

Rogue Valley

A social emagazine for residents of the Rogue Valley

Living



Photo by Vanessa Gould Photography

Meet the Moreira Family



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
- Relations Skills
- Recreation Therapy
- Self Awareness & Socialization
- Problem Solving
- Anger Management

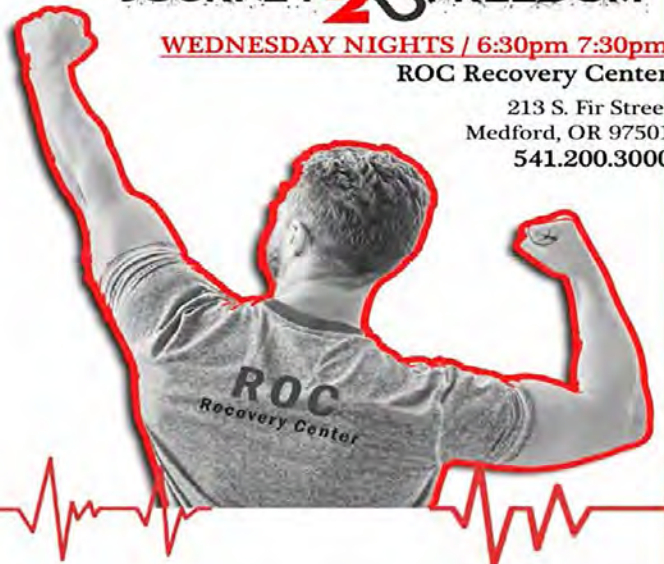


JOURNEY 2 FREEDOM

WEDNESDAY NIGHTS / 6:30pm 7:30pm

ROC Recovery Center

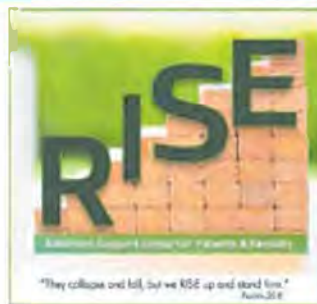
213 S. Fir Street
Medford, OR 97501
541.200.3000



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"

213 South Fir Street / Medford, OR 97501
www.rocrecoverycenter.org

541-200-3000

A WORD FROM the Editor

In this issue, there are some really amazing folks and happenings being highlighted. From new businesses to visit, to a couple tortoises, there's always something brewing at RVL! Starting this month, we are also including videos! Check out the boat airlift on Crater Lake! And Barbie fever has hit, from fashion to computer viruses.

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.

There were several challenges this month, on crutches and power outages, but we are persevering!

We have a new tag line! It's VALLEY WIDE COMMUNITY PRIDE! Submitted by Shaun Corbitt of Grants Pass, it embodies what RVL's mission is - to bring together all Rogue Valley communities together! Enjoy your summer!

Linda



STAFF PHOTOS



Roland Daniel
STAFF PHOTOGRAPHER



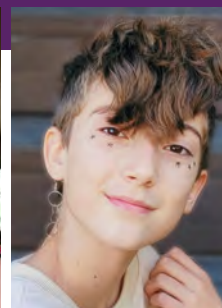
Mary Ann Daniel
STAFF WRITER



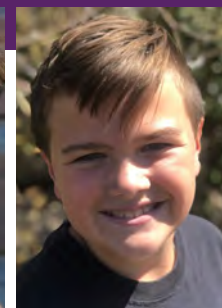
Linda Lochard
STAFF WRITER



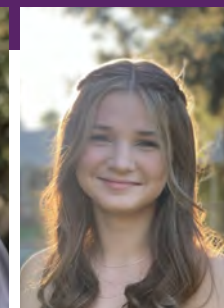
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MIDDLE SCHOOL JR. REPORTER



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HIGH SCHOOL JR. REPORTER

FAMILY

Spotlight

*Hawaii 2023**The Moreira Family*

Michael and Amanda have 4 beautiful children, Mia (9), Dominic (8), Ella (5), and Ava (2).

Amanda states, "We have lived in Jacksonville for 5 years and moved to Oregon from the Bay Area where we were both raised to embrace the small town lifestyle for our growing family. Two of our kids were born in California and 2 in Oregon. Amanda is the Director at the Jacksonville Chamber of Commerce and Michael is a driver for Recology in Ashland. We also just started our own business, Vino Vans." (See the Spirited Tastes page next month!)



Family - Summer 2022



Kids at Del Rio Winery

"We love living in southern Oregon and think it is one of the most beautiful places to lay down roots. Our kids are involved in several extra-curricular sports and activities such as baseball and softball, gymnastics and basketball.

We enjoy going to all of the fun events and activities happening around the valley throughout the year and one of our favorite places to be is by the river. Jacksonville is truly an ideal place to live. You can walk just about anywhere and are always bound to see someone you know. We have great boutique shops and restaurants to enjoy and the kids are always excited for a hot chocolate or treat at any one of the local coffee shops."

"We love to travel when we can, to tropical places or exploring new cities, but it's always nice to come back home. There is nothing quite like the beautiful Rogue Valley."



Photo by Vanessa Gould Photography



Spring



Cabo in 2022

NEIGHBORHOOD

Announcements

Expecting:

John and Gabby Rosa of Grants Pass are expecting a boy in July!
Charles and Lacey of Grants Pass are expecting a baby girl in August!



Tied the Knot!

Adrienne and Lencin. "7/22/23, married my best friend and soulmate.....
.....Had my backyard filled with my favorite people, wildflowers, sunshine, love, and laughter.....
...got to wear a gorgeous dress, eat great food, and make an honest man out of The Fiancé, now known as The Husband"





Adrienne runs a popular cat rescue company, called the Crowned Cat, and this was a wedding gift a friend made for her.

Lyn McGoffin of Central Point writes: I'M A BIT BEHIND POSTING, BUT I WAS SURPRISED & HONORED TO RECEIVE THIS (ALONG WITH SOME GREAT "CREW" MEMBERS) ON WED. NIGHT BEFORE THE 2023 JACKSON CO. FAIR MARKET SWINE AUCTION. THANK YOU !!
"WE DO IT FOR THE KIDS!"



New Businesses

Rogue Valley Living, June 23

- Royal Coffee Roasters - 590 Airport Road, Medford, OR 97504 Open Everyday: 6:00 AM - 7:00 PM
- Opening on the 3rd, Trotting Fox Boutique. 155 North 3rd Street, Jacksonville, OR 97530
- Refashion has relocated to 220 E. Main St., Medford
- Killer Burger - Northgate Marketplace, 7 Rossanley Dr. Medford, OR 9750
- Evergreen Federal in Ashland 1001 W. Jackson Rd
- From RV Times: The well-worn Yellow Basket drive-in in Central Point will soon be revamped and slightly reimagined by the owners of Skout Taphouse and Provisions in Ashland. The red and white cinderblock and wood structure — located across from the Grange Co-Op's landmark grain elevator on Highway 99 — will once again offer burgers and cold drinks, albeit on a slightly fancier scale than the Coney dogs and malt shakes served at the location since the 1960s. Having run Skout since 2021, owners Tom and Lisa Beam said they'd kept an eye on the old Yellow Basket since it closed in December 2019
- Another new business coming to Central Point . A&E Rogue Rentals LLC. Paddleboard rentals - Contact at aeroguerentals@outlook.com
- Coming to The Honey House (3045 E. Evans Creek Rd.) 1 mile past the high school, in Rogue River in 2 weeks Ma's BBQ. Texas style brisket. Ribs. Pork shoulder. Candied pork belly burnt ends. Maple black pepper bacon (wrapped around cc stuffed jalapeños, and packaged to take home and cook.). Fixins. Available for catering. <https://www.facebook.com/profile.php?id=100093957873579>
- The Twin Creeks Ice Cream Shop in Central Point at Twins Creek Crossing
- From RV Times: Announcing the development of a warehouse and distribution center for Amazon Services LLC in Central Point could begin by summer's end. An 18-acre parcel of land at 3791 Table Rock Road was purchased by the e-commerce giant July 12 for \$5.44 million, according to Jackson County property records. Central Point officials say pre-construction paperwork and building permit applications have already been submitted
- Grape Street Bar and Grill in Medford has new owners.
- Filipino Fire food truck (541) 840-6437. Photos below.



Passed

Deborah O'Day-Frazee

MARCH 22, 1951 — JULY 7, 2023
EAGLE POINT, OREGON

With great sadness, we mourn Deborah O'Day-Frazee, 72, of Eagle Point, Oregon - who left us on July 7th. She was predeceased by her husband and best friend Gerald Frazee; and brother Brian O'Day.

She leaves behind her twin sister Denise Conboy, daughter-in-law Jill Frazee, and nieces and nephews John and Kevin Conboy, Janel Burmaster, and Erin Casey-Barker.

In lieu of flowers, please make donations to an animal Humane Society. Deborah always had a special place in her heart for animals.



Sherry Williams

Sherrian "Sherry" Williams, age 78, of Grants Pass, died on May 3, 2023. Sherry (a twin) was born on September 24, 1944, in Salt Lake City, Utah, to Martin and Janet McKone. At three months of age, her father passed away. A few years later, her mother married James McLelland, an adoring father whom Sherry loved deeply.



Sherry grew up in Salt Lake City where she met and married Mike O'Brien in February 1961. In just a few short years, they had three children, Shane, Shauna, and Cheryl. They moved to the Bay Area in California for a few years, eventually returning to Utah. In 1974, they were blessed with twin girls Melissa and Michele. After visiting friends in Oregon, they fell in love with Grants Pass, making it their home in 1976. Sherry was a devoted, loving mother and homemaker. She was an excellent cook, and a self-taught seamstress who made most all her children's clothes when they were young.

She was thrifty, crafty, and organized, always putting her young family's needs before her own. She gardened and prided herself in canning food for her family. When the twins started school, she joined the Josephine County Sheriff's Department as a matron, accommodating female inmates. She transitioned to working in the kitchen at the Josephine County jail (when it was at the courthouse), eventually managing all food services which included supervising inmates who worked in the kitchen. She had a reputation for providing good, quality food to the Josephine County inmate population during her time running the kitchen.

