



THE ROGUE VALLEY MESSENGER

YOUR LOCAL, NON-PROFIT, INDEPENDENT NEWSPAPER

Our Annual Besties!

**Our Readers'
Choices for
Their Faves.**

**Returning
Champs!**



**Surprise
Wins!**

***And a Showdown
Between Two
Breweries!***



no limits

Confidence is rooted in the challenges you meet. At Southern Oregon University, we know the strength of spirit it takes to aspire to a college career is no small thing. We'll help you channel that strength and amplify it while you go the distance on your academic journey. With 103 degrees, minors, and certificates to choose from, SOU is poised to support every Raider as they rise to their challenge.

Schedule a campus tour or counselor visit today.

SO Southern OREGON UNIVERSITY
CHALLENGE ACCEPTED

SOU.EDU • 800-477-3377

THE ROGUE VALLEY MESSENGER

The Rogue Valley Messenger
1630 Williams Hwy. #400 | Grants Pass, OR 97527
541-708-5688
roguevalleymessenger.com
info@roguevalleymessenger.com

THE BUSINESS END OF THINGS

WEB MASTER Tammy Wilder
DISTRIBUTION Coleman Antonucci
ADVERTISING MANAGER Sasha Armstrong

OUR WORDSMITHS, ETC.

PUBLISHER & EDITOR Phil Busse
MANAGING EDITOR Sara Jane Wiltermood
PRODUCTION MANAGER Donna Brosh
CALENDAR EDITOR Alan Armstrong
COLUMNISTS Rob Breznsny, Dr. Dan Smith, Dr. Cory Tichauer, Dr. Margaret Philhower, Dr. Tom Messinger, Tanya Shelander, Matt Jones, Roo Grostein
FREELANCERS Catherine Kelley, Vanessa Newman, Alan Armstrong, and Erin McMenomy

GET IN TOUCH

MAIL info@roguevalleymessenger.com
EVENTS events@roguevalleymessenger.com
ADVERTISE advertise@roguevalleymessenger.com

SALES DEADLINE: 5 pm Thurs
EDITORIAL DEADLINE: 5 pm Thurs
CALENDAR DEADLINE: 12 pm Thurs
CLASSIFIED DEADLINE: 4 pm Thurs
Deadlines may shift for special/holiday issues.

ABOUT THE COVER:

Messenger's Annual Besties Awards.
Battle of the Breweries!



Contents

The past year has been an anxious one: Am I right? Viruses, forest fires, presidential elections. Yikes. Just yikes.

Which is perhaps why tallying up the votes for our annual readers' poll for the "best of"—our Besties!—was such a nice exercise. Two-fold: First, because it is such an optimistic exercise. We are counting your opinion, your favorites, what you find best in the region. It is a celebration, and again, we had a big turnout of voters, each one of you telling us how much you love the region and exactly how! I love it!

And second, tallying votes for our Besties is fun because there are so many old friends: The co-ops in Medford and Ashland are perennial favorites, and Walkabout Brewing Co. has become a stand-by for favorite beers, and this year added a win in the "best place to see live music" category.

This year also layered another level of excitement by adding some new friends to the bunch—with enthusiastic voting for Best Chef (see page 4) and with particularly close voting in the beer categories (page 7), as the rookie (okay, nearly 1.5 years established now) Weekend Beer Co. in Grants Pass challenged—and won—and in several categories.

Thanks for voting! And, we hope our Besties serves as a map for reconnecting with old favorites and finding some new ones in the upcoming year.

BEST Food	4	BEST Retail	14
BEST Beer	7	BEST Service	15
BEST Drinks	8	BEST Sports & Outdoors	16
BEST Coffee	9	BEST Wellness	17
BEST Culture	12	BEST Weed	18
BEST Music	13		

Picks	8	Don't Smoke the Messenger	22
Sound	20	Free Will Astrology	22
Wellness	21	Rec Room	23



PHOTOS BY STEVEN ADDINGTON

Food



Best New Restaurant

Tap & Vine (Medford)
HONORABLE MENTION
Bird & Rye (Ashland)



Best Chef

Neil Clooney (Bird & Rye)

Best Outdoor Seating

Walkabout Brewing Co.
HONORABLE MENTION
Weekend Beer Co. (Grants Pass)

Best CSA or Farm Stand

Fry Family Farm
HONORABLE MENTION
Barking Moon

Best Food Truck

Valentino's
HONORABLE MENTION
Curbside King
Daddy Ramen
Peruvian Point

Best Burger

Jaspers
HONORABLE MENTION
Valentino's
Immortal Spirits

Best Pizza

Kaleidoscope
HONORABLE MENTION
Wild River
Walkabout Brewing Co.
Jackson Creek

Best Burrito

Ruby
HONORABLE MENTION
Mucho Gusto
La Fiesta

Best Thai

Thai Garden
HONORABLE MENTION
Ban Mai

Best Dessert

Twisted Cork
HONORABLE MENTION
Mix

Best Meat Market

Cartwright
HONORABLE MENTION
Cherry Street

Best Natural Market

Medford Food Co-op
Ashland Food Co-op
HONORABLE MENTION
Oregon Cheese Cave

ROGUE VALLEY MENTORING

NOW OFFERING \$50 MONTHLY MENTOR STIPENDS

National research shows that mentoring increases youth self-confidence, self-efficacy, social connection, commitment to education and self-expression.

We have a wait list of youth who want a mentor in their lives.

IT IS IMPORTANT TO US that limited finances are not a barrier for qualifying adults who want to show up and mentor youth. We are so excited and grateful for a recent grant from Youth Development Division of the OR Dept. of Ed. that is funding this pilot program.

295 East Main Street, Suite 6
Ashland, Oregon 97520
rvmentoring.org | 541.708.6688

SCHNEIDER MUSEUM of ART

MUSEUM HOURS
Monday - Saturday, 10 am - 4 pm
541-552-6245 • sma@sou.edu
sma.sou.edu • @schneidermoa

OREGON CENTER FOR THE ARTS
AT SOUTHERN OREGON UNIVERSITY

Invested in the
Community

\$23,280.18
 raised for 12 local
 non-profits in 2019


**positive
 change**

Open Daily 7 to 9
 945 S Riverside Ave
 (541)779-2667
 medfordfood.coop

**Medford
 Food Coop**

Thank you for your votes for
Best Natural Food Market

truesouth
 SOLAR



Call us today for a free consultation
 800.947.1187 | truesouthsolar.net

RVTD Sign-up your worksite!
 Worksite Team Competition
 Win Prizes. Have Fun.

**Rogue
 Commute
 Challenge**

May 4-17, 2020.



RogueCommute.com

Vital Earth's
 SOIL BUILDING PRODUCTS
 AND ORGANIC FERTILIZERS

We Deliver Bulk Orders
 Directly to Your Garden!
 (541) 879-3530
 VitalEarthsProducts.com




Beer



Best Beer Tender

Again, these two breweries are battling for your hearts, with only three votes separating the top two favorites.

