

ON AIR ONLINE IN PRINT

# YOUR LIFE

A rosebud NEWSPAPER

## HEALTHY AGING



SHARON JOHNSON

### We shared Thanksgiving through a portal

By the time you read this column, Thanksgiving will have come and gone. Was yours delicious? It may not have had all the family and friends around the table you prefer, but hopefully you enjoyed copious amounts of traditional holiday foods in which indulging, especially this year, feels almost required.

My husband and I made a major residential relocation five months ago so we could be closer to our children and grandchildren for the holidays. Our daughter and family now live less than a half hour away from us. Our son and his girls are only a few hours to the north.

That said, after a lot of familial discussion, moments of which were quite anguished, our family elected to spend this Thanksgiving — and most probably the Christmas holidays — separately. We weighed all the factors and reflected on risk-reward. Like many families, our decision involved an immune-compromised grandpa, a son-in-law who was an essential worker and exposed to community spread every day at his work site, and a son who is a cross-country pilot. The recent surge in COVID-19 cases was a big consideration for us, as was the CDC guidelines and the governor's mandate.

As I reflect however, I think the tipping point was recognition that if we all convened at one location, each of us would feel we had to stay masked constantly throughout Thanksgiving Day, except when we were eating the aforementioned traditional holiday foods. As my daughter said, "If we all wear our masks correctly all day long, will we be able to smell the roasting turkey?"

Once we leaned into the decision to be thankful in separate locations, our intention became to create small adventures that make this decision not only more tolerable but celebratory in a new way. Enter technology. Each household in our family circle has been using the Portal system, a "Facebook Portal 10-inch smart display with Alexa" for almost two years. We bought our children Portals as a gift. Easy to set up — fun to use.

The device appears to have dropped in price, and I can attest to the system's constant attempts to improve the experience. We easily move our Portal to any room of the house. On Thanksgiving, the three-dimensional display allowed us to do everything from cooking together to playing charades. We placed it on the table and in effect ate together too. It works for us — it is the way I provide audio-visual mentoring to my second-grade grandson every weekday. It allowed our adult granddaughter, who we have not seen for over two years, to introduce her new pups and her new boyfriend.

I am surprised that Portal is not being talked about more, advertised more. I have not run into anyone we mention it to who has one. But I have encouraged a lot of people to go to Amazon or a big-box retailer and consider purchase. It's the Christmas gift that keeps on giving. The only thing you won't get is the smell of roasting turkey.

Sharon Johnson is a retired health educator; reach her at shar-john99@gmail.com.

## SUNDAY CENTERPIECE

## INSPIRED SHOPPING

# Cannabis Christmas

Check out these local gift ideas for the herb lover on your list

By Liz Gold  
for the Mail Tribune

It's been quite the year. Between COVID-19, intense civil unrest, the devastation of local wildfires and the presidential election, we've certainly had our share of stress. If there was ever a time to celebrate what we have and who we love, it's now.

With the holiday season upon us, we gathered up some gift ideas for the cannabis lovers in your life to help inspire your shopping.

### Siskiyou Sungrown tinctures

One drop goes a long way. These tinctures are the go-to remedy cannabis connoisseurs. Perfect for those who want a drop or two in their favorite beverage, they are easy to use. Made with premium cannabis oil dissolved in organic cane alcohol, the locally sourced products deliver reliable potency for fast-acting relief. Available in CBD, THC and 1:1 CBD/THC. Siskiyou Sungrown is headquartered in Grants Pass, and the tinctures are sold at numerous outlets in Southern Oregon, including Cloud 9 Wellness, Wicked Flower, Café Verde and Rogue Valley Cannabis.

### Crop Circle Chocolates

Sourcing from some of the best organic farms in Southern Oregon and made with handmade kief-infused cannabutter, Crop Circle Chocolates are definitely for the high-end artisan truffle lover in your life. The cannabis strain ties right into the farm, and that's the main spirit of these edibles; farm to table gourmet truffles.

Try the Gorilla Glue strain (hybrid) with cannabis from Ananda Farms in Williams or the Wonder Goo strain (indica) with flower from Green Source



Clockwise, from top, East Fork Cultivars Feminized T-shirt, Inesscents Aromatic Botanicals, Siskiyou Sungrown tinctures, Crop Circle Chocolates.

Gardens in Wolf Creek. Delicate and delicious, these chocolates are a perfect addition to any holiday festivities. Pick them up at dispensaries around Southern Oregon, including Redwood Cannabis, Rogue Valley Cannabis, Ground Up Farms, and Red Barn.

