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Market Update, January - April 2023

Residential Stats	Jan-Apr 2019	Jan-Apr 2020	Jan-Apr 2021	Jan-Apr 2022	Jan-Apr 2023
Avg. Sales Price	\$311,821	\$336,570	\$389,572	\$449,040	\$421,556
Number of Homes Sold	380	349	424	411	273
Avg. Days on Market	92	82	31	47	87

*Statistics are provided by FlexMLS for sales reported for Josephine County from 1/1/2023 - 4/30/2023

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Keyna Meives Principal Broker, CRS Matthew Meives Nichole Evans

Broker

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Out & About

Calendar Picks



Growers Market EVERY SAT | 9 AM - 1 PM Downtown Grants Pass 4th & F Street



Wild Rogue Relay
JUNE 16-17 | STARTING AT 5 AM
Applegate Lake to Brookings, Oregon
Register: raceroster.com/events/2023/63905/
the-wild-rogue-relay-2023



JUNE 16 -17
The Expo
1 Peninger Rd Central Point, OR 97502



Phocus Soccer Summer Camp

JULY 10 -14 | REGISTER AT HTTPS://WWW.

OREGONFUTBOLACADEMY.COM/EVENTS

Dutch Bros Soccer Complex, at the Josephine

County Fairgrounds

926 Redwood Ave, Grants Pass, OR 97527



"Celebrate Dance": A Southern
Oregon Dance Concert
SAT, JUNE 17TH | 7 PM
Grants Pass Performing Arts Center
313 NE Olive St Grants Pass, OR 97526
Get Tickets @ SouthernOregonDanceCenter.org



Rogue River Rooster Crow Festival 2023

JUNE 23 - 25 | *PARADE SATURDAY @ 10AM

Downtown Rogue River

Jackson County, Oregon



Concerts in the Park 2023

JUNE 27 | 6:30 PM - 8:30 PM

JOCO Fairgrounds - Midway Park

1451 Fairgrounds Rd



Porchfest Grants Pass 2023
SAT JUNE 17 | 6 PM - 10 PM
The Whole Neighborhood
NW Washington Blvd, Grants Pass, OR

From protecting your home, to preparing for your future, let's discuss options to meet your needs.



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Home insurance policies issued by COUNTRY Mutual Insurance Company® and COUNTRY Casualty Insurance Company®, Bloomington, IL. 0621-107MM 25765-3/30/2023



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- Junior Writers
- Photographers











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June 2023 GRANTS PASS 5

Dr. Brent D. Erickson DMD, MS





Grants Pass Orthodontics is a household name in our community. We see patients of all ages and have helped children, teens and adults enjoy beautiful new and functioning smiles for generations. Dr. Erickson and his team are dedicated to providing outstanding orthodontic care in Grants Pass, Oregon, and do so through professional, personalized services.



First Orthodontic Visit

Your first visit at our office is very important in establishing your orthodontic baseline. Our orthodontist will perform a complete oral evaluation, which includes an analysis of:

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- Tooth integrity and position
- Skeletal formation

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Behind every smile is a story, and we are thrilled to be a part of yours. Contact us today to schedule your complimentary consultation!



PUBLISHER'S NOTE





Greetings Neighbors,

t is so great to share another fantastic month with you all! We hope you are all enjoying June in style with plenty of outdoor activities or maybe a trip down the rogue on a guided trip or getting your own watercraft wet. One thing to keep in mind if you are not familiar with our rivers in this area is to be cautious of how quickly the water can be moving even when the current looks slow. We definitely have our reasons for calling it the Wild Rogue! We want everyone to have a safe and enjoyable early summer! We would love it if you would share some of your favorite river swimming spots on our instagram. Our handle is socialpub_grantspass.