Ashley Crews (Weekend Beer Co.)

HONORABLE MENTION

Emilee Taylor (Walkabout Brewing Co.)

Best Brewery

The most popular category in all of the voting showed a virtually tie, with the Medford-based Walkabout Brewing Co. edging out the relatively new Weekend Beer Co. by just six votes for "Bestie" brewery.

Walkabout Brewing Co. (Medford)

HONORABLE MENTION
 Weekend Beer Co. (Grants Pass)

Best IPA

Weekend IPA

TIE (Weekend Beer Co.)
 Ripper IPA
 (Walkabout Brewing Co.)

Best Non-IPA

Another photo finish for the two favorite breweries, with the standby from Medford crossing the finishing line nose-and-nose with the upcomer from Grants Pass!

TIE Workers Pale Ale (Walkabout Brewing Co.)
 Slow Your Row Kolsch (Weekend Beer Co.)



WEEKEND BEER CO.



**TWO OAKS
 STUDIO LLC**

LANDSCAPE ARCHITECTURE
 & ECOLOGICAL DESIGN

LISTEN • COLLABORATE • ACTUALIZE
 TWOOAKSSTUDIO.COM / (541) 899-6895
 MONDAY - FRIDAY 9AM TO 5PM



Drinks

Best Cocktail Bar

Jefferson Spirits
HONORABLE MENTION
 Immortal Spirits



Best Bartenders

TIE Kalea McKenna (Jefferson Spirits)
 Alli McGonagle (Jefferson Spirits)

Best Cider

Gold Rush
HONORABLE MENTION
 Outlaw

Best Local Winery

TIE Del Rio
 Dancin'
HONORABLE MENTION
 Red Lily
 Roxy Ann

Best Dive Bar

Gypsy
HONORABLE MENTION
TIE Talent Club
 Corner Club

Talent Health Club

Southern Oregon's Most Trusted Dispensary

DAILY DEALS:

Mon: 20% OFF Edibles and Topicals	One Gram of Extract
Tue: ANY (2) grams for \$20 (tax incl.)	or
Wed: Special PreRoll Joints only \$5	1/8th oz. of Flower
Thur: 20% OFF ALL Cartridges	or
Fri: \$40 and \$50 1/4oz's of Flower	One Cartridge
Sat: 20% OFF ALL Dabbable Extracts	\$25 or less...ALWAYS
Sun: Essence Farm Flower: \$3/g & \$8/g	

Happy Hour 2-4pm MONDAY - SATURDAY +++ Rotating DEALS GONE WILD!!!



Open 7 Days
Mon-Sat
 10am-8pm
Sundays
 10am-6pm

Check out our budtender reviews of local products in the Weed Garden section at the end of every Messenger!



1007 S. Pacific Hwy + Talent, Oregon + 541.897.4111



Coffee

Best Coffee Shop for a Date

Limestone (Medford)
HONORABLE MENTION
 Rogue Roasters (Grants Pass)

Best Coffee

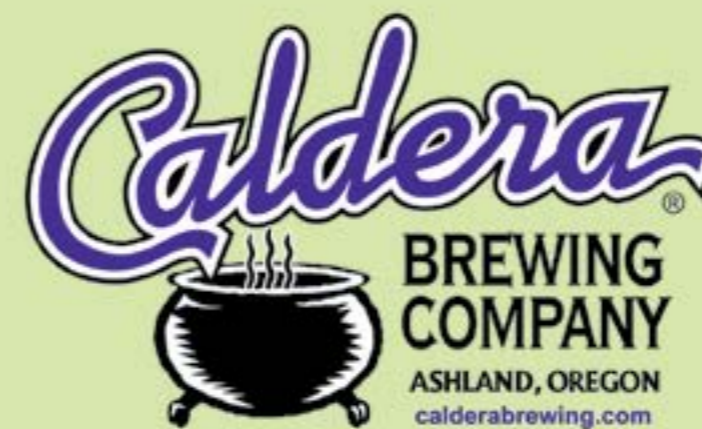
This was a category with divided loyalties, and a four-way tie!

TIE Dutch Bros.
 Limestone
 Case
 Rogue Roasters



Best Drive-up Coffee Stand

Dutch Bros.
HONORABLE MENTION
 Human Bean



Need Beer?

Caldera Brewing is now offering kegs, cans and bottles dock sales direct to the public



Dock Sales Hours: Monday-Friday 8 am-4 pm
 590 Clover Lane • Ashland • OR • 97520 • 541-708-6001

Dock Sales: Go around to the back of the building and enter through the right hand door

Credit or Debit Cards only • No cash or checks

LIVE MUSIC *and Nightlife* & EVENTS

At the time of publication, many and most social activities were shut down indefinitely. It is a strange time indeed, and we encourage our readers to remain connected to those in your community, but perhaps not physically so!

We are very concerned about our music venues and theaters, and about our social groups and public spaces—and look forward to being on the other side of this pandemic.

Because events and happenings are changing so quickly, we will keep you posted on our online calendar, our website and our social media.

Until we meet again face-to-face, take care of yourselves!



LEAD SPONSOR TOYOTA

BRITT FESTIVAL ORCHESTRA | BRITT PRESENTS | EDUCATION & ENGAGEMENT

NEWLY ANNOUNCED: BECOME A MEMBER TO GET TICKETS NOW!

2020 BRITT PRESENTS

WATCH FOR OUR 3RD ANNOUNCEMENT: APRIL 9TH!

1-541-773-6077 | BRITTFEST.ORG | 216 W MAIN ST, MEDFORD

#BrittFest #BFO #BrittEDU

PREVIOUSLY ANNOUNCED: TICKETS ON SALE NOW!

- JUN 9 | 7:30 PM | TANYA TUCKER
- JUN 14 | 6:00 PM | STICK FIGURE: ONCE IN A LIFETIME TOUR
- JUL 23 | 7:00 PM | TRAMPLED BY TURTLES WITH CAAMP
- AUG 30 | 8:00 PM | AN EVENING WITH PINK MARTINI
- SEPT 18 | 7:00 PM | MICHAEL FRANTI & SPEARHEAD

JUN 25 | 8:00 PM | RON WHITE

JUN 30 | 7:30 PM | BEN HARPER & THE INNOCENT CRIMINALS

AUG 20 | 5:45 PM | IRATION WITH TRIBAL SEEDS

AUG 24 | 7:30 PM | FITZ & THE TANTRUMS

SEPT 4 | 7:30 PM | AN EVENING WITH CHICAGO

Humboldt Seed Organization is now providing stable THC and hemp genetics in the Rogue Valley and Southern Oregon. We specialize in regular, feminized and auto-flower genetic & grow consultation, seed production and S.O.P. management.

Email ras@humboldtseeds.net for more information.

Although free for our readers, the *Messenger* is not free to publish. It is a nonprofit organization that runs on a shoestring budget. What sustains us is our advertisers, a number of volunteers and perhaps you.