After Sherry and Mike divorced in 1984, she married the great love of her life, Gordon Williams, in 1986. Her family expanded to include two stepsons, Allan and Charlie. Sherry and Gordon enjoyed a very full and active life with pastimes and hobbies including horseback riding, snowmobiling, four-wheeling, boating, fishing, camping, motorcycles, traveling, and her all-time favorite, golf. She was a member of the Grants Pass Golf Club, playing in the women's league for many years. She won numerous trophies and awards, but was proudest the time she got a hole-in-one. She was also an excellent bowler, playing in a women's league in Utah, before moving to Oregon. Always ready to help where she was needed, she stepped up on more than one occasion and coached a team her kids were part of.

She had a deep passion for her family, especially her grandkids who grew in number over the years. She forged a uniquely special relationship with them, attending games and activities to cheer them on, supporting them in any way she could. She was so proud of each one. Between grandchildren and step-grandchildren, there are a total of 20, including a few great-grandchildren. Sherry loved decorating for all the holidays and getting the family together to enjoy holiday traditions carried down from her dad. Those traditions have been passed down to her kids and grandkids who keep them going.

Over the years, Sherry and Gordon traveled to Hawaii, Mexico, and Venezuela to escape the cold winters and Canada to visit friends they met along the way. Sherry continued her career at the Sheriff's Department, moving into various administrative positions as the department evolved and moved to its current location. After retiring in 2009, she devoted her time to her love of golf and travel. She lived in the same house on Crestview Loop for 43 years until 2019 when she and Gordon took up full-time RV life, enjoying as many sites as they could.

A cherished mother, wife, and grandmother, Sherry is survived by her husband, children, and grandchildren who all live in Oregon, as well as her twin brother Denny of Salt Lake City. Preceding Sherry in death were her parents and two older brothers, Patrick and Richard.

There will be a celebration of life for family and friends on August 5, 11:30 a.m. - 1:30 p.m., at Red Lily Vineyards.

Bellevue Capital Group



A NEW APPROACH

ON COMMERCIAL LOANS

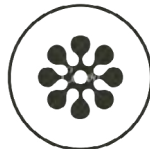
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CONTACT

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Sweet BABIES

Welcome to the world, little one!

Introducing Xayn Burr, born August 20, 2022, weighing 7lbs, 13.4 oz, and 19.25" long. Hair is brown (like Mommy!)

Parents are Anj and Andrew Burr in Merlin. Anj works at Rogue Credit Union and Dad works at Fred Meyer. Siblings Sadi and Xyah Burr, and Siberian Husky Nike, and Bengal Burben round out the family.

Mom states. "I had morning sickness every day of my pregnancy, so no cravings and I was miserable. The birth experience was amazing. Labor was less than 4 hours, and everything went great! We sure do make some pretty adorable kids!!

Having 2 little ones at home has its challenging days but our family support is strong and having little ones is all I ever wanted!"

Dreams for her children's futures are "I want my children to grow up and be strong. I want them to be happy in whatever they choose and to learn to love and accept everyone."

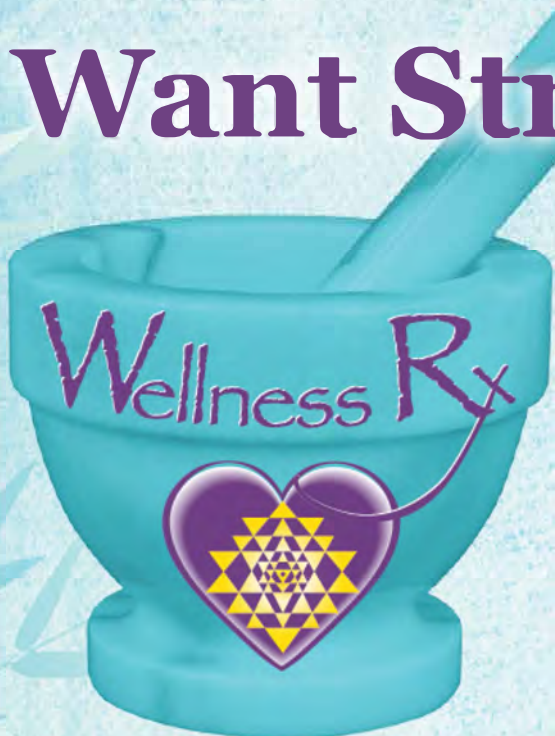


Xayn Burr

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KID 2 *Kid*

**FEATURED KID
OF THE MONTH**

Xyah Burr

Professional photos by Amanda Fithian Photography



Parents Name: Anj and Andrew Burr
in Merlin

Age: 4

Grade: Pre-Kindergarten

Favorite Movies: Encanto

Favorite Music: Encanto soundtrack
and whatever Mommy is listening to

Hobbies: I love driving my Power
Wheels Jeep!

Favorite Vacation: Disneyland

Challenges: Starting Pre-K with a new
teacher

Something Unique about me: : I love
making funny faces and noises so that
people will laugh, but I'm very shy!

When I grow up I'm going to be: A
teacher



YOUNG Achiever

*Youth that are
making a difference*

Jude Whalen

Age: 14

What city do you live in? Ashland

How long have you lived in the neighborhood? 12 years

Who is in your family? Me, Jean-mom, Rae-cat

What school do/did you attend? Ashland Middle School

Grade? 8th

What are your future plans after high school?

I plan on studying Marine Biology or Theater Arts, maybe both!



Jude with mom, Jean Whalen

What sports and extracurricular activities do you participate in?

I love to ski, I was in the Spring play at school called Law and Order: Fairy Tale Unit, and I'm in track.

How did you get started with:

I started skiing in the 4th grade in the Mt. Ashland after school ski program.

What do you enjoy about skiing:

I enjoy skiing because its fun, relaxing, and I get to spend time with friends.

Tell us something you achieved or some highlights of your experience with acting:

After auditioning, I was given a lead role in the Spring play.

Is there something that makes you unique in this activity (a specific strength or quality you bring)? In rehearsals for the spring play, I bring a positive attitude and I'm told I'm funny and have good comedic timing.

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

My mom helps keep me on track, especially with school work.

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

I admire my mom. She's special because she's always there for me. She motivates me to make good decisions in school and socially.



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RESIDENT Recipes

Pecan Cream Pie - Contributed by Adam Christie

We've all had Pecan Pie – that sticky-sweet stuff that often graces the Thanksgiving table – but this Pecan Pie is a different thing entirely. It still has that wonderful nutty pecan flavor but it's all folded into a fluffy sweet and creamy filling so it's a completely different Pecan Pie experience – one with a cool and creamy bite. Oh, and excellent news – aside from blind-baking the shell, you won't need your oven at all.

- INGREDIENTS

- 1 9-inch pie crust, unbaked
- 1 cup heavy whipping cream
- 1/3 cup powdered sugar
- 2 (8 oz) packages cream cheese, softened
- 1/2 cup light brown sugar
- 1/4 cup pure maple syrup
- 1 1/2 cups pecans, finely chopped
- 1/4 teaspoon salt

1. Blind bake crust according to package directions. Let cool completely while you make the filling.
 2. In a small bowl, beat the whipping cream and powdered sugar with an electric mixer until stiff peaks form.
 3. In a separate large bowl, beat the cream cheese, brown sugar, salt, and maple syrup until smooth and creamy.
 4. Fold the whipped cream into the cream cheese mixture until combined. Gently stir in 1 cup of the pecans.
 5. Spread mixture into cooled pie crust and top with remaining pecans. Chill until firm, at least 2 hours and up to overnight.
66. Enjoy!



PRECIOUS *Pets*

Turbo and Crush - by Joshua Wells

Our sulcata tortoises are named Turbo, 76lbs, approximately 12-16 years old, as we are not sure how old he was when we got him from the old Grange that is now the business offices. Crush, is 7yrs old and 32 lbs. We got him from a pet store in Brookings where we spend a lot of time as well. In fact that's where I first saw and was mesmerized by sulcatas.

The boys have been living in Central Point for around 7 years now. Turbo has had to endure some moving around as things changed in family dynamics. Crush has had less change in his time with us.

They love hibiscus, dandelions, spineless cactus, and cucumbers. They have a low metabolism so they cannot do iron, sugars, proteins, etc. It should be mostly straw, grasses, and specific plants. It takes a lot of learning on how to properly care for them.

Surprisingly, they can be very quick when left unattended; they are in constant patrol of a way to see new things. They are amazingly strong - they can literally rearrange your furniture, climb stairs, and move cinder blocks.

They are very unique, and we are raising them to pass down to my daughters. The boys will live over 100 years when properly taken care of. Turbo, the big guy is more social, and Crush is more introverted, he will ram ya, while Turbo loves scratches.

12" softball and hand for size reference.



Turbo is the oldest



Crush is younger and browner

Editor's note: You can learn more about sulcata tortoises here: <https://www.reptiledirect.com/sulcata-tortoise/>



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HOBBIES AND *Crafts*

Flower Fun

From <https://www.goodhousekeeping.com/>

Veggie Centerpiece

Believe it or not, cabbage can be used to decorate a vase for the spring season. Start by securing cabbage leaves around your glass jar with a rubber band. Hide the band with a ribbon before filling the vase with water and arranging your flowers inside. Mix in herb greens and sturdy root vegetables, like carrots, radishes and turnips, to add to your new veggie centerpiece. It's an unconventional craft that'll make a statement no matter where it's placed.



Wallpapered Vessels

Quite literally a trash-to-treasure craft, pretty wallpaper or wrapping paper turns empty cans into statement vessels, which can be used as vases, pencil holders or candle holders. Just be sure to rinse out the cans and file down sharp edges first.



Cupcake Liner Wreath

A wreath as eye-catching as this one is sure to give your door some pizzazz.

Here's what you need: white cupcake liners, a white foam wreath form, acrylic paint, craft brushes, a drop cloth and sewing pins with white tops.