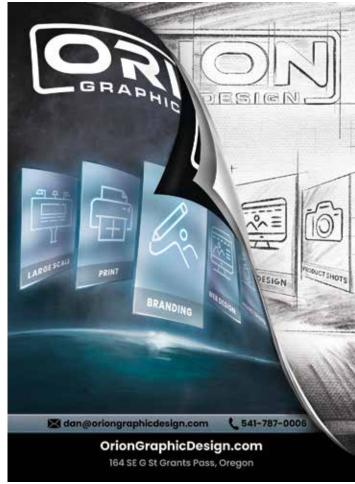
To all of the Dads out there, we would like to thank you for everything you do for your children. We wish you a Happy Fathers Day! We hope you are able to do something memorable and enjoy the family that you have cultivated over the years with your amazing Dad skills! We recommend going on a camping trip, hitting a short road trip for a mini vacation, a day trip to the river or lake, or just going out to dinner with your family. Whatever you do, just remember, today is what you make it.

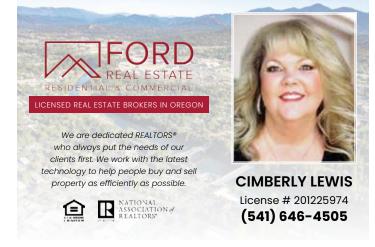
We hope this is one of the best months of June for each of you! After the long winter months, it's so nice to be outside consistently and enjoy our beautiful area. We encourage you to go out and mingle in our Grants Pass community. Go check out some of the local events, spend the day at the park, or just go shopping downtown. The more you explore your community, the more you will love it!

Be Positive, Shop Local, and Stay Social!

THE MIKELS BROTHERS







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Logos Public Charter School (541) 842-3658



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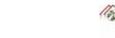
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Dance Studio **Southern Oregon Dance Center** (702) 768-1510 southernoregondancecenter.org



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Your Local Community Magazine

Expert Contributors



MARLA QUINTANA Aesthetispa Laser & Wellness Center

Marla, a long time native of Southern Oregon, has raised four children in Grants Pass with her husband, Max. A nurse for over 38 years, she has practiced aesthetic nursing for the past 15 years. Marla is the owner of AesthetiSpa Laser and Wellness Center and believes in building an enduring and rewarding relationship with her clients and community, through knowledge and superior service.



BRENT ERICKSON DMD, MS IN ORTHODONTICS

Grants Pass Orthodontics

Born and raised in Grants Pass, Dr. Brent D. Erickson has been practicing in the Grants Pass area since 2015. His goal as an orthodontist is to create long-lasting smiles in a comfortable environment and to give confidence with joy. When not at the office, he enjoys adventuring with his wife, Ashley, their four kids and dog, Timber, doing all things outdoors, playing soccer and golf, going snowboarding, and playing video games.



DEVIN NELSON C Street Dental

Devin Nelson, his wife Lena, and 5 kids have lived in Grants Pass since 2016. Before becoming a dentist, Devin had a unique job in Arizona as a mascot for the Phoenix Suns. He received his undergraduate at BYU and his doctorate in dental medicine (DMD) from the Arizona School of Dental and Oral Health (ASDOH). His dental practice treats all areas of dentistry including cosmetic & aesthetics, oral surgery, crown & bridge restoration, preventive, and emergency dentistry.



JENA HETH Diversity Home Lending

Jena Heth and her family have been Grants Pass residents for the past 19 years. Her husband is quite the fisherman, so this is a perfect place to live. She has been in lending for 30 years and has seen so much change in the industry. What she loves most about her profession is her clients, some of whom have become dear friends. It's a profession based on knowledge and trust and her clients know she is always there for them.



SUSIE ATONDO Edward Jones

Born and raised in Grants Pass, Susie Atondo has been a financial advisor since 2006. She works with multi-generational families to develop unique strategies for wealth transfer, and with business owners in creating strategies for business succession, portfolio construction, and tax reduction. She married her husband, Paul, in 2001 and they have three children, Luci, Penny, and Finn. They enjoy hiking and going to the beach.



