country Byways totaling nearly 3,000 miles throughout the west.

The Owyhee Uplands Backcountry Byway, known locally as the Mud Flat Road, was pure fast-gravel fun all the way to Jordan Valley. Following in the footsteps of the Shoshone, Bannock, and Paiute Tribes, whose ancestors occupied this Great Basin area for over 10,000 years before the arrival of Europeans, Bill and I made our way west across arid salt desert shrublands, ancient plateaus, and dramatic canyons

Proper adventure riding involves going the distance in mixed conditions over a period of days or longer and is as much about decision-making as it is about maneuvering your motorcycle through challenging terrain. The number of decisions you make while riding is infinite. Micro-decisions are made in the moment, like going over the rock or around, laying on the throttle, or backing off. These micro-decisions give you instant feedback about the choice you've made.

Macro decisions, on the other hand, like planning around fuel range, choosing a route, or where to camp for the night, tend to have a longer span between decision and feedback return. That is to say, you tend to know immediately if you've picked the wrong line around an obstacle, but it could take hours or days to realize that you've chosen the wrong route altogether. By the time we found ourselves on that last evening in Oregon, in addition to the Owyhee Backcountry Byway, Bill and I had cruised some of the most iconic pavement in Utah, picked our way through choice sections of the Nevada BDR, and peeled off on nameless two-track in Idaho. Our on-the-fly route was fantastic, the bikes ran strong, and the camaraderie was second to none.

As evening stretched across the sky, I didn't have an answer to the perfect ride equation. And I suspect that finding the formula will always remain a mystery. Despite all the planning and decision making, perhaps the best formula is to just keep on riding. Because you know, sometimes, you'll wind up kicked back in camp, sipping a bourbon, with the sun setting over the mountains, and the ride will be about as perfect as it gets.



# TOUR AND *Travel*

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

## *Santorini And Corfu, Greece - By Mary Ann Daniel*

My husband and I took a 14 day Mediterranean cruise visiting many ports of call, including: Rome, Cannes, Barcelona, Tunis, Ephesus, Dubrovnik, Sicily, Athens and a few of the Greek Islands. We found it a convenient way to see them all in one cruise. Here we share the beauty of Santorini and Corfu.

Santorini presents a stunning view of blue-domed white architecture against a brilliant blue Mediterranean. Mules were available at the base of the town, which is built on an upward slope, but we chose to walk. The narrow winding steps lead up and into the artistic district with many small shops, selling artwork, jewelry and pottery. The people are very friendly, which appealed to the crowds of tourists. After exploring the area, we decided to take a break and stopped for some strong Greek coffee and pastry at a café overlooking the sea and the island buildings below. The weather was comfortable and breezy. Santorini is very photogenic and a definite “must see”.

Corfu is the other island we visited. It is small and quaint. There are plenty of shops, selling everything from gauze dresses to shell belts and jewelry. Near the waterfront is a boulevard with an arched promenade filled with boutiques, which reminds one of Rue de Rivoli in Paris. A highlight was a visit to the Achillion Palace, named after the Greek hero, Achilles. It was the winter home of Empress Elizabeth of Austria, nicknamed ‘Sissi’. She was the wife of Emperor Franz Josef, the last of the Hapsburgs, and liked to escape the cold winters of middle Europe by staying at the luxurious palace, complete with lush gardens, palms and orange trees. The people of Corfu are exceptionally friendly and helped us with directions. We stopped for some Ouzo in a café across from tiny “Mouse Island”, which houses a very small church and enjoyed seeing a number of private planes landing on Corfu’s small landing strip. In a word, this island is “charming”.



Photography by Roland Daniel

# BELOVED *Seniors*

**DO ANY OF YOU RECOGNIZE THIS WONDERFUL AND HANDSOME CENTRAL POINT RESIDENT?**

**By Debbie Saxbury**

He just turned 100 years old and he has been a milestone around town since I was a little girl. He attended all the Crater games and always had his little pad out so we could communicate, as he was deaf. He ALWAYS HAD A SMILE ON THAT FACE! I always remember seeing him driving his truck around town and if he saw you he had a big ole wave. He still has that same ole truck. He's such a great man. Meet our friend MR. JACK BUCKHOLTZ. For those of you who don't know him or didn't know this fine gentleman's story here it is.

**(LET'S ALL SEND HIM A BIG HAPPY 100TH BIRTHDAY)**

Jack Buckholtz was born January 23, 1923 in Madill, Oklahoma. He grew up on the family farm when he lost his hearing at the age of seven. He attended the Oklahoma School for the Deaf in Sulphur, Oklahoma. When World War II started, Jack wanted to contribute to the war effort, so he left school and traveled by train to Los Angeles where he learned of job opportunities at the Alameda naval air station in Oakland. He traveled by bus to Oakland and got a job dismantling planes sent back from the Pacific theater. After the war ended, Jack met the love of his life, Pauline, at the California School for the Deaf in Berkeley. They married, and moved to southern Oregon in 1945. They had three children: Ruth (Lasley), Bill, and Paul. Jack worked in the lumber industry until his retirement.



# Thank You FOR YOUR SERVICE | VETERANS

## Veteran Medallion Ceremony - By Terry Haines



Rogue Chapter Chairman Terry Haines presented a WW2 Medallion at a local veteran's breakfast in southern Oregon on January 11th to Air Force veteran Jack Moore, who served in WW2.

Vietnam Medallions were presented to David Haines who was in the Navy during Vietnam before retiring from the Air Force, Army veterans Robert Voss, and James White. Coast Guard veteran Danny Gutfeld accepted medallions on behalf of Army veterans Henry and Daniel Pruitt, and Marine veterans Charles Arguijo and Fred Conn.

Vietnam Medallions were also presented to Army veteran Michael Kondratieff, Marine vets Mike Cobb, Mike Myers, Air Force veteran David Baird, Marine chipper pilot Brian Busch, Air Force veterans Vern Hajek and Ralph McCulluh and Army vet Paul Lofland.

A Vietnam Medallion was presented to Marine veteran Gerald Nolan. Vietnam Medallions were also presented to Marine vet Julian Cortez, Navy veteran Charles Bambar and Air Force vet Gerald Zieman.

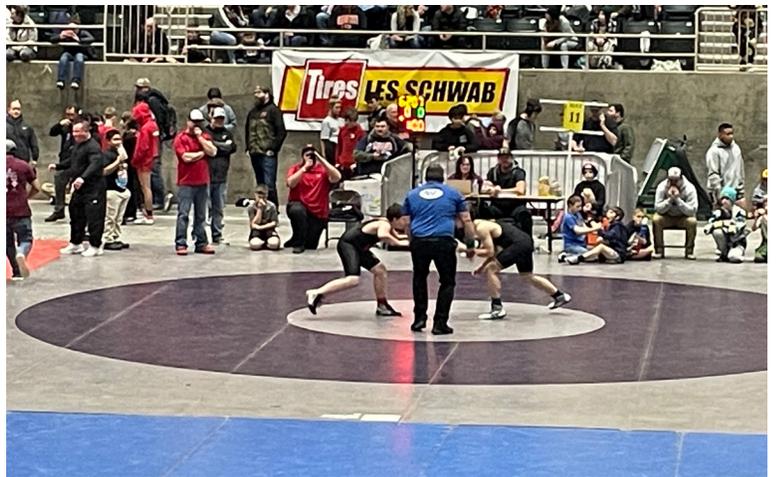
Finally, a Vietnam Medallion was awarded to Air Force veteran Dick Kammerzell; a Korean Medallion was presented to Army veteran Wayne Moore, and Vietnam Medallions were presented to Air Force veterans Donald and Susan Wetzel, as well as Navy veteran James Pringle.

Strength in Unity and Leadership By Example

**Terry M. Haines**  
**Chairman, Rogue Chapter #1260**  
**Current Large Chapter of the Year for NCOA**  
**Non Commissioned Officers Association (NCOA)**  
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**Central Point, OR 97502**  
**Email: [retiredveteran89@outlook.com](mailto:retiredveteran89@outlook.com)**  
**<https://ncoarogue.org>**

# LOCAL SPORTS AND ATHLETES

## The Oregon Wrestling Classic – By Vincent Tacchini



Oregon's largest wrestling tournament was held from January 13th-15th in Bend, OR - the Oregon Wrestling Classic. Each year over 3,000 wrestlers meet in Central Oregon for this as a massive tournament that I also went to myself. Before going, there is some stuff you have to do before being able to go. To be able to compete, you have to first qualify at one of the six qualifier tournaments held the weekend prior. North Medford hosted one of the qualifiers that I and my family helped a lot with. Wrestlers came from North and South Medford Youth Mat Clubs as well as the high schools and local independent wrestling mat clubs.

On Friday, the first day of the Classic, there was high school and girls wrestling. Saturday was more high school duals, more girls wrestling, and championship finals. Sunday (when I wrestled) was for youth wrestlers (8U-14U). At the Deschutes County Fairgrounds, they have sixteen mats all wrestling simultaneously. Going to this tournament was awesome and a great experience and I really recommend doing wrestling!

# SCHOOL *Time*

## **Congress Approves \$3.61M for RCC Allied Health Training Facility in Grants Pass Senators Wyden and Merkley Led Support Efforts - credit <https://www.roguecommunity.net/>**

**JOSEPHINE COUNTY** – Through the assistance of Senators Jeff Merkley and Ron Wyden, Rogue Community College (RCC) is slated to receive \$3.61 million in capital funding to create a new Allied Health training facility on the Redwood Campus in Grants Pass.

RCC's project was selected through the Congressionally Directed Spending (CDS) process to help meet critical needs in Oregon for health care and education, while creating essential services, jobs and economic development. The request was included in the recently passed federal omnibus spending bill.