BECOME A CONTRIBUTING MEMBER TODAY!

Just like public radio, we rely on member support. \$5/month helps the Messenger sustain its services. Join today: Patreon.com/RogueValleyMessenger

THE ROGUE VALLEY MESSENGER

free



Culture

Best Local Actor (Film or Stage)

Cody Wright

HONORABLE MENTION

Bruce Campbell

Best non-OSF Theatre Co.

Oregon Cabaret Theatre (Ashland)

HONORABLE MENTION

TIE Collaborative Theatre Project (Medford)
Camelot Theatre (Talent)

Best Art Gallery

Madrone Cannabis Club (Ashland)

HONORABLE MENTION

Hanson Howard Gallery (Ashland)



Best Local Author

Melissa Mathewson

HONORABLE MENTION

Josh Gross



Music

Best Place to See Live Music

Walkabout Brewing Co.

HONORABLE MENTION

Talent Club

Best Local Music Festival

Britt Fest

HONORABLE MENTION

Apple Jam

Best Karaoke Spot

Wild Goose Café & Bar (Ashland)

HONORABLE MENTION

Gypsy Blues Bar (Medford)



THE BROTHERS REED
PHOTO BY CRAIG ALAN

Best Band or Solo Artist

Brothers Reed

HONORABLE MENTION

TIE John Dough Boys
Petty Thievery

Come have a beer with us in the "Outback" of Southern Oregon!

Winner:

- 2020 Besties Award for: Best Brewery
- Best Restaurant or Bar with Outdoor Seating
- Best Place to See Live Music
- Best IPA (Ripper)
- Best Beer Besides an IPA (Worker's Pale Ale)
- Honorable Mention: Best Pizza

Follow us on

Thank You!

Our goal: make beers that we love and share them with others. High-quality craft beer, brewed in the Outback of Southern Oregon.

We Have Growlers!

921 Mason Way - Medford
541-734-4677

MAR. 13 - 6 pm - Mark Thales
MAR. 15 - 4 pm - Zak Knutson
MAR. 22 - 4 pm - Tim Durea
MAR. 29 - 4 pm - Josh Capehart
APR. 12 - 4 pm - Pete Herzog

CASH

FOR YOUR OLD GOLD, SILVER & DIAMONDS

Father & Son Jewelers

126 East Main St.
Medford
541-774-8900

We Offer **FREE** Watch Battery (Most Brands) & Installation

We Repair ALL Types of Jewelry... plus Custom Work!

FatherAndSonJewelryMedford.com



Retail



Best Record Store

Biscuits & Vinyl (Talent)

HONORABLE MENTION

Music Coop (Ashland)

Best Outdoor Store

REI

HONORABLE MENTION

Mountain Provisions (Ashland)

Best Place to Find Vintage/ Used Clothing

Runway (Medford)

HONORABLE MENTION

Three Penny Mercantile (Ashland)

Best Adult Store

Castle

HONORABLE MENTION

Love Revolution



Service

Best Veterinarian

Pacific Veterinarian Clinic (Grants Pass)

HONORABLE MENTION

Dr. Steven Poet (Best Friends Animal Hospital, Medford)

Best Doggie Day Care/ Groomer

R&R Pet Resort (Phoenix)

HONORABLE MENTION

Land of Paws (Ashland)

Best Place to Get Groomed for Humans

(i.e., manicurists, hair stylists, etc.)

Blue Giraffe Salon (Ashland)

HONORABLE MENTION

Lisa Dionne Salon & Spa (Grants Pass)

TIE

Le Nails & Spa (Medford)

Best Bike Mechanic

Cycle Sport (Medford, Ashland)

Best Realtor

Liz Forster (Windermere)

HONORABLE MENTION

Sharon Watson (Re/Max)

Best Childcare/Preschool

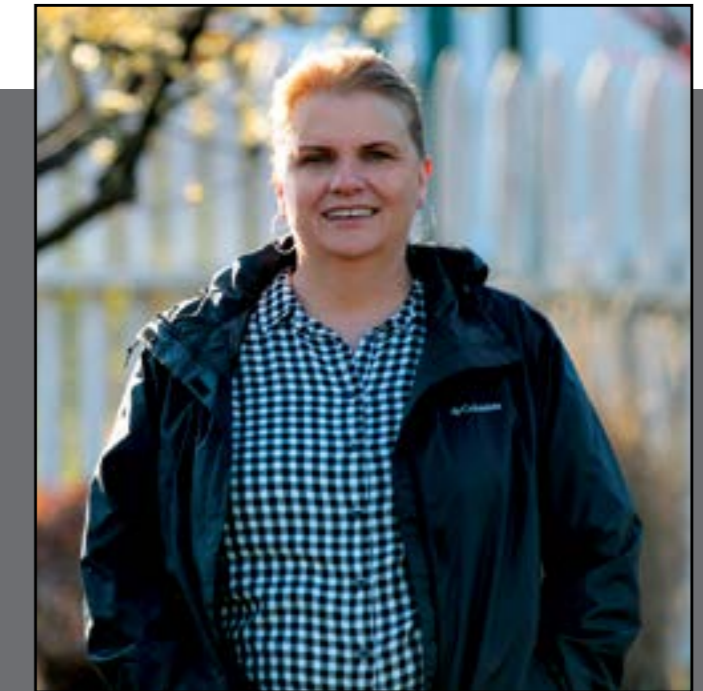
Arlene Thommen Daycare (Ashland)

HONORABLE MENTION

The Learning Loft Preschool (Ashland)

TIE

St Anne's Catholic School (Grants Pass)



Best Elected Official

Darby Ayers-Flood (Mayor, City of Talent)

HONORABLE MENTION

Jeff Golden (Oregon Senate, 3rd District)

Think you might be **PREGNANT?**

Confirm it with free pregnancy testing, OB ultrasound, and consultation with one of our caring licensed nurses.

Learn about all your options in a comfortable, judgment-free zone.

pregnancy care center

Call or visit us online to schedule an appointment.