WADE SQUIRES The Venuti Group at Cascade Hasson Sotheby's International Realty

Wade Squires, owner of The Venuti Group, became a realtor in 2016 after spending over 10 years in construction as a lead carpenter, building new homes and performing extensive remodels. It was there he learned the value of communication, and as a realtor, he has continued to make this a top priority. Whatever your real estate needs are, Wade would be happy to help you achieve your goals!



SHERYL ZIMMERER Logos Public Charter School

Since 2017, Sheryl Zimmerer has served as the Executive Director for Logos Public Charter School, the largest, non-virtual charter school in the state of Oregon. Under her leadership, the K-12 school that serves Jackson and Josephine County students has reported its highest graduation rate ever (95%) and has been voted one of the best non-profits to work for in Oregon 5 years in a row. Since her daughters have grown up, she now lives in Talent with her husband in the house they rebuilt after the 2020 Oregon Almeda wildfire with their two spoiled golden retrievers.



DEANNA ELLIOT Centered Physical Therapy + Wellness

In 2018 Deanna started Centered Physical Therapy & Wellness, where physical therapy is integrated in a holistic manner to help heal the body at the root of its problem. Specializing in women's health, she has dedicated her time to helping mothers restore balance prenatally, during pregnancy and postpartum. Although her passion resides in pre-conception, where "all the magic" happens.



CHRISTINE LOWE Diversity Home Lending

Born and raised in the Southern Oregon area, Christine Lowe absolutely loves enjoying the outdoor beauty we have here. With 25 years in the mortgage industry, ensuring that you make the right choice for you and your family is her goal and she is committed to providing her customers with mortgage services that exceed their expectations.



KEYNA MEIVES The Venuti Group at Cascade Hasson Sotheby's International Realty

A Licensed Realtor since 2000 and owner of The Venuti Group, Keyna Meives is a seasoned realty enthusiast. Her optimistic and joyful countenance makes her a delight to work with and has contributed to her being a consistent top producer in her market area. She loves spending time exploring the outdoors with her husband and three children.



BEKAH NUGENT Dwell House

Bekah is a licensed real estate broker, certified home stager and principal of Dwell House. Bekah loves houses, design and real estate. At 21 years old in between college classes her and her husband, Matt, worked hard to transform a 1960's house into their first investment property. After years in corporate marketing and branding she started Dwell House. In her free time you'll see her cheering on the sideline of a soccer field, boating, hiking Dollar Mountain, sponsoring local makers and hosting some kind of party or event somewhere.



NICOL ELSASSER Country Financial

Nicol Elsasser is a long-time resident of Grants Pass, Oregon and loves the beautiful valley we live in. This is why working in an industry that helps guide, support and protect people and their families in our community, is important to her. Being an agent with Country Financial Insurance for the last 5 years, she has been able to do just that and that is what makes her love what she does.





1203 N Ross Ln, Medford, OR 97501 admin@logoscharter.com

(541) 842 3658

Logos is an accredited, free, public school serving K-12th grade students across Jackson and Josephine Counties. Started as a small school in 2010, it has grown to the largest non-virtual charter school in Oregon. It's no wonder with a 95% graduation rate and our personalized learning approach that families love Logos. Our free choice-based public school program is personalized with an individualized curriculum, exciting campus classes, and access to classes or clubs in the community. In a traditional high school, time is the constant and learning is the variable. At Logos, we strive for learning to be the constant and time to be the variable. Time to create a program that stirs the interest and passion in a student to become a lifelong learner. Logos is truly innovation in education from kindergarten to career!







oah and Kaylene Clipp have known each other almost their entire lives, making their sweet love story feel meant to be. Growing up their families were friends so they would all see each other often as kids. Later in life, Kaylene went to bible college and when she returned, she connected with Noah in a new light. They attended the same church together and started to communicate more often, and soon their deep friendship blossomed into more. After a happy year of dating, they were blessed to get married and will be celebrating 10 years of marriage this year. Over the years they welcomed their beautiful children, Elise (6), Weston (3), and Juliet (2), and feel blessed to have built a happy family, together. They all moved to the Murphy area in the woods about a year ago and enjoy the beauty surrounding them living in the country.

