

# Rogue Valley

A social emagazine for residents of the Rogue Valley

# Living



Photo by Meg Bishop

Meet the Valentine family



# AGE IS JUST A NUMBER

# ASEA REDOX



—BECAUSE CELLULAR HEALTH IS IN YOUR HANDS  
ASEA REDOX SUPPLEMENT USERS REPORT FIRST-HAND: GREATER WELLNESS AND VITALITY ARE POSSIBLE. FEEL STRONGER, WHOLE, ENERGIZED, REVITALIZED. APPLY THAT POWER TO EVERY ASPECT OF YOUR LIFE, FROM YOUR CAREER TO YOUR RELATIONSHIPS TO YOUR TRAVEL GOALS, KIDS, HOBBIES, HOME, AND FITNESS. THE RESULT: THE GREATEST AND FULLEST VERSION OF YOU.

#### WHY IS REDOX SIGNALING SO IMPORTANT?

OXIDATIVE STRESS CREATES AN IMBALANCE BETWEEN PRO-OXIDANTS AND ANTIOXIDANT SYSTEMS IN YOUR BODY. AN IMBALANCE CAN BE A RESULT OF SEVERAL ENVIRONMENTAL FACTORS SUCH AS EXPOSURE TO POLLUTANTS, INFECTIONS, POOR DIET, TOXINS, AND RADIATION. TO COUNTER THIS, YOUR BODY UTILIZES REDOX SIGNALING MOLECULES TO COMMUNICATE AND TO HELP MAINTAIN A HEALTHY BALANCE BETWEEN PRO-OXIDANTS AND ANTIOXIDANTS.

FOR MANY YEARS, RESEARCHERS HAVE EXPLORED WAYS TO SUPPLEMENT REDOX SIGNALING MOLECULES IN YOUR BODY TO COMBAT THE EFFECTS OF AGE, TOXINS, AND ENVIRONMENTAL STRESS. ASEA HAS DEVELOPED A PATENTED TECHNOLOGY THAT REPLICATES THESE NATURALLY OCCURRING MOLECULES OUTSIDE OF THE BODY.

#### RENU28® REVITALIZING REDOX GEL

PUT THE FULL POWER OF REDOX CELL-SIGNALING TECHNOLOGY TO USE RENEWING, REFRESHING, AND RE-INVIGORATING YOUR SKIN, RIGHT FROM THE SKIN CELL LEVEL. USED DAILY ON THE BODY AND FACE, IT DOES MORE THAN BRIGHTEN YOUR SKIN—IT BOOSTS HOW YOU FEEL IN YOUR SKIN, TOO.

CLICK FOR MORE INFO

[HTTPS://LINKTR.EE/WELLTHY2](https://linktr.ee/wellthy2)



# A WORD FROM the Editor

I am so sorry; we are having to play catch up for the year, so this is the Winter edition and we can start out fresh in April 2024. Things don't always go as planned, especially health-wise. It started (and continues) with a shredded knee that does not let me bend or straighten the knee, compounded with at first a sprained right wrist, and then I broke the same wrist in 2 places which did not allow me to type or even write. Compounded with Internet and power outages, snow days, one dog having seizures, another having neurological issues, and a death in the family. But the show must go on and this issue is packed with all kinds of news going on in the Rogue Valley.

Please patronize and support our wonderful advertisers who make this magazine possible. Click on the links in the ads to go straight to their website to learn more.

We are always looking for people and events to cover in one of our 40 topics, so we encourage you to reach out. Do you have a pet, grandchild, or favorite hangout spot? Whether it's a skill, a recipe, a trip, or imparting knowledge on a topic, email it to [editor@roguevalleylivingmag.com](mailto:editor@roguevalleylivingmag.com).

*Linda*



## STAFF PHOTOS



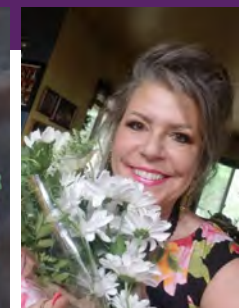
**Roland Daniel**  
STAFF PHOTOGRAPHER



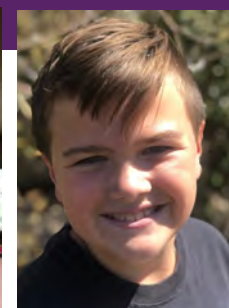
**Mary Ann Daniel**  
STAFF WRITER



**Linda Lochard**  
STAFF WRITER



**Joy Hiler**  
CONTENT CONTRIBUTOR



**Vincent Tacchini**  
MIDDLE SCHOOL JR. REPORTER

# FAMILY

## Spotlight *The Valentine Family*



Kristen has 4 adorable children: Gabriel 15, Caleb 13, Lucius 9, and Gloria, 8.

Their dog, Duke is 13.

Originally from Rockford, IL, they have lived in the Talent/Medford area for 12 years.

Kristen attended SWIHA - the Southwest Institute of Healing Arts to become a hypnotherapist and coach.

She sings vocals for a weekly kirtan. (A kirtan is a devotional song, typically about the life of Krishna, in which a group repeats lines sung by a leader.) She also dances with a modern dance company.

Photos by Crystal Sharp



**Lam-Air**  
Heating & Air Conditioning  
SALES • SERVICE • INSTALLATION

Be ready for the change of seasons! Make sure your HVAC system is working its best.

Lam-Air Heating & Air Conditioning is a family-owned and operated full-service HVAC company providing quality heating and cooling services since 1988.  
Lam-Air services all major HVAC brands

 We are a trade ally with Energy Trust of Oregon

 Only certified York dealer in the Rogue Valley

Pride in performance company

[www.lam-air.com](http://www.lam-air.com)

(541) 476-6978 Grants Pass  
(541) 772-8260 Medford







The family loves hanging out at Lithia Park, fairy ponds, and the Applegate River. When they want to get away, Orcas Island is their favorite vacation spot. Favorite restaurants include Over Easy, Common Block, Simple Cafe, and Kobe. Family traditions are important and the best ones are Christmas Caroling, the Halloween parade in Ashland, and baking traditional Swedish pancakes and desserts.



**FAMILY COVER STORY**







The kids have a wide variety of interests: Gabriel 15, likes raising baby geckos and beat boxing.

Caleb 13, is into basketball.

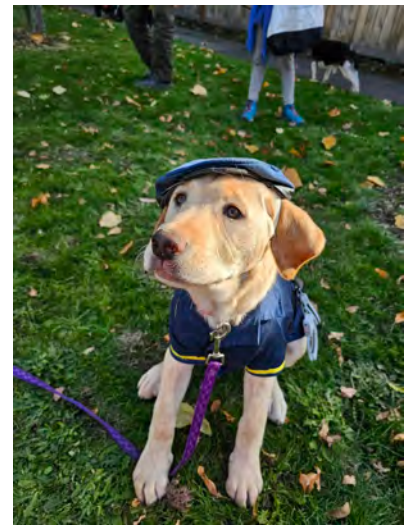
Lucius 9, plays soccer.

Gloria 8, does dance.



What are your favorite TV Shows? Movies?

The Office, Princess Bride



How are you involved in the community? I volunteer at the OAK temple for the divine masculine, offer free/by donation Kirtan Sundays at Gypsy Road, am a dancer in Company Clark Dancers, offering dance performances.

What do you like to do to relax? Soak at the wellsprings, go to the lake, enjoy a bath and a book, meditation.

What music do you listen to? Soul songs and musicians with a positive message, acoustic singer/songwriters, Kirtan chants and anything feel-good.

What is your favorite part about living in your neighborhood? Connection with so many like-minded people, availability of organic, healthy food, healing spiritual community.



# NEIGHBORHOOD

## Announcements

### New births:

Congratulations to Clay and Kayleen Alumbaugh of Medford who had their 2nd girl, Heidi, who joins big sister Ellen.

Also to Ryan and Marina Reynolds who welcomed baby Noah in December.

•Noah Charles Reynolds•

Born at 38 weeks - 12/29/23 at 7:11am

9lbs and 20 inches on the dot

**Expecting:** Masao and Jovita are expecting a baby boy to add to their family of two daughters.

### New Businesses

- A Very Warm Yoga Studio- 810 Biddle Rd Medford
- Elevate Medicine Collective- 225 E C St Jacksonville
- New Building being built in 2024 next to Roxy Ann Winery Dr. Botsford Dentistry, Dr. Botsford Orthodontics, along with Dr. Grant
- Hen & Flour Hen & Flour is located at 141 S Central
- Em'z Blendz has moved their flagship shop from Ashland, where they were located for 20 years next to Standing Stone, to 24 N Bartlett. The new Em'z Blendz Soap Company location will be at 24 N. Bartlett Street.
- Ollie's Slices They have remodeled the space at 149 S Central, leaning heavily on Eric's construction expertise, and opened in December.
- Kulture Kitchen Eatery Korean Corn Dogs have made it to Medford. The popular Korean street food available in Portland, the Bay Area, and L.A. is here at 318 East Main Street, thanks to Amanda Villa and her new restaurant Kulture Kitchen Eatery



- Timeless Treasures Hub- Artists-Entrepreneurs-Outdoorsmen 4041 Crater Lake 541-778-1589
- The Beauty Mark Salon & Glitter Bar is moving soon from 628 N Riverside Ave Medford to 331 Crater Lake Ave
- Spectrum Business is completing construction \$8K for Phoenix-Talent Little League Field 360 Rogue River Parkway Talent, OR
- Rogue Valley Pet has moved to CP by Little Caesar's and Albertson's
- Get Air Trampoline Park in Village Center in 2024
- Sweet Tea Express and Barney's Burgers owner taking over the Cupcake Factory on N. Phx rd.
- Pacific Northwest Tile- 3971 Crater Lake Hwy Medford, OR 97504
- The Cupcake Company located @ 950 N Phoenix Rd Suite 105 has new ownership. The owner of Barneys Burgers & Sweet Tea Express took over ownership. The Business will remain the same.
- The Beauty Mark Salon & Glitter Bar moved from S Riverside to 331 Crater Lake Ave Medford
- Get Air Trampoline Park is opening this year @ 631 Medford Center
- New owners of the Old Barn tavern in GP
- Crunch Fitness – Bear Cree
- Jacksonville Dental Clinic moving to Medford
- Agape Salon on Barnett
- Somar Family Winery – was Quady N in Jacksonville
- Evergreen Fed Bank – opened in Ashland
- Blue Steel Studio (Tattoos) Moved their location from 132 W Main St. in Medford, to 1585 Siskiyou Blvd. in Medford
- Rogue Retreat is building a Homeless Shelter @ 722 Western Ave. in Medford
- The Beatrice Wine Bar + Kitchen has opened their doors in the Main Street Market building.

*THE* Wine Bar + Kitchen  
**BEATRICE**







Update  
January 27, 2024



## Joy Community Purchases First Tiny Home

Joy's Leadership Team voted this week to purchase our first Tiny House to be a model of good things to come when Joy Community is created and opened for service. The home is complete with it's own restroom (toilet and shower); kitchen area and sleeping area. It is fully heated and air conditioned, it is built with various woods inside and out and fully transportable.



*It is built in White City by Cool Beene's Tiny Houses. This is their 41st Tiny House. Here team member, BJ Woodhouse is being shown the Tiny House by Lisa Beene.*



This Tiny House will be a welcomed place to live for a homeless, "Abandoned Senior" that Joy is designed to serve.

Can you just imagine a small community made up of many Tiny Houses like this? It can become home.

We have an agreed lease with landowners to create Joy Community. We are awaiting final permission from the City of Medford so we can begin building Joy Community.

We are looking for generous donors who will commit to giving at least \$20 a month to help create and support Joy Community. Learn more or give at [setfreeservices.org](http://setfreeservices.org) Become a member of our "Joy Community Builders" giving club.



We are looking for area churches to become sponsors of individual units to purchase. We all understand the Biblical direction to take care of widows and orphans (See James 1:27). It's time to do something!



Norma Ann “Ann” Hubbard passed away on March 15, 2024 at Asante Three Rivers Medical Center.

Ann was born December 2, 1934 in Albuquerque, New Mexico, to parents Oliver and Hazel Allen.

She chose a career in nursing where she became a practical nurse at Mercy Hospital in Bakersfield, California after high school. Ann was best known for her 30 years of work with disabled veterans. One day she told her sister, “They put me in the veteran’s wing today. These men fought so we could be free, and now they sit on the side of their bed and no one comes to see them.”

After many years, she moved to Glendale, Oregon where she was blessed to marry Ray Hubbard, who felt the same. Together they opened a home for disabled veterans, “Hubbard Residential Care Facility”, which provided unbelievable care for over 30 years.

