

Rogue Valley

A social emagazine for residents of the Rogue Valley

Living



Meet the Daniel Family

THE SALVATION ARMY MEDFORD CITADEL

SERVING JACKSON COUNTY



WHEREVER THERE IS A NEED IN JACKSON COUNTY
YOU WILL FIND THE SALVATION ARMY.

FAMILY SERVICES

Services include: food boxes, utility assistance, financial assistance for seniors (65+), clothing, furniture, and household items (including fans in the summer.)

HOPE HOUSE

Since 1996, The Salvation Army's HOPE House in Medford has helped Jackson County's homeless get back on their feet. The HOPE House is a drug and alcohol free transitional living facility that accommodates single men, women and families. The program also provides a safe and clean environment supported by 24-hour, 7 days a week case management and support services.

VETERAN SERVICES

Through the VA per diem grant, our HOPE House program provides transitional programming and shelter for homeless Veterans and their families. The Salvation Army also provides services to the Veterans staying at the VA in White City.

FOR CHILDREN

Summer camp for kids, back-to-school assistance and Christmas assistance.

THRIFT STORE

The Salvation Army Medford Thrift Store
922 N. Central Ave, Medford, OR 97501

When you donate or shop at our store, funds raised go toward supporting our programs for the hungry, hurting and the homeless in Jackson County.

Administration Office & Church
304 Beatty St, Medford, OR 97501

Family Services Office
922 N. Central Ave, Medford, OR 97501

HOPE House
1065 Crews Road, Medford, OR 97501

Telephone: 541-773-6965



Give online now at:
jacksoncounty.salvationarmy.org

DOING THE MOST GOOD

A WORD FROM the Editor

In this issue, you'll meet some amazing people that just happen to live right here in the Rogue Valley! From an Emmy award winner, to national awards, we have a lot of talented people to read about! Find out about some new businesses opening up too.

If you would like to be featured in one of our 40 topics, we encourage you to reach out. Whether it's a skill, a recipe, a trip, or imparting knowledge on a topic, email it to editor@roguevalleylivingmag.com.

Welcome to our newest advertisers, Anatrypsis Massage and Skincare. I have personally had a massage by Amie and it was perfect...not too soft and not too hard! Also Flow Construction. Jed will treat your remodel or build with care! We have also started a grouping of highly recommended realtors. Each month, the realtor of that month will talk about something important. Click on the ads to go directly to their website. So grab a cup of tea or coffee and enjoy this

month's read. *Linda*



STAFF PHOTOS



Roland Daniel
STAFF PHOTOGRAPHER



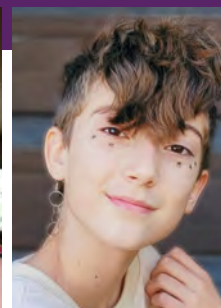
Mary Ann Daniel
STAFF WRITER



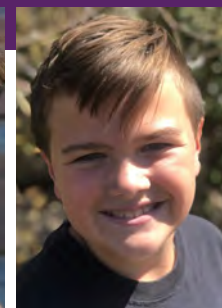
Linda Lochard
STAFF WRITER



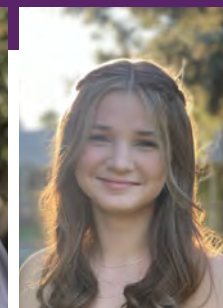
Joy Hiler
CONTENT CONTRIBUTOR



Alice Ungerman
ELEMENTARY SCHOOL JR. REPORTER



Vincent Tacchini
MIDDLE SCHOOL JR. REPORTER



Seanna Nelson
HIGH SCHOOL JR. REPORTER

FAMILY

Spotlight



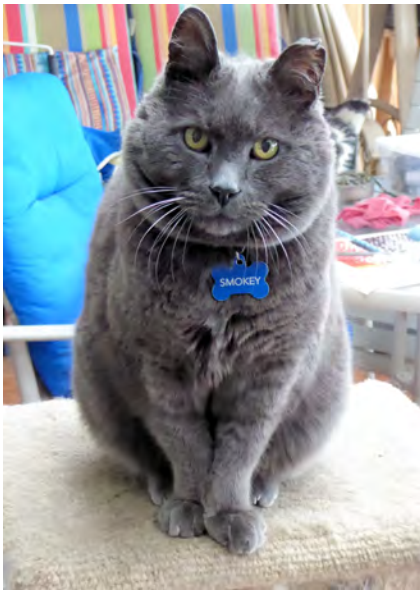
Introducing Mary Ann and Roland Daniel

Nearly 20 years ago, the Daniels moved from southern California and have enjoyed living on Torrey Pines Drive in Medford - a great neighborhood. They especially like the natural mountain surroundings and wildlife, which reminds them of Bavaria.

For over 30 years, Roland and Mary Ann have co-owned the Electronic Organ Service—a business which services organs, keyboards, amplifiers and speakers for most brands. Roland is an avid photographer for Rogue Valley Living Magazine, the prior East Medford Living Magazine as well as for private parties. He is a member of SOPA (Southern Oregon Photography Assoc.) for many years. Back in Orange County, CA, Roland was a Quality Assurance Director in hi-tech electronics and Mary Ann, a CPA and financial Controller for the majority of her career, most recently was Finance Director of Blackstone Audio, Ashland.

They met in Cologne, Germany, while both were working for Conn Musical Instruments, a division of Macmillan Publishing. Roland is from Landau, Pfalz, Germany near Alsace, France, having emigrated from Breslau, Germany (now Wroclaw, Poland). Mary Ann is a Chicago native from Oak Park, IL, home of Ernest Hemingway and Frank Lloyd Wright. The Daniels both enjoyed nearly 24 years in Costa Mesa, CA. prior to moving to Medford.

For nearly 20 years, they enjoyed their handsome and loyal Russian Blue cat, Smokey III, who remains forever in their hearts.



Smokey III



In Louisiana



Visitors in our yard

Assorted favorites:

TV show: Yellowstone, which is not long for this world (ending after season 5).

Music: All kinds.

Recreation: Wine Tasting in Applegate.

Hobbies: Mary Ann: Genealogy, baking, travel and travel writing, reading.
Roland: Photography, Artistic Painting (oil & charcoal)-portraits & landscape, electronics, reading and travel.

Sports : Freiburg Soccer Team; Oregon Ducks.

Restaurant: Gogi's, Bella Union and the 'new' Jacksonville Inn; Tap & Vine, Medford

Meal: Halibut Filet.

As semi-retirees, they are involved with FOTAS (Friends of the Animal Shelter) and have served as Volunteer High School Senior Project judges as well as participated in the former Southern Oregon Jazz Festival during its tenure.

Both Mary Ann, who contributes travel articles to the Rogue Valley Living Magazine and Roland, who provides many photographs for it (both events and travel), love to travel and explore exciting destinations, with their favorite being South Africa. But they say the most invaluable aspect of living here are the very special friendships they have formed, which they treasure!



Mary Ann and Roland in Miami Beach



Prosit!



Dinner on the river

NEIGHBORHOOD Announcements

For Sale:

From Chelsie Dent

Note: Please email
Editor@RogueValleyLivingMag.com for more
contact information on any announcement.

Look at them now! Message me for more info!



Oregon Grown Labradoodles

June 4 at 3:27 PM · 🌐

3 boys and 1 girl left. DM for more information. They'll be ready to go in 2 weeks.

New Business

New tasting room with live music going in on N. Haskell in Central Point will be opening late June. They will have live music on Wednesday's. It is owned by Coleen Van Wey Towne. It is called LOCAL VINES. they will be serving 15 local vineyards .

Homeschool Enrollment, by Courtney Silvester-Waugh

Hello fellow homeschooling families! Are you enjoying having your kids out of the public school setting, but want more for them, socially and academically? Check out Young Roots co-op, where 2023-2024 enrollment is now open for new students.

We serve approximately 30 students, grades 1-8, in two small Christian-based classrooms (elementary and middle), with 4 teachers in cooperation of all parents participating in leadership and volunteer opportunities to help operate our amazing co-op as a team, with the best interest of all of our children in mind.

We use the Good and the Beautiful language arts curriculum, math such as Saxon or Teaching Textbooks and STEM, project based learning for Science and Social Studies.

Class times are M-Th, 8:45 to 3:00. We try to have monthly field trips on Fridays. We are located in Central Point.

Please contact me for more information and to schedule a walk through if this sounds like a great opportunity for your child(ren).

Found:

Jessie Kaitlyn

If someone dropped a box on S Stage DM me. I won't say what it is on here because from what I can tell it looks important to someone.

Just trying to do the kind thing and get it back to someone.

Help locating someone in Ashland

Patricia Thigpen

I NEED HELP FINDING SOMEONE: I was walking thru the City Park's field that runs from Oak St almost to the Mountain Park herb garden on Sat June 3rd about 3:30 pm. I met a man coming from the other direction with his little older dog who immediately laid down when we started to talk. I noticed Alaska on his hat and said I used to live in Alaska, and after we shared the places we've both lived there I said, I'm actually from Montana (Bozeman) and he said I'm from Montana too (Livingston). We were born and raised 25 miles apart. He said his name was Jack and that he and his wife have lived in Ashland 7 years (me 20). I told him I am almost 70 and he said he was 95. I told him he looked like my family (so much like my father) that my father was English and Norwegian. He said he was also Norwegian. It was a remarkable moment for both of us. Then we were interrupted by a woman who said some rude things to him (which he couldn't hear luckily.) I explained to him she was unhappy because his tired little dog was not on a leash. He zipped off down the trail for home. IF ANYONE CAN HELP ME LOCATE A VERY KIND MAN NAMED JACK AND HIS WIFE IN ASHLAND FROM LIVINGSTON MT, I would be so grateful. I just want to finish our conversation which I think he did too.

The Vietnam Wall

KDRV TV will be airing promotions for the local Vietnam Wall all during the month of June. If interested, you can contact either Ron or Terry for the full schedule. Submitted by Ron Kohl, PRESIDENT, SOVB VIETNAM MEMORIAL WALL, and Terry Haines, Chairman, Rogue Chapter #1260, Current Large Chapter of the Year for NCOA, Non Commissioned Officers Association (NCOA). Ron Kohl - cpspecialistinfo@aol.com or Terry Haines - retiredveteran89@outlook.com

Did you see Sasquatch at the Shady Cove Market? Jen Bulat said:

“We had a great time playing! (My hubby and I are the band that played, Rambling Bear.) We had some technical difficulties for a hot minute there but, Napa auto parts and Jason Asbill came thru with the extension cords reaching the auto parts store, we were able to amplify our tunes and get the music rolling! I'm so thankful to be part of this community! Thank you for letting us play!”



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<https://gold-beach-rogue-fishing.com>

Sanctuary One Now Offers American Sign Language on Tours

The first ASL Tour on the 55-acre animal care farm in Applegate will be on Saturday, June 10 (Jacksonville, OR) -- During the COVID-19 pandemic, Megan Flowers noticed something during school district Zoom meetings she attended virtually. The noted feature was American Sign Language (ASL) interpreters, a service for hearing impaired attendees. Flowers, Sanctuary One's executive director, had seen them utilized before but saw it more often as the popularity and necessity of virtual meetings and classrooms soared.

It inspired her to do the same thing at Sanctuary One. Now it's a reality, with the 55-acre Applegate, Oregon animal care farm's first ever ASL tour was on Saturday, June 10.

"It's our regular tour, but we will have two American Sign Language interpreters for the tour," Flowers said. "I believe that Sanctuary One's mission is best served when we reach our entire Rogue Valley community, and that includes our community members who speak American Sign Language."

ASL is a "complete, natural language that has the same linguistic properties as spoken languages, with grammar that differs from English," according to the National Institute on Deafness and Other Communication Disorders. How regularly such tours will be offered is still being discussed, though Flowers notes that she and other Sanctuary One staff and volunteers have received positive feedback from community members at recent events, including the Jackson County Home Show. Tours in Spanish will soon be part of the care farm's offerings, too.

"Our vision statement is people, animals and the earth, better together," Flowers said. "It doesn't matter if you speak English or ASL you deserve the opportunity to connect with nature and animals and sharing what we do." "This becomes an event where everybody in a family can come and enjoy," she added. "To me, that becomes a special component of the tours."