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## **PTS Assistant Superintendent honored by OACOA in surprise announcement - January 27, 2023 - credit Joe Zavala**

PHOENIX – Phoenix-Talent School District assistant superintendent Tiffanie Lambert on Thursday was named the winner of the 2023 Oregon Association of Central Office Administrators Achievement of Excellence Award, becoming the second PTS administrator in as many years to earn a prestigious statewide honor. Lambert didn't find out that she had won until the announcement was made during the OACOA/Oregon Association of School Executives Conference awards luncheon Thursday afternoon at the Salishan Coastal Lodge in Gleneden Beach.

The award comes about 16 months after PTS superintendent Brent Barry was named Oregon's 2022 Superintendent of the Year and two months after Lambert received the United Way of Jackson County's 2022 Everyday Hero award.

The district's assistant superintendent of teaching and learning, Lambert was recognized in part for her success as an educator – Phoenix High had a higher on-time graduate rate than any other high school in the Rogue Valley in 2021-22, according to data released Thursday – and in part for her role in the district's Almeda fire recovery effort.

In the days, weeks and months after the Sept. 8, 2020 Almeda Fire, which left 700 Phoenix-Talent students homeless and scattered across the Rogue Valley, Lambert leaned heavily on her disaster response training and her ties to the community to help PTS families get the help they needed, an effort that went far beyond their educational needs. In that role, and in all her roles that followed, Lambert 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 families, and helped the community separate fact from fiction by maintaining the PTS websites and social media channels. To track down Phoenix-Talent families at the Expo, Lambert 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, she organized an on-site daycare staffed with P-T employees.

Lambert also helped the district negotiate with T-Mobile executives in order to bring in enough mobile hotspots to cover our families' needs – 450, after an initial offer of only 150. And according to the district's post-fire records she volunteered consecutive 14-hour days the weekend after the fire, back-to-back 12-hour days the following weekend and a total of 106 hours between Sept. 9 and Oct. 3, 2020 – all in addition to her regular work hours.

---

“Simply put, Tiffanie does it all,” Barry summarized in the Achievement of Excellence application. “She works very closely with our county health department on all things COVID-19-related, is engaged in numerous ODE state-wide office hours throughout the week and provides support for students, staff and families each and every day. Some use the ‘unicorn’ metaphor to describe those whose accomplishments astonish us, but to me Tiffanie Lambert is a unicorn on steroids. I would not be the person or leader I am today without witnessing her work and learning from her.”



Lynne and Tiffanie



Brent and Tiffanie

## Phoenix High grad rate hits 95% for second year in a row - January 26, 2023

PHOENIX – Phoenix High School’s 2021–22 graduation rate hit 95% for the second year in a row according to data released by the Oregon Department of Education Thursday, giving PHS the highest on-time graduation rate in the Rogue Valley.

According to the data, 141 of the 148 students, or 95.27%, in Phoenix High’s adjusted cohort last school year earned their diploma. PHS also saw a 96.6% 2021–22 cohort completer rate. This marks the second year in a row that Phoenix High had a 95% graduation rate after it hit 95.24% in 2020–21.

“These numbers are just so encouraging and show that the systems and supports our team have implemented are serving students well,” Phoenix-Talent superintendent Brent Barry said. “We have a phenomenal staff at PHS, and throughout our entire district, that does a great job educating our students while also preparing them for their next stage of life. And even though we knew that already, it’s nice to see all the hard work reflected in the data. In addition, these numbers truly show the resilient nature of our kids and the families that support them.”

Phoenix High’s graduation rate was also sterling across multiple key demographics, including: Hispanic/Latino (58 graduates, greater than 95% rate); economically disadvantaged (greater than 95%); underserved races/ethnicities (57 graduates, 95%); English learners (93.3%); Homeless students (92.4%); and migrant students (25 graduates, greater than 95%).

Also, greater than 95% of Phoenix High’s career and technical participants and concentrators, two groups represented by a combined 207 students, graduated on time. “I’d say that the graduation rate success can be attributed to three things: the hard work put in by students every day, the dedication to strong teaching practices by teachers and the encouragement and accountability that families provide students,” PHS principal Kalin Cross said. “We’re incredibly proud of this data and of our community whose perseverance and determination continues to support our goal in preparing students for the future. It’s a great day to be a Pirate!”

A cohort is a group of students who first entered high school in a given school year, which was the 2018–19 school year for this report. The ODE then adds to a cohort those students who transferred into a school from homeschooling, private schools or outside Oregon, and removes from a cohort students who have a documented transfer out of Oregon public schools, emigrated to another country or died. The remaining number is known as the adjusted cohort.

The four-year cohort graduation rate is the percentage of students in the adjusted cohort who earned a regular or modified high school diploma within four years of their first enrollment in high school.

When taking into account local charter school Armadillo Technical Institute’s four-year graduation rate of 74.3%, the Phoenix-Talent School District’s total graduation rate for the 2021–22 school year was 90.43%.



# Healthy Living

## OnePeak Medical Brings Holistic Healthcare to Central Point, OR

OnePeak Medical, an industry leader in holistic medicine, announced the opening of its newest location in Central Point, OR. The new clinic is part of OnePeak's growing regional network, which also includes locations in Medford, Grants Pass, Klamath Falls, Roseburg, Eugene, Redmond, Ashland, and White City.

Located at 25 N. 4th Street, the Central Point clinic will offer prevention-focused primary care in functional medicine, hormone testing, nutrition consulting, nutrient IVs and injections, and more.

"As a resident of Central Point, I am very excited to be able to offer functional medicine in my community," says Dr. Ashley Shrader, DNP, FNP-C at the new Central Point clinic.

OnePeak Medical emphasizes functional health which includes nutrition, lifestyle modifications, supplementation, and laboratory testing to identify and treat the root cause of a patient's symptoms. By employing the latest therapies and treatments, patients see faster and better results. Once we identify the root cause, we will design a personalized treatment plan to help you feel better.

"We recognize more than ever the responsibility and role we play

in providing better access to quality, personalized healthcare," says OnePeak Founder, Owner, and CEO, Nisha Jackson, Ph.D., MS, NP, HHP. "People are sick and tired of being sick and tired. They deserve a better way to manage their health and a provider who will sit down, listen to what's going on, and help put the pieces together."

OnePeak is welcoming new patients and is accepted by most major insurance plans.

### About OnePeak Medical

Founded by Nisha Jackson, Ph.D., MS, NP, HHP, in 2015, OnePeak Medical is redefining primary care by offering patients a unique care model that integrates traditional primary care alongside complementary medicine. OnePeak's healthcare providers understand that this approach to medicine leads to faster results, better health outcomes, and ultimately saves patients time and money. OnePeak strives to pave the way for a healthcare system that accepts and values all evidence-informed practices and identifies the relationship between health, mind, body, and spirit.



Dr. Ashley Shrader, DNP, FNP-C studied family practice and primary care at George Washington University. She has an extensive background in emergency medicine, oncology, and urgent care from working at one of the busiest hospitals in Washington, D.C.

Ashley has witnessed firsthand the inadequate results of traditional primary care in an acute care setting. This piqued her interest in exploring the root cause of disease through functional medicine. Ashley has studied functional medicine and hormone therapies for longevity and deeply understands the benefits of hormone optimization for age management. She has since trained and is certified by nationally recognized hormone expert, Dr. Neil Rouzier of World Link Medical. She is passionate about exploring the role of hormones in reducing body inflammation and halting the disease process with age while helping to reverse many chronic diseases. Ashley's other interests include longevity, behavior modification, and autoimmune diseases.

Prior to her career as a family practitioner, Ashley worked in renewable energy until a biking accident lead her to the hospital and opened her eyes to the vulnerability of patients. Due to this experience, she approaches health care with a tender hand, focusing on the individual needs of her patients and formulating treatments that heal the mind, body, and soul. In her spare time, Ashley teaches yoga to all levels and ages. After living in Washington, DC for 10 years, Ashley and her husband are savoring the beauty of southern Oregon and enjoying the outdoors with their German Shorthaired Pointer.



## CENTRAL POINT NOW OPEN

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# NORTHWEST Recreation

## Best places in southern Oregon for Snow Fun – from [thriftnorthwestmom.com](http://thriftnorthwestmom.com) Tubing:

### Diamond Lake Tubing Hill

The Diamond Lake resort near Crater Lake, OR, is a popular place to go tubing in southern Oregon as they have 7 sliding lanes & a “wonder carpet” conveyor. It is open Fridays – Sundays & holiday times. They say it’s one of the longest tubing runs in the state (more than 900’ at times) & steep for those of you who like a good thrill. Kids between 3 & 5 can tube free with a paid adult (kids under 3 are not allowed).

Update for 2022 – 2023 They are requiring online tickets so they can keep the tubing sessions at capacity (no on-site tubing tickets can be purchased).

### Sledding



### Farewell Bend Sno Park Snow Play Area

The Farewell Bend Sno Park is also located in southern Oregon as well, near the upper Rogue River & on the way to Crater Lake National Park. It is located in the midst of an old growth forest & near Union Creek, making it a picturesque spot to go sledding & enjoy snow play. They also have a warming shelter, a fireplace with firewood (stocked by rangers & volunteers so may not always be available). There are vault toilets as well, too.

### Table Mountain Sno Park

The Table Mountain Sno Park at the Hyatt Lake Recreation area in the Cascade-Siskiyou National Monument (near Ashland, OR) has a sledding area. You can also do snowshoeing & cross-country skiing at this sno park as well.