Follow these steps:

1. Lay down a drop cloth on your work area.
2. Paint each cupcake liner a different color by making brush strokes on the edges of the liner. Be sure to keep the center white to get a 'flower look.'
3. Once dry, attach your painted cupcake liners to the foam wreath form with a pin in the center and alternate colors to create a more dynamic-looking wreath. Then, get to hanging!

Paper Flowers

Make these flowers now, so you can enjoy 'em all season long.

To make, fold dyed cupcake liners in half and cut out petal and fringe shapes.

Then fold a piece of floral wire in half and twist around the faux flower stamen.

Poke the wire through the center of three to four paper liners.

Finish it off by wrapping floral tape around the base of the liners and bringing it all the way down the stem.





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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.
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Lifestyles – FROM RURAL TO ACTIVE

How to spot a Pacific Crest Trail endurance hiker in Oregon
Excerpts from <https://www.oregonlive.com/living/2023/07/> by Janet Eastman

Screenwriter Nonny Okwelogu struggles to find diplomatic words to describe the scent of people who have spent months backpacking the Pacific Crest National Scenic Trail. The body odor is “robust, multilayered, pervasive,” she says, before shrugging. “By now, we no longer smell it.”

She would know. Okwelogu, 29, of Los Angeles, is one of thousands of intrepid Pacific Crest Trail (PCT) thru-hikers entering Oregon this summer, halfway through their 2,663-mile, northbound quest to walk from the U.S. border at Mexico to Canada.

Since they departed Campo, 1,720 miles away at the bottom of California, they’ve endured wet, windy, snowy and hot dirt trails. And, fueled by peanut butter, jerky and dried fruit, they have grown leaner, more muscular.

By now, it’s clear, from their worn hiking shoes to the sun-blocking hoodies over their messy moptops, that thru-hikers look, eat and, they’ll admit, smell different than anyone else.

Portland author Cheryl Strayed, who solo hiked the PCT through northern California and Oregon and wrote the best-selling memoir, “Wild: From Lost to Found on the Pacific Crest Trail,” describes her hair during the journey as “coarser and strangely double in thickness, sprung alive by layers of dried sweat and trail dust.”



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Okwelogu's hiking partner, Eddie Arriola, 40, of Tucson, Arizona, confesses he didn't make up the term "hiker trash glow up," but months in, he embraces it.

On Saturday, July 22, Okwelogu and Arriola arrived at Callahan's Mountain Lodge, the legendary Mount Ashland respite for PCT hikers eager to leave behind the travails of California's sun-blasted Mojave Desert and snow-packed Sierra Nevada mountain range to cross into Oregon's so-called green tunnel.

Callahan's' restaurant staff knows to dash over with tumblers of ice water when they see dusty hikers dropping fat backpacks to the ground. "It's so nice to drink water you didn't have to carry," says Okwelogu. Or first filter out bacteria, viruses or parasites, replies Arriola, a travel physical therapist assistant in between assignments. His trail name is "Minstrel," since he's known to suddenly burst into song.

Last year, PCT hikers were forced off the trail by the 57,500-acre McKinney Fire in California's northern Siskiyou County. Many were shuttled to Ashland in buses or by police driving vans, or in the back of cars driven by volunteers called trail angels.

PCT hikers in Oregon will see Crater Lake National Park and eventually, the Port of Cascade Locks, the site of the free Pacific Crest Trail Days festival ("PCT Days") on Aug. 18-19. They will then cross the Columbia River on the steel Bridge of the Gods into Washington to complete their end-to-end walk to Canada.

Stephanie Dodge of Medford has been a trail angel for four years, and even though she's slight in stature, she's known as "Big Mama" for coming to the aid of PCT hikers. She conducts what's called "trail magic" by setting up chairs and handing out energy bars, instant Quaker oats and drinks, often between southern Oregon's Howard Prairie and Fish Lake.

"I am a pay-it-forward angel," who does not charge or take donations, she says. "Hikers adhere to this and later tell me great stories of their gifts of kindness to others. These hikers are all so different and very precious to me."

PCT hiker Julie ("Badass") Leger of Canada, who has hiked six continents, was forced to stop her trek on the PCT in Oregon because of a foot injury. While recovering, she volunteered as a trail angel, and then Dodge drove her 280 miles to the Portland International Airport on July 19 to fly home.

At a Medford diner days before, Dodge looked admiringly at a photo she took of PCT hikers with trail names of "Bonustime," "Diva" and "Coyote." Dodge says, "They are amazing adventurers with interesting stories."



PCT thru-hiker Eddie Arriola, 40, of Tucson, Arizona, started in March at Campo at the Mexico/California border and arrived in Ashland in late July.



PCT hiker Julie Leger of Canada had a foot injury in Oregon and stopped hiking but volunteered with "trail angel" Stephanie Dodge of Medford to help other hikers with food and rides.



PCT thru hiker Jim Cherry, 62, of Arizona, arrived in Ashland on July 2, 2023, and stayed at a house in a downtown area residential neighborhood.

Beauty & Health

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

If you're looking to enhance the allure of your eyes without the need for extensions or daily mascara application, then a lash lift & tint might be just what you need. This innovative beauty treatment has gained popularity in recent years for its ability to add length, curl, and color to your natural lashes, creating a stunning and effortless look.

A lash lift is a semi-permanent treatment that lifts and curls your natural lashes from the root, giving them a more defined and dramatic appearance. The process involves applying a specially formulated solution to your lashes, which gently reshapes them, providing an instant lift that last for several weeks. The result is beautifully curled lashes that open up your eyes and make them appear larger and more vibrant.

To compliment the lash lift, a tint is often applied. Intensifying their color and creating a fuller, more voluminous look. The tint can be customized to match your desired shade, from subtle brown to bold black, allowing you to achieve the perfect enhancement for your eye color and complexion.

A lash lift & tint is a low maintenance treatment, unlike eyelash extensions, which require regular fills. A lash lift and tint can last for several weeks without any touch-ups. This makes it an ideal option for those seeking a time-saving beauty routine or for special occasions when you want to look your best with minimal effort.



When considering a lash lift & tint, it is essential to consult with a trained and experienced professional who can ensure the procedure is carried out safely and accurately. This will help you achieve the desired results while maintaining the health and integrity of your lashes.

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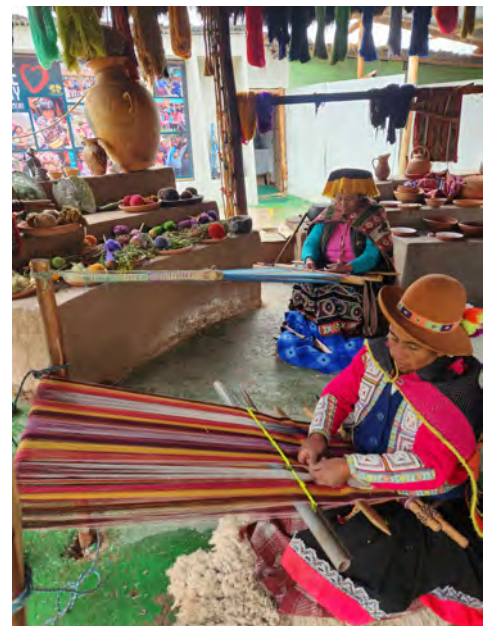
TOUR AND

Travel

TAKING YOU AROUND THE WORLD WITH ONE OF OUR RESIDENTS

Peru- By Becky Zavive Minear Plankenhorn of Medford

Editor's Note: Becky and her husband, Jeff, traveled to Peru where she documented so many fascinating aspects of their culture. This month, we will just feature some of the peoples and dress, and the following months, be able to show you sites in detail.





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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.

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

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HOPE House
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Telephone: 541-773-6965



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DOING THE MOST GOOD

Team Toner Times

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

As we enter the middle of 2023, the real estate market in Jackson County, Oregon is in flux, but we see opportunities for both buyers and sellers. Overall, we are seeing both fewer Listings or homes in contract. But we are, however, seeing greater activity in the more affordable and mid-price ranges. Naturally this is driving the upward trend for the summer months. Despite the pandemic's continued impact on the economy, the real estate sector has remained resilient, and there has been a significant surge in demand for homes across the county. As such, we believe that now is a great time to either buy or sell your home in Jackson County.

One of the critical trends driving the real estate market in Jackson County is the increased demand for housing due to the pandemic's economic impacts. With people working from home, there has been a noticeable shift in migration from larger metropolitan areas to smaller towns and rural areas. As a result, the market is experiencing a shortage of inventory, leading to increased housing prices for both existing and new homes.

For buyers, it is essential to act quickly in this competitive market. Multiple bids can come fast, and it is crucial to be prepared with financing in place before beginning the home buying process. Our expertise in the area can assist in finding the best options that suit your lifestyle and budget. Our team can provide information regarding the best lenders to work with and provide an analysis of the local real estate market to find you the right property.

In conclusion, the real estate market in Jackson County, Oregon is vibrant and promising for both buyers and sellers. With low-interest rates, (yes, I know not compared to a year or so ago), and growing demand, plus a shortage of listings, it's a great time to take advantage of peak conditions. If you're looking for top-notch talent to sell or assist with the purchase of your home, look no further than Team Toner Real Estate. We have been proudly serving the Jackson County market for over 20 years, providing unparalleled expertise and guidance to our clients. Call us today to learn how we can help you with your real estate needs.

PS: Karen Toner just celebrated 20 years with John L Scott Real estate. Thank you!

Tips for Buyers:

Here are a few things you can do to improve your chances of success.

First, get pre-approved for a mortgage. This will show sellers that you are a serious buyer and that you have the financial ability to purchase a home.

Second, be prepared to act quickly when you find a home that you like. Homes in Jackson County are selling quickly, so you don't want to miss out on your dream home.

Third, be willing to negotiate. Sellers are more likely to negotiate on price if they know that you are serious about buying their home.



*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!