(541) 479-6264

www.gppregnancy.com

714 SE 8th St., Grants Pass

ACCREDITATION ASSOCIATION FOR AMBULATORY CARE



Sports & Outdoors

Best Hiking Trail

Table Rock

HONORABLE MENTION

Cathedral Hill

Best Park to Smoke Weed

Lithia Park (Ashland)

HONORABLE MENTION

My Backyard

Best Mountain Bike Trail

Jabberwocky Mountain Trail (Ashland)

HONORABLE MENTION

Eight Dollar Mountain (Illinois Valley)

Best Dog Park

Schroeder Park (Grants Pass)

Best Golf Course

(including mini and disc)

Oak Knoll (Ashland)

HONORABLE MENTION

Centennial Golf Club (Medford)



Wellness



Best Dentist

Matt Hill Dentistry (Grants Pass)

HONORABLE MENTION

Erickson Dental Care (Grants Pass)

Best Physician/Practitioner

Dr. Mark Rondeau (Asante, Grants Pass)

HONORABLE MENTION

Dr. Brigid Crowe (Wild Fern Natural Care, Ashland)

Best Naturopath

Dr. Brigid Crowe (Wild Fern Natural Care, Ashland)

HONORABLE MENTION

Cory Tichauer (Bear Creek Naturopathic Clinic, Medford)

Best Yoga Instructor / Studio

Wise Roots Yoga (Grants Pass)

HONORABLE MENTION

Rasa Center for Yoga & Wellness (Ashland)

Best Spa

Chozu Bath & Tea Gardens (Ashland)

HONORABLE MENTION

Club Northwest (Grants Pass)

2020 ROGUE VALLEY GO BY BIKE WEEK

MAY 11-17

- ✓ TAKE THE PLEDGE.
- ✓ RIDE YOUR BIKE.
- ✓ LOG TRIPS.
- ✓ FREE EVENTS.
- ✓ WIN PRIZES!



RVTD.org/GoByBike

#RideRVTD



Weed



Best Cannabis Dispensary

Madrone Cannabis Club (Ashland)

HONORABLE MENTION

TIE Pharm To Table (Medford)
Breeze Botanicals (Ashland)

Best Local Cannabis Strain

Madrone OG

HONORABLE MENTION

Morning Star

Best Budtender

Brenton Clarke (Madrone Cannabis Club)

Best Locally Made Cannabis Product

(tincture, salve, etc.)

Madrone Joint Packs

HONORABLE MENTION

Sun God Tinctures

The Best Interviews! Your New Podcast



Local Smoke Radio

WWW.LOCALSMOKERADIO.COM

OREGON'S CANNABIS SHOW

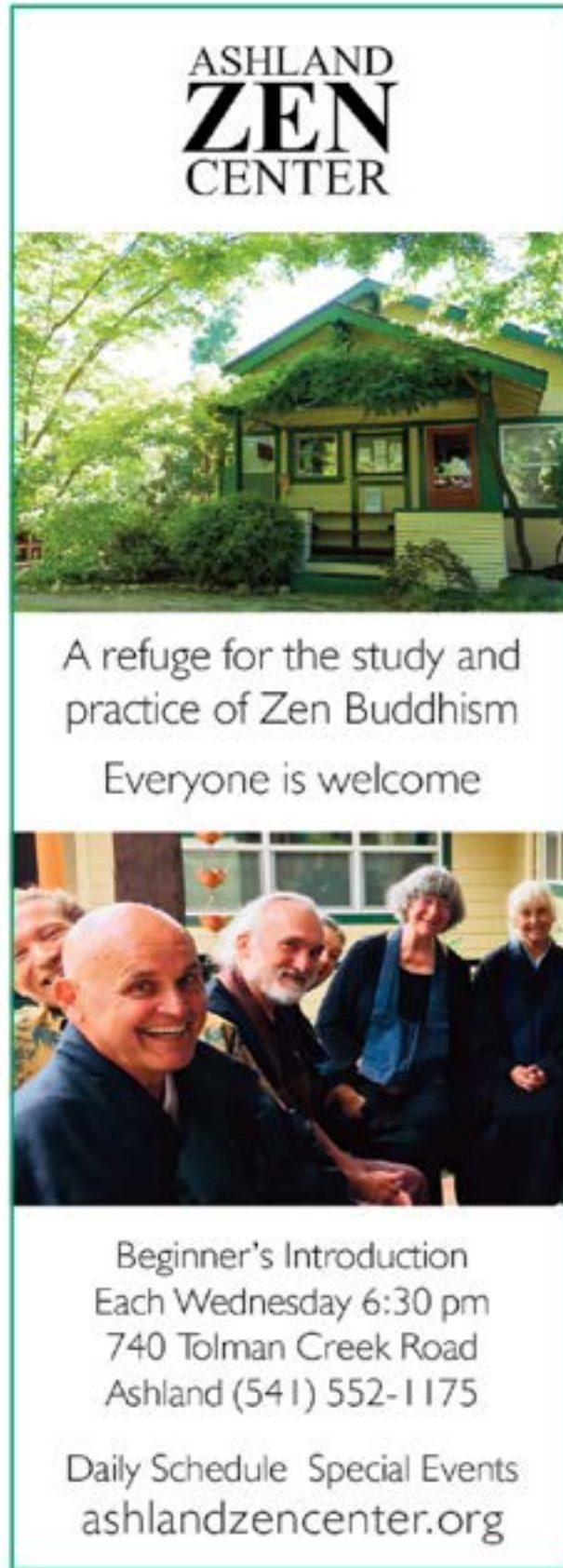
Hosted by: Roo Gristein & High Megan Pie




[i] ASHLAND INDEPENDENT FILM FESTIVAL
APRIL 16-20, 2020

Win a pair of passes to one of the
"25 Coolest Film Festivals in the World" and
"Top 50 Film Festivals Worth the Entry Fee"
 according to *MovieMaker* magazine.

WIN.ASHLANDFILM.ORG



ASHLAND ZEN CENTER

A refuge for the study and practice of Zen Buddhism
Everyone is welcome

Beginner's Introduction
Each Wednesday 6:30 pm
740 Tolman Creek Road
Ashland (541) 552-1175

Daily Schedule Special Events
ashlandzencenter.org



OMAS

Easter Sunday Specials
April 12th

Soup:
Creamy truffle asparagus

Appetizer:
deviled eggs
Asparagus & Cheese Tart
Garnished with Lemon Cream

entrees:
(Full Dinner)
rosemary & onion
roast leg of lamb
Topped with Mint Gremolata
Fresh wild Alaskan
Halibut Parmesan
Topped with Lemon-Caper Butter
Salmon Coulubiach
Wild King Salmon in a Flaky Puff Pastry
pan seared Sea Scallops
Topped with a Sweet Peppadew Relish

Ox Tail ravioli
Braised Ox Tail until Tender
Served in House Made Ravioli

1380 Siskiyou Blvd
Ashland
482-1281

Lounge til 2:30am • Lunch M-F 11:30-2pm
Dinner Su.-Th. 5-9pm, Fri. & Sat. 5-10pm

SOUND

Beyond the Tide Throws Down the Gauntlet at Battle of the Bands!

Amidst the Competition at Alibi Tavern in Grants Pass

BY ALAN ARMSTRONG



When faced with the competition at Southern Oregon's Battle of the Bands, Sunday, March 8, it seemed like Beyond the Tide was a shoo-in for the victory, presenting polished songs that have plenty of hooks. The audience had voiced its approval and, in a crowded field of regional talent, Beyond the Tide was definitely a contender.

But, then again, one more band was set to play. Throughout the evening, I had sized up the energy of the crowd as band after band rocked their hardest in hopes of striking a chord with and remaining memorable in their audience's minds.