To register for a tour, or for more information, visit <https://sanctuaryone.org/visit-volunteer/sanctuary-tours/>.

Diane Hess

Passed

Diane Hess, age 78, of Grants Pass, died May 29, 2023, at Countryside Village Lodge.

Diane was born on August 28, 1944, in Portland, Oregon, to Frank and Gertrude Putman. After moving to Eagle Point, where her dad ran Butte Creek Mill, she graduated from Eagle Point High School in 1962. She then attended Southern Oregon State College in Ashland (now SOU), where she received a master's degree in Education. In 1966 she moved to Grants Pass, where Diane taught general music for Grants Pass School District 7 from 1974 until her retirement in 2000. Most of those years were spent at Redwood Elementary School.

Diane was a member of First Baptist Church. While growing up, she led music for her church and later served as a Sunday School teacher. She was also a member of Josephine County Community Concerts, where she volunteered many hours.

Diane played the accordion and played with a band that marched in one of the first Disneyland parades. She performed in several Oregon State Accordion Festivals.

Her hobbies included painting, playing accordion, and gardening.

Survivors include her husband, Gary Hess; daughter Krista DeBolt and son Ryan Hess all of Grants Pass; sister Celia Ashby of Jacksonville; and four grandchildren.

Remembrances may be made in memory of Diane Hess to the Redwood Foundation for Education (redwoodforeducation.org) redwoodforeducation.org.

A memorial service was held on June 3, 2023, with a private interment following at Hawthorne Memorial Gardens.



Bellevue Capital Group



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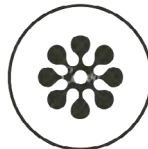
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CONTACT

Shawn Carter

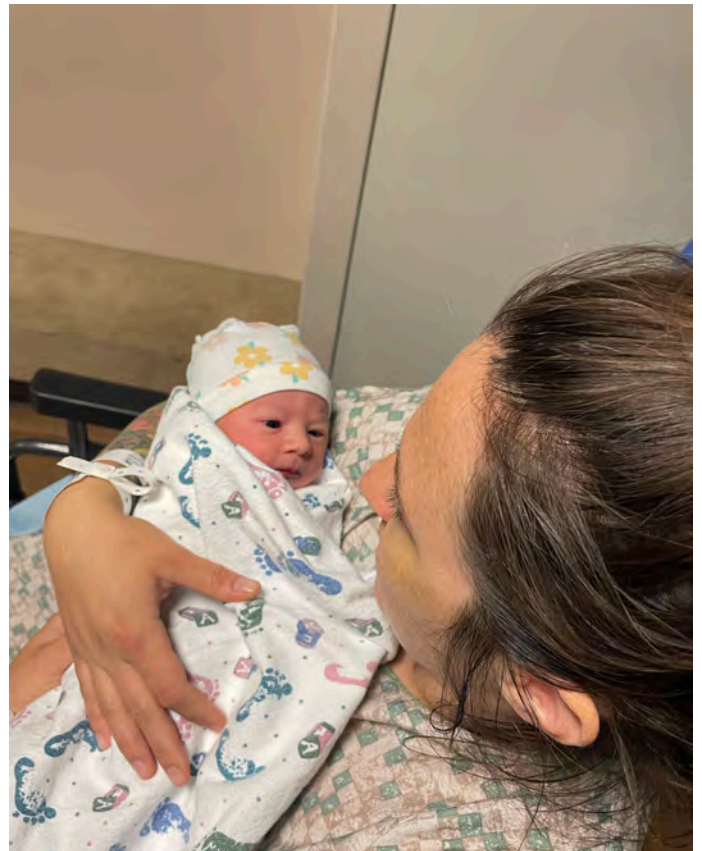
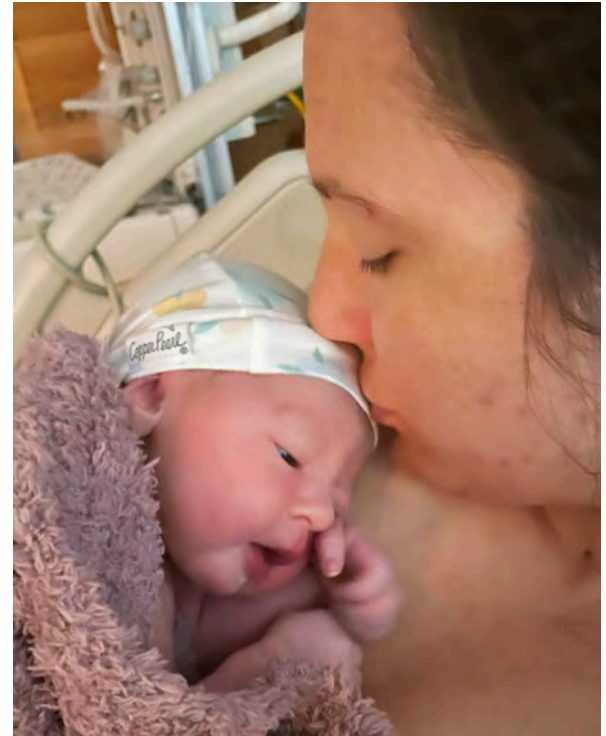
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Sweet BABIES

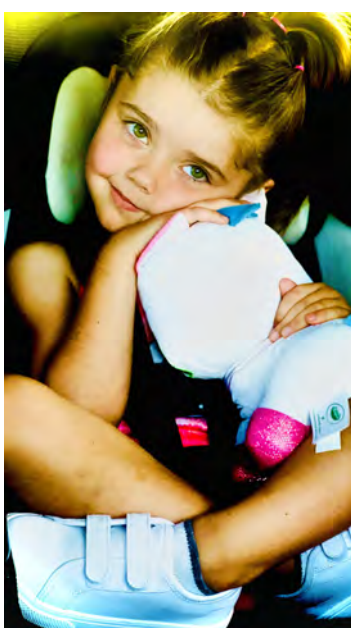
Welcome to the world, little one!
Introducing Murphy Rae Gleason,
born on 5/23/23, weighing 7 lbs. 8
oz. and 21" long. Parents are Billie
and Zach, with brother Dexter.



KID 2 Kid

**FEATURED KID
OF THE MONTH**

Aria Holder



Parents Name: Joshua and Crystal Holder

Age:5

Grade: Kindergarten - Homeschooled

Favorite Movies: Soul Surfer

Favorite songs 7 Years - Lukas Graham / Blessings - Laura Story

Sports: Gymnastics/Dance

Musical instrument: Voice/Singing

Hobbies: Swimming, playing with friends, riding her bike/ Crazy Cart and going on Nature Walks.

Favorite Vacation: is visiting her Grandmas during Christmas break

Challenges: Learning to read/write

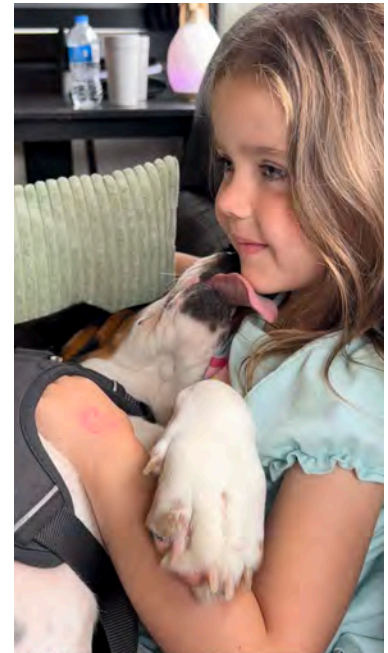
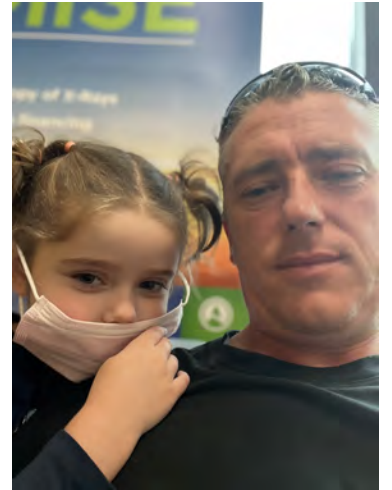
Something Unique about me: I'm able to solve a Rubik's Cube and I've learned and memorized 19 Bible verses this year so far.

When I grow up I'm going to be: "A nurse just like my Mom so we can work together"

Notes: I have 3 dogs that I look after and help take care of. I'm extremely intelligent and super sweet.



Aria Holder





ROC Recovery Center Drug & Alcohol Treatment Center

The ROC is a faith-based charitable organization that is committed to meet the needs of those who struggle with addiction behavior, mental illness, domestic violence, homelessness or emotional trauma in our Southern Oregon community. We provide healing through one-on-one counseling and peer support services and connect the brokenhearted to resources within our community.

What is PEER Support?

PEER Support through the ROC is a wide range of activities and programs between people who share similar "lived with experiences." PEER Support at the ROC is led by trained and certified people who can work and support others by sharing deep personal experiences which promotes connection and inspires HOPE. The ROC's programs allow a wide outreach which includes:

Intensive Outpatient Group (IOP) at ROC Recovery Center



GUIDING LIGHT

AN IOP GIVES PARTICIPANTS OPPORTUNITY TO:

- Increase self awareness and socialization
- Receive education to increase knowledge, normalize treatment issues, and motivate towards positive changes
- Practice coping strategies in safe, real-world environment
- Improved decision making skills
- Master skills and learn new skills to replace maladaptive coping strategies
- Observe healthy behavior modeling
- Evidence-Based Curriculum
- Learn Healthy interpersonal boundaries
- Learn productive ways to manage triggers and symptoms
- Receive support from peers for increase growth and development

GROUP SESSIONS WILL FOCUS ON

- Coping Skills
- Anxiety & Depression Education
- Stress management
- Communication & assertiveness
- Cognitive coping & processing
- Relaxation Skills
- Recreation Therapy
- Self Awareness & Socialization
- Problem Solving
- Anger Management

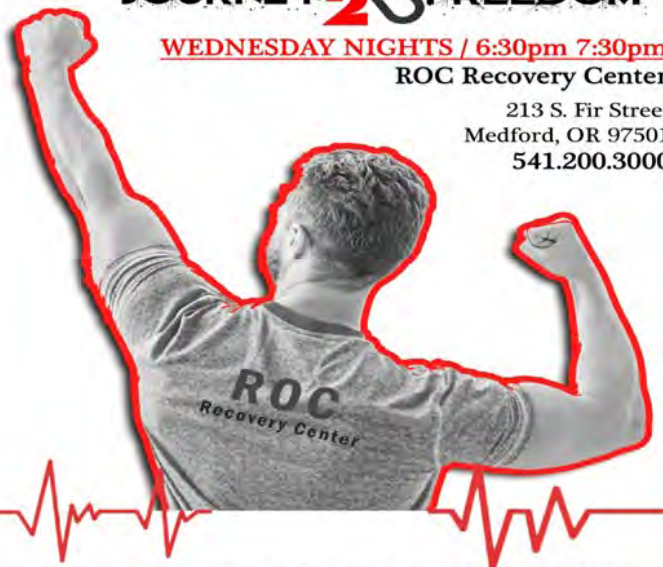


JOURNEY 2 FREEDOM

WEDNESDAY NIGHTS / 6:30pm 7:30pm

ROC Recovery Center

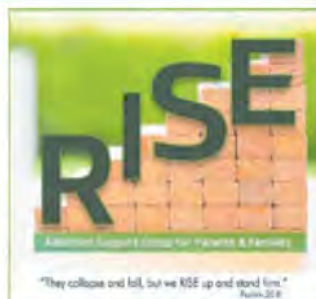
213 S. Fir Street
Medford, OR 97501
541.200.3000



a faith-based one-hour recovery meeting that focuses on providing support for those suffering with all forms of addictive and/or compulsive behaviors. This is an open forum meeting and is design to bring positive encouragement to those who are currently on the "Journey 2 Freedom."