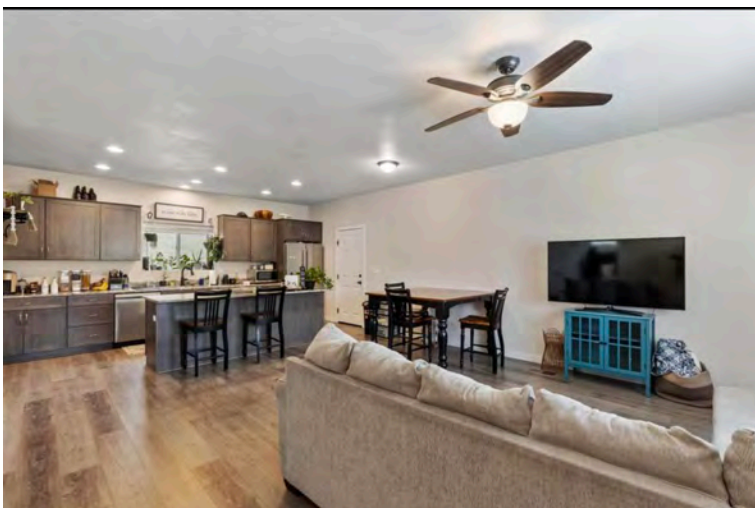
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Terry Toner, Broker
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HOME of the Month

There's nothing like buying a new home! Congratulations to Masao Williams and Jovita Enriquez on their new home in Medford!



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Jed Dalton, Owner
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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.



Don McCoy: The Real McCoy Of Real Estate!

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

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

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

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



CLICK HERE TO GET IN TOUCH WITH THE REAL MCCOY OF REAL ESTATE

BELOVED *Seniors*

Grace Manthey Received Her Diploma!

From Grants Pass High School

In 2022, 94-year-old Grace Manthey received her diploma from Grants Pass High School!

The tenth of 12 children, Grace grew up during the Great Depression, walking miles to and from school each day with her siblings. She began her high school career at GPHS but eventually had to leave school to work full-time to provide for her family.

At the age of 34, she went back to earn her GED - the only option available at the time - but always longed to get her diploma. Today, in a special ceremony surrounded by family, friends, students, and staff, Principal Ryan Thompson awarded Grace an honorary diploma from Grants Pass High School.

Her advice to students: "Never give up. Just never give up. I didn't think it would ever happen. I really didn't. I've wanted it all my life!"

Congratulations Grace!



Thank You

FOR YOUR SERVICE | VETERANS

Larry Nathan - USMC

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. This is Part 2.

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

Larry on the right



The next day they called us out again. We all grabbed our gear, ran down to the chopper pad and waited for Captain Long, the leader of this particular reactionary force. The scuttle butt was, it was "just another drill."

Captain Long approached us with SGT Killian who was second in command. SGT Killian was on his third tour in Nam and had earned the nickname "SGT Rock." Their faces were grim with concern. He said "Gentlemen, this is not a drill." We all froze in our stance. "Echo Company has a team of eight men under attack as I speak. Three men are wounded. One has a sucking chest wound and we've got to get him out right away or he probably won't make it."

He took out a map and placed it on the ground. We all bent over to see. "This is where they are. We're going to land the choppers about 250 yards from their location right here. Nathan, you take the point and head right up that hill and you should find them in no time. They know we are on our way and will be looking for you. You can bet your life on that."

I did not want to take him up on that bet. I had never been point man before. "Helm, you follow him with the M-60, then Killian, then me and the rest of you. The choppers are on their way now."

This was it, the real thing. We were all about to enter into a firefight with the NVA. We could see the choppers in the distance heading straight for us. Two CH-46's. They were fast. We were in the air in no time with hardly time to think. I had my orders. I was to lead this force up the hill and make contact with the recon team from Echo company.

I had never landed in a hot LZ before, one that was under attack. My plan was to take the point position immediately and be the first one out of the chopper when we hit the ground when the rear ramp went down. I did just that.

As soon as we landed I ran out the back, made a left U-Turn and headed up the hill into the cover of some bamboo. There were lots of it.

As I made my way up the hill through the bamboo it became thicker and thicker. I could hardly find my footing the root stems were so thick and strong. I had to lay down and get up in order to make a path for the others to follow. The leaves were thick with dust and debris and it shortened my breath. I was in the best shape of my life but by the time I reached the end of this 50 yard patch of bamboo, I was totally wasted. The 100+ degree heat and humidity got to me. I took a knee and called up for a fresh point.

STAY TUNED FOR PART 3

YARD *of the Month*

Virginia Felker has a lovely yard in Eagle Point

Panicle hydrangeas putting on a show in our front yard in Eagle Point.

A stone fountain with a wooden sign that reads "Leave Your Mark!". The sign is mounted on a wooden post and features a yellow logo. The fountain is set on a stone patio with a retaining wall. The background shows a house and a garden.

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SCHOOL *Time*

Jessica Pistole is the NAIA Softball Coach of the Year



From KDRVASHLAND – For the third time in four years, Jessica Pistole is the NAIA Softball Coach of the Year for pushing Southern Oregon University to another national championship.

The national office made it official Monday, weeks after the Raiders plowed through their competition at the NAIA World Series – going 4-0 as the No. 4 seed with a tournament-record 35-2 run differential that they sweetened with an 11-0 win over top-seeded rival Oregon Tech in the final.

Eight years after taking over a program that had posted winning records twice in the eight seasons that preceded her arrival, Pistole now presides over a powerhouse. Her teams have posted a win percentage of .766 (373-114), qualified for the national tournament seven postseasons in a row, advanced to the World Series five of the last six years, and placed SOU among three schools in NAIA history with at least three titles.

The latest was perhaps the most surprising, for more than just the unprecedented degree of dominance with which it was obtained. The Raiders entered the national tournament on the heels of a disappointing showing at the Cascade Conference Tournament, where they were stopped short of the final. They faced elimination on the second day of the NAIA Opening Round, needing to win four consecutive games just to get out of the Ashland Bracket. And they'd gone 0-5 against OIT before outscoring the Owls 21-0 in two World Series Matchups.

SOU's .396 team batting average at the World Series also broke a tournament record.

The Raiders finished with a record of 50-12, reaching the 50-win mark for the third time under Pistole. They topped out at 40 before she took over as head coach and haven't won fewer games than that since 2016.

Earlier this month, Pistole was named the CCC Coach of Character for the second time in her career.

Sixteen players on her roster were named to the Academic All-CCC team, out of 18 eligible for the honor.



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NORTHWEST *Recreation*

Crater Lake News

Crater Lake National Park adds three new boats for guest tours

Article and photo by The News-Review



Crater Lake National Park held a historical event Monday morning as a Chinook Helicopter flew in three new boats to provide park guests tours on the lake.

Around 10 a.m. a helicopter could be seen carrying a 41-foot boat from the landing zone at Merriam Point to its destination on the south side of Wizard Island. As onlookers watched, the aircraft slowly lowered the boat into the water as another crew was ready to receive the new craft and release the harness.

Marine Construction and Design company Katanacraft spearheaded the design of the boats and organized the transportation of the boats into the lake in a project spanning nearly a year. According to Katanacraft CEO Travis Hamlyn, the transportation alone typically takes one year to accomplish. However, his team was able to accomplish the feat in four months.

“Our team worked really hard on this. It’s been a great collaboration between the national parks service, Aramark and Katanacraft. We’ve just all come together to make it happen and the team pushed really hard,” Hamlyn said. “We all had goals in mind, some of those big goals were making sure these boats were very eco-friendly to the park, carry more passengers and operating very efficiently.” Katanacraft was chosen by Crater Lake Hospitality in 2022 to design and construct the three boats. Construction began in February 2023.

Along with a heavy focus for each boat to be eco-friendly, each aluminum alloy craft sports a 360-degree view of the lake powered by two 300 horsepower Yamaha engines. The idea for two engines is one with safety in mind. If one engine fails, there is a back-up. According to Hamlyn, the cost for all three boats is well into the six-figures. “The whole design is sophisticated in the sense that for deep water you’re going to have a nice smooth ride but you are also going to experience that lift. So as these boats reach cruising speed their wake will actually diminish because they are sitting on top of the water,” said Hamlyn. “These boats really cut the water up front and then it pushes the hull up in the back.”

Additionally, each boat is coast guard approved for safety.

Although it is unknown when tickets for tours will be available, each boat will be able to give 55 passengers the chance to experience a full tour of the lake, its geography and its history. With a park ranger as a tour guide, guests will have an up close and personal experience.

“This year we will be doing the Crater Lake Boat Tour which has narration and talks about the history and the geology with a ranger. We will be doing a Wizard Island shuttle because guests haven’t been able to get out to Wizard Island for several years because of covid,” said Aramark District Manager Tony Beckerley. “There could possibly be one other tour we are working out with park service now.”

Beckerley went on to say that, even though the project was rushed, the park service has been happy to make the investment into the three new boats and is excited about the results.

VIDEO: Three new tour boats added at Crater Lake National Park via helicopter

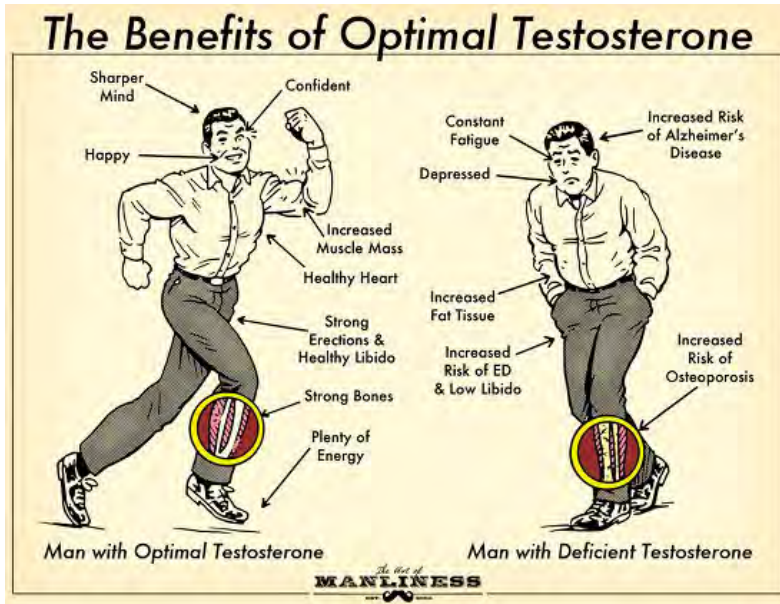
Delivered by helicopter, tour boats built for the deepest lake in America arrived June 26, 2023 at Crater Lake National Park.