Southwest Royal swept in with a suckerpunch in the form of gleaming uber crowd participation, which veered excitedly towards mosh pit chaos. **Templet** showcased the breadth of their talent, sometimes keeping their guitar growl at an "inside voice" volume level so that the vocals could really stand out. **Owls & Aliens** sideswiped the others with their uncanny ability to work the crowd into a frenzy, so intent in interacting with their audience that their frontman literally ended up becoming one with them, letting the guitarist take over vocals for the most part even though he offered an occasional supportive bellow or scream while he playfully sparred with the crowd. But wait! Then came **Wild Ire**, hailing all the way from Salem; a sneak attack by way of different layers of sound, and versatility in the lead's vocals, from frog croaks to surprisingly articulate, clear as a bell soaring. Then, **Death Plant** arrived on the scene, threatening to dismantle everything we had experienced so far with their wall of sound that knocked the others upside the head. Hold on though! We can't discount **Autopilot Miscreants**, who held as their secret weapon the ability to captivate the audience with a gradual surge in volume that contained a big, stretchy echo guitar effect near the end of one of their tunes.

Throughout the day, the emcee of this show had been trying to educate the crowd on how each band's genre could be described. When introducing them, he described Beyond the Tide as "hard rock/post grunge" and then looked at frontman Jon Martin as if seeking his approval. For his part, Martin half-shrugged and said nonchalantly, "sure," looking like he could care less what you called him as long as he could play the damn music already—and then the band proceeded to kick-start their aural offering to the crowd, Martin's

searing vocals belting out majestically like Chris Cornell singing "Black Hole Sun."

The band introduced a song called "I Get High" as "heavy metal funk," which was spot-on. When the band played the final notes of the song, and before the people could truly realize the song's closure, Martin took out a didgeridoo, an eerie wind instrument developed by the Aboriginal peoples of northern Australia and becoming a trademark for the band. Martin blew into it to introduce the next song, sounding like some kind of melodic foghorn announcing the arrival of royalty. Next, Martin sang into the didgeridoo, giving his vocals a slightly hollow, canned quality. Finally, he switched to singing directly into the mic.

The next song was introduced as being about people "trying to make themselves something they're not," and Martin showed off the acrobatic nature of his voice, ratcheting from falsetto croon to belting power force back down to a lower register growl-and-belch.

At this point, a man in the crowd introduced himself to me as one of the judges. Seeing that I was scribbling notes about the show like a madman, he mistook me for another judge. He said that at this point in the show, his vote was cast for **Beyond the Tide**: "They're my number one so far."

But just then, a strange voice asked the crowd if they were ready; frantic organ music, followed by erratic harpsichord playing ensued. The voice continued, suggesting it was "on like Donkey Kong." A five-piece band called **Ghost Bomber** began to play, sounding like a demented carnival. Instantly, the audience seemed to sense they were in for something new. With the usual musical suspects, the band's deranged sound included organ and saxophone, and was sparse on vocals. When there were vocals, they were wide in variety thanks to the effects' technology at their disposal. From Olive Oil nasal to Haunted Mansion ghoul, to nihilistic robot, the voice urged the wildly dancing crowd to "boogie right into the ground!" From there things became almost blurry, and the crowd seemed to whirl hyper-speed—and when I finally found my footing again, **Ghost Bomber** had won over the crowd and took the title, with Beyond the Tide coming in a close second place.

Beyond the Tide will next be playing at G Street Bar & Grill in Grants Pass on April 17 & 18

WELLNESS

Fibromyalgia and Chronic Fatigue Syndrome

What is the Cause?

BY DR. TOM MESSINGER

First, let's talk about what these conditions are, and then I will discuss what are the possible underlying causes. Fibromyalgia (FM) is recognized as the most common cause of chronic widespread musculoskeletal pain. It is often accompanied by fatigue, sleep disturbance, Irritable Bowel Syndrome (abdominal bloating with change in bowel movements), depression and/or anxiety, and cognitive issues.

The cognitive issues include difficulty with concentration and/or memory and patients often refer to these symptoms as "brain fog" or "fibro fog." Depression and/or anxiety are present in 30 to 50 percent of patients at the time of diagnosis. In addition to the above symptoms, it is not uncommon for patients to experience symptoms of autonomic nervous system (ANS) dysfunction such as low blood pressure when they stand up and variable heart rate.

Chronic Fatigue Syndrome (CFS), also known as myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS), has many similarities to Fibromyalgia. Many of the patients I have seen have received both diagnoses. The Institute of Medicine (IOM) diagnostic criteria for CFS/ME focuses on the most specific features of this condition. Diagnostic criteria include that symptoms should be present for at least six months and have moderate, substantial, or severe intensity at least one-half of the time. In addition to fatigue, other criteria include post-exertional malaise, unrefreshing sleep, cognitive impairment, and orthostatic-related symptoms (autonomic nervous system dysfunction). Patients with CFS/ME also tend to receive the diagnosis of "Depression" and/or "Generalized Anxiety Disorder".

Now that you have some familiarity as to what symptoms constitute these conditions, this next point is one of the most important points for you to understand. When one has these symptoms, or given either of these diagnoses, it does not explain what causes these conditions.

Commonly recommended conven-

tional treatment is aimed at targeting some of the main symptoms. This includes pharmaceutical prescriptions for aiding in sleep, addressing pain (usually NSAIDS, which are known to increase risk of heart attack and stroke), and anti-depressants. Clinically, I have not seen these to be effective treatments. It is common sense, that if you just treat the symptoms without knowing and treating the underlying cause, then it would be unreasonable to expect a resolution of these symptoms.

As a result, in my experience, I have noticed a few things in treating people suffering with the above symptoms. First, when patients come to me, they still have not gotten answers as to why they have these symptoms. Second, they have been to multiple, if not numerous doctors, and based upon their evaluation, they have been told by the doctors that they can't find anything wrong. As a result, it is not uncommon for patients in this situation to be told that it is "all in your head" and get placed on an anti-depressant and told to reduce stress, exercise, and lose weight (if needed). Unfortunately, in most cases, this approach is not successful because the underlying cause is not addressed. In addition, I have often found the depression/anxiety piece is often a result of physical causes, not mental/emotional imbalances, thus treating with anti-depressants often does not give lasting results.

So, what are the causes of CFS and Fibromyalgia? I have found that they are often multi-factorial, meaning there is often more than one contributing factor to a person's health decline.

Common contributing factors include undiagnosed Lyme disease, Mold toxicity, hormonal imbalances, disturbance in the microbiome balance, poor detoxification mechanisms leading to an over accumulation of environmental toxins, and food sensitivities. Regarding Lyme disease, I have had many patients who have told me that they were tested for Lyme disease by their PCP and was told the test was negative. However, when I

have done additional testing, they have a clearly positive test. The reason for this discrepancy is that their PCP is following the standard of care guidelines for Lyme disease testing set up by the CDC. This is a test called the Lyme Elisa test. However, numerous studies have reported a sensitivity of just 13-49%. Sensitivity refers to the ability of a medical test to be able to detect an infection if present. The studies show that in people who have confirmed cases of Lyme disease, the majority of them will be missed by this test. Despite this, the CDC guidelines state that is the Elisa test is negative, then no further Lyme testing is needed.

