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Keeping it REAL Estate

A Big Shout Out to Our People

By Dyan Lane

Our team had one of the most amazing months in real estate this past May. Although, we could attribute it to closing over 7 million dollars, what brought me the most joy was the people that 7 million dollars brought into our lives. We were able to not only speak life into our clients, but found clients that quickly spoke life back into us.

My absolute favorite part of this career is the people I get to meet and come alongside in different stages of their lives. I love hearing about their experiences in life, their past chapters and then about their dreams for the future. I have learned so much through our clients and continually enjoy just spending time with them.

May in particular I had the amazing opportunity of getting to know a couple who had not only created a wonderful life here in Ashland but poured into our community during the time they have lived here. Every opportunity I had to spend time with them, I left feeling so full of life and joyful. Although they are much older than me, I felt like they could run circles around me. Our team had the opportunity to bring these amazing sellers the perfect buyers. Again, every time I was able to spend time with this couple, I felt renewed and hopeful. I personally couldn't wait for the transaction to close so that both parties could meet each other. And what would you know? They hit it off. I have no doubt the new owners will be amazing stewards of this estate. My only sadness is the owners are moving away from Ashland.

We had another sale with a couple that I absolutely adore. I met them several years ago when I sold Mrs. Buyer an investment property in Talent. We started the search for their next home about a year ago and we finally found it in May. Again, every time I was around this couple, I loved watching how they poured not only into each other but into their extended family. It was so encouraging.

Isn't life just so interesting? Who would think in sales, you'd make such amazing connections and be inspired by those we serve. It has been my biggest honor to really get to know people. I hope our clients past and present know how much they have encouraged me in different seasons of my life and to inspire me to dream as I continue to age.

Thank you from the bottom of my heart and soul.



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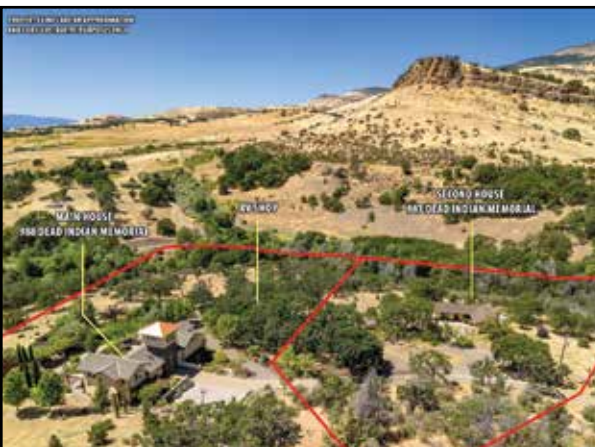
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Journal to Enhance Your Mental & Overall Health

By Glen Alex, LCSW, Author, Podcaster

I know firsthand the value and benefits of therapeutic writing. I experienced its powerful effects on mental and emotional health long before becoming a Clinical Social Worker.

My childhood diary was my best and most loyal friend. It accepted all of my thoughts, feelings, and experiences without judgement. My diary provided an outlet for the mostly impoverished life I was born into. I say mostly because some of the non-monetary aspects of being poor positively impacted me then and richly influence my work now, still.

Journal to Heal

In my early twenties, I joined a dream group that lasted over 7 years. During that time, I journaled hundreds of dreams for interpretation by group members. Dream interpretation is a powerful psychological tool utilized by Sigmund Freud, PhD and Carl Jung, PhD. The International Association for the Study of Dreams and others carry on this work.

Journaling my dreams presented me with new awareness, effective processing, and insights crucial to my health and healing.

Journal to Improve Overall Health

I've also learned that journaling has a positive impact on physical health as well. James Pennebaker, PhD and Social Psychologist is known for his research on journaling. His studies show that in addition to healthy mindset shifts, study participants

"...evidenced an impressive drop in illness visits after the study."

Journaling Tips for You

Because of the healing power of journaling, I highly recommend it to clients, particularly those experiencing anxiety, depression, and difficulty sleeping.

I recommend journaling to you as well. For tips on to how enhance your mental and overall health with journaling, read my blog and check out The Glen Alex Show podcast with Journal Therapist Kathleen Adams on GlenAlex.com.



The most important aspect of journaling is to give yourself permission to just start and allow the pen to reveal insights to you. Then follow the tips I provide for your health and healing.



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Ashland Greenhouses

Hot August Days

By Rona Jackson, Retail Manager

Summer is in full force as we move into August, and our gardens are feeling it. Our valley and beyond saw some incredibly hot days in July, with nights that didn't feel much cooler. This kind of heat can really wreak havoc in your garden spaces and affect even your shaded areas. Hydration, hydration, hydration!! Not only do your plants need water, so do all my gardening friends! So, a quick reminder to you all to be careful while working out in the sun and extreme heat and to hydrate and take multiple "cooling" breaks.

Keeping your plants alive and looking good during the hottest months can be a huge challenge. We struggle with that here at the Greenhouses as well. Deep watering in the morning helps your plants get through the hottest part of the day and a quick drink in the early evening can help as well. Be very careful when watering, we tend to think that in the heat our plants want more and more water but for some plants too much water can cause just as much damage as not enough. It is a fine line and doing a bit of research about water requirements of your plants might take a little time, but you will be glad you did it.

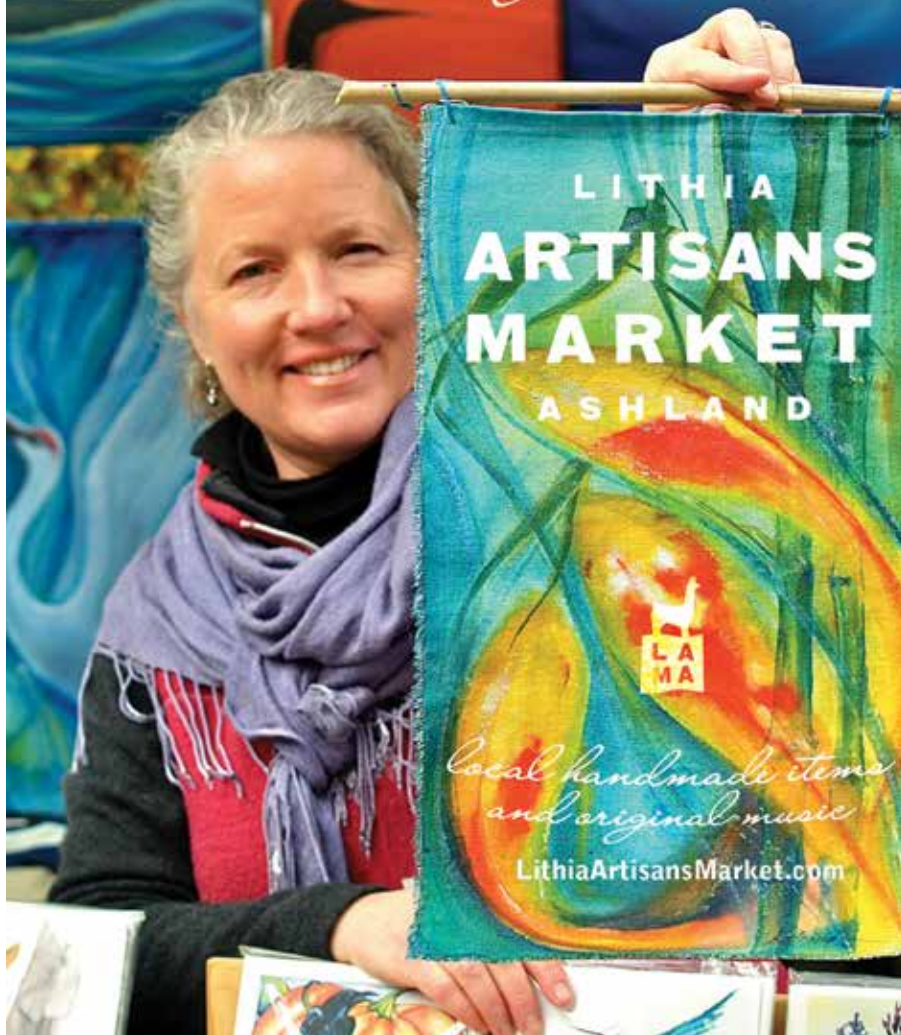
Here at the Greenhouses, we carry some beautiful drought tolerant plants that are available now. A few great examples are Yarrow, Evening Primrose, Russian Sage, Gaura, Salvia, as well as our stonecrop and Day Lillies. We also carry a nice selection of herbs that are perfect for hot sunny areas. Not only are these plants drought tolerant they are also great for attracting pollinators to your spaces! Don't forget that your pollinators need water as well. Having a spot for bees, birds, and butterflies to land and hydrate is vital this time of year.

Before you know it, fall will be here and we will be ready with perfect fall plants to freshen up, or create a beautiful fall garden. We will be stocking new fun metal garden art and caring for our incredible poinsettias. Every season is exciting and full of wonder here at the Greenhouses and we love to talk about gardening with you all. So come on by and say Hello!

Follow us on Facebook and Instagram or check out our website at www.ashlandgreenhouses.com for information on our events, availability list and classes, as well as employment opportunities.

WEEKENDS / SAT 10-5 / SUN 10-5 / MARCH - OCTOBER

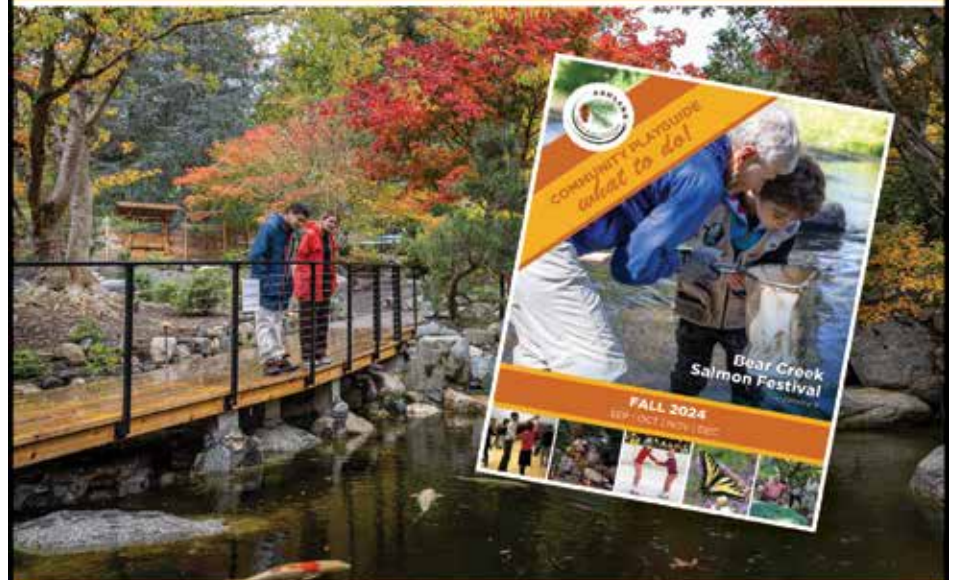
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Introducing Dr. Mark Force and his practice here in Ashland, Oregon. For the past 40 years, Dr. Force has worked in supporting his clients to get the most out of their lives. And while many people believe chiropractic care to be only about bones, Dr. Force shows us that the work is truly about the nervous system. In today's interview we go into more depth and discuss the big idea that illness is a result from the breakdown of the central nervous system.

Dr. Force, thanks so much for taking the time to speak with us today and congratulations on the great contribution you have made to our community.

Thanks, Shields. It's been really gratifying to live in Ashland the last nine years and I'm really enjoying my practice. The beauty of the work that I do is the learning is never ending. The beauty of daily practice is to see people heal physically, biochemically, mentally, and even spiritually.

There is our mission statement above a huge picture of a lotus when entering the office. It's there so that everyone will see it and be clear about what the mission is from doing the work that we do together.

It says, "The lotus represents each of us. Each petal represents an aspect of our original and innate nature. As we heal from our injuries; physical, chemical and mental; the petals open and we show our deepest and truest nature, the jewel in the lotus. This is our work."

I love seeing this as I walk into the office each day. It's a reminder and call to action about how each person should be treated. I want people to be free of their limitations and be able to be true to their nature, to be self-determined and to fully realize the potential of who they are innately. I want people to be able to live their lives large.

The work I do has been welcomed in the community and I'm grateful for that.

Dr. Force, a huge topic that relates to your daily work is the breakdown of the central nervous system from stress. Please say more about this.

Chronic stress breaks our systems down. It doesn't matter whether that stress is physical, chemical, or mental or a combination of these things. Our body has to adapt and much of this is mediated by the central nervous system – brain and spinal cord. Most importantly, a part of the brain called the limbic system is called to action when we are under stress. The limbic system is where all the input from the body is processed, distributed to the hemisphere of the brain, and where our thalamus, hypothalamus, pituitary, and autonomic nervous system respond to help our bodies adapt and the challenges we need to meet in our lives.

Those systems break down if they are constantly under load from too much physical, chemical or mental stress over too long a period of time. Our systems are not designed to be constantly responding to stress. The nervous system becomes overstimulated, inflamed, and can break down adversely affecting our body functions. When we are in this pattern it is common to have a number of health problems which seem to evade a diagnosis and for which treatment is really just relief because it doesn't address the source, which is the chronic stress and the breakdown of our systems adapting to it.