Noah was born in Long Beach, CA and moved to Oregon when he was eight years old. His family moved to the area to help on their grandma's farm and to live in the country. Noah was homeschooled through high school and became interested in bees around 13 years old. He learned the trade through





hands on experience and apprenticeship with commercial beekeepers, and is now a Beekeeper and owns Noah's Bees which he founded in 2014. Their family provides local honey, bees, pollination services, and beekeeping education to the local community and they distribute their products nationwide (noahsbees. com). Noah is also the president of SOBA (Southern Oregon Beekeeper's Association).

Kaylene was born and raised in Oregon and has lived in the area her entire life. She went to Madrone Elementary and was homeschooled through high school. She also attended Calvary Chapel Bible College and did a semester abroad in Hungary, Europe. Kaylene is a joyful mother at home and helps with the business as her schedule allows. Noah and Kaylene are both passionate about people and love how their business integrates them into the community and benefits the lives of those around them. If you have a garden, flowers, or fruit trees it is likely that you are visited by some of their bees regularly!



They speak lovingly about their three children, who all have very unique and beautiful qualities. Elise, their oldest, is full of joy and enthusiasm. She is creative, energetic, humorous, observant, strong, playful, encouraging, and optimistic, and they feel very blessed by her affectionate ways. Spiritual and character growth is already a priority for her, and she has a compassionate heart towards those in need. She exuberantly enjoys school, and spends many hours doing various crafts and art projects, and loves to do ballet and put on shows for the family.



Weston is tender-hearted, very affectionate, meticulous, kind, creative, imaginative and adventurous. He pays attention to aesthetic beauty and always wants to dress dapper. He looks for ways to make things meaningful and enjoys learning. He loves to keep his schedule and will often remind the family it's time for school, but also enjoys rowdy fun. He is a loyal friend and caring son and brother. Weston spends his playtime with his dinosaurs, trucks, puzzles, books, and building activities. He takes measurable risks outdoors and loves working hard with his daddy and taking adventures. He enjoys playing baseball and football and hopes to be on a baseball team when he gets older.

Juliet, the baby, loves to celebrate and is cheerful, passionate, friendly, talkative, and busy. She is a sweetheart who loves attention and is a goofball. At night she is a "little chipmunk" that wants to eat every snack in the house, and then snuggle with mom and dad on the couch. She has the family all wrapped around her little finger and loves to be a part of everything. Juliet loves dolls, books, coloring, swinging, and exploring, and recently has started role playing and dress up.

When not running the family business, Noah enjoys fishing, hunting, hiking, softball, the outdoors and traveling. Kaylene enjoys writing, cooking, art, music/poetry, teaching Biblical truths,



researching holistic living and focused time alone journaling. On weekends they love to visit their booth at the Grower's Market and meet the animals at Wildlife Images, and walk at the park to see the ducks. In the summer, they enjoy taking trips to the beach and swimming in the river. The Clipps make a point to eat meals together and have started a fun tradition where they do something for each day of the week that starts with the letter of that day ("Make a Craft Monday", "Tea Party Tuesday" and more!). Thursday is a day they focus on being thankful and practice contentment, which the kids love. Most important, they try to live a calm lifestyle in which they can get to know each other well and care for each other's hearts.



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Kruse Control Yard Care, LLC is promoting our quality landscape maintenance. Our company stands above the competition because we understand the needs of our clients in Grants Pass, OR.



Aliza Atkinson



liza Atkinson is no stranger to a hard day's work. The 10 year old, a student at Excel Christian Learning Center, has a major role in Aliza's Grill, her family's mobile food vending business that serves healthy food options on the go, including scratch-made pico de gallo, salsas, and guacamole.