When a new resident came to the home, they became her family. They joined the Hubbard’s on vacations, Christmas gift opening, every holiday, special occasions, and birthdays. Ann’s family knew no matter the occasion the veterans would be invited.

Ann was smart, kind, and tough. She made friends with everyone she met; she loved working with children and helping the schools in any way she could.

She is survived by children Annette Findlay, Art Hubbard, Debbie Taylor, Malana Cole, Dustine Miller; 11 grandchildren and multiple great-grandchildren.

She was a Glendale icon whose memory will not be forgotten.



Norma Ann Hubbard  
DECEMBER 2, 1934 — MARCH 15, 2024  
GRANTS PASS



Jesse Maddox Taylor  
April 28, 1983 - February 25, 2024

Medford, Oregon - Jesse Maddox Taylor, 40 year old, son of Otis Stacy Taylor and Linda (Phelps) Taylor, passed away on February 25th, 2024 in Medford, Oregon. He is survived by his wife Karen Nigel Taylor and their four children, his brother Mason Louis Taylor, Rebecca his wife and their children.

A funeral service will be held Thursday, April 4th at 1:00 pm at St Michaels Archangel Episcopal Church located at 2025 Bellefonte Drive in Lexington, Kentucky. A celebration of Life will be immediately following the service. In lieu of flowers, donations can be made to [Autismspeaks.org](https://www.autismspeaks.org).



# Bellevue Capital Group



## A NEW APPROACH

### ON COMMERCIAL LOANS

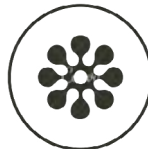
#### ABOUT US

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



#### BENEFITS

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



#### LOAN PROGRAMS

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



#### PRIVATE EQUITY

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

## CONTACT

Shawn Carter

425.209.7158

10500 NE 8th St #1910 Bellevue WA, 98004

Shawn@bellevuecapitalgroup.com



# Sweet BABIES

Welcome to the world, little one!

*Nala Iris Wren Marie  
Amanta Corsini*

In this issue, we detail a sweet candid birth story, but no pictures of the baby at the mother's request.

Nala Iris Wren Marie Amantia Corsini was born at 7:10am on Aug.15th 2023, weighing 5lbs. and measuring 18 1/2 inches. She's a blue-eyed brunette.

As told by mom, Graell:

My pregnancy was very sweet and active, gardening and waitressing until I couldn't, Nala's dad got all my "morning sickness" which was great for me, not so much for him....

I craved meatballs rolled in crushed up Cheeze-it's and dipped in jelly! Soft serve ice cream every day.....

Nala was born at my mother's home also known as the "Pixie Palace" at the Jackson WellSprings in Ashland, Oregon. The sky sprinkled a light long rain right after a 5 1/2 hour labor. To begin, I thought I had food poisoning after eating some bad chicken sausage, so I took several capsules of slippery elm bark and went to bed. I woke up after 2am with intestinal cramps! It was manageable and not concerning until I kept having to go to the bathroom and then vomited. I told my mother I didn't think I was in early labor even though I started going into natural birthing positions. This prompted my mom to contact my midwife and put down towels while nodding and saying "okay" to my nonsense. My entire experience was quite primal and highly intuitive. I didn't need anyone's direction. Then, I got into the shower and I thought to myself "no, it's not time" and my thoughts and connection was with my daughter screaming "yes, it's time!", it was very clear!

I moved to the bed, my mom supported me by using three tubes of arnica cream on my back and thighs with all her strength. I turned to the left and had a big effective contraction, then turned on my right and pushed while saying "her head" my mother said "what about YOUR head are you u okay? Do you want a cold rag?" I said "no, HER Head!!!" Her eyes widened so big and said "OH!!!", then my water broke, I said "maybe you should go get her dad." My midwife said "NO, she needs to stay right here" and next thing you know, Nala's head was out and then her body SHOT out! They both caught her, and as she was put on my chest she began to cry and opened her eyes! I said "Is this a dream? Did this really just happen?" Because Nala's dad went to sleep with me pregnant and woke up to my mom pounding on the door yelling she's here! She's here! She came out! I remember he said he came for the best part.. to meet her and hold her.

She's up every 2 hours like clock work "bing" her eyes open maaaaaaaa! We have already gone through the little bulldog nose clogged stage, and the clogged milk duct initiation for me, remedies included cabbage leaves, raw potato, hot comfrey and plantain compresses, homeopathic belladonna to break the high fever I had, and massaging down until the rock in the breast is out and the release of milk with Nala's help happened! It didn't even take 24 hours! & thank god it didn't turn into mastitis! Next we are in our gut phase which is intense, lots more of all the #2 issues and figuring out diet changes! I miss double pepperoni pizza.... All in all I wouldn't change places with anyone in the world, she saved me and I am so blessed and each day is a new experience and learning curve that is "motherhood". I love her with my whole being.

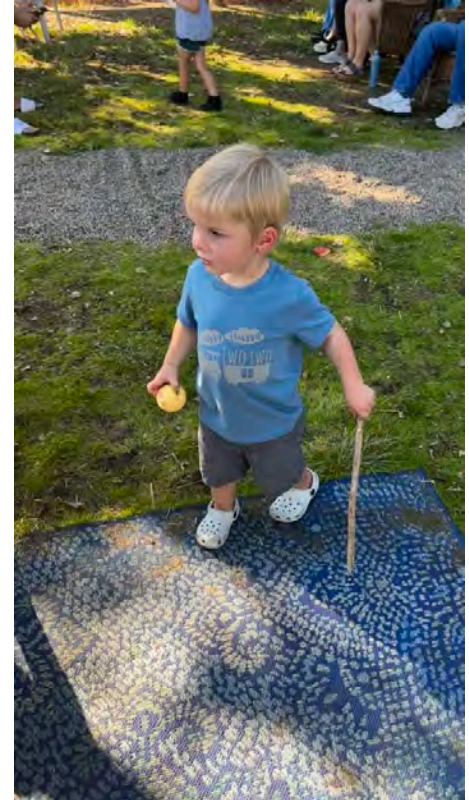
My wish is for her to always be safe, happy and loved. All that you can dream is their dreams to become a reality. I call her my little lemon.



# KID 2 *Kid*

**FEATURED KID  
OF THE MONTH**

Jonah Reynolds







Jonah is 2  
and lives  
with his  
family in  
Central  
Point







Your Year of

Fun

- ✓ Gear up for cool field trips.
- ✓ Make forever friends.
- ✓ Find new ways of expressing yourself.

girl scouts   
of oregon  
& sw washington

Get ready to go on epic adventures, and try new things with a crew that makes unforgettable memories together. Join your local Girl Scout community today!

Be a Girl Scout



SCAN ME

# YOUNG Achievers

*Youth that are  
making a difference*

*Gold Award  
Girl Scouts*

Gold Award Girl Scouts Make a Difference in Southern Oregon Celebrate their impact and support Girl Scouts at this year's GOLD fundraising event. Gold Award Girl Scouts are change-makers. They change the world, change their lives, and earn the most prestigious award available to Girl Scouts in grades 9-12.

These young leaders identify an issue in their community, draft a plan to address a root cause, and lead a team of volunteers to implement it. Together with their teams, they make a sustainable community impact that lasts beyond their personal involvement.

This year, four Gold Award Girl Scouts from Southern Oregon will be honored at GOLD, a celebration and fundraiser for Girl Scouts of Oregon and Southwest Washington taking place Thursday, June 6, 2024, at Rogue Valley Country Club in Medford.

GOLD is an opportunity to network with local business and community leaders and Girl Scout supporters, alum, and families while celebrating our region's young leaders. Attendees will walk the gold carpet, enjoy small bites and a Girl Scout Cookie wall, bid on their next adventure in a silent auction, and raise their paddles in support of Girl Scouts' essential leadership programming. All are invited to join in this event and be inspired by the next generation of problem-solvers, go-getters, and world-changers. For more information or to purchase tickets to GOLD, visit [girlscoutsosw.org/GOLD](https://girlscoutsosw.org/GOLD).

Congratulations to Southern Oregon's 2024 Gold Award Girl Scouts!





**Allison Mills**  
Medford, Oregon

### Beehive Building

Gold Award Girl Scout Allison noticed that the population of bees has been declining at a faster rate each year. This reduction is concerning because bees play a major role in pollinating crops. In an effort to promote beekeeping in her community and beyond, Allison recruited members of the Southern Oregon Beekeepers Association to help teach about beekeeping, building hives, and catching swarms of honeybees for those hives.

She started a 4H bee club at her school and brought beekeepers to the school to educate club members and help build five beehives on campus. She ensured club members knew how to care for the bees so future students could learn about honeybees.

**Bri Smerdon**  
Medford, Oregon

### Dearie's Legacy

To raise awareness of pediatric cancer in her community, Gold Award Girl Scout Bri designed an educational event for other Girl Scouts. Event-goers learned about various types of cancer and how to assist a loved one undergoing treatment, and assembled activity kits for pediatric patients undergoing treatment that were then donated to a local cancer foundation.

Bri trained a local Girl Scout troop on how to continue making and donating the kits.





**Ravyn Ehens**  
Grants Pass, Oregon

### Wilderness Awareness Program

Gold Award Girl Scout Ravyn wanted to increase girls' knowledge of Southern Oregon's natural environment and increase usage of Girl Scouts' nearby Camp Ruth Hyde.

With input from various experts, she designed a fun and age-appropriate activity booklet and installed corresponding trail markers on camp that teach users about the facility's flora and fauna.

A local Girl Scout troop has committed to maintaining the markers and distributing the booklet to future Camp Ruth Hyde visitors.

Ravyn is the recipient of a \$2,000 Girl Scouts of Oregon and Southwest Washington Emerald Circle Scholarship.



**Vega Hoffwood**  
Grants Pass, Oregon

### Day Camp Relaunch

After a nine-year absence, Gold Award Girl Scout Vega relaunched a Grants Pass day camp to provide a safe, outdoor opportunity for girls in her community. She recruited qualified volunteers to prepare the site at Camp Ruth Hyde, stock it with supplies, set up a registration system, safely staff the day camp, and operate it for a week for Girl Scouts and other girls.

Vega compiled all that she learned as a camp director into a manual for her local Girl Scout volunteer service team to use as they run camp next year and beyond.





# ZERO GRAVITY

## TREE SERVICE

Pruning | Removal | Stump Grinding



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



License #237285 Bonded & Insured



# YOUR AD

## COULD BE HERE!

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



**SOUTHERN OREGON WEIGHT HEALTHY**  
Medical Weight Loss Management



- Dedication to Patient Advocacy
- Passion for Weight Wellness
- Focus on Lifestyle Medicine (nutrition, physical activity, sleep, stress, social support)
- Promotes Accountability

**Start a New Path**  
Take the first step towards a healthier lifestyle. Weight management can prevent chronic diseases or stabilize existing chronic conditions.

**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 > 25 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 Altard, 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.
- BCG (if available)

[www.soweighthealthy.com](http://www.soweighthealthy.com)  
www.soweighthealthy.com  
Phone: 541 690 8231  
Fax: 918 233 2265  
749 Golf View Drive, Suite A, Medford OR 97504

We are the **TSA Pre Check Experts**

# PHOTO Creations Studios

**Our Services**

- Scanning Services
- Film Services
- TSA Enrollment
- Reprints from Digital Files
- Fingerprinting Service
- HAZMAT
- FTSP
- TWIC
- Digital media Management
- Social media Ads
- Search Engine Optimization
- Graphic Design
- Digital media marketing
- Video / Audio Transfers
- Shipping

**Make your TSA Appointment**



Located in The Rogue Valley Mall, 1600 N. Riverside Ave. #1153, Medford, Oregon

**Start your journey with us:**  
541-500-1365  
[www.photocreationsstudio.com](http://www.photocreationsstudio.com)

# RESIDENT Recipes

Slow cooker Chicken Enchilada Soup - by  
Mary Hambleton of Medford

## SLOW COOKER CHICKEN ENCHILADA SOUP (Adapted from Gimme Some Oven)

### Ingredients:

- 41 ounces (2.56 lbs) boneless skinless chicken breasts - raw
- 2 cups fat-free, low sodium chicken broth
- 1 -10 oz. can red enchilada sauce
- 1 (14 ounce) can fire-roasted diced tomatoes, with juice
- 1 (4 ounce) can diced green chilies
- 1  $\frac{3}{4}$  cups Rotel
- 1 clove garlic, minced
- 1 cup green spring onion, peeled and diced
- 1 tsp ground cumin
- $\frac{1}{2}$  tsp salt
- 6 ounces low fat cheddar cheese - reserve this till the end.

