

# Centered seniors

By Beverly Dunlap  
For the Port Orford News

*"Ambition is the path to success. Persistence is the vehicle you arrive in."*  
— Bill Bradley, former U.S. Senator and basketball Hall of Famer.

I felt so good yesterday morning that I set up a real schedule of things that I needed to get done, but had been putting off forever. I kept saying I was waiting until I felt better or when I had enough bags around to fill and get rid of. My goodness, have you noticed how many things accumulate in a few short years? How about in ten or fifteen years? So I had been procrastinating for several months. I finally set a plan and it was definitely going to be done tomorrow! I got up on the "morrow" morning and was ready to get to work doing my responsibilities. I noted that it was a beautiful day in Oregon, as it so often is, but I was not going to let that defer me - after all, I had made a promise to myself that I was today going to take the bull by the horns!

It worked! And I worked as well as I was able, and I continued all day long! I want to tell you that I got everything done on my outline for the day! Alas, I did not get the entire job done. I looked out the window to the departing daylight and was sad that the day was over and I had

not been outside at all. Also sad that I still had another day's work to do tomorrow. At least then I should have it all taken care of and get a rest! Unfortunately it did not happen. The schedule went into the third day to complete all the chores! Those three days of work had been beautiful. Every time I got a chance, I would look outside to check on the weather and I would find a sunny day with no wind! That was sad, but I had completed much of the work that had been in the "need to do" stack for a long time!

Yesterday, I had scheduled a day to be out and about and a walk to enjoy the ocean on a sunny day! You guessed it - the sky was overcast with gray clouds or forest fire smoke and the wind was what had brought it there! Now, it did not seem to matter that I had done all that work during beautiful weather and was ready for a walk in the wind and clouds of the new day! Somehow, that is not right.

I believe we seniors are programmed to "get it done" from sometime in our life and we don't have the option of free thinking even unto this time - which is much later! I don't want to sound like anyone's judge, but as for myself, I want to do all the work and scheduled activities when it is raining or not nice weather! I want to have enough flexibility that when the weather is lovely, I can take that day and enjoy what the Good Lord has given us! Then,



ABOVE: Sprucing up St. Christopher's with some new siding were Fred Zarlingo, Chris Wagner, Bill McArdle and Mike Wagner. TOP RIGHT: Theatre 101 will present FoxWell Productions, a professional touring theatre company, in its newest comedy, Power Short Shorts, on Friday and Saturday, August 29 and 30. BELOW RIGHT: Molly's Revenge will play at the Pistol River Hall at 8 p.m., Saturday, Aug. 23.

# Community photos



PON and contributed photos

when it rains or the wind blows like mad, I can stay in my little house and do all those darned chores that need doing!

I certainly do not want to break my mother's heart, but I don't need to do the laundry on Monday, when it is a beautiful day outside!

If it rains the next day or two, I can take that time to do my laundry! I talked to a friend about this idea and she felt that we could not be happy unless all our "chores" are done and up to date! I have great respect for this friend, but believe that we need to smell the

roses while they are in bloom, which is better than trying to remember the fragrance later.

If I may digress, I want to share another one of the poems from my beloved book of poetry with you. Not the entire poem, but it's title: "I Shall Not Pass This

Way Again!"

There is nothing worse than a wasted life, or year or day or even an hour! Live each moment as if it were your last before those golden days are past!

Remember to be happy every day!

# Common Good, Inc. receives generous donation from LDS Church

The Church of Jesus Christ Latter Day Saints donated over 26 cases of high quality canned goods to The Common Good, Inc. food pantry in Port Orford.

The Board of Directors, Special Events Chairman, Warehouse Workers and Clients would graciously like to Thank those who provided these much needed food products.

Donations in all sizes are valued and Tax Deductible. We

seem to be extremely short on healthy snacks, cold cereals and cheese. Our "Carrot Fund" at Chetco Federal Credit Union is moving up slowly. Remember, you can donate \$1.00 to our special fund whenever you cash a check. Moneys in this fund will help defray the ever increasing costs.