The origin story for the business began in 2012, the year Aliza was born. Aliza's parents created the company so when Aliza got older, she could take over operations. And that's just what this young entrepreneur has done. "I am now partially in charge of this business, although my parents still do most of the logistics," Aliza explains. "I help by sending emails to different events with our promotional packet to try to find places to book. If there are events when I am off from school, I go with my dad and help him run things onsite. I love to cook!" She also helps take





inventory before and after each event. Aliza feels very grateful to her parents for starting the business. "My mom has taught me how to do paperwork, licensing, and applications," she says. "My dad has been the one to show me the hands-on part of running things at the event, including setting up, health inspection regulations, prepping, cooking, and cashiering." After working with her parents for several years, Aliza has learned the basics of running a business, although she admits there's much more to figure out.

In the Grants Pass community, Aliza's Grill is often at local events like the Kite Fest and farmer's markets. The business also sets up at state fairs, concerts, and festivals around the country. At these large events, the Aliza's Grill team has served up cuisine to some familiar faces: Bruce Hornsby, Bob Weir, The String Cheese Incident, and Danielle Colby from American Pickers are some of the well-known folks who've sampled their food. But the business is more than traveling around and serving up

plates to celebs—the mobile food vending industry is a competitive one. Aliza explains that events sometimes have a maximum of 10 food vendor spots and often there are hundreds of applicants. During the school year, Aliza is limited in her traveling, but she's ventured to Colorado, Wisconsin, Missouri, and Illinois with her parents to some events. Aliza loves hitting the road with her parents and their company. She enjoys cooking, serving food, and meeting new people. Aliza also likes checking out what the other vendors have on their

One day, Aliza plans to take over Aliza's Grill in full. She'd like to include friends in the business's operations, adding that she thinks it would be fun if her friends worked with her in the summertime. These early experiences running a business have opened Aliza's eyes to the world of work and possibilities for her future. "Even if I pursue a different career path, I think I will always have this business as well," she says. "It's really amazing!"





4. June 3rd

5. July 29th 6. July 30th 7. August 12th

8. August 27th 9. September 16th 10. September 24th

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re you looking for a quick getaway? Living in (Medford/Grant Pass) puts you in perfect proximity for a day trip to some of Oregon's best escapes. From spending the day exploring the Marble Halls of Oregon to relaxing in natural hot springs, we've got you covered with these perfect day trips within driving distance



from (Medford/Grant Pass).

Crater Lake, an almost 2,000-foot-deep crater, astounds with its natural beauty and some of the clearest water in the world. The deepest lake in the U.S., Crater Lake is filled by snowfall and rainfall, allowing for the water's stunning clarity to as deep as 120

feet. Take the 33-mile scenic Rim Drive to encircle the entire lake or book a boat tour to get a closer look at the cinder cone of Wizard Island, a renowned volcano within a volcano. Open year round for seasonal activities, you can hike 90 miles of trails in the spring and summer and enjoy abundant winter recreation activities such as popular rangerguided snowshoe walks, or skiing.

Crater Lake National Park, PO Box 7, Crater Lake, OR 97604



Known for its stunning scenery,

Applegate Lake features clear water and stunning views. Strap on your hiking boots and traverse through 18 miles of trails or bring your bike for a ride through the scenic landscapes. You'll see avid fishers flocking to the area for a chance to catch some of the largely populated trout and landlocked Chinook Salmon. Applegate Lake includes

campgrounds for an extended trip, as well as places along the shore for daytime use, including fishing, picnicking, swimming, and boating.

15111 Upper Applegate Road, cksonville, Oregon 97530, United States



Umpqua Hot Springs features some of the most picturesque natural wonders in Oregon. Situated in the Central Oregon Cascades, the mineral hot springs are the warmest in the state, (up to 115 degrees) enticing outdoor enthusiasts all year round. Relax in the hot springs, go fishing nearby, and discover the area's many waterfalls and rivers. Multiple hot springs are perched underneath a tree canopy facing the North Umpqua River, and several geothermal hot pools sit on a cliffside terrace above the rushing river.