### Directions:

Add all ingredients except cheese in the slow cooker. Cook on low for 6-8 hours or high for 3-4 hours. You can also throw this in a stock pot for 20 minutes but would need to grill or bake the chicken first. Garnish with 1 ounce of cheese per serving.

Serving size approximately 1 1/2 cups Makes 6 servings





# PRECIOUS *Pets*

**By Adrienne with the Cats**

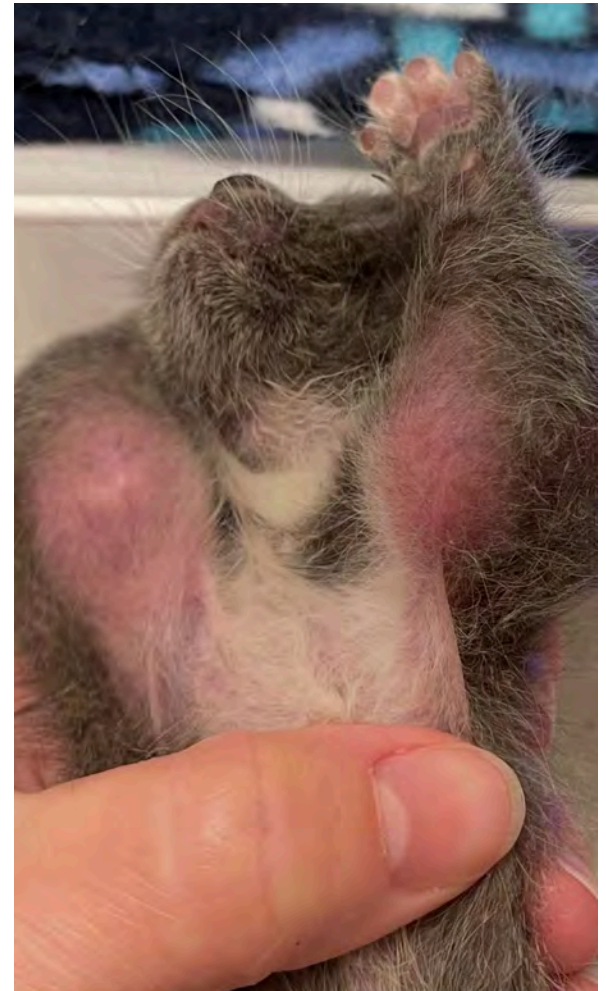
Being in the field of rescue, The Crowned Cat gets to see and learn and explore all sorts of abnormal maladies that aggravate our poor feline friends....

Last night, my dear, pawmazing, super incredible fellow rescue friend, Danielle Broeske , from Hero Tails Animal Sanctuary, rescued this poor, half dead kitten, that the mother rejected.

Something obviously wrong with it, Danielle called numerous vets last minute. Thankfully, the always furreaking pawmazing Dr. Danna Catt and Shanna R Earnhart over at Pear Blossom, examined this lil baby kitty, getting it the care and love it will need to survive.

It's moments like this that remind me why I rescue. Collaborating with fellow animal advocates, to saving the life of a voiceless creature, has a profound impact on my soul.

Thank you to Danielle from Hero Tails, and Dr. Catt and staff for saving a helpless creature. I love you guys!





**Help homeless pets today!**  
**Scan, Click & Donate:**

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





# HOBBIES AND *Crafts*

## Embroidery on Rope - By Donna Palmer

From rope to beautiful! Hand made in Central Point. (Using very expensive sewing machines of course!)

Baskets or hangings.









# Lifestyles – FROM RURAL TO ACTIVE

## The Butterfly Club 557

The Butterfly Club beckons with a touch of elegance and a yearning for grandeur. Embrace this moment to revel in finery and adornment alongside your companions! Step into our secret speakeasy dressed for a sophisticated soirée, a blend of cocktail elegance and refined semi-formal grace.

#butterflyclub #secretsspeakeasy #medforddrinks #medforddeats #elevatedexperience #medfordsfines #cocktailattire #formalattire #beesknees #gigglewater #southernoregon #flapper #livemusic

Aw, applesauce!

Call for a Reservation - 541.499.1133

We are a reservation only club - Hours:

Thursday - Sunday 5pm - 10pm





Try our signature cocktail S.O. Beekeeper Assoc, a Bees Knees cocktail made with Aviation Gin, Local Honey, Lemon, Lambic Beer Float, and Honeycomb! Make your reservation this weekend and pair your Bees Knees with our French Board for a unique experience.

#butterflyclub #medfordspeakeasy #medforddeats

#medforddrinks #specialtycocktails #butterflyclub557

#beesknees #localhoney #honeycomb

#supportyourlocalbeekeeper #sobeekeeperassoc #jointheclub









# Beauty & Health

## Key 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. Experience many find to be tremendously calming and centering.



### ANATRYPSIS MASSAGE & SKINCARE

1601 EAST BARNETT RD, MEDFORD,  
541-690-1083  
WWW.ANATRYPSIS.COM  
WWW.MASSAGEMEDFORD.COM

#### Membership Benefits

- **Monthly Services:** Enjoy one 60-minute massage and/or facial every month, tailored to your needs and preferences. Relax your mind, soothe your body, and rejuvenate your skin with our skilled therapists.
- **Additional Discounts:** As a valued member, receive exclusive discounts on additional services beyond your monthly treatment. Pamper yourself with extra sessions or try new treatments at incredible prices.
- **Flexible Scheduling:** We understand that life can be busy, so we offer flexible scheduling to accommodate your needs. With convenient appointment options, it's easier than ever to make self-care a priority.
- **Access to Exclusive Promotions:** Be the first to know about our special promotions, seasonal offers, and member-only events. Experience new treatments, products, and wellness insights tailored exclusively for our members.

Indulge in a sanctuary of serenity and wellness at Anatrypsis. Our Monthly Memberships are designed to bring you consistent and luxurious self-care at an affordable price. With plans starting at just \$70 per month, you can experience the blissful benefits of regular massages and skincare treatments without breaking the bank.

**We have moved!**  
Our new address is  
3140 Juanipero  
Way, Suite #101,  
541-210-0226

To Book an appointment call 541-690-1083  
www.anatrypsis.com  
www.massagemedford.com





## 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 change
- 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:

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



### JOURNEY 20 FREEDOM PRESENTS

## Celebrate Recovery

EVERY THURSDAY NIGHT

6:00pm to 7:45pm

ROC Recovery Center

305 S. Fir Street

Medford, OR 97501

541.200.3000



Celebrate Recovery is a Christ-Centered, 12-Step Recovery Program for anyone struggling with hurts, hang-ups, and habits of any kind. CR is a safe place to find community and freedom from the issues that are controlling our life. Living in a broken world we all deal with life's hurts, hang-ups, and habits. No one has the ability, nor should they attempt to face their hurts on their own. Celebrate Recovery is a beautiful community of strugglers that courageously enter this safe and beautiful space to get honest about our pain, and the negative ways we may see ourselves, God and others.

ROC Recovery Center  
213 South Fir Street / Medford, OR 97501  
541-200-3000 / www.roc-recoverycenter.org



### 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.roc-recoverycenter.org

541-200-3000



# 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 follow her journey for Days 2 & 3.

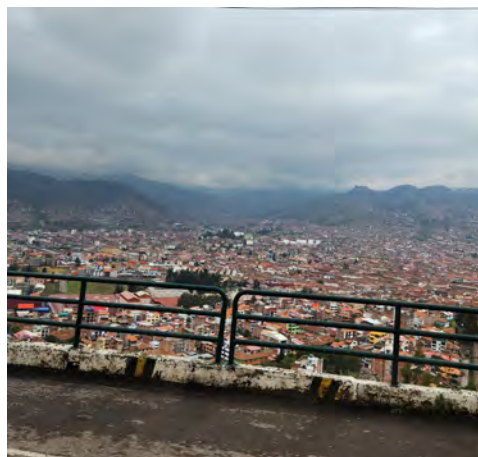
We flew to Cusco, Peru this morning. Traveled to the Sacred Valley of the Incas where we experienced a Shaman Ceremony, visited a weaving center in Awanakancha, and learned of the four camels of South America: llamas, alpacas, vicunas and guanacos.



Shaman preparing for ceremony. Part of the materials added is a piece of a fetus of a Llama (shown in the lower part of photo)



Awanakancha



Cusco



Day 3-we traveled through the lush Sacred Valley to Ollantaytambo to explore the ruins of an ancient fortress called "The Temple of the Sun" and the Inca village below. We also visited Rosita's home, a native of the town. Next we stopped at Yanahuara to view the Skylodge. Then to Pisac to visit the world-renowned and colorful Indian market in Pisca. Last stop was in Lamay to purchase a roasted Guinea Pig for dinner.



Ollantaytambo market

The Ollantaytambo ruins are located in the Sacred Valley of the Incas and was declared a UNESCO World Heritage Site in 1983. It consists of terraces, temples, and other stone structures built into the side of the mountain. The most notable feature is the massive stone staircase, 150 steps, of the well preserved Inca stonework that leads up to The Temple of the Sun which was used for astronomical observations.

Can you see the profile in the cliffs? It is said to be the messenger, Wiracocha, of Viracocha. To the right of the face are the Pinkuylluna Inca Storehouses built in the 1400s to store grain.



Rosita



Rosita's house in Ollantaytambo

Skylodge Glass Pods suspended 1200 ft. overlooking the Sacred Valley where you can rock climb up to spend a night.





During the Inca Empire, Ollantaytambo was the royal estate of Emperor Pachacuti, who conquered the region and built the town and a ceremonial center.



Lamay, where we bought our roasted Guinea Pig. We took it back to our motel and only took a couple of bites. Just not to our liking.



Lamay



Baby alpaca I was told but looks like a lamb.



# Team Toner Times

Since 2003, Team Toner has grown into an established and experienced Southern Oregon Real Estate team. Karen and Terry Toner specialize in residential, riverfront residential, rural residential, horse properties, and commercial properties in all Southern Oregon areas including:

Medford  
Ashland  
Jacksonville  
Applegate Valley  
Central Point  
Eagle Point  
Shady Cove  
Rogue River  
Grants Pass, and surrounding areas.

Knowledge, professionalism, and fun highlight Team Toner's approach. They enjoy helping client's sell their homes and assisting buyers in finding Southern Oregon dream homes.

Karen and Terry are supported by a team of seasoned real estate professionals. Team Toner is comprised of Karen and Terry Toner, and their son Kyle Toner. The supportive John L. Scott staff in the Medford office completes this amazing team.

Team Toner is available to serve you with exemplary customer care seven days a week. The Toner's ensure that each client receives the very best service possible every step of the way.

This dynamic team has raised their twin boys in Historic Jacksonville and the beautiful Applegate Valley since 1999.

## Awards and recognitions:

Rookie of the year in 2004

Recognized as one of the top producing Real Estate Teams in Southern Oregon.

Certified Luxury Home Marketing Specialist

Lifetime member of the Million Dollar Club

Member of the John L. Scott Children's Foundation

Member of Women's Council of Realtors

## What their clients are saying:

"Extremely Professional"

"Kind, Caring and Prompt - a Real Asset"

"Very inspiring and helpful"

"A Blessing to work with"

"Hard Working, Helpful and Patient"

"Bent over backwards to make sure we were Happy and Satisfied"

"Very knowledgeable"

"Simply the best"

Please stop by our office in Medford at 871 Medford Center to say "Hello".

We look forward to helping you with all your Real Estate needs.

Talk to you soon and take care,

Karen and Terry Toner



*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!*



*Scan for FREE Home Valuation*

*Karen Toner, Broker  
541.890.5441  
karentoner@johnlscott.com*

*Terry Toner, Broker  
541.890.6187  
terrytoner@johnlscott.com*

*www.karentoner.com*

**John L. Scott** | REAL ESTATE

# HOME of the Month

*Forbes Castle on West Jones Creek Rd.*



Did you know there was a castle right here in Grants Pass?!

Forbes Castle is owned by Bill Forbes. He retired as an electronics technician in the SF area. He used to live in Merlin in a 4200 sf home, and has 3 daughters.

The castle was built in 1975 by Ronald Colby who lived in it a couple years. He then sold it to Dixie Hughes who let it go into foreclosure. Kids partying in the empty castle set it on fire in the early 80's. It was auctioned off and was obtained by the 3rd owner through a VA loan. He was going to refurbish it and built a little sign. He was a handyman but not a contractor. But then his wife got sick and died so he lost interest and it went into probate.

