



WILLIAMS news

VOL. XXXVIII, NO. 6

P.O. BOX 73, WILLIAMS, OREGON 97544

APRIL 1, 2009

Online at: www.williamsnews.org

E-mail: williamsnews@gmail.com

A free, bi-monthly newsletter dedicated to informing, educating and enlightening the community of Williams.

LIBRARY NEWS

by Pat Rickert

Book Sale Thank You To The Community

In spite of the rain, book lovers arrived in a steady stream during the full five hours of the booksale. It probably was the most successful booksale in all my years of living here. A lot of that success was due to the participation of the whole community. THANK YOU to the many volunteers who showed up to do the loading, packing, setting up and repacking of the books. What a crew.

Many community members contributed of their labor, talent and creativity to help fill eight baskets full of wonderful gifts. A big THANK YOU to Herb Pharm, Forestfarm, Goodwin Creek Gardens, Lupin Knoll, Seven Seeds Farm, Paul Sherer – United Natural Foods Inc., Applegate Valley Artisan Bakery, Out of the Way Café, Joy La Spina, Louisa Lenz-Porter, Ray Reussner, Evelyn Roether, Dorothy Butz, Gloria Eckert and Linda Dubose amongst others for your donations that made our raffle baskets a big hit. Others baked cookies and cakes to sell along with the coffee, tea and cider. Those who worked on the publicity did an outstanding job. And once again the Williams Grange proved to be the perfect spot for the booksale. Their assistance and co-operation are applauded. And of course, THANK YOU to all who came and bought books and all who donated books. Your support and appreciation made it especially worth while.

Stay tuned, the Williams Friends of the Library will participate at the May 2, Pacifica Art and Wine event, and other upcoming happenings that will let you buy books at a reasonable cost and also let you help promote libraries.

JCLI News

JCLI (Josephine Community Libraries, Inc) is planning a big Spring Membership Drive with lots of activities, speakers, community events and a Donor Appreciation Reception. National Library Week is April 12 - 18 so

watch for upcoming events! Please check the JCLI website for details (www.josephinelibrary.org) and remember to renew your membership in JCLI every year, to keep our libraries open. Setting up an automatic monthly donation, debited from your bank account, can be the best way to ensure stable funding for the future.

TOWN MEETING – APRIL 6TH MONDAY – 7 to 8:45pm WILLIAMS SCHOOL GYM

Let's circle up with a short meet and greet with our neighbors and the Williams Town Council folks (Citizen Advisory Council, CAC). The following agenda items have been brought to our attention, to share with our community.

- Friends of the Library update, recent book sale and the Williams library.
- SugarLoaf Community Association update.
- Fire department status and cell tower update.
- The current status of land use measures 49 and 37.
- Current status of Medical Marijuana laws in Oregon and the future.

Each 10 minute presentation will follow-up with 10 minutes for questions and answers from the audience. For more information, call Steve Williams 846-6002 or Claudia Beausoleil 846-6092.

IT'S NO JOKE!

**THE COUNTY IS THREATENING TO SPRAY
POISONS ON OUR ROADS!!!**

GET INVOLVED!

**NEXT MEETING AT THE WILLIAMS GRANGE:
WEDNESDAY, APRIL 1st at 7 pm**

APPLEGATE LODGE HOLDS FUNDRAISER FOR APPLGATER

Even though times are tough, the Applegate River Lodge & Restaurant has stepped up to demonstrate their continuing support for the *Applegater*.

On **Sunday afternoon, April 26th** the Applegate River Lodge & Restaurant is holding the first BBQ of the season AND all proceeds go to the paper. What a day is planned! In addition to the wonderful menu of chicken, salad, baked beans & bread, local Applegate Valley wineries will be pouring wine.

Live music is also going to be provided by Duke Davis & Friends.

A silent auction is planned and there are a wide variety of items to bid on – something for every budget. Some examples are plants from Forest Farm, gift certificates for local services, and local artwork. There is even a catered dinner for 6 at your home donated by local epicureans from Eve's Café. What a way to impress you friends and/or family for a special event.

So get your tickets now for the BBQ and join us from 3 P.M. - 7 P.M. Sunday, April 26th at the Applegate River Lodge & Restaurant in downtown Applegate. Tickets are \$10 for adults, \$6 for 12 and under and under 4 free! An affordable afternoon of food and fun for the whole family! What a terrific way to support our very own *Applegater*.