### Grouse Gap Sno Park

This sno park is located just up the road from the Mt Ashland Ski area in southern Oregon (or at the far end of the ski area parking lot). It is located within the Rogue River – Siskiyou National Forest. This is a popular place for snowshoers & cross-country skiers but it sounds like there are some small sledding areas here as well. It does say that there is a more than 2000’ elevation gain going up Mt Ashland, so you will want to carry snow chains based on changing road conditions.

### Page Mountain Sno Park

This is a beautiful sno park in southern Oregon located in the mountains above Cave Junction, OR with a great sledding area. They do say that you should use caution on the slopes when the snow is not fresh & there are a lot of people sledding as the snow can freeze & crust quickly, creating unsafe sledding conditions or excessive speeds.

### Annie Creek Sno Park

The Annie Creek Sno Park is located near Klamath Falls, OR (not far from Crater Lake National Park boundaries). It is also less than 10 miles from Fort Klamath, which was a military outpost on the Oregon Trail in 1863 & there is a park & museum there. This sno park offers more amenities than most sno parks with an interpretive kiosk & 2 vaulted toilets. There is also a log-style warming shelter with a wood stove & benches.

They have a huge bowl-shaped hill next to the warming hut which is perfect for sledding opportunities for the whole family. There are also trails for snowmobiles as well from this location. They will see snow from around late November through February as they are around 4400 ft. elevation.

# SPIRITED Tastes

## We did some tastings to save ya'll the trouble

#1 our fav... Ruby Red Cider (But you really couldn't go wrong with their porter, cream ale, blueberry cider, or pom ginger cider, the only one that we didn't like much was their strawberry lemonade, but you might love it, so go give it a try).

Go check them out friends

**Legend Cider Talent Taproom Legend Cider Company**

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(541) 508-6947



Lisa and Skye



Photos and review by Skye Selene and Lisa Petrini

# FINANCIAL *Fitness*

## HOW TO GROW AND KEEP YOUR MONEY



Photo by calcitecu.com

### Good, Better or Best? By Courtney Tacchini

I was recently looking over a friend's shoulder while they were requesting an auto insurance quote online. I was surprised to see that instead of offering liability limits in dollar amounts, they listed options as "Good, Better, or Best." Of course, the "good" liability limit (which is actually the state minimum), is the lowest premium. This is one example of how buying insurance online has become commoditized. While you might be able to slim down your insurance premium, what coverages are you forfeiting? Here's some tips to save on insurance without giving up coverage:

**Apples to apples?** At a bare minimum, you want to make sure you are at least matching coverage to your current policy(s). To do this, you'll need to find a copy of your declaration pages – these are the pages that outline dollar limits of coverage and liability limits. This way you can determine if your quotes are comparable.

### Is that apple fresh?

Initial quotes are sometimes provided without auto records validation or claims history. Even bound home policies are generally subject to inspection and can be canceled if your home is in disrepair (i.e. your roof is mossy). Make sure to ask good questions about the qualifications on the quote so you don't get stuck in a pickle! You may not even want to cancel your first policy for a while after your new policy is in place just to make sure there are no surprises.

### Are you sure about your first apple?

Especially due to the increase in inflation and cost of construction, you want to make a sniff check on your coverages to make sure they make sense (one example: look at your total dwelling coverage on your home and divide that by your home's square footage – in the Southern Oregon market, don't let that be any less than \$250/sq ft). Changes in your life could also mean you should adjust your insurance. For instance, coming out of college you may not be able to afford higher liability limits on your car insurance, but now that you have a family and some assets, it's absolutely in your best interest to carry much higher liability limits!

If this all seems too overwhelming, you don't have to be stuck overpaying or switch insurance carelessly. There are experienced and caring insurance agents out there that will help you navigate these options. If you aren't able to have these open and honest conversations with your agent, it might be the right time to shop for the right service! You can do this!

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# AUTO Buzz

## Ring Car Cam could catch someone trying to hijack your car and let you yell at them, too - By Lance Ulanoff

What's good for your house, is probably, at least when it comes to security, good for your car. That's likely video doorbell company Ring's thinking. It finally officially unveiled at **CES 2023** in Las Vegas the Ring Car Cam it's been talking about for almost a year and a half.

The dashboard dual-camera system looks almost exactly like **the leaks** we saw a good year ago. It's a relatively compact box of cameras, microphones, speakers, and motion detectors on an extender that attaches to your dashboard. It's unclear if Ring Car Cam could also be flipped over and attached to the windshield.

Ring Car Cam has a collection of useful, though not groundbreaking security features. It can detect motion inside and outside your car and send notifications and video, which it starts recording as soon as the motion is detected, to the same Ring app that you use for your other Ring devices.

If an intruder enters your car and you receive an alert, you can even start talking (or yelling at them) through the Ring Car Cam.

Amazon owns Ring, so it should come as no surprise that Ring Car cam can also do some on-demand recording (up to a few minutes) that you activate with the phrase "Alexa, record." This can come in handy if you spot some motorist engaging in bizarre behavior and want to capture and share in your next TikTok.



(Image credits: Ring)



Ring Car Cam has the undeniable benefit of joining the existing Ring ecosystem and, by extension the Amazon Alexa orbit (it even has the signature Alexa Blue Circle on top).

Ring told us that Ring Car Cam pre-orders start today (January 5). List price is \$249.99 but there's a limited time \$199.99 deal. While you do not need a subscription for all the features listed above, you won't be able to track your car when you're away from your home's Wi-Fi unless you pay \$6 a month (\$60 a year) for a Ring Protect Go subscription that allows the device to connect to an LTE network. That subscription also enhances Traffic Stop utility, automatically uploading a portion of the recording to the cloud, while the remainder is stored locally on the device.

Ring Car Cam connects via an OBD II adapter, which plugs into your car's OBD port (mechanics use this port to diagnose modern vehicles). While we were hoping for a wireless adapter, Ring Car Cam is a cabled device. This means you have to snake a thin cable around your dashboard (it can usually tuck into the space between the windshield and dashboard) and then under the dash to the port. Still, with nearly three-quarters of a million cars in the US stolen each year, there's no doubt that a pair of watchful, digital eyes could be a welcome addition to the dashboard of your beloved automobile.

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# TECH *Talk*

## The Genius Laptop Screen Extender – By Carly Kulzer

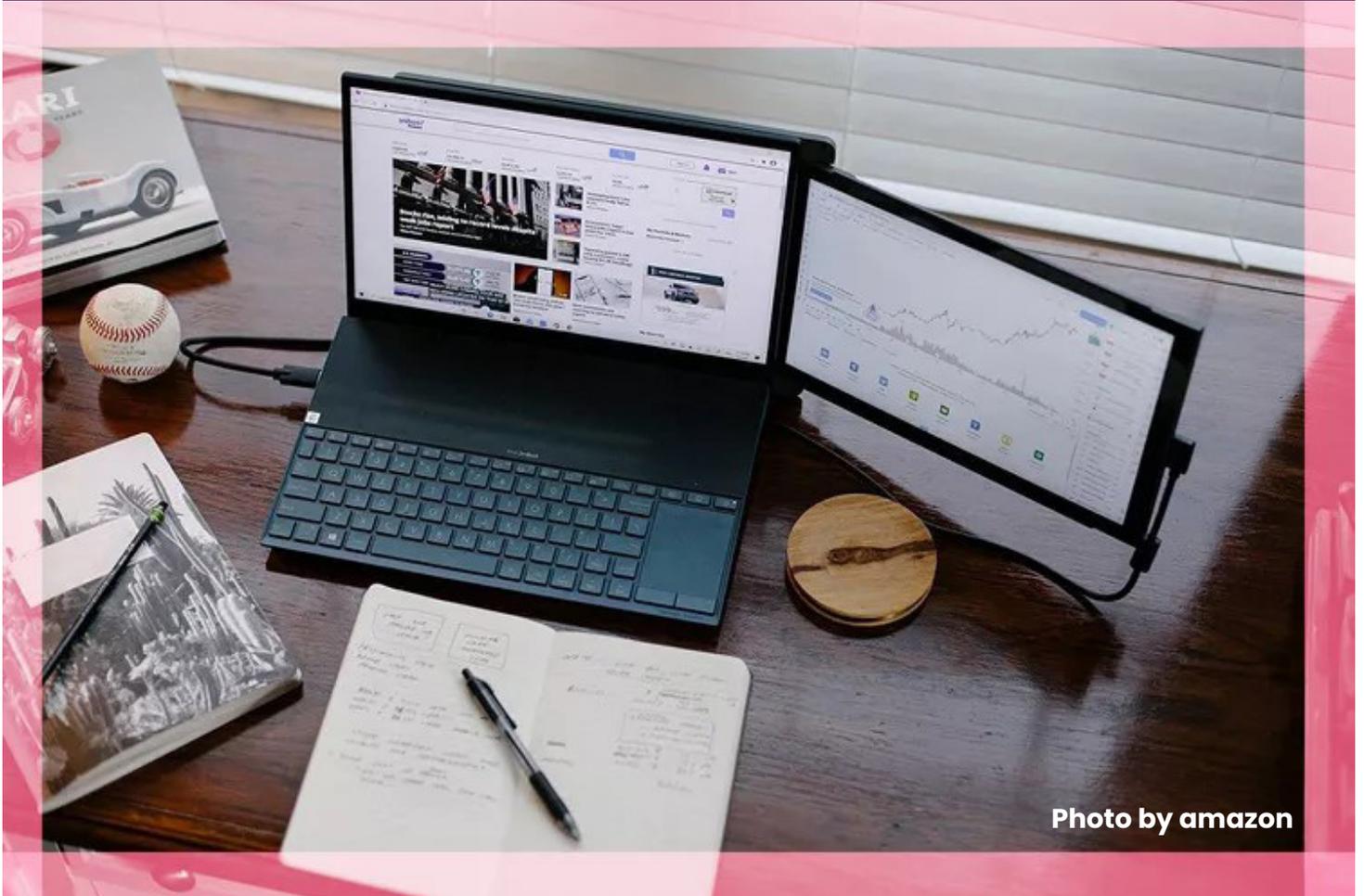


Photo by amazon

The **Duex Plus Portable Monitor** is a screen extender that magnetically attaches to the back of any laptop and lets you view two screens at once. As soon as I saw popular videos by [@julianna\\_claire](#) and [@chloejadetravels](#) showcasing its benefits, I immediately took to Amazon where I discovered that it's currently \$80 off. It offers a "plug-n-play" experience, which means all you have to do is connect the USB-C or USB-A cable (both are included in the package) to each device and it'll transport your display to both screens.