Bill was always interested in medieval times and his Scottish ancestry. When it went on the market, he bought it in 2008. The castle had no doors, windows, or fireplace...it was just a shell. Bill has replaced everything but 2 beams. He refloated a cement floor to level it out. He changed the original flat roof to a peaked roof. Everything he made better than new, even down to the gargoyle faces on the outside.

Today, we will explore the downstairs.

**FLOW  
CONSTRUCTION,  
Inc.**

Jed Dalton, Owner

541-631-8852

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.

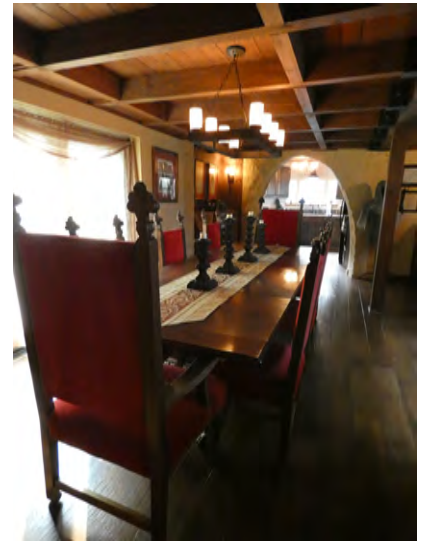
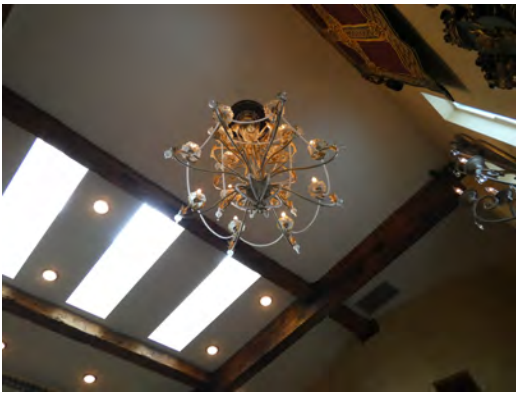
I look forward to hearing from you and helping your happy home become more of a comfort zone than it already is.







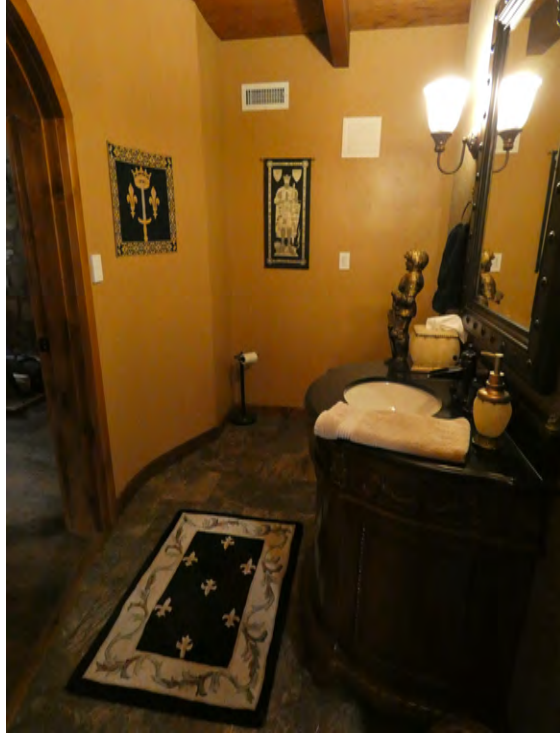












Left: The Queen's bathroom

Above: Beams

Far Left: Utility Room. Notice how the rooms are curved in the turret sections

Below: Owner Bill Forbes







# DOWNTOWN MEDFORD ASSOCIATION

Thank You

To the individuals and entities who support us.

## Friends of Downtown

Burger Spot  
Caprice Moran  
Cherie/ Randy Gravon  
Crunch Time Wreck & Escape Games  
Curt Burrill  
Harry Weiss  
Henselman Realty & Management LLC  
Jason Nelson, Realtor  
Jude Forler  
Karen Doolen  
Kinglsey Entertainment  
Lindsay Berryman  
Medford Cowork Collective  
Paul Christy  
Powell Engineering + Consulting  
Rogue City Comics  
Ron McUne  
Scrub Hub  
Sharon Boyea [ShopDowntown.org](http://ShopDowntown.org)  
Stand on Your Ground A Clean One  
Community Cleaning  
Tiffany Maude  
TriManagement  
John Snider

## Partners of Downtown

28 East, LLC  
Astral Games  
Bistro Misoya  
Brophy Schmor, LLP  
Bumble + Wren  
Central Art Supply  
Cerdan Studios  
Coldwell Banker Pro West, Richard "Barney" Bauernfeind  
Experience Joy Travel Company LLC  
Hackett's Champion Karate  
Holly Theatre  
Hornecker Cowling LLP  
Jackson County Library Services  
Main Street Market  
Marta Tarantsey  
Master Stitch Inc  
Pacific Power  
Quarry  
Reclaiming Lives/Recovery Cafe Medford  
Rogue Community College  
Rogue Valley Family YMCA  
Rogue Valley Living Magazine  
Shreeve Insurance  
Rogue Valley Times  
Terra Firma Home  
The Chamber of Medford/Jackson County  
The RetroWormhole  
The Rocky Tonk Saloon  
Travel Medford  
Two Rivers Legal LLP  
Untapped Media Inc.

## Champions of Downtown

Grown Rogue  
ORW Architecture, Inc  
The Gypsy Blues Bar



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





DOWNTOWN MEDFORD  
ASSOCIATION

# PARTNERSHIP

Expand Our Collective Community & Your  
Business Exposure.  
Support the Movement for Revitalization.



## Bikes N Brews

139 Riders



## Baskets

120 Sponsored



## Holiday Lights

40 Trees Sponsored



## Medford Third Friday



## Cleanliness and Safety Advocacy

---

### Partnership Levels

Friend of Downtown     \$60  
Partner of Downtown     \$180  
Customize your own  
partnership

---

---

### Become a Partner



[www.downtownmedford.org](http://www.downtownmedford.org)  
[info@downtownmedford.org](mailto:info@downtownmedford.org)



# BELOVED *Seniors*

## Ashland author writes new true crime book

From [kdrv.com](http://kdrv.com)



ASHLAND, ORE – Oregon author Janine O'Neill Robben is having an event on Monday Night at Bloomsbury Books to discuss her true crime book.

“So it was three generations in one family convicted of murder and outside gang, long-term gang involvement in organized crime circles”, said Janine O’Neill, the author of the true crime book, “Close to Home”.

“So I really wanted (to). Learn more about how they ended up like this. And is this the first book you've written?”

The description of the book is about a self-proclaimed serial killer’s son, Ward Weaver III, who becomes a serial killer himself. He even replicates his father’s most notorious crime scene -- and it all happens in Oregon.

Robben is a former newspaper reporter, prosecutor, and crime victim rights attorney in Oregon. She was a lawyer for seven years before she burned out and turned to journalism. She graduated from Washington State University and got a job as a reporter right out of college.

“A huge task force, a multi-agency task force, was collected to investigate the girl's disappearances. If I'd kept my old job, I would have been on that task force. As it was, because I'd changed careers, I was covering the task force.”



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



BEYOND HOPELESSNESS

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



BEYOND HUNGER

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



BEYOND LONLINESS



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





# 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 4. Parental guidance suggested.

THE DELTA REACTIONARY FORCE JUNE 1969

By Larry Nathan In Honor Of Memorial Day

She was obviously wounded badly but the pilot managed to turn around and make a hard landing in the valley below. Two Huey Gunships picked up the crew and then all hell broke loose.

We had an OV-10 airplane diving right into that 50-cal, rockets firing, mini guns blazing with tracer rounds coming from both sides. The Huey Gunships fired on the 50-cal position too. You could see their position from the tracer rounds. Both sides were very brave.

For twenty minutes we pounded that position with 155 Howitzers. The whole hillside was on fire at one time. The NVA 50-cal was silent throughout that pounding. We asked to be extracted again.

It began to get dark and choppers don't fly in the dark in Viet Nam. The sun was setting so we had to get out now. The choppers returned. We got on our feet, manned the stretchers, gathered our gear and got ready to board when suddenly that same 50-cal machine gun opened fire and shot our chopper down as soon as it got close enough to land. Unbelievable.

This time the chopper fell flat on its stomach, slid down the hill and burst into flames. The noise from the base of the chopper scraping against the earth's surface was horrible. It must have slid a hundred yards down that hill. I assumed everyone in that chopper was dead.

I took a position behind an old dead log and fired back at the muzzle flashes left-handed. It was so far away I had to make my aim elevated in order to have any chance of hitting my target. I knew it was hopeless but I had to do something. I returned fire.

Now we were stuck. The enemy knew our position but we dare not move the wounded. Much to my surprise every single crew member from the downed chopper got out alive and made it up the hill to join us. We made our harbor site and bedded down for the night. None of us had any food and most of us drank all our water. We were going to be in and out.

A man named Bolin was the one who had the sucking chest wound. He was ok for now but he was in critical condition. Two other men had wounds too. One had been shot in the shoulder and one in the calf. Both could walk. Bolin could not.

It was going to be a long night with several men on watch, not just one. We had Spooky, a C-150 cargo plane covering us throughout the night. Spooky had three mini-guns mounted in the side door that could cover a football field with lead in just 60 seconds. They could see our strobe light from above and shot bursts around our position for a while to protect us.

I was watching Spooky fire the tracers in a steady stream out of the sky. They seemed to get closer and closer. All at once they passed right through our position. Cries rang out. People were hit. Spooky hit some turbulence which threw off their aim and they hit us by mistake.

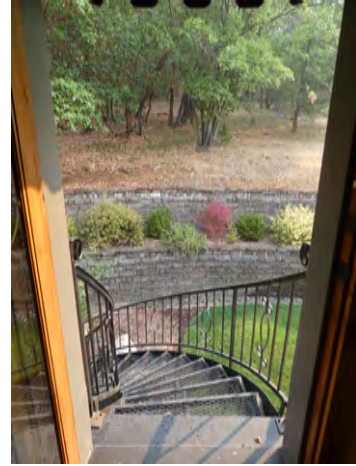
One of the pilots was slightly wounded in the leg. Two other men were slightly wounded as well. No stretcher cases and no deaths. We were lucky or unlucky. It depends on how you look at it.

STAY TUNED FOR PART 5



# YARD of the Month

Forbes Castle grounds  
in Grants Pass



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

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



# NORTHWEST *Recreation*

## Southern Oregon Covered Bridges - from Travel Oregon



Milo Academy Bridge photo by  
Sandy Horvath-Dori

### **Milo Academy covered bridge**

East of Milo at Milepost 20.5  
Days Creek, Oregon 97429

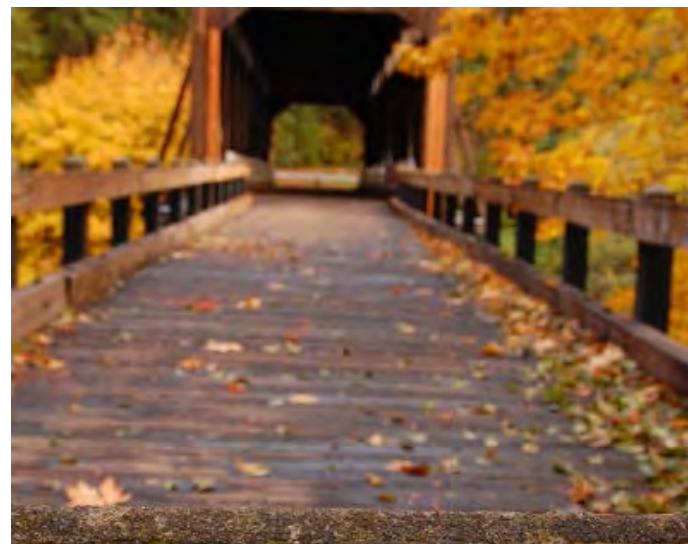
Milo Academy's bridge was built in 1962 and spans 100 feet to cross the South Umpqua River. The bridge is actually made of steel, with a housing of wood. The structure was built to replace an original covered wooden bridge from 1920. The bridge provides access to the Milo Academy boarding school.

### **McKee Bridge**

McKee Bridge Rd.  
Jacksonville, Oregon 97530

The rustic, well-known covered bridge spanning the Applegate River, just eight miles from the California border, was built in 1917 by contractor Jason Hartman and his son Wesley on land donated by Adelbert "Deb" McKee.

The bridge was used from 1917 to 1956, originally serving the mining and logging traffic. In 1956, the bridge was declared unsafe for vehicular traffic.