RISE: Parent & Family Addiction Support Group

If you or someone you know is struggling with a family member caught in addiction - you're not alone. **RISE** provides support and information to help you in this journey by covering topics like:



- Effective Communication
- What is Enabling
- Setting Healthy Boundaries
- Living Well in the Midst of a Loved One's Addiction

Monday Nights 6:00 - 7:30
at 213 S. Fir Street - Medford / 541-200-3000

"Building New Life Upon The ROCK"

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www.rocrecoverycenter.org

541-200-3000

YOUNG Achiever

*Youth that are
making a difference*

Justin Shreeve



Requested by Dan Skudstad with The Daily Courier:

This is Justin Shreeve, who was born and raised in Medford, a 2006 graduate of North Medford High School. (RVL Editor's note: Mother is Melissa Shreeve of Shreeve Insurance in the Goldy Building, downtown Medford.)

Their team took home the 2022 Sports Emmy Award for:

Outstanding Camera Work - Short Form

The Dragon

YouTube

Red Bull Media House

Justin's passion for cameras began at an early age of five where he would find my film cameras in the house and sneak out and take photos around our neighborhood in East Medford.

He started shooting skateboarding at the age of twelve with his aunt's home video camera often at the Medford Skate Park and other parks throughout the state. Always behind a camera, shining the light on someone else.

The first video camera he owned was purchased at a yard sale for \$15 where he shot sports for local soccer moms and news stations in high school.

He bought his first professional video camera during his senior year of high school with his own money. Justin was so proud to walk out of the local camera store in Southern Oregon with his new toy.



While in high school, we discussed colleges because Justin was an honor student so it just seemed natural he would move on to secure a four-year-degree. He had other ideas though. Justin wanted to be behind a camera more so than behind a school desk or an office desk. He pitched me on the idea of investing his college money toward camera/filming projects and building his resume instead. He mentioned we could take the funds to purchase equipment and airline tickets vs dorm rooms and school books. Although that is not what I had in mind, I trusted his confidence so that's what we did to build upon his future.

Thereafter Justin was blessed to meet his wife, Katelyn, a high school friend, and she has definitely been instrumental in supporting him in his career moves.

After nearly a decade that lifestyle organically blossomed into a modest career in automotive/motorsport cinematography, which has since become his sole form of income. Justin sacrificed many years of going without much to invest in himself. Not every artist can push through the tough times to get to the other side. It takes determination, dedication and commitment.

Justin is the first to mention skills are important, but the ability to adapt, adjust and create relationships is huge, all fueled by a positive attitude.

Justin was a key player with his involvement in the most successful viral automotive web series, Gymkhana, featuring the late Ken Block.

He has also won several awards for sports documentaries in the past, but this was his first Emmy win with three total nominations for camera work.

Needless to say, I'm proud of this young man.

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RESIDENT Recipes

Red, White & Blue Cake

All in one pan. A summer holiday dump cake that is easy to make, delicious to eat, and there is only one pan to clean! Perfect for the 4th of July! Serve with whipped topping.

- 1 can (21 oz) cherry pie filling
- 1 package (12 oz) frozen blueberries, thawed and drained or 2 1/2 cups of fresh blueberries
- 1/4 tsp. ground cinnamon
- 1 package (about 15 oz) white cake mix
- 3/4 cup (1-1/2 sticks) butter, cut into thin slices
- Whipped cream or whipped topping



1. Preheat oven to 350F. Spray 13x9" baking pan with nonstick cooking spray.
2. Spread cherry pie filling and blueberries in prepared pan; sprinkle with cinnamon. Top with cake mix, spreading evenly. Top with butter in single layer, covering cake mix as much as possible.
3. Bake 45-50 minutes until toothpick inserted into the center of cake comes out clean. Cool at least 15 minutes before serving.
4. Top with whipped cream or whipped topping.

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PRECIOUS *Pets*

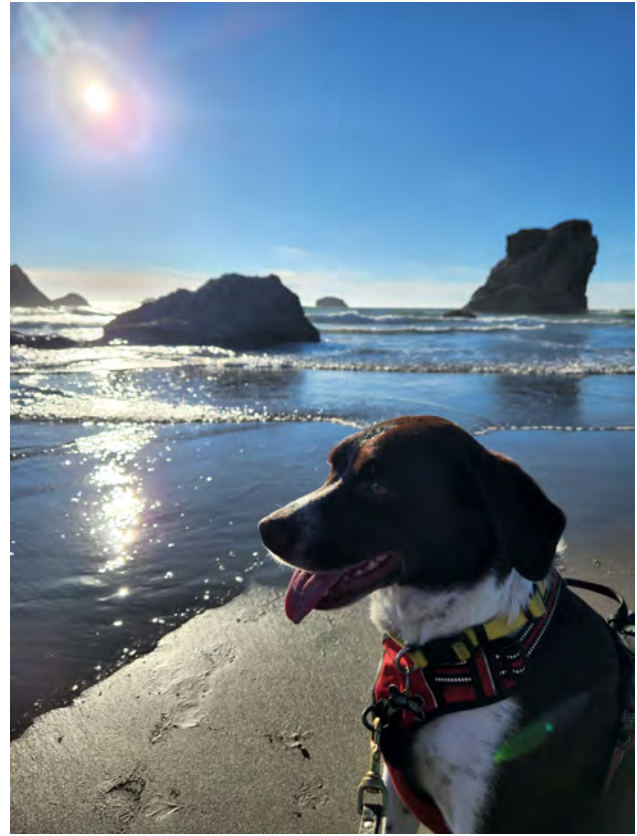
Harley Neal de Saram - by Sonali de Saram

My wife, Melinda and I have 5 fur babies. Harley is the youngest and largest! His sisters are mini pins ranging in age from 15 - 17 years old. Harley loves them all! Harley is an active 3 year old German Shorthaired Pointer. Harley Neal de Saram pays homage to my father Neal.

We have lived in Ashland since 2010. I was checking on a property when I found Harley abandoned, neglected, emaciated and worm-ridden by the former property occupant. I adopted him from the rescue agency just 3 days later!

He had serious abandonment issues. He would follow me everywhere including the bathroom where he would park himself in between my knees. This became his ritual for a year until he finally gained confidence that I wasn't leaving him. Now I'm on my own in the bathroom - feeling a bit abandoned!

He is as spoiled as every member of our family!
Harley shares love everywhere he goes.



Harley is TIRELESS! He walks, runs, and plays with enthusiasm.



And at the end of every energetic session he loves a good, extended cuddle.





Volunteer at SoHumane!

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



HOBBIES AND *Crafts*

Rock Painting

From <https://rockpaintingguide.com/how-to-paint-rocks/>

Rocks are free if you know where to look. Part of the fun of rock painting is using the hunt and gather method to find rocks to create beautiful rock art. The ideal rock for painting is a smooth flat rock. On the other hand, choosing rocks that have irregular shapes can spark inspiration for beautiful art.

Please be aware that **there are areas that are illegal to remove rocks from such as, National and State Parks, waterways, and railway tracks.** Leaving painted rocks and removing rocks for painting from National Parks, State Parks are prohibited.

HOW TO GET STARTED ROCK PAINTING TODAY!

STEP 1: GATHER ROCKS



Smooth flat rocks work best, but any rock will do. First, check your own backyard. No Luck? No problem, you can purchase rocks from your local garden center or rock yard.

STEP 2: PREP ROCKS



Clean rocks in soapy water to remove dirt and debris before painting. Want a smoother rock? Try using wood filler to fill in holes and rough areas, then sand with a light grit sandpaper.

STEP 3: PAINT & DECORATE



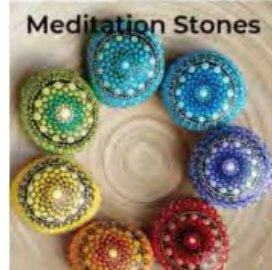
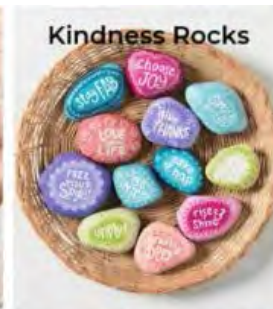
Acrylic craft paint and paint pens are very popular choices for rock painting. Be creative, the possibilities are endless!

STEP 4: SEAL ROCKS



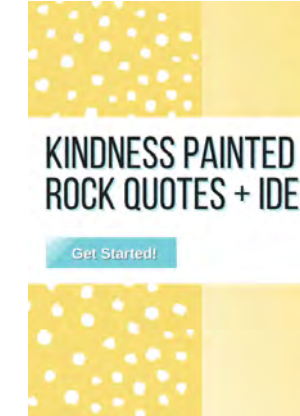
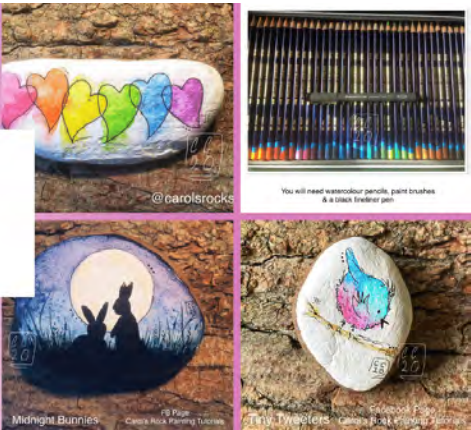
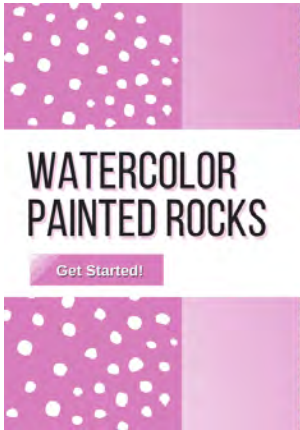
Take time to seal your painted rocks with a clear sealer spray. This will protect your rock art from the outdoor elements and scratches. Let it for dry for 24 hrs before handling your painted rock.

PROVIDED BY: WWW.ROCKPAINTINGGUIDE.COM





Glow in the dark and Tribute photos are from Pinterest





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Bring Out Your Best
You are worth it! Dr. Wan will help bring out your best and create achievable goals.

Meet Your Goals
Dr. Wan will help you meet your weight loss and healthy lifestyle goals. Are you trying to control your diabetes better? Get a hip or knee replacement? Manage chronic pain? Improve fertility?

Change Your Life
Helping you create and achieve sustainable weight management plans to change your life.

Dr. Ee Lin Wan
Dr. Wan is a board Certified Internal Medicine physician, with over 14 years experience. She lives in Medford, OR with her husband and three children. She believes in patient-centered education and advocacy. Dr. Wan is well-respected in the medical community and takes pride in excellent care coordination with her medical colleagues.
Southern Oregon Weight Healthy provides evidence-based weight management incorporating lifestyle changes. Dr. Wan will provide detailed, personalized care plans for each patient.



Medical weight loss would be appropriate for patients with BMI > 26 with associated health conditions (BMI > 27 to be eligible for weight loss medications) or BMI > 30 without any other underlying health conditions.



Dr. Wan with Kristina Allard, Fitness Trainer and NASM Certified Nutrition Coach

Patient Referral
To make a referral or request a referral from your physician/medical provider, please fax the following information to:
Southern Oregon Weight Healthy
918 233 2265 (secure/HIPAA compliant)

- Patient face sheet including insurance information.
- Latest progress note which includes problem list and medication list.
- BKG (if available)

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Lifestyles – FROM RURAL TO ACTIVE

Some great Oregon facts - From <https://embracesomeplace.com/moving-living-in-oregon/>

Oregon is best known for access to incredible scenery, ample recreational opportunities, great breweries and an easier way of life. With a population of 4.2 million, Oregon is the 27th most populous state in the country, growing by 12% in the past 10 years.

From towering volcanic peaks to breathtaking beaches and vast deserts, Oregon has it all.

In fact, Oregon is home to the deepest lake in America (Crater Lake), the deepest river gorge in the country and is also home to the windsurfing capital of the world.

Needless to say, nature plays a big role in daily life while living in Oregon and it's a huge draw for most folks moving to Oregon.

Depending on where you live in Oregon, you're usually a mere two-hour drive from a desert, forest, mountains or the sea. It's hard to beat that!