It is common to have multiple symptoms – problems with sleep, fatigue, foggy headedness, poor memory, no drive, digestive problems, systemic inflammation with sore joints and muscles and aches and pains all over that go on and on and don't heal. The list can be very long.

What's missing is making the connection of all of these signs and symptoms to the systems breaking down from too much stress. Where much of this mediated is in the limbic system of the brain and the diagnosis associated with this is central sensitization syndrome. There's been a lot of research on this pathophysiology and it is being more and more recognized in recent years.

Most people have heard of the vagus nerve and how getting it to work better will make you healthier. The vagus nerve is part of this system but the model expands on it and more addresses people healing from stress-caused illness.

What is hypervigilance? How do we know if we might have it and how does it affect our health?

Hypervigilance is a conditioned state that causes one to be in a constant state of fight-or-flight. It occurs from people growing up in very stressful environments or from experiencing events that made them feel threatened. You can also come from too much physical stress over too long a period of time or from environments or diets that cause chemical stress on the system. Peeling away these stressors and convincing a person's system that it's no longer threatened, that it can relax, rest, and recover is the key to their systems functioning as designed and their healing.

Dr. Force, why is it that people get treated for all sorts of ailments but very rarely are things addressed at this level?

The most missing element in healthcare is a differential diagnosis. Sometimes a diagnosis is easy. An infection for which testing shows the cause. Sometimes a person has broken a bone or worn down a joint to where it can't heal and needs to be replaced. These diagnoses are pretty straightforward.

Other times, it can be more complicated. I'll tell a story. A good number of years ago I saw a woman with a chronic frozen shoulder which had been treated for a number of years without success. During her history it became clear that she likely had a gallbladder disorder and that the shoulder problem was caused by reflex pain from her gallbladder. Physical exam and laboratory findings confirmed her gallbladder problem and I recommended care for it which consisted primarily of self-care. After six weeks, re-examination and bloodwork showed that there was no change in her gallbladder or her frozen shoulder. Further examinations and consultations with the patient revealed unhealed emotional stress from her husband having had an affair a number of years ago that was not resolved between them. Referring her for counseling and doing neurological reflex work for the emotional stress resulted in healing of the gallbladder and the frozen shoulder, confirmed from physical exam and laboratory findings.

This is how stress can cause illness and reflects how a deeper diagnosis can solve a problem.

What type of transformation are you witnessing when you see people address their health care at the level of the nervous system?

Their body changes, their chemistry changes, their psyche changes. They become free and it's beautiful.

Integration of the nervous system is incredibly important to healing. Even when patients need nutrition, exercise, self-care, emotional care, I always start with integrating a nervous system as a foundation for all of the rest. Typically people have injuries that have compromised their nervous system and it is adapting as best it can but is in a state of neurological disorganization. This state results in dysfunction of the autonomic nervous system and prevents their system from functioning properly internally.

As we accumulate injuries the feedback to the central nervous system becomes confused and represents a tremendous amount of work for the central nervous system to process. The result is inflammation in the central nervous system and breakdown of control body functions. What restores organization of the nervous system is treatment with chiropractic care to spine and extremities, osteopathic physical medicine including craniosacral therapies, and non-needle treatment of the acupuncture system. When discovered and resolved, the nervous system becomes organized, relaxes, and neurological control of body systems recovers.

Dr. Force, you witness change on a daily basis with your patients. What are some of your favorite moments you share in working together?

It's beautiful to see people realize that they are healing, that their life is getting bigger, and that they'll be able to pick up some dreams they put aside because of the limitations they've had in their health.

It's common for people to say that they want to be free of pain of some kind or free of some physical limitation. I asked people why they want to be better; what they want to do with being free of pain or physical limitation. That way I can get clear about what they really want and have a definite goal. I remember treating a guy who wanted to be able to whitewater raft again; he wanted to row a boat on the river. So that was our goal - the measurable marker for success. Commonly, a goal for older folks is to be able to travel or be able to play with their grandkids without limitations. It's beautiful when people succeed at these benchmarks.

Dr. Force, a big idea that you like to share with your patients is that one's health care is more dependent on what you do than on what one's doctors does. Please say more.

Healthcare is extremely important and can be an essential catalyst for people to be healthy. And, ultimately, it is what people do for themselves on a daily basis taking care of their health that makes the biggest difference. Ultimately, self-care trumps healthcare in terms of how healthy a person truly is over time. We see this evidenced in the "Blue Zones" of the world, where people tend to live well and healthy late into their lives. These areas show common themes where people eat fresh, locally grown, unrefined food, exercise regularly and

reasonably and have deep and constant relationships with family and friends, relax daily, etc. They are practicing reasonable self-care and they thrive and typically need little healthcare because of it.

I think this is a really important idea to put out into the world. So many times we are letting go of our power and thus the responsibility to our own health.

We are responsible for our own health. We need to switch our focus here to where we look at doctors as subcontractors and we are the contractors for our own health. We need to be in charge. We may need help and we may need guidance, but ultimately our health is up to us. Healthcare alone will never be enough to be healthy

Dr. Force, you are extremely proud to have three amazing daughters, two of whom are here in the Rogue Valley running their own practices. Please introduce us to them.

I do have three remarkable daughters. Yes, two of them have chosen to be chiropractic physicians. I didn't push them to it, they made their own choices, and they are remarkably good at the work. It's beautiful to see. Dr. Hannah Conry has a practice in Medford, Thriving Family Chiropractic, and Dr. Tenaya Force practices at Southern Oregon Chiropractic in Ashland.

You also have a very active lifestyle and enjoy living to the fullest. What are some of the favorite moments you like to spend now with your daughters and grandchildren?

We have always done a lot of camping, backpacking, whitewater rafting, and traveling. We are private whitewater rafters and have done private trips on rivers around the American West, including the Grand Canyon, Rogue River, Salmon River in Idaho. I ski and do mountaineering with my family, including grandkids. In August, I'll be on a backpacking trip with my grandsons in the Wind River range in Wyoming. I also do rock and ice climbing and mountaineering. We enjoy the outdoors together.

Dr. Force, please tell us about your webinar on limbic stress that is available to be viewed online and any additional resources that are available to our readers.

On my website, drforce.com, you can view a webinar on limbic stress which covers the model of chronic and complex illness arising from chronic stress. It can be viewed for free and the link is on my resource page. A few years back I traveled around the country teaching doctors about the model of limbic stress and chronic and complex illness and it was well received.

Dr. Force, please give us a brief interview of the services you are currently providing and who should come to see you.

My specialty is applied kinesiology and I am a diplomate and instructor for the International College of Applied Kinesiology. When done fully, applied kinesiology integrates conventional medicine's diagnostic tools including imaging and laboratory testing with chiropractic, osteopathic physical medicine including craniosacral therapy, naturopathy including clinical nutrition, and Chinese medicine including acupuncture. I am a fellow with the International Academy of Medical Acupuncture and practiced acupuncture for 30 years in Arizona. My license doesn't allow me to do acupuncture in Oregon, so I use non-needle treatment instead for balancing acupuncture meridians.

What are some red flags that often come to your attention when working with patients?

People believing that treatment alone will solve all of their health problems is the most common red flag. To be healthy we have to take responsibility for ourselves physically and emotionally

What is the best advice or wisdom to which you like to refer?

Perfection is an idea; in abstraction. Perfection is not real. Work to achieve good and then work on making it better. Health is like anything else in life; it's all based on cause-and-effect. What you do is what you get. Everything in life is an experiment. Keep experimenting and observing and adjusting accordingly. When you're getting what you want, keep doing it. Don't worry about perfection, no one has it and neither will you.

Dr. Force, do you have any last thoughts or comments you would like to share with our readers today?


I think I've talked too much already!

Thank you again for taking the time to speak with us here in the LocalsGuide.

Thanks Shields for letting me share. I hope it serves.

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loanDepot - Dave Porter

Thinking about buying a first home? Think again. *By Dave Porter*

Instead of thinking about buying a home consider buying a multifamily home. As I write this article there are 18 duplexes and triplexes for sale in Jackson County.

I ran an example on a duplex and the payment would be \$2663 (with taxes and insurance) and had one of the units rented for \$1700. This was with a minimum down first-time buyer program. This is only an example, there are so many variables when calculating rate and payment. Call for specifics.

And let's say for argument's sake that real estate appreciation is at 4%.

4% on a duplex price of 420,000 is \$16,800 per year while the 4% appreciation on 300,000 is 12,000 per year.

There are several loan programs that can be used to purchase a duplex or triplex.

For first-time buyers they can get a conventional loan with as little as 5% down, both first-time and subsequent buyers can use FHA with 3.5% down and VA is zero down.

And consider this approach, instead of having a low payment because of the rental income, make a slightly higher payment and turn the 30-year loan into a 20 or 15-year loan – saving a ton on interest.

This property you will want to hold onto. Down the road, it could be a great source of income. If you find you don't want to keep it, you can explore a 1031 tax-free exchange when buying another rental.

Things to know when considering buying a multi-unit home include:

You should have a reserve fund to cover any vacancies.

The lenders will only use 75% of the gross rent to help with qualifying.

You should research if you want to self-manage or have a management company do this.

You should read the Oregon landlord-tenant law and know your rights and the rights of a renter.

When buying as your primary residence you should plan to occupy the home for a year or so. The intent is that it is your primary residence. Using this approach does not prohibit you from buying a single-family home down the road.

Let's run the numbers and see if buying a multiplex is right for you.

Dave Porter (NMLS # 483876; www.davesporter.com) is the Sales Manager for loanDepot in Southern Oregon. He is licensed to offer loans in OR, WA, ID, CA and AZ. You can reach him at dporter@loanDepot.com or 541-708-4020.

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Calling all young women and girls ages 11-17. You are invited to join this fun, creative, and playful new group for teens. Sip boba, make art, and learn to drum with musical leaders Krista Holland and Megan Danforth in Ashland, Oregon.

In today's interview, I spoke with Megan and Krista about their vision for this emerging group for girls who are interested in creating soulful connections and beautiful rhythms while learning the art of frame drumming in a supportive circle. Let's learn more!

(Megan) Thanks for speaking with us today, Shields. Krista and I have been envisioning a supportive group for young women and girls for a couple of years, and feel energized to really make it happen this fall. Our youth need spaces for creativity, playfulness, and decompression more than ever!

To begin with Krista, you are the founder of the Sacred Drumming Academy and teaching this art form is your primary work. Will you please tell us more about your journey and practice with frame drumming?

I was first introduced to the frame drum over 25 years ago when I met my primary frame drumming teacher and mentor, the late Layne Redmond. Redmond authored a book on the ancient history of women's global drumming traditions, titled *When the Drummers Were Women*.

In my late teens, I began seeking out different healing modalities to help me deal with depression and a sense of being lost in the world. My mom suggested that I consider learning a musical instrument, and somehow, the idea stuck, so I eventually decided to try drumming.

Over the years, I explored many different drumming styles until I learned about the frame drum and the ancient history and traditions of women's frame drumming. I became fascinated by the idea that there was a widespread feminine drumming tradition I had never heard of, which was all but forgotten or undiscovered in many areas of the world. I'll never forget the first night when the woman who would become my long-term teacher and mentor, Layne Redmond, showed a presentation of images of art depicting women from the ancient world holding or playing a frame drum. That evening presentation changed my life and set me on a course of research, practice, and study that I have been exploring ever since.

Megan, people in our community will know you for your amazing work in founding Rogue World Music and your beautiful voice in the folk trio, Wild Honey. I also recall interviewing you along with your husband, Tom Pike, for Jump Education, an educational project that is also a creative response to the needs of adolescents. Share with us how you and Krista developed a connection and about this new offering you're making together?

Thank you for this generous introduction. Krista and I first connected as neighbors and mothers, each of us admiring the creative work of the other. Within a few years I began attending the instructional evenings she offered to learn the art of frame drumming. These evenings became an important time for me to step out of the daily grind of work and home responsibilities, and to step into a space that felt meditative, nourishing, supportive, and fun. I also found that spending time this way in a circle with women, developing trust in one another through shared rhythms, making mistakes, laughing through learning, and returning again and again, fulfilled a deep need in my heart for a sacred community.

In 2017, I joined Krista on a journey to Crete, an island in Greece, where mythological stories and archeological ruins reflect a potent history of women and the drum. It was after this powerful experience together that we began to really lean into our friendship and consider collaborative ideas. So, this current project has been in a state of emergence for many years, really, and over these years our connection has deepened while our creative ideas have clarified.

Synchronistically, Krista and I each had the idea of creating a group for girls, independent of one another. The idea had been percolating in the back of our minds until Krista spoke to it earlier this year. Upon hearing her vision, I suggested with great enthusiasm that we launch it together!

Wow. What alignment! Krista, Megan mentioned the interesting history of women and the drum. Can you please share more with us about this?

Yes, thank you, Shields. I would love to. A frame drum is any drum whose diameter of skin is larger than the depth of the shell. Frame drums are traditionally made of wood and skin, sometimes with the addition of jingles or bells, such as a tambourine, which is also part of the frame drum family of drums.

To create a drum is an archetypal idea that spans eras and continents. Much like dancing, drumming is considered a cross-cultural or poly-cultural idea and practice found globally.

