

INSIDER

OF SOUTHERN OREGON

ENTERTAINMENT NEWSPAPER

"Keepin' it real and spreadin the love across Southern Oregon"



April 2025 Volume 16

Issue 4

Circulation 3,000 32 Pages
Monthly Publication

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THE INSIDER'S DEADLINE IS THE 3RD WEEK OF EACH MONTH, 2024

Publisher & Events:

Bruce Ellis

INSIDER OF SOUTHERN OREGON

Is a FREE publication dedicated to providing a quality, local entertainment newspaper for the surrounding counties.

Editor/Layout/Ad Design:

Michele Bubert,
Oregon Coast VIP Marketing

The *Insider* welcomes your event and PSA information.

Please submit materials as an attachment in an email.

PLEASE SEND PDF OR DOC FOR CONTENT.

Contributing Writers:

Bruce Ellis

Articles will be printed based on content and space available.

Nancy McClelland

Please do not submit articles in the body of an email message.

Ken Doppertpuhl

Please send images in JPEG or PNG format, RESOLUTION MINIMUM IS 300 DPI.

Advertising/Layout

Bruce Ellis

HAVE QUESTIONS? CONTACT BRUCE ELLIS Publisher/Events/Advertising

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Page 5.041X5.041,

1/2 Page 10.25X5.041

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Call Out To Musicians, Bands & Entertainers!
 If you are out there performing and would like to get your gig promoted in the
 Insider of S. Oregon Entertainment Newspaper
 and on the radio show the Insider Report (KCIW 100.7FM)
 Then send your info and Where, When, What Time, to captaincurry541@gmail.com

Elk Valley Casino (Doors Open 7pm, Music Starts 8pm)
 4/5 Earth Gang – Tribute to Kool & the Gang and Earth Wind Fire
 4/12 Comedy Night with headliner Mike Betancourt
 4/19 Canaan Smith

Cisco
 4/5, 12, 19, 26 Brookings harbor Farmers Market 10am-2pm
 4/25 Chetco Activity Center 11am-1:30pm

Black GTO
 4/4 Chetco Brewing 6pm-8pm
 4/5 Misty Mountain Brewing 6pm-8pm
 4/11 Enoteca 8pm-10pm

Disturbing The Peace
 4/18 Chetco Brewing 6pm-8pm

The Chetco Effect
 4/13 Augustino's 2pm-4pm

L'Attitude
 4/6 Augustino's 2pm-4pm
 4/11 Khun Thai 6pm-8pm

Lon Goddard
 4/12 Misty Mountain Brewing 6pm-8pm
 4/4, 4/16 Khun Thai 6pm-8pm

Patty Anne
 4/4 Misty Mountain Brewing 6pm-8pm
 4/12 Curry Democrats (2nd Saturday Art Walk) 3pm-5pm
 4/19 Khun Thai 6pm-8pm
 4/25 Chetco Brewing 6pm-8pm

The Italian Guys
 4/6 Enoteca

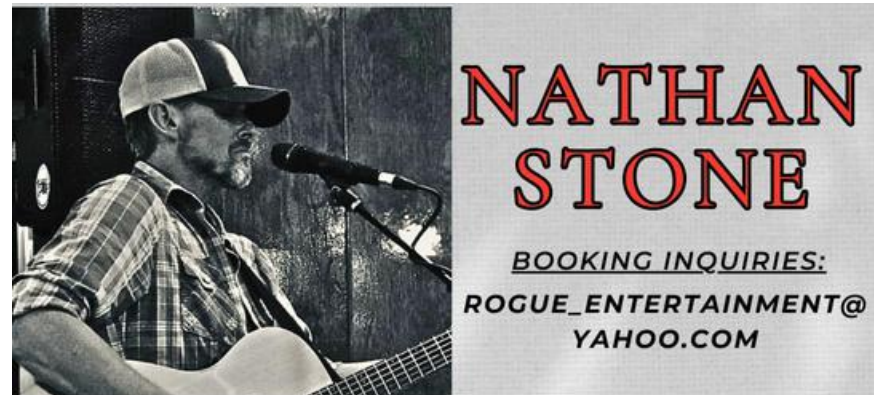
The Mighty Steelheads
 4/5, 4/19 Enoteca 8pm-10pm

Misty Mountain Brewing (Music 6pm-8pm)
 4/4 Patty Anne
 4/5 Black GTO
 4/12 Lon Goddard

Enoteca (Music Friday 7pm-9pm, Saturdays 8-10)
 4/5, 4/19 The Mighty Steelheads
 4/6 The Italian Guys
 4/11 Black GTO

JD Drums
 4/1, 4/8, 4/15, 4/22, 4/29 Open Mic @Oxenfre 8pm-11pm
 4/4, 4/12 Port O' Pints 8pm-10pm
 4/18 Pete's Bar & Grill 6pm-8pm
 4/26 Groundlings Pizza 5pm-8pm

Insider of Southern Oregon



APRIL 2025

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

-OPEN MIC
 -LIVE MUSIC
 -KARAOKE

THE TOASTED BARREL	2,7,14,21,28
LUCKY 7 CASINO	4,18
CANYON CREEK TAVERN	5,6,11, 19
BANDON FISHERIES	9,23
REMOTION WINES	12
MONARCH GARDENS	16
MCGREWS (OPENING ACT)	25
WHISKEY BENT SALOON	26



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2025



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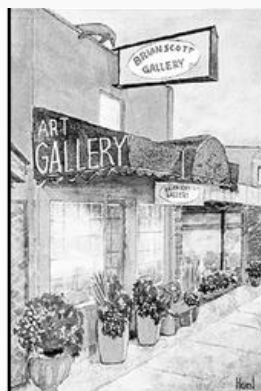
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SUMMER FUN IN THE PORT OF BROOKINGS-HARBOR
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SWOCC
Presents

Friends of Curry Campus Speaker Series Presents: Monarch Butterflies in Our Backyard 4/10, 1pm-2pm

This is a free program sponsored by the Friends of Curry Campus and will be held in the Community Room on Southwestern's Curry Campus, 96082 Lone Ranch Parkway (off Highway 101), Brookings.

Dennis Triglia will talk about his love of the Monarch Butterfly, and the petition to have Brookings, Oregon become the first Monarch City in Oregon. Vicki Mion and Patsy Haggerty were monarch enthusiasts and together with Dennis they started the Brookings Oregon Monarch Advocates (BOMA) group in 2015. They had monthly meetings, two Monarch Festivals in Azalea Park (2017 and 2018), and started collecting monarch butterfly eggs and milkweed for the students at Kalmiopsis Elementary School which were reared indoors away from predators in the garden.

Dennis rallied the support of Brookings City Council and BOMA was approved as a Monarch City in May 2017. In 2018, he applied on behalf of Kalmiopsis Elementary School for Monarch School USA in conjunction with having set up a pollinator garden in the Little Bear Patch Garden at the school.

MONARCH CITY USA was created in 2015 in Maple Valley, Washington as a nonprofit organization with a mission of helping the monarch butterfly population recover by encouraging local cities to plant milkweed and nectar plants within their borders.

Dennis has witnessed the decline of this beautiful species of butterfly. In 1980 Dennis visited Pacific Grove in the Santa Cruz area of California and saw millions of monarchs hanging from the eucalyptus trees like long orange-and-black blankets. When he revisited Pacific Grove forty years later in 2020, there were very few (perhaps hundreds instead of millions!). Dennis will describe how Brookings and Curry County can protect and increase the population by creating habitat, collecting data for researchers and advocating for the reduction of insecticides and herbicides. Dennis will share posters of the Monarch life cycle, preserved male and female specimens, cages in which folks could captively rear monarchs from eggs, lists of nectar plants and descriptions and photos of several species of milkweed. Milkweed is the only host plant on which monarchs lay their eggs.

Topics covered will be the Monarch life cycle, role as a pollinator, current conservation issues, how to rear them in captivity from egg-collecting through five caterpillar stages to the pupa (chrysalis) and ecloses (emerging from the chrysalis as an adult). Dennis will share some personal stories that he and other monarch enthusiasts have experienced.

Explore, grow and create with the Friends of Curry Campus on the second Thursday of every month during the school year. Stay tuned for upcoming talks in our speaker series. For more information contact the Curry Campus at 541-813-1667.



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(See ad on page 20)



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WALLY'S HOUSE 2ND ANNUAL GALA



Join us for our Masquerade themed Gala. This is a Black Tie event--wear your best attire and come enjoy dinner catered by Black Trumpet Bistro. This is our biggest fundraising event of the year.



