

Centered seniors

By Beverly Dunlap
For the Port Orford News

"Consciously or unconsciously we all strive to make the kind of a world we like."

— Oliver Wendell Holmes

We start off small when we are babies, building the world we like. We expect and get this world built by our parents. It works for a long time until we want things that may be dangerous to us or have hidden dangers that we are not yet aware of. Never-the-less, the striving for the kind of world we want is still on, just less help from Mom and Dad.

Then the search is really on, and with only wisdom from the parents to guide us. What we want, however, is still the driving force of our life. By the time we are seniors, we become aware of the struggle some "wants" can be. We read things like "keep a stiff upper lip", or "never say die" and many other pieces of sage advice. I wonder if a study has ever been done as to how much we use old parental advice to curb our need to create the kind of a world we want.

One thing I have found, in my life walk, is that everything has changed since my parents were making their decisions. For one thing, they were just coming out of the depression and that

changed everyone that lived through it. This fact of their life made them very alert and very protective of their things. Their advice to us was created out of depression.

Our life has been one of plenty, as we grew in technology and chug full of knowledge and handed to us via television.

I teach Sunday school and the kids in my class are very much aware of this world, certainly better than I was at their age. I try to listen to them and learn things, like the new jargon and the mode of dress. I don't feel like copying it, but I see many changes just in my lifetime. I am sure there are more to come.

For Mothers Day I decided that I would treat myself to something that I wanted in my life, very badly! It doesn't make since, for me to have a puppy due to my inability to get around very well, but a seven week old puppy is at my feet right now and I am happy.

We have housebreaking, and anti chewing to teach and the difference between toys and shoes. We have to train that no crying at night is allowed (seniors need their sleep); no chewing on toes, noses or fingers. Do not walk in the food bowl, etc.

I am being much the teacher, mother and walker.

The puppy (named Trina) has taught me: Cuddling love, desire to be by me,

no matter where I go, a little kiss on the cheek, and one hundred per cent total trust. My heart is so touched by this wonderful little creature that I am beside myself with joy. I am even going to celebrate mother's day with my new baby.

Not bad for a senior citizen. Even with all the good advice I have received, something has touched my heart and that makes it OK!

Maybe it's not a new puppy in your case, but maybe you can have a happy holiday, by taking a little critter under your care.

Smile and share your life with a little one!

Have a happy week!

TOTAL PLANT INVENTORY LIQUIDATION

God's Green Earth Nursery

Friday, May 15, 10 a.m., Preview 9-10 a.m.

551 19th St., Port Orford, Ore.

Ornamental trees, fruit trees, conifers, shrubs, vines, bearded irises and more!

Approximately 500-700 plants.

Everything must go!

HUGE 2-DAY AUCTION

God's Green Earth Nursery Total Liquidation & Estate Auction

Saturday, May 16, 10 a.m., Preview 8-10 a.m.

Port Orford Community Building
419 11th St., Port Orford, Ore.

3x10x4" Port Orford Cedar
Collector Barbies

Planters, fountains, statuary, garden art, accessories, picnic table, chair, umbrella, birdhouses, antiques, solid oak furniture and misc. antique furniture, wall decor, framed art, highboy buffet, coffee table, sofa tables, electronics, jewelry, antique costume jewelry, 10 armoires, lamps, wood carving, antique needlepoint furniture, office furniture, indoor plants, Polaroid Land camera, Asian porcelain, many household items and many new items.

SEAWEED, from page 1

basmati, and short grain brown, and jasmine rice. Four kinds of white beans, split pea (green and yellow) and also bulk lentils green, French and red. Organic bulk popcorn/nutritional popcorn and some folks like nutritional yeast on their popcorn. Three different kinds of salt rock salt from Utah, sea salt from New Zealand, and regular sea salt. Granola is custom mixed by Bonnie on the premises.

