

Rogue Valley

A social emagazine for residents of the Rogue Valley

Living



Meet the Taylor family

A WORD FROM the Editor

Would it be Life if tragedy didn't strike? I want to take the time to apologize for the unplanned but necessary hiatus that was taken from RVL. My sister has advancing dementia, her husband had a major heart attack requiring surgery, and their autistic son who lives with them suffered a horrible stroke that left his right side paralyzed. On top of that, a close cousin has an uncommon brain tumor, and we had several deaths in our family, as well as friends. Add on that both of our 16 year old pets died. It's been a period of mourning, grief and paralyzing depression, with me doing lots of care-taking that has consumed a good portion of my time. But as we look toward 2025, I am optimistic and reinvigorated to bring you Rogue Valley news monthly.

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Do you have something to share or contribute to RVL? 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.

Linda



STAFF PHOTOS



Roland Daniel
STAFF PHOTOGRAPHER



Mary Ann Daniel
STAFF WRITER



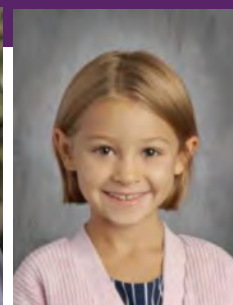
Linda Lochard
STAFF WRITER



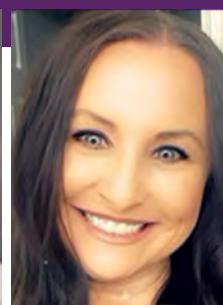
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FAMILY *Spotlight* *Diondre Taylor and family*



Diondre has lived in Medford going on 3 years. At the age of 24, he's one amazing fellow.

When asked who is in his family, he said, "My absolutely amazing partner in life Madyson, my beautiful mom Jessica, the best dad Lydell, my sweet grandmother Mary, my amazing two brothers Erik and Lydell Jr, and my happy pup Rookie."

He graduated from the University of Alabama and he played, coached, and trained people in Basketball. He also played football growing up.

"I got started in Media about 9 years ago as a 15 year old. I was always taught that I could do anything I put my mind to, so I created my own business and started to learn the ins and outs of photography, videography, web design, and social media marketing. Which led me to early life success and failures, molding me into who I am today. Fast forward into today, I currently work for Nick Alexander Films as the social media and marketing specialist."

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Originally considered for Young Achiever, Diondre is very much a family man and is driven to succeed and aims to achieve through kindness, integrity and knowledge.

"I enjoy being able to help other people grow their businesses through all forms of media marketing. Being able to create graphics, photos, videos, and so much more gives me the same thrill that I felt while scoring a basket or running in a touchdown.

I've been able to help create local and national TV advertisements. Also, I helped a company that wasn't thriving in certain aspects regarding marketing, be able to gain a following and more clientele. I've been able to grow my own business while being able to learn from others."

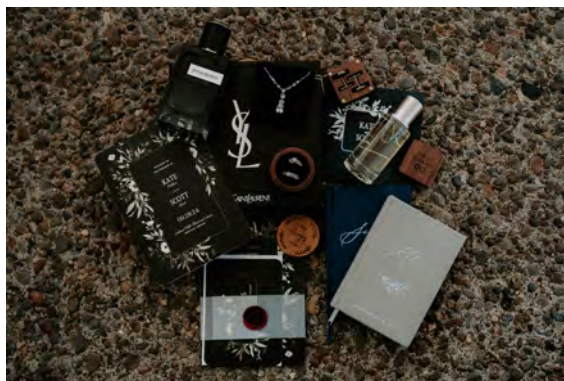


"I am very personable. I like to get to know everyone I work with so I can gain a true understanding of what the business is and how it started. I think my knowledge of multiple media spaces also sets me apart from others in my field."

When asked who he admires, he readily said. "My Dad inspires me. Knowing all he has been through in his life and now seeing him go into a season of success and pure determination for his loved ones is something I can only hope to emulate as I grow my own family in the future."

NEIGHBORHOOD Announcements

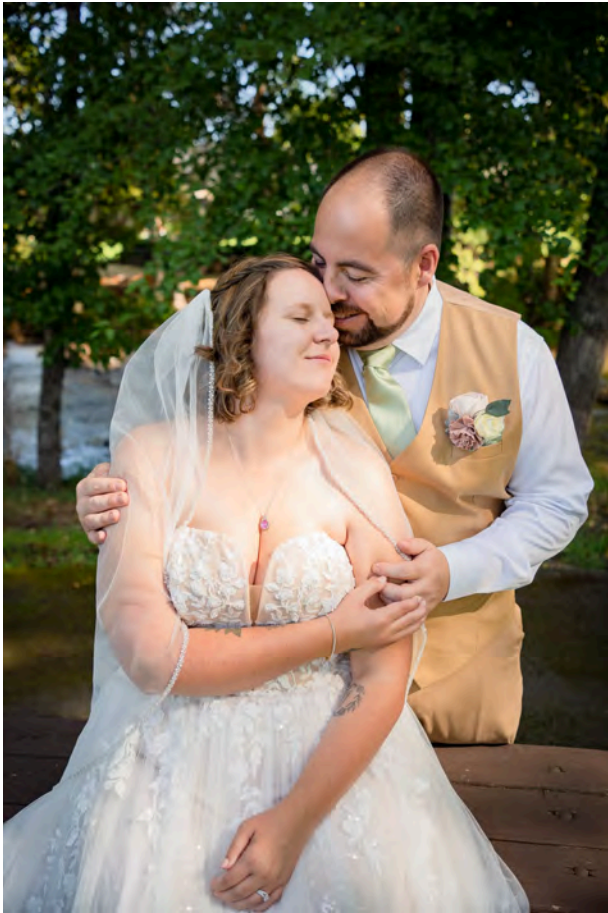
Just married: Kate Wallace and Scott Clark 9-28-24 at the Ashland Hills Hotel
Photographed by Jessica Cobb at JCobb Photography



Just married:

Hannah Reinhardt and Charlie Kirschenmann 9-13-24 at the Butte Creek Mill

Photographed by Cayenne Ferguson of Caymeow Media (<https://www.facebook.com/Caymeow.Media/>)



- Empire Market.....210 W Main St., Eagle Point, OR
- Squatch’s Garage is moving their location from 301 NE Hillcrest Dr. Grants Pass to 132 NE Beacon Dr., Grants Pass
- Goldback & Iruai Wine Room.....111 Talent Ave., Suite A, Talent
- Advanced Health & Wellness was located on East McAndrews Rd., moved their location to 900 Biddle Rd., Medford
- The Gem Source...Rogue Valley Mall opened 1st of August- Jewelry store/ Jewelry schooling- Owner of Quik Fix in the Rogue Valley Mall is opening this 2nd location
- Ahuva Bagel Co. closed their location @ 1130 Biddle Rd. - There is a new bakery going in at this location
- Big Block Sandwich LLC.....731 NE 7th St., Grants Pass
- Smoke Stack....1212 NW 6th St., Grants Pass
- Rodriguez Tax & Accounting is moving from 1017 N Riverside Suite # 112 to 515 S Riverside Ave., Medford
- Shreeve Insurance is opening up their 2nd location in Roseburg
- Off the Grid Tattoo890 Biddle Rd., Medford
- Adventures in Art opened in July.....184 Galice Rd., Suite C, Merlin
- Yulissas Bakery.....1130 Biddle Rd., Medford
- Freedom Christian Center.....513 E Pine St., Central Point
- The Phoenix Phoodery opened @ 208 N Main St., Phoenix - 90 + Capacity rooftop bar - Skout Taphouse, and Provisions has brought together Truffle Pig Craft Kitchen, WokStar, Flying Flatbread, Peruvian Point, and Ma’s BBQ to complement their 50 beers and wines on tap in a gorgeous space.
- Freedom Motors is under new Ownership.....400 Madrona St. in Medford & they opened a location at 1201 N Riverside Ave. in Medford
- Pollinator Project Rogue Valley.....312 N Main St., Suite B, Phoenix
- Matt Loop RV Park...(Will be opening in 2025) at 577 Matt Loop., Medford
- Rogue Valley Veterinarian Clinic... opened in November at 235 E Barnett Suite., 106, Medford



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Dr. Ee Lin Wan

Dr. Wan is a Board Certified Internal Medicine physician, with over 14 years experience. She lives in Medford, OR with her husband and three children. She believes in patient-centered education and advocacy. Dr. Wan is well-respected in the medical community and takes pride in excellent care coordination with her medical colleagues.

Southern Oregon Weight Healthy provides evidence-based weight management incorporating lifestyle changes. Dr. Wan will provide detailed, personalized care plans for each patient.



Medical weight loss would be appropriate for patients with BMI > 25 with associated health conditions (BMI > 27 to be eligible for weight loss medication) or BMI > 30 without any other underlying health conditions.

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

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- Bridges To Well Being.....10 S Bartlett St., Suite 204, Medford
- HT Global Inc, Global Logistics LLC.....1215 Stowe Ave., Medford
- Belka Snow LLC, Cosmetics Manufacturer.....1211 Stowe Ave., Medford
- Acid Castles Vintage.....1604 Ashland St, Ashland
- Bright Beginnings Playschool Opened October 1st.....848 NE 7th St., Grants Pass
- The Growler Guys (Opened in September).....531 NE F St., Grants Pass
- Phoenix Auto Center (Under New Ownership).....611 N Main St., Phoenix
- Light of The Moon Counseling PLLC.....33 N Central Ave., Suite 215, Medford
- District 240 Wellness.....240 W C St., Jacksonville
- Promote Me Inc. (New Business) Opened Oct 1st.....205 N Phoenix Rd., Suite K, Phoenix
- Chicken Shanty Food Truck... 1202 E Jackson St., Medford
- Key Solutions LLC.....Bookkeeper- Notary - PM Management33 N Central Ave., Suite 204, Medford
- Rogue Valley Insurance Partners moved to a new location.....2732 American Way, Suite 4, Medford
- Modest Mystic Healing.....33 N Central Ave., Suite 201, Medford
- New Urgent Care being built next to Human Bean.....1841 E Barnett Rd., Medford
- Mom & Pop Business Funding (Business loans) 603 S Riverside Ave., Medford
- Copper Plank moved from Highland to 202 N Central Ave., Medford
- Graze Craze (She does Charcuterie Boards & Boxes, & Sandwiches. She does events, parties, weddings, birthdays, anniversaries, holidays, etc. You can call her for anything: 707-759-8957 1200 Biddle Rd., Suite F, Medford
- No Mud No Lotus Yoga & Healing Center - Opening in December120 SW J St., Grants Pass
- Drip Depot (Irrigation equipment) is building a new 20,000 square foot location.....1019 Avenue C., White City
- Get Blessed Construction. New Construction company - They are a part of a \$1.5 million construction build completing around 4/2025.
- Sunrise Automotive, new location at 3839 Crater Lake Hwy., Medford
- Tucker Estate Sales.....300 E Barnett Rd., Medford
- New Ownership: Indian Palace now will be called Medford Indian Cuisine.....1250 Biddle Rd., Suite D Medford
- Sunday Afternoons.....Opening new location while 1 is being built.....625 A St., Ashland
- Elevate Aesthetics, Opened in December.....714 E Jackson St., Medford
- Kids Land LLC....(Rogue Valley Mall).....1600 N Riverside Ave., Suite 2148, Medford
- Lumpy's #4New Ownership for 2 locations - 2390 W Main St., Ste. A, Medford, and 801 S Riverside Ave., Medford
- Horizons Neuro Feedback & Health Coaching LLC....3550 Excel Dr., Suite 102, Medford
- NTM United LLC (Smoke Shop).....1253 Siskiyou Blvd., Suite A, Ashland
- Burchs Bookkeeping is moving to 843 E Main St., Suite 109A, Medford
- Daiso - 513 Medford Center, Medford. Daiso is a Japanese variety and value store. They offer unique items from stationery, to home goods, kitchenware, cosmetics, and more!