Sponsoring Organization

Wally's House is a non-profit committed to preventing child abuse in our community. We provide compassionate intervention, assessment, and advocacy for victims and their families, while supporting a child-focused, community-based system of prevention and healing.

Contributions are tax deductible. EIN #81-1259778

Purpose of Event

Our Annual Gala is our biggest fundraising event of the year. It is a catered event that also holds a live auction. The dollars earned through the fundraising efforts will be distributed to fund our programming in Community Prevention Education and Advocacy services for our children and their families, and to meet additional needs of our families that are not normally covered by our government grants.

When, Where, Who?

Timing: April 26, 2025

Venue: The 2025 Wally's House Annual Gala will be held at Chetco Brewing. Attendance: Approximately 200 guests to include the general public, business owners, elected officials, philanthropists, educators and leaders from children's programs and agencies.

Individual tickets to the event will be sold for \$100.

Sponsorship Opportunities

Platinum - \$5,000

includes 8 tickets for attendees and name recognition in advertisements and media for event.

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Bronze - \$300

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THIS MONTH'S FEATURE MENU BROUGHT TO YOU BY...

See Ad on
Page 14

Rice Bowl



APPETIZERS

Pot Stickers	12
Deep Fried Prawns	14
Fried Egg Rolls	11
Paper Wrapped Chicken	12
B.B.Q. Pork	11
Cream Cheese Puffs	11
Combination Appetizer Plate	18

Egg Rolls, Paper Wrap Chicken, Fried Shrimp
Cream Cheese Puffs, B.B.Q. Pork

SOUP

Egg Flower Soup	10
Hot & Sour Soup	10
Won Ton Soup	12
Won Ton Noodle Soup	12
Wor Won Ton Soup	14

Shrimp, B.B.Q. Pork, & Chicken

SIZZLING PLATES

Beef Sizzling Plate	20
Chicken Sizzling Plate	19
Prawns Sizzling Plate	20
Combination Sizzling Plate	20
Seafood Sizzling Plate	21

BEVERAGES

*Pepsi - Diet Pepsi - Mug Root Beer
Starry Lime - Dr. Pepper - Lipton Sweet Tea*

BEER

*Tsingtao - Sapporo - Asahi - Corona - Modelo
Coors Lite - Non-Alcohol Tsingtao*

Explore our Sake Variety

NO MSG

The menu items reflect cash price, 3% surcharge on credit cards

www.BrookingsRiceBowl.com

CHICKEN

Orange Chicken	17
Sesame Chicken	17
Sweet & Sour Chicken	17
Lemon Chicken	17
Mixed Vegetable Chicken	17
Snow Pea Chicken	17
Mar Far Chicken (Fried)	17
Cashew Nut Chicken	17
Broccoli Chicken	17
Chinese Chicken Salad	17
Kung Paw Chicken *	17
Cury Chicken *	17
General Tso's Chicken *	17

BEEF

Broccoli Beef	18
Snow Pea Beef	18
Double Mushroom Beef	18
Mixed Vegetable Beef	18
Beef w. Spicy & Sweet Garlic Sauce *	18
Kung Pao Beef *	18
Hunan Beef *	18
Satay Beef *	18
Black Pepper Beef *	18
Mongolian Beef *	18
Curry Beef *	18

*Spicy

PORK

Sweet & Sour Pork	16
Shredded Pork *	16
Twice-Cooked Pork *	16

VEGETABLES

Combination Vegetables	16
Eggplant in Garlic Sauce *	16
Szechuan Tofu *	16

NOODLES

Substitute fun (*flat rice) noodles + \$2

Chicken Chow Mein	13
Shrimp Chow Mein	15
Beef Chow Mein	15
Pork Chow Mein	13
Vegetable Chow Mein	13
Hong Kong Style Chow Mein	15
Combination Chow Mein	15
(chicken, shrimp, & pork)	
Singapore Style Rice Noodles *	15

RICE

Beef Fried Rice	13
Chicken Fried Rice	12
Shrimp Fried Rice	13
Pork Fried Rice	12
Combination Fried Rice	13
Vegetable Fried Rice	12
Steamed Rice	5

*Spicy

LUNCH SPECIALS 11:00 - 3:00

WEEKDAYS ONLY

Served with soup, fried or steamed rice (substitute chow mein add \$1)

Broccoli Chicken	11
Orange Chicken	11
Sesame Chicken	11
Chicken w/Spicy & Sweet Garlic Sauce/General Tso's	11
Mixed Vegetable	11
Broccoli Beef	13
Snow Pea Beef	13
Sweet & Sour Chicken	11
Cashew Nut Chicken	11
Cashew Nut Prawns	13
Snow Pea Chicken	11
Lemon Chicken	11
Sweet & Sour Pork	11
Kung Pow Chicken *	11
Hunan Chicken *	11
Hunan Beef *	13
Kung Pao Prawns *	13
Curry Chicken *	11
Mongolian Beef *	13

COMBINATION PLATES

(Served with soup)

#1 Chicken Chow Mein, Pork Fried Rice, BBQ Pork	15
#2 Sweet & Sour Pork, Pork Fried Rice, Egg Roll	17
#3 Lemon Chicken, Pork Fried Rice, BBQ Pork	17
#4 Chicken w/Spicy & Sweet Garlic Sauce, Chicken Chow Mein, B.B.Q. Pork, Egg Roll *	18
#5 Cashew Nut Chicken, Pork Fried Rice, Fried Prawns, B.B.Q. Pork	19
#6 Mongolian Beef, Chicken Chow Mein, Mar Far Chicken, Egg Roll *	19
#7 Kung Pao Chicken, Pork Fried Rice, Fried Prawns, Egg Roll *	19
#8 Orange Chicken, Chicken Chow Mein, Fried Prawns, Egg Roll	19

*Spicy

MU SHU

(Bamboo Shoots, Carrots, Onion, & Cabbage)

Mu Shu Chicken	17
Mu Shu Shrimp	17
Mu Shu Beef	18
Mu Shu Pork	17
Mu Shu Vegetables	17

EGG FOO YOUNG

(Bamboo Shoots, Carrots, Onion, & Cabbage)

Chicken Foo Young	16
Shrimp Foo Young	17
Beef Foo Young	17
Pork Foo Young	16
B.B.Q. Pork Foo Young	16
Vegetable Foo Young	16

SEAFOOD

Fried Fish with Spicy Salt	17
Stir Fried Fish	17
Fish with Black Bean Sauce	17
Kung Pao Shrimp	19
Cashew Nut Shrimp	19
Sweet & Sour Shrimp	19
Shrimp with Broccoli	19
Snow Pea Shrimp	19
Double Mushroom Scallop & Shrimp	19
Honey Walnut Shrimp	19
Shrimp in Garlic Sauce *	19
Stir Fried Squid *	19

*Spicy



Dining Guide

Brookings Harbor, OR:

101 Bar & Grill - Page 11

Misty Mountain

Brewing - Page 15

Rice Bowl - Page 14

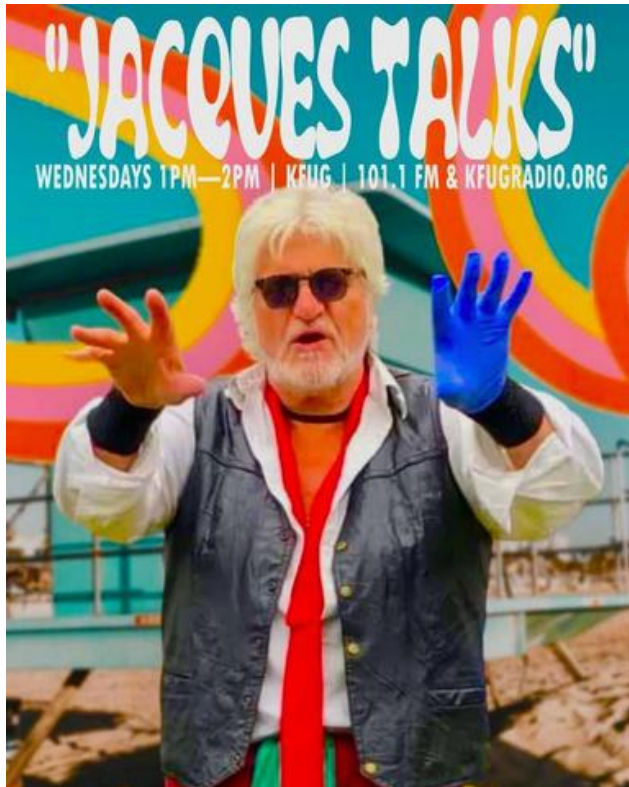
Crescent City, Ca:

Enoteca - Page 26

Gold Beach, OR:

Port Hole Cafe - Page 9

"Prices And Menu Items Are Subject To Change"



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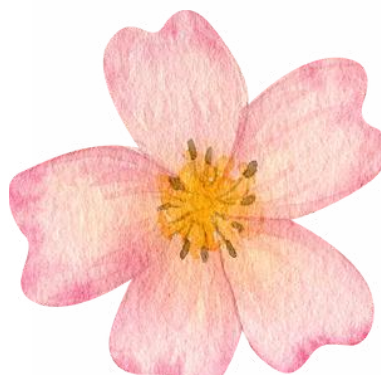
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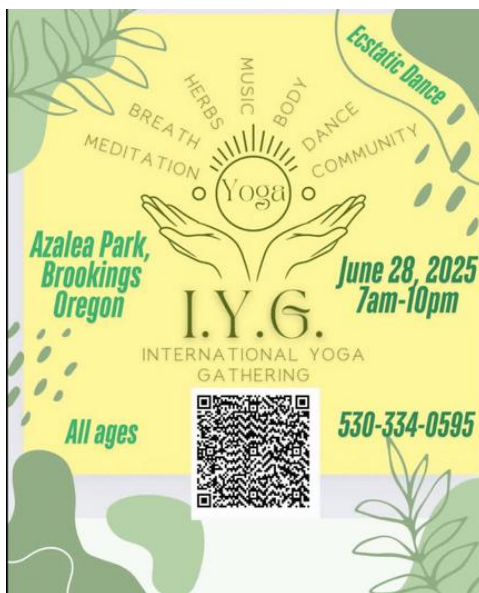
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Enjoy multiple Yoga teachers/instructors, courses, classes/workshops, performances, music, sound healing, entertainment, with guest speakers, iridologist, massage and more... including varieties of tasty yummy vegan organic eats, delicious herbal beverages and a most peaceful day of wellness!!

All nonprofits are welcome to obtain a "space/table" at the park to promote their activities/work/purposes of their nonprofit!

At the Azalea Park in Brookings Oregon on June 28th, 2025 from sunrise to sunset.

This is an absolutely FREE event for all to participate, all ages, all are welcome!!!!

A presentation of educational teachings of ways to live with quality and community peacefulness...

(A RSVP for vendors that will be selling items or services/workshops are requested \$100 suggested donation)

*if selling items a Brookings City Business license is required (day license is available at <https://www.brookings.or.us/113/Business-Licenses>)

At Azalea Park there is also disc golf, basketball, a children's Castle, play area... A beautiful lawn and of course the stage where all the magic happens!

Bring your yoga mats, blankets, a smile and an appetite!!

We will quench your thirst and encourage movement, dancing and fun!

Donations and Sponsors fuel and fund this production all are welcomed at all levels!!

To become a vendor and or a sponsor please call 530-334-0595 or email.

Teachers of all levels from all around the world will be on stage and in the grass to guide all ages to their respective movements of Yoga Asanas, music will play, dancing and gongs will elevate the senses, teas and eats will be on site and available for all to enjoy with purest of peace!

View the IYG 2025 schedule: <https://bodytemplehealth.com>

There is still time to "arrange for the best possible presentation"

Sign up for your time to Perform/Showcase your purpose! Call, text, or email to reserve your place! & more details/information: 530-334-0595 AmAndA
brookingsoregonyogaday@gmail.com

All are invited to join the planning meeting

Planning meeting is each LAST Wednesday of the month. 7pm-8pm At Indian Restaurant in Brookings Oregon (can also WhatsApp video call to participate) these meetings will be each month Including June.

More to follow with day of instructions and "preparation up to the day of the event"

International Yoga Gathering is happening on June 28, 2025 at Azalea Park in Brookings, Oregon! 7am-7pm, followed by Ecstatic Dance 7pm-10pm.

International Yoga Gathering is now a Brookings non-profit! We support and promote holistic practices for personal and community wellness. As part of that mission, we are hosting Ecstatic dance at The Grange every 1st Wednesday of the month. Come join us!

Seeking: vendors, artists, performers, healers, volunteers, sponsors, donations. More information available at bodytemplehealth.com, and the Crystal Cove Rock Shop Facebook page.

Namaste

Contact: Christopher Newman, Vendor Coordinator, chrisnewman2012@live.com

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Mike has performed at top comedy clubs, festivals, and on TV, earning a reputation for his bold and unpredictable style. His comedy draws from real-life experiences, blending relatable humor with over-the-top delivery that keeps the laughs coming. Whether he's diving into family life, pop culture, or the absurdities of everyday situations, Mike's comedic timing and raw authenticity make every show an adventure.

Tickets are on sale NOW for \$10 in person at the Points Club booth or \$15 online in advance and on the day of the event. Doors open at 7:30 PM with the show starting at 8:00 PM. Must be 21 or older to attend. Seating is first come first serve.

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The Real Story Of 420
By Bruce Ellis



Every year on April 20 (4/20) marijuana smokers celebrate cannabis in both legal and illegal states. There have been many myths of how this day and time were created. After doing some research and going through all the myths I found the most logical reason this "Stoners Part Day" became a yearly ritual.

In the early 1970s, a group of high school students in San Rafael, California, known as the "Waldos," were looking for a way to find each other to smoke weed after school. They decided to meet at 4:20 PM near a statue of Louis Pasteur at the local park.

The "420" Code:

The students used "420" as a code word to refer to smoking weed, and it became their way of communicating their intentions to each other.

The Grateful Dead Connection:

One of the Waldos, Steve Reddix, later became a roadie for the Grateful Dead bassist, Phil Lesh. Reddix and the other Waldos began to spread the use of "420" among Grateful Dead followers, who began to use it as a way to refer to the time of day to smoke weed.

Popularization:

The "420" code spread through the Grateful Dead fan base, and it eventually became a popular term in cannabis culture. Following The Grateful Dead, 420 has become synonymous with cannabis use. Merry Jade even declared '420' as "the cannabis equivalent of the Kardashians." Celebrations spread worldwide every April, resulting in concerts, cultural festivals, and a cloud of smoke in every major city. Even non-cannabis retailers like Fatburger and Jack in the Box have gotten in on the celebration with 420 special deals. The term '420 friendly' has become common terminology in everything from dating apps to roommate postings online. The aptly named California Senate Bill 420 became the Medical Marijuana Program Act, signed by the governor in 2003 and established the state's medical use program. From heresy to history, 420's mythology became larger than anyone could have anticipated, becoming the regular highest sales-grossing day in the regulated industry.

April 20th:

Because of the association with the date 4/20, April 20th became a popular day for cannabis enthusiasts to gather and celebrate.

Myths of how 420 came about:

Police Code for Marijuana Use

A heavily referenced rumor is that '420' is the police code for cannabis use in progress. However, that myth has been busted. While there are some standards, police codes differ by state, county and local department and not all of them use code no. 420." They note that police in Las Vegas use code '420' to reference a homicide (the opposite of cannabis use), and in San Francisco, '420' relates to juvenile disturbance.

Hitler's Birthday

While April 20th, unfortunately, is the birthday of Adolf Hitler, that has nothing to do with cannabis.

Nobody is celebrating Hitler, let alone celebrating him by smoking cannabis. April 20th is also the birthday of George Takei, a wonderful public figure from Star Trek. While this perhaps has been used to vilify cannabis users, the connection between his birthday and celebration of any sort is preposterous. This myth is effectively and thoughtfully busted as a pure coincidence.



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If you would like to submit a
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in an issue of the Insider of S. O.
Just email it to
captaincurry541@gmail.com

Un/Aligned Planets

By Sharona S.

When all the planets were aligned,
We thought perhaps it was a sign.

We felt a not so subtle fear.

We felt perhaps the end was near.

The animals were acting strange.

And you, my dear, became deranged.

Then the planets fell out of line,

And everything became just fine.

Easter Day

By Oscar Wilde

The silver trumpets rang across the Dome:

The people knelt upon the ground with awe:

And borne upon the necks of men I saw,

Like some great God, the Holy Lord of Rome.

Priest-like, he wore a robe more white than foam,

And, king-like, swathed himself in royal red,

Three crowns of gold rose high upon his head:

In splendour and in light the Pope passed home.