No one knows exactly how far back the idea of creating a frame drum goes because the drums being made of wood and skin disintegrate rapidly from the archeological record but what we do have as proof of the antiquity of drumming traditions - are thousands of pieces of art depicting the drum, most prominently the frame drum, across thousands of years. In the vast archive of artistic records depicting the frame drum the most common motif found is the image of a woman, girl, priestess, or Goddess holding or playing a frame drum. The archeological records show that in the ancient days, the frame drum was primarily a woman's instrument.

The images of a girl or woman holding a frame drum can be found in almost every artistic medium such as clay and marble statues, vase paintings, frescoes, oil paintings, and more. Of course, in the modern era people of all walks of life and genders play the frame drum! That said - the widespread history of women's drumming traditions is a fascinating subject that is still relatively unknown to many people. This history that I am referring to is something people can learn more about in the book I mentioned above called *When the Drummers Were Women - A Spiritual History of Rhythm*.

Megan, please tell us more about the transformative nature of frame drumming and why you are choosing to share it here and now in Ashland with young women?

Learning to play the frame drum is a fun and beautiful way to begin a musical journey for those who have no prior musical experience because it is one of the most simple instruments but can also become more rhythmically and musically complex over time.

The experience of creating a rhythm with others is one that can nourish the nervous system, it can calm the mind, and it can fill our hearts with inspiration. Drumming is such a primal experience given that every human gestates to their mother's heartbeat. It's no wonder that the drum has been a central feature around which to gather community for thousands of years.

No matter our age, we all share a desire for spaces that nurture a sense of freedom and possibility, one in which we can celebrate mistakes and explore unique ways of self expression. But these spaces are hard to find today and therefore much needed, especially for our youth. Krista and I are inspired to create a place where girls can support one another in the process of learning to play the drum in an inclusive circle. We will always begin with the basic foundations and warm-ups and will ensure that the experience is one of playfulness, acceptance, and exploration.

Krista, in your work with frame drumming, how have you seen it take root and create transformation in women's lives?

Over the many years that I have been playing the frame drum, teaching the drum to others, and studying the ancient history and myths connected to the frame drum which is also sometimes called the sacred drum, I have watched the practice transform and uplift many people's lives. One of the most impactful things I've witnessed is how the drum can create inner and outer connections. Women and people can feel a connection to an ancient cross-culture tradition that truly doesn't belong exclusively to just one culture.

The frame drum appears in ancient art and writing in diverse settings and time periods, from the Hebrew Bible to the writings of ancient Mesopotamia, to the stained glass windows of ancient cathedrals, to the hieroglyphs of Egypt, to the Scottish tradition of frame drumming that is said to go back at least 500 years by written record. The diversity of places and span of eras in which the frame drum appears can inspire women and girls to feel a natural part of a tapestry of timeless and universal human and feminine connections.

Drumming is a human birthright and as the saying goes "Music is the universal language." The combination can make each girl or woman who picks up the drum for any reason naturally connected to a global tradition that is simultaneously ancient, modern, and futuristic.

Drumming and being in rhythm remind us that we are each a part of the great rhythm of all things—from the rhythms of day and night to the cycles of the moon and the cosmos, to the seasons, stages, and ages of each human lifetime. Rhythm is a guiding force that helps keep life and each of us in balance. Being aware of and connected to life's rhythms can bring a feeling of greater relaxation and trust in the guiding principles and order of life.

Megan, you have always been a catalyst for visionary projects here in Ashland. Tell us more about your vision for the Drum Group for Girls.

Our vision is to create a space for girls that is inspiring, a space that provides a respite from the stress of daily life, a group in which they can be playful, authentic, and expressive. And most importantly, drink boba!

We envision a weekly time when girls can show up, mingle a bit, and gather in circle and create rhythms together. There will always be a space provided outside of the circle as well, a 'doodle den' with art supplies, for the times when we need to step away and simply listen, to learn to take care of ourselves while remaining a part of the group. This is such an important lesson.

The Drum Group for Girls is also our creative response to the adolescent need to safely explore the sacred dimension of their experience, to feel a part of the emergence of beauty that is created while drumming in a circle, to receive guidance and mentorship from mature women with vibrant creative lives and wisdom to share.

We are on an exploratory mission to discover the best way to catalyze this vision.



We are beginning with an 8-week series, one session per week, and depending on the level of interest and the age range of the girls involved, we'll continue to develop offerings that reflect the level of engagement, interest and need. We would LOVE to expand our offerings to include a tween and a teen group, a mother/daughter group, and retreats, both regionally and afar.

Krista, frame drumming has always played a role in humanity's story and timeline. Tell us more about the widespread resurgence you are witnessing globally and how it is being embraced by women around the world?

We are currently at the very beginnings of a global renaissance and resurgence of women and girls of all ages and stages of life reclaiming and reconnecting

with the frame drum as a tool and an instrument for ancestral remembrance, connection, community building, musicality, sacred practice, brain optimization, and general wellbeing.

Modern research and science show that many different demographics can benefit from drumming or musical practice. Numerous published and peer-reviewed studies on the effects of rhythm, specifically, and recreational music-making, in general, point to these methods and modalities as wonderful complementary tools and adjunct therapies in a person's holistic wellness practice.

Modern people everywhere are looking for simple, accessible, and time-tested protocols that can be utilized for greater inner and outer harmony and well-being. Frame drumming is one tool among many, but it holds a unique place and potential being that it is both timeless and time-tested. Frame drumming has established its place as a bonafide instrument for making beautiful music while simultaneously being a fantastic tool with the potential for transforming consciousness, awakening whole-brain functioning, fostering group bonding, and a host of other possible holistic health benefits.

Women and girls, along with many others, are finding a frame drumming practice that meets them where they are at while opening them to a world of unique possibilities and potential for soulful inner and outer connections and greater synchronicity with life's rhythms.

Megan, it sounds like this group is not only educational but offering something beyond this that you feel girls need right now. Can you speak more to this?

Megan: Yes, Shields, Definitely. I'm thinking about how healthy communities cultivate relationships between the elders and the youth. Without these pathways of sharing wisdom and receiving guidance and inspiration, our youth and elders suffer. I turned 50 this year which marks an important transition in my life, one for which I chose to engage in a wilderness rite of passage earlier this year. I returned from this experience with renewed energy and inspiration that I'm bringing to this collaboration with Krista. I'm passionate about serving our community in ways that uplift our hearts and cultivate joy. Our youth are heavily burdened with the weight of global events that seem insurmountable and they are overstimulated technologically speaking. I strongly believe that all of us, but most especially our youth, need spaces where we can soften and open, where we can be imaginative, encourage optimism and where we can experience the beauty of humanity.

Making music together is powerful medicine, especially when it's playful, exploratory, and centered around creating heartfelt connections. For many people, making music can be intimidating because our culture has set musicians apart from society as somehow gifted with talents that some don't have. We buy tickets to see performances. We sing in the shower. We dance when no one is watching. But we are all inherently musical beings. There is a place for each and every one of us in musical community. Music making emerged not as a performance activity, historically, but as a culture building tool, a way to cultivate belonging, a way to make meaning together, a way to honor and tend to life experiences that we all share. Krista and I are inviting young women and girls into a space like this because we have decades of experience in musical group facilitation, knowledge and wisdom we long to share, and a passion for serving our community.

Krista and Megan, thank you for the amazing work you are doing here in our community.

Thank you, Shields, for creating such an awesome way for us to share our vision with everyone.

Do you have any last thoughts or comments you would like to share with our readers?

Yes. If you or your daughter, sister, niece, or friend have any questions and/or suggestions, please reach out to us! Here are the details:

Drum Group for Girls starts on Sept 26th and runs 8 weeks until November 14th, on Thursday afternoons from 4pm to 5:30pm at Rogue Valley Yoga at 1355 E. Main Street.

Register at www.sacreddrumming.com/events/drum-group-for-girls

Contact Krista Holland at: sacreddrumming1008@gmail.com
Contact Megan Danforth at: frenzfam@gmail.com

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Now celebrating their 8th year in Ashland, HandymanPlus Services specializes in household repairs, decks and fences. They are locally owned and stand behind all their services with a deep focus on delivering excellent quality and reliability to their customers. In today's interview I spoke with owner John Palombo.

Hi John, thanks so much for doing this interview with me today and congratulations on eight years of working here in our community with HandymanPlus.

Yes, thank you for interviewing me today! We love our community and are happy to have been in service to it for the past eight years with our commitment to quality and reliability.

To begin with, please introduce us to your company and tell us what differentiates HandymanPlus from any other company.

To us, being a handy person is about uplifting spaces. It's about making people's lives better. Where there is decay and dysfunction, a handy person can renew vitality and functionality to homes and work spaces. We love what we do and find great satisfaction in this and in being doers - people who get things done. We can adapt our knowledge to any task, enter into any situation and see a solution and real possibilities for improvement. We care about our work and want to give our clients the best experience possible with quality craftsmanship and personable, professional relations.

This is really important for you to share and I know many of our readers will appreciate your deep commitment.

Yes, it is important that when we do a job we guarantee the quality of our work, and if there are any issues with the end product, we are committed to addressing & repairing them free of charge.

John, can you give us an overview of services that you are providing here in the community.

We provide excellent workmanship in household repairs, including drywall repair, painting, door and window replacement, flooring, and more. We also regularly repair and build decks and fences, improving quality and, most importantly, safety. Additionally, we repair and replace siding, exterior trim, house rot, post wraps, and exterior trim. Also, something we specialize in is a sealed membrane deck product for decks above enclosed or indoor living spaces.

Please share some recent customer testimonials with us.

"We hired HandymanPlus Services for two small projects, and have been very satisfied with the work. One project was repair work to an exterior corner wall that had dry rot. The second project was repainting a long cement block retaining wall. A standout feature to us was the office manager, Ginny. She was super efficient and followed up on everything we asked about. I would and have already recommended them to a friend and to a neighbor." - Ben

"I love my new fence, gates and planter box. They were very professional, checking with me on the details to ensure the final work met my needs. Everyone I dealt with at HandymanPlus was great to work with." - Rhona

"We are thrilled with the projects completed by HandymanPlus Services. They were able to take our concepts for a complicated outdoor space with an existing 12-foot retaining wall and bring our visions to life. We highly recommend HandymanPlus Services for your projects, big or small!" - Michele

John, what are some of the top tips you like to offer customers when taking on any home repair, deck or fencing project?

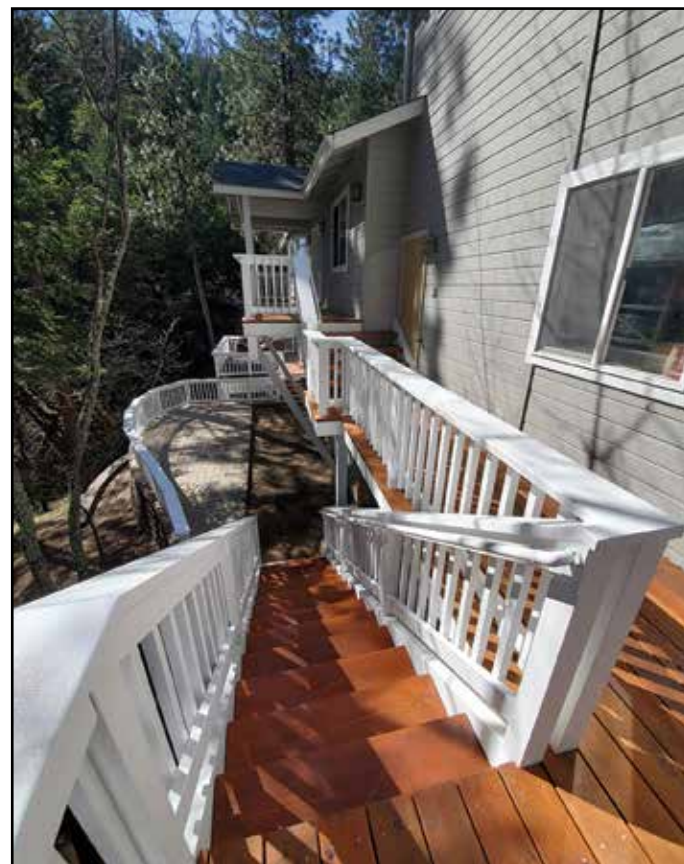
It's good to think about what your goals are with the work you want done, particularly with decks and fences. Are you hoping for a deck you can throw a party on, have a hot tub on, or just a place to have your morning coffee? Are you interested in a fence that will give you privacy, or just to keep deer out? It's good to have these thoughts in mind when our project manager comes to learn about your needs so we can be sure to satisfy your desires once the project is complete.

What are the next steps in getting in touch with your company to look at my project?

The best way to get in touch with us is through our website at www.TeamHMP.com. You can also call us at (541) 778-1365

John, do you have any last thoughts or comments you would like to share with our readers?

There are a lot of handy people out there, licensed and unlicensed. I've seen a lot of poor work done by people who gave the impression that they know what they're doing, but frankly didn't have the experience to provide a quality product and be reliable throughout and after the project. Licensed contractors may cost more, but, unless you want to have to redo your project once it fails, it's best to just choose the right team to begin with and do the project right the first time so you don't regret having spent thousands of dollars on subpar work. HandymanPlus Services guarantees our work and has a team of experienced professionals that are sure to give you the quality service and reliability that you would want to have working on your home. You can trust us to do the job right the first time, and, if any mistakes are made, we'll always return to make it right.