Through a thorough evaluation and proper laboratory testing, the root causes of a patient's symptoms can be identified and then the indicated treatment is given to aid in the restoration of their health.



DR. TOM MESSINGER, ND, RN

Dr. Messinger, ND, RN, was the founder and director of Portland Natural Medicine and recently moved down to southern OR. He opened up practice at Bear Creek Naturopathic Clinic and specializes in helping patients who have chronic, complex illness



GET SNYPed

Bring your cat or dog to
Southern Oregon's only dedicated
low-cost spay/neuter clinic

Schedule online at:
www.spayneuter.org
Appointments are required.

We are located at:
111 N. Pacific Hwy.
Talent, OR 97540

SNYPed
Spay/Neuter Clinic



Cannabis vs. Coronavirus Precautions & Potential

In an effort to stay up to date with current events, I thought I'd talk about the worldwide event currently unfolding onto the pages of history. On March 11, 2020 the World Health Organization (W.H.O.) declared Covid 19 a "global pandemic." Coronavirus is officially an issue that affects every person on this planet.

Let's begin with basic stoner etiquette for the times. Please be particularly aware of yourself—your hygiene and your social stoner habits. Take an inventory of all the places you might be swapping spit with someone who has been exposed to the virus. Don't trade bodily fluids in those places for the time being. Wait until this blows over before you drool all over the community pipe hidden on the top shelf of the walk-in freezer at work.

This is a B.Y.O.B. situation. When it comes to hanging with fellow stoners, bring your own bong, your own pipe, roll your own joint or whatever. Just be a considerate stoner. Even if that means not passing the dutchie to the left hand side.

If you work with weed or hemp/CBD products, please, for the love of Zeppelin take extra sanitary precautions. People with compromised immune systems make up a large portion of medical cannabis consumers. It's their medicine. Don't put them at risk with a careless stoner move.

Since Coronavirus affects the respiratory system, if you feel yourself coming down with symptoms such as coughing or difficulty breathing, take a break. Go easy on the heavy, Oregon-style bong rips. Opt for an edible or tincture instead of smoking two joints in the morning, afternoon and night.

Keep hope though, cannafam—both in what cannabis can provide our arsenal in the fight of the century and in what it may already have been doing for cannabis consumers—even if we've been careless.

A quote from the National Institute of Health website: "Marijuana (Cannabis sativa) has long been known to contain antibacterial cannabinoids, whose potential to address antibiotic resistance has not yet been investigated. All five major cannabinoids (cannabidiol (1b), cannabichromene (2), cannabigerol (3b), Delta (9)-tetrahydrocannabinol (4b), and cannabitol (5)) showed potent activity against a variety of . . . strains of current clinical relevance."

Our natural endocannabinoid system works hand-in-hand with our immune system—even controls it—to keep us functioning at our best. "Endocannabinoids are believed to control immune functions and play a role in immune homeostasis." So cannabis consumers may already have been taking steps to protect themselves . . . simply by being cannabis consumers.

But wait, there's more! A few years ago, a study was done showing "marijuana can provide therapeutic relief — either by slowing or inhibiting viral replication." Granted, that study was on the herpes virus. But it clues us in to the potential, as does this headline from LiveScience.com: "Could CBD Fight Superbugs? Marijuana Compound Shows Promise As an Antibiotic."

I'll make no medical claims here and I'm certainly not passing out any of my unqualified medical advice. But I'm a believer in a balanced and healthy lifestyle and I, for one, supplement mine with cannabis. A strong endocannabinoid system is important to overall health. That's a fact.

Let's raise a bong to a short-lived worldwide pandemic. Cheers to you, Covid 19. Now, go away. 🍀

FREE WILL ASTROLOGY Week of March 19

We interrupt your regularly scheduled horoscopes to offer insights about the virus-driven turning point that the whole world is now experiencing.

As you've probably guessed, all of us are being invited to re-evaluate everything we think we know about what it means to be human. I refer to this unprecedented juncture as The Tumultuous Upgrade or The Disruptive Cure. It's fraught with danger and potential opportunities; crisis and possible breakthroughs.

And while the coronavirus is the main driving force, it won't be the only factor. We must be ready for more Rough, Tough Healings disguised as Bumpy Challenges in the coming months.

Here's the astrological lowdown: Throughout 2020, there's a rare confluence of three planets in Capricorn: Pluto, Saturn, and Jupiter. They are synergizing each other's impacts in ways that confound us and rattle us. In the best-case scenario, they'll also energize us to initiate brave transformations in our own personal lives as well as in our communities.

Below is a profile of each planet's meaning. When we are in intense and intimate relationship with Pluto—as we are now—we're invited to dive down deeper: to see life from the soul's perspective rather than from the ego's; to seek wealth and meaning not as they're defined by the material world but as they're understood by the part of us that's eternal. Descending into the mysterious Plutonian depths can be disruptive to our conscious beliefs and intentions, but may ultimately be profoundly regenerative.

When we are in intense and intimate relationship with Saturn, we're invited to get more serious and focused; to register the fact that we don't have unlimited time and energy, but must firmly decide what's important and what's not. We're asked to be ruthlessly honest about the roles that are most likely to bring out the best in us.

When we are in intense and intimate relationship with Jupiter, we're invited to risk growth and expansion; to take proactive responsibility for seeking the rich experiences that our souls long for; to aggressively enhance our lust for life.

Now I invite you to meditate on the potent mix of Plutonian, Saturnian, and Jovian energies. I encourage you to respond to the convulsion by deepening your understanding of how profoundly interconnected we all are and upgrading the way you take care of yourself, the people you love, and our natural world.

In the horoscopes below, I suggest personal shifts that will be available to you during this once-in-a-lifetime blend of planetary energies.

ARIES (March 21-April 19): Possible crises in the coming months: 1. Your power spot may be challenged or compromised. 2. Your master plan might unravel. 3. There could be disruptions in your ability to wield your influence. Potential opportunities: 1. You'll be motivated to find an even more suitable power spot. 2. A revised master plan will coalesce. 3. You'll be resourceful as you discover novel ways to wield your influence.

TAURUS (April 20-May 20): Possible crises in the coming months: 1. Your vision of the big picture of your life may dissipate. 2. Old reliable approaches to learning crucial lessons and expanding your mind could lose their effectiveness. Potential opportunities: 1. You'll be inspired to develop an updated vision of the big picture of your life. 2. Creative new strategies for learning and expanding your mind will invigorate your personal growth.