BEWARE APRIL FOOL

submitted by Cynthia Elmore

Nobody really knows the genesis of the April fool prank, but there are several theories. Until the 16th century April 1st was a day for visits and gift giving, being the last day of the Vernal Equinox Festival, the celebration of the beginning of the New Year. All that changed in 1564 when Charles IX adopted the Gregorian calendar and re-set New Year's Day to January 1st. Thereafter, traditionalists who stubbornly persisted in celebrating on April 1st were mocked as fools and became the butt of pranks and jokes. Another theory attributes this custom to the spring festival of the Celtic god of Mirth, Myrddin. Whatever its origins, it remains a well observed occasion for fun.



“Let all who are to mirth inclined Consider well and bear in mind”
.... that on April Fool's Day
.... YOU could end up with a "Kick Me" sign on your behind!

WILLIAMS GRANGE NEWS

by Kathy Escott, Secretary

WILLIAMS GRANGE PANCAKE BREAKFAST
April 12 from 8:30 to 11:00,
BLUEGRASS JAM from 11:00 to 1:00.

RENT THE WILLIAMS GRANGE ~ Email Kim Mericle at kimmericle@dishmail.net, or call her at 846-6345. Look for the events calendar posted in the Williams Grange for a variety of ongoing classes, fund raisers and social events.

BUSINESS MEETING ~ 7:00 PM Wednesday, April 8.

NEW BUILDING IMPROVEMENT ~ People have complained recently that the Williams Grange building was hard to find, and as an important Williams landmark, needed to be more prominent. Some even said that they drove right by it looking for the Pancake Breakfast, but never located it. So, due to popular demand, the Williams Grange building will be painted purple.

SPRING AT SEVEN SEEDS

by Don Tipping

We here at Seven Seeds want to thank you for your support in our new endeavors this spring. *Siskiyou Seed* is our new retail seed sales business that we hope to grow to a scale to support the organic seed needs of our valley's farmers and gardeners.

Currently our seeds are available at a seed rack at the Ashland Co-op or by contacting us and selecting from our seed list. We are hoping to incorporate the legacy of *Sow Organic* seeds into our offerings (formerly on Tetherow Rd in Williams, run by Al Venet & Cheryl Lee and family for many years until Al's untimely passing). We will be growing out many of the Sow Organic collection's varieties to evaluate them for purity and vigor this season. We have received an enthusiastic response for local seed orders and our challenge now is to have enough seed to fill all the requests. We are excited about growing small plots of seed this upcoming season to build our seed bank for next year's Siskiyou Seed packets. Into the future we hope to build our local economy by offering more employment opportunities and seed production contracts to local organic farmers.

This spring, Don Tipping will be teaching 6 day classes at our farm. It feels like an appropriate time to be offering classes on how to produce what we eat and locally and ecologically. It was heart warming to have such a great local turnout for our first "food forest" class despite the pouring rain. As Seven Seeds Farm enters its 13th season, we feel fortunate to be finding our role here in the Williams community and the extended Applegate Valley embraced strongly.



Our first two Growing Food Forests classes filled up quickly. The upcoming classes are filling up as well, so please preregister early as we have set a class size limit of 25 people. If you are interested in our classes or our seed list,

please email us at sevenseedsfarm@yahoo.com or call 846-9233.

Also, I have started a free web log, or Blog, with organic farming ideas, experiences and free advice. I will be developing a free gardening guide with our hard learned tips to encourage success at growing the seeds we sell. The address is www.biodynamicseeds.blogspot.com

Seven Seeds Farm is offering 3 more classes this spring:

SUNDAY APRIL 5, 1 – 4 PM SAVING YOUR OWN SEEDS

Join us for an action packed day at our diverse, mixed crop family farm. We have been growing a wide array of vegetable, flower and herb seed for the past 12 years and are excited to share our experience with other gardeners in our community. Participants will learn the basic reproductive biology, including understanding the pollination requirements, planning specifics, biennials vs annuals, selfers vs. crossers, and more. Harvest techniques and seed cleaning will be covered in part II in the fall. Careful planning now can enable you to grow many of the seeds that you and your neighbors use in the garden. Handouts provided.

