

Centered seniors

By Beverly Dunlap
For the Port Orford News

“You may find God in the laughter of your children; the grief of a friend; the opening of forsythias after a long winter; the noisy joyfulness of birds and wind; or the quiet testimony of ants and cobwebs. God’s altar is everywhere and in everything.”
— T. Byram Karasu, M.D., professor of psychiatry and behavioral sciences at the Albert Einstein College of Medicine from his book *The Spirit of Happiness: Discovering God’s Purpose for Your Life*

By now you know about my love of trees. Last week I was looking at new foliage on a nearby tree. The young leaves are a very brilliant green and lovely to look at. A little breeze came up and the leaves were moved around quickly. That caught my attention! Coming into my vision, between the leaves, was bright shiny sunshine! The light glittered and danced in my vision and was certainly beautiful. It struck me that there are often “leaves” in

the way of my vision! The sunshine is not only good to grow the leaves, but it is a happiness factor in our human lives. If we sit in the shade all of the time, we would parish I believe.

This little action got me to thinking about how many things in my life are hidden by leaves, or mistaken ideas, and the interference of different ideas. I have an example of that. When I was much younger (ages ago!) I believed that anyone who painted was a bit of a kook! They were people that did not live in the regular stream of life. I have no idea where that thought came from; I just remember those were my thoughts. Now, I paint and have teachers that are the most normal people in the world. I love to paint, even though I would be considered a dabbler, rather than a painter. It’s OK to paint or dabble in something that brings you pleasure.

We need to be very careful in our thinking process that we have cleared the “leaves” out of the path of reason. A comment dropped by someone else or overhearing a negative thought from another person, or some-

times, reading a newspaper can place ideas in our heads that get in the way of reason. We don’t know that they are there but they are, and in all of us.

When I was a youngster I was taught that when you burn yourself, that you should run hot water over the burn. Later on in my life, they told me to use butter and spread it on the burn place. Then treatment went from cold water and now it is ice! It took some time to convenience me to use ice. I still believed what I had originally learned. Not long ago, my father received a burn and the doctors gave him a tube of “miracle save” that will keep a burn from blistering! So there are four or five changes in just one subject.

There can be sunshine in the sky that we cannot see because of the clouds. If you take a plane, they fly up above the clouds, and reveal the sunshine. Don’t let clouds or leaves get in your way of straight thinking. And by all means, watch for the clear day and the sunshine. Have a happy day and a happy week!

VIEWPOINTS, from page 3

Resource Team (POORT) planted over 500 native trees and under-story plants as part of the final stages of Garrison Lake Stabilization Project.

These plants will not only enhance the aesthetics of the project site, but provide natural habitat and food for wildlife and

overtime, hopefully, shelter picnic areas from wind. Thank you from all of us at your Oregon State Parks, your volunteerism is truly appreciated.

If you or a group would like to volunteer at one of your local Oregon State Parks in the future please contact the Cape Blanco

Management Unit office at 541-332-6774 for project ideas.

Thank you to everyone who participated in SOLV’s Spring Beach Clean-up on March 28.

Groups and individuals continue to show their pride and treat our ocean shore with the respect it deserves. Many commented on how clean the beaches in our area where compared to other areas along the coast and from years past.

To all those who pick-up during daily, weekly or on an occasional stroll thank you and please keep it up!

The next beach clean-up takes place September 19 from 10 a.m. to 1 p.m.

Mark your calendar.

Thanks again,



Contributed photo
Georgia Weinblatt’s Driftwood class is shown planting trees.

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Daily Weather Statistics						
February	High	Low	BAR	Rain	Year	Wind
Mon. 4/06	61	38	30.20	0.00	38.92	10
Sun. 4/05	50	32	30.20	0.00	38.92	9
Sat. 4/04	50	34	30.20	1.40	38.92	10
Fri. 4/03	52	36	30.20	0.60	38.87	10
Thurs. 4/02	61	42	30.20	0.75	38.27	9
Wed. 4/01	57	40	30.20	0.02	37.52	9
Tues. 3/31	61	40	30.20	0.02	37.50	8

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

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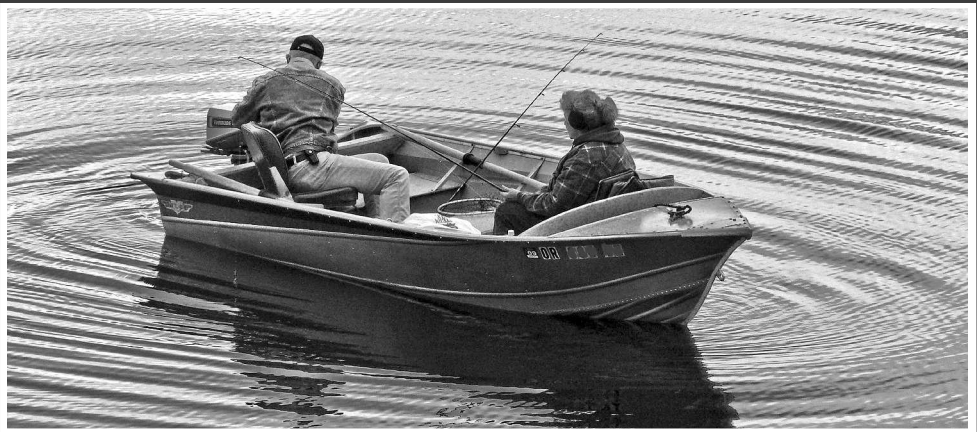
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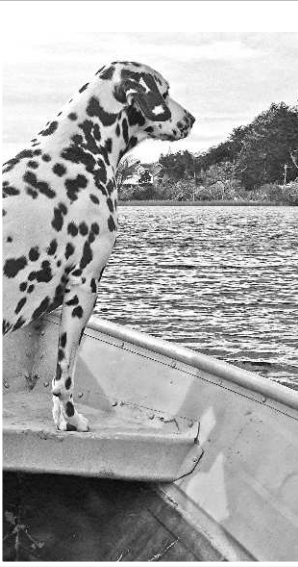
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Scenes within nature



