

Port Orford *Today!*

Port Orford's only locally owned and operated newspaper

1250 copies distributed from Bandon to Gold Beach

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The Downtown Fun Zone

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Ring in the New Year By Evan Kramer



Here we are about to cross over into a New Year and it's always seems a good time to reflect a little on the past year and look forward to what 1998 will bring. I would like to thank all our readers for their support. I would also like to thank all our advertisers who have supported us all year, especially the regulars who are in every week and are in a sense the sponsors of the newspaper.

Several people have helped us make this paper a collaborative effort and written articles during the year including Mary Yoder. She writes a regular weekly column about the Senior Center except for the several weeks she was sick this year. Mary is a real treasure in Port Orford. For those who don't remember she served as Port Orford Mayor for 12 years and was on the 2CJ school board for sixteen years not to mention her current volunteer work at the Senior Center.

Thanks also to Jane Cramer for the "Look at Me Now" articles for the Community Resource Team spotlighting interesting businesses and homes on a monthly basis. Thanks to Jane and Frank Cramer for their well thought out letters to editor.

We appreciate the Master Gardener articles by Donna Hoffmann. Thanks to Tobe Porter for keeping us so well informed about the Langlois Library and also to the members of the library staff and Friends of the Port Orford Library for their articles. We appreciate the recent articles by J. Graemme Graydon on herbs and articles by Pacific High School student Melissa Weinblatt and expect to read many more in 1998. Thanks to Walt and Marilyn Kaplan for their letters and the wonderful posters they create monthly for the Christian Women's Club. If I didn't mention you but you had a hand in the creative effort with this paper, thank you too.

I attend the Port Orford City Council meetings regularly and wanted to give special credit to a few people on the council including councilor Robert Waring for be so well prepared for each meeting and asking questions, to councilor Ralph Donaldson for standing up for the people of Port Orford especially in his work on behalf of the water and sewer system, and to Mayor Gary Doran for making sure everyone gets their chance to speak at the council meetings.

There were many interesting stories this year. The popularity of Lt. Lou Ball and his resignation on May 14 was one of them. Since the discussion that led to his

resignation took place at executive board meetings little information came out publicly. Police Chief Russ Hunt was hired in July and has brought a feeling of stability to the department in his six months on the job. People have called me and asked me about the future of the police department and I think this is a good question for the city council to answer. The city council eliminated the position of city manager Dotti Myers at a special meeting on July 28. They took control of city government and appointed an administrative assistant, Jim Poland, in place of the city manager. Voters in the Port of Port Orford district approved a one and a half million-dollar bond issue in the November election as their part of helping pay for a new dock for the Port.

Port Orford Ambulance

Earlier in the year the Curry County Commissioners awarded the Ambulance Service Area (A.S.A) contract for Port Orford to South Coast Emergency Medical Services for five years. That contract was met with much controversy but nevertheless the full time paid crew hired by South Coast E.M.S. did a very professional job. As we ring out 1997 and head into the New Year South Coast E.M.S. is pulling out of Port Orford after allegedly losing

Continued on Back Cover

RICHARD AuFRANC
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Tide Predictions For Port Orford - 42° 44 N 124° 30 W

Produced by "Tides & Currents for Windows" version 2.0 by Nautical Software (503) 579-1414

Date	Sun						Moon						
	Midnight to Noon			Noon to Midnight			Rise	Set	Rise	Set	Phase		
Thu Jan 1	1:59a	7.1	7:14a	3.3	1:02p	8.2	7:57p	-0.9	7:46a	4:56p	10:06a	8:46p	
Fri Jan 2	2:42a	7.2	8:09a	3.2	1:53p	7.7	8:42p	-0.4	7:46a	4:56p	10:42a	9:52p	
Sat Jan 3	3:28a	7.4	9:11a	3.0	2:51p	7.1	9:29p	0.2	7:46a	4:57p	11:16a	10:59p	
Sun Jan 4	4:17a	7.5	10:19a	2.7	3:58p	6.4	10:20p	1.0	7:46a	4:58p	11:49a	12:05a	
Mon Jan 5	5:08a	7.7	11:34a	2.3	5:17p	5.9	11:15p	1.7	7:46a	4:59p	12:23p	1:11a	1Q
Tue Jan 6	6:01a	7.9	12:48p	1.6	6:45p	5.6			7:46a	5:00p	12:57p	2:16a	
Wed Jan 7	12:16a	2.4	6:55a	8.1	1:56p	0.9	8:10p	5.6	7:46a	5:01p	1:35p	3:20a	
Thu Jan 8	1:20a	2.9	7:48a	8.3	2:55p	0.2	9:23p	5.9	7:46a	5:02p	2:16p	4:23a	