My heart stole back across wide wastes of years

To One who wandered by a lonely sea,

And sought in vain for any place of rest:

'Foxes have holes, and every bird its nest.

I, only I, must wander wearily,

And bruise my feet, and drink wine salt with tears.'

An Easter Message

By Carrie Williams Clifford

Now quivering to life, all nature thrills

At the approach of that triumphant queen,

Pink-fingered Easter, trailing robes of green

Swishingly o'er the flower-embroidered hills,

Her hair perfumed of myriad daffodils:

Upon her trembling bosom now is seen

The frail sweet lilies with their snowy sheen

As sprightly she o'ersteps the springtime rills.

To black folk choked within the deadly grasp

Of racial hate, what message does she bring

Of resurrection and the hope of spring?

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Creature Feature Easter Creatures From Around The World By Bruce Ellis



Of course we in the states are familiar with the animals symbolic of Easter in America such as the bunny, dove and chicken. But in other countries they have different animals that represent their Easter celebration.

America, The Easter Bunny

Some believe bunnies were chosen (along with eggs) as seasonal mascots because they represent new life, which is relevant to both springtime and the religious significance of Easter. Throughout northern Europe in March, hares can be seen running around in the empty fields competing for a mate. So it might have been that hares were seen as a spring and Easter animal, especially in Germany and The Netherlands. The earliest record of an Easter rabbit is from 1682 in central Germany where, in a folk story, a rabbit hides eggs in a field for children to find. In other parts of Germany, the animal featured in this folk story was often a fox or a stork. The Easter bunny seems to have become more popular when German and Dutch settlers took these folk stories over to the US.

America, The Chicken

The egg is the underlying symbol that links many Easter animals. The reason being that the egg is a powerful symbol of life, whether you see this as relating to the fertile season of spring and the pagan Goddess Eostre, or the Christian Resurrection story. And while the idea of a rabbit laying eggs might seem a bit tenuous now, the idea of chicks coming out of them is only natural.

Switzerland, The Cuckoo

Cuckoo birds have the monopoly on Easter treat delivery in Switzerland. They're the overall symbol for spring in the country. They represent new life, the reason for the season, and are commonly found in the area. It's a popular belief that cuckoos are the ones bringing children eggs on Easter; but not necessarily their own. Cuckoo Birds are notorious egg thieves which may explain the colorful array of eggs they bring.

Russia, The Dog

In Russia, dogs are believed to lay Easter eggs. According to the legend, a dog was present at the tomb of Jesus and witnessed his resurrection. The dog was so overjoyed that it began wagging its tail and scattered eggs everywhere. This is believed to be where the Easter egg hunt tradition started.

Australia, The Bilby

Australians aren't big on bunnies. Rabbits were brought to Australia in the 17th century, says Portable Press, and since then, they've become an invasive species. Instead of being a symbol of adorable softness, rabbits in Australia are seen as grim reapers for crops. Not exactly fitting for a season about new life. Instead, Australians get their Easter goodies from the native bilby, which is a small, rabbit-like marsupial with big ears.

Bilbies not only have a better reputation in the land down under — they're also endangered, so having them represent Easter increases awareness for their conservation as well.

France, Flying Bells

Egg-toting rabbits pale in comparison to the whimsy of enchanted, flying, gift-delivering church bells. In France, it's tradition not to ring Church bells from Maundy Thursday until Easter Sunday. This represents the period of mourning, during which Jesus was crucified, and leads into the celebration of His resurrection on Easter morning. The story told to French children is that the bells aren't ringing because they're too busy flying to Rome to be blessed by the Pope. On their way back to France, they drop treats all over France for children to find and enjoy on Easter.

Sweden — The Easter Witch

In Sweden, children exchange baby animals and pastel colors for "Påskkäring," or the Easter Witch. During the witch hunts of the 15th century, it was believed that Easter was the witches' Sabbath, a day when they'd commune with Satan and do everything backwards. Old witches became young, and they would gather around a large table, sitting facing outward, of course. Because the fear of witches on Easter was alive well into the 1800s, young pranksters would dress as witches. They'd turn their clothes inside out and play tricks, like knocking over wagons, on unsuspecting innocents for fun, and then go door-to-door asking for something to eat or drink. They would often draw a picture of a witch with an invitation to join the witches' Sabbath and leave it on peoples' doorsteps, just to cause chaos. Today, the tradition is less mean-spirited: Young children dress up as elderly witches and go door-to-door with a hand-drawn picture, asking to be rewarded for their artistry with sweets.

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KCIW 100.7 FM

Hosted by:
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Insider of Southern Oregon



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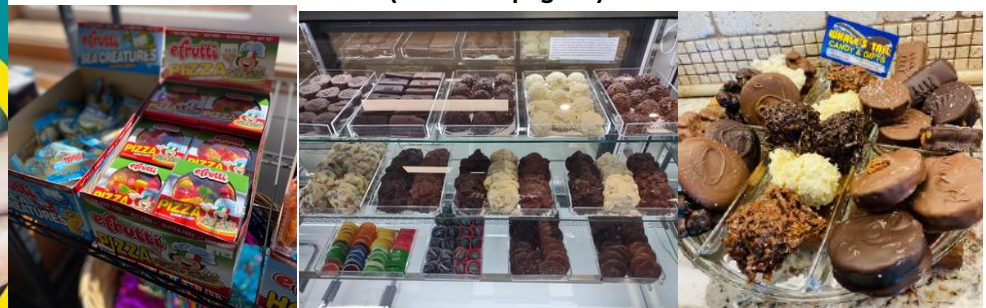
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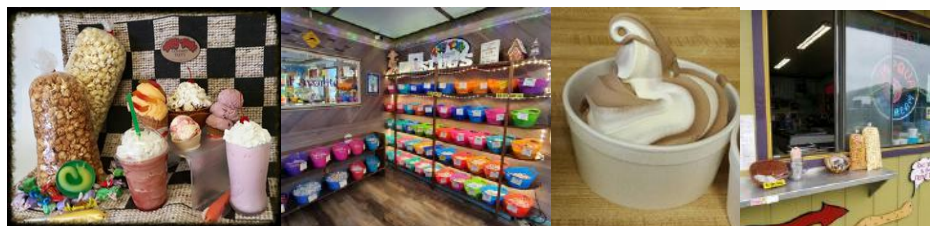
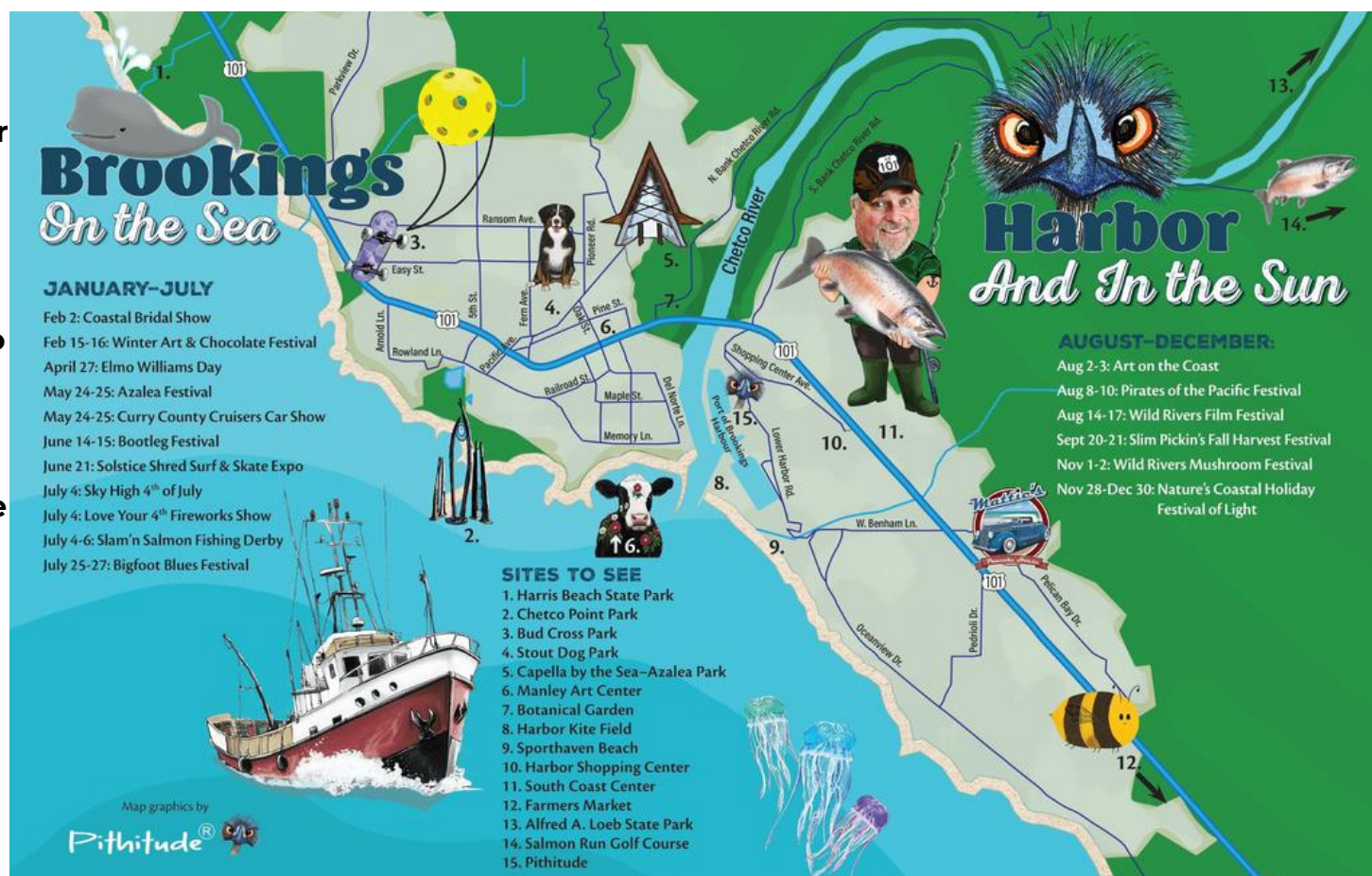
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Slugs "N" Stones "N" Ice Cream Cones
 Another Sweet Shop at the Port of Brookings Harbor
 By Bruce Ellis