Photos by Lance Nix

From the oddly twisted sculptures carved along our beaches by the wind, to the concentric ebbing of the waters of Garrison Lake, Port Orford Photographer Lance Nix has the eye necessary to capture the image.



the billions of dollars of sales tax on the product like the government and states are doing on tobacco and alcohol. (2). There is a great deal more harm in the use of tobacco alcohol than the use of marijuana. (3). Marijuana has proven to be very helpful as a medical use to relieve the side effects of cancer treatment as well as other medical purposes.

Billions of dollars are being expended to finance the marijuana war. This waste of tax dollars has to be considered with the economic crisis this Nation is dealing with right now.

Consider the billions of income tax dollars that could be gained from those individuals dealing and growing the product that are not paying any income tax on their hidden profits. California’s marijuana yield is conservatively valued at \$13.8 billion annually. This amounts to double the value of the state’s vegetable and grape crops combined.

Enforcing the ban on marijuana cost taxpayers roughly \$8 billion each year. Those wasted resources are further compounded by the total capitulation of the

massive pot market to an underground economy to gangsters who laugh all the way to the bank with profits not taxed by state or government.

Incarcerating the thousands of individuals involved with the sale and use of marijuana is extremely costly. In addition, it prevents them from paying their fare share of income tax while the state must support their families who may need welfare.

The results of using alcohol and tobacco in various degrees have been serious social and health issues costing society billions of dollars and loss of life in auto accidents and lung cancer. There can be no comparison for the use of marijuana. Yet alcohol and tobacco are legal and being taxed at state and government level.

As the nation and state governments face the worst economic crisis in decades, it’s time for creative thinking and making positive changes. Legalize the use of marijuana. Grain the tax dollars being wasted. Create a new industry with all the new legal jobs involved in growing and marketing this product. In addition, these same individuals who were being incarcerated would be supporting their own families and paying their share of income tax.

Sincerely,

Walt Edwards,
Gold Beach

A vote for Jim Kolen

The ballots for Coos-Curry Electric Cooperative board positions have now been distributed. It is very important that we elect the most qualified people who are available to the board of directors because of the situation we face with probable electric rate increases by producers such as Bonneville.

I urge you to vote for Jim Kolen for Position 3 Director. Jim has a long history of service to the citizens of Curry County as Assessor and as an active board member of special districts where he lives.

I was a member and chairman of the board of directors of a small sanitary district in Harbor for approximately nine years. The board found Jim Kolen to be very knowledgeable and helpful to us.

Bill Rogers,
Harbor

BRIEFS, from page 1

vows, and the solemn celebration of the Holy Eucharist. Candles will be given to all to hold during the service of light and the singing of the Exsultet. We ask people to bring bells with them to ring during the singing of the Gloria in Excelsis.

Following the service, there will be a champagne brunch with refreshments served in the parish hall and an Easter egg hunt for the children.

All are welcome to join us for the festivities!

If you have any questions or want further information, please call Father Corklin at 332-0998.

Unity of Bandon Easter services set

Unity of Bandon will begin

Easter activities with a “Seven Words” meditation service on Good Friday, April 10 at 6 p.m.

Good Friday can be viewed as a time of sacred contemplation rather than a time of sorrow. It represents an experience in which the soul moves from the limitations of human consciousness to expanded spiritual consciousness.

At times we may get stuck in the tunnel of transformation. The inability to move forward in our process is what causes suffering.

This service helps participants more purposefully move through transformation in faith. This inward journey will be symbolized by the extinguishing of candles for the seven phrases or “words” of Jesus.

All are welcome to attend this

meditative service.

Unity of Bandon will celebrate an Easter Celebration Service Sunday, April 12 at 11 a.m.

Participants will discover the deeper meaning of our own gift for sacred transformation.

All are welcome to join in this celebration. Youth education will be provided during the service.

A ten-week discussion group based on Caroline Myss’ Sacred Contracts is continuing Sunday mornings, 9:30 – 10:30 a.m. and participants may join in at any time.

Unity Church is located on Highway 101, one mile south of 11th Street.

Phone 347-4696 for more information. Unity of Bandon is affiliated with the Association of Unity

Churches International;

Unity is the publisher of the popular magazine, The Daily Word and also is well known for the Silent Unity telephone prayer ministry.

Holy Week and Easter set at St. John’s Church

Pastor Andrew Thomas and the parishioners of St. John’s Catholic Church would like to invite everyone to join us in celebration of the holiest and most sacred week of the church year: Holy Week and Easter. The schedule is:

April 9th – Holy Thursday – 4:30pm – Mass of the Lord’s

See BRIEFS page 5

Lars Larue

by Gary Romele



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