Our Warehouse Manager, Al, is retiring. The new manager, Rene, has experience in this

field and will do a great job. Al remains a good friend of The Common Good, Inc.

As always, please watch those expiration dates. If you cannot figure the date out it is most likely past use. Also make sure your donations to the "The Closet" are clean and mended, wearable or useable off the shelf.

All our workers donate their time. Some even donate their

gas to bring groceries to Port Orford. Some travel to meetings, paying their own travel and lodging, bringing important information back to "The Common Good, Inc." We are a non-profit, equal opportunity provider with VERY supportive citizens.

Thank You to all who donate to this rewarding program.

— Jackie Granados, Pantry Team Leader

PON photo by Matt Hall

Rene Ruth is shown with some of the donated canned goods.



**House for sale by owner**  
2 bdr, 1bath on 0.68 acres  
Lg. Shop includes Two 12x22 Shops & One 12x12, Completely Finished Inside  
Includes lots of storage  
Call Carol 541-332-9125

# LETTERS, from page 3

Port Orford — Langlois School District boundary excluding that portion in Coos County. The registered voters in that district would elect their Commissioner and could remove him/her.

I understand some have concerns that we have made the Sheriff an appointed position and let me explain the reason. Under

the current circumstances we are glad that John Bishop was appointed Sheriff and we have every confidence in his ability. We have even written it in the Charter that he will be appointed Sheriff.

We are a very small County with a population of only about 21,500 people. Because of the strict State requirements for applicants for

Sheriff, when Alan Boyce resigned John Bishop was the only applicant qualified. If we left the Sheriff an elected position, by State law applicants had to be a resident of Curry County for 12 months prior to appointment. This really limits the number of potential candidates.

By going to an appointed

Sheriff, we were able to change the requirement to a resident of Oregon for twelve months instead of just Curry County greatly opening up the opportunity for candidates. It does not preclude the Commissioners from selecting someone local. Every City in Oregon including large cities like Portland, Salem, Eugene etc.

appoint their Police Chiefs and we felt for a County as small as ours this was a reasonable process. I'm retired from a department of over 7000 sworn officers. The governor of California appointed our Commissioner.

Ralph Martin, Vice-Chair, Curry County Charter Committee, Harbor

**Port & Starboard Restaurant and Lounge**  
Featuring Daily Lunch and Dinner Specials and Fresh Fish from OUR Local Fishermen

**Thursday:** All you can eat Spaghetti gourmet salad and garlic bread  
**Friday:** Seasoned and Slow Roasted Prime Rib out at 5:30pm  
Scrumptious Seafood Specials Daily  
Famous Fresh Willapa Bay Oysters  
Scallops, Shrimp and Fish  
Fresh Halibut, Salmon, Snapper, Lingcod  
Hand Cut Steaks and Chops  
Fresh made to order Pasta Entrees  
Gourmet Green & Caesar Salads  
\*\*Award Winning Clam Chowder\*\*  
Hand Made Pizza  
www.portandstarboardrestaurant.com

OPEN FOR BREAKFAST. LUNCH AND DINNER SEVEN DAYS A WEEK  
Restaurant Hours: Mon.—Sun. 7:00 am to 9:00 pm  
Lounge Opens: 7:00 am  
ORDERS TO GO Phone: 332-4515  
\*\*Call for possible\*\*  
\*\*\* Delivery \*\*\*  
We use fresh quality ingredients for our entrees, have outstanding, friendly service and the "Best prices in Town" Come in and enjoy what we have to offer! Let us serve YOU!

# BRIEFS, from page 3

## Aug. 16 rummage sale will benefit Theatre 101

All the dramatic members of Theatre 101, and some of our more creative friends, have been cleaning, gathering, and sorting all the stuff we had in our attics and garages over the past year, and are now ready to share it with you!

We're having a garage/yard/rummage sale August 15 and 16 at Theatre 101 in the Seaside Plaza, 1320 Oregon St.