Engaged

Hannah Reinhardt and
Charlie Kirschenmann

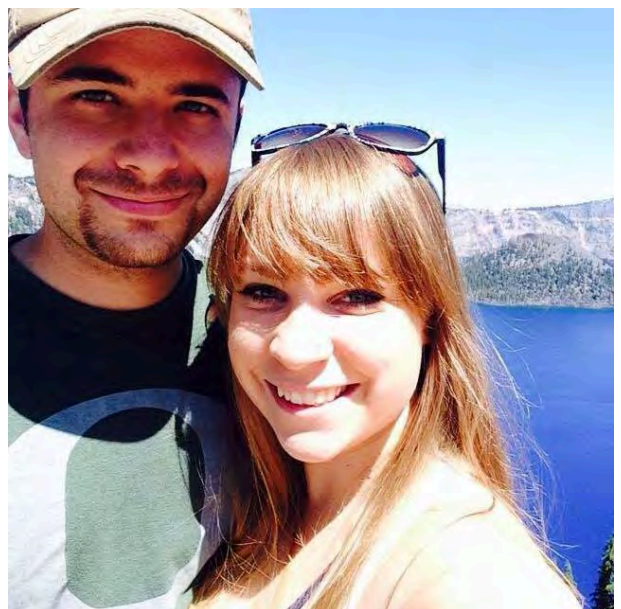
Engaged: June 1, 2024

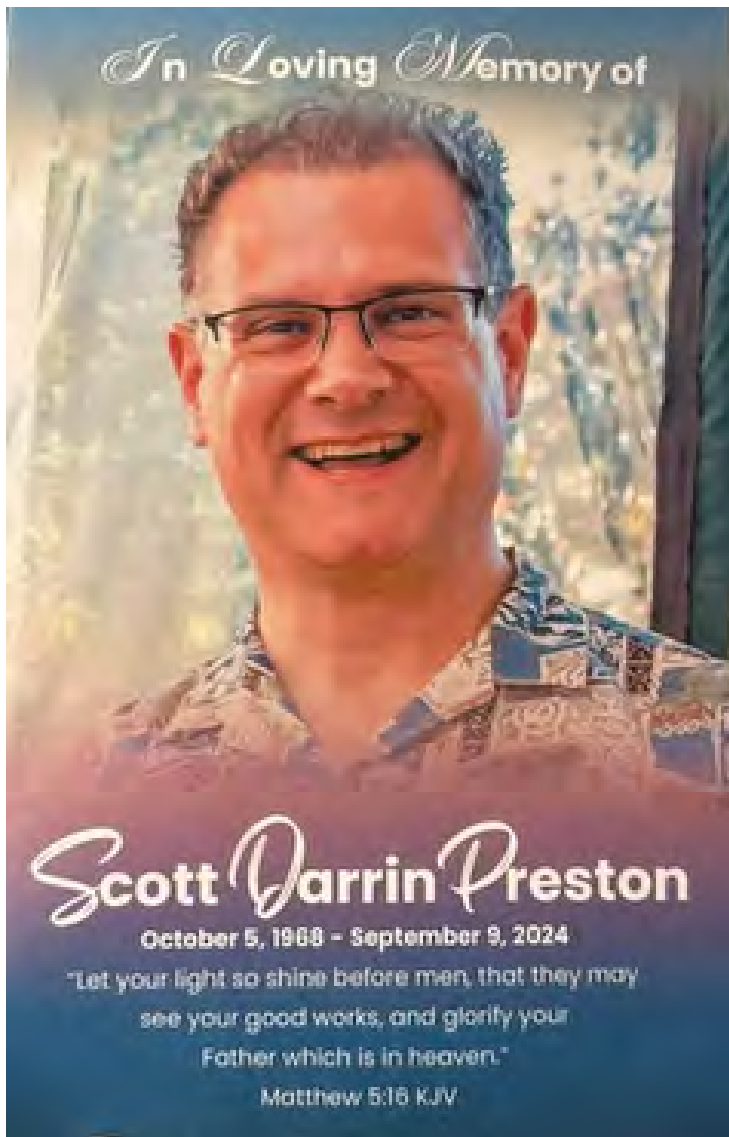
Planned Wedding Date: November 9,
2024, but married September 13, 2024



Expecting

Elijah and
Marissa Luzny
are expecting
their first
child, a boy,
in January
2025.





Cydney Miller-Bowen said this about Scott's memorial, "Ron's cousin Scott Preston's Celebration Of Life was this past Saturday. It was beautiful! And it really hit me! His 56th birthday would have been the same day and was included in the celebration. He led such a beautifully full, Christ centered life, and everyone that knew him or met him, knew it. He exuded Christs love! It was evident in his marriage to his fabulous wife Tami and in the lives of his 3 children, 4 grandchildren, his extended family and many friends.

The days message and the scripture on the front of the hand-out really spoke to me. Matthew 5:16 "Let your light so shine before men that they may see your good works and glorify your Father who is in Heaven". Boy did his light shine He lived so others saw the Lord in everything he did!

Patricia Ann Metz (Seely)

April 22, 1938 - November 24, 2024

It is with profound sadness that we announce the passing of Patricia "Patti" Ann Metz (Seely), a devoted mother, friend, and pillar of the Rogue Valley community for the past 44 years. On Sunday, November 24, 2024, Patti left us at 86, after a long illness, leaving behind a legacy of love, kindness, and unwavering dedication to those she cherished.



Born on April 22, 1938, in Portland, Patti was a true adventurer from the start, traveling extensively throughout her childhood as the daughter of an Air Force Officer and ROTC instructor. Her family's nomadic lifestyle instilled in her a sense of resilience, adaptability, and an insatiable curiosity about the world. She attended schools in Portland, Hawaii, and California, including El Cajon High School, Santa Clara Union High School and Dominican College of California.

Patti began her career in banking in 1968 with Wells Fargo Bank in San Jose, California, quickly rising through the ranks to become a trailblazing pioneer for women in the industry. As the first female loan officer in Wells Fargo's Loan Adjustment Department, Patti shattered glass ceilings and paved the way for future generations of women in banking and finance.

Patti relocated to Ashland, in 1980 to be closer to her brother, Frank Seely, and his family, where she began working at First Interstate Bank of Oregon. Her dedication, expertise, and passion for her work earned her numerous promotions, ultimately leading to her retirement in 2002 as Branch Manager and Southern Oregon Region Vice President, after 34 years of combined service to Wells Fargo and First Interstate Bank.

Beyond her professional accomplishments, Patti was a devoted community servant, volunteering her time and energy to various organizations throughout Jackson County. Her selfless commitment to the Rogue Valley Manor Board of Directors, Rogue Valley Access Board, Court Appointed Special Advocates (CASA), St. Vincent de Paul Society, the Oregon Shakespearean Festival, and Jacksonville's Britt Festivals inspired countless individuals and left a lasting impact on the community.

Patti's love for life was contagious. An avid animal lover, she adored her dogs, cherished time with family and friends, and reveled in the simple joys of traveling, playing card games, and exploring the outdoors. Among the activities she enjoyed were playing golf, bowling, river rafting, fishing, snorkeling and swimming with dolphins during her tropical vacations. Her optimism and quick wit made her a beloved presence in the lives of all who knew her. As we mourn the loss of this extraordinary woman, we take comfort in the memories of her boundless energy, her generosity of spirit, and her commitment to living life to the fullest.

Patti was preceded in death by her parents and her brother, Frank. She is survived by her children, Ken and Dan, daughter-in-law Kimbra; nieces Ann and Kris; nephew Mike; half-brother, Paul; half-sister, Metta; grandchildren Kathleena and Zachary; and 11 great-nieces and great-nephews. She will be deeply missed by all who knew and loved her.

A Celebration of Life ceremony will be announced at a later date, where we will come together to honor Patti's remarkable life, share stories of her adventures, and celebrate the impact she had on our lives. In lieu of flowers, donations in Patti's name to the Southern Oregon Humane Society are appreciated.

Winifred Favell Hood

November 25, 1923 - October 20, 2024



Winifred Favell Hood, formerly of Klamath Falls, passed away at her residence at the Rogue Valley Manor in Medford on October 20th, 2024. She was one month shy of her 101st birthday.

Born on Nov. 25, 1923 to loving parents, Alice and Wilfred Lamm, she was raised in Modoc Point, Oregon, where they owned and operated the Lamm Lumber Company. She attended grade school in Chilliquin, high school at Klamath Union and the Branson Preparatory School in California, followed by Stanford University where she completed her degree in accounting. She moved to New York where she studied music, then returned to the West Coast to continue her opera studies at Stanford. Winifred married Gene Favell

(deceased) in 1949 and they raised their six children in Klamath Falls. They were devoted parents of Alice Blankenbeckler (Frank), Janet Brosterhous (deceased), Doug Favell (deceased), Carol Feeney (Jim), Ann Silvestri (John) and Mark Favell. She was "Mimi" to 12 grandchildren and 24 great-grandchildren.

Winifred and Gene were active members of the Klamath community. They established the Favell Museum, made major contributions to Oregon Tech (OIT) where they established scholarships and where Winifred served on the Foundation Board. She was an active member of PEO and Soroptimists. Gene and Win were married for 52 years.

In 2003, when they were both 80, Winifred married Robert Hood of Medford, and moved from Klamath to join him at the Manor. They traveled extensively throughout their marriage, once ziplining in St. Lucia when they were firmly in their eighties. Bob and Winifred were married for 15 years. With her marriage to Bob, she gained three stepchildren, Bristow Hood (Jami), Cameron McCandless (Stephen), and Claudia Bridenbecker (Dan).

Intelligent and talented, Winifred enjoyed performing with the Melodians group. Her hobby was handwork. A seamstress and quilter, she was also accomplished at knitting, crocheting, needlepoint, and embroidery. Her creations will be treasured for generations to come.

An exceptional daughter, wife, friend, mother, grandmother, great-grandmother, stepmother, and step-grandmother, family was always the most important thing in her life, for which she was always grateful. She was a devout Catholic, and her faith carried her through difficult times. After Bob passed, she was cared for at the Manor by a group of extraordinary caregivers who lovingly saw to her every need for over 6 years.

Winifred was full of positive energy and optimism. Whenever she was asked how she was, she invariably answered "200%!"

A family memorial gathering will take place at a later date. Donations in her name may be made to: Catholic Charities at www.catholiccharitiesusa.org, SMART Reading at www.smartreading.org, or the Favell Museum at www.favellmuseum.org.

Celia A. Meese

May 10, 1938 - October 25, 2024



Celia A. Meese passed away at her home in Medford, Oregon on October 25, 2024, at the age of 86.

Celia was born May 10th, 1938, to Roy and Bessie Emma Lucille Edwards in San Diego, California. She was the youngest of four siblings and spent her childhood living in several states. Eventually, Celia returned to California and attended the University of California at Sacramento where she graduated in 1958 as an English major, making the Dean's list multiple times. Additionally, Celia was a MENSA member based on her high IQ.

Celia met the love of her life, Jed Meese, in 29 Palms, California in 1962. They were quite the dynamic duo; it is said that you could hear Celia's heartbeat throughout the room the second Jed walked in. They briefly moved to Taiwan before returning to California where they co-created Formulation Technologies (FTI) in Oakdale, California in 1982 with their close friend, William Hensley. Later, the two founded Vitaline where Celia was named President and Jed Vice President.