# SCHOOL *Time*

Oregon Statewide School Report Card

## Oregon Statewide Report Card 2022-23



**OREGON**  
**DEPARTMENT OF**  
**EDUCATION**

*Oregon achieves . . . together!*

An Annual Report to the  
Legislature on Oregon Public  
Schools

Dr. Charlene Williams,  
Director of the Oregon  
Department of Education  
[www.oregon.gov/ode](http://www.oregon.gov/ode)



# Healthy Living

## Natural Solutions to Better Sleep

Sleep is an essential component of a healthy life. During those peaceful hours of slumber, our bodies repair, recharge, and rejuvenate. Unfortunately, in today's fast-paced world, many people struggle to get a good night's sleep. Whether it's due to stress, poor habits, or underlying health issues, sleep problems can affect your overall well-being. We'll explore some expert tips and strategies to ensure you get the quality rest you need.

### Create a Sleep-Conducive Environment:

The first step towards better sleep is setting the stage for it. Your bedroom should be a sanctuary dedicated to rest and relaxation. Consider these tips:

- Invest in a comfortable mattress and pillows.
- Keep your room cool, dark, and quiet.
- Eliminate electronic devices and distractions.

### Stick to a Consistent Sleep Schedule:

Our bodies have a natural internal clock known as the circadian rhythm. To optimize your sleep, try to go to bed and wake up at the same time every day, even on weekends. Consistency helps regulate your body's sleep-wake cycle.

### Watch Your Diet:

What you eat and drink can significantly impact your sleep quality. Avoid large meals, caffeine, and alcohol close to bedtime.

Opt for light, sleep-friendly snacks if you're hungry before bed.



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



**NEW MEDICAL CLINIC  
OPENING JULY 2023!**

296 S. Pacific Hwy.  
Talent, OR 97540

**OnePeakMedical.com**

ACCEPTING NEW PATIENTS & COVERED BY MOST INSURANCE



### Stay Active, but Not Right Before Bed:

Regular physical activity can promote better sleep. However, try to avoid vigorous exercise within a few hours of bedtime, as it can be too stimulating. Gentle activities like stretching or yoga can be beneficial before sleep.

### Manage Stress and Anxiety:

Stress and anxiety are common culprits of poor sleep. Develop strategies to manage stress, such as deep breathing exercises, meditation, or therapy.

### Limit Screen Time Before Bed:

The blue light emitted by phones, tablets, and computers can interfere with your body's production of melatonin, a hormone that regulates sleep. Try to limit screen time to at least an hour before bedtime.

### Wind Down Before Sleep:

Create a relaxing pre-sleep routine to signal to your body that it's time to wind down. Reading a book, taking a warm bath, or practicing relaxation techniques can be helpful.

### Be Mindful of Naps:

While short power naps can be refreshing, avoid long naps during the day, as they can disrupt your nighttime sleep. If you need to nap, keep it under 30 minutes.

### Seek Professional Help:

If you've tried various strategies and still struggle with sleep, consider consulting with a OnePeak Medical provider. Our experts can evaluate your sleep patterns and provide personalized solutions to address underlying issues.

### Conclusion:

A good night's sleep is essential for your physical, mental, and emotional well-being. OnePeak Medical is committed to helping you achieve better sleep through a combination of lifestyle changes, expert guidance, and personalized solutions. By following the tips outlined in this blog, you can take the first steps toward improving your sleep and enjoying a healthier, more restful life. Remember, quality sleep is not a luxury; it's a necessity for a better you.





# SPIRITED *Tastes*

Soloro



SUN GOLD! THAT'S WHAT WINE IS! Surrounded by Spencer, Roundtop and Eagle Mountains, the Soloro Vineyard basks in this bowl of sunshine in the Applegate Valley. Our vineyard celebrates Rhone Varietal wines displaying lush intensity and deep flavor profiles. Relax with us and enjoy our medal winning wines!



**Our dream and commitment is to grow only Rhone varietals in such a way as to enhance our wines with rich intensity. We are doing this by limiting our production to low yields allowing only one cluster per shoot to develop to ripeness.**

**We planted Grenache Noir, Syrah, Viognier, Roussanne and Marsanne in 2006. Our Rhone vines are imported by Tablas Creek from Chateau de Beaucastel through NOVAVINE in California. Soloro's vision is to capture in our wine unique expressions of spirit from the soil, vines and people that have been involved in our project.**



## **WINE CLUB**

**Soloro's U-Pick Wine Club is unique in having our club members select their own wines for the wine club release which is twice a year. Only four bottle purchases are required per year.**

**There is no fee to join and members will be invited in spring and fall to a wine club event with fun food, prizes and special treats.**

**Wine club members receive 15% off of all wine purchases all the time including wines on sale and 20% off cases.**

**Please contact June at [june@solorovineyard.com](mailto:june@solorovineyard.com) to become a member or come to the tasting room to fill out an application!**





# Trophy Club Monday Night Tournaments

\$10 Entry, \$10 Added per player  
(\$640 Pot on a full field of 32!)

Signups at 5:30 PM, Draw starts at 6 PM.  
Play in at least 10 weekly tournaments to qualify for the first Tournament of Champions held first weekend in June

The Tournament of Champions is guaranteed to have at least \$1000 in the pot on a full field of 32!

New cloth, new balls, new cues, new cueballs. Come and enjoy the competition every week!



541-772-4131

**Delicious food, Great drinks, Coldest Beer in Town!**

#### Current Hours:

9:00 AM - 1:00 AM, Mon-Thur

8:00 AM - 1:00 AM, Fri-Sun

#### Breakfast Served:

Open to 12:00 PM

#### Lunch & Dinner Service:

12:00 PM - 11:00PM

Limited Menu, 11pm to Close

**Daily Lunch Specials** - Come in and see our specials each day!

**HAPPY HOUR** - 4-6 PM - Half off all menu items, every day!

812 S. Central Avenue, Medford, OR

Taco Sundays!

Jam Band  
2nd Sunday  
each month

Musical Bingo  
& Trivia Nights  
2nd T & W of  
each month

Video  
Lottery!

Free Pool on  
Tuesdays!

JAM NIGHT - 2nd & 4th  
Wednesdays 8pm - 12am

KARAOKE  
Thursdays  
& Saturdays  
at 8:00 PM

Ladies Day on Fridays  
DJ Gizmo on  
Fridays 8pm to 12am

# FINANCIAL

## *Fitness*

**HOW TO  
GROW AND  
KEEP YOUR  
MONEY**



## Crafting Your Legacy with Educational Trusts - Part 1

For those who aspire to leave an enduring legacy of education and opportunity, educational trusts stand as a powerful tool to shape the educational journeys of loved ones. These trusts offer a versatile means to provide unwavering support for the educational aspirations of designated beneficiaries, whether it's for children, grandchildren, or specific scholarship programs tailored to unique qualifications and goals.

**Understanding Educational Trusts** An educational trust empowers individuals to invest in the educational future of their chosen beneficiaries through strategic estate planning. These trusts are often established during beneficiaries' early years, with a focus on long-term growth that anticipates the ever-rising costs of education. To create an educational trust, the expertise of an attorney is essential to incorporate the necessary language into a new or modified estate plan. They can be funded through an estate, written into a living trust, or as a stand-alone irrevocable trust as part of an overall comprehensive financial strategy. While there's no prescribed limit on the size of these trusts, they are most practical for larger investments.

**Why Choose an Educational Trust Over a 529 Plan?** When contemplating the best approach to secure your loved ones' educational future, educational trusts offer several compelling advantages over 529 plans. These trusts grant you the flexibility to create a customized framework, incorporating both incentives and requirements, thus ensuring that the allocated funds are used precisely as intended. Among the key benefits is the capacity to establish specific terms and conditions that beneficiaries must meet. These terms can encompass academic achievements, community involvement, financial need, or particular fields of study. Importantly, assets held within an educational trust are not factored into calculations for expected family contributions, potentially increasing eligibility for financial aid.

In essence, educational trusts provide a dynamic and motivating approach to supporting diverse educational needs and interests, extending beyond traditional college degrees. They enable you to actively shape the educational pursuits of your chosen beneficiaries, fostering a legacy of learning.



**Oregon  
Pacific Bank**

**Local Community Banking  
Business and Nonprofit Solutions  
Trust and Fiduciary Services**



3250 HILLCREST PARK DRIVE, SUITE 100 | MEDFORD | (541) 858-0192 | WWW.OPBC.COM



## 2024 Genesis GV60 Magma Concept

From [forbes.com](https://www.forbes.com)

Genesis has been turning up the heat on BMW and Mercedes for nearly a decade, steadily creating a line of luxury cars and SUVs that's genuinely competitive with the Germans. Now it's decided to go after BMW's M cars and Mercedes-AMG's hot rods with its own high-performance line: Magma. The Korean company showed four Magma concepts in New York, but only one was truly new, the GV60 Magma concept. The other three, all painted in the same volcanic orange hue, are the G80 Magma Special, GV80 Coupe and X Gran Berlinetta, which broke cover in 2023.

While the G80 Magma special is reportedly going to be a limited production machine for the Middle East (it debuted in Dubai last December), Genesis says the GV60 Magma will soon go into regular production. How soon? It's unclear, but plenty of high-performance hardware already exists for the GV60's E-GMP platform, which also underpins the Hyundai Ioniq 5 N, so a 2025 debut seems likely. Since that vehicle packs a 601-horsepower punch, it's likely the GV60 Magma will be as hot as its orange paint, fender flares, spoilers, huge wheels and fat tires suggest.

Ultimately, the company may create a whole array of Magma vehicles, but Genesis Chief Creative Officer Luc Donckerwolke was quick to tell the press that they're not meant to be as "hardcore" as AMG and M cars. They'll certainly go fast and look cool, but they're meant to be a high-speed extension of Genesis' comfort-focused formula, not necessarily track-day machines.



**HAWTHORNE**  
— Landscaping NW —

ALL PHASE  
Landscape Design & Build  
Water Features  
Lighting & Irrigation

John B. Walsh, owner  
541 450 9616  
HawthorneLandscapingNW.com

 LBC# 100241  
Bonded  
& Insured 

**WE WANT YOU!**

**BUSINESS OWNERS**

- ✓ WRITE AN ARTICLE
- ✓ BRAND YOURSELF
- ✓ ADVERTISE

CONTACT US TO CHAT

541-900-6584  
ROGUEVALLEYLIVINGMAG.COM

**EMAIL:**  
**EDITOR@ROGUEVALLEYLIVINGMAG.COM**



## 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**



# PUZZLE AND *Fun Corner*

**Which number comes next?**

31, 28, 31, 30, 31, ?

*Answer*

**Months**

Some months have 30 days while others have 31 days. How many of them have 28 days?

*Answer*

**Family problem**

You are my son but I am not your father. Who said this?

*Answer*

**Bear**

A man lives in a house where all the walls are faced towards the south. A bear passes next to the house. What colour is the bear?

*Answer*

**Pair of socks**

There are 10 white and 10 black socks in a bag. What is the smallest number of socks that need to be taken out of the bag to have a pair of socks?