Courtesy of Aramark Destinations and Statesman Journal

<https://www.statesmanjournal.com/videos/travel/2023/06/27/three-new-tour-boats-added-crater-lake-national-park-via-helicopter/12173974002/>

Healthy Living

Prioritizing Men's Health and the Importance of Taking Action



- **Reduced muscle mass and strength:** Testosterone is essential for maintaining muscle mass and strength. Men with low testosterone levels may notice decreased muscle mass and find it harder to build or retain muscle.
- **Decreased sex drive and erectile dysfunction:** Testosterone plays a vital role in male sexual function. Low testosterone can lead to a reduced sex drive, difficulties achieving or maintaining erections, and decreased satisfaction in intimate relationships.
- **Mood changes and cognitive difficulties:** Men with low testosterone levels may experience mood swings, irritability, difficulty concentrating, and memory problems.

In the hustle and bustle of daily life, men often find themselves preoccupied with work, family, and various responsibilities. However, amidst their busy schedules, one thing that often takes a backseat is their health. In this latest article, we shed light on the decline of low testosterone levels in men, the signs of low testosterone, restoring testosterone levels, and the significance of maintaining good prostate health.

The Concerning Decline in Testosterone Levels

Research by the American Urological Association indicates that men's testosterone levels have steadily declined over the past few decades. This decline is a cause for concern as testosterone plays a crucial role in several aspects of men's health, including muscle mass, bone density, libido, mood regulation, and overall energy levels. We can empower men to regain control of their well-being by addressing this issue.

Signs of Low Testosterone

Low testosterone, also known as hypogonadism, can manifest in various ways. Common symptoms include:

- **Fatigue and decreased energy levels:** Men with low testosterone often experience a significant drop in energy, making it difficult to perform daily activities or exercise.

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Restoring Testosterone Levels

If you suspect you're experiencing low testosterone, it's crucial to consult with a healthcare professional who can conduct a thorough evaluation. Treatment options may include testosterone replacement therapy (TRT), lifestyle changes, supplementation, and dietary modifications. Working with a qualified healthcare provider to determine the best course of action based on individual circumstances is essential.

The Importance of Prostate Health

Prostate health is another crucial aspect of men's well-being that should not be overlooked. Prostate cancer is one of the most common cancers among men, and early detection significantly improves treatment outcomes. Regular check-ups, including prostate-specific antigen (PSA) screenings, can help detect potential issues early on. Furthermore, adopting a healthy lifestyle can significantly contribute to maintaining a healthy prostate. This includes regular exercise, a balanced diet rich in fruits and vegetables, limiting alcohol consumption, and avoiding tobacco products.

Time to Prioritize Your Well-Being

This is a call to action for men to prioritize their health and well-being. Recognizing the signs of low testosterone and taking appropriate measures can help men regain vitality and improve their overall quality of life. Additionally, maintaining good prostate health through regular check-ups and healthy lifestyle choices is essential for the early detection and prevention of potential prostate issues.

Let's encourage all men to take proactive steps toward a healthier future. Remember, by investing in your health today, you're investing in a better tomorrow!

SPIRITED Tastes

The Sams Creek Cellars Story - by David and Gayle Reed



Located at 39 Sams Creek Rd, Gold Hill, OR 97525 Summer Hours - Tasting room open: Friday – Sunday 12pm – 6pm

- Prior to the winery David was self-employed as a commercial building dismantler. Mostly dismantling lumber mills around Northern California and southern Oregon when they were going out of business. Some of that reclaimed wood and materials he saved, and was able to be use in the tasting room and winery.
- The first wine David made from grapes grown on the property, was a Cabernet Sauvignon. He then planted some Zinfandel, and liked that as well. Things snowballed from there.
- In 2015 David decided to take the next step toward opening a tasting room, but he was going to need help. He enlisted our son-in-law, Brian Perry, to join him. Brian married our daughter Somer, on our vineyard, in 2013. Both Brian and Somer are graduates of OSU with degrees in business marketing. Brian joined David in the summer of 2015, moving down to Medford just for this opportunity. Of course, there was an added benefit of having our daughter close by again, and now grandkids.





- We are very proud of Brian. He is the future. He started taking classes at the Southern Oregon Wine Institute and began working with David on developing the vineyard and making the wines. He has many growing and shared roles in the business including winemaking, vineyard development and management, construction of the tasting room, and now sales and marketing.

- The property is a beautiful site about 5 minutes from Gold Hill, on the corner of Hwy. 234 & Sam's Creek Rd. The land around the tasting room used to be an apple, pear and walnut orchard.

- The vineyard has different kinds of soils throughout because of the alluvial plain of the Rogue River. There is sand and gravel on one side and fine topsoil on the other. The soil really varies as the topography and the river dictated. There are some varietals that thrive in one area and others that thrive elsewhere. As a result, there has been some trial and error in figuring this out. We have a total of 97 acres, of which 15 acres are planted in grapes.

- David started making wine by reading about it, taking some classes at Umpqua, and through the help of other wine makers. Equipment was repurposed from dismantling the mills to use in the vineyard. In addition, some of the wood from the mill buildings was able to be used in the construction of the winery and tasting room. So far, it's been a family affair, from picking the grapes to helping crush, press, and bottle.



- David decided to build a tasting room 8 years ago. The tasting room itself is 1,248 sq. feet with a small food prep area, two bathrooms, wine storage, and bar. Everything else inside is seating for around 30 people.

- We designed the tasting room to be mostly outdoor seating offering a beautiful setting under shade of English walnut trees. It boasts picturesque views of the vineyard and surrounding hills.

In addition, we really wanted to strive for a family friendly environment. We have two patios with tables, umbrellas and a large shade sail.

We also have two grass areas, one large that is set up with lawn games.



- Our wine is mainly sold through our tasting room which opened the end of August 2022. With limited, but increasing production over the years, the wine had been stored for proper aging awaiting the opening of the tasting room.

We are growing 11 varietals in varying quantities, some for standalone wines and some smaller quantities for blends. We are growing Cabernet Sauvignon, Zinfandel, Syrah, Pinot Noir, Cabernet Franc, Tempranillo, Petite Verdot, Merlot, Sauvignon Blanc, Orange Muscat, and Chardonnay.

- Most varietals are in production now and many are ready to be released. We plan to offer a rotating selection of them each week for tasting and purchase. During the grand opening, we featured a 2012 Syrah, a 2015 Syrah, a 2015 Pinot Noir, and a Rose' called Somers Kiss, named after our daughter.
- Our wines stand out because of our focus on fruit forward wines and a desire to use the least number of additives or interference necessary. We believe that the wine really reflects each year's growing season, our location and terroir.

(Editor's note: Terroir is a French term used to describe the environmental factors that affect a crop's phenotype, including unique environment contexts, farming practices and a crop's specific growth habitat. Collectively, these contextual characteristics are said to have a character; terroir also refers to this character. Wikipedia)

Everything is done right here. We grow, harvest, and make the wine on our property. We produce and harvest high quality grapes and try to have the wines make themselves.

- Gayle was attracted to the beauty of the surrounding area. She loves being tucked away in this gorgeous little valley along the Rogue River, and yet not being far from town.

When they first looked at this property, she thought it would be a perfect place to raise their kids. For 40 years Gayle worked as a financial advisor, retiring in 2020. Now Gayle wears a different hat, as Director of Hospitality at Sam's Creek Cellars. You will find her in the tasting room Friday through Sunday, greeting customers, pouring wine, and making sure everyone is having a great time.

Editor's note: We had Crater's high school reunion there last summer and everyone had a fabulous time. We were treated to a marvelous time and the wine was fantastic! I highly recommend Sams Creek Cellars!

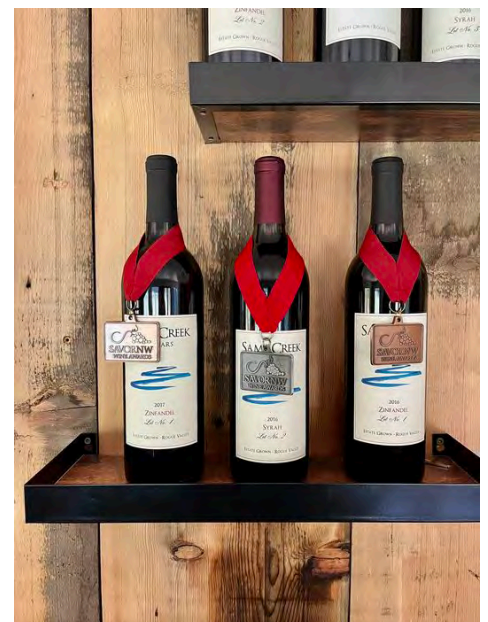
(News from April) We are excited to share that three of four wines we entered into the 2023 SavorNW competition medaled!

- 2016 Syrah Lot No. 2 - Silver
- 2016 Zinfandel Lot No. 1 - Bronze
- 2017 Zinfandel Lot No. 1 - Bronze

The 2016 Zinfandel is currently being poured and we will be releasing the other two later this summer, so be on the lookout for those!