The best part is that it's super versatile since it can be used on the left or right side of your laptop as well as the back for presentation mode. Plus, it comes with a kickstand so it can also be used as a standalone monitor vertically or horizontally.

The self-proclaimed digital nomad and traveler on TikTok, [@chloejadetravels](#), said this portable monitor is the "best tool for remote workers" and added that it allows them to watch Netflix while they work and helps them create a larger workspace.

Amazon shoppers have also voiced their delight for the product, with **one reviewer calling** it a "game-changer" and said that it has "proven to be very effective in completing tasks in a timely manner" while working from home. **Another person claimed** that they've used this screen extender for over a year and said it's "one of the best in the market."

# Fashion

# FORWARD

## Mom Makeover – by <https://www.rachaelrayshow.com/>



BEFORE



Photos from Rachael Ray

Three children, who were between 17 and 20, knew that their mom needed something special. Gianna, Antonia, and Natalia decided to do more than simply feel sorry for their mom, they set up a surprise that she desperately needed.

It happened in 2018 when the mother was nominated for a special makeover surprise. It was for Rachael Ray's "Mother of All Makeovers" and their mother, Christine, was the winner.

One of the reasons why the three girls decided that their mother needed a makeover so desperately is because she was always taking care of everybody else. That was especially true since their father, Antonio, had a stroke five years earlier.

**According to** Rachael Ray, Christine works in New Jersey at a rehab hospital. She is a nurse, and her daughter, Natalia, spoke to Rachael saying that her mother would sometimes work 14 days in a row with no break.

Natalia said: "Every weekend, she tries to get shifts so she can earn enough money to keep the house over our head and food on the table." Her sister, Antonia spoke up and said: "As long as everyone has what they need, my mom is always happy."

As far as Christine's style was concerned, the daughters had a unique way of describing it. They said that it was "definitely comfortable" and since her husband's stroke, she began to hide herself using layers of clothes. That led to her wardrobe taking on a more casual look over time and it was obvious that she wasn't caring for herself.

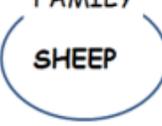
When Christine received the news that she would be headed for a complete makeover in New York City, she was amazed. Imagine if somebody told you that you were going to be on the Rachael Ray show. Her husband and three daughters were on-hand when the reveal took place. Rachael told the story about how Christine was at the studio wearing sweatpants and glasses that were missing an eyepiece. That was when it was time for Mally Roncal, the makeup and style artist, to oversee the makeover and make it one of the best that they'd ever done.

When the reveal happened, Christine looked out of this world. Her clothes were updated but it was her smile and confidence that really shined through brightly. She let Rachael know that it was the best day of her life and you could really see the emotion taking over the entire family.



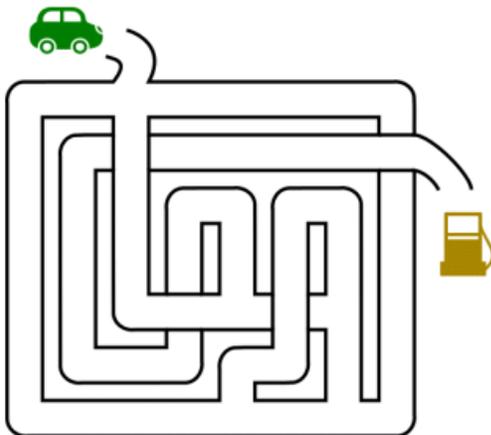
# PUZZLE AND Fun Corner

Can you solve these visual word puzzles? Let your mind explore and you are sure to find the answers. Good luck!

|  |   |
|--|---|
| 1.<br><b>FACE</b>  | 2.<br><b>EGG EGG<br/>HAM</b>  |
| 3.<br><b>BUR</b>   | 4.<br>THUMBS THUMBS<br>THUMBS THUMBS<br>THUMBS THUMBS...  |
| 5.<br>TEEF<br>FEET<br>TEEF   | 6.<br>FAMILY<br> |
| 7.<br>po <b>FISH</b> nd  | 8.<br>ISSUE ISSUE ISSUE<br>ISSUE ISSUE ISSUE<br>ISSUE ISSUE ISSUE<br>ISSUE                        |
| 9.<br><b>TIME</b> a b d e<br>f g h i j<br>k l m n o<br>p q r s t<br>u v w x y<br>z | 10.<br>DAYSALLWORK  |

- January's birthstone, the garnet, is thought to keep the wearer safe during travel.
- January's birth flowers are the carnation and snowdrop.
- Fog in January brings a wet spring.
- A favorable January brings us a good year.
- If grass grows in January, it will grow badly the whole year.
- A summerish January, a winterish spring.

## Gertie Needs Gas



Gertie forgot to fill up before she left town. Can you help her find the shortest way to the service station so she does not run out of gas?

## Chinese New Year

 DIRECTIONS: Unscramble the letters to form terms associated with Chinese New Year. Watch out! A few have more than one word in the term.

1. EYMNO \_\_\_\_\_
2. LMLFOFN \_\_\_\_\_
3. MPINGDLU \_\_\_\_\_
4. ILYAFM \_\_\_\_\_
5. RNAODG \_\_\_\_\_
6. INACH \_\_\_\_\_
7. ASGNEOR \_\_\_\_\_
8. MOBAOB \_\_\_\_\_
9. IAZODC \_\_\_\_\_
10. DCBANNUEA \_\_\_\_\_
11. RUALN \_\_\_\_\_
12. NLEEEOPV \_\_\_\_\_
13. CLGDOKUO \_\_\_\_\_
14. FEIWOSRKR \_\_\_\_\_
15. NLNRAET \_\_\_\_\_
16. DRE \_\_\_\_\_
17. EFATVISL \_\_\_\_\_
18. GIFST \_\_\_\_\_
19. RESITPOPRY \_\_\_\_\_
20. ACNEADR \_\_\_\_\_





## Chinese New Year

### SOLUTION

1. EYMNO \_\_\_\_\_ MONEY
2. LMLOOFNU \_\_\_\_\_ FULL MOON
3. MPINGDLU \_\_\_\_\_ DUMPLING
4. ILYAFM \_\_\_\_\_ FAMILY
5. RNAODG \_\_\_\_\_ DRAGON
6. INACH \_\_\_\_\_ CHINA
7. ASGNEOR \_\_\_\_\_ ORANGES
8. MOBAOB \_\_\_\_\_ BAMBOO
9. IAZODC \_\_\_\_\_ ZODIAC
10. DCBANNUEA \_\_\_\_\_ ABUNDANCE
11. RUALN \_\_\_\_\_ LUNAR
12. NLEEEOPV \_\_\_\_\_ ENVELOPE
13. CLGDOKUO \_\_\_\_\_ GOOD LUCK
14. FEIWOSRKR \_\_\_\_\_ FIREWORKS
15. NLNRAET \_\_\_\_\_ LANTERN
16. DRE \_\_\_\_\_ RED
17. EFATVISL \_\_\_\_\_ FESTIVAL
18. GIFST \_\_\_\_\_ GIFTS
19. RESITPOPRY \_\_\_\_\_ PROSPERITY
20. ACNEADR \_\_\_\_\_ CALENDAR

## Solutions

- |                       |                              |
|-----------------------|------------------------------|
| 1. Red in the face    | 6. Black sheep of the family |
| 2. Green Eggs and Ham | 7. Big fish in a little pond |
| 3. Backrub            | 8. Tennis shoes              |
| 4. All thumbs         | 9. Long time, no see         |
| 5. Two left feet      | 10. All in a day's work      |

# HOME Matters

## Types of Carpet – By theSpruce.com

### Loop Pile or Berber

Loop or **berber pile** refers to carpet whose fibers are not cut, but instead are kept as small loops. These carpets are quite durable and make great choices for rooms with high traffic. They do not show foot or vacuum lines and are often very stain-resistant. However, it is important to note that these carpets can snag or catch. This is especially a concern for pet parents. The looped design of this type of carpet can also trap dirt or other objects.

### Cut Pile

**Cut pile** refers to carpet whose fibers are cut, leaving no loops and creating a soft, fuzzy appearance. These carpets show more foot and vacuum lines but are popular for their softness. They are often easy to clean.

### Saxony

A type of cut pile, **saxony pile carpets** have short, very densely packed fibers that create a thick, soft feel. Saxony carpet adds a touch of luxury, though these carpets show foot and vacuum lines and may shed. This type of carpeting is best for medium to low-traffic areas, such as **bedrooms or guest rooms**.

### Plush Pile

Plush pile carpet is very similar to the saxony style, except that it is even shorter than saxony. This gives it a very dense, velvety feel. Because the fibers are so short, however, this carpet can wear down easily. It is best used in low-traffic rooms.