*Answer*

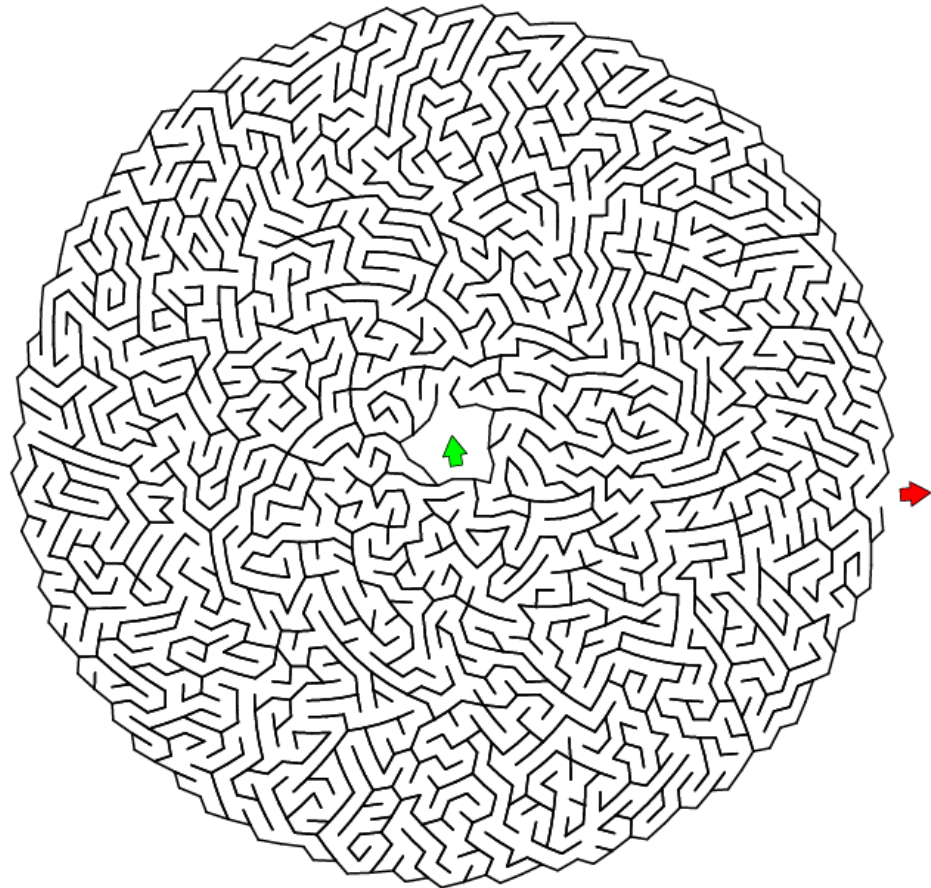
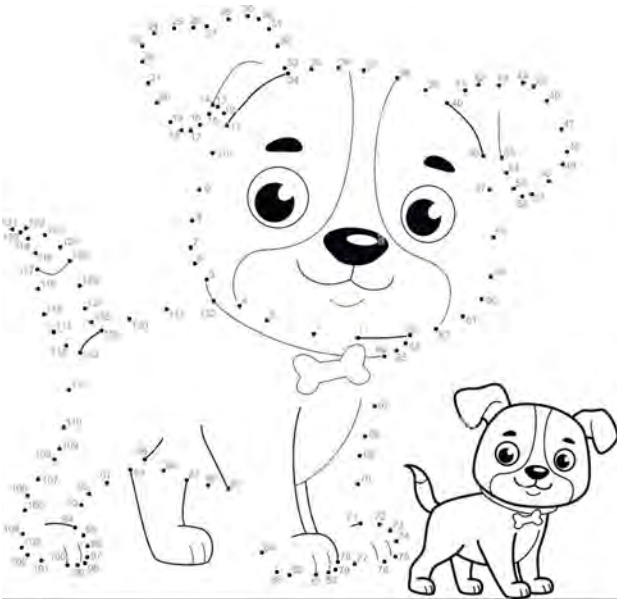
**Kidoku #1**

				5	
			6	3	
	4	2			
	6				1
			2		
1					3

© 2006 KrazyDad.com

Fill in the blank squares so that each row, each column and each 2-by-3 block contain all of the digits 1 thru 6.

If you use logic you can solve the puzzle without guessing!



**Inside the Creation of the World's Most Powerful Open Source AI Model** - From *Wired.com*

Startup Databricks just released DBRX, the most powerful open source large language model yet—eclipsing Meta's Llama 2.



About a dozen engineers and executives at data science and AI company Databricks gathered in conference rooms connected via Zoom to learn if they had succeeded in building a top artificial intelligence language model. The team had spent months, and about \$10 million, training DBRX, a large language model similar in design to the one behind OpenAI's ChatGPT. But they wouldn't know how powerful their creation was until results came back from the final tests of its abilities.

"We've surpassed everything," Jonathan Frankle, chief neural network architect at Databricks and leader of the team that built DBRX, eventually told the team, which responded with whoops, cheers, and applause emojis. Frankle usually steers clear of caffeine but was taking sips of iced latte after pulling an all-nighter to write up the results.

Databricks will release DBRX under an open source license, allowing others to build on top of its work. Frankle shared data showing that across about a dozen or so benchmarks measuring the AI model's ability to answer general knowledge questions, perform reading comprehension, solve vexing logical puzzles, and generate high-quality code, DBRX was better than every other open source model available.

It outshined Meta's Llama 2 and Mistral's Mixtral, two of the most popular open source AI models available today. "Yes!" shouted Ali Ghodsi, CEO of Databricks, when the scores appeared. "Wait, did we beat Elon's thing?" Frankle replied that they had indeed surpassed the Grok AI model recently open-sourced by Musk's xAI, adding, "I will consider it a success if we get a mean tweet from him."

To the team's surprise, on several scores DBRX was also shockingly close to GPT-4, OpenAI's closed model that powers ChatGPT and is widely considered the pinnacle of machine intelligence. "We've set a new state of the art for open source LLMs," Frankle said with a super-sized grin.

### Building Blocks

By open-sourcing, DBRX Databricks is adding further momentum to a movement that is challenging the secretive approach of the most prominent companies in the current generative AI boom. OpenAI and Google keep the code for their GPT-4 and Gemini large language models closely held, but some rivals, notably Meta, have released their models for others to use, arguing that it will spur innovation by putting the technology in the hands of more researchers, entrepreneurs, startups, and established businesses.

To read the full article, go to <https://www.wired.com/story/dbrx-inside-the-creation-of-the-worlds-most-powerful-open-source-ai-model/>



# Fashion

# FORWARD

From madamenoir.com

## Are Clothes From Fast Fashion Companies Like SHEIN & Fashion Nova Toxic?

From the \$50 garment to the \$10 garment, research suggests that the mass production of synthetic fibers in fast fashion can lead to significant exposure to harmful chemicals in our bodies.

According to the Center for Biological Diversity, fast fashion is growing tremendously, with rock-bottom prices and the number of new garments made yearly nearly doubling over the past 20 years. But at what cost?

The harsh chemicals used in manufacturing these low-cost, stylish products create potential health hazards. Garments, from underwear to skirts, can contain a variety of harmful substances, with risks of irritation, respiratory, developmental, and reproductive problems, and certain cancers.

For instance, Fashion Nova includes a “California Proposition 6” warning in their listed product details. The proposition requires businesses to provide warnings about significant exposures to chemicals that cause cancer, congenital disabilities or other reproductive harm.

At a cost to the environment and human rights, fast fashion has changed the landscape of the fashion industry by manufacturing garments in bulk to stay ahead of the seasons and ever-changing trends. Popular Chinese retail company Shein will upload an estimated 1,000 new styles to the site daily.

Gain awareness about these three commonly known synthetic fibers.

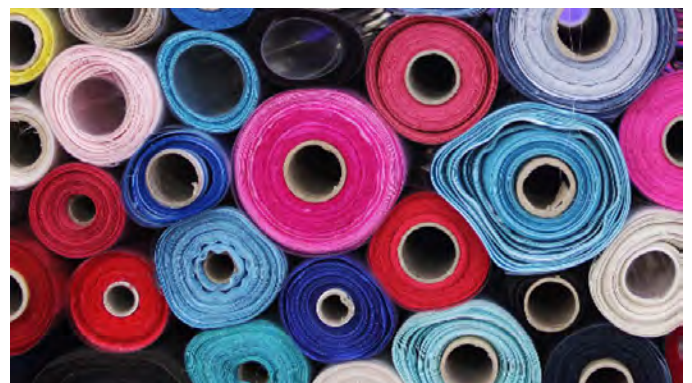
Polyester is a known carcinogen.

First developed in the 1940s, polyester is the most used synthetic fiber in clothing. It is also highly durable, made of petroleum and can contain plastic. As a carcinogen, a formation of cancer, polyester can lead to problems such as lung and skin cancer if worn excessively.

On the other hand, fast fashion brands from ASOS to SHEIN justified the use of recycled polyester to make collections “sustainable” or “conscious.”

Some uses of polyester:

Gloves  
Hats  
Scarves  
Coats  
Towels



Nylon is a synthetic material made from fossil fuels.

Although the material is solid, nylon is a petroleum-based material and is heavily treated with a variety of elements, such as bleaching agents and synthetic dyes. Research has found that the manufacturing process releases nitrogen oxides and ammonia. Such things have been linked to immune problems, skin issues and cancer, to name only a few. Along with being exceptionally strong and stretchy, nylon does not absorb moisture and wearing it can create a breeding ground for odor and fungal infections.

Uses of Nylon:

- Shirts
- Lingerie
- Raincoats
- Swimwear
- Underwear
- Cycling wear

Rayon is often treated with toxic chemicals and synthetic substances.

Rayon was the first fiber manufactured and developed in the late 19th century. Also known as viscose, it is the world's third most commonly used textile fiber. Called artificial silk until 1924, rayon was a less expensive alternative to silk clothing and accessories. However, the most common is the viscose process, which uses toxic chemicals to break down the wood pulp and turn it into a fiber, the CDFA reported. These chemicals are dangerous for your body and have been classified as a cancer-forming material.

Uses of Rayon:

- Tunics
- Skirts
- Dresses
- Lingerie
- Children's clothing.





# HOME *Matters*



## How to set up an Annual Home Maintenance Calendar

Make your life easier and a little less stressful by planning out your home's maintenance for the whole year all at once, filling out an annual calendar and setting yourself reminders so you stay on track all year long!1. Figure out the tasks your home needs to stay maintained.

So everyone's home will be different. But start by making a list of things that you already do or should do (and you sometimes forget). You can also look on your lease; it often includes a list of tasks that need performing occasionally throughout the year. Those who live in homeowner associations might also find task ideas by looking at that information. You can search online for annual home maintenance list suggestions. Or you can use our handy suggestions list below!

### 2. Organize the tasks on your list by how often they need to be done

Some home maintenance tasks are a once-a-year kind of thing, others should be done only a few times a year and other items once per month. Again, you can look to multiple resources to find time frame suggestions, but also think about how you've used your home in the past and consider how often your family's space might need certain tasks performed or maintained.

### 3. Make calendar entries for each task — and this is the important thing — set a reminder.

The last and most important step is to fill in your calendar. Consider what your typical year looks like and when these tasks might best fit into your schedule. Look at the list below for a good idea of what time of year to perform some tasks. Pick the tasks that work for your home type.

Taking the time to get organized with your home maintenance now is a great way to not have to really think about these tasks all that much until the time comes to do them. Want to be even smarter about it? Also list the materials you'll need to complete these tasks in the reminders (like making sure you buy batteries for smoke detectors) so you don't end up skipping anything! A sample list of home maintenance tasks to add to your calendar:

(But please remember, these are just suggestions. Your home might need more, less or different tasks to keep it in shape all year!)

## Once a year

Anytime: Flush hot water heater

Anytime: Review renters or homeowner's insurance and photograph any new items before it's time to renew your policy

Anytime: Build or refill your disaster preparedness kit

Early Spring: Aerate your lawn

Early Spring: Book an AC inspection

Summer: Book a chimney sweep

Early Fall: Book a heat inspection

Late Winter: Check and repair your window screens before beautiful spring temperatures

## Every six months

Late Spring and Late Fall: Reverse ceiling fan direction

Check/change batteries in smoke and CO2 detectors

Clean exterior dryer vent

Vacuum fridge coils

Wash windows

Do a home safety check where you test smoke detector batteries, check all locks, and look for things like loose knobs, shelves, tripping hazards and more.

Clean out your gutters

**YOUR AD  
COULD BE HERE!**

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

**BLUE PHOENIX BRANDING**

Branded Merchandise  
 On boarding / welcome aboard gifting  
 Employee Retention  
 Unique Gifting  
 Specialty Food Products

*Adventures in Branding*

**PAUL FERRIS**  
 541-601-2053  
[paul@bluephoenixbranding.com](mailto:paul@bluephoenixbranding.com)  
[bluephoenixbranding.com](http://bluephoenixbranding.com)



# SOLUTIONS

Which number comes next?

The number 30. January - 31, February - 28, March - 31, April - 30, May - 31, June - 30.

Months

All of them have 28 days, but some have even more.