In 1987, Celia and Jed made the move to Ashland, Oregon where Vitaline Corporation operated until it sold in 2000.

Celia was a loyal friend, an incredible businesswoman, philanthropist and world traveler. In addition to English, she could fluently speak Chinese, German and Spanish.

Celia, along with her husband Jed and the Foundation they created, gave back generously to their community. They were supporters of education, healthcare, the arts as well as women and children. Their generosity inspired the naming of many places throughout Southern Oregon including the Ashland Family YMCA's Meese Family Aquatic Center, multiple buildings at Southern Oregon University including the Meese Auditorium and Meese Terrace, The Jed and Celia Meese Student Commons at St. Mary's School, as well as the most profound - Celia's namesake: Celia's House in Holmes Park, a working twelve-bed hospice home owned by the Southern Oregon Friends of Hospice.

Celia received many awards throughout her career and lifetime, including the SOU President's Medal in 1998 and the Carpenter Award in 2008 alongside her husband, Jed.

Celia was preceded in death by her spouse, Jed Meese (2024), and their son, Scott E. Meese (2015). Celia is survived by her sister Dee Davies, Scott's wife Lori Meese, as well as her granddaughter Kimberly Renee Houston and four great-grandchildren: Mika, Ikaika, Nova and Zola.

Passed:

Margaret Effie Boyd

June 30, 1931 - November 22, 2024



Margaret Effie Boyd passed away November 22, 2024 at age 93. She was born June 30, 1931 in Grants Pass, descending from a pioneer family that settled in the Illinois Valley in the 1860s. She was raised on a farm in Cave Junction and attended the University of Oregon where she met

Francis C Potwin. They married in 1951 and had three children Stephen, Sally and Mary. In 1972 she married John S Boyd. They enjoyed a long retirement including her favorites of playing bridge, golf and especially gardening. Margaret is survived by her 3 children, 5 grandchildren and seven great grandchildren. She will be remembered as a remarkable woman whose spirit flourished just as beautifully as her daffodils.

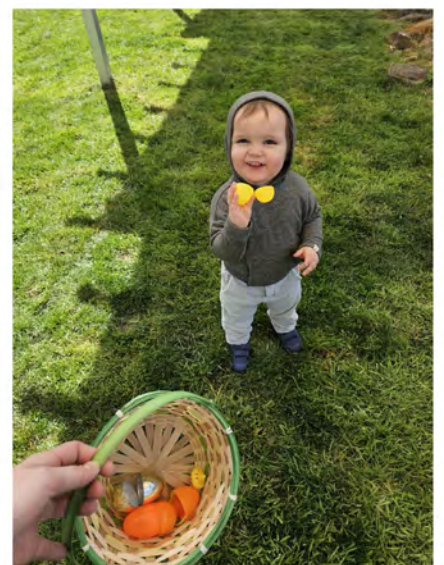
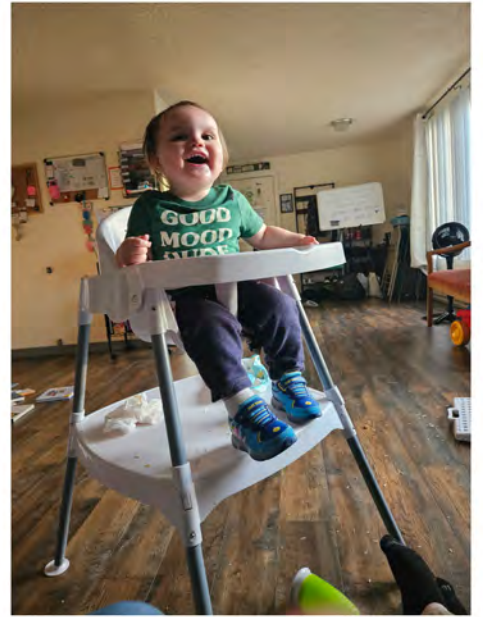
Sweet BABIES

Zayden Fimbres

Welcome to the world, little one!

Zayden is the son of Cassie Beach and was born on August 16, 2022. He now weighs 33 pounds and is 29" tall. His brown hair is finally starting to come in more. They live in Phoenix and mom manages the Nectar Markets store in Medford. Cassie says, " We had a bit of a rough pregnancy and birthing experience, but Zayden is a fighter. He was born at Asante and was obviously craving pb&j the whole pregnancy!. Life is an exhausting and exhilarating blessing. He is a light in a dark room with his personality. My dream for him is to impact the world and serve others. To empower others in a positive manner and have all aspects of success. Life just wouldn't be the same without him. It would be a lot more boring, lol. If you need a smile, you just need to meet him. He is so fun and funny!"



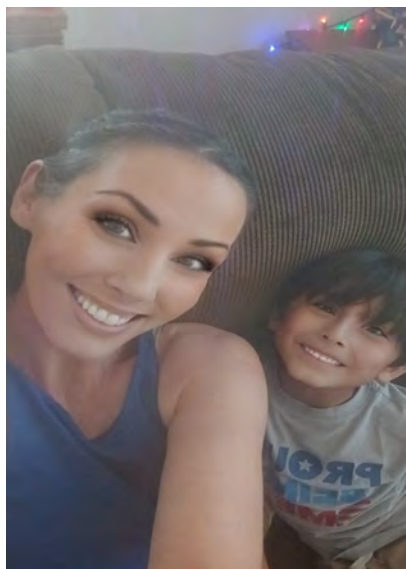
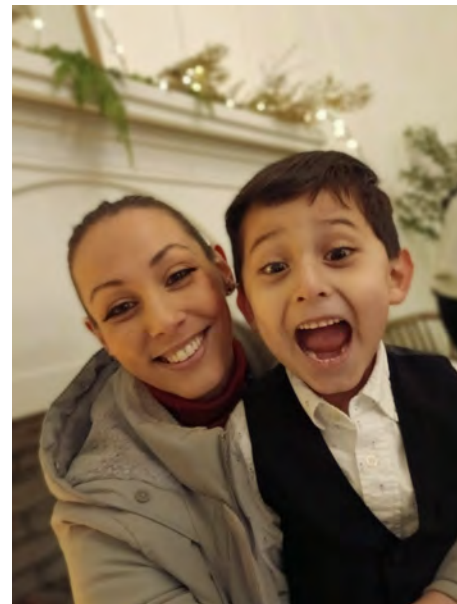


KID 2

Kid

FEATURED KID
OF THE MONTH

Harlyn Lane Hafterson



Harlyn is 5 and loves Sonic and The Lego Movie. He attends preschool and he likes to play T-ball and soccer. He has an ear for the piano and wants to play the drums. His favorite song is 'Country Roads' by John Denver; he knows EVERY word to the song! While he loves to ride his bike and skateboard, he really wants to go to Disneyland. Harlyn is an early reader and loves learning new words in English and Spanish.

When he grows up, he wants to be a Fireman, a Construction worker, AND a Monster Truck driver.



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Tommy, Luke, Jesse,
Mason, and Caleb

Building More than a Chicken Coop - By Aaron Faust



At 71Five VoTech – Grants Pass, every project is an opportunity for transformation, and none exemplifies this better than the story of five young men and a chicken coop. These boys—Tommy, Luke, Jesse, Mason, and Caleb—arrived on the first day of class with different backgrounds, abilities, and levels of confidence. Some had never held a hammer; others carried the weight of struggles outside the classroom. They seemed unsure of themselves and each other, hesitant to connect.

The challenge? Build a sturdy, functional chicken coop over 11 sessions. It was more than a structure—it was a test of their ability to collaborate, learn, and grow. In the first few classes, progress was slow.

Measuring lumber turned into a tangle of tape measures and math errors. Power tools were intimidating, and disagreements surfaced over simple decisions. Yet, amid the uncertainty, something powerful began to take root.

With the guidance of their instructor and gentle encouragement to “get it wrong, then learn to get it right,” the boys started leaning on one another. Tommy, the natural leader, began asking quiet Caleb for his thoughts. Jesse, usually quick to joke, grew serious as he learned the importance of precision. Their first victory came when they framed the coop’s base—level and square. The cheers that followed filled the shop, signaling not just a milestone, but a breakthrough in their confidence. Luke, who had been shy at first, took the lead on assembling the walls. Mason, who struggled with patience, learned to slow down and focus on sanding each board until it was just right. Each boy found his strength and began to see the value he brought to the team.

By the final session, the chicken coop stood tall, complete with a hinged door, nesting boxes, and even a coat of weatherproof paint. It wasn’t just a chicken coop—it was a monument to the journey they’d taken together. The transformation wasn’t just about the coop. Jesse admitted, “I now understand the value of hard work and focus.” Caleb, once reserved, shared, “This group has become my second family.” Luke said, “This experience taught me that I could lead.” The boys walked away not just with new skills in carpentry, but with a sense of pride, camaraderie, and a glimpse of their potential.

At VoTech, it’s never just about the projects—it’s about the lives being built along the way. The chicken coop now stands as a symbol of what’s possible because you have provided the hope found in Jesus to accomplish much more than these young people ever thought they could. Thank You!

SCHOOL *Time*

Eagle Point School District adopts new system for student bus riders -
by KDRV.com



Video explaining more can be found [here](#).

Families in the Eagle Point School District can now track their student's journey to and from school each day from their phones. The district has started using the My Ride K-12 app this fall for easier and safer school bus riding.

My Ride K-12 is part of the larger Traversa Transportation system used by the district. All students from kindergarten through 12th grade get a physical card linked to their student ID number and a photo. A student scans their card to hop on and off the bus each day, and their family can track their location.

"It's off of a GPS system, kind of like your phone," Dean MacInnis, the communications and public relations supervisor for EPSD, said. "When a student gets on the bus and they beep the card, it shows that they are on the bus."

EPSD held a trial period last school year for the community to get used to the new system. If a student loses their card, the bus driver can match their photo to a database of students on that route. From there, the district contacts the student's family to replace the card.

Chelsea Bledsoe, a parent with a third-grade student in the district, said that the system is teaching her daughter independence.

"She loves the responsibility that it gives her and it builds her confidence, knowing that she's able to do these types of things," Bledsoe said.

MacInnis said the new system is about striking a balance between student safety and ease of use: "To dump all those instructions on the parents is a lot. For us, it's really about deciphering those key points and then putting them in user-friendly ways for our community to adjust to."

The registration link for My Ride K-12, and more information about the app, can be found on EPSD's website.

PRECIOUS *Pets*

Pet Rat, by Adrienne With the Cats

Well, this is a new one for a Self-Identified Cat Rescuer.....

This rat used strategy and speed to escape during transfer from its enclosure to a box, where it would have been sold as snake food.

Smart rat.

It's taken me months to catch this wily, lil rat. I was able to convince the company to discard all the glue traps they were using to catch it, and to let me catch her humanely. Today, I caught her. She's tired & skinny from being a justified fugitive for 3 months.

As this creature is viewed as a delightful and scrumptious treat amongst The Crowned Cats, I cannot keep it, nor do I know much about these lil critters. So.....

I'm rehoming a female fancy rat. NOT. FOR. FOOD. And not for a cat toy (much to the disappointment of Squeak, who would absolutely LOVE if I brought this skittering snack home for her....)

From the minimal research I've done, rats are extremely social, intelligent beings. Therefore, she needs to be housed with another FEMALE rat in an escape proof enclosure.

Are you interested? Please send me a PM!
(Adrienne Withthe Cats on Facebook.)

She will surely be grateful for companionship, food, love, and safety.