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(See ad on page 15)



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Then Meals on Wheels is looking for you!

By delivering a hot meal to those who are home ridden you not only help someone who is hungry but you also bring a bit of kindness into their lives a friendly face for them to see every day and social contact they may not have otherwise.

There are 3 routes that deliver hot meals to about 60 seniors on a daily basis.

Each route takes about 1 1/2 hours.

You can volunteer by the Day, the Week, Bi-Weekly, Bi-Monthly even if it is just one day a week, one day a month whatever works for you.

Every little bit helps.

If you are interested in helping in this great cause for the community please contact

Meals on Wheels at Chetco Activity Center 541-469-6822.



Carson's Critters

- Birds • Reptiles
 - Fish • Exotic Animals
- "Puppies" and "Financing Available"



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The Brookings-Harbor Shopping Center
97900 Shopping Center Ave., #26
Harbor, OREGON
541-469-9749

Store Hours:

Tuesday - Friday 10-6
Saturday - Sunday 10-5





Free Concert
Friday, April 18, 4PM - 6PM

Chetco Community Public Library

405 Alder Street
Brookings, Oregon
(541) 469-7738

chetcolibrary.org



Lionharp.com LisaLynne.com

**Chetco Library
Presents**
Celtic Harps, Rare Instruments, & Wondrous Stories
with Lisa Lynne & Aryeh Frankfurter
Forest Room (Large Meeting Room)
Friday, April 18, 2025
4:00pm - 6:00pm

Lisa Lynne & Aryeh Frankfurter are a multi-instrumentalist duo with Celtic Harps, Swedish Nyckelharpa, Ukrainian Bandura, Bouzouki, Cittern and more. They hail from Oregon and tour extensively, both having successful recording and performing careers built from years of street performing and a background as rock musicians. They have performed with some of the biggest names in folk and acoustic music and have sold well over a million albums combined. Audiences are spellbound and enchanted with their unique show of breathtaking music both Traditional and original, with wondrous stories and humor entwined

Spring Fuchsia Plant Sale
and related garden art and supplies

Sponsored by the Crescent City Fuchsia & Epiphyllum Club

(Meetings-3rd Wednesday of the month 6:00 PM, Dining Room at the Fairgrounds.
All meeting begin with a pot luck meal and everyone is welcome!)

Save the Date:
Saturday, April 12, 2025
9:00 AM - 3:00 PM
Del Norte County Fairgrounds

- Lots of 2-inch fuchsias for sale \$3.00 each
- Basket fuchsia & uprights as well
- Both native fuchsias and hybrids

Special Hands-on Activity
Plant a Fuchsia Hanging Basket!
\$20

- One (1) 10 inch hanging basket
- Soil for the basket
- Three (3) 2-in fuchsia plants

**Plant it yourself or a club member
will plant it for you!**



Thar She Blows

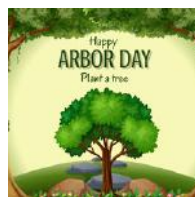
Written & Directed By Mike Moran

\$15 Adults - \$7 Students
Apr. 18th - May 4th
Fridays & Saturdays, 7 PM
Sundays, 2 PM
The Chetco Playhouse,
1240 Chetco Ave
Tickets and info:
Call 541-469-1857, or
visit chetcopelicanplayers.org




Written by our one and only Mike Moran, Thar She Blows will be returning for the third time on April 18-May 4th. Tickets will be available for purchase on ChetcoPP.booktix.com start March 1st. You can also call our reservations line at 541-496-1857 to reserve your seat now. Don't miss out on this local favorite melodrama.

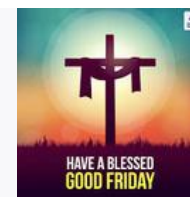
Synopsis: This play takes place in the port of Brookings just after the turn of the century. (the other one, not the last one) we find ourselves in "The Rusty Squidd" a seedy, waterfront dive (owned by the McSnappers) not unlike other waterfront dives of the era. The place is filled with the dregs of life that the sea washes up. The smell of rotting fish is in the air, but all the GOLD ain't in them thar hills. Our Hero, Billy Schooner, finds himself here seeking answers for who killed his father.



INSIDER MYSTERIES

The Origin Of "Special Days" In April

By Bruce Ellis



Well of course Easter is in April but there are also several other "special days" throughout the month. If you ever wondered how they all originated....wonder no more!

April Fools Day

The origin of the holiday is thought to date back to 1582 by some historians. That year, France switched from using the Julian calendar, which starts the new year on April 1, to the Gregorian calendar, which restarts on Jan. 1. People who hadn't yet received news that the start of the year had been changed were called "April fools."

Other historians have linked the holiday to festivals like Hilaria, celebrated in ancient Rome, and to the vernal equinox or first day of spring, when weather is often unpredictable.

As the tradition of April Fool's Day evolved, people began to engage in more elaborate pranks and jokes on April 1st.

The custom of April Fool's Day spread across different cultures and regions, with variations in the types of pranks and jokes that are considered acceptable.

Today, April Fool's Day is still celebrated with pranks, jokes, and lighthearted teasing, with some people even engaging in elaborate hoaxes. While the core concept of April Fool's Day remains the same, there are cultural variations in the types of pranks and jokes that are considered appropriate.

There are variations between countries in the celebration of April Fools' Day, but all have in common an excuse to make someone play the fool. In

France, for example, the fooled person is called poisson d'avril ("April fish"), perhaps in reference to a young fish and hence to one that is easily caught; it is common for French children to pin a paper fish to the backs of unsuspecting friends. In Scotland the day is Gowkie Day, for the gowk, or cuckoo, a symbol of the fool and the cuckold, which suggests that it may have been associated at one time with sexual license; on the following day signs reading "kick me" are pinned to friends' backs. In many countries newspapers and the other media participate—for example, with false headlines or news stories.



Arbor Day

In 1872, a man by the name of J. Sterling Morton proposed to the Nebraska Board of Agriculture that a special day be set aside for the planting of trees. This holiday, called Arbor Day, was first observed with the planting of more than one million trees in Nebraska, and is now celebrated all over the world. Prizes were offered to counties and individuals for the largest number of properly planted trees on that day.

While most states celebrate only one day of Arbor festivities, Oklahoma celebrates a full week! This is the time when we come together to appreciate the value trees provide to our community and to learn more about how to keep them thriving here... furthermore, it's the perfect time to plant new trees throughout the city—at home and in public places.