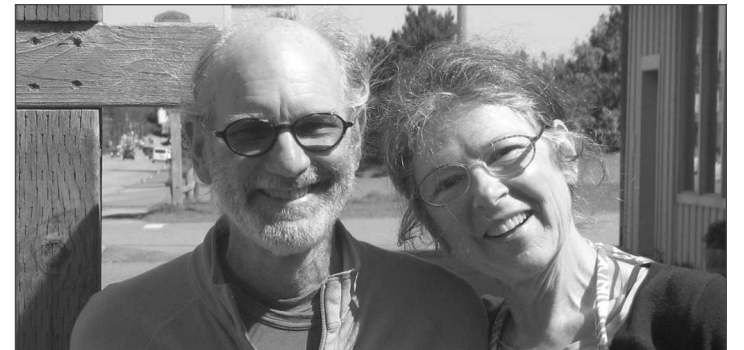
If you want to see some very different chip snacks that may be lower in salt and with interesting composition look into their chip assortment.

Also offered is steel cut rolled oats bulk, noodles in bulk, very popular is herbs and spices in bulk, vitamins, supplements, and personal care items such as soap and shampoo.

More food items such as bulk honey, bulk olive oil, tamari sauce (soy sauce), molasses (black strap), vanilla Bulk), biodegradable dish soap, maple syrup.

Individuals with gluten allergy can find foods available. In the meats available are grass fed free ranging ground beef, ground turkey, ground lamb, bacon, and hot dogs.

Dairy products are Organic Valley pasture butter (from "Organic Valley" certified dairy cows pasture grazed in the summer months); yogurts (goat milk, cows milk, goat sour cream, goat cream cheese) Local Bradbury ladies (Abby, Zoe, and Mom) Floras Creek produce fresh asparagus, pea shoots, artichokes, and later spinach greens, strawberries and arugula.



Michael McDonough and Bonnie Allan

Oregon wines with no sulfites, and regular wines.

On to the Café with "master cook" Bennie's food offerings are self-service soup and sandwiches. Bonnie's famous brownies (made with spelt flour), salads, poppy seed cake, and Bonnie's soup of the day.

Bonnie strives to cover the vegetarian diets, and also for those who choose organic meats in their sandwiches there are a variety of tuna, sardine, and smoked salmon, and turkey. Organic snacks of many kinds, juices, and sodas. The supplements are accompanied with a reference guide for the customer.

Case orders are available on many items, simply ask "Michael". So if you think you want to change your food intake to natural food with little or no additives, and food that has a taste like Grandpa and Grandma consumed, then pay a visit to Port Orford's Mom and Pop Seaweed Grocery and Café. It is an interesting place to visit, and some mighty nice folks to say "hi" to.

Previous to Port Orford
An interesting history of

Michael McDonough is he was a New Jersey resident and got the urge to "Go west young man" and so he rode the train west to Portland, Oregon and then rode the Greyhound to his sister's residence in Bend, Oregon.

From there he moved to Portland later in that year (1979) and worked some different jobs then finally landing and working at the "famous" Bijou Restaurant where he met the love of his life Bonnie Allen. Time passed and the couple ended up buying a piece of property up Crystal Creek, Sixes territory. It was 8 years after Michael made his landing on Oregon territory

before Michael got his drivers license and "first set of wheels". Prior to that he simply used the Portland transit system or bicycled. We are quite sure once Bonnie and Michael arrived in the City of Port Orford and living up Crystal Creek that it became evident the automobile was a must. So we are proud of this fine couple that makes Port Orford their home and offers some alternative lifestyle foods to the area.

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Daily Weather Statistics

May	High	Low	BAR	Rain	Year	Wind
Mon. 5/11	89	48	30.10	0.01	45.53	11
Sun. 5/10	82	43	30.10	0.00	45.52	10
Sat. 5/9	78	40	30.10	0.00	45.52	10
Fri. 5/8	60	40	30.10	0.00	45.52	9
Thurs. 5/7	58	46	30.10	0.00	45.52	10
Wed. 5/6	60	47	30.10	0.40	45.52	15
Tues. 5/5	59	46	30.10	1.50	45.12	55

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



Eggs for sale
Call 332-1702

Missing: Since Feb. 23, Tan & White, long-haired Chihuahua, has tag with Number on back. Lost near Silver Butte & Port Orford Loop. REWARD! Call 290-2309 Miles

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Lars Larue

by Gary Romele



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