I'll do what I can to save ALL creatures, big & small. But, my cats do NOT share the same philosophy.

Update December 30:

Still seeking home for a lone female rat...
Traumatized, and needs a patient, loving, rat knowledgeable human to love her.
Her tail is all better. She eats and grooms herself. Neat lil critter, but I have 11 cats that would love to make a meal out of her.
No rehoming fee.
Pick up in west Medford.

NEEDS HOME ASAP
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HOBBIES AND *Crafts*

Simple Napkin Folding

Tips and other photos from <https://everydaylaura.com/2017/11/01/my-favorite-ways-to-fold-napkins/>

The Pocket Fold



Start with the napkin face up, starting at the bottom fold about quarter of the napkin up, then fold it again about a third or half way up. Now flip the napkin over and fold in sections either 3 or 4 times, depending on what size width you want to achieve. Be sure and press with an iron for a nice crisp look!

The Layered Napkin



This starts out just like a simple napkin ring except the 2nd napkin layer is rotated 45 degrees. Simply pull through the napkin ring and adjust.

The Triangle



This is a more formal version of the simple napkin ring. Start with your napkin folded in half to make a triangle, pointed end down. Fold the left point down to meet the center point, take the right point and also fold it down to meet the center.



You're now left with a small diamond shape, simply thread the napkin ring through and adjust.



The Knot



This one works best on a thin relaxed napkin. Start with the napkin square, fold into thirds with the seam down, then simply tie into a knot and adjust.

The Flower



This one looks a little complicated, but it's so easy! You'll need a small glass or bowl with a wide rim. Start by folding your napkin in half to make a triangle. Starting with the wide end roll it up to look like a rope.



Now, roll the napkin rope around in a circle, just like a cinnamon roll. Then tuck into the glass or bowl and adjust. Next, add some fresh greenery to your flower. Herbs are perfect. I used mint from my garden here.

RESIDENT Recipes

Shrimp Lasagna with White Sauce and Cheese by Masao Williams of Medford

Ingredients:

1 lb. clean and peeled prawns	1 cup grated Parmesan cheese
12 sheets of lasagna pasta	1 cup grated mozzarella cheese
3 tablespoons of butter	1/2 cup ricotta cheese
1 small onion, chopped	1/4 cup fresh parsley, chopped
3 cloves of garlic, minced	Salt and pepper to taste
1 cup of cream	Olive oil
1 cup of milk	

Instructions:

Preheat the oven to 350°F.

Cook lasagna sheets according to package instructions.

In a large skillet, melt 2 tablespoons of butter and a pinch of olive oil over medium heat. Add the shrimp and cook for 2-3 minutes until pink. Remove the prawns and reserve.

In the same skillet, add the remaining butter and saute' the onion and garlic until tender. Add the cream and milk, and mix well. Cook on low heat until sauce begins to thicken. Add Parmesan, salt and pepper to taste.



Cook until the cheese is melted and the sauce is nice and creamy.

To assemble lasagna, place a layer of white sauce at the bottom of a baking dish. Add a layer of lasagna sheets, then a layer of shrimp, some ricotta and chopped parsley.

Repeat the process until complete, finishing with a layer of white sauce and mozzarella cheese on top.

Bake for 25-30 minutes, or until the top is golden and bubbly.

Prep Time: 20 minutes | Cook Time: 30 minutes | Total Time: 50 minutes
Calories: 520 kcal | Servings: 6 servings

Bellevue Capital Group



A NEW APPROACH

ON COMMERCIAL LOANS

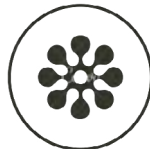
ABOUT US

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.



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Lifestyles— FROM RURAL TO ACTIVE

Why We Love the Rogue Valley

The lifestyle in Southern Oregon is deeply connected to nature and community, reflecting a blend of outdoor adventure and rural charm. Here's a glimpse of what makes it unique:

1. Outdoor Activities:

Southern Oregon is known for its stunning natural beauty, with places like Crater Lake National Park, the Rogue River, and the Cascade Mountains. People here embrace an active lifestyle, often enjoying hiking, biking, kayaking, and skiing. The region's mild climate and diverse landscapes create perfect conditions for year-round outdoor activities.

2. Community-Oriented:

The towns in Southern Oregon, like Ashland, Medford, and Grants Pass, have a small-town, friendly atmosphere. Farmers' markets, local events, and festivals are common, and residents enjoy a slower pace of life. Many locals have a strong connection to the land, with agriculture playing a significant role in the region. Orchards, vineyards, and farms contribute to the area's economy and produce high-quality fruits, wines, and artisanal goods.

3. Arts and Culture:

Southern Oregon is also known for its vibrant arts scene, especially in towns like Ashland, which is home to the renowned Oregon Shakespeare Festival. The region is rich in history, and its artistic community often draws inspiration from its landscapes and unique cultural heritage.

4. Relaxed and Sustainable Living:

Many residents of Southern Oregon value sustainability and a laid-back lifestyle. There's a strong emphasis on organic farming, eco-friendly practices, and independent businesses. Whether it's local coffee shops, craft breweries, or family-owned boutiques, there's a sense of pride in supporting local commerce.

5. Rural Yet Accessible:

While the area offers a rural lifestyle, it's also close enough to larger cities like Portland and San Francisco, making it easy for people to enjoy the best of both worlds. The balance between quiet, rural living and access to cultural hubs is one of the defining features of Southern Oregon.

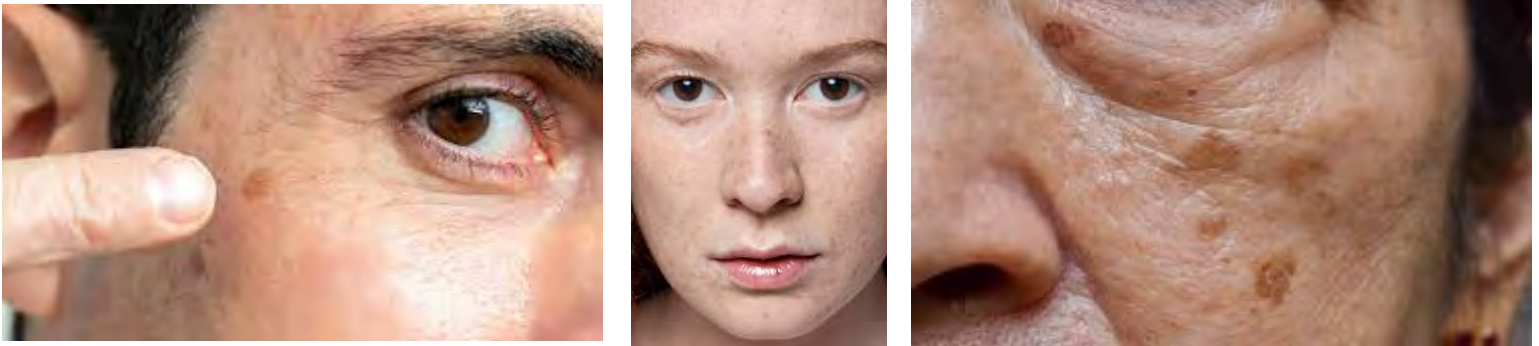
6. Climate and Scenic Views:

The climate in Southern Oregon varies, with coastal regions enjoying moderate temperatures, while inland areas can experience hotter summers and cold winters. Regardless of the season, the views of mountain ranges, rivers, and forests are breathtaking, creating a peaceful backdrop for daily life.

Overall, the Southern Oregon lifestyle is one of outdoor adventure, local connection, and a strong appreciation for nature. It's ideal for those who cherish a slower pace of life, are environmentally conscious, and enjoy a close-knit community.

Beauty & Health

Getting Rid of Dark Spots



Dark spots, often caused by hyperpigmentation, acne scars, or sun damage, can be treated with various methods. Here are some beauty tips to help fade them effectively:

1. Consistent Sun Protection

Use Sunscreen Daily: Apply broad-spectrum SPF 30 or higher to prevent spots from darkening and new ones from forming. **Wear Protective Clothing:** Hats and sunglasses offer additional protection.

2. Topical Treatments

Vitamin C: A powerful antioxidant that brightens the skin and reduces pigmentation.

Retinoids: Stimulates cell turnover to fade dark spots over time.

Hydroquinone: A dermatologist-recommended ingredient for lightening dark spots. Use with caution and for limited periods.

Niacinamide: Reduces melanin transfer to skin cells, helping to lighten spots.

Alpha Hydroxy Acids (AHAs): Exfoliates the skin, promoting new skin growth.

3. Natural Remedies

Lemon Juice: Apply diluted lemon juice to spots for a natural brightening effect. (Use with caution, as it can irritate sensitive skin.)

Aloe Vera: Contains aloin, a natural depigmenting agent.

Green Tea Extract: Has anti-inflammatory properties that help lighten dark spots.

Turmeric: Mix turmeric with honey or yogurt to create a mask for brightening.

4. Professional Treatments

Chemical Peels: Removes the top layer of skin to fade discoloration.

Laser Therapy: Targets pigmentation for deeper dark spots.

Microdermabrasion: Exfoliates and improves skin texture.

Microneedling: Stimulates collagen production to repair skin.

5. Lifestyle Changes

Hydration: Drink plenty of water to keep skin healthy and clear.

Balanced Diet: Foods rich in antioxidants and vitamins (like berries, leafy greens, and nuts) promote skin repair.

Regular Sleep: Supports skin regeneration.

6. Patience and Consistency

Dark spots often take weeks or months to fade. Stick to a consistent routine and monitor progress.

If you have persistent dark spots, consult a dermatologist to determine the best treatment plan for your skin type.

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 their journey for Days 7-8.

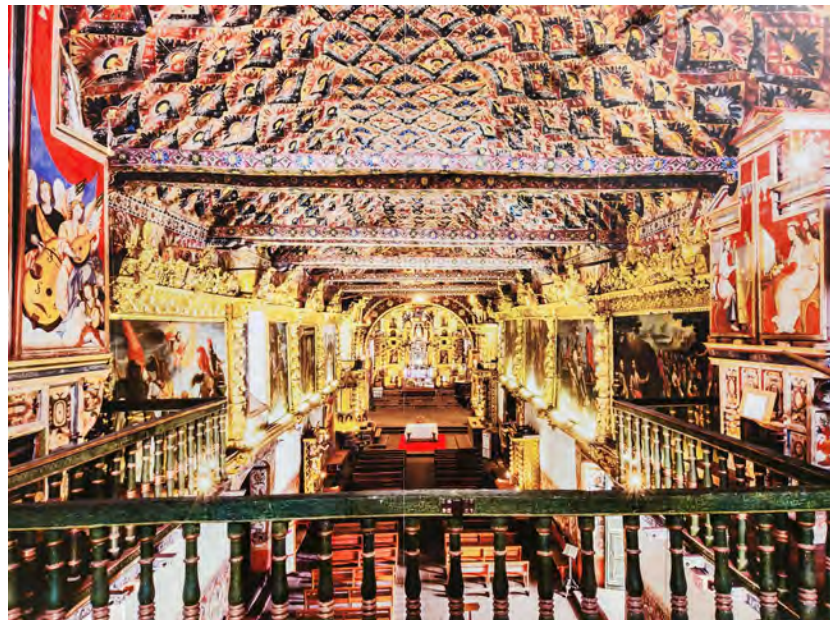
Day 7- Long day of traveling from Cusco to Puno ~250 miles. We traveled through the Peruvian highlands along snow covered peaks of the Andes reaching an altitude of 14,000 feet at La Raya. Then we descended down to Puno, elevation at 12,556' where we spent 3 nights. Along the way we visited the colonial church of Andahuaylillas, nicknamed the Sistine Chapel of the Americas. Our hotel overlooks Lake Titicaca.