GEMINI (May 21-June 20): Possible crises in the coming months: 1. There may be breakdowns in communication with people you care about. 2. Contracts and agreements could fray. 3. Sexual challenges might complicate love. Potential opportunities: 1. You'll be inspired to reinvent the ways you communicate and connect. 2. Your willingness to revise agreements and contracts could make them work better for all concerned. 3. Sexual healing will be available.

CANCER (June 21-July 22): Possible crises in the coming months: 1. Friends and associates could change in ways that are uncomfortable for you. 2. Images and expectations that people have of you may not match your own images and

expectations. Potential opportunities: 1. If you're intelligent and compassionate as you deal with the transformations in your friends and associates, your relationships could be rejuvenated. 2. You might become braver and more forceful in expressing who you are and what you want.

LEO (July 23-Aug. 22): Possible crises in the coming months: 1. Your job may not suit you as well as you wish. 2. A health issue could demand more of your attention than you'd like. Potential opportunities: 1. You'll take innovative action to make your job work better for you. 2. In your efforts to solve a specific health issue, you'll upgrade your entire approach to staying healthy long-term.

VIRGO (Aug. 23-Sept. 22): Possible crises in the coming months: 1. Love may feel confusing or unpredictable. 2. You may come up against a block to your creativity. Potential opportunities: 1. You'll be energized to generate new understandings about how to ensure that love works well for you. 2. Your frustration with a creative block will motivate you to uncover previously hidden keys to accessing creative inspiration.

LIBRA (Sept. 23-Oct. 22): Possible crises in the coming months: 1. You may experience disturbances in your relationships with home and family. 2. You may falter in your ability to maintain a strong foundation. Potential opportunities: 1. Domestic disorder could inspire you to reinvent your approach to home and family, changing your life for the better. 2. Responding to a downturn in your stability and security, you'll build a much stronger foundation.



SCORPIO (Oct. 23-Nov. 21): Possible crises in the coming months: 1. There may be carelessness or a lack of skill in the ways you and your associates communicate and cultivate connectivity. 2. You may have problems blending elements that really need to be blended. Potential opportunities: 1. You'll resolve to communicate and cultivate connectivity with a renewed panache and vigor. 2. You'll dream up fresh approaches to blending elements that need to be blended.

SAGITTARIUS (Nov. 22-Dec. 21): Possible crises in the coming months: 1. Money may be problematic. 2. Your personal integrity might undergo a challenge. 3. You could get lax about translating your noble ideas into practical actions. Potential opportunities: 1. You'll find inventive solutions for boosting your wealth. 2. You'll take steps to ensure your ethical code is impeccable. 3. You'll renew your commitment to translating your noble ideals into practical action.

CAPRICORN (Dec. 22-Jan. 19): Possible predicament during the coming months: You may have an identity crisis. Who are you, anyway? What do you really want? What are your true intentions? Potential opportunity: You'll purge self-doubts and fuzzy self-images. You'll rise up with a fierce determination to define yourself with clarity and intensity and creativity.

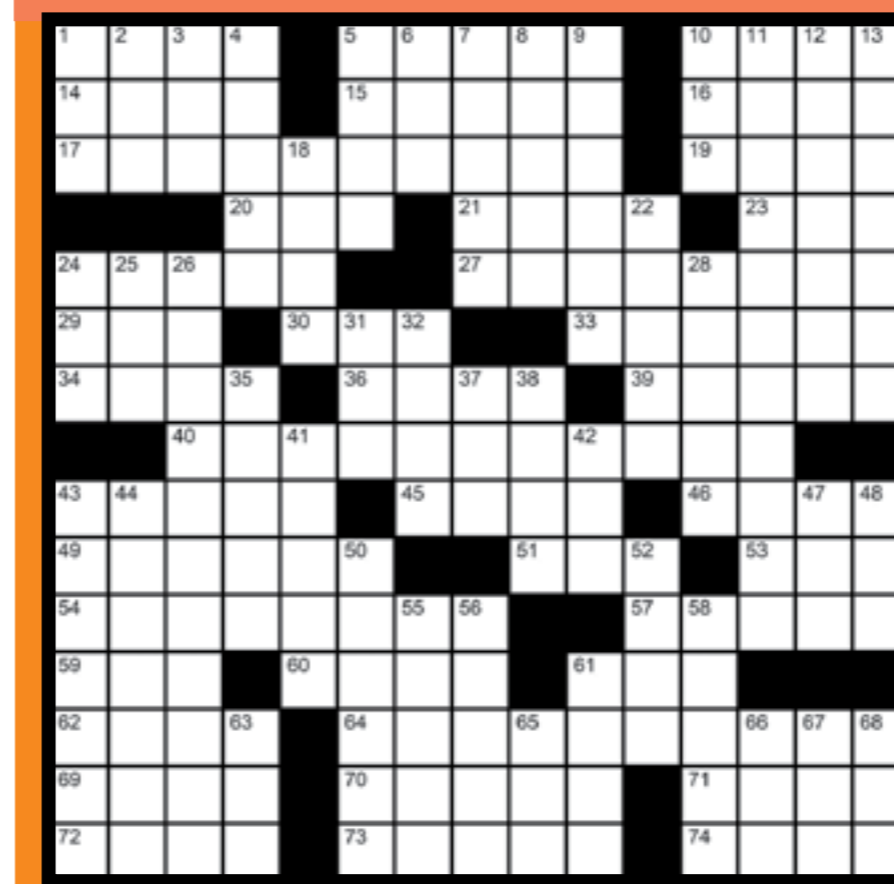
AQUARIUS (Jan. 20-Feb. 18): Possible crises in the coming months: 1. You'll be at risk for botched endings. 2. You may be tempted to avoid solving long-term problems whose time is up. Potential opportunities: 1. You'll make sure all endings are as graceful and complete as possible. 2. You'll dive in and finally resolve long-term problems whose time is up.

PISCES (Feb. 19-March 20): Possible crises in the coming months: 1. Due to worries about your self-worth, you may not accept the help and support that are available. 2. Due to worries about your self-worth, you might fail to bravely take advantage of chances to reach a new level of success. Potential opportunities: 1. You'll take dramatic action to enhance your sense of self-worth, empowering you to welcome the help and support you're offered and take advantage of chances to reach a new level of success.