Want to know another interesting fact about Oregon? Oregon is home to the largest living organism on earth, the honey mushroom, which spans the equivalent of 1,350 soccer fields.



Oregon is the 4th most wine producing state in the country. Home to 774 wineries, Oregon is known for having one of the best wine regions in the country. The two most notable are the Willamette Valley and Columbia River Gorge.

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

Fact: Oregon was the first state to introduce a bottle deposit.

One of the best things about living in Oregon is having access to the striking Oregon coastline. every inch of the coastline is public property (and therefore freely accessible to everyone).

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



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Beauty & Health

- Dermaplaning: A Gentle Path to
- Smooth and Radiant Skin

Dermaplaning has gained popularity in the skincare world as an effective and non-invasive method for achieving smooth and radiant skin. This exfoliation technique involves using a sterile surgical scalpel to gently scrape off dead skin cells and vellus hair (peach fuzz) from the surface of the face. Dermaplaning is a safe and painless procedure when performed by a trained professional.

One of the primary benefits of dermaplaning is its ability to provide immediate results. By removing the top layer of dead skin cells, the procedure reveals a fresh and vibrant complexion. This can help to reduce the appearance of fine lines, acne scars, and hyperpigmentation. Dermaplaning enhances the absorption of skincare products, allowing them to penetrate deeper into the skin, maximizing their effectiveness.

Another advantage of dermaplaning is that it is suitable for almost all skin types, including sensitive skin. Unlike some other exfoliation methods, dermaplaning does not involve the use of harsh chemicals or abrasive substances that may irritate the skin. This makes it an ideal choice for individuals with sensitive skin.

Dermaplaning offers a host of benefits for achieving smoother and more radiant skin.



From immediate results to enhanced product absorption and improved makeup application, this gentle exfoliation technique has become a go-to choice for individuals seeking a non-invasive and effective skincare treatment.

As always, please consult with a skincare professional to ensure the procedure is appropriate for your specific skin concerns and to achieve optimal results.

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Buckingham Palace

London - *By Mary Ann Daniel of Medford, Photos by Roland Daniel*

Arriving at Heathrow Airport was fairly speedy for us. We chose the train/underground as the most efficient way to get to town, which made stops not far from our hotel. Cost is 12-15 pounds each.

After a hearty English breakfast with its eggs, bangers (sausages), beans, tomatoes and blood pudding (we skipped that), you will be energized and ready to see the sights. The City of London is huge with a myriad of historical and artistic landmarks. Parts of the city can be seen on foot, but most places can be reached by bus or underground. Taxis are pricey and usually the third option. Paddington and Victoria Stations are popular end stations within the city.

London is extremely expensive with the pound steadily gaining value. Most transactions can be done in British currency or credit cards. Note that buses will not accept cash—only the unique oyster card which can be initially loaded with money upon arrival. It can be used for both the underground as well as buses.

Hop on/hop off buses are the best way to get an overview of the many attractions in the city. Hint: Always sit on the open top level for best viewing. You can get off at various stops of choice and reboard another bus which usually runs at 10-15 minute intervals. It is the most economical way to see many spots and can be purchased for one or two days. The price also includes a river cruise up the Thames, which is recommended, passing under the famed Waterloo and London Bridges.

Big Ben—now renamed 'Elizabeth Tower' after the prior monarch, rises above the Parliament Building and gleams on a sunny day. It chimes on the hour.



Big Ben and Parliament



Big Ben



Tower Bridge

Next stop is the Tower of London and Tower Bridge, trimmed in blue. The medieval Tower is a “must see” from its stately courtyard where many, including Anne Boleyn and Sir Thomas More were beheaded, to the towers which black ravens still circle. The Crown Jewels can be viewed inside the Tower guarded by Beefeaters. Gleaming armor lines some of the Tower Halls.

Behind the Tower rises a new addition to the cityscape—The Shard. It is a pointed glass 87-story high-rise offering views from the highest point in the city.

Another popular stop is the London Eye—a giant ferris wheel with 32 clear closed cabins, representing the 32 districts of London. It circles one full revolution in an hour and provides an excellent aerial vantage point for photos.

Dotted along all streets are English pubs, beautifully adorned with flower baskets. They are favorite gathering places for Brits as well as tourists and serve traditional ale, fish and chips and other treats. They bear cute names like ‘The Bull and Bear’, ‘The Fox and Hound’ or ‘The Elephant and Lion’.

Westminster Abbey Cathedral, a Gothic masterpiece with its vaulted ceilings, designed by architect Christopher Wren, was the site of Lady Diana’s funeral. Nearby, St. Paul’s Cathedral had been the site of her wedding to Charles.



Tower Bridge across the Thames



Tower of London with The Shard



Royal Horse Guard



Mummy casket



Rosetta Stone



Egyptian mummy

The royal home of King Charles, Buckingham Palace, is surrounded by a huge wrought iron and gold gilt gate, behind which stands the Royal Guard. A changing of the Royal Guard usually occurs around 11:30 am and the Horse Guards at 1 pm most days.

Our double-decker bus navigated carefully around Piccadilly Circus—a hectic roundabout and popular shopping and club area. Moving on to the fashionable Soho district, we circled Trafalgar Square with its huge Lord Nelson’s Column, commemorating Admiral Lord Nelson, who died at the Battle of Trafalgar against Napoleon in 1805.

A most enriching stop is the British Museum—a world class collection of artifacts spanning two million years of history, covering 2.5 miles in 94 sections. Among the top 10 ‘must sees’ are The Rosetta Stone, Egyptian Mummies, and pieces of the Greek Parthenon. Entrance is free and donations are voluntary. In nearby Marylebone is Madame Tussaud’s Wax Museum, a popular attraction.

Our ‘Hop On/Hop Off’ bus took us past Kensington Palace, home of Prince William and Kate, and gave us a brief view of Victoria and Albert Hall. It circled past Abbey Road—famous for the Beatles’ crosswalk photo.



London Eye



From the Parthenon



Beefeater in Harrods



Diana-Dodi Memorial



Cruise on the Thames

As we went into Knightsbridge, past the Marble Arch, we got off at Harrods, the famous department store, which boasts of the most sales of any such store worldwide. Shopping here takes time and money. On the lower level, one finds the huge food counters with everything from gourmet meats, cheeses and breads to delicate pastries, beverages, candies, ‘pasties (Cornish pies),’ and ‘steak and kidney pie’ . One can enjoy traditional tea and delicious scones, with jam and clotted cream at one of the food bars.

Also on the lower level entry stands a memorial for Diana and Dodi with an eternal candle, their two champagne glasses, her engagement ring and photos of the couple.

Toward evening, the bus passes areas frequented by the notorious Jack the Ripper as well as Fleet Street, where its barber, Sweeney Todd, operated. Nightly ‘ghost and dungeon tours’ are available, but not for the faint-hearted.

Near ‘The Strand’ (Ave.) is Leicester Square in the Theater District, where one can buy attractively prices theater tickets. Another fun option is in nearby Covent Garden, which is full of boutiques, cafes and has live entertainment nightly.

If you are an antique enthusiast, there are several flea markets in town, operating on specific days only. You will need to take the underground or bus to get there. We found the best to be Bermondsey Market, open only on Fridays, 5 am to 3 pm. Also popular is the Portobello Market in Notting Hill, operating on Fridays and Saturdays. It was highlighted in the movie "Notting Hill" with Hugh Grant and Julia Roberts.

All in all, the City of London is a walk through medieval history to the present and a kaleidoscope of cultural heritage.



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Team Toner

John L. Scott
541-890-5441
KarenToner.com
karentoner@johnlscott.com

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Team Toner Times

Welcome to the Team Toner Times newsletter! Preparations and Expert Advice

As the summer months approach, the real estate market gears up for a busy season. Whether you are planning to buy or sell a home, the following steps can help you prepare and achieve success during this time.

For Sellers: Preparing Your Home and Marketing Strategy

The first step for sellers is to ensure your home is in top condition and develop a solid marketing strategy. This begins with making any necessary repairs or updates to your property to ensure it is attractive to potential buyers. Decluttering and depersonalizing living spaces are also essential steps to maximizing the appeal of your home.

Pricing your home competitively is another crucial factor in making the sale quickly. Leveraging market data analysis and consulting with a team of knowledgeable real estate professionals can help you set the right price and develop a marketing strategy that will help your home stand out to potential buyers.

For Buyers: Obtaining Pre-Approval and Identifying Must-Haves

If you're planning to buy a home, the first step is to obtain pre-approval for a mortgage. This helps you avoid potential roadblocks that could sabotage approval later. It's a good idea to use this pre-approval process to identify your must-haves in a home like location, size, and numbers of bedrooms. Our expert real estate professional team will offer guidance and support throughout the process to ensure you are prepared to act quickly in a competitive market.

Navigating the Summer Real Estate Market

Despite the challenges of the past year, the real estate market has proven to be stable, with a shortage of available homes driving demand. As the summer approaches, the market is set to become even more competitive. Our team of experienced real estate professionals can help you navigate the summer real estate market challenges and maximize your opportunities.

In conclusion:

As you prepare to buy or sell your home this summer, working with a team of real estate agent's like Karen and Terry Toner is crucial to ensuring success in this competitive market. For sellers they provide a comprehensive market analysis (CMA) and help you create a customized plan based on your specific needs and offer expert guidance throughout the entire process.

For buyers, from locating a lender to a successful negotiations process ensuring you get professional service to the closing of the home of your dreams.

Buying or selling a home can be a very emotional process as we leave memories behind or start new ones, we are ready to help ensure a smooth process. Reach out to Karen and Terry Toner at John L Scott real estate today to get started!



*Team Toner's
10 Commandments
when Buying a Home
if You are Getting a Loan*

Thou shalt NOT do any of the following...

- 1. Change jobs or quit your job*
- 2. Buy a new car*
- 3. Use charge cards in excess*
- 4. Spend money you have for closing*
- 5. Omit debts or liabilities from loan app.*
- 6. Buy furniture, flooring or appliances*
- 7. Originate inquiries into your credit*
- 8. Make large deposits in accounts*
- 9. Change banks or accounts*
- 10. Co-sign a loan*

Of course you can do all of the above after we give you your keys to your new home!



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John L. Scott | REAL ESTATE

HOME of the Month

632-634 Cedar Street Central Point,
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Nicely updated and maintained 2700+ 3 bedroom 2 ba with a detached 648 sq ft 1bd 1ba ADU. Ceiling fans, sky lighting, granite counters, stainless steel appliances and tile floors, plus zoned A/C mini splits and a certified wood burning stove.

Covered enclosed patio off of the dining room with access to the front and back yards. Iron / gated fencing, cemented driveway. Landscaped with drip systems for the raised garden beds. Hot tub, gazebo, fire pit and a storage shed.

900 sq ft Primary bed room & bath with walk through closet, sauna and massive walk-in shower w/ tub and a laundry chute.

Newer ADU has its own electric meter and garage with insulated room. Tile floors, granite counters, stainless appliances plus 2 zoned mini splits keep the apartment warm and cool as needed.
House and ADU can come furnished.

Bidet, Breakfast Bar, Ceiling Fan(s), Granite Counters, In-Law Floorplan, Jetted Tub, Pantry, Spa/Hot Tub, Vaulted Ceiling(s), Walk-In Closet(s)



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We have been serving the Rogue Valley since 2015 and are very happy to join this magazine and offer our services to those homeowners needing any improvements, additions or new home construction and window cleaning. The one thing that sets me aside from most is my price lock bidding.

I look forward to hearing from you and helping your happy home become more of a comfort zone than it already is.