She's Tricky Like Coyote A Book Review by Dan Hill

She's Tricky Like Coyote a novel by Lionel Youst is devoted to the perspective, trials and tribulations of the last Miluk and Hanis speaking (Coos) Indian, Annie Peterson.

For a taste of the bitter life of the Indian during the mid 19th century when reser-

vations were mandatory along the Oregon Coast, this is a must read book.

If Indians escaped or left the reservation without permission and were later caught by the soldiers, they were whipped upon return.

Mr. Youst has done considerable research. Our federal government betrayed the Indians with treaties never signed; failure to provide funds for survival in the way of

food, clothes and shelter and neglect in general.

Dictation of myths in Miluk Coos and anthropologist Melvin Jacobs were recorded on tape and translated to English supplemented by other researchers' field notes along with interviews of relatives.

This is, in part, the story of an Indian making the transition to the white man's world. Her 79 years on the Oregon Coast have been recorded and summarized here. They reflect clearly how the white man treated and viewed the inhabitants.

Bed Tax Forms

Bed tax grant application forms are available at Port Orford City Hall.

Funds are to be allocated as matching money directed toward city area beautification or city area tourism development. Completed applications are due no later than Friday, January 23, 1998, at the close of the business day, 5:00pm.

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Happy New Year
to all from
John, Jackie & The Crew
at the
Wheelhouse Restaurant.

We will be **OPEN** New Year's Day the usual hours.

Hours:
7 am - 9 pm Every Day

Senior News By Mary Yoder

Did you hear the Christmas Bells tolling? And 1997 will soon be going. Put on your 1998 gear and be ready for a happy New Year.

The potluck luncheon on Christmas day was really great – real good turnout. You never saw so much good or should I say delicious food. Thelma Lagace was in charge and here are the volunteers who worked with her – Bobbeta Kron, Glorene Godfrey, Leo Welch, Mildred Welch, Dottie Clothier and Peggie Stahl serving coffee – Mildred Welch with the camera taking pictures. Doing dishes – Bill Butt, Dick Clothier and Judy Klein and E. David Klein doing clean up.

Doesn't the Senior Center have some wonderful members? Next on the agenda is the birthday party on January 4 Sunday from 2:00-4:00pm. All are invited birthday or not – January 5 is pinochle at 7:00pm – cost is fifty cents – save your pennies and come and have fun. January 8 Rotary luncheon and sing-a-longs practice can always use more singers. January 10 is a luncheon at 11:30am and rummage sale from 8:00am till 1:30pm – lots

of stuff. Better do this – here are the birthday people for January.

Jim Britell – 2, Maybelle Beith – 3, Mary Yoder – 7, Bill McMullen – 11, Les Manning – 11, Ed Ellis – 19, Al H. Brintzenofe – 24, Dot Mathews – 30. Happy birthday everyone.

The nutrition meeting has been changed from January 6 to Friday, January 9 at 10:00am.

Count your garden by the flowers
Never by the leaves that fall.

Count your days by golden hours

Don't remember clouds at all.

County your nights by stars not shadows

County your years with smiles, not tears

County your blessings not your troubles

Count your age by friends not years

Chamber of Commerce Awards Banquet

The Port Orford Chamber of Commerce will be holding their annual awards banquet on Saturday, January 24, 1998. The Chamber is taking nominations for the awards that will be presented at this year's ceremony. They are asking each Cham-

