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SOUNDING OFF

RoGue's Official Band Newsletter



Mother's Day Edition

May 2008

HAPPY MOTHER'S DAY

This Mother's Day, give your mom the gift that keeps on giving: a RoGue ringtone! Just Kidding! Although they have grown quite popular...

Nevertheless, we want to wish all the moms out there a wonderful and joyous Mother's Day this year. One day is never enough to celebrate the warmth, strength, courage and wisdom of the mothers - and mother figures - in our lives. So let's celebrate mothers, not just on Mother's Day, but everyday!

...But if you DO decide to give your mom a free RoGue ringtone, just have her text 'roguetime' to 69937 from her cell phone or PDA, and she'll receive a link to download "Found My Spot" from RoGue's sophomore album, entitled *Play the Game*.

(But hopefully you'll get her a REAL gift too!)



A MOTHER'S LOVE

The fight against autism

When Jesse Cooper (pictured on the left) turned 2 years old, his mother and father spent his birthday wiping his nose and trying to get his high fever to break. Basically, not much of a party for a typical toddler. The following week, Jesse was diagnosed with autism and his and his family's entire world was instantly transformed.

According to the Autism Society of America, autism occurs in one out of every 150 births and is one of the fastest growing developmental disabilities. Autism typically occurs within the first three years of life and is the result of a neurological disorder that affects brain function. Children and adults with autism can display difficulty in verbal and non-verbal communication, social interaction, and leisure or play activities. Globally, autism is four times more prevalent in boys than in girls.

Last month, Jesse's family participated in Walk Now for Autism, the nation's largest grassroots autism walk program. This fundraising program generates vital funds for autism research. It also successfully raises awareness about the increasing prevalence of autism, and the need for increased research funding to combat this complex disorder.

Jesse's mom, Nicci Guzik, led his [family's team](#) by raising nearly \$2500. The team's goal is \$5000, and it's not too late to help them reach it. If

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RoGue Music



Wanna buy more music from RoGue? You can purchase our albums from [CDBaby](#) and [iTunes](#). And don't forget to write a review! There's no better compliment than sharing how much you love our songs with others.

XOXOXOXOXO

RoGue Is Headed Back into the Studio!!!

you would like to help Jesse, his mom and the rest of Team AJ go all the way this year, [make a donation today](#).

With your help, and the help of others like you, we can work together to fight against this epidemic that is plaguing our children.

Congratulations to Team AJ on all of their hard work this year! We wish you guys the very best as you work towards reaching your goal!



DO SOMETHING GOOD FOR YOURSELF

Often we find ourselves doing things for others, and yet neglecting ourselves. Fast paced lives and hectic schedules can often leave us feeling burnt out if we don't take some time to rejuvenate our mind, body and spirit. While a trip to the Bahamas might sound like just the thing to help us restore ourselves, it doesn't always take a grand vacation or getaway to feel instantly renewed. Did you know that taking a little time to meditate each day can feel as great as taking a week's vacation?

May is Meditation Month and we thought it'd be a great idea to share some information about meditating and meditation exercises with our fans. Being in a band is one of the most exciting and fulfilling jobs, but it can also be stressful and draining. It's important that no matter what your daily schedule entails, that you take time to decompress, center yourself, and find moments of peace and serenity each and every day.

Meditation is an ancient discipline that has been practiced all over the world. There are lots of different types of meditation including, but not limited to, concentrative, visualization and movement meditation. And there are lots of benefits! Meditation can help enhance the immune system, relieve pain, unlock creative potential, decrease high blood pressure, slow the aging process and even help you gain more self confidence!