Kitchen

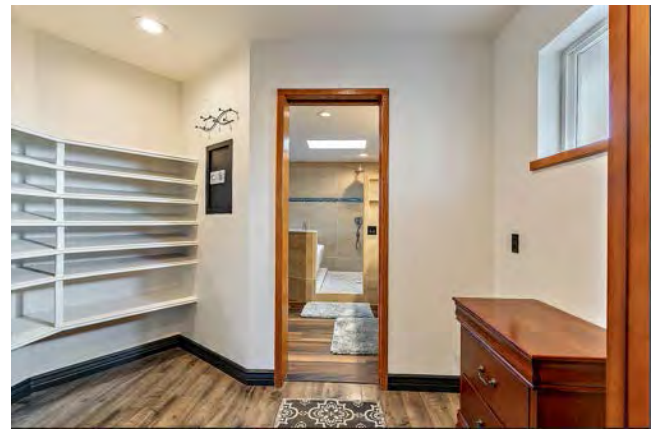


These 4 photos are of the massive Master Bedroom

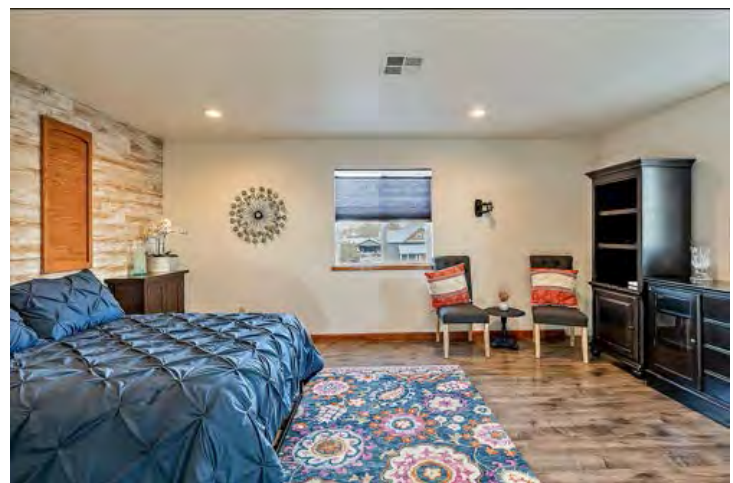




Master bath and Sauna



Large Walk-in Closet



Large Bedroom 2



Bedroom 3



Raised garden beds



Plenty of Storage

Comfy Lounge Area





Separate
Mother-in-
law home



Are foreclosures imminent in the 2023 real estate market?

It will be interesting to watch if the soothsayers of Real Estate are correct in the prediction of a plethora of foreclosures as some predict.

According to Zillow, the typical value of a home in Oregon averages \$525,000. Oregon home prices have increased by 13.7% over the past year and 36.3% over the last two years!

With the property values increasing this much in 2021-22 there is generally plenty of equity to comfortably sell a property if there is a need to. So, it is hard to imagine a large number of homes going into default in comparison to the 2008 downturn in the market. Keeping in mind before that downturn there were different types of loans buyers were lured into, resulting in the inability to pay those mortgages.

The loans of recent years are more stringent for Buyers and as a result, they must be financially stronger.

Why are mortgage rates going up and then coming down?

When inflation rates come down the mortgage rates tend to follow.

But that isn't the only reason:

- 1. When there are not enough Buyers in the market due to the high mortgage rates they will soon soften to attract Buyers.**
- 2. The supply of homes has an impact on mortgage rates. If there is a low inventory of homes on the market, which can create a demand, that can cause interest rates to rise.**
- 3. Inflation is a factor. The release of more inflation data showing that inflation was not slowing down led to additional rate hikes by the Fed and a steady climb in interest rates. But when the inflation rate is lowered the mortgage rates tend to follow.**
- 4. If home prices are so high that Buyers decide to rent instead of buy, this lower demand impacts rates. This is because if very few people are buying homes, rates have to drop to encourage buyers to come to the market.**
- 5. When the Fed raises the cost of money, to the banks which is called the Fed funds rate, the Banks charge more for their loans to cover those costs and rates may rise.**
- 6. If a Buyer feels they paid too much for a mortgage loan they may just wait a while and refinance to the lower rates when inflation subsides.**

There is no single factor that dictates the rise or fall of mortgage rates. Banks gather the data and decide how competitive they need to be and stay viable in the market. This is why it is good to shop around for a "good" rate.

Why have savings banks been increasing interest rates?

Most banks do not hold the mortgages they underwrite. They package them into a product called mortgage-backed securities and sell them to investors. Since bond Buyers are looking for a competitive return on their money, the interest rate on mortgage-backed securities has to be high enough to attract Buyers.

With rising federal funds rates comes an increase in savings interest rates. According to Forbes, bank presidents predict the federal funds rate will reach between 3.9% and 4.9% in 2023. This is good news for your savings account!

Is 2023 a good time to buy a house?

Yes.

And the reasons are plentiful. Whether you are a first-time home buyer or a retiree downsizing, buying a home is a good idea.

A. Interest rates are not as bad as some may perceive. Throughout a 30-year loan, there is little difference in the cost of the home. Historically, equities will eventually rise and cover the cost of the loan over time.

B. Being that there is still a shortage of housing there will still be fairly stable prices in the market. There has been some price correction when Sellers are very motivated to move, however, due to fewer homes available the prices are staying fairly constant and in some areas still rising a bit.

C. The benefits of buying a home vs. renting are numerous in and of themselves.

D. Mortgage interest can be deducted from your income taxes.

E. There are fewer Buyers in the market right now and it is a good time to negotiate with a Seller

Whether you are thinking of buying or selling real estate I am available to answer your questions. Click on the ad below to go to my website and see me in action! Or call directly at 541-261-3542. And if you're thinking of selling ask for my book "Practical Ideas for Selling Your Home." Thanks for reading my article!

Don McCoy: The Real McCoy of Real Estate!

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

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

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

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



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BELOVED *Seniors*

Clara Fader - by Mike Schilling

Clara Fader is celebrating her 106th birthday!

Not many of us can celebrate two "Golden" birthdays (when your age is equal to the day of your birthday! Don't you think that once you hit 100 that the clock starts over)! Mrs. Fader taught in Talent and Ashland schools for a total of 45 years. You might have been lucky enough, as my sister Janet and I were, to have had her as a first-grade teacher at Walker Elementary in Ashland. Perhaps you just knew of her in one of the schools or knew one of her 3 daughters, son or husband. While she doesn't do internet, If you would like to send her a birthday greeting, it would really thrill her! Send to: Clara Fader 338 Holly St. Ashland, Oregon 97520



The Daily Tidings — Friday December 5, 1980 — Page 3

Clara Fader and John Cady retiring 2 teachers to be honored

Retiring teachers Clara Fader and John Cady will be honored Thursday when the Walker Parents Organization hosts a reception in their honor. The festivities will be held at Walker Elementary School gymnasium from 2 to 4 p.m.

Fader is a first-grade teacher at Walker School and Cady instructs the Walker fifth grade.

The reception is open to students and parents of students, past and present, as well as friends.

Fader graduated from Southern Oregon State College in 1936 when it was Southern Oregon Normal. She will be concluding 39 years of teaching, having begun her career in a small country school outside of Grants Pass. That year she had a total of 25 children in grades one, two and three, plus a smattering of fourth graders.

"Our building had no electricity or rest rooms and the water pump had to be primed," she recalled.

In addition to her regular classroom, Fader also taught music and physical education in addition to handling book-keeping, secretarial and janitorial duties.

Her second position was at West Side School on Old Stage Road, Medford, during the war years. In subsequent years she held teaching positions at Talent Elementary School and Lincoln Elementary School.

Fader and her late husband, Joseph, have four grown children, all of whom have moved from the area. After retirement she plans to continue her involvement in the Methodist Church, Women of the Elk and the Epsilon chapter of Delta Kappa Gamma.

When asked if she will miss teaching, she replied with an emphatic, "I sure am!"

John Cady will be ending a 27-year teaching career at Walker Elementary. Having earned a bachelor's degree in 1953 from SOSOC and a master's degree in 1956, he also attended the University of Georgia and North Western State in Louisiana. Cady is a 1941 graduate of Ashland High School.

During his first year at Walker in 1933, he instructed 43 sixth graders whom he shared with principal John Miller. Since then he has taught fourth, fifth and sixth grades.

Looking back, Cady commented that teaching involved more than just specific subject matter; he has had to deal with values and attitudes as well as be a disciplinarian and, at times, a surrogate parent. Although he has always liked working with children, Cady has decided that it is time to begin working with adults again and plans to go into the real estate field.

Cady and his wife, Sue, a teacher at the Civil Air Patrol and as a Boy Scout Education Association master. He has also been active in the local Masonic Lodge, Eastern Star, Lincoln School for the past 20 years, Elks and as an elder in the have four grown sons. One son, he notes

Staff photo by Jacqueline Marvas Taylor

John Cady and Clara Fader

Thank You

FOR YOUR SERVICE | VETERANS

Larry Nathan - USMC

Last month, you were introduced to Larry. We will be following some of Larry's war exploits in the issues to come. It's an exciting story and deserves to be told.

THE DELTA REACTIONARY FORCE JUNE 1969 By Larry Nathan In Honor Of Memorial Day

Larry on the right



It was June, 1969 in Viet Nam, it was hot and humid. I remember taking a shower to cool off, and sweat was dripping off my forehead by the time I put my boots on. I used the drops of sweat to further spit shine my boots. Marines soon learn how to make do with what they have regardless of the situation.

3rd Recon Battalion was located in Quang Tri Viet Nam just south of the DMZ below North Viet Nam. We had 5 companies of about 80 men each. I was in 3 Delta 2, third squad, second team. Each team had 8-10 men that would go on individual recon patrols throughout that area. We patrolled the DMZ, Khe Sanh, Qua Viet, The Rock Pile, Con Tien, and most everything north of Dong Ha. The whole area had to be observed for North Viet Nam regulars crossing into South Viet Nam. It was our job to find them, call in air strikes, artillery, mortars, naval gunfire, or whatever we needed to do the job.

Every so often teams would get discovered by the NVA. A fire fight would begin and the mission was over immediately. Recon was almost always outnumbered. We only inserted 6-8 man teams to avoid being detected. Our job was to snoop and poop, not search and destroy. So, when the s**t hit the fan, the mission was over and we called for an extraction.

If the team was in serious trouble we would send in a reactionary force of 18 men to fight off the enemy and rescue the team. We would always have this force on standby 24 hours a day. This was my first assignment to a reactionary force.

On the first day they called us out. It was a drill. They just wanted to make sure we had the right gear and were all present. Since we were just going in to rescue the team and then come back we took a lot of firepower. Claymore Mines, extra M-16 ammunition, hand grenades, all that stuff. We did not take much food or water because we were just going to rescue the team in trouble, and then out.

STAY TUNED FOR PART 2

YARD of the Month

Jaime Hager is an avid gardener in Grants Pass

the more the plants surround him the happier froggy is lol 🐸



today's VERY fragrant bouquet right from my garden 🌸



sunset lilies are going strong and a new hydrangea 🌸



the garden is bursting with flowers! i love it 🌸



harvested some good sized cauliflower today.. pretty excited!



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SCHOOL Time

From KOBV TV, Photos by the Kiene family:

Nearly 200 North and South Medford High School students flew to Washington DC to play in the annual National Memorial Day Parade. "It's been a year of planning and progress and learning and excitement and we are excited," said North Medford's Band Director, Steve Kessler.

Every year, one band from each state is picked to represent their state in the parade.

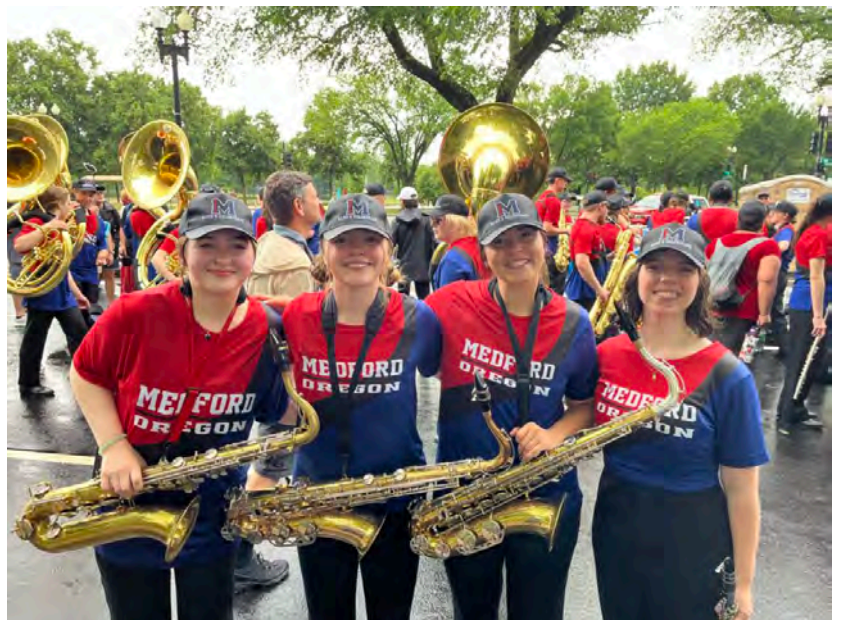
This year, band directors from both North and South Medford High Schools, came together to form the Medford United Marching Band and Color Guard.