### Frieze Pile

**Frieze pile** refers to cut pile carpet whose fibers are long and have a high tuft twist count. This allows the tufts to twist and bend in a shaggy, irregular way. Because of this, frieze carpet hides foot and vacuum lines, as well as dirt. This carpet is durable and can be used in high-traffic areas.

### Textured Cut Pile

Textured cut pile refers to carpet whose tufts are cut at different lengths, breaking up the uniform appearance and giving it a dappled, textured appearance. This textured surface hides foot and vacuum lines and makes the carpet quite durable. Textured cut pile is a popular choice for high-traffic rooms, such as family rooms.



### Cut and Loop Pile

**Cut and loop pile** carpeting has both cut fibers and looped fibers. These can be at random or in a pattern. The loop and cut tufts may be the same height, creating a smooth pattern, or differing heights, creating a textured or three-dimensional pattern. Because these carpets are a blend of different pile types and may even feature different tuft heights, the pattern is visibly interrupted when worn or used in high-traffic areas.

### Expert Tip

“**Loop pile** is durable and easy to clean, while cut pile (often called shag) is softer and more luxurious. **Berber** is a good choice for high-traffic areas, as it is resistant to wear and tear.”—Hubert Miles, Certified Master Inspector

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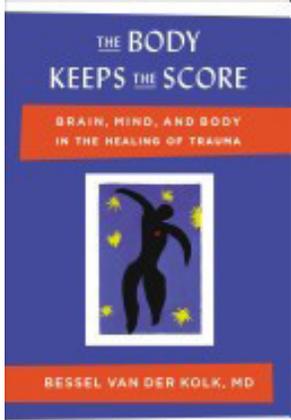
**Right Behind Burger King**

CCB # 223480



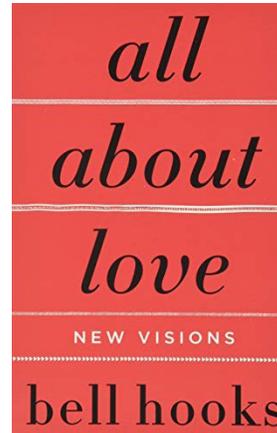
# Entertainment

## Books that help inner growth and healing – From the NY Times Best Sellers List



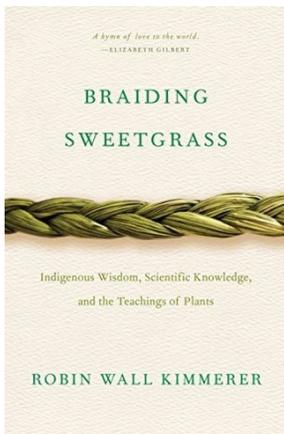
**222 weeks on the list, by Bessel van der Kolk**

How trauma affects the body and mind, and innovative treatments for recovery.



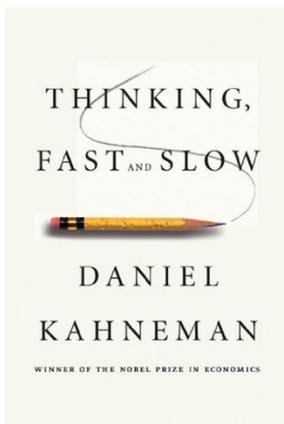
**59 weeks on the list, by bell hooks**

The late feminist icon explores the causes of a polarized society and the meaning of love.



**145 weeks on the list, by Robin Wall Kimmerer**

A botanist and member of the Citizen Potawatomi Nation espouses to have an understanding and appreciation of plants and animals.

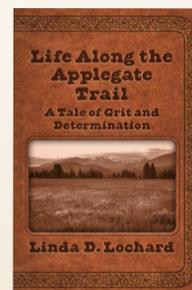


**346 weeks on the list, by Daniel Kahneman**

When we can and cannot trust our intuitions in making business and personal decisions.

### 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.*

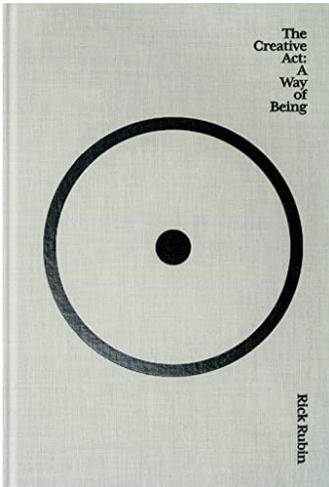


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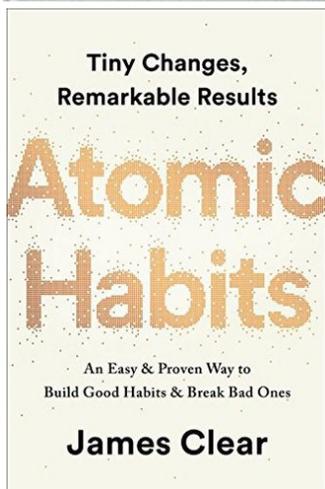


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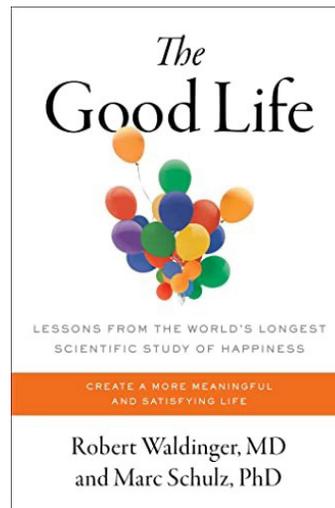
### New this week, by Rick Rubin with Neil Strauss

From the legendary music producer, a master at helping people connect with the wellsprings of their creativity, comes a beautifully crafted book many years in the making that offers that same deep wisdom to all of us.



### 165 weeks on the list, by James Clear

An Easy & Proven Way to Build Good Habits & Break Bad Ones



### 2 weeks on the list, by Dr. Robert Waldinger and Dr. Marc Schulz

Lessons from the World's Longest Scientific Study of Happiness

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# BUSINESS *Beat*



Small business IRS audits are like shark bites: They're rare, but painful for the unlucky few who suffer them.

## 5 Small Business Tax Audit Triggers and What to Do If the IRS Comes Calling

**By Jason Carr**

*Opinions expressed by Entrepreneur contributors are their own.*

*Disclaimer: This article is for informational purposes only. It should not be considered legal or financial advice. You should consult with an attorney or other financial professional to determine what may be best for your individual needs.*

Although most small business returns filed every year don't get **audited**, the IRS is certainly becoming more active. For instance, in November 2020, the IRS announced it would ramp up audits of small businesses by 50% in 2021. Then, in August 2022, Congress passed the **Inflation Reduction Act**, including \$80 billion in IRS funding, with approximately \$45 billion going toward enforcement — conducted by at least some of those 87,000 new agents the IRS is reportedly hiring.

So how can you stay out of the IRS's crosshairs? To an extent, there's nothing you can do, as some audits are totally random. However, in most cases, audits result from actions or omissions by the taxpayer — certain of which are more likely to trigger some unwelcome mail from the IRS announcing an audit.

Here are five of the most common small business tax audit triggers.

## 1. Failing to report income

Whether it's intentional or simply due to an oversight, failing to report income is a common trigger for an IRS audit.

The IRS receives copies of **1099 forms** sent to your business, so in many cases, it's easy to spot a discrepancy between reported income on a tax return and the information included in tax reporting forms. If there is a discrepancy, the IRS will flag it on your return and, most likely, initiate an audit.

In addition, as more individuals turn to side hustles and gig work to make money, the IRS is taking steps to ensure that it's keeping tabs on what people are earning. While it has **delayed implementation** for tax year 2022, the IRS will soon be requiring third-party settlement organizations such as PayPal and Venmo to issue 1099-K forms to individuals being paid \$600 or more via these platforms.

Fail to report income? There's a good chance the IRS will notice.

## 2. Large deductions and excessive expenses

Small businesses should claim all justifiable **business deductions**. That's their right under our tax laws. However, there are no bright-line rules that define what's "justifiable" — only a somewhat fuzzy standard that a business expense must be both ordinary and necessary.

Because there's ambiguity in these terms, some taxpayers take it too far and claim unreasonably large deductions and excessive expenses, leading to audits. The odds that a deduction will trigger an audit increase if such deductions or expenses are either out of line with IRS standards for similarly situated businesses and/or significantly larger than the prior year.

It's also important to note that certain deductions tend to **draw more scrutiny** than others, including the home office deduction, travel costs and vehicle use, to name a few.

## 3. Large amounts of cash transactions

If you run a "cash business," such as a restaurant or barber shop, that fact alone makes it more likely that you'll be audited. When a business relies mostly on cash transactions, they face an increased audit risk because the IRS may be concerned that the business is underreporting income.

If your small business has a large number of cash transactions, there may not be much you can do to prevent an audit — but if you keep good records and disclose your income, the risks stemming from an audit will be greatly reduced.

## 4. Claiming business losses year after year

Are you running a business or trying to write off expenses for a hobby? IRS guidelines say that if you have earned a profit in at least three of five consecutive years, the presumption is that the business is being run to generate a profit. If not, it could trigger an audit, because having **multiple years of losses** can lead to the IRS questioning if you have a legitimate business.

If your business is not, in fact, a hobby but continues to generate losses, make sure to keep accurate and extensive records to help prevent the reclassification of your business as a hobby.

## 5. S Corp shareholder-employees earning low or no salaries

It's common for small business owners to establish an S Corp instead of an LLC to avoid paying self-employment tax on distributions. However, to take advantage of these tax benefits, the **S Corp** shareholder-employee must be paid what the IRS deems a "reasonable salary" — a paycheck comparable to what other employers would pay for similar services.