[Editor: Here's this week's homework:] For more on The Tumultuous Upgrade, go to FreeWillAstrology.com

REC ROOM

DANGEROUS CURVES EVERY CAPITAL LETTER IN THE THEME HAS CURVES. - MATT JONES



ANSWERS AT ROGUEVALLEYMESSENGER.COM

Across

- 1 School that won 10 NCAA basketball championships in 12 years
- 5 Planetarium projections
- 10 Section of music that's repeated
- 14 Thing on stage
- 15 Banned practice?
- 16 Earth Day subj.
- 17 "Bowful on the specials list
- 19 "Trapped in the Drive-____" (Weird Al song)
- 20 Beaker's spot
- 21 Goose formations
- 23 Nursery schooler
- 24 "Grown-up" cereal ingredient
- 27 "Italian veal dish
- 29 "Deep Space Nine" constable
- 30 Tap takeover unit
- 33 Hypnotic state
- 34 Mess up
- 36 Aragon-born artist
- 39 "So help me!"
- 40 "I Am the Walrus" refrain
- 43 Even so
- 45 24-karat, gold-wise
- 46 Tabby tooth
- 49 Believer of sorts
- 51 It takes night deposits
- 53 Arthur of "Maude" and "The Golden Girls"
- 54 "Department of Labor training program
- 57 Seemingly bottomless pit
- 59 Gold, to Cortez
- 60 Christmastime
- 61 Addr. on a business card
- 62 Accumulation
- 64 "Bands like AKB48 and Babymetal (but not BTS—that's a different letter)
- 69 Cop on a bust
- 70 "... to fetch ____ of water"
- 71 1952 Winter Olympics city
- 72 Laundromat lather
- 73 Mary Poppins, for example
- 74 Late infomercial pitcher Billy

Down

- 1 "What can Brown do for you?" company
- 2 ____-Magnon man
- 3 Actor Diamond Phillips
- 4 iPad Pro maker
- 5 Ticket souvenir
- 6 Blues guitarist ____ Mahal
- 7 From the beginning, in Latin
- 8 Rakish sorts
- 9 Most in need of a massage
- 10 Terrier treat
- 11 1991 U2 album featuring the song "One"
- 12 Fez's country
- 13 Demoted (like a former planet)
- 18 Nightfall
- 22 Kevin who played Hercules on TV
- 24 Driving visibility problem
- 25 "____ believe ..."
- 26 Wave rider's accessory
- 28 ____ Pigs Invasion (1961 event)
- 31 Quail ____ omelet
- 32 Gwyneth Paltrow's lifestyle brand
- 35 B vitamin acid
- 37 TTYL part
- 38 "Slumdog Millionaire" city
- 41 Kaitlin of "It's Always Sunny in Philadelphia"
- 42 Hot tub nozzle
- 43 Capital of Newfoundland and Labrador
- 44 "Walden" writer
- 47 "Duck Hunt" platform
- 48 Oxygen, for one
- 50 One fooled by a wooden horse
- 52 Ex-Smiths guitarist Johnny
- 55 Pig blamed for causing American kids to affect British accents
- 56 Alfred P. ____ Foundation (NPR \ benefactor)
- 58 Result in flowers
- 61 Unpleasant, as a situation
- 63 Laptops or desktops, e.g.
- 65 Alley figure
- 66 Home of Rome and Moscow
- 67 What the P in TP doesn't stand for
- 68 Oceanic distress signal

©2019 Jonesin' Crosswords (editor@jonesincrosswords.com)

SUDOKU NO. 247 - EASY

	6	2	7	9				
1			8				6	
		3		4				5
	5						7	
4								9
	7						2	
3			4			9		
	2			3				6
			6	2	3	1		

To complete Sudoku, fill the board by entering numbers 1 to 9 such that each row, column and 3x3 box contains every number uniquely.

For many strategies, hints and tips, visit SudokuWiki.org

If you like Sudoku you'll really like 'Str8ts' and other puzzles, Apps and books.

Visit Str8ts.com

Previous solution - Very Hard

2	5	7	8	9	4	1	6	3
1	3	9	7	6	2	5	4	8
6	8	4	1	3	5	2	7	9
9	6	1	5	4	3	7	8	2
3	4	5	2	7	8	6	9	1
8	7	2	6	1	9	4	3	5
5	9	3	4	2	6	8	1	7
4	1	8	3	5	7	9	2	6
7	2	6	9	8	1	3	5	4

Get Yours To Go!

- Full menu available
- Deferred ordering
- Half-Baked pizzas
- Beer, wine & soft drinks

Thank you for voting us Best Pizza!

kaleidoscopepizza.com
541-779-7787

Dine In: 3084 Crater Lake Hwy • To Go: 1923 Delta Waters Rd

Grins4Kidz
SPECIALISTS IN PEDIATRIC DENTISTRY

A SIGNIFICANT CAUSE OF MISSED SCHOOL DAYS IS DENTAL DECAY AND PAIN

PAMELA J. ORTIZ, DDS, PC
541-773-2625 | www.grins4kidz.com
691 Murphy Rd., Ste 210 | Medford, OR 97504



Gerry Katz Photography

I am for the child

I am for the child who lives in motels, cars and shelters. The child who stands in the entryway of a foster home at three o'clock in the morning, clutching a garbage bag filled with just a few belongings. That is the child I am for.

I am a Court Appointed Special Advocate (CASA) Volunteer.

I am you.

www.jacksoncountycasa.org • 541-734-2272

SINCE 1946

SOUTHERN OREGON HISTORICAL SOCIETY

MAKING HISTORY TOGETHER

Home to one of the finest and largest research libraries and archives in Oregon. Historical records and rare film footage, over 1,000 oral histories, hundreds of maps, architectural drawings, diaries, and journals.

SOUTHERN OREGON HISTORICAL RESEARCH LIBRARY



Hours:

Tuesdays – Saturdays, Noon to 4 pm
Saturday Tours of the Archives: 2 – 4 pm

Admission:

FREE for SOHS Members & Jackson County Residents
\$5/visit for others.

SOHS History Center & Research Library
106 N. Central Avenue, Medford OR

Call 541-773-6536, or visit the SOHS website www.sohs.org and Southern Oregon Historical Society and Hanley Farm Facebook Pages

LE CIRQUE CENTRE

SUMMER CAMPS 2020

FLY. CLIMB. INVENT. PLAY.

AT LE CIRQUE CENTRE
MORE INFO 415.706.9535
LECIROQUEASHLAND@GMAIL.COM

WWW.SOCIRCUS.ORG

JUNE 15-19
JULY 6-10
JULY 13-17
JULY 20-24
JULY 27-31
AUGUST 3-7
AUGUST 10-14
AUGUST 17-21

9AM - 1PM
\$200

Raise money for local non-profits at this fun event!

SATURDAY, MAY 16
TICKETS: \$25
On sale now at GPMUSEUM.COM
541-479-3290

GRANTS PASS MUSEUM OF ART

DANCING WITH THE GRANTS PASS STARS

Participating Non-Profits: College Dreams, Crossing Bridges, Dolly Parton Imagination Library, Josephine County Youth Foundation, Sleep in Heavenly Peace, Women's Crisis Support Team, Zonta, and more!

DID YOU KNOW...

- The *Rogue Valley Messenger* is read by over **20,000** residents and visitors?
- The back of the paper has the **best exposure** in the entire paper?
- The *Rogue Valley Messenger* has the **most affordable ad rates** around?
- And we have **open ad space** on our backboard!

Contact us today to find out how to advertise YOUR business before it's too late. Spots are filling up fast.

541.708.5688 | Advertise@RogueValleyMessenger.com