

••• BIZBITS •••

Code 3 Coffee and Snacks is the new name of the Pit Stop Coffee shop in Ruch. Owner Rob Underwood says they chose to change the name to do something different and embrace his 26-plus years as a firefighter. They continue to offer drive-through service of coffee, breakfast, snacks, sandwiches, ice cream, soft drinks, and much more. Stop by 7386 Highway 238 in the heart of Ruch. Open every day, 6 am to 6:30 pm. 541-899-7867.

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The Helpful Hen is a new business offering personal assistant and household services in Jacksonville and Upper Applegate areas. Owner-operator Maggie Ives presents a full list of available services, including cooking, transportation, light housekeeping, and companionship. She can run errands, organize records, deliver meals, or even take your pet to the vet. If you or someone you love could use a little help, contact Maggie at 541-899-6909.

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Jacksonville Community Center (JCC) celebrated the opening of its new facilities with a grand opening attended by more than 80 people. In addition to offering activities for all ages, JCC is available to rent for events from five to 100 people at reasonable rates. If you are interested in volunteering, contact Emily Saunders at jacksonvillecenterdirector@gmail.com or 541-702-2585. 160 E Main Street, Jacksonville.

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Origins Functional Wellness, recently opened in Jacksonville, was founded by Bronwen Erickson, a family nurse practitioner board-certified in family medicine. Origins Functional Wellness brings a holistic, patient-centered approach to understanding,

preventing, and treating a wide range of chronic conditions. Bronwen and her team integrate care of the individual's mind, body, and spirit with a comprehensive healthcare approach that combines the best traditional and alternative medical practices and focuses on the underlying cause. Origins Functional Wellness treats a wide range of conditions by working with you as an essential partner in your health and wellness. Check out one of the newest businesses in our community online at originsfunctionalwellness.com or by calling 541-214-2598. Hours are Monday - Thursday from 9 am - 5 pm. 675 N 5th Street, Jacksonville.

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Weekend Beer Company, the newest brew pub in Grants Pass, is owned and operated by Grants Pass High School graduates Brandon Crews and Kelsey Tardieu Yoho. The public space is next door to the brewhouse on the corner of SW 5th and J Streets in downtown Grants Pass (although it has a Sixth Street address). Brandon and Kelsey have created a family-friendly relaxed atmosphere where people can play games, watch TV, and shoot the breeze. Patrons are also welcome to bring their own food, order in, or get some grub from an on-site food truck. Check the website, weekendbeercompany.com, for event announcements, such as a fundraiser for the Wildland Firefighters Foundation planned for spring. Open Thursdays and Fridays from 3 - 9 pm, Saturdays and Sundays from 12 - 9 pm. 550 SW 6th Street, Suite G, Grants Pass. 541-507-1919.

BizBits highlights businesses new to the area, holding special events, or offering new products. If you are a business owner, let us know when you move into the area or to a different location, hold a special event, expand your business, or mark a milestone. Email gater@applegater.org.

Featured BizBit

Miners' Bazaar, a gold mine of fun

Miners' Bazaar is the latest addition to the historic Jacksonville business community. Proprietor Rosie Taylor, a second-generation Applegater, brought to life her passion for art, projects, and the simple joys of a community gathering spot with an early 1900s vintage and vibe.

Rosie was inspired by the miners who flocked to the Applegate area in search of gold in the late 1800s and the iconic Harper's Bazaar, famed for showcasing

the visions of writers, illustrators, photographers, and stylists. She sought to celebrate the pioneering spirit reflected in the search for gold and the pursuit of dreams by creating a space for community members to explore their curiosity through arts and crafts.

Located at 235 East California in the recently remodeled Dr. Will Jackson House, Rosie created a unique space where people can meet, eat, drink, and work on projects. Miners' Bazaar features local artists, unique crafts, delicious comfort foods from the Jefferson Farm Kitchen, local wines (called "giggle water"), local

craft beers, ciders, Italian sodas, root beer floats, hot chocolate, lattes, and cappuccinos.

Rosie invites you to cozy up to the handmade wooden-and-galvanized pipe bar for a Motherlode Cookie, a smoked salmon platter, or a mixed cheese plate featuring gouda, brie, goat cheese, and pepper jelly. Select from the quarterly local wine list and featured southern Oregon cider and craft beers.

The space is delightful, tasteful, and authentic. Make yourself comfortable in any of the rooms and work on a project, mingle with friends, or enjoy the local arts

and crafts. This kid- and adult-friendly space has a nice project menu—painting, printmaking, embroidery, and more—and you will find that the projects, materials, and instructions are reasonably priced. Special workshops, in which guest artists offer instructions on a range of projects, occur regularly. Miners' Bazaar is also available for private parties.

Open daily from noon to 8 pm (closed Tuesdays). For more information, email minersbazaar@gmail.com or call 541-702-2380.

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HEALTHIER LIFESTYLE

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Fitness. If you don't want to go to a gym in Medford or Grants Pass but still want to get fit, try Pilates, a low-impact exercise that uses breathing to move. "Pilates stimulates circulation and the immune system and helps you breathe better, makes you calmer and more empathetic and patient," says Pilates teacher Mary Ann Carlson. She adds that Pilates also improved her golf game, both because it builds up core strength and because "you have to concentrate."

Aikido, "a noncompetitive, nonviolent martial art emphasizing respect, cooperation, responsibility, and reverence for nature" according to Wellspring Aikido teacher Michelle Keip, is a good fitness program for both adults and children.

Spirituality. Most Applegate churches offer spiritual consultations, Bible study,

and other programs helpful to those needing spiritual direction. There is also a Buddhist center in Williams. James Kalfas, steward of the Rigdzin Gatsal Buddhist Center, calls Buddhism a "spiritually oriented way of life—more mindful, nonviolent, noncompetitive"—that helps cultivate the Buddhist teachings of love, compassion, joy, and equanimity.

Counseling and life coaching. "Spirituality" is an important word in the work of life transition coach and mentor Katherine Ingram, who works with people "interested in doing a deep



"Center of the Wheel," at one of the nooks in Sanctuary at Rainbow Ridge.

dive into their life's meaning and purpose," especially those needing to "navigate the emotional terrain of grief related to loss."

Lily Kaplan's Spirit of Resh Foundation focuses on grief around loss, with a vision of a cultural realignment: embracing death as a way of enhancing life. More broadly, at her Sanctuary at Rainbow Ridge, anyone seeking guidance in making a life transition can do

a private retreat. "It's like a container in which people get to be held while they're in their grief," she says. People in retreat have their food prepared, one to two

counseling sessions a day, and "soul tasks" in nooks on the land—a medicine wheel, an altar of compassion, a seat of the elders, a trail to views—"all places carved out for reflection, ceremony, meditation."

Authentic Path Life Coaching, with Nancy Mansfield, is another source of help for people wanting to make changes in their personal and professional lives. Through coaching, Nancy says, one can "reclaim purpose, passion, authenticity, and joy." She bases her work on a belief that "we all already have everything we need inside of us to have a joyful and purposeful life, but sometimes people get stuck. Then it is helpful to have a guide to give fresh perspectives and suggestions to create awareness and to catalyze that person's solutions."

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Note: For contact information of these and other businesses, visit applegater.org.

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