If there's additional profit in the business beyond the salary, those can be paid as distributions.

The IRS is on the lookout for S Corps paying shareholder-employees unreasonably low salaries — or in some cases, no salaries at all. When compensation is misaligned relative to a similar position in a similar industry, it may trigger an audit.

## What to do if you get audited by the IRS

The idea of an audit strikes fear in most people because they immediately conjure up a vision of IRS agents forcefully knocking on the front door of their home or business, ready to rifle through their records.

That's not how things work, at least for most people who are subject to audits. Remember, audits are rare. And when they do happen, most are done by mail. While it's not common, some audits take place at an IRS office (a "desk audit") or at a home or business (a "field audit"). Regardless, if you find out you're getting audited, **don't panic** and contact an experienced tax audit lawyer, especially if there's significant money at stake. Do this right away, because the IRS requires a timely response.

In many instances, resolving an audit will involve providing documentation to the IRS to substantiate the figures on your return. That may end the matter, or there may be some adjustment to the amount you owe, as well as penalties and interest, that you may agree to pay.

However, you may disagree with the conclusion reached by the IRS, in which case you'll have 30 days to appeal the IRS' findings. Disputes proceed with an appeal with the IRS Office of Appeals, followed by a petition to the U.S. Tax Court in the event your appeal is unsuccessful.

While it's important to know what to do in the event of an audit, the best way to avoid negative repercussions from an audit is to **avoid one in the first place**. Be aware of the most common audit triggers. Avoid them if possible. Keep good records. And if the IRS comes calling anyway, contact an experienced audit defense attorney to help you through the process.

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# HOME of the Month

## 'Lori Magel's beautiful home on Kane Creek Road in Central Point was featured on the Holiday Home Tour.'

Lori Magel's beautiful home on Kane Creek Road in Central Point was featured on the Holiday Home Tour. It's a unique modern lodge with a Craftsman flair. This is the personal home of Lori Magel who is a 2nd generation builder in the Rogue Valley. Her father started building in 1972 until her mother took over. The 3 children also have continued the building trade. Lori is a home builder, Brian is a home builder, and Steve is a brick/tile mason.

The home sits on a little over 2 acres that came with a unique feature. The now-outdoor kitchen and living space started out as a late 1800 brick kiln. They would bring down lime from a mine located behind the property to manufacture bricks and blocks for building. Check out the octagon ceiling where the burner used to sit on top.

Enter the home under the open beam portico drive-through. The front doors as well as the doors off of the entry are hand-carved of various metals and crafted by R, Scott Jarvie and his son Jay Jarvie.

The living room has 16' black sliding doors on a stoned interior wall. The guest bath is very dark and mysterious with metallic cork wallpaper on the walls and ceiling. The master suite features an aged barn wood and wood beam wall. It has a unique stone and wood mantel containing an electric fireplace that changes colors. The master bath has metallic raffia wallpaper with a large walk-in shower with body jets.

The home is built by Lori Magel Homes, Inc. and decorated by Lori Magel. Home decor is from Lori's store, Essentials Home Décor. <https://www.essentialshomedecor.com/>

The store slogan is Imagine...Inspire...Indulge.



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# FOCUS ON THE ARTS

## Art, Music, Theatre



**Andrew Gaynair**



**Aunt Bess**



**Cooper**



**Dawn Brwon Beasley Grand**



**Marja**



**Father Suklis**



**Turtle**



**Zelda the Wonder Dog**

## **Linda Henning – Artist Statement Dec, 2022**

I was born in 1959, grew up in the same tiny farm community my father was born in, in Ohio. Joined the Air Force at 22 and never stopped exploring the world from there. Unfortunately, this caused me to lay my art down and concentrate on the job at hand.

I have lived all over the world, not just through the military, but also under my own steam. I find that the many places I have experienced influence my detail in my art. Beauty is in the details.

I have no formal training in art other than High School and a couple community college classes. I am primarily self-taught. YouTube is a wonderful instructional aid, got to love social media! Tried several mediums over the years and found my place in graphite (pencil) drawings.

My main subject focus is animals and human portraits. Also, the swaddled new born or “Burrito Baby” as I fondly refer to are my favorite subjects.

My art has yet to be shown, though I have completed several commissions.

**Susan E. Phipps**

**Central Point, Oregon**

**Blackwolfeart.com**

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GOOD

Eats

## Best Biscuits and Gravy in the Rogue Valley



Opinions flew in a Facebook post asking who serves the best biscuits and gravy. Comments are separated and arranged by venue, and last names are not displayed for privacy reasons. Spelling and punctuation are as is. Towns are posted if not stated elsewhere. Hyperlinks have been removed.

|  |   |
|--|---|
| Billy N<br>Karen<br>Kathy  | Heaven on Earth Best biscuits and gravy fresh baked daily. (Azalea, OR)<br>Heaven on earth hands down.  |
| Andy<br>Christy<br>Rachel<br>Jill<br>Adrian<br>Savannah<br>Carly   | Butter Cloud! They have biscuits and gravy as well as scones and gravy (Medford)<br>Buttercloud Bakery<br>buttercloud<br>Butter cloud<br>Buttercloud Cafe has delicious biscuits and gravy<br>I second this! Buttercloud's bacon country gravy and home made biscuits cannot be beat!<br>And Buttercloud Bakery used to do bacon cheese scones and gravy  |
| Lisa<br>Matthew  | Punkys (Medford)<br>Punkys Diner has the best B&G   |
| Lauri<br>Tom<br>Kevin<br>Erica<br><br>Susan<br>Holley<br>Lindsay   | Cracking and Stackin (Multiple locations)<br>Crackin and Stackin in Central Point, Eagle Point and Medford.<br>Crackin n stackin. Best biscuit n gravy I've had around here<br>I 1000% agree!!! Crackin and stacking is amazing!! One of our favs! I was just going to suggest you for the biscuits and gravy. I need to get my butt back! It's been a few months.<br>Crackin n Stacking, Central Point<br>Crackin and stackin<br>Crackin & Stackin   |
| Brittaney<br>Holly<br>Becky<br>Sally<br>Jessica<br>Kim<br>Jennifer<br>Julie<br>Candy<br>Alexis<br>Chris<br>Kaitlyn<br>Tom<br>Steve<br>Jennifer | Patti's kitchen<br>Patti's in GH<br>Patty's in Gold Hill hands down. I LOVE biscuits and gravy and get it everywhere I go, but they have the BEST!!!!<br>Patty'sCafe Gold Hill fabulous homemade biscuits and sausage gravy yum, yum<br>Hands down Patti's Kitchen in Gold Hill<br>and bring your appetite they are huge<br>Pattys kitchen in Gold Hill<br>Hands down Patty's Kitchen in Gold Hill they won't disappoint.<br>Patty's in Gold Hil<br>Pattys in gold hill<br>Definitely Patty's<br>Patty's, gold hill<br>Patty's in Gold Hill.<br>Patties cafe in gold hill. Huge portions also<br>Pattys kitchen |
| Lauri<br>Chanda<br>Tammy<br>Jasmine<br>Gail<br>Mike<br>Christianna<br>Amie   | Sweet Tea (Medford and Central Point)<br>Sweet tea express<br>Sweet Tea Express<br>Sweet Tea Express<br>Sweet Tea<br>Sweet tea express or Debbie's diner<br>Debby's Diner was ranked one of the best diners in Oregon (Phoenix)<br>Debby's Diner is pretty good too! Lol  |
| Corina<br>Julie<br>Brad<br>Liz   | Palm Café (Central Point)<br>Palm cafe<br>Palms cafe<br>The Palms   |
| Carly<br>Laura   | The Mustard Seed in Jacksonville has awesome bacon gravy.<br>The Mustard Seed is now 'Sunny Side Up' and was re-opened by the previous owner (Jeannie Inman). She has kept many of the 'old favorites' (recipes) on the menu, plus added some new delicious additions. I believe her Biscuits and   |