Kessler said band members have been fundraising for the trip for months. They've also had some help from the city of Medford, to make getting there a reality.

"We have a few students who haven't even flown before so that's super exciting for them, and just for them to be able to represent Medford and our whole state is a huge honor," said Kessler.

Kessler said this is the first time these schools have had the opportunity to represent Oregon on the national stage.

"It feels like a really big deal, it's so cool to be able to go to such an important place for the biggest parade of the year and get to represent Oregon," said Band Member, Sarah McMurtrey.





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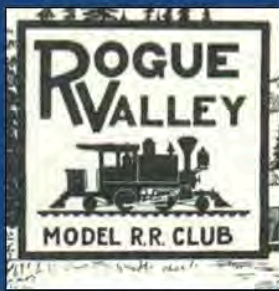
To support the Movement for Revitalization of Downtown Medford scan the QR code or go to <https://downtownmedford.org/partner/>



NORTHWEST *Recreation*

Medford Railroad Park

VOLUNTEER AT RAILROAD PARK



Medford's Railroad Park operates entirely by volunteers from four different clubs: Southern Oregon Live Steamers SOL - Medford, Medford Garden Railroaders, Rogue Valley Model Railroad Club, Inc, and the Southern Oregon Railway Historical Society.

Are you looking for a place to donate your time and give back to the community? All four clubs are in need of new members to donate their time in maintaining and operating Railroad Park. Availability to help during the twice-monthly Sunday Run Days would be helpful.

In addition to running a wide variety of trains of all sizes, there are many behind-the-scenes roles, such as gardening, landscaping, wiring, food sales, machine maintenance, food sales, and other skills that do not require an interest in trains. Volunteers range from families with children to retired senior citizens. If you or someone you know are interested, please contact the group you are interested in or send a message to our Facebook page. <https://www.facebook.com/Medfordrailroadpark>

Healthy Living

April Showers Bring May Allergies



As the cold, gray tendrils of winter make way for blue skies and sunshine, you can find most Oregonians outside absorbing some much-needed Vitamin D. However, if you're a seasonal allergy sufferer, the sight of budding trees and picturesque grasslands serve as a warning turn on the air purifiers and hide until allergy season passes. This condition, referred to as Seasonal Allergies, Hay Fever, or Allergic Rhinitis, affects upwards of 60 million people in the United States. Sufferers may experience any of the following symptoms.

- Itchy, runny, and blocked nose
- Coughing and sneezing
- Red, itchy, and watery eyes
- Itching on the roof of the mouth
- Eczema flare-ups
- Sore throat
- Fatigue and headaches
- Brain fog (characterized as confusion, and inability to focus)
- Ear infections
- And more!

During an allergic response, the body releases histamines, a chemical found in the cells, to remove irritants or allergens. Histamines can trigger any of the symptoms above.

The most common local irritants are grass pollen, mold, and tree pollen. Allergy seasons begin as early as February, peaks in May, and usually subside by July.

With a symptoms list that long, it's no wonder allergy sufferers want to hide! We've outlined a few key tricks to help you avoid some discomfort this season

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Outerwear - Leave the outdoors at the door. When you get home, immediately remove your shoes, take a shower, and change your clothes. This will reduce the allergens you track into your home. Hair and fibers found in shoes and clothing hold onto whatever they touch. If you've ever gone camping, you know that the smell of campfire smoke sticks to everything. Well, allergens are much like smoke but odorless. Be safe and ditch your outfit at the door. Employ an air purifier. Purchase a HEPA air purifying filtration system and do not "air out the house." Keep your doors and windows shut until allergy season passes.

Holistic - Consume local bee pollen and honey. It is no secret that bees hold the keys to our future, but did you know that these sweet creatures can also help with your allergies? Consuming local honey and bee pollen granules introduces small amounts of allergens into your system. This triggers a histamine response in the body which helps develop tolerance and immunity to local allergens. Note: Consuming honey and bee pollen from other parts of the world does not have the same effect. Keep it local!

Supplements: Research suggests that supplements like Vitamin C, Stinging Nettle, and Quercetin may help reduce symptoms associated with seasonal allergies. Stinging nettle is believed to reduce histamine response to allergens, and quercetin prevents the cells from releasing histamines. If you're trying to keep it natural, these supplements may be the solution you've been looking for!

Low-histamine diet: Histamine levels can vary significantly in foods depending on a few different factors, such as fermentation or whether the food has any additives. Try removing foods that contain higher levels of histamine, such as cheese, fermented vegetables, cured meats, alcohol, and nightshades. Avoiding these foods temporarily during allergy season could help keep those histamine levels low.

Over The Counter: Allergy medications: Allergy medication containing the active ingredients Loratadine or Cetirizine HCl can be found at any grocery store or pharmacy. They are tried and true combatants to seasonal allergies and can be taken safely with little likelihood of adverse side effects. Some name brands include Allegra, Claritin, and Zyrtec.

Medical Intervention: Immunotherapy: In the event that the solutions listed above do not provide relief, an allergist may suggest immunotherapy. The doctor will run a series of tests to determine which allergen(s) are triggering a histamine response and then develop a treatment plan. This may include injecting the body with gradually increasing doses of the allergen to trigger an immune response. Exposure to allergens in this way will help the body to develop a tolerance and reduce the severity of symptoms.

Nutrient IV Therapy: Reinforce your immune system with a blast of nutrients designed to increase your white blood cell count: your body's natural shield. OnePeak Medical's Super Immune IV is a complete package of fluids, minerals, vitamins, and antioxidants that helps to:

- Supercharge your immune system
- Enhance your body's natural defenses (including cancer prevention)
- Support asthma, allergies, and upper respiratory infections
- Aid in wound healing
- Lower hypertension
- Detox anesthesia after surgical procedures
- Promote physical endurance

Everyone deserves the opportunity to enjoy all that springtime in Oregon has to offer without fear of allergies. As always, speak with a qualified healthcare provider before adding any new supplements or medications to your regimen. Be well and get outside!

SPIRITED Tastes

Charlie Horse Trailers - Lisa Petrini

We will have spots available in June and July for
#weddings #birthdayparties #bachloretteparty
#bacheloretteparty

Lisa has taken an old horse trailer and turned it into a mocktail/cocktail mobile service station! So cute!
You can find her at
<https://www.facebook.com/profile.php?id=100089298555254>



FINANCIAL *Fitness*

HOW TO GROW AND KEEP YOUR MONEY



Budget Tracking - by Courtney Tacchini

If the year is flying by for you like it always is for us, it might be time to take a moment to set a budget and get on track for the rest of the year! First, you'll need to track your income and expenses.

Here are some practical ways to capture that information:

- **Spreadsheet** – Even if you don't have access to Excel, you can use Google Sheets to track your income and expenses. Online banking will allow you to export transaction data that can be placed in your spreadsheet. If you use credit cards, you should also retrieve the transaction data online for your card transactions. Once in your spreadsheet, you would need to add column(s) to categorize your data (by both income and expense types). Go back at least a few months so you can analyze your spending over a period of time. While this is the most labor-intensive method, it is free!
- **Budgeting App** – EveryDollar, Mint, NerdWallet are just a few examples of applications out there to assist with tracking and categorizing expenses. Most of these apps can connect directly to online banking and credit card data to automatically bring in your transactions. Some apps do have subscription or other costs associated with them, so take that into account when you are choosing your method.
- **Bookkeeping Software** – Quickbooks is the most well-known bookkeeping software, but there are other options (like Simplifi). Online bookkeeping will also integrate directly with your online banking and will apply rules to categorize expenses. For instance, your utilities will automatically be routed to the utility account you assigned to it the first time. There is also built in categories and accounts.

After you have been able to record your income and spending by category for a few months, you should be able to develop a basis for a baseline budget. From there, decide what areas you want to improve on and what steps you can take to get there. For instance, if you realize you have multiple subscription payments that overlap (Netflix and Hulu or Spotify and Pandora) or you could do without, get them canceled ASAP. You may find that you spend more on things like restaurants, coffee or youth sports than you anticipated.

Depending on your financial goals, that doesn't mean you have to plan to reduce every area – but you do need to be aware of your spending by category to budget and forecast. Make sure you repeat the process to follow up and track your progress!

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AUTO Buzz

Rest in Peace, Chuck Butler. You were a tremendous personality and influence here in the Rogue Valley and will be missed.

CHUCK BUTLER ASHLAND, OREGON

MAY 24, 1939 - MAY 21, 2023

"There is no limit to the amount of good you can do if you don't care who gets the credit."

One of Chuck's many favorite quotes.



- 70 Years in the Car Business -

Born Charles LeGrand Butler, Jr., to Charles and Jane Butler (née Unger), of Buffalo, New York, Chuck Butler passed away peacefully at home in Ashland, Oregon, on Sunday, May 21, 2023, just three days before his 84th birthday, with his beloved wife, Linda Butler (née Hull), holding his hand, and his constant companion, family dog, Teddy, lying at his side.

Chuck knew that every day was precious. His devoted family mourns the loss of a hardworking, loyal, kind, loving, charismatic, and compassionate family member and community leader who inspired those around him to be better people in every way. To his family, he was the heart. A gracious man with a firm handshake, Chuck knew good manners, treated all people fairly and with respect, and, his children would say, was a marshmallow when it came to his grandchildren.

Chuck and his parents moved to Southern California, where Chuck's younger sister, Barbara, was born, during World War II for his father's work in the military, then settled in Manhattan Beach, California, where his father began the car business which would shape Chuck's work life. Chuck started working in the parts department and washing cars at his father's car dealership at the age of 12, and never looked back.

Chuck attended Hamilton High School and, in 1964, graduated Cum Laude from UCLA with his B.S. in Business Administration and Finance. Following in his father's footsteps, Chuck then attended the General Motors Institute of Technology and graduated second in his class in Dealership Management. After Chuck's dad suffered a heart attack and withdrew from his rigorous daily work, Chuck took over the management of the family business and in seven years made it the second largest Buick dealership in the world.

Chuck was a proud member of the U.S. Air Force, in the Military Police, and always kept the knowledge of right and wrong in the forefront of his decision making, both in business and with his community and family. Chuck championed diversity and the mutual respect and pride for people of all backgrounds.

Chuck loved the outdoors, trying almost all outdoor and winter sports and having the equipment to prove it. In particular, Chuck loved swimming, and was a member of the Los Angeles All-City water polo team during his college years. Until Chuck suffered a major stroke in March 2022, he was still swimming laps and loved the solitude and the workout that swimming gave him.

Chuck was also a lifelong boater, an adept captain, and lived by the Kenneth Grahame quotation from *The Wind in the Willows*, that "there is nothing – absolutely nothing – half so much worth doing as simply messing about in boats."

Chuck and Linda met one fateful day in August 1972, which Chuck would always describe as the "luckiest day of his life." They married March 1, 1975. Desiring more time for the outdoors, Chuck and Linda left Southern California and moved to Ashland, Oregon, in 1976. The couple fell in love with the Ashland community and the surrounding natural beauty, which is where Chuck felt most at home for the rest of his life. Chuck loved music wholeheartedly and was an annual patron of the Rogue Valley Symphony and the Britt Festival, and also spent many happy days enjoying the Medford Jazz Jubilee.

