

Centered seniors

By Beverly Dunlap  
For the Port Orford News

*“Wealth isn’t always measured in dollar signs. We each have time, talent and creativity, all of which can be powerful forces for positive change. Share your blessings in whatever form they come and to whatever level you have been blessed.”*

*Jon M. Huntsman, philanthropist and founder with his wife, Karen, of the Huntsman Cancer Institute, from his book Winners Never Cheat, Everyday Values We Learned as Children (But May Have Forgotten)*

**Rules from God for 2009**  
1. Wake Up ! Decide to have a good day. “Today is the day the Lord hath made; let us rejoice and be glad in it.” Psalms 118:24  
2. Dress Up ! The best way to dress up is to put on a smile. A smile is an inexpensive way to improve your looks. “The Lord does not look at the things man looks at. Man looks at outward appearance; but the Lord looks at the heart.” I Samuel 16:7

3. Shut Up! Say nice things and learn to listen. God gave us two ears and one mouth, so He must have meant for us to do twice as much listening as talking. “He who guards his lips guards his soul.” Proverbs 13:3  
4. Stand Up ! For what you believe in. Stand for something or you will fall for anything. “Let us not be weary in doing good; for at the proper time, we will reap a harvest if we do not give up. Therefore, as we have opportunity, do good.” Galatians 6:9-10  
5. Look UP! To the Lord. “I can do everything through Christ who strengthens me.” Philippians 4:13.  
6. Reach Up! For something higher. “Trust in the Lord with all your heart, and lean not unto your own understanding. In all your ways acknowledge Him, and He will direct your path.”  
7. Lift Up! Your Prayers. “Do not worry about anything; instead pray about everything. Phil 3:5-6  
I received the foregoing on my e-mail. There was a PS which stated that God answers Knee-Mail! I enjoyed it and hope you do also.

Speaking of computers, I am really trying to learn how to do more things on my computer.  
I am blessed as I have a teacher who just happens to be very patient with my antics.  
I attempted to “clean” the computer by a system within the computer and I lost so many things that I guess I am going to need to start all over again.  
I have not told my teacher yet and hope that lovely, patient teacher can save my goof up!  
I have always been very hesitant to try new things, just for this reason. So you input the computer and it starts it’s action and within a few minutes, it starts asking questions – (If I had the answers, I would not need a computer!)  
So, anyway, the most important thing I do is write my article, and at least I can still do that. Even at this (advanced) age, we can still learn! I hope!  
Be reminded that we are heading into spring and also be reminded to watch those wonderful changes in the weather, and the temperature and our natures!  
Make it a happy week!

FORUM, from page 1

Tuesday, April 21 (Central Curry School District, Gold Beach Port District, and Rogue River Cemetery Maintenance District) and in Brookings

Wednesday, April 22 (Brookings-Harbor School District and the Port District). The SOCC candidates have been invited to all forums.

LETTERS, from page 3

where I received excellent care, and have to travel to Portland this week for follow-up appointments. I expect to be fully recovered soon and don’t plan on missing any more meetings.  
I’m enjoying serving as your Mayor Pro Tem and assure you that I am doing my best to represent you in the community and with outside organizations. I was pleased to represent Port Orford at the Regards to Rural Conference in Salem earlier this month where Tobe Porter and our community was recognized for the outstanding collaborative work it took to complete our new library. I’m sorry that I can’t be with you tonight to present this award to her.  
I also participated with our City Administrator in the League of Oregon Cities Region 4 Small Cities Support Network Meeting in Coquille

last week with several other Mayors, Councilors, and City Managers from neighboring cities. We saw that we were not alone in our frustration in trying to get stimulus funding for infrastructure repairs and upgrades to our cities. We have a more powerful voice in our state government by working together with other cities with similar needs. Another organization that can help us in this manner is the Oregon Coastal Management Association (OCZMA) with whom I will be meeting in Salem next week.  
Mike Murphy and I also participated here in Port Orford, along with several other concerned local citizens, in the second session of a Climate Change Workshop organized by Oregon State University and the Port Orford Ocean Resources Team. I was pleased that John

Roorbach was also able to participate in part of this meeting. He looked good and we has a productive discussion on the state of the city in addition to addressing the challenges and opportunities afforded by the workshop.  
I was also pleased to read that the U.S. House of Representatives finally approved the Copper Salmon Wilderness Bill last week. Several people in our community worked hard over the past fifteen years or so to get this protection for the fragile headwaters of the Elk River. These include Jerry Becker and Jim Rogers along with the Friends of Elk River, the Port Orford and North Curry County Chamber of Commerce, the Port Orford Ocean Resource Team, the City of Port Orford, Curry County Commissioners, Senators Ron Wyden and Gordon Smith, Representative Peter DeFazio and our entire Oregon Congressional Delegation, and financial and lobbying support from Trout Unlimited. This was truly a community supported endeavor and has finally come to fruition.  
I also meet regularly with our City Administrator and Staff, and try to keep up on the proceedings of our volunteer committees and commissions. There’s really quite a bit more to being Mayor, or Mayor Pro Tem, than presiding over council meetings. I hope to see you here at our next meeting on April 16.