|   |   |
|---|---|
| <p>Sharon<br/>Seana<br/>Leeanne<br/>Rob<br/>Roy<br/><br/>Erica<br/><br/>Seana<br/>Tabatha<br/>Jeanette<br/>Kiersten<br/>Kristin<br/>Kimberly<br/>Jami<br/>Rob<br/>Roy<br/>Ivy<br/>Heather<br/>Desiré<br/>Greg<br/>Leslie<br/>Christy<br/>Brian<br/>Devon<br/>Shelly<br/>Bobbie<br/>Bart<br/>Peter</p> | <p>Gravy are still the original recipe Well worth the drive to J.Ville!<br/>Corinne's Cafe the very best. They have a couple of picnic table outside, but no inside dining, but worth it. (Central Point)<br/>Corinne's Cafe for sure. You can even add stuff to it. She also typically carries a variety of biscuits for the base!<br/>she is the best!! Great food, great service!<br/>Corrines<br/>Corinne's Cafe hand down best! Get them with a couple eggs and bacon too. Don't forget to get some coffee cake while you're there.<br/>Sooo, I own a breakfast restaurant (Crackin'and Stackin') if that gives me any credibility lol. We have a good biscuits &amp; gravy or we wouldn't serve it, buuutttt..... Corrine's Cafe has a ridiculously good biscuits &amp; gravy And she's the sweetest!<br/>Corinne's Cafe for sure has amazing bng!<br/>Definitely corrines Cafe in cp<br/>Corrines café<br/>Corrine's cafe hands down<br/>Corrine's is amazing<br/>Corrines cafe!<br/>Corrines cafe<br/>Corrines cafe<br/>If you choose Corrine s then don't go on Friday cause that's my B&amp;G day and I don't want to miss my day! Ha ha<br/>Corrine's Cafe and it won't break your pocketbook. Delicious and by Horse Blanket on 3rd Street, CP<br/>Corrine's Cafe !!!<br/>Corrine's Cafe!!!!<br/>Corrines cafe is the only place<br/>Corinne's Cafe. Only open until 2pm. Delicious, Corinne is an amazing chef!<br/>Corinne's Cafe! Good biscuit and gravy! My family loves her food<br/>Corinne's Cafe<br/>Corinne's cafe<br/>Corrine's Cafe<br/>Corrines Cafe!<br/>Corinne's Cafe hands down<br/>Honestly have not tried corrines heard they are amazing but being out in the cold for work. trident chicken shanties off of kings hwy, was ridiculously good. I highly recommend.</p> |
| <p>Cori<br/>Sherri<br/>Michelle<br/>Sandy<br/>Reta<br/>Deena<br/>Michelle<br/>Yvonne<br/>Kaitlyn<br/>Tandy<br/>Karen</p>  | <p>Diner 62 near White City! Right next to the Chevron gas station.<br/>Come see us Diner 62<br/>VERY GOOD B&amp;G!!!<br/>62 Cafe<br/>Diner 62<br/>Diner 62....yummy<br/>Diner 62<br/>Diner 62<br/>Diner 62<br/>Or Diner 62<br/>Diner 62<br/>Diner 62</p>   |
| <p>Debi<br/>Tamara<br/>Summer</p>   | <p>Triple Tree for sure! (Sams Valley)<br/>Triple Tree Restaurant at the base of upper Table Rock<br/>Triple Tree in Sams Valley for sure. They make their own biscuits and they are enormous!</p>  |
| <p>Cesilia<br/>Trent N Becca<br/>Shannon<br/>Kala<br/>Allison<br/>Penny<br/><br/>Lucienne<br/>Allison</p>   | <p>Cakebar + Bakery % (Medford)<br/>Cakebar + Bakery has amazing biscuits and gravy and the almond croissant are just the best!<br/>Cakebar + Bakery is really good. I believe she's open Wed-Sat 7-1pm<br/>Cakebar + Bakery for sure!<br/>NO JOKE Cakebar + Bakery<br/>I second this. It's the breakfast rolls with gravy that are the best. She's only open limited hours a few days a week though so check before you go.<br/>She does have the best gravy<br/>the Best ever! And the biscuits and yummy too! Huge portions</p>  |
| <p>Rogue River Brat<br/>Melinda<br/>Laura</p>   | <p>Real deal in Medford great place to have breakfast<br/>Real Deal Cafe on Stewart Ave. They use sausage from Taylor's in Cave Junction!<br/>it is very delicious!</p>   |
| <p>Mayde<br/>Bill</p>   | <p>Spicers<br/>Spicers by olive garden (Medford)</p>  |
| <p>Kaitlyn<br/>Jeanne<br/>Melissa<br/>June<br/>Stephen<br/>David<br/>Wayne<br/>Lori<br/>Daniel<br/>Linda<br/>Heather</p>  | <p>Honestly.... lil pantry!! Hahaha (Multiple Locations)<br/>Cracker Barrell. (Medford)<br/>Dolly Vardens Cafe medford!<br/>Memos on Central!! (Medford)<br/>Whiskey River on Table Rock. (Central Point)<br/>Mac diner! In shady cove!!!! Your family would love the fun experience by the river and atmosphere and great food!<br/>Barbwire in Eagle Point<br/>Roosters on Barnet. Absolutely the best breakfast in town. (Medford)<br/>Don't laugh at me.... but trophy club is delicious! Don't judge! So good<br/>Country Willows B&amp;B Inn in Ashland has an amazing mushroom biscuits and gravy.<br/>Oak tree north west bar and grill in Ashland. Homemade biscuits and gravy.</p>  |

# SPONSOR *Spotlight*

## Introducing Tanya Schmelzle from Klick Solar

After retiring from 25 years of teaching middle school, I found solar. As a representative of Klick Solar Company in Medford, I am again working in a field that I am truly passionate about.

I grew up just outside of Denver in a suburb called Wheatridge. I remember when the homeowners all strived to plant several large trees around the home providing shade from the hot summer sun, since most homes at that time did not have air conditioning. This landscaping model is on a quick trend to be reversed. With all the fires in both Oregon and the West, homeowners are being advised to remove trees from around the home to create a protection zone.



Rooflines are exposed to more sunlight than in previous years and many have already taken the futuristic step of purchasing an electric vehicle to help cut down on pollutants in the air. Both homes and electric cars still need power to run on. While the cost of power to the average home continues to increase by leaps and bounds, what can the average family do to help curb the wild inflation craze happening in our country?

Any short Google search can yield information about America's crumbling infrastructure. From bridges, roads, corrupted water pipelines, along with aging power plants, many of which are being retired and closed, rolling brown outs, power outages and soaring prices will continue. There is one thing every homeowner can do for their home to cut inflation - Go SOLAR.

If you investigated solar a few years ago - look again! The technology has really come around and is truly amazing today. No batteries needed!

Not all solar panels are created equal. Please consider these items when choosing solar panels for your home. Where do the panels come from? China? How long will it take to get parts if your system needs repair? How long is the panel and parts warranty? Will the company put a lien on your home for missed payments? Is the company local and able to service your needs quickly? Do the panels produce power for at least the same length as the terms of the loan? Does the warranty easily transfer to a new buyer should you decide to sell your home?

Veteran and locally owned, Klick Solar uses top-of-the-line solar panels made right here in the USA. We offer an industry-leading 100% 25-year warranty on all panels and parts. In most cases we can trade your average power bill over to a similar solar payment in which you now own your power, right on top of your roof, locking in that low payment for 25 years, saving the average home \$20-30K. The panels continue to produce power for 30 to 35 years. How's that for stretching a dollar? With the current government incentive paying for 30% of your system, now is the best time to go solar.

**Contact Tanya Schmelzle at 541-200-5970 or <mailto:Tanya@KlickSolar.com> for a FREE no-obligation quote today.**

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# SEASONAL *Splendor*

**Submissions taken through February 12. Email your love notes to [editor@roguevalleylivingmag.com](mailto:editor@roguevalleylivingmag.com)**

Send a message to your loved one in February!



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

**COLLECTING THROUGH FEB. 12**



SEND SHOUT OUTS TO: 541-900-6584 | [Editor@RogueValleyLivingMag.com](mailto:Editor@RogueValleyLivingMag.com)

# YARD of the Month

Walking into Edward and Crystal Bunker's Greenhouse in Ashland, you are immediately surrounded by lush ferns, flowers and plants in different stages, potting, and clippings. The spacious greenhouse is as large as some people's tiny homes! Succulents, ferns, cacti and blossoming plants live side by side in a medley of art and adornments that they have picked up in their travels. With a sitting area and fountain, it's easy to see how this could become a favorite place to snuggle up with a book and enjoy the warmth of the sun in every season.