Earth Day

In the 1960s, growing awareness of pollution and environmental damage, coupled with the energy of the anti-war movement, fueled a desire for change. It may be hard to imagine that before 1970, a factory could spew black clouds of toxic smoke into the air or dump tons of toxic waste into a nearby stream, and that was perfectly legal. They could not be taken to court to stop it. How was that possible? Because there was no EPA, no Clean Air Act, no Clean Water Act. There were no legal or regulatory mechanisms to protect our environment.

In spring 1970, Senator Gaylord Nelson created Earth Day as a way to force this issue onto the national agenda. Twenty million Americans demonstrated in different U.S. cities, and it worked! In December 1970, Congress authorized the creation of a new federal agency to tackle environmental issues. The first Earth Day spurred a dramatic rise in public concern about environmental issues and led to the creation of the Environmental Protection Agency (EPA) and the passage of important environmental protection legislation, including the Clean Air Act, Clean Water Act, and Endangered Species Act.

Good Friday

The history of Good Friday goes back to the time when Jesus was arrested by royal soldiers and was then sentenced to death by crucifixion. As per the Bible, Jesus' crucifixion took place on Friday, the reason why it's called Good Friday. The day is one of remembrance, marking the crucifixion of Jesus Christ at the hands of the Romans. It is believed that Jesus rose from the dead the following Sunday, which is commemorated in the form of the joyous day of Easter.

"Enjoy Them All"



Chetco Community Public Library April Event Schedule

Tuesdays

10:30am—Storytime. Stories, songs, and games for young children

1:30pm—Chair Yoga. Free class.

Wednesdays

1:30pm—After School Activities. Homework help, a creation station, and snacks for school-aged kids.

Thursdays

1:30pm—Chair Yoga. Free class.

4:00pm—After School Activities. Homework help, S.T.E.M. projects and games, and snacks for school-aged kids.

5:30pm—Easy Flow Yoga. Free class. For this class it is recommended that participants be able to comfortably get up and down from the floor.

Saturdays

1:00pm—Saturday Shuffle: Magic the Gathering and more. Players can bring their favorite deck and play Magic: The Gathering. Gamers of all kinds are also welcome to bring their favorite card or board games from their own collections, or browse the library's games, and find a crew to play with.

2nd and 4th Saturdays, 1:00pm—Teens Teach Tech. Drop by the Library Annex with your device or tech questions and get help from a trained Cyber-Senior Technology Mentor. Our mentors are young people who have been trained to teach technology to older adults and are standing by to help with your smart phone, iPad or computer. This free service is presented in partnership with Harmony & Me Music.

MONTHLY AND SPECIAL EVENTS

April 5, 2pm: Afternoon Indie Films. We're partnering with the Wild Rivers Film Festival to host free monthly indie and classic film screenings! This month, we're screening the classic adventure film 20,000 Leagues Under the Sea, which was edited by the belated philanthropist and Brookings resident Elmo Williams.

April 12, 3-4:45pm: Art Walk Open House: Join us at the library and check out the exhibits by April's featured artist Lisa Amato, whose exhibits feature watercolor paintings and handcrafted bookmarks. The artist will be available to greet visitors and answer questions. Light refreshments served.

April 14, All Day: Spice World Bags. Take a culinary journey around the world! Our spice bags feature a unique monthly spice from a different part of the world. Each bag comes with a tester sample, trivia, and recipe suggestions. Supplies limited! First-come, first-serve.

April 15, 11:00am: The Great Library Egg Hunt. The library's spring egg hunt is finally back! Youth ages 0-6 can bring their own basket and hunt for treat-filled eggs throughout the library's Youth Section. The hunt will start PROMPTLY at 11am. Join us for a bunny rabbit-themed story time in the large meeting room at 10:30 beforehand!

April 18, 4:00 – 6:00pm: Celtic Harps, Rare Instruments, & Wondrous Stories with Lisa Lynne & Aryeh Frankfurter. Lisa Lynne & Aryeh Frankfurter are a multi-instrumentalist duo playing Celtic Harps, Swedish Nyckelharpa, Ukrainian Bandura, Bouzouki, Cittern and more. They hail from Oregon and tour extensively, both having successful recording and performing careers built from years of street performing and a background as rock musicians. They have performed with some of the biggest names in folk and acoustic music and have sold well over a million albums combined.

Audiences are spellbound and enchanted with their unique show of breathtaking music both Traditional and original, with wondrous stories and humor entwined.

April 19, 1:00pm: Family Saturday—Nature's Little Helpers. With Earth Day right around the corner, let's give a helping hand to nature's little helpers who do a big, BIG job: Pollinators! Bees and butterflies are two pollinators you can find in your own backyard! Families are welcome to make a butterfly bath to take home.

April 21, 10:00am – 1:00pm: Master Gardener™ Plant Clinic. Gardeners are welcome to bring in a sample of their ailing plants and receive guidance and care tips from experienced volunteers with OSU's Master Gardener™ Extension Program! This free service takes place every third Monday of the month, April through October.

April 23, 1pm: Arts with Tory. Join local artist Tory for a step-by-step workshop on creating custom gel-print greeting cards! Due to limited space and supplies, registration for these monthly workshops are REQUIRED. Registration opens April 1. These workshops are designed for crafters 18+.

April 25, 4:00pm: Spring Poetry Slam. April is National Poetry Month! Poetry-lovers of all ages are invited to our large meeting room to celebrate the written and spoken word. Poets may recite original poems, or may share a poem by their favorite poet. Signups begin at the door a half hour before the event. Anyone who performs will be entered to win a door prize!

April 26, 10:30am: Mario Kart Tourney. Join Library Volunteer Dee for a friendly Mario Kart competition. All ages are welcome and no need to worry, we'll provide the controllers.

April 27, 2:00pm: Elmo Williams Day—Free Screening of 'The Amazing Adventure.' The fourth Sunday in April is Elmo Williams Day in the City of Brookings. After a noon tribute to the life of the belated philanthropist, filmmaker, and Brookings resident in Azalea Park, join us at the library for a free screening of the 1936 Cary Grant film "The Amazing Adventure," to which Williams contributed his editing expertise.

BOOK CLUBS

April 2, 4:00pm: Voyagers Book Club. A fresh, fun book club for tweens and young teens who love diving into stories and exploring new worlds. Meetings include fun, creative activities related to the book of the month. In

April, the group will discuss The Magician's Nephew, by C.S. Lewis


April 8, 5:00pm, Club de Lectura: A monthly book club for Spanish speakers. Parents are welcome to bring their kids and enjoy a relaxing, supportive atmosphere.

April 9, 4:00pm, Kids Book Club: Geared toward 2nd through 5th graders, kids vote on and pick the books they read each month. In April, the group will discuss The Bad Guys, by Aaron Blabey.

April 17, 5:30pm, Pub Grub Book Club: This casual book club is for adult fans of graphic novels and takes place offsite at Misty Mountain Brewing in downtown Brookings.

April 30, 5:30pm, Look-Back Book Club: In this new book club, adults and older teens are invited to revisit the classic books from their childhoods and dare to ask themselves: how do they hold up now? Are they just as good, worse--or maybe even better than we remember? April's book will be selected on March 26 and posted to chetco.librarycalendar.com

All library-led events and programs are free to attend, whether or not you have a library card. More info at chetco.librarycalendar.com



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- Salads • Sandwiches

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Thursday Trivia 6pm • Friday Live Music 7pm • Pool Table

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DEL NORTE SENIOR CENTER

1765 Northcrest Dr., Crescent City, CA 707-464-3069
Lunch Hours: 11:30 am-12:30 pm
Mon., Wed., Fri., 8:30-9:30 am, Exercise;
10-11 am, Chair Exercises
Tues., 2-4 pm Crochet/Knit; 7:30 pm, Folk Dancing
Wed., (2nd & 4th), 10:30 am, Blood Pressure Checks;
12:30 pm, Cards
Thurs., 1:30 pm, Tap Dancing
Fri., 12:30 pm, Pinochle

ROGUE RIVER, OR

ROGUE RIVER COMMUNITY/SENIOR CENTER

132 Broadway, Rogue River, OR 541-582-0609
Thrift Store Hours: M-F, 9 am-4 pm
Lunch Served: Mon.-Fri., 11:30 am-12:30 pm
Mon., Fri., 8:15 am, Yoga Class
Tues., 7 pm and Sat., 8 pm
Sat., 5 pm, Bingo; 7 pm, Saturday Night Dance
1st Sat. Breakfast, 9-11 am
3rd Fri., Dinner, 5pm

The INSIDER supports local NON-PROFIT Organizations!
If you have or know of a non-profit organization
Please submit information to Bruce Ellis at captaincurry541@gmail.com

GOLD BEACH, OR

LOOKING FOR A WAY TO HELP IN THE COMMUNITY? BECOME A FOSTER PARENT

www.oregon.gov/dhs/children/fostercare/pages/become-fosterparent.aspx, or call Child Welfare at 541-247-5437
Become a CASA (Court Appointed Special Advocate) www.casaofcurrycounty.org or call Mona at 541-813-2272
Volunteer at Oasis Shelter Home, 541-425-5238. Volunteer at Wally's House, Call Jackie at 541-247-3340. Donate items for foster kids. Always in need: pajamas, socks, underwear, backpacks or packs. Drop off at Gold Beach location or call 541-247-5437 to arrange pick up. Help struggling families buy groceries. Volunteer at local schools.
Call Law Enforcement or DHS Hotline if you suspect or witness child abuse/neglect. 541-756-5500 or 1-800-500-2730.