Family Problem

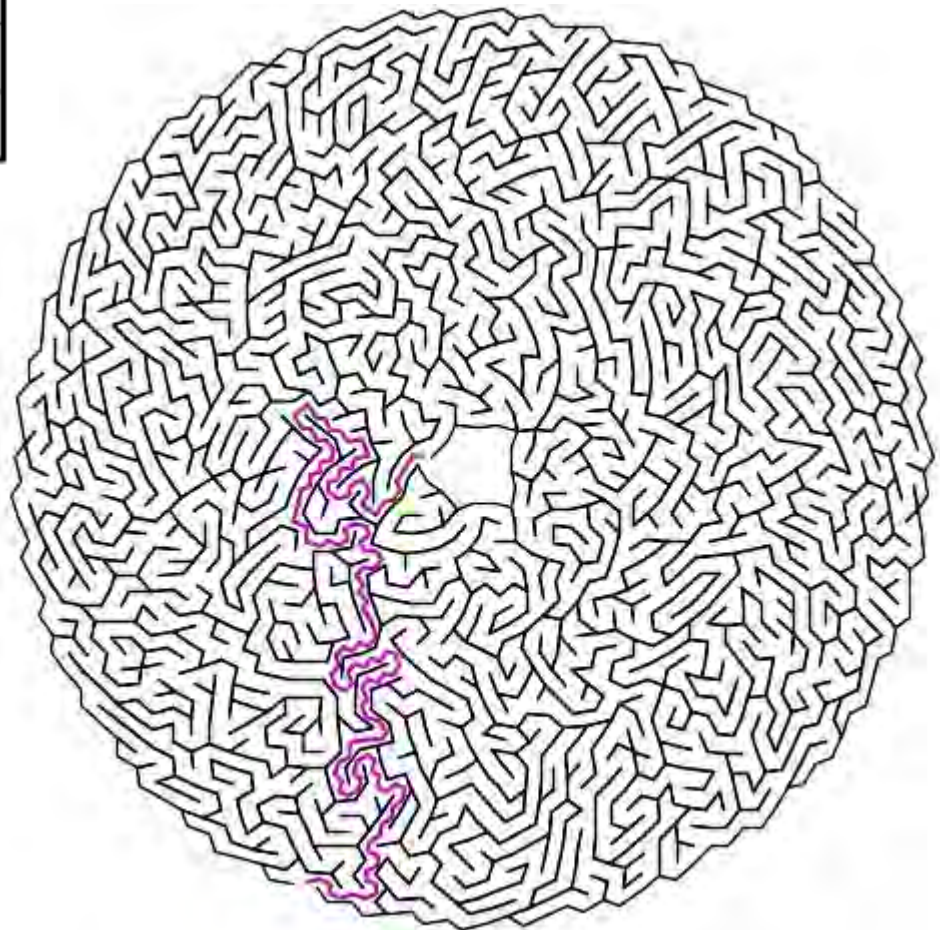
Mother

Bear

White. If all the walls are faced towards the south, then the house is located on the Northern Pole and Northern Polar bears live there.


Sudoku #1

6	2	3	1	5	4
5	1	4	6	3	2
3	4	2	5	1	6
2	6	5	3	4	1
4	3	1	2	6	5
1	5	6	4	2	3



# Entertainment

## Rogue X in Medford



### AQUATICS CENTER

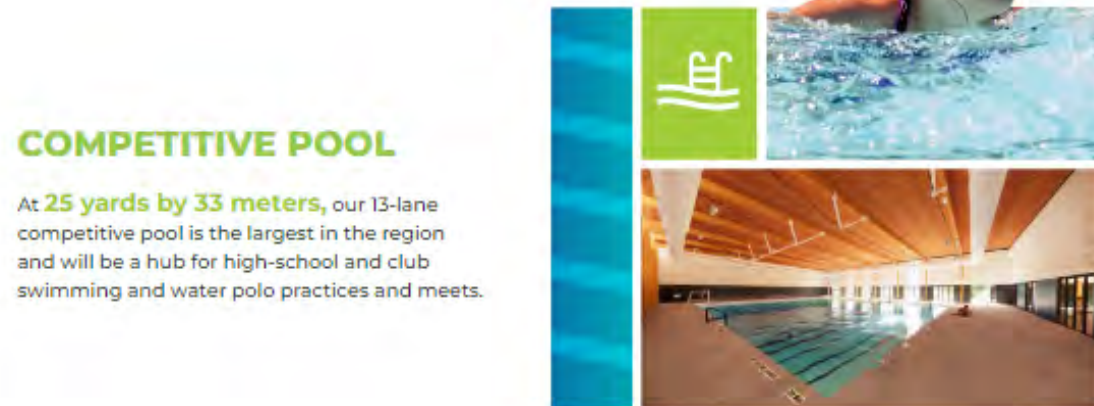
With two water slides, a **6,000-square-foot recreational pool** with an **interactive play structure**, a **competitive pool**, and an **outdoor splash pad**, there's more than one way to make a splash!

Welcome to the Rogue Credit Union Community Complex, Medford's state-of-the-art aquatics and events center.

Facility Office Hours  
Monday - Friday  
8am-9pm

Open Swim Hours  
Spring Break  
Monday-Thursday:  
11:30-1:30pm,  
3:30-5:30pm,  
6:30-8:30pm

Friday:  
11:30-1:30pm,  
3-5pm & 6-8pm  
Saturday: 2-4pm, &  
5-7pm (No 11-1pm  
session due to Egg  
Hunt Event).  
\* CLOSED on Easter  
Sunday, 3/31.



### COMPETITIVE POOL

At **25 yards by 33 meters**, our 13-lane competitive pool is the largest in the region and will be a hub for high-school and club swimming and water polo practices and meets.



### AQUATICS CLASSES AND PROGRAMMING

Providing **swim lessons** and **water safety classes** for all ages, and with emphasis on children in a region with numerous creeks, rivers, and lakes.

Facility location:  
901 Rossanley  
Drive, Medford OR  
97501







## Locations in Grants Pass & Cave Junction

### Free services include:

- Pregnancy testing & OB ultrasound
- Parenting education & support
- And more!



541.479.6264 - [www.gppregnancy.com](http://www.gppregnancy.com)

Call or visit us online to learn more, get involved, and give.

# PHOTOGRAPHY Service

## PHOTO-PRO

DIGITAL PHOTO & VIDEO RECORDING  
CALL ROLAND (541) 232-2597

Specializing in:

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

EMAIL  
tarreypines@charlier.net

## HERBALIFE NUTRITION

The Herbalife Nutrition product range has been designed to support your wellness goals – no matter how simple or complex they might be. Whether you are looking to reach your ideal healthy weight, or you are a regular gym-goer striving to improve your performance, we are here to help. Explore our product range and discover how you can achieve balanced nutrition with the help of our protein shakes, weight-management programs, nutritional supplements, sports nutrition solutions and personal care products. Take the first step toward a better and healthier active you. Start your journey today.

**Contact:**  
Jovita Williams  
Herbalife  
Representative  
(505) 522-9035

Call for an ad quote! 541-900-6584

## THE GAME JUST GOT BETTER

(541) 779-6111

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

40 N RIVERSIDE AVE,  
MEDFORD, OR 97501



## FOCUS ON THE ARTS

### Art, Music, Theatre



May 2nd – May 26th

Spotlight On ABBA brings the magic of ABBA's music back to life in an electrifying performance that will have you transported straight to the disco era. From "Dancing Queen" to "Mamma Mia," our talented performers capture the essence of ABBA's iconic sound with stunning vocal harmonies and dazzling choreography. The nostalgia-inducing costumes and visuals complete the experience, making you feel like you're right there at an ABBA concert. Join us for a night of non-stop fun and celebration of the music that defined an era – and continues to entertain.

Tickets \$20 (Preview/Rush) – \$38

Special Performances:

Thursday, May 2nd: Preview Performance @ 7:30pm. All seats \$20.

Friday, May 3rd: Opening Night Gala @ 7:30pm.

## Camelot Theatre: Where Broadway Meets Talent

Next To Normal

March 28th – April 21st

Directed by Alex Boyles

Musical Direction by Alex Boyles

This groundbreaking musical delves into the complexities of a seemingly ordinary family grappling with extraordinary challenges. With its powerful storytelling and a hauntingly beautiful score, it explores themes of love, loss, and mental health in a way that resonates deeply with audiences. From heart-wrenching ballads to moments of raw vulnerability, this musical doesn't shy away from the complexities of human experience. Next to Normal promises an unforgettable evening of poignant performances that pushes the boundaries of what musical theatre can achieve, while touching your soul in profound and unexpected ways.

Tickets \$20 (Preview/Rush) – \$40

Special Performances:

Thursday, March 28th: Preview Performance @ 7:30pm. All seats \$20.

Friday, March 29th: Opening Night Gala @ 7:30pm.

Wednesday, April 3rd : Charity Night @ 7:30pm, TBA.

Cast (In Alphabetical Order)

Marin Alexis – Natalie

Alex Boyles – U/S Dan 3/27 – 4/7

Kristen Calvin – U/S Diana

Rebecca K. Campbell – Diana

Rigo Jimenez – Doctor

Austin Kelly – Henry

James LaFreniere – U/S Henry & Gabe

Joey Larimer – Gabe

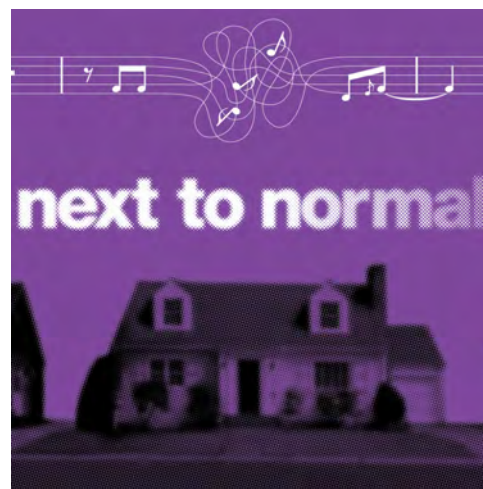
Rob McDonald – U/S Doctor

Sierra Milburn – U/S Natalie

Erny Rosales – U/S Dan 4/11 – 4/21

Zach Virden – Dan

Camelot Theatre  
101 Talent Avenue  
Talent, OR 97540  
Phone: 541-535-5250



GOOD

Eats

## One Fifteen Broiler

Info from Yelp.com and Facebook

115 NW D St Grants Pass, OR 97526

(541) 474-7115

Specializing in Charbroiled Steaks, Prime Rib, Seafood







**BOOK  
NOW!**

*Plan Your Amazing*

**3 BR or  
1 BR  
Cottages**

# **HOLIDAY**

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

[TheInnOn5th.com](http://TheInnOn5th.com)

[TheInnOn5th@gmail.com](mailto:TheInnOn5th@gmail.com)

541.973.8080

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



# LAWN AND *Garden*

Using a drip irrigation system in your garden is one of the single most important things that you can do for it. Drip irrigation systems provide the right amount of water exactly where it is needed saving you money and creating stronger, healthier plants. There are some rules to follow when installing a drip irrigation system in your garden to ensure you get the best results; below is a list of things to watch out for when designing and installing your new drip irrigation system.

## Not Enough Emitters

The most common mistake people make when designing their system is not including enough drip emitters into the plan. Having the proper amount of emitters will ensure that your plants' root systems are getting the water they need. The more emitters you have, the happier and healthier your plants will be and by having more than one emitter per plant, you eliminate the risk of having a clogged emitter kill off that plant. If you have a smaller plant that only requires one emitter, ensure that you use a clogging disk to prevent this risk.

## Bad Placement

Placing your drip emitters too close together or too far apart is another bad move. Placing them evenly will ensure that your plants get the proper amount of water without having areas oversaturated. A good rule of thumb is to place a drip emitter evenly spaced along the plant line and a minimum of six inches from the base of the plant.

## Poor or No Filtration

Filtered water is best for the overall health of your plants and many drip irrigation systems come with a filter to ensure that you have many years of trouble free use. Using a filter with a mesh screen of at least 155 is best if you want to provide adequate protection to the small orifices of the micro-sprinklers and drippers.

## Incorrect Pressure

Having adequate pressure is important for any drip irrigation system; without it, your system will fail and your plants will suffer from a lack of water. Too many emitters on a single line will result in a lack of water pressure and this could lead to clogging and inadequate watering. Also use a good pressure regulator to ensure that your drip irrigation system will operate correctly.

## Common Drip Irrigation Mistakes to Avoid

From dripdepot.com



### Water Boy Sprinkler & Garden

Landscaping

Sprinklers

Backflows

Drainage

Pavers

Repairs & Installations

Landscape Maintenance

**541-500-1154**

A Full Service Landscape  
Company

LCB #9654





### Improper Zoning

By “Zoning” your drip systems, you are effectively separating plants that have different watering needs from others. Let’s say that you have trees, shrubs and dry climate plants; you will need three separate drip irrigation zones to provide them the water they need without over or under-watering. You can also separate your zones by type of soil and size of plants. There are many ways to properly zone your system and knowing the right way will make all of the difference to your plants.

### Wrong Watering Schedule

There are no set rules for watering schedules; doing your research and knowing what your plants need will go a long way in attaining the perfect watering schedule. Don’t assume that a drip irrigation system is a “set it and forget it” type of system; you may have to make periodic and seasonal changes to the watering schedule to get the balance you are looking for. Only you know what your plants need at any given time of the year and a properly installed drip irrigation system will ensure that your plants get the water they need without getting too little or too much.

### Ordering Incompatible Thread Types

Incompatible thread types can cause leaks, loss of pressure, and eventual damage to the entire system. When ordering your new drip irrigation system or parts for your existing system, you want to make sure that you get the right threads that match the threaded parts you already have installed.