Umpqua Hot Springs NF-3401, Idleyld Park, OR 97447





Found on the Oregon coast, Coos

Bay anchors the southern side of the coast providing a highly active harbor and a quaint city. The historic bayside Marshfield District is home to historic buildings, theaters, shops, restaurants, and galleries. Enjoy saltwater taffy while walking along the boardwalk, or swing into the antiques and collectables mall for some shopping. For those looking for a truly unique experience, pick up a three-day shellfish license with basic gear and head down to Charleston Marina where you can try your hand at catching abundant red rock crab.

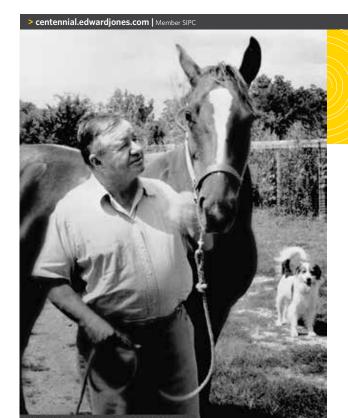
320 Central Avenue, Suite 410 Coos Bay, OR 97420





Set within the Siskiyou Mountains, the Oregon Caves National Monument and Preserve features the Marble Halls of Oregon with beautifully dark twisting passages, created by eons of acidic water seeping into marble rock. Visitors from all over the country travel to bask in these naturally decorated remarkable halls. Discover the 15,000-footlong passages of the Oregon Caves National Monument via guided tours to dive into this wonderous and magnificent natural work of

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Susie Atondo Financial Advisor 116 Ne Steiger St Grants Pass, OR 97526-1312 541-476-7790

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June 2023 GRANTS PASS

Centered Physical Therapy and Wellness

How breathing can impact your growing baby and effect natural delivery

s it possible that breathing can impact the position and movement of a developing baby? The answer is YES. Inside our "core" there is an abdominal cylinder that helps us regulate our internal pressure. If that pressure becomes too great in one or more directions, weakness or pain can occur. For example, if we are lacking normal spinal motion, we set our abdominal muscles up to be in an over-lengthened position. This can lead to increased round ligament pain, which can feel like a deep, sharp stretching sensation that begins or worsens with movement.

Eventually, this over-lengthened abdominal position can lead to the separation of the abdominal wall also known as diastasis recti. Without the management of our internal pressure, as the baby begins to grow, a mother is likely to become inflexible in the lower back, which can lead to sciatica, hip pain, pain with sex, or even prolapse. This article is not meant to be a scare tactic, instead, it is intended to educate moms on prevention during pregnancy. All of the symptoms mentioned are treatable and more importantly preventable. It is not normal to feel excess tension within your body.





Pressure isn't the problem

The abdominal pressure is not the problem a baby needs the pressure to continue to grow and a mother needs that natural pressure to allow the baby to drop down into the pelvis when the time is right. Without adequate pressure, we lose the ability to generate any strength or stability within our bodies. It is when we lose the ability to stabilize and keep our diaphragms "stacked" that we create tension and too much work for our hips, back, and pelvic floor.

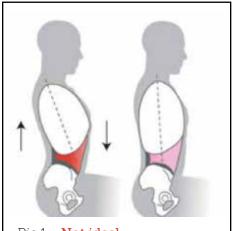
More than one diaphragm??

As the baby continues to grow and the mother's body changes, she is forced to find a "new" form of balance. A "balanced body" should be described still as the cylinder (even with a growing baby). It is when our respiratory diaphragm (breathing muscle) is stacked directly above our pelvic diaphragm (pelvic floor) that we can become optimally balanced. We can refer to the pelvic floor as a diaphragm because it acts the same as the

respiratory diaphragm. There is a natural opposite dance that is completed between the two with every breath. It is when these diaphragms are adequately stacked that you can be successful with making it to full term and feel comfortable until your due date

Our internal pressures are constantly changing when we are moving or exercising or just breathing. Our main breathing muscle responsible for the changing pressure is the diaphragm, a domed-shaped muscle that lives under the ribcage. As we take a breath IN, the diaphragm flattens out and sends a natural downward pressure moving our intestines, stomach, and bladder toward our pelvic floor. At the same time, our abdominals tighten, pelvic floor lengthens. This naturally happens about 20,000 times a day at rest.