Day 8 - Lake Titicaca or Titikaka -- Titi means puma and kaka translates to gray in the old Quechua language. It is the largest navigable lake in the world at 3200 Square miles and extends in a NW-SE direction for a distance of 120 miles. It is 50 miles at its widest point. It shares a border with Bolivia.

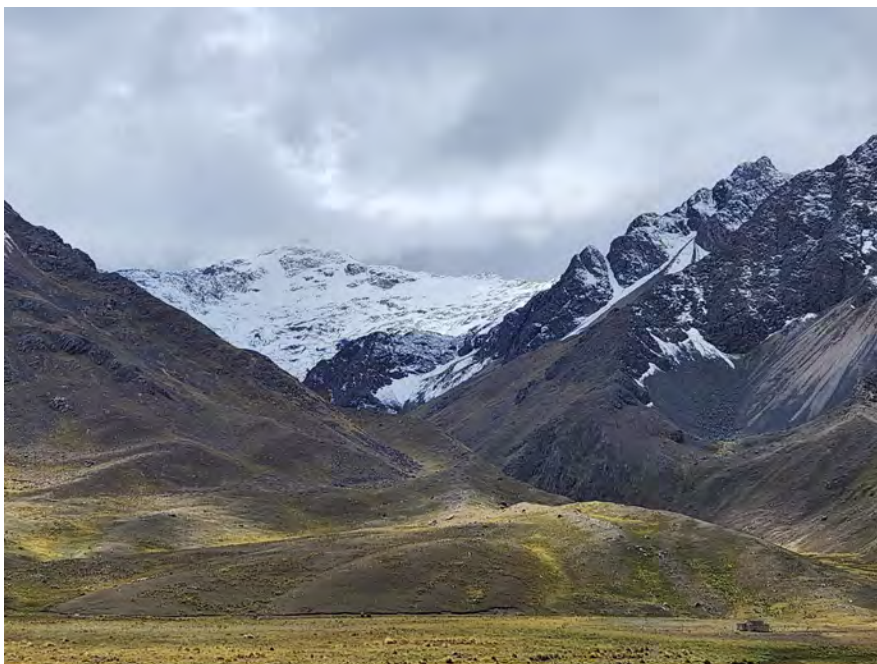
Day 8 - We took a boat ride to visit a Uros community living on a floating island made entirely of totora reeds growing in Lake Titicaca.



The Church of Saint Peter the Apostle in Andahuaylillas with a simple exterior and an unimaginably ornate interior.



No pictures are allowed in the Chapel. This is a picture of a picture of the ornate interior.



Day 7

Snow covered Andes

Day 7

Elevation
14,232 feet



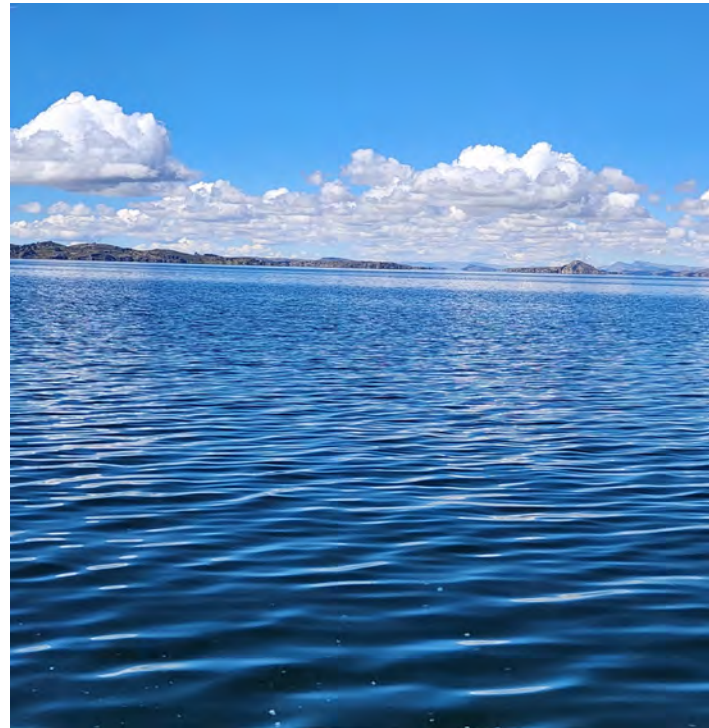
Our hotel overlooking Lake Titicaca at
12,556 feet in elevation



View from our room of Lake Titicaca



Lake Titicaca and Puno



Day 8



Snow covered Andes





Day 8 - We took a boat ride to visit a Uros community living on a floating island made entirely of totora reeds growing in Lake Titicaca.

The boats made of totora reeds are known as balsas.



Our local Puno guide explaining the many uses of the totora reeds. The white part of a fresh totora is eaten. It was delicious.

The Uro tribe pre-dates the Incan civilization and they have preserved most of their unique way of living to this day. President of his island of four families.



Valaria, a five year old that lives on the island eating totora.



All parts of the Totora are used: for building, medicine or food. This piece is used as a compress for muscle aches or a headache.



A model of a floating island. Their island has six anchors which keeps it in place in Lake Titicaca.

This family's island is made of 15 large blocks tied together that eventually grow together. Their island is about 15 feet thick and 65 yards wide. They add one foot of reeds to the top of the island every 15 days. The island will last ~35 years.



There are four families on the island. This is one of the families. When a girl is ready to become romantic, a boy from another island will pick her up in his boat each day for a week. They will then marry and she moves to his island.



Valaria inside her house.



Valaria's mother showing us the eight layers of blankets on their bed.



He is taking us on a little tour on the lake by rowing his boat which is called a balsa. It is made with the totora reeds. Their island is represented by a puma.

HOME of the Month

**2250 Elderberry Lane
Grants Pass \$789,999**

Submitted by Don McCoy, exp Realty

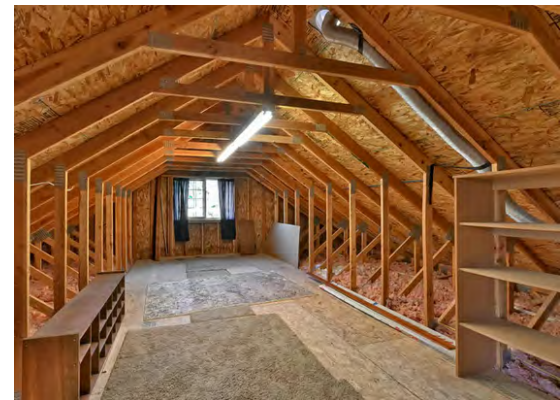


FC
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CONSTRUCTION,
Inc.

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.



BELOVED *Seniors*

Don Holland of Central Point

Happy 97th birthday, Don!



Say hello and congrats on making it to 97 years old. Don Holland is a 1946 graduate of CENTRAL POINT HIGH SCHOOL. Class of 1946. There were 28 kids who graduated Don is the last one standing. He served in the Navy for 22 years. He's a great man , so everyone say Hi to Don he has a lot of great stories about Central Point. Picture and text from Debbie Saxbury of Central Point.

Update on Joy Community

Joy Community will be a community for abandoned and forgotten seniors in Southern Oregon. Initially, we will build a gated community of ten studio tiny homes with shared community amenities such as bathrooms, showers, and a kitchen. We are currently raising start-up funds to fund the creation of Joy Community.

We sent out an opportunity we had recently to get our 6th tiny home (with plumbing) before Christmas. We needed to raise \$23,000 and so many of you came through to help. Thank you! We were able to purchase that tiny home and it will be one of six tiny homes (with plumbing) when we open Joy Community. We will open with 10 living facilities in total for Phase 1, but 4 will be micro homes (without plumbing). We have 2 of these so far. We will need 2 more soon.

WHO DO WE WANT TO SERVE AT JOY COMMUNITY?...We have stated from the beginning we are looking for the “widow(er)s” that Bible talks about. Those who have no family and no support system and don’t have the economic means to afford today’s rental prices. These “widows” (women or men) will greatly benefit from a family atmosphere that Joy Community will create. They will pay a monthly fee to live in Joy and be part of ongoing community chores.

WHAT IS THE LATEST ON SITE DEVELOPMENT?...we are actively working with the City to create a wonderful site plan that they can approve and we can create. We have the electricity in, we are working with the sewer district to approve our sewer and water lines. We have purchased many of the buildings we will need. The City is working with us to allow us to use their kitchen trailer. We are bringing buildings to the site and our fencing is almost complete. The last section is the white fence in front and the stone wall in front of the water feature. We are nearing completion of it.



Learn more or donate to Joy Community

SCAN HERE



Or Mail To:
Joy Community
1032 W Main
Medford, OR 97504
541-773-4004



THE SALVATION ARMY MEDFORD CITADEL

SERVING JACKSON COUNTY



WHEREVER THERE IS A NEED IN JACKSON COUNTY
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FAMILY SERVICES

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

HOPE HOUSE

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

VETERAN SERVICES

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

FOR CHILDREN

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

THRIFT STORE

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

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

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

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

HOPE House
1065 Crews Road, Medford, OR 97501

Telephone: 541-773-6965



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jacksoncounty.salvationarmy.org

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



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www.downtownmedford.org
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An Open Letter from Daniel Wells - Medford Resident



I am writing to share a deeply personal journey and how it has inspired me to make a difference in our community. My daughter is a bone cancer survivor, and her courage during the most challenging time of our lives continues to inspire me every day. Witnessing her battle and triumph over such a devastating disease instilled in me a profound determination to fight back against cancer in any way I could.

In the aftermath of her diagnosis and treatment, I was angry at cancer—angry at how it disrupts lives and steals dreams. But I channeled that anger into action by establishing a relationship with the American Cancer Society. Collaborating with this incredible organization allowed me to contribute to their mission of supporting patients and advancing cancer research. Their work gave us hope during our darkest days, and it is my honor to now give back and be part of that hope for others. They set up a custom URL for me to promote: cancer.org/shopdowntown; they handle all of the money on their web servers.

Through this partnership, I discovered an opportunity to support not just cancer patients but also our local community. I developed a digital discount card program on ShopDowntown.org to benefit downtown businesses. This program not only promotes local commerce but also creates a way for our community to rally together. By offering discounts through this initiative, businesses have the chance to attract more customers while also supporting the fight against cancer, as a portion of proceeds goes toward cancer research and patient support programs.

This journey has been deeply personal and profoundly rewarding. It is my hope that through these efforts, we can continue to make a meaningful impact—bringing strength to those affected by cancer and fostering a stronger, more connected community.