GOLD BEACH COMMUNITY CENTER

Gold Beach Community Center
29841 Airport Way, PO Box 1277
Gold Beach, OR 97444
Website: goldbeachcommunitycenter.org
thegbcenter@gmail.com
Hours: Tues. through Fri., 10 am to 1 pm.. We serve lunch in-house dining & take-out available Tues through Fri, 11:30am-12:30pm
Meal delivery available to qualifying persons over 60
Please call 541-247-7506 for information



CURRY HEALTH FOUNDATION

A 501.C.3. with mission of supporting health care and health improvement in Curry County. 541-247-3789
www.curryhealthfoundation.com

OASIS SHELTER HOME

Serving survivors of domestic and sexual violence.
Crisis Hotline: 1-800-447-1167, 541-247-7600

BROOKINGS HARBOR, OR

Brookings Harbor Leo's Are you a Teen 12-18 years of Age interested in helping your community and having fun?

Come join the Leo's! We meet online on the third Saturday of every month. We have fun at a Teen Hang Out the 2nd Saturday of every other month at Harmony and Me Music Studio with Pizza, drinks, Games and snacks.

Teens Teach Tech 2nd and 4th Saturdays Chetco Library Annex in Brookings. Recycle Program, and beach clean ups along with the food bank. Sponsored by the Brookings Harbor Lions. Contact brookingsharborleos@gmail.com for application.

COMMUNITY KITCHEN...FEEDING THOSE IN NEED...CALL FOR TIMES

Mon., 11-Noon brunch: St. Timothy's Episcopal Church, 401 Fir St., Brookings, 541-469-3314
Tues., Noon-1pm: St. Timothy's Episcopal Church, 401 Fir St., Brookings, 541-469-3314
Wed., noon-1pm: Star of the Sea Catholic Church, 820 Old County Rd., Brookings, 541-469-2313
Thur. noon-1pm: Presbyterian Church, 540 Pacific Ave., Brookings, 541-469-3725
Fri., Noon-1pm, Lutheran Church, 1200 Easy St. Brookings, 541-469-3411
1st, 3rd & 5th Saturdays, noon-1pm: St. Timothy's Episcopal Church, 401 Fir St., Brookings, 541-469-3314 Also Sundays, St. Timothy's Episcopal Church, noon-1pm
Church of the Nazarene 1600 Chetco Ave., 541-469-2571 2nd & 4th Saturday 12-1pm

STAR OF THE SEA CATHOLIC CHURCH SCHEDULE

Star of The Sea Catholic Church Vigil: Saturday, 4:30 pm; Spanish, 6:30 pm;
Sunday, 8:30 am. Wed. and Fri., 5:15 pm; First Sat.: 9am; Confession: Sat., 3:30-4:15 pm, or by appt. First Fridays: Adoration, 4pm. 820 Old County Rd., Brookings, 541-469-2313

Knights of Columbus Breakfast, ever Second Sunday of the month, 8-10:30am
Only \$8, Pancakes, eggs, bacon, sausage. Serving Lunch on Wednesdays

CURRY COMMUNITY CARES

Not a hand out...a hand up! "A Brush With Kindness"
P.O. Box 1212, Brookings, OR 97415 541-412-7166

CHETCO ACTIVITY CENTER

550 Chetco Lane, Brookings, 541-469-6822
Lunch: Mon.-Fri., 11:15 AM to 12:30 PM
Services, functions and activities for area adults.
Programs include Healthy Living, Financial Management, Medicare, Tax Preparation, Nutrition, Meals on Wheels and more!

HOMES FOR HOUNDS

Rayetta Holder, Founder & President 541-563-3467
www.homes4hounds.com
Retired Racing Greyhounds

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An organization for parents who have suffered the death of their child who had died at any age and from any cause.
First Tuesday of every month - 6:30 - 8:30pm
Brookings Event Center, 800 Chetco Ave, Unit B, Brookings
For info call: Kris Harris, 541-251-2191 or Michelle Tidwell, 541-251-1202

If You Would Like Your Non-Profit Organization in The Insider of S.O For Free Just Send Info To captaincurry541@gmail.com

INSIDER OF SOUTHERN OREGON

is a FREE publication dedicated to providing a quality local entertainment newspaper for the surrounding counties.



Get ready for an exciting night of Latin music and high-energy dancing at Elk Valley Casino on May 3rd, 2025! We're thrilled to welcome the incredible Don Gato, a dynamic Latin dance band known for their electrifying performances and infectious rhythms. With their unique blend of salsa, merengue, cumbia, and bachata, Don Gato will have you on your feet all night, bringing the best of Latin culture and sound to the stage.

Don Gato has been captivating audiences across the region with their powerhouse vocals, tight instrumentation, and passion for live performance. Whether you're a seasoned dancer or just looking to enjoy the vibrant beats, this band knows how to set the mood and keep the energy flowing. From classic Latin hits to modern twists on traditional sounds, Don Gato promises to deliver a performance that will leave you craving more.

Don't miss out on this incredible night of music, dancing, and celebration! Grab your tickets today and get ready to experience the magic of Don Gato live at Elk Valley Casino. This is one event you won't want to miss—let the rhythm take over and dance the night away!

Tickets on sale NOW for \$20 in person at the Points Club booth or \$25 online in advance at etix.com and on the day of the event.

Doors open at 7:00 PM with the show starting at 8:00 PM.

Must be 21 or older to attend. Seating is first come first serve.



Proceeds Benefit



EMAIL: ARTONTHECOASTBROOKINGS@GMAIL.COM

Insider of Southern Oregon



AZALEA FESTIVAL 2025 Brookings' Got Talent!

Planning for "Brookings' Got Talent", Azalea Festival's new Sunday event is underway and we can't wait to see what everyone is going to bring to the stage!

We want to provide a fun and safe place to showcase local talent to the community! Get creative and show us your talent. From singing, dancing, magic, pet tricks, storytelling to improv comedy, we know the talent is limitless and want to see what everyone has to share.

There will be 1st, 2nd, and 3rd place cash prizes for ages 12 and under and 13 and older and an overall People's Choice award.

Talent show ideas, more information and the application for you or your groups' talent is available on the [Azalea Festival](https://azaleafestivalbrookingsoregon.com/) website at <https://azaleafestivalbrookingsoregon.com/>. Click the 'More' tab at the top of the page.

Start planning your act, applications are due May 5th!

NEWS MEDIA CONTACT INFO:

For further information regarding this press release, please call 541-469-1102.

BROOKINGS-HARBOR GARDEN CLUB

Invites you to a presentation on

Streptocarpus ~ Cape Primrose

with Sally Thibeault of the Brookings-Harbor Garden Club



Monday ~ April 21, 2025

Chetco Public Library, Forest Room, Brookings, OR

Doors open at 10:15

Fellowship from 10:15 to 10:45am

General Membership Meeting from 10:45 to 11:15am

Presentation from 11:15 to 12:15pm

Coffee & Tea will be provided

Sally will talk about the care and planting of Cape Primrose, along with how she creates new starts and nurtures them to adulthood - she will send you home with your very own Streptocarpus!