- This weekend, in addition to the 2016 Zin, we will also be tasting the 2017 Cabernet Sauvignon (running low) and a couple NEW releases:
- 2020 Chardonnay
 - 2019 Cabernet Franc

We look forward to sharing these with you!
#samscreekcellars #savnwwineawards #savnw
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FINANCIAL

Fitness

HOW TO GROW AND KEEP YOUR MONEY



Outdoor Maintenance Checklist - by Courtney Tacchini

It's the perfect time to start cracking on your outdoor maintenance checklist if you haven't started tackling that already! Maintaining the exterior of your home is not only important for the resale value and duration of your home, but the things on this list are also important for reducing your wildfire risk and maintaining the insurability of your home!

Cutting Back Trees (and dare I say, removing them). Depending on the height of the tree, trees should be cut back six feet off the ground and should NEVER overhang your home. Large trees should be spaced a minimum of ten feet from your home, other outbuildings, and power lines. This not only creates defensible space around your home, but it also increases the longevity of your roof. Debris on your roof from overhanging branches causes moss and other build up. Overhanging branches also pose a risk of breaking and damaging your roof during high winds.

Reconsider your Landscaping Bark used as a landscaping barrier right next to your home puts a quick burning fuel right next to your house. Rubber is also flammable and harder to extinguish than wood. Consider gravel or other ground cover. Pine needles and other yard debris should also be cleared out up to 30 feet from your home.

Clear the Decks! If you have been accumulating "stuff" in your yard, it's a great time to plan a trip to the dump! Both yard debris and junk around your house present fire fuel and obstacles.

Top Down Starting with your roof, check for missing shingles! Water damage is the worst; water damage that occurs over a long period of time is generally not going to be covered by your homeowner's insurance. While you are up there, clean out the gutters (dead leaves next to your roof are another fire hazard). For your siding and eaves, look for dry rot or chipping paint. First sand and/or caulk any exposed areas and then prime and repaint.

It can't all be done in a weekend, but it's a great idea to get these chores on your calendar now before the summer slips away!!



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AUTO *Buzz*

The Race For The Auto Cockpit: Nvidia, Qualcomm, Or Mobileye?

Full article by Fountainhead with comparisons found at <https://seekingalpha.com/article/4621107-race-for-auto-cockpit-nvidia-qualcomm-mobileye>



The semiconductor auto segment is being overlooked amidst the hype around AI and ChatGPT, despite its potential for significant growth.

Nvidia Corporation, Qualcomm Incorporated, and Mobileye Global Inc. are the leading companies with the scale to succeed in this sector.

Each company has solid strengths to satisfy the fast-evolving landscape of this sector, which is a hybrid between auto and technology.

Reaching full autonomy will require a lot of AI and this sector could see more investment than ChatGPT and datacenter.

This is still a fragmented and evolving industry and should give excellent returns for the next decade.

Semiconductor usage grows with the increased use of automation for:

Supporting Vehicle Artificial Intelligence.

Advancing through Levels 1 (Driver Assistance) to Level 5 (Full Autonomy)

ADAS (Advanced Driver Assist Systems) for safer driving.

Digital connectivity.

The adoption of hybrid and electric vehicles, which require a greater proportion of semiconductors, with conventional vehicles requiring \$300 per car and hybrid and electric vehicles needing \$1,000.

Integrated platforms supporting all vehicle stacks.

The growth of Robotaxis and the march towards Fully Autonomous Vehicles.

The computerized vehicle is the one that really needs AI to succeed. Getting from Level 2 to full autonomy is not possible without high performance computing, AI and machine learning. There is going to be so much need for data generation, to reach levels 3,4 and 5 - to substitute the human brain, you need in an insane amount of computing power. AI needs to evolve and focus on building safer transportation instead of fixing high school essays.

This is a sector worth buying into for the next decade.

I own Nvidia, Qualcomm and Tesla. I had recommended Nvidia as a Buy in March 2023 and last bought more in May. I plan to hold it for a decade, it's too large a part of my portfolio to buy more. I have a buy recommendation on Qualcomm, mainly because of auto, and continue to add it. Mobileye is a hold for now, but merits a closer look on declines.

PUZZLE AND Fun Corner

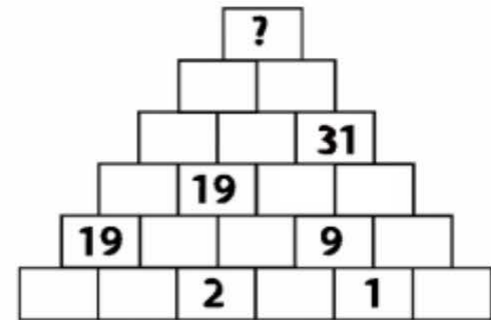
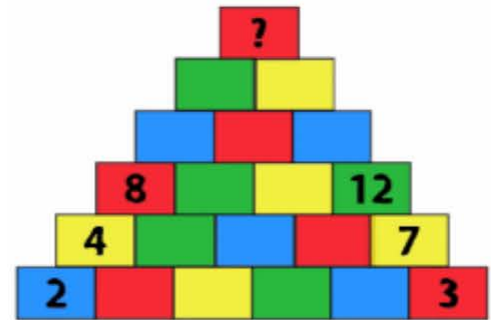
- AIR CONDITIONER
- ALOE VERA GEL
- BLISTERING
- COLD PACKS
- COOL TOWEL
- DEHYDRATION
- ELECTRIC FAN
- FAN
- FIERY
- FLIP FLOPS
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- SIZZLING
- SUMMER
- SUNGLASSES
- SUNSCREEN
- SWEAT
- SWELTERING
- SWIMMING POOL
- THERMOMETER
- TORRID
- UMBRELLA
- WATER

Heat Wave Word Search

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



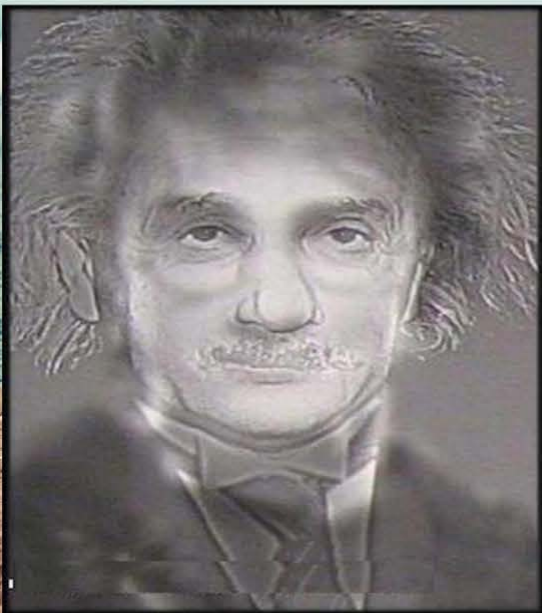
Can you figure out what the top number each pyramid is? Add each pair of blocks together to find out the number that appears in the block just above them.



Forest Vocabulary

DIRECTIONS: Fill in the crossword puzzle grid with the name of each thing following the numbers and direction indicated. Use the word bank if you get stuck.

Look at the image.
Now look with eyes
almost closed.



The 'Barbie' movie is making everyone think pink. It may also give you a computer virus From USAToday.com

Fake Barbie websites, links and offers

Most of the scam attempts involved setting up fake Barbie websites, online offers and emails with links to download or buy something related to the popular doll and movie, Steve Grobman, McAfee's chief technology officer, told USA TODAY.

He said it's just the latest variation of one of the oldest scams out there: cybercriminals target a specialized audience that they think are particularly emotional or vulnerable, including fans of a sports team, musician or cultural phenomenon, or those willing to help out victims of the latest natural disaster.

"Cybercriminals are always on the lookout for opportunities to make phishing and other scams more attractive and believable," said Grobman. "They often leverage popular and well-publicized events to trick users into clicking on malicious links. And Barbie is an attractive target. We are seeing a number of different cyber criminals using malware to largely steal data from people."



But McAfee researchers also discovered some more malicious scams recently, including offers that tempt consumers with free Barbie tickets or movie downloads that unleash malware known as Redline Stealer. And that off-the-shelf technology can be used to siphon personal data, login details and other key information from devices, web browsers, cryptocurrency wallets, and popular applications such as VPN, Grobman said.

Suzanne Spaulding, a former top Department Homeland Security cybersecurity official, said such cybercams are to be expected with something as commercially popular as the Barbie movie juggernaut.

One of the most common new scams is fake videos that promote bogus ticket offers that are used to install spyware on a user's computer or phone and steal their personal information, McAfee's Jasdev Dhaliwal, wrote in a July 20 post on the company's website.

In India, McAfee researchers found several examples of malicious campaigns attempting to trick victims into downloading the Barbie movie in different languages.