Jim Auburn,  
Mayor Pro Tem,  
Port Orford

### Sea otters were once imported to Blanco



Photos by Alan Mitchell

**“When the re-stocking of the sea otters was attempted here, 35 years ago, I volunteered to drive a P.O. firetruck filled with fresh water out to the Cape Blanco Airport for the benefit of the newly arrived Alaskan Sea Otters.”**  
— Alan Mitchell



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| Daily Weather Statistics |      |     |       |      |       |      |
|--------------------------|------|-----|-------|------|-------|------|
| February                 | High | Low | BAR   | Rain | Year  | Wind |
| Mon. 3/30                | 57   | 32  | 30.20 | 0.12 | 32.48 | 10   |
| Sun. 3/29                | 61   | 35  | 30.00 | 1.60 | 32.36 | 10   |
| Sat. 3/28                | 61   | 32  | 30.00 | 0.00 | 31.76 | 9    |
| Fri. 3/27                | 59   | 36  | 30.00 | 0.00 | 31.76 | 10   |
| Thurs. 3/26              | 51   | 42  | 30.00 | 0.00 | 31.76 | 9    |
| Wed. 3/25                | 57   | 41  | 30.00 | 0.26 | 31.76 | 10   |
| Tues. 3/24               | 56   | 41  | 29.90 | 0.25 | 31.50 | 9    |

Weather statistics by DeBoyd Smith  
7 a.m. to 7 a.m. – Sixes River, OR

Richard Watson,  
Gold Beach

**A wonderful program**  
On Sunday, March 22nd, the Port Orford Library sponsored a wonderful program called Planet Lullaby, with Monte Killingsworth and his daughter, Maya Cross-Killingsworth, playing guitar, Celtic harp, mountain dulcimer, and penny whistle.  
What a pleasant way to spend an hour; watching beautiful slides and photographs while this lovely family entertained us.  
If you would like to listen to them now, go to planetlullaby.com and click on free downloads. Well worth your time.  
Thank you to the library for constantly bringing Port Orford quality programs.  
Bring Planet Lullaby back again so more people can enjoy their unique music.  
Warmly,

Paula Cracas,  
Port Orford

**Endorsing Jim Kolen**  
I am writing to encourage the public to vote for Jim Kolen for election to the Board of Directors for District No. 3, to the Coos-Curry Electric Cooperative, Inc. Board.  
He brings community involvement and interest from many years.  
I have personally worked with him on the Wedderburn Sewer Committee and currently on the Wedderburn Volunteer Fire Department Committee.  
He will serve our community with the best interest of the people.  
Thank you,

**It’s important to vote**  
Hopefully you have received your Coos Curry Electric Ballot. It is important to vote and return your ballot.  
I am voting for the incumbents, Cheryl McMahan, John Herzog, Ed Dowdy and Gary Schlottmann. I urge you to vote for them too.  
The current Management and Board of Directors of CCEC are doing a great job.  
Members of this board have already received extensive training and certification.  
Each of them are committed to delivering a stable and affordable supply of energy already. A new member at this time would need to be brought up to speed to become an effective board member. This would take considerable time and money.  
We are fortunate to have the current team at work for us, the members of Coos Curry Electric Co-Op.  
Please Vote Today for Schlottmann, Dowdy, Herzog and McMahan.

Kay Vincent,  
Bandon

**Health care crisis**  
The current healthcare crisis is of major concern for almost everyone. Among the various proposals aimed at solving this crisis is HR 676, a bill in the House of Representatives that proposes a system of single-payer universal care.  
As opposed to the British system of socialized medicine, in which the government operates healthcare facilities and employs healthcare workers, the single-payer system under HR676 retains the privately-owned

healthcare facilities and privately-employed healthcare workers in place right now in the U.S. Only the payment system would change, with the establishment of a publicly-financed fund, ensuring that all Americans have access to high quality, cost effective health care services, regardless of employment, income or health status.  
If HR 676 were to become law, you'd no longer be chained to a job, just to keep your health insurance. You'd be free to change jobs, start a business, or move to a small company, all with no worry about losing your healthcare. Everyone would be covered (yes, everyone).  
And, there's even more freedom under HR 676: You'd have your choice of healthcare providers, no longer restricted to those listed as preferred providers by your insurance company, or as members of your HMO. You'd no longer have to make expensive, time-wasting trips out of town just to get to your preferred provider or HMO.  
All of this would happen at a lower overall cost, since administrative costs would drop dramatically under a publicly-owned, not-for-profit agency.  
To date, more than 90 Congressional Representatives have co-sponsored HR 676. Write, call or email our Congressman, Peter DeFazio, and ask him to add his name as a co-sponsor of this important bill. Let's stop wasting our valuable dollars on unnecessary administrative costs associated with our current health insurance system!  
Linda Bozack,  
Brookings

Cape Blanco Lighthouse news: ‘New layers of history’

By Milt Nelson  
For the Port Orford News

New layers of history have been revealed by the Floors Project at Hughes House and

Cape Blanco Lighthouse historic legacy is also available in tours which begin Wednesday April 1 and last through the end of October. Both sites are open 10 a.m. – 3 p.m. except Mondays.

Friends of Cape Blanco with Oregon Park and Recreation Department have completed two of three stages in revealing the floors in the kitchen, pantries and back hall at the

See CAPE BLANCO page 5

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Lars Larue

by Gary Romele



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