

# Seattle singer plans soulful Solstice show in Cottage Grove

By Caitlyn May  
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Last year, Jill Cohn wasn't thinking about writing music.

She had just gotten out of a seven-year relationship that saw her pick up and move from Seattle to Colorado. The last thing on her mind was resuming a touring schedule or creating new songs.

"I didn't want to write a break-up record," she said in a phone interview from Washington. "I was focused on healing my broken heart but then things started getting nice in my life. I was feeling happy again and having a more positive outlook on my future and I started writing songs."

She took those songs with her on tour, mostly traveling between Washington and Oregon, getting back into the groove.

"Two songs came down the pike. One called 'Possibilities' and one called 'Legends' and I thought I was ready to make another record," Cohn said.

The result was *Balanced on the Rail*, a record Cohn will be releasing in Cottage Grove on Dec. 21



PHOTO C/O JILL COHEN

Seattle recording artist Jill Cohn will perform this Friday at the Cottage Grove Events Venue.

during a Winter Solstice Concert at the Cottage Grove Events Venue.

While Cohn's promotional material describes her music as pay-

ing homage to Joni Mitchell, Sarah McLachlan and the Counting Crows, she says it's not that cut and dry.

"The hardest thing in the world to do is describe your own music," she said. "I'm always flattered when I have those comparisons to Joni Mitchell or Counting Crows because that's the music I cut my creative cloth from. More than anything though, I'm a folk artist and a songwriter. I hope to contribute my experience with something that matters to people and that they can connect with."

Cohn started connecting with people through music in her home city of Seattle where she got her footing as a musician.

"I started writing songs and put out my first CD and then I realized, you know, playing shows was going to be the way to get that out to people," she said. "I love traveling so I started doing small trips. At first it was just here and there and then it became my full-time occupation."

Eventually, Cohn landed opening gigs for Jewel and Dave Matthews. In 2001, she was a top five finalist in the Lilith Fair Talent Search and since 1999, has released 12 independent releases — some appearing on popular television shows.

When Cohn finally felt ready to make music again after her break-up, she contacted her old band in Seattle and the group recorded the record over the span of six days.

Now, Cohn is taking the record on tour.

"Even now when everyone has hundreds of songs on their phone, live shows are important. I just connect with an audience," she said.

The 7 p.m., Dec. 21 show is family-friendly, according to Cohen and is priced on a sliding scale. Entry starts between \$5 and \$10 per person.

"I'm super excited about it and I'm excited to do a Solstice concert because not everyone celebrates Christmas or Hanukkah so it's nice to have a gathering for folks about the season in general," she said. "It's all on a sliding scale, whatever folks can afford because of the holiday season and money is tight."

CDs will also be available for sale during the concert and Cohn's music can be found online at [reverb-nation.com/jillcohn](http://reverb-nation.com/jillcohn).

# Sheriff's office offers travel tips to keep holidays safe, happy

Wherever you're heading, if you're traveling during the holiday season, remember that everyone else in the world is also. Don't let terrible drivers, security scanners and long lines at the airport get you down. Here are some tips to help you survive the holiday travel.

**Plan ahead:**

Plan alternative trips if traffic makes your way home

too overwhelming. Is there a scenic drive that might be longer but have less traffic? Pack snacks and drinks so you and your family will be fueled for the road trip.

Break up a long drive by finding a few places to stop that will help keep the kids excited about the trip.

If you're flying, definitely get some food before you board the plane. Leave ex-

tra time before flights to get through security and plan your flights to allow extra time between connections.

**Follow these flying tips:**

- When flying, make sure you check the airline's restrictions ahead of time for carry-on luggage and fees for checked bags.
- Avoid checking bags altogether if you can. You won't have to wait for your luggage on the conveyor belt and you won't have to worry about your things getting lost.
- If you do check luggage,

make sure you have all your medications, important documents and maybe even a change of clothes in your carry-on in case your luggage does get lost.

**Pack earplugs:**

One of the best ways to mentally escape your stressful surroundings is to turn down the volume. The easiest way to do that is with earplugs. If there is a crying baby near you on the plane, put in the earplugs. If the music in the car is driving you crazy, put in the ear-

**Ship gifts or give gift cards:**

TSA suggests shipping wrapped gifts or waiting until you reach your destination to wrap them because they might have to unwrap a present to inspect it. Ship gifts ahead of time or buy the gift that can't go wrong: gift cards to a favorite store.

**Travel early or late in the day:**

Flight statistics show that planes traveling earlier in the day have a better on-time performance. And if your flight is canceled, you will have the option of taking a flight later in the day.

Also, there will be fewer lines at security. Best time to hit the road? When ev-

eryone else is asleep — early morning or late night.

You can always take a nap when you arrive at your destination or on the ride there if you aren't the driver. Also, travel on off-peak days.

**Remember to breathe:**

The overly friendly person on the plane, canceled flights, the luggage that fell off in the middle of the highway, can be stressful. But remember to relax and breathe.

These will make great stories to share when you finally make it to your destination. After all, holiday travel stress is just as much a tradition as pumpkin pie and re-gifting.

For more tips, visit [www.lincolncounty.sheriff.net](http://www.lincolncounty.sheriff.net).

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