Crystal Bunker photos



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Roland Daniel photos

# LOCAL COMMUNITY Events

## February 2023 Events

| Date/Community       | Name, Location & Time of Event  |                     |
|----------------------|---|---------------------|
| <b>Ashland</b>       | <b>Chamber of Commerce</b>  | <b>541-482-3486</b> |
| 02/01-05/2023        | One Team Scavenger Hunt, 59 Winburn Way, Ashland, 5 am, Contact Chamber   |                     |
| 02/03/2023           | For the Love of Shakespeare, Belle Fiore Winery, 100 Bella Fiore Lane, 5:30-8:30 pm. An explanation of food and drink paired with the best of Shakespeare love scenes.    |                     |
| 02/07/2023           | SOU Chamber Ensembles present "Collage", Music Hall, 450 S. Mt. Ave., #114, 7:30-8:30 pm. Seniors \$5, General admission \$10. Full time SOU Staff and Students FREE.     |                     |
| 02/10/2023           | Vogue Vegan Valentine Cookie, 300 N. Pioneer, 2-4 pm. Healthy cookie making.  |                     |
| 02/13/2023           | The Wisdom of Wilderness: Healing the Trauma. Bloomsbury Books, 290 E. Main St. 7-8 pm  |                     |
| <b>Talent</b>        | <b>Chamber of Commerce</b>  | <b>541-535-3837</b> |
| 02/04/2023           | Daniel Nichols Band at Stoneriver Vineyards, 2178 Pioneer Rd. 3-5 pm  |                     |
| 02/11/2023           | Rogue Reads: Songs That Tell Stories. 5+ yrs. Talent Library, 101 Home St. 2-3 pm.  |                     |
| 02/12/2023           | Spotlight on Sondheim, Camelot Theatre, 101 Talent Ave. 541-535-5250. Purchase tickets in advance. Live theatre.  |                     |
| <b>Medford</b>       | <b>Chamber of Commerce</b>  | <b>541-779-4847</b> |
| 02/02/2023           | Sip and Paint Pottery Party at Roxy Ann Winery. 3283 Hillcrest Rd. 7 pm   |                     |
| 02/07/2023           | Farmers Unite (FREE) Farmers Market. Jackson Elementary 713 Summit Ave. 4-6 pm  |                     |
| 02/10/2023           | Throw and Tell-Speed dating and axe throwing, Cascadia Axe 5681 Crater Lake Hwy, #4, Reserve your spot  | 541-203-0246.       |
| 02/10/2023           | Joe Hill, stand-up comedian, Chadwicks Pub, 2300 Biddle Rd inside of Rogue Regency, 7 pm. Purchase tickets in advance.  | 541-282-2122.       |
| 02/18/2023           | Saturday Storytime, Barnes and Noble. 1400 Biddle Road.   | 541-858-0203.       |
| 02/24/2023           | Newswatch 12 Sportsmen's Outdoor & Recreation Show. SO Expo. 1 Peninger Rd. Central Point. 12-9 pm.   |                     |
| 02/25/2023           | Storm Large performing at the Craterian, 23 S Central Ave. 7:30-9:30 pm. Purchase tickets in advance.   | 541-779-3000.       |
| <b>Jacksonville</b>  | <b>Chamber of Commerce</b>  | <b>541-899-8118</b> |
| Ongoing              | Beekman House Museum Tours, Beekman House, 470 E. California St. 541-245-3650 for reservations.   |                     |
| 02/10-20/2023        | "Enhance the Romance" Lodging partners offering 14% discount on romance packages, including: lodging, restaurants, wineries, spas, coffee shops and more in Jacksonville. |                     |
| <b>Central Point</b> | <b>Chamber of Commerce</b>  | <b>541-664-5301</b> |
| 02/24/2023           | Newswatch 12 Sportsmen's Outdoor & Recreation Show. SO Expo. 1 Peninger Rd. Central Point. 12-9 pm.   |                     |
| <b>Eagle Point</b>   | <b>Chamber of Commerce</b>  | <b>541-944-6925</b> |
| 02/24/2023           | Upper Rogue Artists Club, Senior Center, 121 Loto St., Eagle Point. 1-3 pm  |                     |
| 02/27/2023           | BINGO, Senior Center, 121 Loto St. Eagle Point. 1-3 pm  |                     |
| <b>Rogue River</b>   | <b>Chamber of Commerce</b>  | <b>541-582-0242</b> |
| 02/18/2023           | Rogue River Run. Call Chamber of Commerce for location and additional events.   |                     |
| 02/23/2023           | Rogue Reads: What it Was: Growing Up When the Music Mattered, 18 yrs +. Rogue River Library. 4-5:30 pm.   |                     |
| <b>Grants Pass</b>   | <b>Chamber of Commerce</b>  | <b>541-476-7717</b> |
| 02/04-5/2023         | Grants Pass Gun & Knife Show. Josephine County Fairgrounds.   |                     |
| 02/04/2023           | Chili Cook-Off 2023. Josephine County Fairgrounds. 5-7 pm.  |                     |
| 02/09/2023           | Dog Obedience 101 Class. Rogue Community College. 3345 Redwood Hwy. 5:30-6:30 pm  |                     |
| 02/11/2023           | Grants Pass Winter Growers Market. Josephine County Fairgrounds 9 am-1 pm   |                     |
| 02/09/2023           | Sprout A Reader. Josephine County Library. 10:30-11 am.   |                     |
| 02/20/2023           | 2023 Winter Steelhead Club Trip. 7 am-4 pm. Meet at Herb's La Casita Restaurant for breakfast. 515 Rogue River Hwy. at 7 am.  |                     |
| 02/26/2023           | Animal Trivia. Wildlife Images Rehabilitation and Education Center, 11845 Lower River Rd. 2-4 pm. Call for reservations   | 541-476-0222.       |

**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.**

SCHEDULE COURTESY OF LINDA LOCHARD

### Note from Your Enchanted Experience

For the first two weekends in February and the 14th of February, we are doing door-to-door princess valentines greetings. These will be \$60. The princesses will come to people's homes, offer autographs and photo opportunities, and either knight or coronate their valentines of choice. To inquire about signing up for this, families can contact me via email at [yourenchantedexperience.com](mailto:yourenchantedexperience.com) or call/text (541) 622-3952

Also with the Parks and Rec department, we are doing Rapunzel Lantern Making on February 25th from 12:30-2pm at the Santo Community Center. Tickets for this are \$32 for residents and \$38 for nonresidents.

# LAWN AND *Garden*

## What to Do in a Garden in Winter – By [gardeningknowhow.com](http://gardeningknowhow.com)

Most winter gardening tips from experts focus on trees. This makes sense since gardeners often spend the other three seasons cultivating and caring for flowers, vegetables, and shrubs.

Let's look into some winter gardening do's and don'ts for trees: Early winter is an excellent time to plant new trees but aim for at least six weeks before the ground freezes. To give those newly transplanted saplings the best opportunity for survival, be sure to keep them watered. If snowfall is scant, continue watering throughout the winter season, whenever the ground is thawed. Spreading a 2- to 3-inch (5 to 7.6 cm.) layer of mulch or compost around the base of the tree helps protect those new roots from temperature changes and frost heave.

Winter is also an excellent time to trim deciduous trees. Once the leaves are down, the branches are visible. If an ice storm damages the trees, cut back those limbs as soon as possible. Routinely pick up fallen debris to keep this job from becoming too overwhelming in the spring.

### Additional Winter Gardening Do's and Don'ts

By the time winter arrives, the flowerbeds, yard, and vegetable garden should be at rest and require little, if any, maintenance. One of the common winter garden mistakes is failing to prepare these areas for the cold season. Be sure to review these winter gardening do's and don'ts and complete required tasks before the snow begins to fall:

Do pick up fallen leaves. Thick mats of leaves will smother the lawn and promote fungal growth. Don't let perennial weeds overwinter in flowerbeds. The roots will become well-established during the winter months, which makes weeding much harder next year.

Do deadhead flowers with invasive tendencies. Seeds from manageable species can be left in place as winter forage for wild birds. Don't trim shrubs or fertilize during the winter months. These tasks can stimulate premature growth and result in damage to the plant.

Do wrap trees and shrubs near roads and driveways to protect them from salt spray and falling temperatures. Wrap the base of trees to deter rodents and deer from chewing the trunks. Don't let your irrigation system freeze. Follow manufacturer's recommendations for purging and winterizing your sprinkler system.

Do clean off the vegetable garden and properly dispose of diseased or pest-infected vegetation. Don't leave container plants outdoors without protection. Move the planters close to the foundation of the house, bury them in the ground, or cover with a heat-retentive blanket. Better yet, move containers into a garage or storage area.

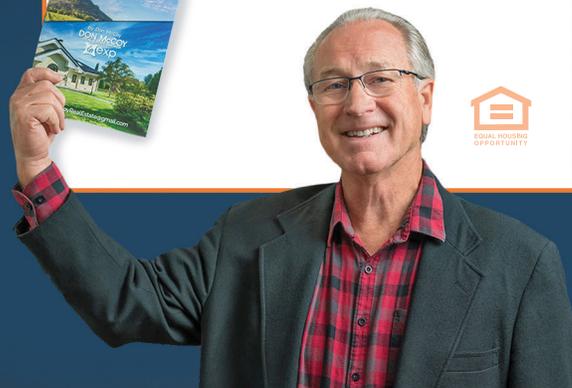


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# ROGUE VALLEY *Living Giving*

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

## **Cascade Girl.org**

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

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

**Sharon**

**541-951-5595**

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

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

## **Collaborative Theatre Project**

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

<http://www.CTPMedford.org>

**541 779-1055**

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

## **Downtown Medford Association**

We exist to provide inspired leadership and advocacy that encourages engagement to enhance the physical, cultural, and economic vitality of our downtown, so that we are welcoming to locals and visitors alike.

**Richard Barney, Co-Chair Organization Committee**

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

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

## **Family Solutions**

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

**Serina Pori**

**Development Director**

**Family Solutions**

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

## **Living Opportunities**

"Our Vision is a welcoming community that embraces individuality and passionately supports and empowers people"

**Blaine, Business & Donor Relations**

**541-415-5341**

<https://LivingOpps.org/become-an-employer/>

## **Must Love Boxers**

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

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

**Robert And Kimm King**

**Southern Oregon Coordinators**

**541-291-6122**

## **OHRA**

Mission: OHRA helps low-income people build better lives. By offering hope and access to social service resources, we encourage those in need on the path to self-sufficiency.

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

**Jessica Klinke, Development Director**

[jessicak@helpingashland.org](mailto:jessicak@helpingashland.org)

## **Pacific Bible College**

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

**Elijah Thomas**

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

**503-437-5883**

## **Pathway Enterprises, Inc.**

Pathway Enterprises, Inc. is committed to ensuring adults with disabilities are offered opportunities to live, work, and recreate in their communities so they may experience personal growth, integration and independence.

[pathway-inc.org](http://pathway-inc.org)

**1600 Sky Park Drive, Suite 101, Medford, OR 97504**

**(541) 973-2728**

## **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](http://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@roguecc.edu](mailto:rccfoundation@roguecc.edu)**

**or <https://foundation.roguecc.edu/>**

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

**Rogue Retreat**

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

711 E. Main St. #25

Medford, OR 97504

541.499.0880

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

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

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**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/>

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**Sanctuary One**

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

Vision: **People, Animals & the Earth: Better Together**

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

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

13195 Upper Applegate Rd, Jacksonville OR 97530

541-899-8627

<https://sanctuaryone.org/>

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**ShopDowntown.org**

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

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

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

---

**Southern Oregon Aspire**

Inspiring Unlimited Opportunities for People to Create the Life They Choose

Phone: 541-476-8241

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

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**Southern Oregon Humane Society**

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

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

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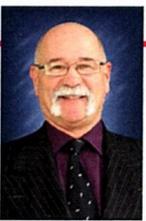

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[MaxHomeFinder.com](http://MaxHomeFinder.com)





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[shreeveinsurance.com](http://shreeveinsurance.com)  
541.499.0357 | [melissa@shreeveinsurance.com](mailto:melissa@shreeveinsurance.com)  
Shreeve Insurance is not connected with the federal Medicare program.  
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