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Camilla Cassity
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Anna Houppermans
BROKER



Spectacular Valley and Mountain Views

Stunning craftsman styled home with open floor plan which includes a living room with a gas fireplace, office, kitchen, dining area, primary suite and an outdoor deck. The gourmet kitchen has top-of-the-line appliances, wonderful cabinetry with soft close drawers, large walk-in pantry and a breakfast bar. Gracious primary suite has a luxurious spa styled bathroom with a walk-in open stone shower, heated floors and large closet with built ins. Lower area features 3 add'l bedrooms or 2 bedrooms + hobby room. Outdoor deck can be enclosed w/ screens with an outdoor heater. Raised beds, beautiful waterfall & Koi pond! **\$995,000. Call Camilla 541-821-3543**



Camilla Cassity
BROKER



Beautiful Historic Home Close to Plaza

A highly visible part of Ashland's architectural heritage, this Italianate style home was built adjacent to the downtown commercial district in 1890 for Kate Grainger and G.M. Grainger, a two term Ashland mayor, who oversaw significant community growth including the construction of City Hall. When building was completed by architect W.J. Schmidt the home was called one of the prettiest cottages in town by the Ashland Tidings. The main house has two levels with 10' ceilings throughout. The attached guest studio is single level and includes 1 bed/1 bath. A stylistically unique part of the neighborhood! **\$1,295,000. Call John or Tristan 541-941-8559/541-951-1789**



John Steinbergs
PRINCIPAL BROKER/OWNER

Tristan Freechild
BROKER



NEW PRICE!

Mid Century Ashland Gem

Step into timeless cool with this home, perched just a block above Lithia Park and teeming with wildlife. This stylish home fuses retro charm with modern industrial vibes, offering a serene retreat in a prime location. Enter the home on the lower level and see the exposed beamed ceiling along with the mountain views. Owner's suite with a private balcony & spacious double vanity bath w/ walk-in closet. \$620,000. Call John S. 541-941-8559



John Steinbergs
PRINCIPAL BROKER
OWNER



Ashland Townhome with Pool

This amazing 2 story townhouse could be your new wonderfully bright & airy home. This townhome has an ideal open floor plan. Enjoy the 2-sided gas fireplace which defines the living room from the dining area. Large windows and 9' ceilings give you tons of natural light. There's a half bath on the main level. Upstairs each of the 2 bedrooms has raised ceilings & ensuite baths. 1 car detached garage! \$493,000. Call Camilla 541-821-3543



Camilla Cassity
BROKER



Ashland Fixer Upper near Downtown

Discover the perfect blend of location and opportunity in this well priced fixer-upper. With its prime location and large square footage, this property is a canvas awaiting your vision. Boasting the potential to be remodeled in it's current layout as a single family residence or transformed into two separate units within the current building envelope, it offers endless possibilities for customization or investment! \$425,000. Call John S. 541-941-8559



John Steinbergs
PRINCIPAL BROKER
OWNER



SOLD!

Private End Unit Townhome in Ashland

3 bed, 2.5 bath 2000-built Blackberry townhome conveniently located near grocery stores, public parks, schools, and hiking trails. Main level with covered front porch, solid oak floors, kitchen, dining area, living room with gas fireplace and half bath. Beautiful hickory floors on the upper level with all 3 spacious bedrooms and 2 full baths. The primary suite is quiet and spacious. Plus a 1 car garage! \$399,000. Call Gretski 541-625-0351



Gretski Lieberman
BROKER



Home with Pool in Ashland

What an opportunity. You can be about 1 mile from the Plaza, restaurants, Lithia Park. Bring your decorator or contractor or your own ideas. This is a 2 story home with authentic untouched style. There is 1 bathroom on the main level and the other one is upstairs. The large kitchen area leads directly outside to the expansive lot with a grassy area & a lovely swimming pool. Plus a corner lot! \$669,000. Call Camilla 541-821-3543



Camilla Cassity
BROKER



PENDING!

Timeless Ashland Craftsman

All your aesthetic needs will be met at this house. It is a beautiful home on a quiet cul-de-sac. Incredible views of the mountains from most of the major rooms. The primary bedroom and a secondary bedroom are on the main level. The primary bedroom has a high coffered ceiling and immediate access out to a deck, the spa, and the pond. Enjoy the backyard with wonderful landscaping & pond. \$695,000. Call Camilla 541-821-3543



Camilla Cassity
BROKER



PENDING!

Ashland Home with ARU Close to Town

Well-cared for sweet 1930s bungalow that still showcases details of the era. Lovely hardwood floors grace much of the main level, along with a coved ceiling and brick fireplace surround in the living room. There are 3 bdms & 2 baths in the main house. The additional 1 bedroom is a loft in the ARU. The kitchen has tile floors, granite counters & an eating area. Great natural light throughout this craftsman home! \$775,000. Call Camilla 541-821-3543



Camilla Cassity
BROKER



SOLD!

Beautiful Rural Ashland Setting

Irrigated, level 7.79 acre EFU property located in a lovely rural setting just 10 minutes to downtown Ashland. The 2600+ sq. ft. home was built in 1947 and has undergone many changes and additions over the years. The home features 4 beds and 2 baths and has a formal living room, good sized country kitchen and a spacious family room. Set back nicely from the road with a large lawn and garden beds. \$639,000. Call Tracy 541-326-5055



Tracy Peddicord
BROKER



SOLD!

Airy Single Level Ashland Townhome

At the front door, a fragrant lilac bush greets you, adding a touch of natural beauty to the entrance. The bright interior is enhanced by nice laminate floors and natural light streaming in through skylights. With mature trees providing a picturesque backdrop, this corner unit is tucked away from the road, offering a quiet escape from the hustle and bustle of everyday life. Plus an attached garage! \$307,000. Call Madeline 541-840-3288



Madeline Ratkal
BROKER



SOLD!

Spacious Talent Home

With four spacious bedrooms upstairs and a home office, bonus room, kitchen, great room, and two car garage on the lower level, this home is perfectly equipped to adapt to your changing needs! From the large kitchen and eating bar you can see into the great room and enjoy the gas fireplace or peer through the many windows. The owner's suite upstairs includes a large bathroom w/ a soaking tub & walk-in closet. \$493,000. Call John 541-941-8559



John Steinbergs
PRINCIPAL BROKER
OWNER



Quality Custom Medford Home

Welcome home to Hampton place and a quality custom home built by Michael Susi This single level home built in 2004 on a nice size lot boasts the most popular floor plan in this sought after neighborhood. Upon entering this warm and inviting home there is a cozy living room with a gas fireplace. The kitchen is spacious & opens to the dining area. Plus RV parking! \$398,000. Call Genie/Salina 541-631-1195



Genie Long
Salina Piddington
BROKERS



NEW PRICE!

Golden Aspen Condo in Mountain Meadows

Stunning 3 bedroom, 2 bath luxury top floor spacious condo w/ panoramic mountain & community views with a large balcony off the living room. Convenience of indoor stair free access to clubhouse, community dining room, fitness & garage area. All new carpeting, large primary suite with sitting room space & double sink vanity in primary bath. \$469,000. Call Rachel 541-941-0007



Mary Lou Gress
BROKER
Rachel Whitley
PRINCIPAL BROKER

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for over 43 years!

gateway
REAL ESTATE



Home above Lithia Park

This .54 acre lots is one of the nicest parcels in Ashland. The premiere location sits less than 200 feet from Lithia Park with the privacy of Strawberry Lane. Just above the Japanese Garden, and near the bandshell and pickleball courts. The driveway is lined with mature Walnut trees. The existing home is a comfortable 1091 square feet and features oak flooring & natural light. A great opportunity! \$760,000. Call John W. 541-482-8230



John Wieczorek
BROKER



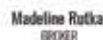
PENDING!

Renovated Ashland Townhome

Discover the perfect blend of tranquility and convenience in this elegant townhouse. Showcasing exceptionally durable Brazilian mahogany floors and mountain views from every window. Main level boasts high ceilings, a stunning granite surround electric fireplace & a gourmet kitchen complete with granite, tiled backsplash, gas range, & a nice breakfast bar. \$439,000. Call Mary Lou/Madeline 541-840-3288



Mary Lou Gross
BROKER



Madeline Rutkai
BROKER



Stellar Ashland Location

This property is on a coveted street that is a stone's throw away from the renowned Shakespeare theatre, Ashland's downtown plaza and Lithia Park! From the back deck enjoy the beautiful views of Lithia Park & the Siskiyou mountains. A total of 1766 square feet that includes a separate entrance downstairs that leads to the third bedroom and basement. Newer roof and paint inside & out! \$799,000. Call Rachel 541-941-0007



Rachel Whitley
PRINCIPAL BROKER



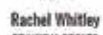
NEW PRICE!

Stand Alone Mountain Meadows Cottage

Spacious charming cottage style 2 bedroom 2 bath single family home located in award winning Mountain Meadows. The home has all new luxury carpeting and other recent touch ups and previous foundation upgrades completed by Murphy Construction. Features include gas fireplace, solar tubes & spacious walk-in closets. Lovely private deck in back. \$419,900. Call Rachel 541-941-0007



Mary Lou Gross
BROKER



Rachel Whitley
PRINCIPAL BROKER



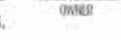
PENDING!

1.6 Acres on Granite Street

Comprised of two lots and surrounded by luxury homes, this kind of property doesn't come along often. The main home is 2130 SF and sits on the .25 acre parcel. The 2nd parcel is 1.35 acres and boasts privacy, some level areas and peek-a-boo views of the ridge line across Lithia Park. There are large madrone trees throughout the property, along with mature manzanitas, oaks and pines. \$860,000. Call Victoria 541-951-8469



Victoria Shrodel
PRINCIPAL BROKER



OWNER



Glenn Vista Estates in Ashland

Carefree luxury living with this 3 bedroom 2 bath townhouse featuring 1764 sqft of super good cents construction. The upper level has 2 bedrooms joined by a Jack & Jill bathroom. The primary bedroom boasts fabulous views of Grizzly Peak. There is also a large landing area overlooking the living room & fireplace. This home has an open floor plan with soaring ceilings. \$394,000. Call Genie/Salina 541-631-1195



Genie Long
Salina Piddington
BROKERS



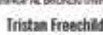
NEW PRICE!

Single Level Mountain Meadows Condo

Welcome home to Mountain Meadows - Ashland's premier 55+ resort style community. This single level, end-unit condo offers easy living, while maintaining independence & privacy. With an attached single car garage w/ additional storage & workshop space, this home lives like a stand-alone house. Community amenities include a clubhouse and dining room. \$259,000. Tristan or John 541-951-1789



John Steinbergs
PRINCIPAL BROKER/OWNER



Tristan Freerchild
BROKER



9+ Acres on Wagner Creek in Talent

Live in the tranquil Wagner Creek Valley on 9.36 acres! The main home on the property is a 2518 SF environmentally conscious, architect designed passive solar house. It encompasses some fabulous views of Wagner Butte. Inside on the main level you will find a beautiful custom kitchen boasting maple & corian counters, one bath and the primary bedroom. Plus an additional 400 SF dwelling. \$730,000. Call Rachel 541-941-0007



Rachel Whitley
PRINCIPAL BROKER



NEW PRICE!

Beautiful End Unit Phoenix Townhome

Gorgeous updated townhome in West Colver Estates. This 2 bedroom 2.5 bathroom home features 1,561 sqft of efficient living space featuring newly updated floors, bathrooms, and a modern kitchen with stunning marble countertops. The primary bedroom boasts an expansive walk-in closet, views of the Rogue Valley, and a spacious en suite bathroom. Don't miss out on this opportunity! \$349,999. Call Finn 541-631-9681



Finn Hilden
BROKER



SOLD!

Modern Talent Cottage Close to Town

This easy care, energy efficient, single level home was built in 2018. Earth Advantage energy certification provides for high efficiency and lower utility bills. It's an elegant home featuring vaulted ceilings, wood flooring, and quartz counter tops in the kitchen. The spacious 987 square foot home has 2 bedrooms and 2 full bathrooms with a nice separation between both bedrooms. Great natural light. \$387,000. Call John W. 541-482-8230



John Wieczorek
BROKER



PENDING!

Beautiful Single Level Grants Pass Home

Welcome to this spacious, well laid out 3 bed/2 bath home. The kitchen, dining and main living room have an open concept where natural light abounds. The primary bedroom features a beautiful en-suite bathroom w/ beautiful tilework and a walk-in closet. The peaceful, private yard has mature trees & shrubs, providing a space for entertaining in the hot summer. \$435,000. Call Genie/Salina 541-631-1195



Genie Long
Salina Piddington
BROKERS



SOLD!