Cost: \$25 Instructor: DON TIPPING

SUNDAY APRIL 19, 10 AM - 4 PM CREATING AN ECOLOGICAL HOMESTEAD

A permaculture approach to human settlement. This practical outdoor class will inspire ideas for your own homespace. Topics include pattern observation, assessment, retrofitting, infrastructure, dancing with the elements, water, ponds, soils, food crops, integrating animals and a few hands on projects. We'll also do an extensive tour of our farm which has been lauded as one of the best small scale diversified farms in the Northwest.

Cost: \$40: Instructor: DON TIPPING

SUNDAY MAY 24, 1 - 4 PM HOMEGROWN FOOD YEAROUND

In the Siskiyou mountains it takes experience and careful planning to ensure homegrown food for all the months of the year. This timely class will emphasize storage crops, small grains and winter foods often overlooked by the home gardener. We have timed this class so that you will still have ample time to plan and plant your fall and winter garden.

Cost: \$25, Instructors: DON TIPPING & KIMBERLY BROWN

EXCITING NEW VEGETABLE: TESCO

announces a hybrid Carrot seed now available. Tapered air holes which develop inside the carrot as it grows cause it to whistle when properly cooked. Seed available soon at The Store.

PHILIP CARPENTER QUALIFIES FOR ARCHERY COMPETITION

My name is Philip Carpenter. I am 12 years old. I live in Williams, Oregon where my family has lived for 60+ years. I attended Williams Elementary School and am now in the 6th grade at Lincoln Savage Middle School. I am very involved in my school's activities. One of those programs is the Lincoln Savage Archery Team.

I recently placed 3rd at state finals held in Lincoln City, Oregon on February 27, 2009. I now qualify for the Nationals on May 8th and 9th of this year in Louisville Kentucky.

I am working on raising money to be able to go and if I place there I win a college scholarship. Any donations would be much appreciated. If you would like to meet me in person I'd love to.

Thank You,
Philip Carpenter
541-846-0562
P.O. Box 433 Williams, OR 97544

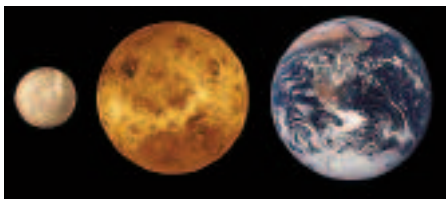
Applications Being Accepted for THE WILLIAMS SCHOLARSHIP

submitted by Linda Dubose

Applications are now being accepted for the 2009 Williams Scholarship. The opportunity is open to high school graduates, as well as any adult seeking higher education. The only requirement is that the candidates must reside in Williams (as defined by the Williams Elementary School District). High school students may obtain applications at the Hidden Valley High School counseling office. Others should contact Peg Prag at 846-9230, or write to the Williams Scholarship Committee, P.O. Box 73, Williams, OR 97544. Applications must be submitted by April 17th.

Anyone wishing to contribute to the Scholarship fund (a non-profit organization), may send a check to P.O. Box 73, Williams, OR 97544

According to British astronomers, at precisely 10:54 on April 1st, Mercury, Venus and Earth will align causing a momentary reduction in the Earth's gravitational pull. If you jump into the air at that exact moment you will experience a brief floating sensation. Try it!



Grand Opening of ORIGINAL GOODIES

at the Out of the Way Café

April 17 (Friday), 18 (Saturday)
& 19 (Sunday)

Full Breakfast • Bakery
Gourmet Espresso

NEWS FROM PISU DOLCE WINERY

Oregon vintners in the Applegate Valley area have developed a new hybrid grape that acts as an anti-diuretic. It is expected to reduce the number of trips older people have to make to the bathroom during the night. The new wine will be marketed as PINO MOR.

ROOTS

by maya manymoons

locavore song of praise; Spring Equinox,
March 21, 2009; Williams Watershed

feels like family
feels like healing
feels like blessings
feels like Grace
feels like here and now

the tastes were divine
the colors an array of our Earths bounty
the smiles endless
the twinkles brilliant

simple, abundant Love in action

*It is the ability to take a joke,
not make one, that proves you
have a sense of humor.*

~ Max Eastman

Jeanne Gostnell

Strong, Agile and Capable of Amazing Feats

by Rita Grauer

Just weeks after we settled here in 1987, my husband Jim met Jeanne Gostnell on the steps of the Williams P.O. She'd stopped to admire his sleek Italian racing bike and noticed a plump tick on the eyebrow of a dog who'd wandered onto the porch. That friendly canine was Kojak, a big, black lab affectionately nicknamed the "Mayor" of Williams at the time.