There will be lots of stuff, but if you have things you'd like to donate, please give us a call at 332-PLAY and we'll do our best to take it off your hands.

We have beautiful antique furniture pieces, glassware, books, lamps, knick knacks and oddities!

All profits go to Theatre 101 and your contributions are, of course, tax deductible. Doors

open at 9 a.m. - we'll see you there!

## St. John's to hold special Liturgies in August

In addition to our regularly scheduled Masses on Sundays at 8:30 a.m. and Wednesdays at 9a.m., we will be celebrating two very special Liturgies in the month of August.

The first will be at 5 p.m. on Thursday, August 14th, in observance of the Vigil of the Feast Day of the Assumption of Mary, Our Mother, into heaven. This will be followed by a delicious Potluck Dinner.

On Friday, August 29, at 5 p.m., we will celebrate a Memorial Mass commemorating the Martyrdom of St. John the Baptist, our Patron Saint.

Do you want to learn just what it is that we Catholics do and why? Please join us at any one of our Masses and let our new Pastor Fr. Andrew explain. Are you new to the area and

looking for a Church Home? Are you a Catholic who has been away from your Church Home for a while? We look forward to welcoming you to any of our celebrations.

Questions, please call 253-6250. St. John's is located at Highway 101 & 15th Street (across the street from Port Orford's new Library)

## Final call for artists; sign up for marimba workshops

POAC would like to remind artists that Friday, August 15 is the deadline for entering the Arts & Music Festival Fine Arts Show. Please contact Julie Hawthorne at 332-7635 for more information or to request an entry form.

POAC will sponsor a free dance featuring Kudana at 6:30 on Sunday August 31 at the Community Center. Prior to the dance, the band will be giving marimba workshops at 1 and 3 p.m. The workshops are \$10 per person. Please call POAC at 332-0487 to register.

With OVER 1,000 papers sold each week in the Port Orford, Langlois, Bandon and Gold Beach areas, the Port Orford News is being read by YOUR customers.

**Port Orford News**  
(541) 260-3638  
portorfordnews@gmail.com  
portorfordnews.net  
519 W. 10th St./P.O. Box 5

Lars Larue by Gary Romele

Panel 1: I'M WONDERING IF WE'LL EVER SEE THE GAS PRICES COME BACK DOWN?  
Panel 2: I DON'T KNOW FOR SURE, BUT I DON'T THINK WE WILL SEE THEM BELOW \$2.00 ANYTIME SOON...  
Panel 3: YEA! I HEAR WHAT YOU ARE SAYING! I BET IT WILL FORCE...  
Panel 4: ...EVERYONE TO LEARN HOW TO "CAR-PULL"  
GET IT, CAR-PULL HA!

**ALL OREGON REAL ESTATE**  
Norma Morrow Principal Broker  
Hwy. 101  
(541) 332-1130  
(541) 253-6353

**SHOP OF HORRORS**  
Gifts & Thrifts  
9-1 & 3-5 Wed - Sun  
572 14th St.  
332-0933

hello, sunshine!  
Now you have another reason for a sunny disposition. The new Mary Kay® Sun Care Collection protects and replenishes your skin with three new products to help keep you looking young and beautiful. Call me for your fun-in-the-sun needs today!  
Ina Claire Culley Independent Beauty Consultant  
marykay.com/InaClaire  
(541) 332-8877

Books and gifts galore at the Friends of Port Orford Library Store.  
At south entrance of Port Orford Library.  
Mon., Wed., Fri. 10a.m. to 2p.m.  
(541) 332-5622

WHEN YOU NEED LEGAL HELP... EXPERIENCE COUNTS!  
ABBOTT LAW OFFICES  
Stephen Kennedy Abbott, Attorney  
541-332-7077

**Badger**  
Landscape Maintenance  
For all your maintenance needs:  
◆ Lawn  
◆ Brush clearing  
◆ Yardwork  
Phone (541) 332-1234