Luxury End Unit Ashland Townhome

Features upscale finishes throughout like Brazilian cherrywood floors, Italian mosaic tile, fresh paint and new, stainless-steel kitchen appliances. The main level has a kitchen with ample storage and granite counters with room for entertaining, a walk-in pantry, a large living room with a cozy gas stove, convenient half bathroom, laundry area. Upstairs features fantastic mountain views! \$410,000. Call John S. 541-941-8559



John Steinbergs
PRINCIPAL BROKER
OWNER



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NEW PRICE

1940 Soda Mountain Road \$2,170,000

INCOMPARABLE 100+ ACRES! Vast vistas extend beyond Mt Ashland, south 70 miles to the Trinity Alps! Greensprings living just 20 minutes to town. Gorgeous NW lodge style 2018 built main home and additional 3-bedroom original home. Silent majestic forested setting with open sky and stars galore. Greenhouse, large shop, garages with extra living & forever trails.
Listed by Patie Millen, Principal Broker 541.301.3435



NEW LISTING

481-485 Applegate Way \$795,000

COMMERCIAL OPPORTUNITY! Clean 2008 built with 3,472 SF on Highway 66 near Ashland airport. E1 zoned with 2 warehouse interior spaces plus front office/retail showroom. Landscaped entry with walkway, bicycle rack, 8 secure fenced parking spaces, and 2 ADA bathroom. Rental income: \$1500 for Unit 1 and \$5000 for Unit 2. Great location and mountain views.
Listed by Patie Millen, Principal Broker 541.301.3435



1999 Tolman Creek Rd. \$1,360,000

20-ACRE RETREAT! Views across the valley south to north extending beyond the Table Rocks. Beautifully built with solid cherrywood throughout. Formal living room plus great room with floor to ceiling stacked stone FP. Primary suite with wonderful study, upper-level suite + office, very large gathering/family room on lower level with fully contained apartment. Multiple garages, shop & large garden.
Listed by Patie Millen, Principal Broker 541.301.3435



622 Fair Oaks Court \$545,000

GORGEOUS MT ASHLAND VIEWS! Gorgeous Mt Ashland views from this sleek, nearly 2,000 SF condo with open living area, stained concrete counters, stainless appliances, private balcony. 2 main level bedrooms and bath with Travertine. Upper-level large primary suite with fireplace, luxurious bath, and balcony. Elevator and 2 underground deeded parking spaces.
Listed by Patie Millen, Principal Broker 541.301.3435



NEW PRICE

Must Be Sold Together

549 B Street, Units 1 & 4 \$420,000

DUPLEX IN A PRIME LOCATION! Right at 4th and B Streets in the Railroad District. This duplex must be purchased with the adjacent 4 plex. All are 2 bedroom and 1 bath units at approx. 816 square feet each. Washer/dryer hookups. Off Street parking across back of building. Well-cared for units. Offering price is at approx. 5+% cap rate.
Listed by Patie Millen, Principal Broker 541.301.3435



NEW PRICE

Must Be Sold Together

549 B Street, Units 2,3,5,6 \$780,000

FOURPLEX IN A PRIME LOCATION! Right at 4th and B Streets in the Railroad District. This duplex must be purchased with the adjacent 4 plex. All are 2 bedroom and 1 bath units at approx. 816 square feet each. Washer/dryer hookups. Off Street parking across back of building. Offering price is at approx. 5+% cap rate. Separate tax lots so no need for a commercial loan.
Listed by Patie Millen, Principal Broker 541.301.3435



NEW LISTING

515 G Street \$425,000

LUXERIOUS LIVING IN JACKSONVILLE! Modern townhouse in the Farms Community, blocks from downtown. Features two primary suites, large rain head shower, fresh paint, walk-in pantry, gas fireplace, and clubhouse access. HOA dues cover common areas, roof, exterior paint, and landscaping. Enjoy easy, sophisticated living!
Listed by Jessika Barrett, Broker 541.621.6788



NEW LISTING

2296 College Way \$513,000

HARD TO FIND 5BED/3BA IN EAST MEDFORD! Property is adjacent to and overlooks open land with pathways to Frohnmayer Park. 2017 built with open contemporary floor plan, great natural light, well separated sleeping quarters and chef's kitchen. Quartz counters, large island with dining bar, open dining and open to main living area. Large fenced yard and oversized 2-car attached garage. Barely lived in.
Listed by Patie Millen, Principal Broker 541.301.3435



4533 Old Stage Road \$1,425,000

BEAUTIFULLY RENOVATED FARMHOUSE! Beautifully renovated farmhouse. The area's oldest slick built home thoughtfully remodeled for style and convenience. Inviting patios and covered spaces for intimate gatherings or large get togethers. Endless buildings to accommodate all your needs plus an ADU, office, workshop and an RV garage.
Listed by Kenny Taylor, Principal Broker 541.606.8616



NEW PRICE

495 Chestnut St., #24 \$335,000

DISCOVER THIS CAPTIVATING ASHLAND GEM! A captivating 3-bedroom home awaits w/potential owner financing. Revel in mountain views! Conveniently situated within walking distance to downtown and the hospital. Delight in the ease of HOA-covered utilities and maintenance, complemented by the inclusion of a convenient carport and storage.
Listed by Kenny Taylor, Principal Broker 541.606.8616



NEW PRICE

58 N. Mountain Ave. \$395,000

EASY ASHLAND LIVING! Updated end-unit condo. Close to schools, parks, & downtown. Features include bamboo flooring, gas FP, quartz counters, stainless appliances, island breakfast bar, enclosed garden patio, primary bdrm w/balcony, dual sinks, & a 2-car garage. Energy-efficient systems.
Listed by Joel Frank, Broker 503-857-3324



1312 Talent Avenue, C \$580,000

3+BD, 3BA, 2,539 SF, 25 ACRES! Enjoy privacy and small town life convenient to I5, Ashland & Medford. This spacious home has high ceilings, open living area & room with mountain views could be a fourth bedroom, second family room, play room or office. RV parking and oversized garage and fenced yard on flag drive.
Listed by Jeffrey Nagel/Robynne Whitaker 541.414.7903



1345 Tolman Creek Rd \$895,000

5 BEDROOM, 4 BATH, 3100sf, .34 ACRE LOT! Historic charm meets modern luxury at this lovingly remodeled Ashland farmhouse. Original fir flooring and a woodburning fireplace combined with large windows creates a welcoming interior. The one-bedroom-in-law unit offers additional space for guests, home office or rental income.
Listed by Jeffrey Nagel/Robynne Whitaker 541.414.7903



3431 S. Pacific Hwy #48 \$79,900

WELL PRICED AND WELL MAINTAINED! Affordable single level living for this cute 1991 inpark manufactured home in 55+ community of Glenwood Park. An array of amenities including a clubhouse with a kitchen for social gatherings, an in-ground pool and a fitness center make Glenwood a great community! 3 bedrooms, 2 baths and 1,188 square feet. Cute!
Listed by Patie Millen, Principal Broker 541.301.3435



621, 625, & 629 A Street \$1,595,000

RAILROAD DISTRICT COMMERCIAL! Beautifully built and renovated commercial building in Railroad District! Attractive and versatile with 3 ground floor commercial spaces and 3 upper-level units. Central courtyard, open attractive interior spaces, soaring ceilings, well-designed. Mountain view balcony, off-street parking, and large fenced yard, adjacent to bike path.
Listed by Patie Millen, Principal Broker 541.301.3435



NEW LISTING

252 Mace Road \$385,000

TASTEFULLY UPDATED HOME! Next to Howard Elementary and a city park! Features: 19-acre lot, 4 beds, 3 baths, smart features, vaulted ceilings, extra den, private street access, and RV parking. Primary bedroom has an ensuite with tiled shower and stone counters. Fenced backyard with garden beds and shed. Low-maintenance living in a convenient location. Call to tour today!
Listed by Jessika Barrett, Broker 541.621.6788



280 Meadow Drive \$579,000

4BR/3BA, 2,170 SF., .11 ACRE This light-filled home has an open floorplan & spacious main-level primary suite. The vaulted living room has a gas fireplace and plentiful windows with a sliding glass door that opens onto a covered patio. Gorgeous easy-care landscaping, mature trees, covered patios and hot tub create the serene yard of your dreams.

Listed by Jeffrey Nagel/Robynne Whitaker 541.414.7903



2 BUILDING LOTS
Parcels #1 and #2, Tyler Creek Rd.

ENJOY THE VIEWS! Two dreamy properties off Tyler Creek Rd. Parcel #1 is 4.66 Acres and offered for \$150,000. Parcel #2 is 4.72 Acres with an old workshop, woodstove and power. Mature trees, a shared well and offered for \$210,000. Buy one or both!

Listed by Ian Crosby, Broker 541-951-1310



NEW PRICE!
6746 Old Highway 99 South \$121,900

NESTLED IN TRANQUIL WOODS! 15-minutes from Ashland, this 1.92-acre parcel is ready for you to build your dream home today, with both a well & spring water rights, new septic & public power at the property line. Breathtaking views of valleys & mountains provide the serenity of rural living while still being close to all the attractions & conveniences of town.

Listed by Kenny Taylor, Principal Broker 541.606.8616



422 Glenview Drive \$135,000

PRIME ASHLAND LOCATION! Near Lithia Park, downtown, and hiking trails. Quiet .26-acre parcel with mountain views. Easement established, sewer and conduit installed. Water line and meter in place. Electric and data cables ready. Evergreens, mountain views and big sky. Bring your building plans and vision! Great price!

Listed by Patie Millen, Principal Broker 541.301.3435



319 West Street \$185,000

VIEW RESIDENTIAL BUILDING LOT! Nestled in a serene neighborhood just off Alta, West Street offers stunning views amidst lush greenery and charming homes. This spacious 28-acre lot awaits your Ashland dream home. City review required for buildability, ensuring compliance with regulations.

Listed by Patie Millen, Principal Broker 541.301.3435



PENDING
6969 Griffin Creek Road \$1,200,000

3 BEDROOM, 3 BATH, 3,460 SQ FT. Pacific Northwest style custom home. A gorgeous great room features dramatic vaulted ceiling, wooden trusses and lots of wood-wrapped windows. Car buffs will love the 3-bay heated garage with mechanic's bay and 220 power plus detached RV garage. Fenced garden, greenhouse and small animal stalls let you live your country dream!

Listed by Jeffrey Nagel/Robynne Whitaker 541.414.7903



PENDING
940-944 Laurel Street \$427,000

HARD TO FIND DUPLEX! 2003 single-level duplex in Central Point. You will enjoy this convenient Central Point location. Well-maintained by owner & long-term tenants. Each 920 SF unit has an open living area, kitchen with dining bar, 2 bedrooms, 2 baths, walk-in closets, laundry hookups, one-car garage, and private fenced patios. Comfortable and clean!

Listed by Patie Millen, Principal Broker 541.301.3435



PENDING
145 Union Street \$565,000

PERFECT LOCATION! Near downtown Ashland for this sweet, single level home. Hardwood floors, open main living areas, skylight, large kitchen with dining bar + extra prep sink and spacious open dining room. 2 bedrooms on main level and 3rd bedroom on upper level with closet at stairway entry. Shop in rear yard is perfect for art, studio or clubhouse. Check it out!

Listed by Patie Millen, Principal Broker 541.301.3435



SOLD
708 Ashland Street \$895,000

BEAUTIFUL CONTEMPORARY HOME! Modern conveniences, built in 2006. Lovely detailing with covered front porch, crown molding, rich hardwood floors, fabulous chef's kitchen, bright dining and breakfast room and spacious living room with gas fireplace. Salt water solar heated pool with spa bath house with sauna, soaking tub, open shower, and steam shower. Magical!

Listed by Patie Millen, Principal Broker 541.301.3435



SOLD
294 Skycrest Drive \$1,250,000

ASHLAND'S BEST VIEWS! 2019 Asher-built home featuring white oak floors, a walnut kitchen with Quartzite island, and Jenn-Aire gas range. Enjoy city lights from the deck. Main level primary suite with luxury bath. Lower level has 2 bedrooms, family room, wine cellar, and full bath. Office with separate entrance, electric car charger, RV parking and no HOA. Rated GOLD by Earth Advantage.

Listed by Patie Millen, Principal Broker 541.301.3435



SOLD
1351 Evan Lane \$482,000

EXPANSIVE DECKING! Ashland gem in Millpond neighborhood, close to schools, market, and bike path. Creekside setting with new upgrades throughout. Bright living spaces, primary suite with walk-in closet, 2 additional bedrooms, & full bath. Laundry closet, double car garage. Close to North Mountain Park. Sweet retreat!

Listed by Patie Millen, Principal Broker 541.301.3435



PENDING
3797 Windgate Street \$595,000

SUMMERFIELD! Beautiful single-level Mahar built home. Light-filled corner lot with open floor plan, built-ins and bookcases, gas fireplace, chef's kitchen w/Quartz and granite countertops. Covered patio, and lush lawn areas. Primary suite, two bedrooms, laundry, and oversized garage. 46' gated RV area. Great neighborhood

Listed by Patie Millen, Principal Broker 541.301.3435

ASHLAND DATA FOR JUNE 2024

ACTIVE LISTINGS

THIS MONTH

2024	2023	% CHANGE
126	161	-21.7

YEAR TO DATE

2024	2023	% CHANGE
370	408	-9.3

NEW LISTINGS

THIS MONTH

2024	2023	% CHANGE
48	76	-36.8

YEAR TO DATE

2024	2023	% CHANGE
254	296	-14.2

PENDING LISTINGS

THIS MONTH

2024	2023	% CHANGE
25	52	-51.9

YEAR TO DATE

2024	2023	% CHANGE
172	203	-15.3

SOLD LISTINGS

THIS MONTH

2024	2023	% CHANGE
31	38	-18.4

YEAR TO DATE

2024	2023	% CHANGE
167	169	-1.2

Information is sourced from Southern Oregon MLS and is deemed reliable but not guaranteed

MILLEN PROPERTY GROUP



Patie Millen
Principal Broker/Owner



Rob Edwards
Broker



Eric Bonetti
Principal Broker



Jeffrey Nagel
Broker



Robynne Whitaker
Broker



Sherry Kittle
Broker



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Jessica Barrett
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 DAVID DISMUKE 541-531-5315
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 CARLY STREET 541-227-4346
 ALEXZANDRA WATSON 458-488-9037



145 East Main Street
 Ashland, Oregon
 541-482-3814
 www.roycerealestate.net

ASHLAND'S BEST LISTINGS

PENDING!