As Jim likes to tell it, without missing a beat Jeanne approached the animal, grabbed him in a headlock, pinched off the parasite, and flicked it to the ground while she continued talking. A bold act that greatly impressed Jim, a life-long city boy who'd never witnessed anything quite like it before.

Since then, Jeanne's enthusiasm for bicycling and fitness, and her penchant for bold action have continued to flourish (as well as her innate ease with animals!). Some of you Old Timers may remember the popular Pioneer Round-Up Bike Races that she and Dan and Claudia Beausoleil, organized every summer from 1988 through 1993, attracting throngs of riders from our region.

Or perhaps you recall a truly amazing bicycling event she helped bring to Williams in more recent years. Many of us watched in awe as Cycle Oregon — an annual seven-day bike ride organized by the Oregonian Newspaper — with its nearly two thousand riders from across the state and around the country descended into our valley from the heights of Cedar Flat Road. (By the way...Jeanne and her husband, Craig, are the only couple to have ridden all 20 Cycle Oregon tours since its inception in 1988.)

Today most of us recognize Jeanne as the leader of our Intu-Flow®/Warrior Wellness classes — focused on joint health and mobility — held before the Grange Hall Breakfast every month. If you've made a recent promise to yourself to get in shape, the simple, highly effective techniques may be just what you need. The next class is scheduled for Sunday, May 10 at 8:30 a.m. and only costs \$5.

Be sure to watch your JoMail emails for announcements regarding other times and locations for Jeanne's classes, and take a peek at the list of her Grants Pass classes at the end of this article. As a certified Coach in the Circular Strength Training® System (CST) — which is the basis for Intu-Flow®/Warrior Wellness — she also trains with bodyweight exercises, and "Clubbells" which are swung, not lifted like conventional weights.

"The heaviest Clubbells," she says with a wry smile, "look like baseball *bats* on steroids!"

A few months ago Jeanne was interviewed by *RMAX Magazine*, the online publication for CST. Her answers to their questions about the experiences that led her to become a fitness trainer belie the depth of Jeanne's commitment to well-being. Below is an abbreviated version of that interview...and if you'd like to read more — plus Jeanne's monthly column and a host of other health and fitness articles — just click on "magazine" at <http://www.rmaxi.com>.

Now that the worldwide web has been introduced to this remarkable Williams resident, perhaps it's time for the rest of us to get to know our very own Jeanne Gostnell a little better, too!

Enjoy!

RMAX: I think our readers might appreciate knowing about your fitness background, Jeanne. What can you tell us about it?

Jeanne: Well, from the age of eight or so, in my mind at least, I was strong, tough, agile and capable of amazing feats. Although puny and frequently sick as a child, I enjoyed running, climbing, riding bikes, and tussling with the rest of the neighborhood kids.

As a young adult, I went through an "athletically inactive" phase that included cinnamon rolls and chocolate milk for breakfast. But after a couple of bouts with pneumonia I began to realize that food was actually a source of nutrition. That's when I started eating consciously and engaging more in organized sports.

I played City League softball, ran, competed in citizen bike racing (mountain and road), and I've ridden the Cycle Oregon tour with my husband, Craig, for 20 years running. For my 50th birthday he thought I "needed a challenge", so he gave me a unicycle, which I learned to ride. I've also indulged in cross-country skiing, and aerobics and other gym classes such as Spinning, Power Pump, free weights, machines, and Nautilus ad nauseum. I spent seven years practicing Tae Kwon Do and Tang Soo Do, then switched to yoga in 2007, my first formal practice of it since the 70's.

continued on next page...

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RMAX: How did you find out about Coach Scott Sonnon and his Circular Strength Training® System?

Jeanne: In the days before I had a recumbent bike, riding uprights led to neck, upper back and shoulder problems. One day when a friend and I were warming up for a ride, she showed me these weird circular shoulder exercises that her chiropractor, Dr. Kevin Teagle, had taught her. I was already doing lots of stretching and whined that I didn't have time for one more thing, but the weird circles felt so good that when I next needed to see a chiropractor, I visited Dr. Teagle. He gave me "Warrior Wellness" Tape 1 (now replaced by "Intu-Flow®"), and the rest is history...and my daily practice!