Thank you for taking the time to hear my story. I would love the opportunity to discuss these initiatives further and explore how we can collaborate to bring even more positive change. Feel free to contact me at info@shopdowntown.org

With gratitude,
Daniel Wells




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:


<ul style="list-style-type: none"> • Copings Skills • Anxiety & Depression Education • Stress management • Communication & assertiveness • Cognitive coping & processing 	<ul style="list-style-type: none"> • Relaxations Skills • Recreation Therapy • Self Awareness & Socialization • Problem Solving • Anger Management
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6:00pm to 7:45pm

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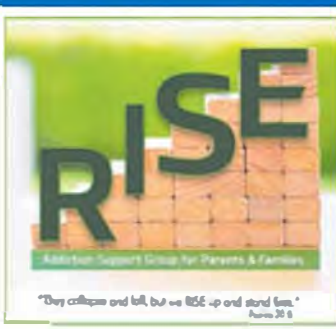


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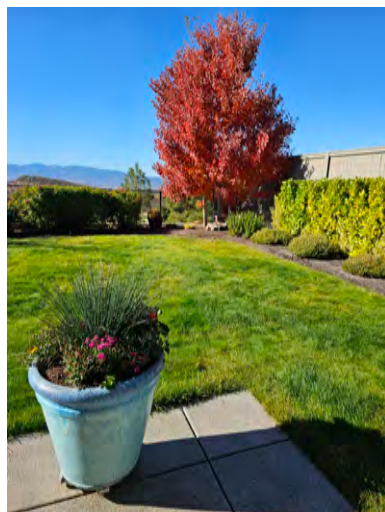
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ReWilding Women - from Skye Selene on Facebook

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[www.rewildingwomen.myshopify.com](https://rewildingwomen.myshopify.com)

Ladies, what better way to embrace 2025 than by stepping into the beauty of Southern Oregon's winter wonderland? Join us for our Women's Snowshoeing Adventure on Saturday, February 1st—a beginner-friendly day filled with snowshoeing, laughter, and connection in nature.

Special New Year's Offer! To celebrate the start of a fresh new year, we're offering a 20% discount on this unforgettable experience when you register by January 7th. Price: \$99 (only \$79.20 with the New Year discount!)

Reserve Your Spot Now: <https://rewildingwomen.myshopify.com> Use code **NEWYEAR20** at checkout to claim your discount!

What's Included: Day-use snowshoes & poles/ A delicious lunch/ A commemorative gift to remember the day

Don't miss this chance to start your year with adventure, connection, and a little bit of magic in the snow.

Spots are limited—reserve yours today!

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SNOWSHOEING**

**REWILDING
WOMEN**

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INCLUDED:

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SPIRITED Tastes

Valley View Winery



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Located near the nationally recognized historic town of Jacksonville, in the Rogue Valley of Southern Oregon, Valley View was originally established by pioneer Peter Britt in the 1850's. The winery ended with Britt's death in 1906. The name was restored in 1972 by Frank and Ann Wisnovsky and family for their vineyard and winery planted in the beautiful Applegate Valley just nine miles from Jacksonville.

The Applegate and Rogue Valleys offer a large variety of soil types and micro-climates that allow a great diversity of grape varieties to be grown. Because the Applegate Valley is considerably sunnier, warmer and drier than elsewhere in western Oregon, Valley View concentrates on Cabernet Sauvignon, Merlot, Viognier, Syrah and Tempranillo at our estate vineyard. Valley View is also famous for Rogue Red, a blend of seven varietals and the best selling Oregon blended red wine.

Valley View produces a variety of wines which will please every palate. The Valley View label represents premium quality wines at very affordable prices. The Domaine Rogue label represents the finest wines produced and is only available in the best vintages.

Wherever you are in Southern Oregon, Valley View wines are nearby. Add to the pleasure of Southern Oregon by visiting the Applegate Valley wine pavilion, a beautiful drive from Medford or Ashland or by asking for Valley View wines at most fine restaurants and wine shops throughout Oregon. Valley View wines can also be mailed to most states. Check out our Order Wines page or call **800-781-9463**.



We have three great wine clubs to choose from. Join today and receive exclusive member benefits. There is no fee to become a member and we will not charge your credit card until the time of shipping.

All Valley View Wine Clubs Include:

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- Access to exclusive wines sold only at the winery
- No fee to join - cancel anytime
- Wine Club Special Events
- Discounts - SAVE 15% per bottle and 20% per case
- Around \$75 per shipments plus shipping (if applicable)
- Shipments - February, May, September and November

ORIGINAL VALLEY VIEW WINE CLUB: Four bottles of Premium Valley View Wine Four Times a Year

VALLEY VIEW RED ONLY WINE CLUB: Four bottles of Premium Valley View Wine Four Times a Year

EXCLUSIVE PIONEER WINE CLUB: This exclusive club features Valley View Wine Club wines plus a pre-release of our family library wines. Around \$100 per shipment plus shipping (if applicable).

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 6. Parental guidance suggested.

THE DELTA REACTIONARY FORCE JUNE 1969

As I watched the feat I became dizzy and weak myself. I was sitting in some tall elephant grass for cover. I had to lay down. I felt like I was going to pass out. The heat was just too much and I was totally dehydrated. This was the end I thought. I did the best I could. I thought of my mother and father and hoped that they would be proud of me. I was ready to throw in the towel. But as soon as I closed my eyes SGT Rock told me to get up. So, somehow, I got up.

"They're gonna drop us a canister of water, Nate. You want some?" "Does a bear s**t in the woods" I said?

Soon after a CH-46 buzzed our position and dropped us a canister of water. There was 23 of us enough for one C-ration peach can full of water and a second round of about a mouth full. I remember when it came time for Captain Long and SGT Killian to take their mouth full on the second round they declined. They passed their fair share for the sake of their men. It was one of the most heroic things I have ever witnessed.

I felt refreshed. We all did. SGT Rock told me to move out. I took the point again and marched down the hill. SGT Rock was right behind me and ordered, "double time, HUH!" He poked me in the back with his M-16 and I started to run down the hill as ordered. He then began to shout the Recon term, Ahoooo-rahh over and over for the whole world to hear and in defiance of NVA watching our every move. The other recon Marines joined in. Ahoooo-rahh, Ahoooo-rahh, down the hill we charged.

Not far down that hill I began to feel the temperature drop. It was like going from inland in Southern California to the beach. The ocean was cold, and so then was the coast because of the water. It's water. I sensed there was water somewhere ahead. And as sure as you live and breathe, there it was. A fat little stream about 10 feet wide and 2 feet deep full of WATER.

I jumped in, held my nose and opened my mouth to drink. I sat there for a good minute getting my fill before I got out and covered my men who did the same thing. We were going to live after all.

There was a team of Grunt Marines in the area and we married up to make a larger fighting force. They watched over us that night. We finally got some food dropped into us and boy, were we hungry. To this day I can honestly say that the best meal I ever had was from C-Rations. Two cans of hot spaghetti, two cans of peaches mixed with two cans of pound cake, a large cup of instant coffee with powdered creamer and sugar, plus two Chesterfield cigarettes that came with the meals to top it off.

The next day we made the long walk up the hill to our LZ. You could see it from the bottom of the hill. It was clear of any obstructions and had been used before. We would be completely out in the open though. We marched all morning about 20 yards apart so one mortar or land mine would not take out any more than 1 or two men.

It was going to take three choppers to get us all out. Nine men for each of the first two choppers and five in the last one. The first two came and left without incident. The last chopper landed quickly. I was the 3rd to the last person to leave, SGT Rock was the second to the last and of course, Captain Long boarded last as soon as he knew all his men were aboard safely.

Healthy Living

Read more at <https://www.chiefhealthcareexecutive.com/view/ai-in-healthcare-what-to-expect-in-2025>

AI in healthcare: What to expect in 2025

Jonathan Shoemaker, CEO of ABOUT Healthcare

“In recent years, the increased demand for care has placed unprecedented strain on provider resources, highlighting the inefficiencies of the transactional care delivery model. In 2025, AI-driven patient throughput will empower providers to deliver more accessible, efficient, and personalized care. These technologies will streamline workflows, integrate data, and guide patients to the optimal care setting, reducing administrative burdens and enhancing clinical decision-making. By improving engagement and outcomes, technology can support providers in aligning with value-based care goals and adapting to the evolving needs of patients in a rapidly transforming healthcare landscape.”

Kim Perry, chief growth officer, emtelligent

“In the coming year, health systems will increasingly be called upon to scale quality and operational improvements across their networks, while simultaneously battling a very real clinician burnout crisis. By automating complex billing, coding, and documentation tasks, medically aligned AI will help protect revenue, reduce administrative load, and free clinicians to focus on patient care. Beyond financial impact, AI will close workflow gaps, streamline care transitions, and reduce readmissions, making it indispensable for improving system-wide quality, efficiency, and revenue.”



Tom Langan, Interim CEO of Veradigm

“It is becoming more financially and administratively difficult to run a healthcare provider practice. Staff shortages and increasing regulatory complexities are contributing to an ever-growing administrative burden felt by practices across the United States. As we head into 2025, I predict that practices that embrace resource-saving solutions like AI-enabled ambient scribing, mobile patient engagement platforms, and tech-enabled revenue cycle services, will be better suited to face the business and financial challenges presented to them.”

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**HOW TO
GROW AND
KEEP YOUR
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Changes in Banking for 2025: A New Era of Financial Services

The banking industry in 2025 is undergoing transformative shifts driven by technological advancements, changing consumer expectations, and a focus on sustainability. Traditional banking models are evolving rapidly to adapt to a digital-first world, reshaping the way individuals and businesses interact with financial institutions.

1. Digital Transformation and AI Integration

Banks in 2025 are leveraging artificial intelligence (AI) and machine learning (ML) to enhance customer experience, improve operational efficiency, and reduce costs. AI-powered chatbots and virtual assistants provide 24/7 customer support, answering queries and offering personalized financial advice. Additionally, ML algorithms are used to detect fraud, assess creditworthiness, and optimize investment strategies.

Mobile banking continues to dominate, with institutions focusing on intuitive apps that offer a wide range of services, from peer-to-peer payments to advanced budgeting tools. Biometric authentication, such as facial recognition and fingerprint scanning, is now the standard for securing transactions, replacing traditional passwords.

2. Open Banking and APIs

Open banking, enabled by APIs (Application Programming Interfaces), is revolutionizing financial services by fostering collaboration between banks and third-party providers. This model allows customers to access a unified view of their financial data across institutions, facilitating better decision-making and enabling innovative services.

Consumers now have access to personalized financial products, such as tailored loan offers or investment portfolios, created by fintech companies that integrate seamlessly with their bank accounts. This shift has intensified competition, pushing banks to innovate and prioritize customer-centric solutions.



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3. Decentralized Finance (DeFi) and Cryptocurrencies

Decentralized finance (DeFi) is becoming more mainstream, offering an alternative to traditional banking services. DeFi platforms use blockchain technology to enable peer-to-peer lending, borrowing, and investing without intermediaries. As central banks worldwide explore the issuance of central bank digital currencies (CBDCs), digital money is becoming a critical part of the financial ecosystem.

Cryptocurrencies are also gaining wider acceptance, with banks developing infrastructure to support crypto transactions and custody. While regulatory challenges persist, the integration of digital assets into traditional banking signals a shift toward a more inclusive and versatile financial landscape.

4. Sustainability and Green Banking

Sustainability is now a key priority for banks, reflecting growing consumer demand for environmentally responsible practices. Institutions are financing renewable energy projects, promoting green bonds, and offering incentives for sustainable investments. Green banking initiatives also include reducing carbon footprints through paperless processes and energy-efficient operations.

5. Enhanced Financial Inclusion

Technological advancements are bridging the gap for underserved populations. In developing regions, mobile banking platforms are providing access to basic financial services, empowering individuals and small businesses. Additionally, biometric technology is being used to onboard customers without traditional identification documents.

6. The Role of Regulation

As the banking landscape changes, regulators are working to balance innovation with security. Stricter cybersecurity measures are being enforced to protect against sophisticated threats. Meanwhile, data privacy laws are evolving to ensure that customer information is handled responsibly in an increasingly interconnected ecosystem.

Conclusion

The banking industry of 2025 is defined by innovation, inclusivity, and adaptability. From AI-driven solutions to decentralized finance, these changes are creating a more efficient, transparent, and customer-focused sector. Banks that embrace these trends are well-positioned to thrive in the future, while those that resist may struggle to stay relevant in this rapidly evolving environment.