465 Thimbleberry

Bright, intimate and inspiring, this home is on a corner lot with enchanting views of Grizzly Peak. The Great Room has vaulted ceilings with crafted wood beams, a gas fireplace, and expansive windows that bring in gorgeous natural light! The Open Kitchen offers a large island/breakfast bar, granite counters and a garden window. Enjoy the covered deck plus an additional deck and patio space that offer peace and privacy. Another lovely patio is off the re-purposed Primary Bedroom, now a Family Room.

541-941-1453 \$689,000

PENDING!



3789 Sherwood Park Drive

Discover your dream home! This stunning single-level residence, built in 2008, is situated on a desirable corner lot that backs to serene open space. With 1,784 square feet of light and bright living space, this home offers 3 spacious bedrooms and 2 full baths. Enjoy the perfect blend of privacy and comfort with a well-designed layout featuring separation between the large primary suite and the two additional bedrooms. The primary bedroom boasts a private bath and a walk-in closet.

541-227-4346 \$515,000

NEW ON MARKET BY LITHIA PARK!



315-317 Granite Street

This new listing at 315-317 Granite Street is a charming cottage with an ADU. It is in a prime location, with privacy and close proximity to downtown. It has an open Kitchen and Living Room for the enjoyment of both the owner and guests. The Kitchen is equipped with the needed appliances and an eating area. There are two possible Primary Bedrooms, plus a sitting room, office, or third bedroom. The ADU has a large open studio, offering peace and quiet. A 2-car garage has abundant parking or room for a shop, or office. The natural landscaping is like being in a small park with tree house views to delight!

541-941-1453 \$995,000

ASHLAND RECYCLED FURNITURE



RAILROAD DISTRICT 258 A Street, #4

This wonderful business provides customers with gently used, high-end consignments that cover an eclectic mix of Vintage, Antique, Mid-Century, Modern and Contemporary furniture and decor. Ashland Recycled Furniture provides an easy access location and ample walk-in customer business. ARF has been a great resource for repeat customers to consign their own furnishings or purchase new home furnishings and decor. There are new pieces coming in every day helping the business to thrive for the next lucky owner!

541-227-4346 \$139,000

SPECTACULAR VIEW LOT FOR SALE IN PHOENIX!



504 Elm Street

This generous size lot offers stunning, panoramic views, including Mount Ashland. It is located in a nice, quiet neighborhood that is part of the upscale development on Amerman Way in Phoenix. It is a .34/acre, terraced lot that has utility access to the parcel, and is zoned single-family residential, or SFR-1. Buyer to do their own due diligence. Contact Sandy Royce at 541-941-1453 with questions or to obtain further information.

541-941-1453 \$97,500

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NEW ON MARKET: 333 GRANITE STREET BEAUTIFUL HOME ADJACENT TO LITHIA PARK!



This stunning property checks all the boxes: single-level home; prime location adjacent to Lithia Park; privacy; short distance to downtown (3/4 mile); and park-like grounds. The home is well-designed and was completely rebuilt in 2018 by Sean Downey with superior quality and every attention to detail. Nothing was spared in the design and construction of the home, including the Great Room with its gorgeous natural light, high ceilings, arched transom windows, beautiful stone fireplace, and alcoves for art. The home offers abundant space for family/guests and entertaining. The high-end Chef's Kitchen has double-sized Wolf plus Gaggenau appliances, a walk-in pantry and a beautiful, curved service island with seating for several guests. There is also a second prep island with a sink, plus every convenience for the chef(s). The gorgeous Primary Bedroom enjoys a separation of space from the other bedrooms, a fireplace and a peaceful Sun Room with access to a curved, private deck. There is an en suite spa bath with a double walk-in steam shower; a soaking tub, and a cedar lined walk-in closet. Plus, there are wide plank wood floors with radiant floor heat throughout. Two en suite guest rooms, a library/office/guest bedroom and finished 2-car garage, with room for a shop or office, complete the picture. Broker has been told by the City that an ADU may be possible! Buyer to check.

541-941-1453 \$3,180,000



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Peripheral Neuropathy Breakthrough!

"My feet feel like they're on fire." "Each step feels like I'm walking through wet paint." "I live in constant fear that I'll fall." "I can't sleep, my hands and feet tingle all night."

What do all of these people have in common? They suffer from peripheral neuropathy. It's estimated that more than 20 million people in the United States have peripheral neuropathy. Unfortunately this figure may be significantly higher as the disease is often misdiagnosed because of its wide array of symptoms.

Licensed Acupuncturist Chadwick Moyer of People's Choice Acupuncture in Ashland, Oregon shares this belief. "I've been treating neuropathy, in all its forms, for over two decades and so often my patients come to me because of the symptoms, not because of a diagnosis. They heard one of my radio interviews, or read the testimonial of another patient and said to themselves, 'hey, I feel the same thing'."

Frankie M. of Ashland testified to this. "I remember my husband driving me to my consultation and I saw a woman running just outside in our neighborhood. I was so envious - I just kept thinking 'I would give anything just to walk again.' My primary care doctor told me my troubles with pain and balance were just symptoms of old age and gave me a prescription. I was so depressed."

Fortunately, Frankie would eventually hear Chad on a local radio interview talking about similar symptoms and how he offers a real solution at People's Choice Acupuncture. "I just knew I had to see him. He was my last hope."

"Almost all of our patients come to us with a story similar to Frankie's. They've been everywhere else. They've been told there's no hope. They've been told 'it's just part of getting older.'" shares Casey, a Patient Care Technician at People's Choice. "It just breaks my heart but I know how much we can help people like Frankie so I'm always so happy when they walk through our door."

Those diagnosed with peripheral neuropathy often face a very grim reality: Western medicine declares that there is no solution while most alternative therapies carry large price tags and offer little to no resolve. Which is why Chad and the staff at People's Choice Acupuncture pride themselves on being 'the last resort with the best results'.

Peripheral neuropathy is a result of damage to the nerves and this damage is commonly caused by lack of blood flow in the hands and feet.

A lack of blood flow results in a lack of nutrients; the nerves then begin to degenerate and die which causes pain ranging from discomfort to debilitating. Because neuropathy is a degenerative condition, once those nerves begin to deteriorate they will continue to do so until they are completely expired, leaving those suffering with crippling balance issues. "In this case, the absence of pain is not necessarily a good thing," shares Chad. "This usually indicates that your nerves are hanging on by a fragile thread."

So how exactly is Chad able to reverse the effects of this degenerative disease? "Acupuncture has been used to increase blood flow for thousands of years which helps to get the necessary nutrients to the affected nerves. But the real magic happens when I integrate ATP Resonance BioTherapy. This is tech that was originally developed by NASA to expedite recovering and healing."

"I just can't say enough about People's Choice Acupuncture," Frankie shared through tears of joy. "My husband and I moved here 3 years ago and he's gone hiking almost every day. I always stayed home because of the pain and discomfort. Yesterday I hiked over four miles with him! And next week we're starting Pickleball. I am truly living life these days."

"According to Frankie's test results, she has seen a 74% improvement in pain and

functionality, which is on par with a majority of our patients," shares Chad.

"But more important than those test results is the joy she's expressed being here. I love hearing about all the amazing things she's able to do because she feels great!"

By seamlessly blending the ancient science of acupuncture with modern medical solutions, Chad has achieved a 90% success rate in reversing the effects of neuropathy. He starts each patient with an initial consultation during which a sensory exam is performed.

"This not only aids in making a proper diagnosis but it helps to define just how much nerve damage has occurred" he says. "This is important because if a patient has suffered more than 95% damage, there is little that I can do to help them. I'm familiar with the medical miracle but I know my limits as a practitioner and the limits of my medicine."

When it comes to treating peripheral neuropathy, regardless of its origin, early detection greatly improves your chances of a full recovery.

If you or someone you love is suffering with chronic pain that presents as burning, tingling or 'pins and needles' or you've recently been diagnosed with peripheral neuropathy, it's important to know that there are options.

There is hope!

Call (541) 482-1060 to schedule an initial consultation or visit PeoplesChoiceAcupuncture.com to read more incredible success stories.



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When it comes to any remodel it is essential to stay on budget and on schedule. In today's interview I spoke with the team at Ashland Design Build and local owner, John Palombo, about their process and results of helping customers get exactly what they are wanting, within budget and on schedule.

Hi John, thanks so much for speaking with me today about Ashland Design Build. Please tell us more about your company and the services you are providing here in Ashland, Oregon.

Thanks for having me, Shields. Ashland Design Build essentially does what the title says - we have an inhouse designer to help you determine and refine your ideas for your home remodel or addition, and a great build crew to back them up to turn your vision into a reality.

John, how does your team work with customers when approaching any project?

We have our project manager and designer meet with our clients in their homes to begin the creative process, after which plans and layouts are shared to get everyone on the same page and to build the vision from. Our designer also helps each client choose finishing materials, fixtures, hardware, and color themes to maximize their aesthetic to perfection.

What are the biggest mistakes that people make when approaching home design projects?

Sometimes people have a hard time trying to make good use of space.

Our designer can help design your home so it is as useful as possible while showcasing your aesthetic desires. Another issue is around making an efficient and realistic timeline around a remodel. Our project manager lays out the schedule for your project in the most efficient way possible so you don't have to worry about things getting done. We like to reassure our clients that they can relax while we manage the project.

John, what are the costs of managing your own project?

It can be very stressful for home owners to try to manage their own home remodels, as it's pretty difficult to keep tabs on all of the moving parts to make sure things are happening on time and everyone is being communicated with. That's what our project manager is for, and it makes it so our clients can have the bandwidth to see the big picture and make adjustments to details with our designer and project manager along the way as needed.

Can you share some recent success stories with us?

We've completed countless kitchen and bathroom remodels, as well as additions, detached accessory structures, and ADUs. Recently, we discovered that a client's ADU was actually never permitted. This can be a pretty awkward realization, but our team swooped in and has made all of the necessary changes and inspections so that their ADU can be legit as well as improved upon.



The result is our client's can now be able to have a space they can legally rent out as they see fit, which is a huge asset to the value of the property.

John, what are the next steps for starting to work with Ashland Design & Build?

The best way to get a hold of us is by phone at (541) 690-6066.

Or by sending us a message on our website at AshlandDesignBuild.com.

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Jade Mountain Medicine

Achieving the Impossible: Chinese Medicine and Your Goals

By Jeremy Rothenberg

Imagine facing a major health crisis, like needing open-heart surgery. Then, six months later, completing a half-marathon up a mountain with a mile of vertical gain. Sounds impossible? It's possible. I did it and you can, too, with the support of Chinese medicine.

Unknowingly for decades I had a heart and liver issue. Symptoms were irregular heartbeats, digestive issues, and for a while, panic attacks. When I found acupuncture and Chinese medicine, my symptoms were erased and I studied to become a practitioner. I developed a lifestyle that nourished a healthy mind/body that slowed down what might have otherwise been a rapid decline.

I didn't know at the time, but my liver could have failed on me.

After another symptom emerged last year - atrial fibrillation - I decided to get to the bottom of it. After a battery of tests, I was diagnosed with cirrhosis and within months I was on the operating table for open-heart surgery.

Due to all I had cultivated, I was in excellent shape going into surgery. Everything I learned from Chinese medicine prepared me for and provided the resources to tackle recovery and the Mt. Ashland Hill Climb just six months later.

This medicine can help you, too.

What are you up against? What seems impossible to you right now?

By integrating the principles of Chinese medicine, modern science, and traditional wisdom into your mind and body, you, too, can have the support to do your impossible. Here's how it works:

• **Acupuncture:** Stimulates your body's innate healing intelligence by deeply relaxing the nervous system, relieving pain, reducing inflammation, improving circulation, and enhancing your sense of wellbeing.

• **Chinese Herbal Medicine:** A sophisticated pharmacopeia of botanicals that can be combined not only to treat most issues from colds and flus to digestive issues to autoimmune diseases, but can also build and strengthen your body.

• **Nutritional Therapy:** You are what you eat. When you modify what your body metabolizes, you change your physiology promoting optimal energy and vitality.

• **Meditation and Mindfulness:** This is crucial for managing stress and promoting mental clarity. Stay focused and calm during recovery or preparation for medical procedures, difficult work situations, or your impossible challenge.

• **Yoga and Exercise:** Gain and maintain strength and flexibility, reduce injury from exercise and promote balance and harmony in your body and mind.

When put together, these practices and therapies can transform your health, build resilience, and open a portal to your will power that when focused can move mountains (or at least climb them).

If you're intrigued, let's talk about how integrating Chinese medicine and other wellness practices can support you to scale that impossible mountain of your own.



Jason Miller
LAc, DACM

Kara Miller
LAc, MACOM, CH

Jeremy Rothenberg
LAc, MSTCM, Dipl.OM

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Exploring Vibroacoustic Therapy: Sound Waves for Healing *By Dr. Michael Hummel*

In the realm of holistic wellness, innovative therapies often emerge, marrying ancient wisdom with modern science. One such modality gaining traction is Vibroacoustic Therapy (VAT), a non-invasive treatment that employs sound vibrations to promote relaxation, reduce pain, and enhance overall well-being.