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Marriage - Family Law

Probate / Conservators

Oregon & CA Licenses

332 - 6060

Official Weather

Provided by the City of Port Orford
Public Utilities Department

	Date	High	Low	Rain
Mon	Dec 8	48	35	.07
Tue	Dec 9	52	36	.04
Wed	Dec 10	55	32	---
Thu	Dec 11	62	34	---
Fri	Dec 19	52	33	.65
Sat	Dec 20	52	37	.29
Sun	Dec 21	50	33	---
Mon	Dec 22	51	34	.08
Tue	Dec 23	52	43	.44
Wed	Dec 24	54	33	---
Thu	Dec 25	56	30	---

Note: The data above covers last week and also fills in some dates that were skipped earlier.

ber member to vote for the following categories: organization of the year, person of the year and business of the year. The Chamber is requesting you drop your ballot off at the visitor center at Battle Rock Park or mail it to the Chamber office by January 6, 1998 so the vote can be tallied.

The annual awards banquet will be held at the American Legion Hall. Dinner begins at 7:00pm with an informal social hour preceding the dinner.

The Chamber office phone number is 332-8055 and mailing address is PO Box 637, Port Orford, OR 97465



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2:00 TO 5:00**

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Free Child Care Workshops

Parents and potential and current childcare providers are invited to three free workshops sponsored by the Coos Curry Child Care Resource and Referral program. These workshops are made available through grant money given by the State, Coos and Curry Commission on Children and Families, AFS Reinvestment Fund and Child Care Division. The program is operated through Southwestern Oregon Community College.

The 1998 workshop topics are: Age Appropriate Activities (for children up to age eight), Guidance and Communication with Children, and Science Fun.

Bartlett's Cafe

Sunday Jan. 4

Ron's Choice

Monday Jan. 5

Burrito

Tuesday Jan. 6

Swiss Steak

Wednesday Jan. 7

Chicken Malibu Sandwich

Thursday Jan. 8

Spaghetti

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When: January 6, 1998, 7:30-8:45pm

January 20, 1998, 7:30-8:45pm

Where: 29811 Colvin Street, Apt. A

(East of the Courthouse, follow signs)

Cost: \$3.00 per distributor, guests are free.

For more information call Donna at (541) 247-9001
(evenings) or Darlene at (541) 265-6802.

Knowledge of a child's development will
provide a parent or provider of child care
with a framework to prepare valuable
learning experiences. Guidance and Com-
munication with Children will emphasize
respectful communication and positive
interventions. The Science Fun class will
have a variety of science activities and
discuss ways to extend these activities.
Classes are scheduled as follows: January
10 - Age Appropriate Activities SWOCC/
Gold Beach, February 21 - Brookings.
Each class will be in session from 9:00am
to noon. Please call one week prior to the
start of each class to register or register
for all three at once by calling either 247-
2741 or 469-5017. You may also call the

Child Care Resource and Referral at 247-
9426.

Computer Sales Resume

Because of some difficulties in servicing
some computers, The Downtown Fun
Zone had stopped selling new machines
for several weeks in december. That
moratorium is now ended and we are
ready once again to provide the latest
systems from Acer starting at \$1359 for a
complete Intel P166MMX system with
multimedia, monitor, and a 56k modem.

- ✓ Top quality parts!
- ✓ Complete system!
- ✓ Fully Upgradeable!
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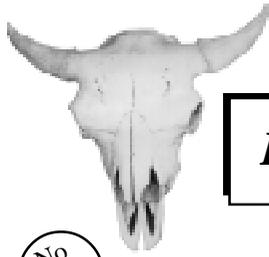
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Parsley Petroselinum Sativum By J. Graeme Graydon

Parsley must be the most neglected food on our overloaded palette of foodstuffs; it has become the decoration of the dish. We have forgotten that one ounce has more iron than four ounces of liver, that its Vitamin C has three times the potency of orange juice, that it has vitamin A & B and that it is another of the ancient, effective medicines that were put aside as we eagerly adopted modern, scientific medicine.

All the big names in early Greek and Roman medicine specified concoctions of parsley for any gall bladder problem and as a diuretic. First known in the Mediterranean area, it was spread worldwide by conquering armies, wandering monastics and emigrants as a valued food – medicine rather than a condiment. Charlemagne ordered it to be grown in his

imperial gardens as a vegetable to be used at each meal.