“

*May your clothes be comfy,
Your coffee be strong,
and Your Work Week be short.*



AUTO *Byrr*

Sporty Cars Coming in the Near Future

- From caranddriver.com

Even in the age of next-day delivery, self-checkout, and gigabit internet, some things can't be rushed. The cars, trucks, and SUVs seen here won't reach dealer lots for anywhere from a few months to a few years. Some of them are about to roll down the assembly line. Others haven't emerged from the design studio yet. We're telling you about them now, though, because these are the vehicles that will matter, regardless of how many boring crossovers automakers puke out. These are worth the wait.

2026 BMW 3-Series



2025 Chevy Corvette ZR-1 and Zora



2024 Cadillac Celestiq



2026 Ford Mustang Raptor



2025 Lexus Electrified Sport



2025 Porsche 718 Boxster and Cayman EV



ILLUSTRATION BY BEN SUMMERELL-YOUBE/FOX SYNDICATION | CAR AND DRIVER

2026 Polestar 6



POLESTAR

2028 Subaru WRX STI EV



ILLUSTRATION BY BEN SUMMERELL-YOUBE/FOX SYNDICATION | CAR AND DRIVER

2025 Toyota MR2



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How to Get Windows 11 for free (or less than \$15) - from tomshardware.com

You don't need to pay Microsoft's \$139 retail price for Windows.

If you want to run Windows -- and most PC builders and gamers do -- Microsoft would like you to pony up at least \$139 for a retail operating system license (\$199 if it's Windows 11 Pro).

The good news is that you can get Windows 11 Home or Pro for free (with small caveats) or for as little as \$12 if you want the full, hassle-free experience. PC companies such as Dell and Lenovo don't pay full retail price for Windows (they get OEM licenses at bulk costs that are an industry secret) so why should you be penalized, especially for building your own computer?

Below, we'll explain how to get Windows 11 for free or cheap and compare all the methods for doing so. Read on and save.

	Price	Pros	Cons
Don't Activate Windows	Free	No cost, few downsides	Desktop watermark; Personalization options restricted; Can't use Microsoft support
Buy a Cheap Key from a Third Party	\$12 - \$25	Fully functional Windows on the cheap	Small chance your key won't work
Upgrade from Windows 10	Free	Free	You need to have Windows 10 already
Use a Windows 10 Key	Free	Free	You need to own it already
Buy an OEM DVD from Amazon	\$119	Very reputable seller	Pricy, not a retail key, requires DVD drive
Buy a Key From Microsoft	Home: \$139, Pro: \$199	Transferrable to other PCs	Expensive

Microsoft will end support for Windows 10 on October 14, 2025:

No more updates
Microsoft will stop providing free software updates, technical assistance, and security fixes for Windows 10.

Increased risk
Your PC will still work, but it will be more vulnerable to viruses and malware.

Full article and how-tos at their website at this link.

Name / Surname: _____ Date: _____

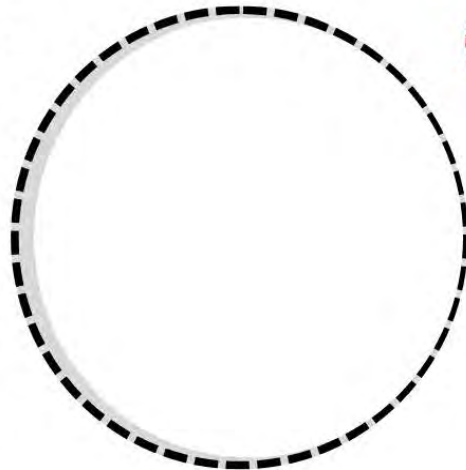
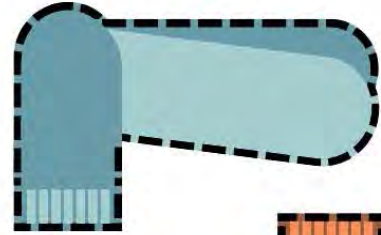
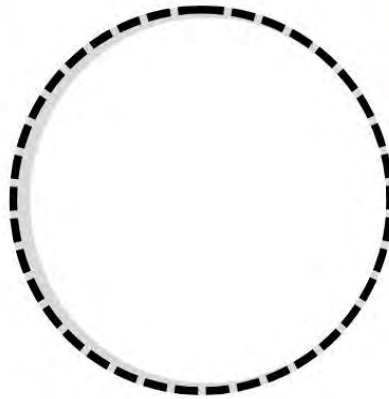
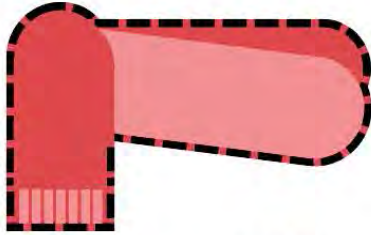
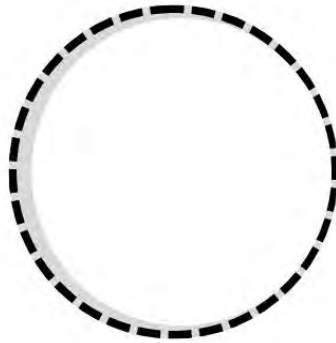


WINTER

BUILD A SNOWMAN



Cut out the outlines below.
Glue them together to build your snowman.





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HOME *Matters*



Homeowners' Biggest Problems in the Winter

1. Heating Costs and Energy Efficiency

Problem: High heating bills due to increased energy consumption during cold months.

Solution: Improving insulation, sealing drafts, and using energy-efficient heating systems can help mitigate costs.

2. Frozen Pipes

Problem: Water pipes can freeze and burst, leading to costly repairs and water damage.

Solution: Insulating pipes, keeping a slow trickle of water running, and maintaining consistent indoor temperatures can prevent freezing.

3. Ice Dams and Roof Damage

Problem: Ice dams form when heat escapes through the roof, causing snow to melt and refreeze at the edges, leading to leaks and structural damage.

Solution: Proper attic insulation and ventilation, as well as timely snow removal, can reduce the risk.

4. Snow and Ice Removal

Problem: Heavy snow and ice accumulation on driveways, sidewalks, and roofs can create hazards and strain structures.

Solution: Regular snow removal, using salt or sand for traction, and investing in tools like snow blowers or hiring professional services are effective.

5. Indoor Air Quality

Problem: Closed windows and increased use of heating systems can lead to poor air quality and dry indoor conditions.

Solution: Use humidifiers to maintain proper moisture levels, and regularly clean air filters to improve air circulation.

6. Heating System Failures

Problem: Older or poorly maintained heating systems may fail when demand is highest.

Solution: Annual servicing of furnaces, boilers, or heat pumps before the winter season can help prevent unexpected breakdowns and ensure efficient operation.

7. Pest Infestations

Problem: Rodents and other pests seek warmth and shelter indoors during winter, potentially causing damage and hygiene issues.

Solution: Seal cracks, store food securely, and use traps or pest control services to address infestations.

8. Moisture and Mold Issues

Problem: Increased indoor humidity from heating systems or leaks from ice dams can lead to mold growth.

Solution: Monitor indoor humidity levels (keep them below 50%), use dehumidifiers, and address any leaks promptly.

9. Power Outages

Problem: Winter storms can cause power outages, leaving homes without heat, light, or functioning appliances.

Solution: Have backup power sources like generators, and stockpile essentials such as blankets, flashlights, and non-perishable food.

10. Damage to Landscaping and Outdoor Features

Problem: Freezing temperatures, heavy snow, and ice can harm trees, shrubs, and outdoor fixtures like fences or decks.

Solution: Winterize outdoor features, prune trees, and use protective covers where necessary.

Being proactive and preparing for winter challenges can significantly reduce the risks and costs associated with these common homeowner problems.

Entertainment

'Wicked' Movie - Reviewed by Kerri Mac

A few years ago, I remember my social media blowing up over the casting for a movie. It wasn't just any film, but the screen adaptation of one of my favorite musicals of all time, Wicked.

This is based off of the book by Gregory Maguire entitled, 'Wicked: The Life and Times of the Wicked Witch of the West.'

These media outlets had announced that pop star Ariana Grande and Tony Award winner Cynthia Erivo (sic). I remember being a bit thrown off by the casting choices.

However, after going to see the film in theaters I can admit that all of my concerns and preconceived notions of the flick were proven wrong.

'Wicked: Part One' was released in theaters nationwide on Friday, November 22. The movie currently has a 89% rating on Rotten Tomatoes with a 98% on the Popcornmeter.

The cast has major star power with Jeff Goldblum, Peter Dinklage, Michelle Yeoh, Jonathon Bailey, Ethan Slater, and Bowen Yang.

It's the actresses playing two of the most iconic witches in pop culture that are at the heart of why this film defies expectations.



The Good: Soaring High Like Elphaba

One of my main concerns going into seeing the movie was that they were splitting it into two parts. The Broadway version of *Wicked*'s runtime is 2 hours and 45 minutes with a fifteen minute intermission.

This first part of the two-part adaptation has the exact same runtime as the theatrical version! My initial thought was that they might drag it out unnecessarily just to squeeze more money from moviegoers.

Once the movie starts, you immediately understand why the movie is that long. The original stage adaption had a bit of a problem with pacing.

Director Jon M. Chu let the story breathe, and we got to spend more time getting a deeper understanding of Elphaba's backstory and why she's so impassioned over the plight of the animals in Oz.

The longer runtime also permitted us to get a richer connection to the blossoming friendship between Glinda and Elphaba. It felt like the characters really earned the emotional response that felt a bit forced in the stage show.

One of the hardest genres of film to pull off successfully is a musical.

However, somehow Chu and his crew pulled it off with this moving masterpiece. Many of the musical numbers were performed live during filming, and this allowed for the actors to pull off a natural and fantastical performance.

The music is not an exact note for note recreation. There is a slight creative difference in the 'Defying Gravity' number with Cynthia Erivo making a change to the battle cry at the end of the song. **PLAY THE SONG!**

It was a fun variation that set this Elphaba apart from others.

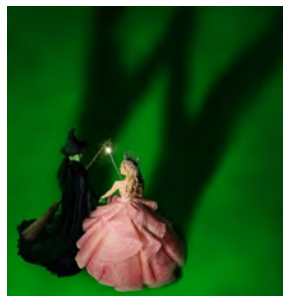
Another difference in the songs that I enjoyed was during the sequence where the two witches arrive in the Emerald City. During the number 'One Short Day' we get a bit more of a backstory on the Wizard's rise to power.

And I'd be remiss if I didn't comment on the amazing Jonathon Bailey's Fiyero. He truly made the number 'Dancing Through Life' his own.

He was charming and killed the choreography. There is a sequence with him opening up books with his boots and sliding on them that scratches my brain.

It was a fun variation that set this Elphaba apart from others.

Another difference in the songs that I enjoyed was during the sequence where the two witches arrive in the Emerald City. During the number 'One Short Day' we get a bit more of a backstory on the Wizard's rise to power.





And I'd be remiss if I didn't comment on the amazing Jonathon Bailey's Fiyero. He truly made the number 'Dancing Through Life' his own.

He was charming and killed the choreography. There is a sequence with him opening up books with his boots and sliding on them that scratches my brain. This song leads into my favorite scene in the whole film. I don't want to spoil this for anyone, but once the students at Shiz University get to the Oz Dust Ballroom there is an incredibly moving moment.

The Wicked Witch of the West shows up in her now iconic black hat to the disgust of her classmates. It's at this moment that the friendship between Galinda and Elphaba begins.

There is extra time spent in this moment and you can really feel the emotional rollercoaster that both women go on; the embarrassment and resignation of Elphaba, and the regret and empathy of Glinda "the good."