RMAX: What are the major benefits you've received from the work?

Jeanne: Oh, that's easy...there've been many:
— Mobility, which you don't realize you're losing, but you sure notice when it comes back!
— A chance to meet and work with some of the best people I've ever known.
— The satisfaction that comes from seeing the results when people regularly continue the practice.
— A new way of looking at what's possible for any of us, from the way we move, to the way we live life, itself.
— And finally...at the start of my seventh decade, my body is catching up to the impression I had of myself as a child. I am strong, agile, and capable of amazing feats!

RMAX: What has contributed most to your success as a CST athlete?

Jeanne: Success? How about work-in-progress!

Whatever I've achieved is due in large part to the excellent material I've had to work with, and the excellent people who've provided support and inspiration along the way (oh, there's been occasional mockery, too, but that's part of the fun). And, of course, the unflagging support of my husband, Craig — he's not always sure what he's encouraging me to accomplish, but he's always encouraging.

That said, I work at it steadily, thanks to the discipline I developed through years of bicycling. There were countless times I'd decide not to ride because I was "too tired," or it was "too hot, too cold or too windy," and I'd find myself out on the road anyway. There are a limitless number of excuses waiting to spring into my mind, regardless of the activity, and no matter how much I practice setting them aside, they're just as tough to overcome the next time. It's simply a matter of getting out there despite the excuses.

RMAX: What is the major attraction for you when it comes to training?

Jeanne: I love being able to design my own programs, to tailor them towards specific goals, and

to know that I won't be doing the same five or ten exercises from here to eternity. And, it's especially gratifying to be functionally stronger and more mobile now than at any previous age since childhood.

RMAX: You were recently promoted to a CST Coach. How would you define this new role you'll be playing?

Jeanne: I'm in the process of understanding what the change means. In a way, it's not so different from being an instructor — to always be learning, to expand the boundaries of experience and knowledge — only more so. Plus, I'm learning to "unearth" what I DO know and find ways to use it.

Because of where I live, I may be the first and only contact that many people will have with CST. I take that responsibility seriously. Which means that my own practice is always a priority! I must constantly strive to be a living example of what CST can do for a person, and to know how to "show the road" to anyone who chooses to establish their own practice under my guidance.

JEANNE'S WEEKDAY CLASSES IN GRANTS PASS:

Tuesday, 6:00 p.m., Rogue Valley Fitness Center (200 Redwood Highway)

Mobility, Strength Training, and Floor Exercises
1 hour - \$5

Thursday, Noon, Grants Pass Community Center (between 4th & 5th on L)

Mobility - 40 minutes - \$2

Friday, Noon, TaeKwonDo Studio on 7th (across from Wells Fargo)

Mobility, and more - 45 minutes - \$5

Personal Training sessions for mobility, health and strength are also available - Don't just get fit, get fit for Living!

WILLIAMS NEWS VOLUNTEERS

Editors: Sara Katz, Kathy Escott,
Beth Baugh, Cynthia Elmore

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Treasurer - Linda DuBose

Printing - David Markle

Distribution - Louise Butler

And On That Note - Kim Mericle

Odds 'N' Ends - Pat Rickert

The Williams News is a community newsletter published twice each month. We look to members of the community to contribute articles on community issues, events, & activities.

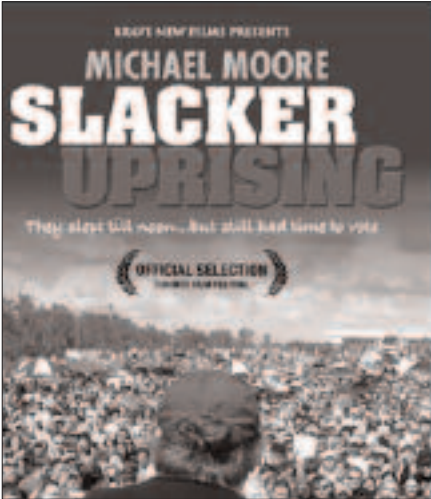
Send Submissions to: P.O. BOX 73, Williams, OR 97544, or email: williamsnews@gmail.com

Deadlines are the 7th and 21st of each month

WILLIAMS GRANGE ENVIRONMENTAL/SOCIAL ISSUES FILM SERIES

April 16 Thursday, 7 PM at the
Williams Grange

Michael Moore's *SLACKER UPRISING*



May 21 Thursday, 7 PM at the
Williams Grange

The Devil's Miner



For further info, contact Paul 846-6016.