Understanding Vibroacoustic Therapy

Vibroacoustic Therapy operates on the principle that sound frequencies can influence physical and emotional states. Developed in the late 20th century, it harnesses low-frequency vibrations, typically between 30 to 120 Hz, which are believed to resonate with the body's tissues, cells, and organs. These vibrations can penetrate deep into the body, impacting physiological processes at a cellular level.

How it Works

During a Vibroacoustic Therapy session, individuals lie down on a therapeutic bed that has been embedded with transducers. These transducers emit low-frequency vibrations, synchronized with calming music or therapeutic sounds. As the vibrations permeate the body, they induce a sense of relaxation and promote various physiological responses, including muscle relaxation, improved circulation, and stress reduction.

Benefits of Vibroacoustic Therapy

- **Stress Reduction:** The gentle vibrations of Vibroacoustic Therapy help calm the nervous system, reducing stress and anxiety levels. This relaxation response can alleviate symptoms of chronic stress and promote a sense of well-being.

- **Pain Management:** Studies suggest that Vibroacoustic Therapy can be effective in managing pain associated with various conditions, including fibromyalgia, arthritis, and musculoskeletal disorders. The vibrations may help alleviate pain by increasing circulation, releasing muscle tension, and triggering the body's natural pain-relieving mechanisms.

- **Enhanced Relaxation:** The combination of soothing vibrations and therapeutic music creates a deeply relaxing experience, fostering a state of deep relaxation akin to meditation. This relaxation response can improve sleep quality, reduce insomnia, and enhance overall mental clarity and focus.

- **Improved Mood and Emotional Well-being:** Vibroacoustic Therapy has been shown to elevate mood, decrease symptoms of depression, and enhance emotional well-being. The harmonious interplay of sound and vibration can uplift the spirit, promote emotional release, and foster a greater sense of inner peace and balance.

- **Enhanced Physical Rehabilitation:** In rehabilitation settings, Vibroacoustic Therapy can complement traditional therapies by promoting muscle relaxation, enhancing circulation, and facilitating tissue healing. It can aid in restoring range of motion, improving joint flexibility, and expediting recovery from injury or surgery.

Whether used as a standalone treatment or integrated into a comprehensive wellness regimen, VAT has the potential to benefit individuals seeking relief from stress, pain, and various health conditions. Schedule your session at our Ashland clinic here <https://pocketsuite.io/book/mederi-center>.

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It takes a village to raise a child...it takes a village to live life...it takes a village to complete a real estate transaction. We at MorningLight Properties value all our partners that help our clients achieve their dreams, from escrow officers to home inspectors to contractors to lenders. It is truly a team effort and we sure love our team! We thought we would share one of our favorite partners with you. Andrea Zundel of Scout Mortgage has been a valued part of our team for years and has helped so many of our clients with their financing needs. Here's a little more about Andrea...

Andrea Zundel is a local mortgage broker, leader of Scout Mortgage Group, powered by Edge Home Finance. She knows that the process of buying a home can be confusing, intimidating, and nerve-wracking. She is committed to simplifying the loan process, discovering the best path to meet your needs, and serving as your advocate throughout the process.

When working with Andrea, she'll make sure you understand credit scores, down payments, closing costs, the importance of a pre-approval and how you can make a strong offer. She works closely with you and your Realtor to find the right strategy for putting you in the best position to achieve your goals. If you're not quite ready to buy, she will scout out a path for you to follow.



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Casey P. Roland Tree Care

Second Owner *By Casey P. Roland*

Unless you plant a tree from seed, such as an acorn, samara, or pine nut for example, you will be at least, the second owner of your beloved tree.

If you acquire a property with mature planting you may be farther down the ownership line than that!

Kinda' like buying a used vehicle, "you pay your money, and you take your chances..."

The original owner of any nursery tree you acquire will have been the grower, unless the nursery struck that tree from seed. The health and longevity of your new tree depends on the original owner, much like a used car. Like a used car lot, the goal of being in business is to move those cars off the lot, lest they sit there too long. When you buy a used car from a private party, you will ask for a maintenance history, that will be hard to do with a tree, but you should always ask if the seller would mind if you have your mechanic check under the hood before you make the decision to buy. Your arborist is a mechanic, of sorts...

There are good tree mechanics and some not so good, do your homework!

P.O.N.A. or previous owner neglect and abuse is the watchword for the day.

I have purchased used vehicles from previous owners that turned out to be the best investment I have ever made, and I knew from the minute I pulled into the driveway I was doing the right thing with my money. I have also bought the most wretched piece of crap from the wrong party just because I really wanted that make, model, year or color... If I would have just had my mechanic check it out first but, sigh, whatever...

The used car lots that line the strip malls in everytown U.S.A. are what I call "Lemon Orchards." You may find a real peach amongst the lemons, but you will have to rely on your mechanic (arborist) to separate the wheat from the chaff.

Expect to pay for the service, as the mechanic has other cars to work on but unless you want a complete teardown, a check under the hood is a small investment, and may keep you from being stranded on the side of the road!

Make sure the car (tree) you are buying is up to the task at hand. You are not going to buy a shiny new corvette for a family camping rig, and a giant one ton dually truck will probably suck as a grocery getter, better to get the tree you need, than the tree you want...

Imagine the tree down the road a few years, that is the best advice as a mechanic I can possibly give.

Take care of your tree as if you were the one to buy it sometime in the future, the next owner will thank you!

Now is definitely not the time to plant trees but it doesn't cost anything to look, so spend a day at the nursery or in the woods for some planting inspiration, fall is just around the corner.

As a side note, maybe someone out there reading my column could enlighten me on the reasoning behind the fact that while I can't operate a gas powered chainsaw due to fire restrictions, there is a damn GIANT fireworks "superstore" on every corner...

There, I feel better.

Enjoy your summer, and as always, plant high and often.

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Ashland Neurofeedback & Therapy

Testimonials from Our Inspiring Clients

By Suzanne Mark

"I started neurofeedback to help with my anxiety during some very stressful life opportunities. Having worked in the behavioral health field for quite a while, I had witnessed the astounding results of clients who used neurofeedback in conjunction with other modalities. Needless to say I was on board and ready. But with who? The research shows that the therapeutic relationship is just as important as the modality itself. I knew and trusted Suzanne from within the Ashland community so it was a no brainer when I learned she provided this service. Suzanne has such a loving and genuine heart for her clients. I could feel this in the way she sat with me in stillness, her gentle inquiry, and the passion she has for being of service. Neurofeedback has helped me to come to a space of deeper awareness, and like meditation to take a pause before reacting. I feel more calm and able to handle life's stressful situations. Thank you Suzanne and Ashland Neurofeedback!"

With heart,
Sabina Starr, Ashland

"I recently completed a series of sessions using IASIS Technologies with Suzanne Mark. While I experienced improvement in a number of areas, I was amazed at what happened with the peripheral neuropathy in my feet. After the very first session, I could feel my feet for the first time in years! This was not on my list, but I was delighted. Throughout my treatment Suzanne was very supportive and committed to my journey towards wellness."

Jerry Bryan, Ashland

The methods we use can allow you to increase your resiliency and your ability to sustain a desired state. Focused attention, excitement about life, creativity, calmness, confidence, energized awareness, courageousness, acceptance and PEACE. When your brain is functioning optimally, it is much easier to sustain these states. Life becomes a joy instead of a struggle. We invite you to train your brain to deal with your limitations at the root level with IASIS MCN. We use Neurofeedback as both a stand-alone intervention and with other tools.

Please contact Suzanne at (541) 631-8757 to discuss your unique brain and how it can achieve optimal function at Ashland Neurofeedback. See more at AshlandNeuro.com

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Ashland Electric Bikes

August Is Sales Month

By Samantha Smith

If you have been looking at an e-bike now is a great time to buy for many. With the whiplash of the Covid years, many bike brands have lowered bike prices to readjust to the market. Here at Ashland Electric Bikes, we'll be running sales all through the month of August.

We carry both mid-drive bikes and hub motor bikes with throttles. With the \$300 Ashland Utility rebate for commuter bikes, we have several options for folks looking in that \$1500-\$2000 price point.

If a cargo bike is what you're after, then stop in and try the Aventon Aboard. With the Ashland Utility rebate of \$600, you and your kids can be riding for less than \$1500 dollars. The rebate also makes the Tern GSD more affordable. The Tern GSD has won many cargo bike awards over the years, and with the sale and rebate you can walk away with one for as little as \$3400.

Since we are talking about Tern, they're well known for their compact designs. Whether you're looking for a folding bike, or a regular commuter that fits in the back of your crossover, they're often a great option for people that don't want to deal with also having to buy a bike rack. I personally ride a Tern HSD. It fits in the back of my Chevy Trax, and I can still carry a 40lb bag of dog food on the back rack. Tern does vigorous third party testing on their bikes, so they are built well and you instantly feel that in the smoothness of the ride.

If you gave up bike riding because you live on one of Ashland's many steep streets, then we have a few bikes that might work for you. The biggest hit has been the Bulls brand. They have dropped prices by as much as \$2000, making their bikes much more affordable. You can walk away with the low step-through Iconic Evo 1 750 Wave for as little as \$2699 once you apply the city rebate. This bike comes with the most powerful Bosch motor and a dropper post is standard on this bike. If you're not familiar with dropper posts, you should try one of these out. They allow folks with balance issues, or who might not feel as solid about hopping up onto the saddle as they once did. They allow you to start flat footed and then once you're hitting your stride at the push of a lever you can raise the seat height and get the proper leg extension. With so many bikes to choose from, come down for a test ride and see which one is right for you!

Bulls - Iconic Evo Wave

Powerful MTB Motor in a comfortable low step commuter frame



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Is the Air in Your Car Safe?

By Zach Edwards

Many people are asking themselves this question in recent weeks. The quick answer is this: I'm not sure, I'm not a scientist of that sort, but chances are the air in your vehicle is being filtered. Starting around the early 2000 model-years, most vehicles were equipped with a cabin air filter, also referred to as a pollen filter. These filters clean the outside air before it enters the inside of the car. They also filter the air as it's recirculated around the cabin, if that option is selected by the occupant. The filters come in several different price points, with quality being measured at filtration ability in parts-per-million (ppm). Some of the highest-quality filters use charcoal to help filter out particulates and pollen. The filters are changed at scheduled intervals when the vehicle is serviced during scheduled maintenance. The filter can be changed more often, as needed, at a relatively low cost. Many people aren't aware that a filter can be plugged more than 20-25%, and still look completely clean. Particles measured in PPM are very small!



During periods of poor air quality, I recommend driving with the windows up, the air conditioning on, and the "recirc" setting selected. The recirculation button may look like this:

The system works like this: the blower fan for the heating and air conditioning can either pull air from outside or inside the car. By selecting the recirc option, the car closes a flap inside the air flow ducting, forcing the blower to recirculate the air inside the cabin instead of drawing "fresh" air from outside. Coincidentally, the recirc option makes your AC work much better, as the system is now cooling air which has already been cooled, instead of continuously trying to cool much hotter air from outside. If we end up dealing with smoke again, keep all the windows and flaps closed, and after it's all done, call and schedule your vehicle for scheduled maintenance and/or engine and cabin air filter changes. Thanks to all the brave people fighting fires to keep us safe this fire season. Drive on!

Additional Articles by Ashland Automotive

- Used Car Buying Tips
- Premium Fuel
- Fluid Maintenance
- Starting and Charging Systems
- Check Engine Light
- Timing Belt Cost
- Automotive Air Conditioning
- Fixing Cars is Hard
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GET STRONG

AFFORDABLE SMALL GROUP PERSONAL TRAINING

Ashland Senior Center

Small Groups, Big Benefits

By Beth Morris

I have a confession to make. For years, I was a professional gym sign-up artist. I had a unique talent for enthusiastically signing up for gym memberships and then rarely showing up. Despite my best intentions, I couldn't figure out why my motivation evaporated the moment I saw that line of uninviting treadmills with folks trudging along side-by-side in grim silence.

So, one fateful day, I hired a personal trainer. Maybe I needed a taskmaster to hold me accountable. Little did I know, this decision would change everything. Fast-forward some years, and I'm now a personal trainer teaching small group sessions – customized workouts for 4-8 people at a time.

As an older trainer, I know firsthand the pitfalls of aging. Every day I wake up to new creaks and twinges. But I also know what can happen when we stop moving. Without exercise in our lives, specifically weight training and some regular cardio, we lose muscle mass, bone density, vitality and eventually, independence.

But I have come to realize that they're not the only things that matter; maybe not even the most important part of the small group session's "secret sauce." Sure, folks will say: "I feel stronger and lighter," or "I can now walk without worrying about falling." And those are very real, noticeable benefits! But there's more to it than that. When training in smaller numbers, you can't hide in the back or tune out your surroundings. There's not even a soundtrack to zone out to. You have to be fully engaged.

That's why the best part of small-group personal training is the "personal" part. Working at the Ashland Senior Center (shout-out to the wonderful staff there!), which is a hub for group activities, has allowed me to witness the almost miraculous quality of small groups firsthand. My classes, intended to promote physical muscle growth, bone density, and improved balance, have quickly evolved into a supportive community where members celebrate milestones together, share stories, and provide mutual encouragement.