As the baby continues to take up space, that normal internal pressure can increase the demand on your joints, pelvic floor, and lower back. To create more room, a woman's body begins to change.



Pic 1 = **Not ideal**Pic 2 = Ideal "stacked" cylinder

But what is the ideal position?

Ideally, the diaphragm should work with your hamstrings to help stabilize your pelvis. With a balanced pelvis and breathing awareness, your body can become ideally "stacked" with its diaphragms.

Alternatively, if a mother allows her body to passively "fall" forward and widens her hips, she loses the ability to manage that internal pressure her body is now faced with excessive downward pressure. Again, this places too much stress on her bowels and bladder, weakens the pelvic floor, and puts more stress on the lower back and hips.

When we get into trouble...

If the pelvic floor is damaged, if we have had a previous back, hip, or spine injury, or even if we carry a lot of stress in our lives, our body then begins to alter its natural movement mechanics. We then begin to lose the ability to manage our internal "pressure." In other words, our body has to work harder than it is designed to work.

A woman runs into a problem with her pregnant body when we do not have the following:

- Adequate motion in the lower back
- Appropriate rib mobility
- An ability to diaphragm breathe vs. belly breathe
- A recent or older trauma to the pelvic floor
- Habits that feed into our dominant biased body.

You must fight to find YOUR balance

Naturally, our body will find the path of least resistance every time. The body is affected by the natural cascade of effects from the asymmetrical diaphragm attachments, kinetic chain musculature, and a variety of breathing patterns that will allow the body to compensate in

ways that will compromise the internal "cylinder." In other words, it is easier to be on autopilot than to be intentional. Listen to this video.

- "You cannot get rid of the default "autopilot" mode until you spot the error"
- Reset your mind and begin to change your body

For the core to work efficiently, we should first begin to understand that your muscles need to be able to BOTH contract and relax. We can set your body up for success by finding the optimal position for your lower back, hips, and pelvic floor, so they can coordinate appropriately with each breath.

Why do I need to re-learn how to

If we breathe 20,000 times a day, shouldn't we be good at it? Well, if you take away ALL stress in your life it might be possible. But our body has a natural tendency to avoid tension, pain and find the path of least resistance. This sounds great in theory, but ultimately avoiding balance in your system can exponentially increase the amount of pain in your body.



Your Local Community

Wheels for Work Program



omen in
transition are
often in a difficult
position of not
having the

means to provide for themselves and their children. One such need, reliable transportation, is essential for assisting these women as they create or move to a safe space. When local changemakers in our community saw the need for assisting women in transition with a vehicle, they felt they had the means to address this issue and make a difference. Wheels for Work, A Partnership with Zonta Club of Grants Pass Oregon Foundation's STEP (Safe Transitions Empowerment Program) and Grants Pass Toyota, was created in August of 2022 and is spearheaded by Toni Markley, Treasurer of Zonta and Sheri Clapp of Grants Pass Toyota. Zonta helps identify recipients in need of transportation and facilitates their connection to Grants Pass Toyota. Zonta pays for the DMV fees and registration on the recipient's behalf and holds a lien on the vehicle for one year. Grants Pass Toyota donates the cars, which includes reconditioning the donor vehicles with a complete service and detailing to ensure reliable transportation and awards the recipients with a gift card of \$500 to help with future maintenance needs at Grants Pass Toyota.





This program positively impacts the community by giving recipients an opportunity for a fresh start that allows for independence, stability and a dependable mode of transportation, empowering women to safely navigate these difficult times. Having one less burden during a transition can make an enormous impact for families, which gives them access to choose their own path.