GREYBACK WAKES UP

BLM announces that due to recent discovery of a lake of magma beneath Greyback Mountain, Seismic Vent wells will be dug on the uplands south of Williams to relieve pressure and prevent an eruption. Anyone requesting a Seismic Vent to be dug on their property is advised to contact their local representative.

T.O.P.S. MEETINGS

Want to lose weight and feel better?
TOPS (Take Off Pounds Sensibly)
meets every Monday at the Applegate
Community Church.

Weigh-in is 8:30-9:00am,
and the meeting is 9:00-10:00am

Call Carole at 541-890-1866 for more
information. TOPS OR #1026

the Earl Brothers

Fine Old Music
WILLIAMS GRANGE DANCE
7:30 FRIDAY APRIL 10
\$5 TO \$15
sliding scale

INFO 846-6345

Thank you for Shopping at the Historic
Williams General Store

20180 Williams Hwy., Williams
846-6212



AND ON THAT NOTE...

by Kim Mericle



A bimonthly musical calendar featuring Williams' musicians & musical happenings in and around our lovely valley.

UPCOMING APRIL SHOWS:

Wednesday 1st The Rogue Suspects
7 pm Applegate Lodge

Wednesday 1st BOB MARLEY
Midnight at the Williams Grange

Thursday 2nd TBA
6-9 pm Magnolia Grill

Friday 3rd Swing State
6-9 pm Out of the Way Café

Saturday 4th The Smokin' Rogues
9-12 pm Out of the Way Café

Saturday 4th Tim Mitchell
9 pm Knaughty Pine

Wednesday 8th One Horse Shy
7 pm Applegate Lodge

Thursday 9th TBA
6-9 pm Magnolia Grill

**Friday 10th The Earl Brothers
(Hillbilly Dance Music)**
8 pm Williams Grange

Friday 10th Buzz
6-9 pm Out of the Way Café

Saturday 11th Dos Gardenias
9-12 pm Out of the Way Café

Saturday 11th TBA
9 pm Knaughty Pine

Wednesday 15th Darrell Mansfield Blues Band
7 pm Applegate Lodge

ONGOING MUSIC:

1st & 3rd Thursdays Open Mic w/ Buzz
6-9 pm Out of the Way Café

2nd & 4th Thursdays Karaoke
6-9 pm Out of the Way Café

Second Sundays Bluegrass Jam
11am - 1pm Williams Grange

In The Spotlight: THE EARL BROTHERS

The Earl Brothers, based out of San Francisco, CA, perform original hillbilly mountain music. The band's "less is more" approach to songwriting, singing, and musicianship will make you stop whatever you're doing and take notice. For those who remember the first time they heard the high-lonesome sound of Bill Monroe or the otherworldly harmonies of the Stanley Brothers, that same thrill of discovery is being created again by the Earl Brothers. Unlike other traditional bluegrass bands that seek to re-create the music of the original bluegrass masters, the Earl Brothers are blazing their own trail, extending the genre, while staying within the gritty tradition that started in the 1940s and 50s. Listeners are left with a mix of exhilaration and bewilderment upon their first exposure to this new-yet-old form of music. In the short time since the release of their third album, Moonshine (the eagerly anticipated follow-up to 2006's Troubles to Blame and 2004's Whiskey, Women & Death), The Earl Brothers have received an overwhelmingly enthusiastic response from music-lovers, festival promoters, radio DJs, and music journalists across the country and abroad. CD orders and radio requests have been tumbling in from such far-flung locales as Australia, Belgium, France, Japan, the Netherlands, New Zealand, and even New York City!

The Earl Brothers will be whooping it up on Good Friday, April 10th @ The Williams Grange, 8 pm.
\$5-15 Sliding Scale.
For more info: 846-6345



Official Website- www.earlbrothers.com
Myspace.com- www.myspace.com/earlbrothers
Cdbaby.com- <http://cdbaby.com/earlbrothers>

If you know of any musical happening in the valley or would like to be the featured artist in this column, please email me, kimmericle@dishmail.net or call 846-6345 by the 6th or 20th of the month for publication.