There's even loads of research to show that our connectedness leads to greater longevity. While strength training 2-3 times a week has been tied to a reduction of 30% in all-cause mortality, a well-known Harvard study showed that adults with a strong social network can live as much as 50% longer. So, small group personal training really packs a longevity punch!

Witnessing people becoming active and engaged while getting stronger is incredibly rewarding. I feel grateful and honored, every day, to work with such amazing individuals. So, to all of my small-group students: Thank you for showing up, working hard, and being there for each other!

Beth Morris is a Certified Personal Trainer and Corrective Exercise Specialist, teaching small groups at the Ashland Senior Center.



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Aug 6 Will Wilkinson
Developing Your ESP:
A Formula for Practical
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Aug 27 Ron Morris
Navigating the Medicare Maze: Top
Strategies for Seniors Shopping for
Healthcare Insurance



Aug 13 Jessica-Mycelia
Turning Back the Rivers of
Time with Fascia Decom-
pression & Block Therapy



Aug 20 Ian Ingram
Artificial Intelligence:
The Growing Importance
Of AI Literacy & Safety

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Ashland Artisans Emporium

Featured Booth:

We are a collection of local artists in the valley with a love for odd things, ethically sourcing or foraging parts of nature to create displayable and wearable one of a kind pieces that draw inspiration from Oregon's abundant forests. We began from a simple interest in art and have expanded with a vision to give space to other local queer artists around us, hoping to highlight intentional, handmade craftsmanship and encourage a second look at the natural world we live in.

We embrace community and have already met many like-minded people who have celebrated and supported us, helped us grow and shown us the powerful manifestation of taking steps towards your dreams. In sharing our pieces we hope to bring attention back to sustainability, conservation, and the ongoing conversation of LGBTQIA+ rights through artistic expression.

We invite you to visit us at the Artisan Emporium, online, or at our many market appearances! Witches welcome!






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A collection of local queer artists with a love for odd things, ethically sourcing or foraging parts of nature to create displayable and wearable one of a kind pieces that highlight intentional, handmade craftsmanship, encouraging a second look at the natural world.

In sharing our pieces we hope to bring attention back to sustainability, conservation, and the ongoing conversation of LGBTQIA+ rights through artistic expression.



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Ashland Real Estate in Review

Below is a list of homes in Ashland that closed escrow in June. If you are interested in making a purchase or would like our opinion of value on your property, give us a call.

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#	MLS #	Address	City	Close Date	Year	Beds	Baths	Acres	SqFt	LP/SqFt	List Price	Orig LP	Sold Price	SP/SqFT	CDOM/DOM
1	220152264	130 Alnutt Street	Ashland	05/06/2024	2007	3	4(3/1)	0.5	3,290	\$478.72	\$1,575,000	\$2,190,000	\$1,275,000	387.54	580/580
2	220180420	1155 Ashland Mine Road	Ashland	05/16/2024	1974	3	2(2/0)	0.23	1,744	\$341.17	\$595,000	\$595,000	\$595,000	341.17	4/4
3	220181651	1796 Ashland Mine Road	Ashland	06/05/2024	1985	4	4(4/0)	5.09	3,500	\$214.29	\$750,000	\$750,000	\$750,000	214.29	4/4
4	220176578	460 Beach Street	Ashland	05/10/2024	2005	1	1(1/0)	0	904	\$386.06	\$349,000	\$379,000	\$345,000	381.64	410/69
5	220181089	687 Clay Street	Ashland	05/31/2024	1975	3	2(2/0)	0.65	1,640	\$328.66	\$539,000	\$539,000	\$539,000	328.66	4/4
6	220179345	986 Clear Creek Drive	Ashland	05/07/2024	2012	4	3(3/0)	0.11	2,217	\$290.93	\$645,000	\$665,000	\$653,000	294.54	18/18
7	220179269	45 Crocker Street	Ashland	05/03/2024	1999	3	3(2/1)	0.05	1,608	\$233.21	\$375,000	\$375,000	\$375,000	233.21	3/3
8	220168888	11751 Dead Indian Memorial Road	Ashland	06/07/2024	1995	4	3(2/1)	19.48	1,783	\$336.51	\$600,000	\$650,000	\$625,000	350.53	175/175
9	220167206	955 Drew Lane	Ashland	06/03/2024	2003	5	3(2/1)	0.12	2,865	\$270.51	\$775,000	\$775,000	\$741,000	258.64	281/281
10	220180409	501 Euclid Street	Ashland	05/16/2024	1973	4	3(3/0)	0.23	2,061	\$315.38	\$650,000	\$650,000	\$645,000	312.95	2/2
11	220178134	552 Fair Oaks Avenue	Ashland	05/31/2024	2012	3	2(2/0)	0.06	1,551	\$274.02	\$425,000	\$445,000	\$420,000	270.79	37/37
12	220182810	735 Frances Lane	Ashland	05/17/2024	1963	3	2(2/0)	0.28	1,519	\$385.12	\$585,000	\$585,000	\$578,750	381.01	0/0
13	220183119	515 Friendship Street	Ashland	05/20/2024	1976	4	3(2/1)	0.27	3,004	\$236.35	\$710,000	\$710,000	\$710,000	236.35	0/0
14	220179492	810 Glendale Avenue	Ashland	05/09/2024	1957	3	2(1/1)	0.25	1,920	\$182.29	\$350,000	\$350,000	\$390,200	203.23	3/3
15	220178221	171 Granite Street	Ashland	05/10/2024	1910	6	6(6/0)	0.21	2,376	\$328.28	\$780,000	\$780,000	\$760,000	319.87	17/17
16	220184171	165 Gresham Street	Ashland	06/05/2024	1938	3	2(2/0)	0.4	2,391	\$376.41	\$900,000	\$900,000	\$915,000	382.69	0/0
17	220174524	1291 Hagen Lot 10 Way	Ashland	05/30/2024	2024	3	2(2/0)	0.1	1,572	\$457.38	\$719,000	\$719,000	\$731,870	465.57	112/112
18	220178766	418 Lit Way	Ashland	05/07/2024	1952	4	2(2/0)	0.25	1,382	\$358.18	\$495,000	\$495,000	\$495,000	358.18	4/4
19	220176637	323 Maple Street	Ashland	06/07/2024	1966	3	1(1/0)	0.18	1,052	\$417.3	\$439,000	\$439,000	\$425,000	403.99	98/98
20	220181321	936 Mary Jane Avenue	Ashland	05/30/2024	1962	2	3(3/0)	0.26	1,734	\$308.48	\$534,900	\$534,900	\$534,900	308.48	3/3
21	220177443	436 Monte Vista Drive	Ashland	05/03/2024	1956	4	2(2/0)	0.74	1,536	\$397.07	\$609,900	\$632,500	\$599,000	389.97	38/38
22	220181304	39 N Mountain Avenue	Ashland	05/31/2024	2014	3	2(2/0)	0.05	1,134	\$396.83	\$450,000	\$450,000	\$442,000	389.77	81/26
23	220176641	915 Mountain Meadows Circle	Ashland	05/01/2024	1999	2	2(2/0)	0	1,525	\$259.02	\$395,000	\$395,000	\$388,000	254.43	69/69
24	220172770	233 Normal Avenue	Ashland	05/28/2024	1997	4	4(3/1)	2	4,566	\$543.14	\$2,480,000	\$2,650,000	\$2,195,000	480.73	198/198
25	220174701	375 Old Greensprings Highway	Ashland	05/22/2024	1999	3	3(2/1)	16.31	3,252	\$322.88	\$1,050,000	\$1,100,000	\$975,000	299.82	291/108
26	220165773	6601 Old Hwy 99 S	Ashland	05/17/2024	1981	6	6(5/1)	53.69	5,001	\$318.94	\$1,595,000	\$1,750,000	\$1,540,010	307.94	298/298
27	220181028	1500 Oregon Street	Ashland	05/30/2024	1954	3	3(3/0)	0.38	1,424	\$488.06	\$695,000	\$695,000	\$669,675	470.28	6/6
28	220179093	820 Park Street	Ashland	06/03/2024	2000	3	3(2/1)	0.04	1,762	\$232.69	\$410,000	\$439,000	\$410,000	232.69	97/49
29	220162451	825 Pavilion Place	Ashland	05/30/2024	2002	3	2(2/0)	0	1,666	\$192.08	\$320,000	\$449,900	\$310,000	186.07	377/377
30	220178344	903 Pinecrest Terrace	Ashland	05/08/2024	1965	4	4(3/1)	0.86	4,194	\$273.96	\$1,149,000	\$1,149,000	\$1,040,000	247.97	22/22
31	220178756	708 Pompadour Drive	Ashland	05/31/2024	2003	4	8(5/3)	6.27	6,084	\$345.17	\$2,100,000	\$2,100,000	\$1,850,000	304.08	36/36
32	220178848	164 Reiten Drive	Ashland	05/24/2024	1990	4	3(2/1)	5.92	2,558	\$370.99	\$949,000	\$949,000	\$930,000	363.57	15/15
33	220175578	730 River Rock Road	Ashland	05/03/2024	1997	2	2(2/0)	0.1	1,441	\$308.78	\$444,950	\$459,000	\$437,500	303.61	86/86
34	220179077	869 Sander Way	Ashland	05/08/2024	2018	3	2(2/0)	0.15	1,576	\$506.98	\$799,000	\$799,000	\$790,000	501.27	17/17
35	220179352	425 Sheridan Street	Ashland	05/08/2024	1986	4	4(3/1)	0.44	1,632	\$376.78	\$614,900	\$614,900	\$632,000	387.25	4/4
36	220179941	793 St Andrews Circle	Ashland	05/10/2024	1998	3	2(2/0)	0.17	1,648	\$321.6	\$530,000	\$530,000	\$551,000	334.34	6/6
37	220172064	235 Terrace Street	Ashland	05/09/2024	1966	4	2(2/0)	0.38	2,392	\$229.72	\$549,500	\$599,000	\$547,000	228.68	94/94
38	220181465	2140 N Valley View Road	Ashland	05/31/2024	1974	4	3(3/0)	4.26	2,189	\$363.18	\$795,000	\$795,000	\$827,000	377.8	3/3
39	220165235	2560 N Valley View Road	Ashland	05/23/2024	1999	3	3(2/1)	95.02	4,899	\$306.18	\$1,500,000	\$1,500,000	\$1,375,000	280.67	217/217
40	220178600	224 Van Ness Avenue	Ashland	05/20/2024	1995	2	2(1/1)	0	1,134	\$299.82	\$340,000	\$340,000	\$340,000	299.82	28/28
41	220168412	200 Walker Avenue	Ashland	05/07/2024	1940	6	5(4/1)	0.22	3,372	\$148.25	\$499,900	\$565,000	\$510,000	151.25	218/218

Total # of Listings
41

Avg	3.46	2.93	5.26	2,319.46	\$330	\$757,733	\$792,371	\$728,339	\$323	96.49/81.2
Min	1	1	0	904	\$148	\$320,000	\$340,000	\$310,000	\$151	0/0
Max	6	8	95.02	6,084	\$543	\$2,480,000	\$2,650,000	\$2,195,000	\$501	580/580
Med	3	3	0.25	1,762	\$323	\$609,900	\$632,500	\$625,000	\$313	28/26

Property Type Count 41

Averages Sqft: 2,477 \$/Sqft: 311.70

DOM/CDOM: 81/96

Original List Price: 792,371

List Price: 757,733

Close Price: 728,339

Although reasonable care was taken to ensure the accuracy of this report, we cannot guarantee the square footage, lot size, or other information concerning the condition or features of properties which may have been obtained from home-owners, public record or other sources, and which appear in this review. If your home is currently listed for sale this is not a solicitation for business. Information in this report was obtained from the Southern Oregon Multiple Listing Service. This representation is based in whole or part on information supplied and copyrighted by the Southern Oregon Multiple Listing Service for the period of 6/01/24 through 6/30/24.

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2370 Blue Sky Ln
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2320 Morada Lane
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99 Granite Street
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42432 Pioneer Road
This tastefully remodeled, single level home is situated in a close-in rural setting with unobstructed views Detached 950 SF garage/shop combo including a wood workshop & office space, garden shed, lots of overflow parking & the list goes on! **Offered at \$925,000**



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The Market is Talking Jackson County		John L. Scott REAL ESTATE	
	June 2023	June 2024	
Pending Sales	258	Pending Sales 254	-1.6%
Sold Properties	272	Sold Properties 256	-5.9%
New Listings	391	New Listings 311	-20.5%
Average CDOM	47	Average CDOM 62	31.91%
Median CDOM	14	Median CDOM 23	64.29%
Inventory	726	Inventory 805	10.9%
Months Supply	3.02	Months Supply 3.25	

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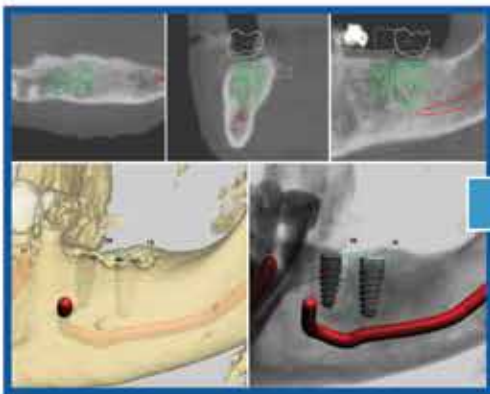
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