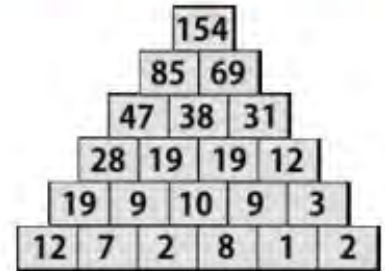
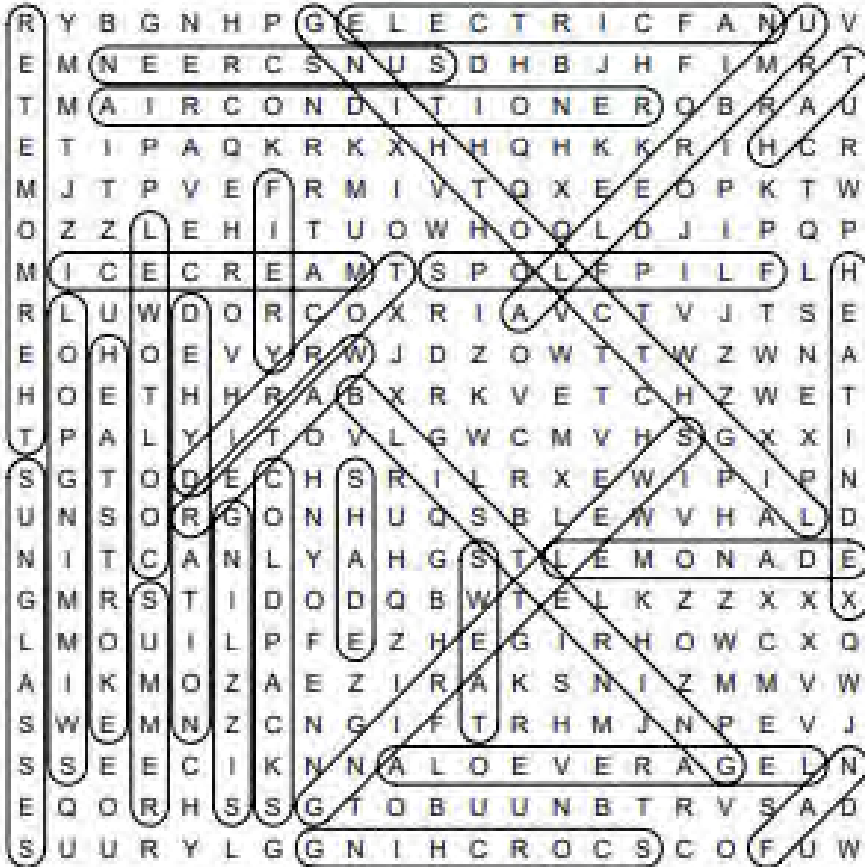
Grobman said that in the spirit of the "Barbenheimer" phenomenon, McAfee's researchers also looked into whether cyberscammers were trying to use the movie about the father of the nuclear bomb to dupe unwitting fans into clicking on malware links. They found a few, he said, but the Barbie scams outnumbered those linked to "Oppenheimer" by at least 20 to 1. And they occurred in more than a dozen countries worldwide, including Malta, Chile, Malaysia, Japan, Mexico, India, Brazil and Canada. About 6% of them came from Canada, where lead actress Margot Robbie hails from.

"So while the malware isn't really new, and the scams aren't new, they're basically putting a Barbie facade on top of it in order to go after a tranche of users that might not have been victims previously – and who might be vulnerable to this sort of scam," Grobman said.

"What the cybercriminals are doing is they're trying to have as wide an aperture as possible and targeting as many users as they can. And I think they see Barbie fans, folks that are interested in Barbie-related content, as being likely to fall for some of these."

Solutions

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Forest Vocabulary

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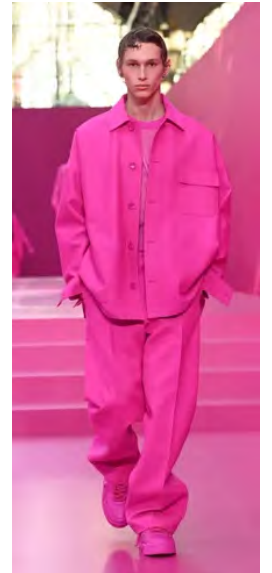
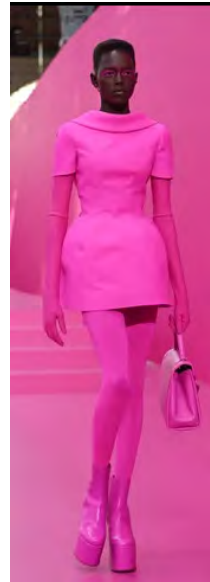
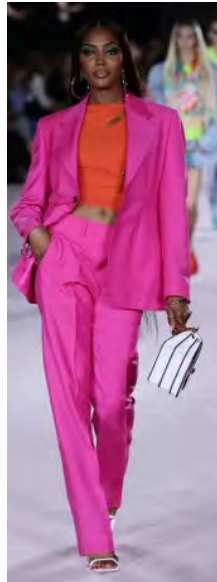
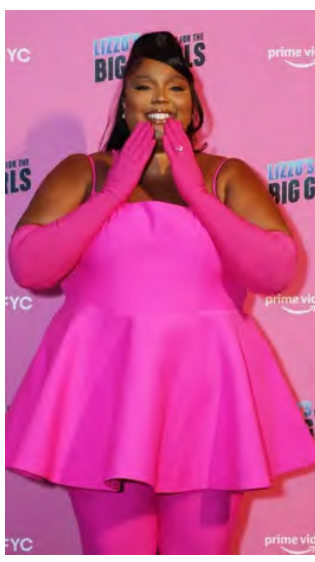
FORWARD **Barbie Fashion - From USA Today.com**

Hot pink is all the rage this summer: Every star from Lizzo to Anne Hathaway to Zawe Ashton to Glenn Close has stepped out rocking all-pink looks, reminiscent of Barbie.

Why the sudden Barbie renaissance? Fashion experts cite the upcoming "Barbie" film starring Margot Robbie, as well as a more general urge to spread positivity and have fun with fashion amid divisive, stressful times.

Scroll through to see how stars have put their own spins on the Barbiecore trend.





HOME Matters



Cleaning and Maintaining Your Pool - From Lowes.com

Having a swimming pool in your own backyard helps you cool off on those hot summer days. More important than the fun and recreation, though, is keeping it clean. Regular maintenance with cleaning keeps your water clear and inviting. Not only will it keep your pool free of leaves, debris and algae, but it'll also help keep your drains clear and functioning properly.

Essential steps in pool cleaning include but aren't limited to:

- Using a leaf skimmer to remove leaves and other debris in the water
- Brushing the pool walls, steps and ladders to loosen any hardened debris
- Vacuuming the pool to remove debris that sits on the pool floor, as well as the walls and steps
- Checking and cleaning the filter
- Keeping the water circulating to help filter and prevent bacteria and algae growth
- Checking the pool's chemical balance and pH levels
- Shocking the pool to raise the free chlorine level and destroy bacteria and algae
- Adding algaecide to slow down algae growth

Water Circulation

Run the pump for about eight to 12 hours each day. Circulating the water helps prevent algae and bacteria growth, and running the water through the pool filter helps trap contaminants and other particles. Plus, good circulation mixes and disperses chemicals throughout the system.

How to Maintain Pool Water Chemistry

A pristine in-ground pool in summer.

Clean water and balanced water chemistry are the keys to pool maintenance. Establish a weekly routine to clean the pool and add pool cleaner. A shock treatment solves and prevents many pool problems. Test the pH and the free available chlorine in the pool water and shock-treat if necessary on a weekly basis. Do an additional shock treatment if you encounter:

- Very heavy rains and windstorms
- More swimmers than usual
- Foul-smelling water
- Extreme temperatures
- Swimmers with burning, red eyes
- Algae growth
- Murky, slimy water

Full article at <https://www.lowes.com/n/how-to/swimming-pool-maintenance>

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Entertainment

Review: 'Barbie' is not the movie you think it is -
from the Cincinnati Enquirer by Joshua Medintz

I enjoyed watching "Barbie." It was a fun experience. The shots were beautifully designed, the dialogue was witty and Ryan Gosling put on the performance of a lifetime. But Gerwig spends far too much screen time analyzing what it means to make a Barbie movie in 2023, and far too little time actually telling that story.

The result is a smattering cinematic collection of philosophical conversations about the historical relation between Barbie and the feminist movement, broken up by comedic relief from Gosling, Kate McKinnon and Simu Liu, and strung together by the story of how Barbie and her real-world owner use their philosophical conversations to destroy the growing patriarchy in Barbie society.

With that in mind, I don't think the following review spoils the movie, not because I don't think "Barbie" is worth seeing (I think it definitely is), but because the story is not the point of the movie. Gerwig agreed to make this movie so that audiences would think critically about Barbie's role in feminist history and, in turn, think critically about the ever-present role of patriarchy in our society.

On that front, Gerwig achieved her goal, tenfold. On the advertising for Barbie and Mattel front, twentyfold. But on the storytelling and good-movie-making front, not as much.

Read the entire review at <https://www.yahoo.com/entertainment/review-barbie-not-movie-think>

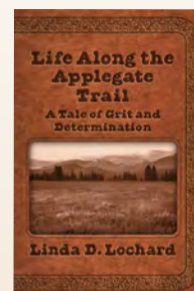


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FOCUS ON THE ARTS

Art, Music, Theatre

What: Suralia–The First Chapter

Where: Crater Performing Arts Center, Central Point

When: August 12 at 1pm and 7pm; August 13 at 1pm

Details: Tickets range from \$16-\$28

Contact: Elyse Roxander, 541-773-7272 or 541-864-9317

This incredible production is the genius of Medford’s own Roxander family. Husband/father David fills the role of Director and choreographer; wife/mother Elyse and eldest son Ashton (recently promoted to principal dancer with The Philadelphia Ballet) are also choreographers; and Jake (current corps de ballet dancer with American Ballet Theatre), the younger son, serves as choreographer as well as the Creative Director. Not only will this production showcase Southern Oregon’s most dedicated and talented dance students and professionals from the Philadelphia Ballet and American Ballet Theatre, thanks to Jake Roxander’s creative direction this year’s performances will also be a multimedia visual treat.