You will have two different types of threaded parts: hose thread and pipe thread. Although there are certain parts in the drip irrigation system that have different types of threads, most will use the pipe thread or hose thread and the option of either a male or female fitting. Some basic abbreviations you should know are:

PT = Pipe Thread

HT = Hose Thread

FPT = Female Pipe Thread

MPT = Male Pipe Thread

FHT = Female Hose Thread

MHT = Male Hose Thread

NPT = National Pipe Thread

GHT = Garden Hose Thread

Without using an adapter, there is no way you can mix different thread types. Garden Hose Thread offers a watertight seal using a washer and pressure applied against it, because of this, it never needs anything more than hand tightening.

Whereas National Pipe Thread creates a seal using tightly fitting male and female threads because the threads fit tightly, NPT requires thread sealant, Teflon tape, or hand tools to achieve the tight seal.

### Not Knowing the Outside & Inside Diameter of Your Tubing

There are many different sizes of drip tubing and knowing which size you need is important. Tubing is measured by the inside and outside diameter of the tubing and is very general in designation. You may see some that are labeled ½” poly, ¾” poly, 1” poly, and so on. These measurements can relate to differences in size up to 3 different size variations. Keep in mind that not all sizes will match others of the same rating so caution should be executed when ordering. If you plan on purchasing all of your 1/2” poly tubing and fittings from Drip Depot, all 1/2” tubing and fittings carried by us are compatible.

By following these simple rules and applying them across the design and installation of your system, you will have a drip irrigation system that will provide you with many years of use and worry-free operation. A properly installed drip irrigation system will enable your plants to grow healthy and strong and save you money on watering costs.







**Don McCoy**  
Eco Broker for eXp Realty  
541-261-3542  
[donmccoyreal.estateteam.com](http://donmccoyreal.estateteam.com)



**Jim Frings**  
RE/MAX  
541-840-7184  
[jimfrings.remax.com/](http://jimfrings.remax.com/)



**Richard "Barney" Bauernfeind**  
Commercial Real Estate  
Coldwell Banker  
Commercial Pro West  
541-821-2169  
[RJBarney@gmail.com](mailto:RJBarney@gmail.com)

**Rogue Valley Living recommends these outstanding preferred Property Professionals**

Blank Spots still available but must be vetted first.  
Contact Linda at 541-900-6584

Blank Spots still available but must be vetted first.  
Contact Linda at 541-900-6584

Blank Spots still available but must be vetted first.  
Contact Linda at 541-900-6584

Blank Spots still available but must be vetted first.  
Contact Linda at 541-900-6584

**Sonali de Saram**  
"Some agents sell houses. I connect my clients with their dream home."  
OR License # 201205574 CA License # 00965953 MSD 739

(541)944 1400  
[www.thinksonali.com](http://www.thinksonali.com)  
[sonaliandcompany@gmail.com](mailto:sonaliandcompany@gmail.com)



**Sonali De Saram**  
Sonali & Company  
541-944-1400  
[ThinkSonali.com](http://ThinkSonali.com)

**FOR SALE**

ASHLAND, OREGON - \$ 539,000

- 2 Bedrooms
- 1 Baths
- 988 Sq ft
- Victorian Era Cottage

**AVAILABLE**

ASHLAND, OREGON - \$ 599,000

- 4 Bedrooms
- 2 Baths
- 1,859 Sq ft

YREKA, CALIFORNIA - \$ 499,000

- 3 Unit with Cottage
- 7 Bedrooms
- 5 Baths
- 3,200 Sq ft
- Multi Family Unit

**FOR LEASE**

ASHLAND, OREGON - OFFICE SPACE

- Ground Floor
- Large Meeting Room
- 1,853 Sqft
- 4 Private offices

**SCOTT BAR - \$ 500,000**

If you're looking for a forested paradise, look no further!  
2 log cabins on 20 acres of peaceful forest. Come see & feel the serenity of nature.

<p><b>Main Cabin</b></p> <ul style="list-style-type: none"> <li>• 2 Bedrooms</li> <li>• 2 Baths</li> </ul>	<p><b>Smaller Cabin</b></p> <ul style="list-style-type: none"> <li>• 1 Bedroom</li> <li>• 1 Bath</li> </ul>
--	---

Both cabins on 20 acres  
Off Grid  
Powered by Solar



**Team Toner**  
John L. Scott  
541-890-5441  
[KarenToner.com](http://KarenToner.com)  
[karentoner@johnlscott.com](mailto:karentoner@johnlscott.com)

**THINKING OF RELOCATION?**

**WHEN YOU WANT TO BUY, SELL OR INVEST**

**OREGON & CALIFORNIA**  
Sonali de Saram  
SONALI & COMPANY  
1781 S. W. 4th Street, Ashland, Oregon 97520  
541-944-1400 [sonaliandcompany@gmail.com](mailto:sonaliandcompany@gmail.com)

**ARIZONA**  
Collette Ribbelm  
HOMESMART, LLC  
1100 N. 1st Street, Phoenix, AZ 85004  
480-224-0811 [collettribbelm@gmail.com](mailto:collettribbelm@gmail.com)

**Ask About Our Top Relocation Markets!**

**SOLD**

ASHLAND, OREGON

**SOLD**

TALENT, OREGON

**SOLD**

YREKA CALIFORNIA

**SOLD**

MEDFORD, OREGON

Think Real Estate, thinksonali.com  
(541)944 1400



**Amber Hardin**  
Mortgage Express, LLC  
541-622-9032  
[ahardin@mtgxps.com](mailto:ahardin@mtgxps.com)



**Shawn Carter**  
[Bellevue Capital Group](http://BellevueCapitalGroup.com)  
Commercial Lending  
[Shawn@bellevuecapitalgroup.com](mailto:Shawn@bellevuecapitalgroup.com)



**Kimi Fernandez**  
[eXp Realty. LLC](http://eXp Realty. LLC)  
541-301-8332  
[kimi.fernandez@exprealty.com](mailto:kimi.fernandez@exprealty.com)



# ROGUE VALLEY *Living Giving*

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

## **Cascade Girl.org**

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

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

Sharon

541-951-5595

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

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

## **Collaborative Theatre Project**

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

<http://www.CTPMedford.org>

541 779-1055

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

## **Downtown Medford Association**

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

Richard Barney, Co-Chair Organization Committee

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

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

## **Family Solutions**

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

Serina Pori

Development Director

Family Solutions

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

## **Living Opportunities**

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

Blaine, Business & Donor Relations

541-415-5341

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

## **Must Love Boxers**

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

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

Robert And Kimm King

Southern Oregon Coordinators

541-291-6122

## **OHRA**

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

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

Jessica Klinke, Development Director

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

## **Pacific Bible College**

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

Elijah Thomas

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

503-437-5883

## **Pathway Enterprises, Inc.**

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

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

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

(541) 973-2728

## **Reclaiming Lives/Recovery Café**

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

Stephanie Mendenhall

228 East Main Street, Suite H

Medford, OR 97501

541-292-1618

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

## **Riding Beyond**

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

Trish Broersma, CTRI, ES, MA

541.482.6210

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

## **Rogue Community College Foundation**

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

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

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

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

**Rogue Retreat**

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

711 E. Main St. #25

Medford, OR 97504

541.499.0880

joe@rogueretreat.org

rogueretreat.org

**Salvation Army**

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

Sharre Whitson, CFRE - Development Director

304 Beatty Street, Medford OR 97501

(541)773-6965 ext. 105

Cell: (530) 227-2474

<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](mailto:dwells97504@gmail.com) | 458-225-4626

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

**Southern Oregon Aspire**

Inspiring Unlimited Opportunities for People to Create the Life They Choose

Phone: 541-476-8241

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

**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](http://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](mailto:info@dogsforbetterlives.org)

Website for BoneAppeTREAT article: [dogsforbetterlives.org/boneappetreat](http://dogsforbetterlives.org/boneappetreat)

[boneappetreat](http://boneappetreat)

Our main website link is [dogsforbetterlives.org](http://dogsforbetterlives.org)

**Rogue Valley Mentoring**

**Mission: Transforming Entire Communities through the Mentoring of Youth**

Contact: 541-708-6688,

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

<https://rvmentoring.org/>

**Pollinator Project Rogue Valley** is a volunteer-led Oregon-registered 501(c)(3) nonprofit, envisioning communities and landscapes working together, supporting diverse ecosystems rich with native plants and thriving native pollinators.

[www.pollinatorprojectroguevalley.org](http://www.pollinatorprojectroguevalley.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](mailto:sophiablanton@rogueworldmusic.org)

[www.rogueworldmusic.org](http://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](http://www.71five.org)

[bud@71Five.org](mailto:bud@71Five.org)



# BUSINESS CARD *Section*




**PURCHASE**     **REFINANCE**  
 **ACCESS EQUITY**

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

Direct **541.622.9032** Email [ahardin@mtgxps.com](mailto:ahardin@mtgxps.com)  
Apply online by visiting [ahardin.mtgxps.com](http://ahardin.mtgxps.com)

Mortgage Express 3262 Hillcrest Park Drive | Medford, OR 97504

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

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

**25 Years Experience**  
Medford, OR. 97504

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




**Jim Frings**  
Real Estate Broker  
Licensed in Oregon

2594 E. Barnett Rd., Suite B  
Medford OR 97504

C: 541.840.7184  
O: 541-734-5500

[JimFringsrealestate@gmail.com](mailto:JimFringsrealestate@gmail.com)  
[MaxHomeFinder.com](http://MaxHomeFinder.com)





**LYLE MC CAW, AGENT**

4021 Crater Lake Ave Ste 101A  
Medford, OR 97504  
(541) 858-2582  
[lmccaw@amfam.com](mailto:lmccaw@amfam.com)  
Fax: (855) 868-8155  
1-800-MYAMFAM (1-800-692-6326)



**Focusing on Medicare Health Planning**

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

[shreeveinsurance.com](http://shreeveinsurance.com)  
541.499.0357 | [melissa@shreeveinsurance.com](mailto:melissa@shreeveinsurance.com)

Shreeve Insurance is not connected with the federal Medicare program.  
This is a solicitation for insurance.

**SHREEVE|insurance**

**David the Pet Buddy**



**Pet Service**

**Your Pets Will Be Happy**  
Safe and Sound  
When You're Not Around  
David (541) 281-8439



**Commercial embroidery and screen printing  
for businesses and events.**

**Serving Oregon & Northern California since 2006**  
837 S Riverside, Medford, OR 97501  
541-210-9999 / [www.MasterStitch.net](http://www.MasterStitch.net)




**Mary Hambleton**  
(541) 218-7601  
[mary@soulcanyon.com](mailto:mary@soulcanyon.com)  
[www.soulcanyon.com](http://www.soulcanyon.com)

*Training & Development*



Food Truck Baking Fresh Small Batch Cookies  
Custom Orders, Events & Catering - over 50 flavors available!



WILD FLOUR COOKIES  
orderwildflourcookies@gmail.com 541-851-1222

**ROCKET REFERRAL SERVICE**

**David Samples**  
Legal & Identity Theft Protection  
Small Business Plans  
Home Video Surveillance

**(541) 261-8439**  
Home & Auto Insurance  
Senior Health Care  
Health & Wellness

Scan the code or visit [TheRealHowMoneyWorks.com](http://TheRealHowMoneyWorks.com) to learn more



**Serina Pori**  
Development Director

201 W Main St, Suite 3E  
Medford, OR 97501

541.414.1745 office  
541.414.1724 fax  
spori@solutionsor.org

541.841.8464 cell

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

*Empowering Families, Enhancing Lives*

**WE WANT YOU!**

**BUSINESS OWNERS**

- ✓ WRITE AN ARTICLE
- ✓ BRAND YOURSELF
- ✓ ADVERTISE

CONTACT US TO CHAT  
541-900-6584  
[ROGUEVALLEYLIVINGMAG.COM](http://ROGUEVALLEYLIVINGMAG.COM)

EMAIL:  
[EDITOR@ROGUEVALLEYLIVINGMAG.COM](mailto:EDITOR@ROGUEVALLEYLIVINGMAG.COM)

# LOCK IN YOUR POWER RATE NOW!

Take advantage of the Government 30% tax credit

In 1997 the cost for gas was \$1.25 a gallon.  
Don't you wish you were still paying that?  
Lock in your energy bill now for the next 25 years with Solar!

**ZERO \$  
DOWN**

**FREE  
NO OBLIGATION  
QUOTE**

Call or Email:  
541-200-5970  
[Tanya@klicksolar.com](mailto:Tanya@klicksolar.com)