Throughout his life, Chuck was personally dedicated to many wonderful community organizations, and insisted that his family also give of themselves to serving others as often as possible. Chuck was a founding member of the Oregon Cultural Trust Board, proudly served on the Oregon Shakespeare Festival Board of Directors, and the Ashland Community Hospital Foundation Board, by which he was honored to receive its Distinguished Service Award. Chuck was also known for his support of Community Works, the Jackson County Fair, and the Boys and Girls Club of the Rogue Valley.

Chuck was a passionate Rotarian with the Noon Rotary Club of Ashland and was a fixture at the club's Easter egg hunt in Lithia Park for many years. Chuck was a dedicated supporter of Southern Oregon University Raiders and Ashland High School Grizzlies athletics and was a proud member of the Lions Club of Ashland. Chuck and Linda and their children were also members of the First United Methodist Church of Ashland.

In business, Chuck was well respected in the automotive industry in the Pacific Northwest, and his motto was, "The Butler Man Can," and he usually did. Chuck loved working, owning the Butler family of car dealerships, and working alongside his business partners and valued employees. Chuck loved his employees and his customers, and tried to serve both dutifully in whatever way he was able. Chuck was a lucky man, who led a lucky existence, and was always very grateful. Chuck, at age 82, and Linda retired from the automotive life in December 2021, after Chuck's 70 years in the car business.

Chuck would express his gratitude toward his many dear friends and fellow community members in Southern Oregon, and beyond, and ask that they continue to carry on the legacy of service that he modeled for his colleagues, community, and family each and every day of his exemplary life. He leaves his family wanting more of his hugs, kisses, conversations, wisdom, and his love. You are loved, Chuck Butler, and always will be.

Memorial gifts in his honor would be received gratefully by the Oregon Shakespeare Festival Donation Office, Ashland Community Health Foundation, Boys and Girls Club of the Rogue Valley, the Britt Festival, Mercy Flights, and the Fred Hutchinson Cancer Center in Seattle.

PUZZLE AND Fun Corner

Picnic

All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

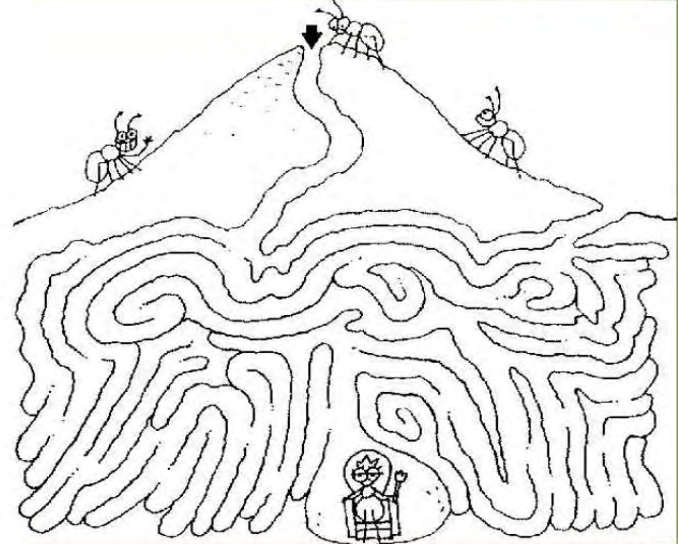
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APPETITE
 BASKET
 BEVERAGES

BLANKET
 BUTTER
 CAMEMBERT

CAN OPENER
 CHEESE
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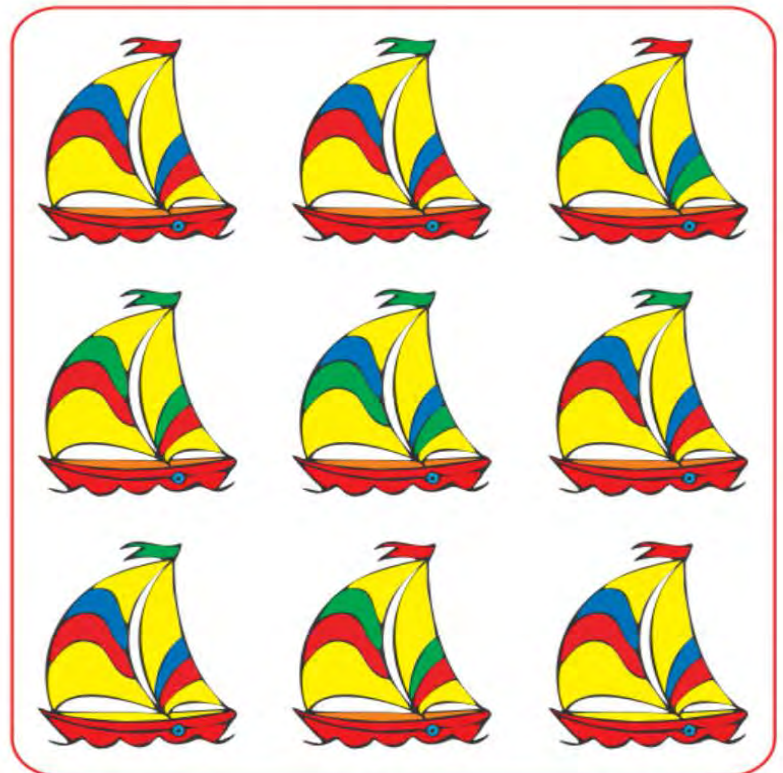
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 SPICES
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 WINE



ONLY TWO PICTURES ARE SAME. FIND THEM.

DELETE ONE

Delete one letter from NAME ALIGNED and find someone popular.

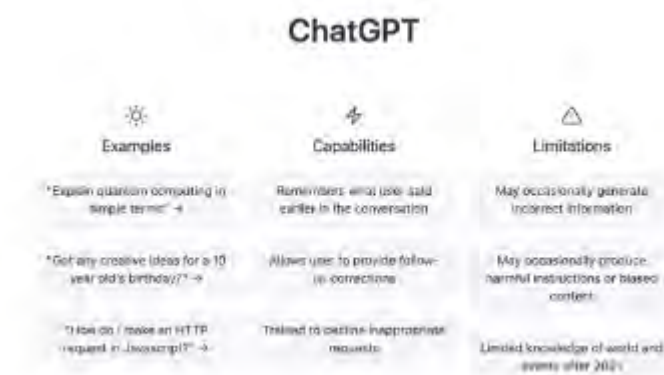


TECH Talk

ChatGPT - What is it? - By Mark Wilson at Techradar.com

ChatGPT is an AI chatbot that was initially built on a family of large language models (LLMs) collectively known as GPT-3. OpenAI has now announced that its next-gen GPT-4 models are available. These models can understand and generate human-like answers to text prompts, because they've been trained on huge amounts of data.

For example, ChatGPT's most original GPT-3.5 model was trained on 570GB of text data from the internet, which OpenAI says included books, articles, websites, and even social media. Because it's been trained on hundreds of billions of words, ChatGPT can create responses that make it seem like, in its own words, "a friendly and intelligent robot".



ChatGPT stands for "Chat Generative Pre-trained Transformer". Let's take a look at each of those words in turn.

The 'chat' naturally refers to the chatbot front-end that OpenAI has built for its GPT language model. The second and third words show that this model was created using 'generative pre-training', which means it's been trained on huge amounts of text data to predict the next word in a given sequence.

Lastly, there's the 'transformer' architecture, the type of neural network ChatGPT is based on. Interestingly, this transformer architecture was actually developed by Google researchers in 2017 and is particularly well-suited to natural language processing tasks, like answering questions or generating text.

Google was only too keen to point out its role in developing the technology during its announcement of Google Bard. But ChatGPT was the AI chatbot that took the concept mainstream, earning it another multi-billion investment from Microsoft, which said that it was as important as the invention of the PC and the internet.

Read the full article here: <https://www.techradar.com/news/chatgpt-explained>

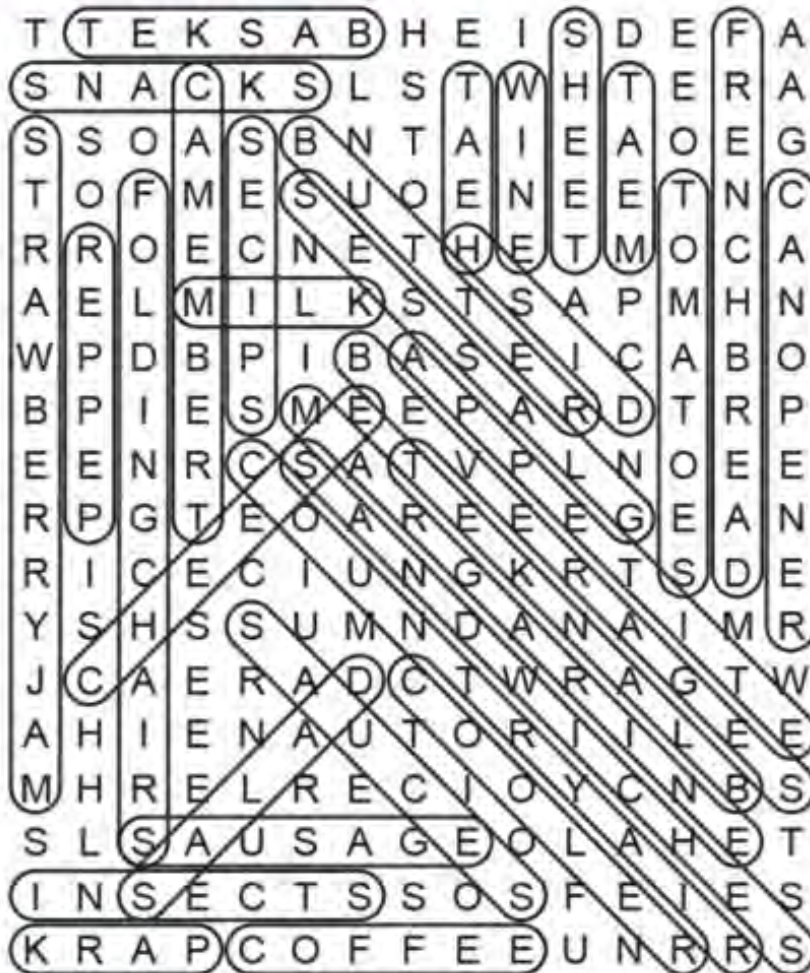
This ability to produce human-like, and frequently accurate, responses to a vast range of questions is why ChatGPT became the fastest-growing app of all time, reaching 100 million users in only two months. The fact that it can also generate essays, articles, and poetry has only added to its appeal (and controversy, in areas like education).

But early users have also revealed some of ChatGPT's limitations. OpenAI says that its responses "may be inaccurate, untruthful, and otherwise misleading at times". OpenAI CEO Sam Altman also admitted in December 2022 that the AI chatbot is "incredibly limited" and that "it's a mistake to be relying on it for anything important right now".

Still, the world is currently having a ball exploring ChatGPT and, despite the arrival of a paid ChatGPT Plus version, you can still use it for free.

Solutions

Solution: Picnic



DELETE ONE

Delete E and find LEADING MAN



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Fashion

FORWARD

12 Fashion Fun Facts - by thefactshop.com

1. In the United States, each person owns an average of seven pairs of blue jeans. That's one for every day of the week!
2. Men have been wearing shorts for decades, but women were only allowed to wear them in public after World War II. One of the main reasons for this was because less fabric was available during the war, so shorts were more cost-effective than pants or skirts.
3. The T-shirt is one of the most popular items of clothing in the world, and around two billion of them are sold every single year.
4. Historically, purple clothes were only worn by magistrates, emperors and other aristocracy in Rome, Italy.
5. The loincloth is the oldest item of clothing, but the second oldest is the skirt – an item which is still very popular today.
6. Thousands of fashion magazines are sold every year, but the first ever fashion magazine was sold in Germany in 1586.
7. While lots of things are increasing in price, clothing is actually decreasing. Since 1992, the price of clothes has gone down by 8.5%.
8. In 1907, a woman was arrested on a beach in Boston for wearing a one-piece swimsuit.
9. Bras have been through different styles over the years, but you can now purchase a bra that can also be used as a gas mask.
10. On the subject of bras, the famous author Mark Twain (who wrote *The Adventures of Tom Sawyer*) was the inventor of the bra clasp.
11. The record for the world's longest wedding dress is held by a dress which has a 1.85 mile long train.
12. Levi's jeans are one of the most popular brands of jeans. Although you might pay a hefty price for a pair now, the first pair sold for \$6 worth of gold dust back in 1853.