If you would like to get involved in supporting this organization, vehicle donations can be made at Grants Pass Toyota (375 Redwood Hwy, Grants Pass OR), where they accept donations of used vehicles that can be placed into their Wheels for Work program to be gifted to a local woman in transition. The organization has a goal to receive a vehicle donation every quarter to have the ability to help as many families in need as possible. Annually, they also hold a casino night event to raise funds for all their projects, and they accept monetary donations and sponsorships at any time.

Zonta Club of Grants Pass
Foundation's mission and goals are to
provide safe transitions and empowerment
programs. The Zonta Club of Grants Pass
was chartered in 1947, and the Foundation

was created in 2004 with a motto of "Build a Better World for Women and Children". The non-profit is a worldwide membership organization of professionals who work to empower women through service and advocacy. Their local club funds multiple scholarships locally and also makes breast pillows that are donated to the surgery centers and hospitals to help women after breast cancer surgeries. They provide gift baskets to local houseless teens during the holidays, and partner with other service groups for the annual Girls Rock event. Their STEP program, created in late 2012, works in collaboration with local agencies to help at-risk women and their families secure safe housing by providing financial resources and household items. The aim is to fill the gap between services when a woman secures housing for herself and her children to provide kits with useful items such as bedding and linens and cleaning products.

For more information on Zonta, please contact Toni Markley at 541-660-2225 or Leslee O'Brien at 541-476-6004, and visit:

https://bit.ly/3L9AlSe www.zontagrantspass.org www.zonta.org

Quotes:

"What a fabulous, generous company." ~ *Laura Acosta*

"Love this program, it's so nice to give back to the community. Big shout out to Brad Myerchin for giving these opportunities to people in the community." ~ Jonathan Long









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April Napier, OD, FAAO Barrett Napier, OD

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Handprint Platter

hese directions would be for a plate that is for display only see Food Safe paint recommendation below or use below directions with dishwasher safe mod podge.

MARTERIALS NEEDED

- Oven safe platter
- Acrylic paints (assorted colors)
- Paint markers (assorted colors)
- Paint plate and brushes

INSTRUCTIONS

First I had the kids each pick what color paint they wanted - they both picked green as it is Hubby's favorite color. I painted Buddy's hand and had him press it down. Next I repeated the process with Boo Boo. And since I'm a little crazy I decided to add Zoe's paw print to the mix

After the prints were complete I preheated the oven to 350°. While the oven was preheating I used the paint markers to write our message on the platter and label each print. When the design was complete and the oven preheated I baked the platter for 15 minutes.

I thought this was a cute thing we could do handprints on for my husband.

Disclaimer: after using this I have found the acrylic paint does not stay bonded and upon further research is not food safe. This plate would be great for a display item when using acrylic paint. I have researched and found another option of paint - Pebeo Porcelain. These paints are non-toxic and once baked permanent (they can withstand the dishwasher!)















The Real Estate Rumble

Address	List Price	Sold Price	Bedrooms	Bathrooms	Square Feet	Status
1630 NW Olmar Drive	\$1,399,000		5	4	5,597	Active
285 Avenue De Teresa	\$1,378,000		5	3	2,314	Active
3667-3739 Leonard Road	\$975,000		3	3	2,302	Active
1997 SE Portola Drive	\$975,000		4	4	2,814	Pending
136 Chinook Park Lane	\$850,000		3	3	1,822	Active
3739 Leonard Road	\$779,000		3	3	2,302	Active
1149 NW Sunburst Way	\$749,000		3	4	3,330	Active
955A SW Rogue River Avenue	\$672,300		2	3	2,074	Active
290 Blue Jay Lane	\$630,000	\$600,000	4	2	2,459	Active
220 Osprey Glen Lane	\$595,000		3	2	2,324	Pending
1039 NW Starlite Place	\$539,000		3	3	2,319	Active
1110 Cashmere Drive	\$498,000		3	2	1,833	Pending





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June 2023 GRANTS PASS 27 Your Local Community Magazine

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