Amazing right? If you think you would benefit from meditation but you're not sure how to get started, we've got some really simple and effective tips to help you begin the process. In the article "How to Meditate in 7 Easy Steps" Art Stanley gives some really great tips that we think you'll find useful. Check them out:

1. Find a quiet place where you can relax comfortably for 10-15 minutes and go within.
2. Establish a comfortable position. Wear loose-fitting clothes so you're not distracted by something that doesn't feel 100% comfortable.
3. Let your eyelids close and allow yourself to relax deeply. Take long, slow, deep breaths. Breathe in a natural way without trying to stretch your lung capacity.
4. Clear your mind of all thoughts. Simply focus on your breathing -- in and out, slowly... deeply.
5. Inevitably, you'll notice thoughts coming into your mind. Just let them float right on by. Avoid giving any energy to any thought. Other thoughts may come about as your mind is used to having something to occupy it. Your goal in learning how to meditate is to free your consciousness from this mental activity.
6. Continue to focus on your breathing. Concentrate on nothing else but your breathing pattern. Try to relax at a deeper level and empty



This month RoGue is back in the studio! Well, don't get too excited quite yet. We'll be in the studio collaborating with other artists on a few projects. Never to fear, though. We will be making our own music again soon!

In the meantime, if you're searching for vocalists to lay down some tight harmonies on your next musical project, let us know!

CONGRATULATIONS! To Our Recent Trivia Contest Winners!



Mia Williams

RoGue Trivia Question:

Q: Who was the first woman to be nominated for President of the U.S. by a major political party?

A: Margaret Chase Smith



your mind of these competing thoughts as soon as you notice them.

7. Practice meditation every day. The more you do it, the easier it will be to master the basics of how to meditate. Each time, you'll find it gets a little easier to get into the zone of total relaxation and peaceful tranquility. Attaining this state gives you a feeling of true bliss and now you know how to get there whenever you wish.

We hope you make great use of these tips and that you're unwinding, relieving stress and tension, and improving your attitude and outlook in no time!

To read Art Stanley's article in its entirety, [click here](#).



HEADS UP: FREE MUSIC ALERT

If you read our recent [Myspace blog](#), then you may remember this statistic: tens of billions of songs were swapped illegally last year. Wow!

Well now music lovers may have the chance to download their favorite tunes from major artists, legally, and for free.

According to recent reports, QTrax, which initially launched in 2002, is now inking deals with major labels to provide free music to its users. The most recent label to jump on the bandwagon is Universal Music Group, which could make popular songs by artists such as Blink 182, Elton John, Erykah Badu, Portishead, Keyshia Cole, Stevie Wonder and N.E.R.D. up for grabs.

QTrax will generate revenue from advertising on the site and all artists and songwriters will be compensated for the use of their content.

Digital revolution indeed! One small step for music sites and labels, one giant leap for music lovers!



IT'S TRIVIA TIME!

The trivia question is quickly becoming RoGue fans' favorite part of our monthly newsletter. So just in case you bypassed everything else, and scrolled down to the trivia question in pursuit of one of our great prizes, this week's trivia question is related to autism and the article entitled "A Mother's Love" above. So here goes:

Q: What was the name of the psychiatrist who coined the term autism (English: autism) in the early 1900s?

Help Team AJ reach their fundraising goal for Walk Now for Autism, the nation's largest grassroots autism walk program. The program is a grassroots fundraising effort that generates vital funds for autism research. It also successfully raises awareness about the increasing prevalence of autism, and the need for increased research funding to combat this complex disorder.

If you'd like to help, [make a donation today](#).

To learn more about Team AJ, [click here](#).

Jerome Pittman

RoGue Trivia Question:

Q: Who is credited as the founder of Earth Day?

A: **Gaylord Nelson, U.S. Senator from Wisconsin**

Thanks for playing, you guys! Don't forget to try your luck with this month's trivia question!

GOT NEWS?

If you have information about a worthy cause, or an upcoming event that you would like us to share with our readers, email your news to roguegigs@roguetime.com. All news will be considered and if timely and appropriate, we will try our best to include it in an upcoming newsletter.

AND NOW IT'S TIME TO SAY GOODBYE...

Thanks to everyone that has emailed us to say that they love the newsletter and to keep 'em coming. We look forward to sharing more RoGue updates and news with you next month!

XOXOXOXOXO

Erika RoShawn, Melina RoChelle, & Krystle RoQuel

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