HOME *Matters*

Your Summer Home Checklist - by Family Handyman



Keep an Eye on Irrigation Systems

A faulty sprinkler or irrigation hose that goes unnoticed can quickly cause big problems for your lawn and garden. Make a habit of checking each component once a week, especially in summer.

Install Screen Doors

If you use them, now is the time to take down the storm doors and put up screen doors to let the summer breezes pour in. Be sure to inspect screens carefully, patching holes as needed — even a tiny hole can be enough to let in a mosquito on a make-believe spaceship!

Reorganize Your Kitchen

The change in seasons is a good time to rethink how you have things arranged in the kitchen. If there are small appliances you use more in the warmer months (a blender for smoothies, perhaps, or an ice cream maker), move them to a more accessible spot, and you will be more likely to use them. Stations devoted to a certain purpose can also do wonders. If you have children on summer vacation, create a self-help station stocked with healthy snacks. Or create an iced-coffee bar or smoothie-making station for yourself with all needed supplies within reach.

Update First-aid Kits and Emergency Supplies

Be prepared for everything from minor snafus to natural disasters with well-stocked first-aid kits in the house and car, plus emergency supplies for your family and pets. Not sure what to include? The American Red Cross has a helpful checklist.

Clean Gutters and Downspouts

If you did not get your gutters cleaned in spring, be sure to get this essential task checked off your list as soon as possible. Leaf- and debris-clogged gutters can lead to leaks and siding damage with summer storms.

Keep Cooling Systems Running Smoothly

Take the time before hot weather sets in to dust ceiling fans, install window air-conditioning units, and schedule maintenance for a whole-house cooling system. Don't forget to check out these tips for keeping your house cool in the summer.

Beach days, lemonade on the porch, pick-your-own fruit farms — with so much to look forward to in summer, don't let it zip by in the blink of an eye!

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**Right Behind
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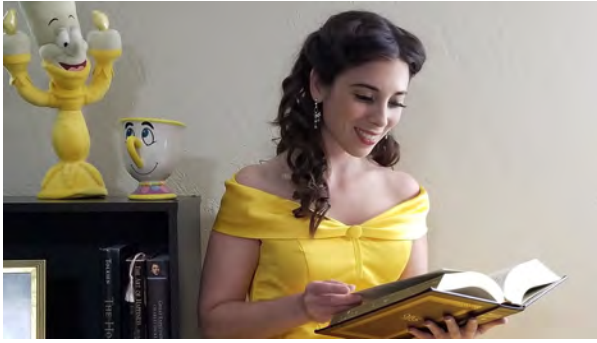
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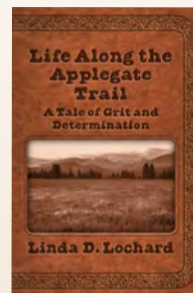
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Entertainment



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Two women in princess costumes are holding a large, unrolled scroll. The woman on the left is dressed as Cinderella in a light blue gown, and the woman on the right is dressed as Rapunzel in a purple gown. The scroll contains the following text:

You are Cordially Invited
BALLOON CRAFTING WITH QUEEN ANNA
JUNE 17, 2-3PM
PRINCESS LESSONS & TEA WITH CINDERELLA,
A FUNDRAISER FOR YOUTH 7IFIVE MINISTRIES
JULY 29, 2-3:30PM
PRINCESS SING-A-LONG WITH RAPUNZEL
AUGUST 26, 2-3PM
LOCATION; 529 EDWARDS ST MEDFORD, OR
TICKETS:

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 8/19/23 FLICK & FLOAT WITH THE WAYFINDER PRINCESS



YOUTH 71FIVE

6/17/23 BALLOON CRAFTING WITH QUEEN ANNA
 7/29/23 PRINCESS LESSONS & TEA WITH CINDERELLA, A FUNDRAISER FOR YOUTH 71FIVE
 8/26/23 PRINCESS SING-A-LONG WITH RAPUNZEL

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FOCUS ON THE ARTS

Art, Music, Theatre

I was blown away last night at our annual SOPA photography club banquet to see I'd won "Print of the Year" as well as First Place in Large Prints for this image I took in Morocco last year. I also won awards for some of my others from Morocco, as well as one from Keukenhof Gardens in Amsterdam. Barbara Tricarico





Third Place - Small Color - Tulip Time



Second Place - Small Color Award



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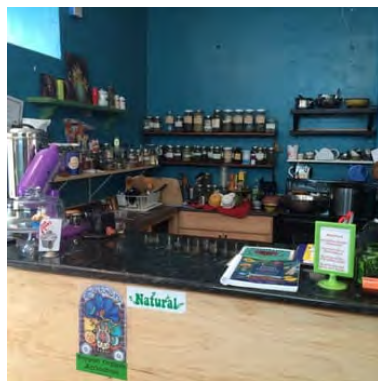


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LAWN AND *Garden*

Daisugi

The Japanese have been producing wood for 700 years without cutting down trees.

In the 14th century, the extraordinary daisugi technique was born in Japan.

Indeed, the daisugi provide that these trees will be planted for future generations and not be cut down but pruned as if they were giant bonsai trees; by applying this technique to cedars, the wood that can be obtained is uniform, straight and without knots, practically perfect for construction.

A pruning as a rule of art that allows the tree to grow and germinate while using its wood, without ever cutting it down. Extraordinary technique.

From theplanetvoice.com

Daisugi is a forestry technique from Japan that is almost 6 centuries old. It consists of creating a platform of trees. This platform can then be used to plant and grow more trees. This traditional art can be a big help in preventing deforestation. Furthermore, it also leads to perfectly round, more flexible, stronger, and straight timber.

‘Bonsai’ is a Japanese word that you may have heard of already. The literal meaning of the word is “planted inside a container”. Bonsai is a technique used in horticulture. It is used to create miniaturized versions of trees that are usually very large normally. The technique is very popular for decoration and ornamentation purposes.

However, Daisugi is a technique that is similar to bonsai. This Japanese technique is not nearly as well-known or popular across the globe. The origins of the technique date back to approximately the 15th century. In the city of Kyoto in Japan, this horticultural style named Daisugi was developed. In Japanese, it is denoted by 台杉. The literal meaning of the team is “platform cedar”.

Read more here: <https://theplanetvoice.com/daisugi-ancient-japanese-style-of-planting-trees/>



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Out & About

Horses and Humans Offer
Fresh Perspectives for
Opening Doors to the Future
- By Trish Boersma



In Spring of 2013, Trish Boersma returned from Arizona with an idea that possibly one of her horses, Mystic Moon, might be a candidate for helping women recovering from breast cancer treatment to find a way forward. Others who knew Mystic suggested choosing any other, quieter horse, since Mystic had a reputation as the Dominatrix of the barn. However, one June afternoon, Trish and several others gave her a try. Three of them each climbed onto her bareback, turned around, and lay down on her rump. Trish, going first, realized she was pushing some boundaries and expectations, and she was pleased when Mystic was completely engaged and curious about this new activity. Two others followed with the same results. That was enough to engage Mystic in training for the September pilot program when everyone's eyes were opened to possibilities far beyond their expectations.

That autumn day, when one of the first participants in Riding Beyond greeted Mystic with her outstretched hand, Mystic touched it with her muzzle, but then unexpectedly stepped forward and began gently and rapidly nuzzling her solar plexus. We all watched in growing astonishment as this woman who was afraid of horses, stood for long seconds taking it in, and even longer seconds as Mystic continued the interaction for some 45 seconds, only stopping when Trish gently touched her chest to step back. With copious tears, that first participant said that Mystic had gone right to her tumor, and she hadn't moved back because she felt the most extraordinary energy flowing from Mystic into her, and she just wanted more of it. It was a life changing event for her. Everyone realized that something more had been revealed here than anyone had anticipated. In the coming months and years, Mystic never offered that exact same interaction to others but instead interacted in some specifically meaningful and gently powerful manner with each person in the Riding Beyond program.

Other horses joined the team, including a donkey, over the years, gathering participants and volunteers from southern Oregon and northern California. Located primarily at Little Creek Ranch in Ashland, where Debbie Hansen Bernard has offered her facility for the free four-week sessions, Riding Beyond has served breast cancer survivors and thrivers on Tuesday and Wednesday afternoons for the past ten years each spring and fall. Other programs are conducted year-round there and at Antoine Family Farm for the general public to experience what the horse/human connection has to offer everyone for responding to the challenges of modern living, fresh perspective for opening doors to the future. With the impact of the pandemic and the Almeda wildfire on many families, Riding Beyond has expanded their programs to serve them, as well, since 2021.

Director and lead instructor Trish Broersma is certified with PATH International as a therapeutic riding instructor and an equine specialist in mental health and learning. In addition to founding Riding Beyond in 2013, she founded the Saddle Light Center, an accredited therapeutic riding center in San Antonio, TX in 1990, and re-opened and directed HOPE Equestrian Center as a premier accredited therapeutic riding center serving southern Oregon, 1994-2003. She is author of *Riding Into Your Mythic Life, Transformational Adventures with the Horse*, published by New World Library.

Participants describe their experiences in this way:

“Every layered detail of the program is designed to empower us to connect safely, heart to heart, with these enormous, magnificent beings, by deepening our sensitivity to other and self simultaneously. The sessions are educational, deep, fun, and exhilarating. Poems, stories, sharing within the circle, all weave through each session, making it a holistic healing experience. Horses have woven their way into my sleeptime dreams as well! Please accept this offering. You will be delighted.”

“The power of horses to bring you to the present moment while spinning through seemingly impossible obstacles. Watching the storm, instead of being torn apart by it. Learning to dance in perfect choreography through the awakening of your senses...like listening to the ground to find your heart. This is my experience at Riding Beyond... A beautiful gift...”

“This is a positive, life-changing program. The connection with the participants, knowing we have been through similar circumstances, the beautiful ranch, staff and the horses, nothing could have been better. This is truly an experience in opening my heart to love.”

Riding Beyond, as a 501(c)3 organization, relies on volunteer ambassadors and horse handlers and community financial support for sustaining their programs. Volunteer training takes place in March of each year. Weekly on Thursdays, Meditation with Our Horses is offered for anyone wishing to join the circle for one hour, time varying according to seasonal temperatures.

See ridingbeyond.org for all program details: videos, stories, research, event schedules, and more. Contact Riding Beyond: ridingbeyond@gmail.com / 541.482.6210





ROGUE VALLEY *Living Giving*

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

Cascade Girl.org

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

www.cascadegirl.org

Sharon

541-951-5595

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

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

Collaborative Theatre Project

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

<http://www.CTPMedford.org>

541 779-1055

CTPOregon@gmail.com

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

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

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

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mustluvboxersrescue.com

Robert And Kimm King

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541-291-6122

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www.helpingashland.org

Jessica Klinke, Development Director

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

503-437-5883

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pathway-inc.org

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Stephanie Mendenhall

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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

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Contact the RCC Foundation at (541) 956-7293, rccfoundation@roguecc.edu

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

www.rccfoundation.org

Rogue Retreat

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

711 E. Main St. #25

Medford, OR 97504

541.499.0880

joe@rogueretreat.org

rogueretreat.org

Salvation Army

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

Gail L. Evans

Administrative Assistant to the Executive Director of Development

The Salvation Army, Cascade Division

503-794-3271

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

Sanctuary One

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

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

megan@sanctuaryone.org

info@sanctuaryone.org

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<https://sanctuaryone.org/>

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www.maslowproject.com

Hannah Borgerson, Community Engagement Specialist

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Mailing Address: PO BOX 999

Medford OR. 97501

Dogs for Better Lives' mission is to professionally train dogs to help people and enhance lives while maintaining a lifelong commitment to all dogs we rescue or breed and the people we serve.

Contact: info@dogsforbetterlives.org

Website for BoneAppeTREAT article: dogsforbetterlives.org/boneappetreat

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Our main website link is dogsforbetterlives.org

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