Studio Roxander presents Suralia–The First Chapter, an original contemporary ballet



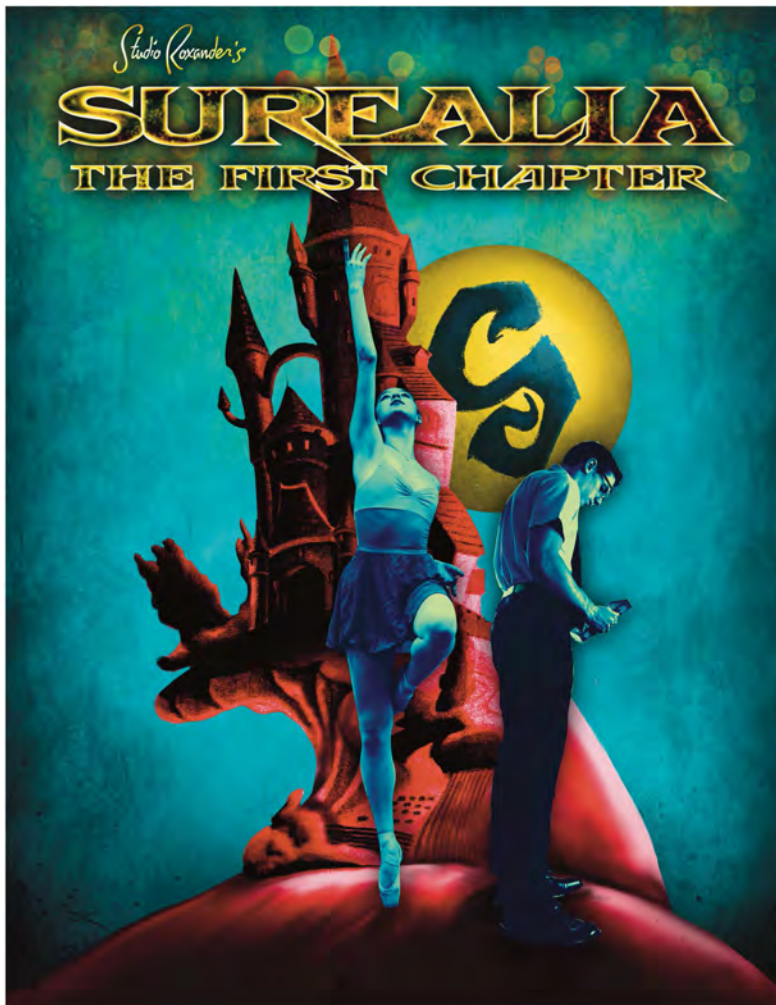
Movie elements, filmed by local videographer Dylan Bates, have been woven into the production, making this performance unlike anything you’ve seen on stage.

Jake Roxander, in his “Love Letter to Suralia” YouTube series, said, “Somehow we as human beings tend to cover up our basic fundamental desire to explore the unknown. Especially when you’re living in a tiny little house in a suburb and your backyard is the size of a postage stamp. ...but you know what, your backyard is a lot bigger than you think, and if I had an ambition for this production, above and beyond the production itself, it would be to open up the mind of our audience. Not just kids, but all of our audience. The fact that your backyard is the cosmos and there’s no need to stop at the back fence.



There's a huge world under our feet, an infinite world above our heads, and an endless world on the face of a blank sheet of paper. It's so instinctive for us as human beings to want to explore new worlds.

I believe it's almost our duty as human beings to seek out and discover these places and bring that exploration and discovery back to enrich our lives, in much the same way that Orion (Surrealia's main character) brings that discovery back to his life. It's not just about discovering Surrealia for Orion... it's about discovering who he himself is. So, why not leave the 'real world' for a bit and explore a surreal one instead?"



GOOD

Eats

Best Tea Blends

by Skye Selene at Rewilding Women

Today, let's dive into the enchanting world of herbal teas. There's something truly magical about the gentle caress of aromatic steam and the soothing sip of herbal elixirs that bring healing to our bodies and nourishment to our souls.

Tea is a beloved companion on our journey towards holistic well-being, and today, I invite you all to share your most cherished herbal tea recipes and the reasons why you adore them. Let's create a space where we can celebrate the healing power of herbs and exchange the wisdom of our unique journeys.

Whether it's a single herb that holds a special place in your heart or a delightful blend that you've crafted to perfection, we want to hear all about it! What herbs have you been brewing lately, and what makes them special to you?

Personally, I'm currently smitten with the delicate and resilient chamomile flowers. Sipping on a cup of chamomile tea transports me to a realm of tranquility, soothing my nerves and inviting deep relaxation. It's my go-to elixir when I need to find solace and reconnect with my inner peace.

However, I am eager to expand my tea horizons and learn from your experiences. Have you discovered the invigorating properties of peppermint, the grounding qualities of nettle, or the floral delights of rose petals? Perhaps there's a secret blend passed down through generations in your family or a unique combination that sparks joy and vitality within you. Let's celebrate the healing magic that resides in every teacup!



Red Clover (*Trifolium pratense*): As you wander through fields and open spaces during spring and early summer, keep an eye out for the vibrant hues of red clover blossoms. This lovely herb is not only a favorite among pollinators but also a delightful addition to your tea collection. With its sweet and mild flavor, red clover tea is a soothing companion during times of stress and fatigue. It's cherished for its potential to support hormonal balance, ease menopausal symptoms, and provide nourishment to the body.



Lemon Balm (*Melissa officinalis*): In the shady corners of gardens or near water sources, you'll find the cheerful leaves of lemon balm, releasing a refreshing citrusy aroma when gently crushed. This herb, as its name suggests, imparts a bright and tangy flavor to your tea. Known for its calming properties, lemon balm tea can help soothe anxiety, promote restful sleep, and uplift the spirits. It's a true ally for finding inner peace amidst the busyness of life and another one of my favorites.



Yarrow (*Achillea millefolium*): Venture into meadows and along sun-dappled trails, and you'll discover clusters of delicate yarrow around Southern Oregon. (The ladies that foraged with us Sunday, found yarrow)

This remarkable herb boasts a rich history of medicinal use. When steeped as a tea, yarrow offers a gentle, earthy taste with subtle floral notes. Known for its anti-inflammatory and immune-boosting properties, yarrow tea can support digestion, aid in menstrual discomfort, and promote overall wellness.

Contributions from other tea lovers

Amanda Neil

Echinacea flower, elderberry and rosehips with a touch of raw honey



Christine Daoust

I wish I could get more into tea. I love everything about it, except the taste.

I do love chamomile at night and peppermint here and there. I like rosehips in my water.

Alexandria Bishop

My favorite go-to when I start feeling sick is oregano, rosemary, thyme, ginger, honey, and lemon.



JinnEve Nise

St. Johns Wort paired with Chamomile is one of my favorites.

St. Johns's wort reduces anxiety while chamomile relaxes the body and calms the mind.

I also like to add dried fruits to my teas to balance any bitterness or just because I enjoy the fruity flavors.



LAWN AND *Garden*

9 Summer Gardening Tips from the Pros

Learn how to grow a flourishing garden that lasts through the summer with these nine helpful tips from seasoned gardening pros.

We all start off gardening with gusto in the spring. But when the temperature rises in the summer, we and our plants both start to lose enthusiasm. But by following these tips from a panel of seasoned gardening pros, each with unique expertise, you'll be able to grow and enjoy a flourishing garden all the way through fall.



1. Plant Sunflowers to Lure in Beneficial Insects
2. Grow Your Own Food No Matter Where You Garden
3. Use Self-Watering Containers to Take the Stress Out of Gardening
4. Trim and Feed Your Flowers to Make Them Last
5. Prune Perennials for Pollinators
6. Change Up Your Hanging Baskets
7. Keep On Top of Weeds
8. Reapply Deer Repellent
9. Divide Perennials in Late Summer and Early Fall



For the full article on each of these tips, go to <https://www.familyhandyman.com/article/summer-gardening-tips-from-the-pros/>

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Out & About

Rogue Valley Growers and Crafters Market - From rvgrowersmarket.com



When you want the absolute best in Rogue Valley grown fresh produce, artisan foods and handcrafted gifts for your family, come visit us at the Rogue Valley Growers and Crafters Market. Shop for your essentials and support local farmers and makers directly! SNAP/EBT accepted.

Our outdoor market season goes through the middle of November. Join us on Tuesdays in Ashland at 1420 E. Main St., Ashland National Guard Armory, from 8:30am-1:30pm and on Thursdays in Medford at Hawthorne Park from 8:30am-1:30pm. Our Saturday Ashland Market goes from 8:30am-1pm, through October. Thank you for supporting the market! We hope to see you there.

RVGCM markets truly embody the benefits of localization. The food at the markets is grown and made by people our customers know and trust. RVGCM's connections with the community strengthens our resolve to act in service to the community and nurture that trust through ensuring access to fresh local food and safety.

Find their vendors - over 150 of them here: <https://rvgrowersmarket.com/pages/meet-our-vendors>



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ROGUE VALLEY *Living Giving*

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

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

Living Opportunities

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

Blaine, Business & Donor Relations

541-415-5341

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

Must Love Boxers

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

mustluvboxersrescue.com

Robert And Kimm King

Southern Oregon Coordinators

541-291-6122

OHRA

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

www.helpingashland.org

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

Pathway Enterprises, Inc.

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

pathway-inc.org

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

(541) 973-2728

Reclaiming Lives/Recovery Café

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

Stephanie Mendenhall

228 East Main Street, Suite H

Medford, OR 97501

541-292-1618

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

Riding Beyond

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

Trish Broersma, CTRI, ES, MA

541.482.6210

ridingbeyond.org

Rogue Community College Foundation

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

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

13195 Upper Applegate Rd, Jacksonville OR 97530

541-899-8627

<https://sanctuaryone.org/>

ShopDowntown.org

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

Contact: Daniel Wells | dwells97504@gmail.com | 458-225-4626

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

Southern Oregon Aspire

Inspiring Unlimited Opportunities for People to Create the Life They Choose

Phone: 541-476-8241

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

Southern Oregon Humane Society

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

adoptions@sohumane.org

2910 Table Rock Road

Medford OR 97501

541-779-3215

NEW ADDITIONS**Maslow Project**

Maslow Project empowers homeless youth to thrive independently through supports that stabilize and engage in all aspects of life.

www.maslowproject.com

Hannah Borgerson, Community Engagement Specialist

Phone: 541-414-9661

Physical Address: 500 Monroe Street

Mailing Address: PO BOX 999

Medford OR. 97501

Dogs for Better Lives

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

boneappetreat

Our main website link is dogsforbetterlives.org

Rogue World Music

Rogue World Music's mission is to "Build Community and Cultural Connections Through World Music Experiences" Sophia Blanton,

sophiablanton@rogueworldmusic.org

www.rogueworldmusic.org

Youth 7-1-Five Ministries

Youth 7-1-Five exists to share the hope found in God's story with young people through trusting relationships in any relevant way.

Bud Amundsen - Executive Director

541-779-3275 www.71five.org

bud@71Five.org

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541.414.1745 office
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www.familysolutionsoregon.org

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