### Inesscents Aromatic Botanicals

Give the gift of relaxation and stress relief with these CBD botanically infused bath salts. Based in Ashland, Inesscents' goal is to provide a means to healthy, glowing skin. Using sustainably sourced, certified organic,



wild-harvested and fair trade raw materials, this company believes in paying living wages and being stewards for the environment.

Each raw ingredient has its own story, and the Inesscents team is still making everything by hand. Try their CBD Botanically Infused Bath Salt gift box, which includes three different 4-ounce

bath salts that include eucalyptus, lavender and an unscented version. Each formulation includes full spectrum CBD extract, essential oils and locally grown herbs. All contain less than 0.3 percent THC. Available in locations around Southern Oregon, including Shop'n Kart, Ashland Food Coop, The Kiva and Sundance Natural Foods.

### East Fork Cultivars Feminized T-shirt

This T-shirt is silky soft and stylish, a wearable gift that shows support not only for the beloved female cannabis plant but is a fundraiser for a worthy cause. Feel good about this gift as 100% of the profits go to the Last Prisoner Project, a nonprofit coalition of cannabis industry leaders who fight criminal injustice and reimagine drug policy. With art by HiFi Farms in Portland and hang tags sustainably printed on hemp paper by Hemp Press in Eugene, this shirt is 60% viscose hemp and 40% combed ring spun organic cotton. They are available via Takilma-based East Fork Cultivars' website. [eastforkandfriends.com/product/feminized-t-shirt](http://eastforkandfriends.com/product/feminized-t-shirt).

### TKO Flavor Pack

Sungrown on its 60-acre farm and animal sanctuary in Eagle Point, TKO reserve specializes in THC and CBD hemp smokable flower. Grab this canvas stash pouch with five one-gram CBD pre-rolls for your favorite smoker on the go. Strains include Oregon Watermelon, Sour Diesel, Grape Soda, Super Lemon Haze and Tangie Biscotti. All products include 15% CBD and 0.3 percent THC. Made with organic hemp flower and rolled in rice paper. See [shoptkocbd.com/s/shop](http://shoptkocbd.com/s/shop) for purchase info.

SEE CANNABIS, C10

## COLUMNIST FOR A DAY

## A MOST DIFFICULT CLASS

# The calculus of Christmas spirit

By Jay Stockton  
for the Mail Tribune

It was the fall of 1980. I was a conservative kid from New Orleans majoring in meteorology. She was a free-spirited graduate of UC-Berkeley, prone to wearing mini-skirts and sandals to class. She really stood out at Texas A&M, a very conservative university with a strong military tradition.

The makings of an odd couple love affair? Hardly. She was my math professor.

Worse yet, she was trying to teach me vector calculus. That course constituted the third

### BE A COLUMNIST FOR A DAY

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of five semesters of calculus required to get my degree, and it was proving to be the most difficult class I had ever taken.

Do you have something to say? Do you have a humorous take on current events or an insightful angle on the seemingly mundane? Maybe you have a view of life that will help us all see things a little more clearly. If so, email your 500-word column to features editor David Smigelski at [dsmigelski@rosebudmedia.com](mailto:dsmigelski@rosebudmedia.com). Please put "Columnist for a Day" in the subject line, and include your phone and city of residence. The rules are simple. Keep it short. Have a point. Don't cuss. And make us glad we asked. If we like it, we'll run it in the Sunday paper.

We didn't get along very well, which was partially due to the poor relationship that I had with math in general. There were other factors,

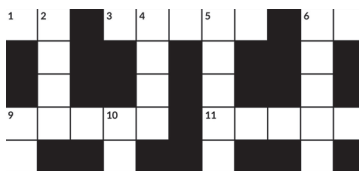
though. I didn't like the way she antagonized students, and she didn't like my smart-aleck tendencies. We locked horns several times over the course of the semester.

I studied like a demon for that course, as I knew it would require a herculean effort just to pass it. This effort was complicated by the other courses I was taking that semester, including a physics course covering electricity and magnetism and my first two meteorology courses, which consisted of more physics. At times I felt like I was drowning in a sea of unseen forces that conspired to drain my time and energy.

SEE STOCKTON, C2

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## CROSSWORDS / C4, C6



### NEW YORK TIMES

**12 DOWN:** 1989 Tom Hanks black comedy, with "The."

### UNIVERSAL PRESS

**21 ACROSS:** Body of rules regarding beefsteaks?

## TODAY IN YOUR LIFE



### 'They bring hapiness'

Darkness comes early these days. The coronavirus pandemic has upended the holiday season. Annual holiday rituals have been altered or canceled. Amid all this, families are digging into their storage containers earlier than ever to follow through on one part of the holidays they can control: turning on the Christmas lights. **C3**

## YOUR INSIDE LINE

### COVERING YOUR LIFE

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