April 26th, 2025
09:00 AM - 1:00 PM



River Forks Park
380 River Forks Park Rd.,
Roseburg

More Information:

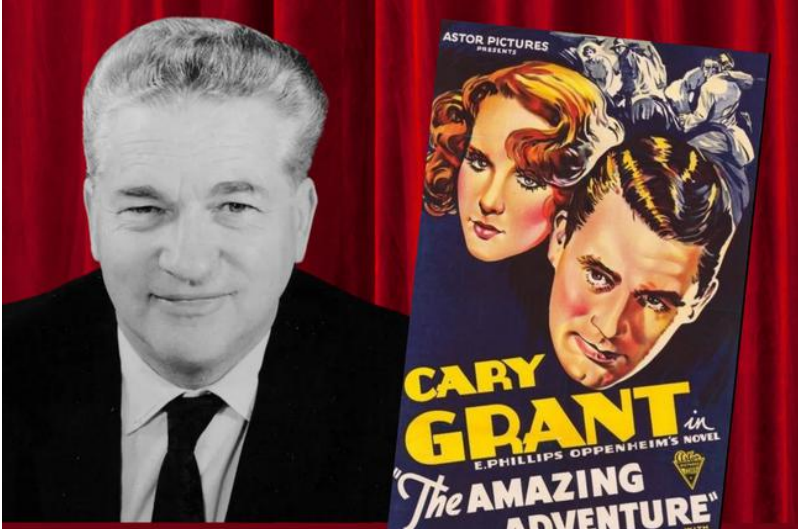
541-672-7001

www.casaofdouglascounty.org



Insider of Southern Oregon

29





ELMO WILLIAMS DAY

SUNDAY, APRIL 27

NOON: A TRIBUTE TO ELMO
THE CAPELLA, AZALEA PARK

2PM: FREE FILM SCREENING
'THE AMAZING ADVENTURE' (1936)
AT THE CHETCO LIBRARY

 chetco.librarycalendar.com
brookings.or.us
541-469-7738



Annual event celebrating the life of Academy Award winner and Brookings resident Elmo Williams; producer, director, editor and writer of many Hollywood classic movies, including "High Noon", "Tora! Tora! Tora!", "The Longest Yard", and "20,000 Leagues under the Sea". Since its official proclamation in 2017, the fourth Sunday in April has been designated as "Elmo Williams Day" in Brookings. Williams is Brookings own Hollywood celebrity, having won two academy awards.

This year it will be celebrated on Sunday, April 27, starting with a tribute to Williams at "High Noon" at the Capella by the Sea in Azalea Park. It will be followed by the showing of "The Amazing Adventure" at the Chetco Community Public Library in Brookings which was Cary Grant's first starring role and Elmo's first editing of a major motion picture. It will be followed by a taped interview of Elmo talking about the making of the film, the stars in it, and the early days of the British film industry.

Noon - "High Noon" tribute at Capella by the Sea

2 PM - "The Amazing Adventure" showing at the Chetco Community Public Library

April 2025


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- Patron \$263
- Collector \$525

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- Facials / Chemical Peels
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 **www.chetcomedical.com**

 **97825 Shopping Center Ave, Brookings, OR**



CHANGE and IMPERMANENCE - The Constants of Life By Ken Dobberpuhl

In It is often said that change is good, but clearly some changes in our lives can shake us to our core. I used to have a quote by Wolfgang Goethe, hanging in my training studio, that stated: Change will occur when the will to change is greater than the resistance to change. At that time, I honestly believed that change was simply a matter of will power. Now that I have a few more years of life experience under my belt, I don't give this offering quite the weight I used to. Intellectually, most people understand that not many things in life stay the same and that change is inevitable, but when change is presented to us, most of us resist.

In Buddhist philosophy, it is stated that the root cause of suffering is attachment, and often when faced with change, we suffer because of our resistance to it. Naturally, there are aspects of our lives that we work hard to maintain, our relationships, our jobs, and our homes, but none of these are guaranteed to remain unchanged. I think it's worth considering the impermanence of all things, as a hedge against the devastation one can feel when we lose someone or something we are closely attached to.

I believe that by at least acknowledging that change and impermanence are always at play, we can hopefully be more resilient when it comes our way. In Stoic philosophy there are two axioms that are helpful in this regard: Memento Mori – Remember that

you are going to die and Amor Fati – Embrace your fate. Some might consider these as negative or doom and gloom, but I find them motivational, to live life to the fullest, because the party doesn't last forever. By embracing our fate or what life throws at us, we can develop a deep unwavering constitution that can carry us through any hardship we are presented with.

I'm not suggesting that this is easy, but neither is life. Like an old Arab proverb states: Life is harsh and then you die. Just as we cultivate our physical bodies to become strong and resilient, so to, can we train our minds to develop a form of self-mastery, that keeps us steady in a crisis. Learning to respond, rather than react immediately can prevent worsening an already tough situation. There are daily opportunities to practice responding after a brief assessment of the situation, rather than flying into reaction mode and defending some supposed assault on your ego or character. You might get cut off in traffic, someone might be critical of your work, your partner might say something hurtful. Rather than reacting, take a long slow breath and ask yourself, is this worth going to battle over?

Change and Impermanence will be omnipresent throughout our lives. We can't stop these events, but we can decide how we will respond to them when they arrive in our lives. Unanticipated events or difficult people give us an opportunity to grow by not reacting emotionally but with a measured response.



95976 Cape Ferrelo Rd
RMLS: 100356529
\$865,000

ENCHANTING RETREAT on 3.41 Private Acres – A True Woodland Sanctuary! This privately situated property spans 3.41 serene acres. Main Residence & Guest Cottage combined, is a total of 2,629 Sq. Ft. This enchanting property includes a charming main home paired with a 1 bed/1 bath detached guest cottage, creating the perfect setup for multi-generational living, a private retreat, or a vacation rental opportunity. This home effortlessly blends shabby-chic charm with elegant farmhouse aesthetics, offering a cozy yet refined ambiance. Don't miss this rare opportunity—schedule your private tour today!



1305 Moore St Unit 401
RMLS 576623267
\$625,000

STUNNING OCEANFRONT VIEWS & PRIVATE BEACH ACCESS! 2 bed/2 bath, 1,182 sq ft. Experience the ultimate coastal lifestyle in this beautifully updated lower-level condo where breathtaking ocean views, dramatic sunsets, and up-close wildlife encounters await! From your living room, kitchen, or private balcony, watch whales breach, seals bask, and seabirds soar against the Pacific horizon. A single-car garage with a covered walkway to your front door adds convenience. No short-term rentals allowed. Don't miss your chance to own a piece of Oregon's spectacular southern coastline!



98126 W. Benham Ln
RMLS: 287866829
\$315,000

Your Coastal Retreat Awaits! Live your dream lifestyle in this stunning 3-bedroom, 2-bath home located in the sought-after Emerald Coast Estates, just moments from the breathtaking southern Oregon coastline. This gated 55+ community in Brookings Harbor offers the perfect blend of comfort, convenience, and natural beauty. Residents have access to: scenic walking trails, peaceful waterways, serene koi pond, raised garden beds, RV/boat storage, clubhouse hosting potlucks, movie nights, and game-day gatherings, Saltwater pool, fitness center, and a library. Schedule your showing today! Ask to view the 3D tour.



94270 Mound Way, Gold Beach
RMLS: 247807023
\$2,645,000

Your Dream Oceanfront Home Awaits! Discover the pinnacle of coastal luxury with this breathtaking, modern oceanfront home! Located on a stunning 7.64-acre property, this one-of-a-kind residence offers unparalleled views, privacy, and convenience, creating the perfect sanctuary for oceanfront living. The home combined with guest quarters spans an impressive 4,651 sq. ft. totaling 5 bedrooms, 3 1/2 baths, vaulted ceilings, skylights, and expansive windows that fill the home with natural light and showcase the panoramic ocean views. Call for your appointment today!



MARIE CURTIS Owner/Broker
—RE/MAX Coast & Country
541-661-3056



Hours - Daily
9am - 9:50pm

Happy Hours -
4:20pm-6:20pm

541-254-9420

704 Chetco Ave
Brookings, Or

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Gather and collect stackable
"Discount Eggs" from Local Businesses 4/10 - 4/20
for massive savings. See participating locations for
details:

📍 Misty Mountain Brewing
📍 Pete's Bar & Grill
📍 Red Eye Hut
📍 Superfly

📍 Wicked Pig
📍 Black Trumpet
📍 Zola's
📍 Fat Irish

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MONDAY.....10% OFF EDIBLES
TUESDAY.....50% OFF SELECT STRAINS
WEDNESDAY.....50% OFF OZ'S
THURSDAY.....TOPICALS 20% OFF
FRIDAY.....10% OFF EXTRACTS
SATURDAY.....10% OFF PRE-ROLLS
SUNDAY.....20% OFF CARTRIDGES