Classifieds

STORE FRONTS		LANDSCAPING			
WILLIAMS GENERAL STORE 846-6212		R.W.CASSIDY, INC. Design & Building 846-1248 Lic. #166059 Remodeling, Custom Homes, Small to Large Jobs. Free Estimates		LYNN'S LIVING DESIGNS L.L.C / LCB 7412 Design, Consultation, Landscape, Irrigation cell: 659-3173 • ph: 846-7721 www.lynnlandscapes.com	
PROVOLT STORE 846-6286 Open Mon.-Sun. 7 am to 9 pm. Coldest beer in town at reasonable prices. We take Credit Cards, Food Stamps and WIC		SERVICES		WHITE WATER LANDSCAPE SERVICES WhiteWaterServices.com 846-9999 Design, Installation, Irrigation, Lighting, Sod, Retaining Walls, Pavers, Water Features & More! LLC, LCB#8312	
PINE-ROK REALTY 846-7131 Jo Harrison, Paula Sepolpo, Walter Simpson, Bill Ertel Po Box 203 / 165 Tetherow Rd. pine-rok@budget.net		APPLEGATE PLUMBING LLC New Construction Remodel/Repair 846-0540 CCB#175451		HEALTH	
WILLIAMS COUNTRY STORE *OPEN EVERY DAY* Diesel, Gas, Propane & Groceries 120 E. Fork Rd 846-1311		MYCOMMUNITYMATTERS.NET High Speed Dial-up, Website Hosting, & More. Call now for a free month of service. 846-0456		SO. OR. MEDIATION CENTER Problem solving family matters, couples, business, neighbors, anger management with confidentiality 846-6092	
OUT OF THE WAY CAFÉ 846-6666 (serving organically raised, locally grown) Burgers, Pie & Beer Nightly Specials Open Weds. - Saturday		NOVUS WINDSHIELD REPAIR 474-5646 / 800-848-2225 Winshield Repair, Scratch Removal, Headlight Repair		MASSAGE WITH JOY <i>Healing, Therapeutic Massage</i> Joy LaSpina, L.M.T (state licensed) 846-6833 Experience deep relaxation, stress-reduction, & pain relief.	
PROVOLT COMMUNITY HALL (formally Grange Hall) is available to rent. Anyone interested in reserving the building please call Judy Towne at 659-7499		KENDON LEET REAL ESTATE Rural Property Specialist serving all of So. Oregon w/ emphasis on on Williams & Applegate Valleys. 846-0125 or 660-7996 kendon@kendonleet.com		EFT - EMOTIONAL FREEDOM TECHNIQUES Energy Psychology "Where emotional relief brings physical health." Deborah Fox: EFT Coach, Level 3 Practitioner - 846-6380	
CONSTRUCTION		AMERICAN FUEL REDUCTION, LLC Forest Fuel Management & Brush Removal / Senate Bill 360 Grants, CCB #184719 Call for appt. Jason 846-6906 or Seth 415-2940		<i>Isn't it appropriate that the month of the tax begins with April Fool's Day and ends with cries of "May Day"?</i> ~ unknown	
BILL HERNON Carpenter/Painter/Tile Home Improvement & Repair: Finish Work, Fences, Decks, etc. Free Estimates 846-6332 Lic. # 146763		ALL KINDS OF REPAIRS AND SIMPLE SOLUTIONS 23 years experience. Kitchen, Bath, Doors, Decks, Farm & Fences. Many local references; reasonable rates. Greg Cox 846-6594			
CUTTHROAT SHEET METAL MANUFACTURING Flashings & Fabrication 846-9606		PERSONAL ASSISTANT Writing • Editing • Filing Organizing • Phone • Email Design • Illustration cynthia@cynzart.com 541-727-1873			
JOE FICHTNER EXCAVATION "I Dig Williams" Backhoe • Cat • Dump Truck 846-7665		ADVERTISING GUIDELINES			
STONE BY STONE Randy & Jan Laiho 846-7875 C.C.B.-165568 Natural Stone Masonry, Mosaic art, Stained Glass		Classes & Events: Classified ad: \$2, or Display ad: 1/4 pg \$4, 1/2 pg \$8 We accept ads from residents, organizations, & businesses based in Williams. Classified Ads: maximum 125 characters, inclusive of spaces. Please include payment with your ad. Deadlines are the 7th and 21st of each month		Goods & Services, Rentals, Help-Wanted, For-Sale Classified ad only: \$4	