Grande's character is the first person to see the green witch for who she is; a deeply hurt young woman who yearns to belong.

Overall, the first film of this two two part movie adaptation was everything fans of the stage musical could want and more. It honored its theatrical source material while creating a beautiful new piece of media that will be enjoyed for years to come.

Now, unfortunately we have to wait another year to see the ending of this story.

'Wicked: Part Two' is set for a November 21st, 2025 release date.

[Read More: An Honest Review of the 'Wicked' Movie |](#)

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Dawn Klinger

In 2016 I launched Tagliaferro Ceramics based on the two most important values in my life, home and love. Home has always been the place I am most comfortable and feel most loved in. My goal is to bring that sense of comfort, beauty and enjoyment to your space in the form of beautiful vases for flowers, plates and bowls that beautifully frame the nourishing food we share with our family and friends, and unique platters and serving bowls that we can enjoy filling with fresh fruit, giving as gifts and displaying with all things warm and beautiful.

Working with clay is my craft, connecting with people is my passion and putting good things out into the world is my love. I am ever grateful that I get to live so close to what I value in life and for the clients who choose our pieces to grace their most treasured spaces.



Handmade In Oregon

Each piece of the Tagliaferro Ceramics Collection is intentionally and thoughtfully crafted with attention to detail. We love making beautiful pieces that will bring pleasure and beauty to your home.

Timeless Design

Our ceramics are made to be heirlooms. We pair classic, functional form seamlessly with clean lines and the organic flow of modern design. Our belief is that natural beauty is always in style.

Vist Our Studio

Just outside of Ashland, OR, a favorite jaunt for locals and visitors alike. We invite you to relax and enjoy the drive along Wagner Creek to our beautiful woodland studio. View artisans at work and enjoy browsing our collections in person.



Our dinnerware is crafted completely by hand. We consciously choose this method because it allows our pieces to have a unique form while maintaining enough continuity to beautifully stack on your shelves. Our method involves rolling out the clay and compressing it to create a strong, durable fiber that will stand the test of time. We believe that strength is beauty. Each piece is molded with our hands to find the nature of its shape and then left to rest before it is trimmed, fired, and ready to receive its final glaze.





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We live in these Woods, it is our Home. We walk these trails daily, selecting trees that have reached maturity in healthy stands. In our mill, we select the most interesting boards for our serving plank workshop- to be worked by hand with a designer's eye, refining each to its unique organic Nature.



GOOD Eats

Trip Advisor's Recommendations for Best Omelettes in Medford With Reviews

1. Black Bear Diner - Fun, light-hearted theme, fast service, huge portions and delicious. We each ordered vegetable omelettes with different sides. They arrived quickly and we enjoyed every bite.

2. Rooster's Restaurant - The omelet, cinnamon roll & pancake breakfast was one of the best I have had since forever! The staff was amazing. I will definitely come here again when I am in the Medford area!

3. Elmer's Restaurant - Medford - We ordered the Farmers omelet and potato pancake breakfasts. My omelet was tasty with a good amount of sausage; the sausage gravy was thick and bland. The potato pancakes were good but lacking in the ingredients listed in the menu. Portions are generous and a pretty good value.

4. Real Deal Cafe - HUGE Portions and excellent service. My cup of coffee was never empty and my omelette was so so yummy! A hidden gem for sure! (See photo below.)

5. Punky's Diner & Pies - The food was delicious and the staff is always friendly. The breakfasts are amazing. The omelets are light and fluffy and the potato cakes are so good. We have eaten here several times and it has always been good.



Black Bear Diner



Roosters

Elmer's



Real Deal Cafe



Punky's Diner

LAWN AND *Garden*



Best Winter Deer-Resistant Plants



If you're looking for plants that are both winter-hardy and deer-resistant, there are several excellent options. Deer tend to avoid plants with strong scents, rough textures, or toxic properties, making these ideal for your winter garden:

Shrubs

Boxwood (*Buxus* spp.) Evergreen and deer-resistant, with dense foliage that provides structure in the winter garden. Hardy in zones 5–9.

Holly (*Ilex* spp.) Many holly varieties have spiny leaves and berries, which deer typically avoid. Hardy in zones 5–9.

Juniper (*Juniperus* spp.) Offers evergreen foliage and a strong aroma that deters deer. Hardy in zones 3–9.

Inkberry (*Ilex glabra*) A native evergreen with small leaves and a compact habit. Hardy in zones 4–9.

Pieris Japonica (Japanese Andromeda) Has leathery leaves and blooms in late winter, which deer dislike. Hardy in zones 5–8.

Perennials

Hellebores (*Helleborus* spp.) Known as "Lenten roses," these plants are toxic to deer and bloom in late winter or early spring. Hardy in zones 4–9.

Christmas Fern (*Polystichum acrostichoides*) An evergreen fern that provides winter interest and is deer-resistant. Hardy in zones 3–9.

Heuchera (Coral Bells) Though semi-evergreen, these plants retain some foliage through winter and are rarely browsed by deer. Hardy in zones 4–9.

Grasses

Switchgrass (*Panicum virgatum*) This ornamental grass stays attractive in winter and is avoided by deer. Hardy in zones 3–9.

Blue Fescue (*Festuca glauca*) A small, evergreen grass with a blue-gray hue that deer typically leave alone. Hardy in zones 4–8.

Herbs

Lavender (*Lavandula* spp.) Its strong scent is a natural deer deterrent, and it stays partially evergreen in mild winters. Hardy in zones 5–9.

Rosemary (*Rosmarinus officinalis*) Another fragrant herb that deer avoid; it can be grown as an evergreen in warmer climates. Hardy in zones 7–10.

Ground Covers

Creeping Thyme (*Thymus serpyllum*) Deer dislike its aromatic foliage, and it stays evergreen in mild winters. Hardy in zones 4–9.

Ajuga (*Ajuga reptans*) This low-growing ground cover has a rough texture and is resistant to browsing. Hardy in zones 3–9.

Grow peppermint, sage and garlic around your garden border, the deer detest the smell! Can try putting pieces of Irish Spring soap or hair around your garden or yard to deter them.

Tips for Success

Fencing and Netting: In areas with heavy deer pressure, physical barriers may still be necessary.

Scent Deterrents: Use sprays or natural repellents to reinforce deer resistance, especially after planting.

Native Plants: Deer are less likely to feed on plants not part of their natural diet.

Planting a mix of these species will create a beautiful, winter-resilient, and deer-resistant landscape.

THANKSGIVING

Word Scramble

DIRECTIONS/ Unscramble the Thanksgiving words and then use the highlighted letters to form the secret message. You will have to unscramble the message as well.

ICUONROPCA

ETRSHVA

MEVRNOEB

ILIGPMR

KUTEYR

BCNERRRAY

YRAOMEFWL

TMOLPYUH

AYHLIOD

GWNMPAAAO

INKPMUP

 !

Christmas Vocabulary

SOLUTION

Dog Breeds

Word Search

SOLUTION

Magic Squares

SOLUTION

The sum is 34.

13	8	12	1
2	11	7	14
3	10	6	15
16	5	9	4

The sum is 102.

48	9	6	39
15	30	33	24
27	18	21	36
12	45	42	3

The sum is 136.

52	32	48	4
8	44	28	56
12	40	24	60
64	20	36	16

The sum is 102.

3	42	45	12
36	21	18	27
24	33	30	15
39	6	9	48

Fashion

FORWARD

Stylish Winter Accessories That'll Help You Beat the Chill

From
townandcountrymag.com

Winter is finally here, but that doesn't mean you have to sacrifice your style for the chilly, gloomy weather. It just means you have to plan your outfits accordingly. As such, every cold weather wardrobe should have the essentials, and by that we mean cozy outfit accoutrements that pull looks together while ensuring you stay warm and protected from the elements. From cashmere-lined leather gloves and mittens, to oversized scarves that are equivalent to blankets you can wear outdoors, and hats and balaclavas that promise to keep your face toasty, here are the best winter accessories to consider adding to your winter wardrobe checklist this season.



The royals swear by Dents's leather gloves, and so do T&C editors—two groups with refined taste in style. This particular pair is crafted from hairsheep leather that's treated with touchscreen technology so you can use your phone in the cold without worrying about your fingers turning into popsicles.

I know we're always raving about White+Warren's cashmere travel wrap, which by the way is another phenomenal winter accessory, but the brand's beanies are just as superior in quality and design. The cashmere is super-warm, anything but itchy, and the perfect solution for those under-20-degree-days that we surely have ahead of us.

'Tis the season for the oversized scarf, and there's no oversized scarf more iconic than Acne's checked mohair style. T&C's senior editor Emily Burack is a fan not only because it keeps her warm, but also because it "immediately adds a pop of color to my winter outfits."

Apparis Esme Leopard Faux Fur Earmuffs - Not a hat person? These oh-so-cozy earmuffs are like a hug for your ears and an easy way to infuse leopard into your everyday.

Balaclavas, or ski masks, continue to reign supreme in 2025, and this cashmere cable-knit version from Guest in Residence will keep your face toasty and protected against the elements. And who could resist the pop of red? A fabulous way to enliven your winter look.

Oh, how I am obsessed with this hooded scarf. Inspired by its namesake, Barбора Radvilaitė, Grand Duchess of Lithuania, the head topper is made sustainably and ethically from wool that feels cloud-like wrapped around the face.

The chicest way to add oomph to your winter outerwear game? With a shearling collar, of course. The detachable Toteme leather-lined collar looks wonderful layered over coats and sweaters and instantly ups the glam factor without being too over the top.



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

Cascade Girl.org

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

www.cascadegirl.org

Sharon

541-951-5595

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

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

Collaborative Theatre Project

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

<http://www.CTPMedford.org>

541 779-1055

CTPOregon@gmail.com

Downtown Medford Association

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

Richard Barney, Co-Chair Organization Committee

rjbarney@gmail.com

info@downtownmedford.org

Family Solutions

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

Serina Pori

Development Director

Family Solutions

spori@solutionsor.org

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mustluvboxersrescue.com

Robert And Kimm King

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

www.helpingashland.org

Jessica Klinke, Development Director

jessicak@helpingashland.org

Pacific Bible College

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

Elijah Thomas

Pacificbible.edu

503-437-5883

Pathway Enterprises, Inc.

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

pathway-inc.org

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Trish Broersma, CTRI, ES, MA

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ridingbeyond.org

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www.rccfoundation.org

Rogue Retreat

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711 E. Main St. #25

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541.499.0880

joe@rogueretreat.org

rogueretreat.org

Salvation Army

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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

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<https://sanctuaryone.org/>

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Hannah Borgerson, Community Engagement Specialist

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

Contact: info@dogsforbetterlives.org

Website for BoneAppeTREAT article: dogsforbetterlives.org/boneappetreat

boneappetreat

Our main website link is dogsforbetterlives.org

Rogue Valley Mentoring

Mission: Transforming Entire Communities through the Mentoring of Youth

Contact: 541-708-6688,

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.

Rogue World Music

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

Sophia Blanton,

sophiablanton@rogueworldmusic.org

www.rogueworldmusic.org

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Bud Amundsen - Executive Director

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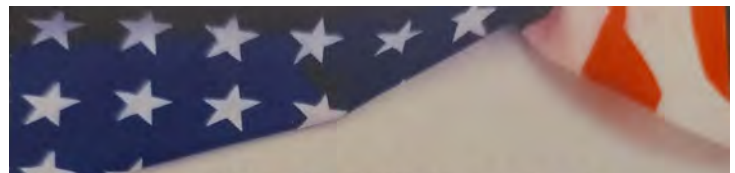

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