It is one of the herbs that are treasured by women for its usefulness in almost any menstrual problem, including P.M.S., as well as any difficulty with the urinary tract. It does have anti-infectious properties but it's more a promoter of normal function by draining off any backed-up fluids. The case histories of physicians at the first half of this century tell of many extraordinary results with parsley – even in life threatening situations.

It's dominant active ingredient is an oily compound called Apiol found in the roots,



Sea Breeze Florist

Happy New Year!

World Wide Wire Service

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(541) 332-8265 Eve. & Sun. Port Orford

leaves and seeds, all of which may be used in decoctions, tisanes or as compresses.

It helps to lower blood pressure and heart rate, is great for bruising, broken veins or capillaries and cellulite. It is one of the best for kidney infection and is known to soothe and heal inflamed eyes. Next time you leave parsley on your plate, remember that you are choosing to neglect one of the great natural medicines and food supplements made available to us. You could eat it.

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Richard Jany, M.D. and Kenneth Freudenberg, M.D. orthopedists.

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Definition of DUMBWAITER: one who asks if the kids would care to order dessert.

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STERILIZE: what you do to your first baby's pacifier by boiling it and to your last baby's pacifier by rubbing it on your pants.

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SWOCC
Winter Term
Classes begin
January 5

Port Orford Offerings

College Transfer

HE 260 First Responder
MTH 20-MTH 112 Various levels,
Basic Math through Elementary
Functions
OA 116 Office Procedures
OA 121/122/123 Keyboarding I, II, &
III
OA 201 Word Processing
OA 220 Electronic Calculators
OA 240 Filing and Records Manage-
ment
RE 112 Real Estate Law I
RE 113 Real Estate Principles I
RE 116 Real Estate Finance I
Additional College transfer offerings
available in Gold Beach, Brookings,
and On-Line

Adult Basic Skills

Adult Basic Education
GED Preparation
English as a Second Language

Personal Interest

Int. American Sign Language
Aerobics
Tai Chi
Yoga
Personal Typing
Word Processing
Intro to Computers
Painting
Watercolor
Drawing
Woodworking

Presence of the Past

Free Lecture Series co-sponsored with
the Point Orford Heritage Society, 7pm,
Port Orford City Hall
1/16 - The American (Drive) Way,
Kenneth Helphand, An Oregon
Council on the Humanities
Chautauqua Lecture
2/27 - The Geological History of South-
west Oregon, Ron Metzger

Workshops

Pre-registration required
2/7 - CPR
2/28 - Medic 1st Aid / CPR

For registration and class information call or stop by:

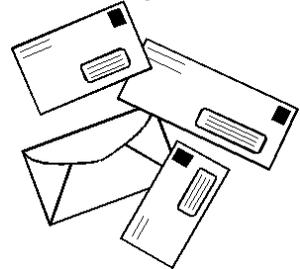
Southwestern Oregon Community College

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Chetco Federal Credit Union

Paranormal Cats

There are many ways in which cats defy
our common everyday laws of physics.
Here are a few that any cat owner can
readily prove.

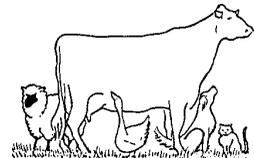
Cats can shed more fur than there actually
is on their bodies.

Fur that comes off the cat so easily will
stick like superglue to upholstery, defy-
ing all attempts to remove it.

Cats fit in containers (shoebox, etc)
smaller than themselves.

Cats levitate themselves into places in
defiance of gravity and can also lessen the
effects of gravity when falling.

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Cat Humor

For the cat lovers among us, check out these web sites:

<http://www.visi.com/~nathan/humor/lists/cat.humor.html> - Here you will find suggestions of what your "Bart Simpson" cat needs to write on the blackboard.

<http://www.evansville.net/~hijinx/cathumor.html> - Things you wish your cat would learn. Rated R, but funny.

<http://www.animalnetwork.com/cats/web/links/humor.htm> - links to lots more cat humor on the web. Enjoy!



SWOCC
Winter Term
Classes begin
January 5

Gold Beach Offerings

College Transfer

AC 9715 Elementary Bookkeeping
BA 101 Intro to Business
CS 125 Spreadsheet Applications
EMT 257 EMT Basic A
EMT 248 EMT Intermediate B
MTH 20-MTH 112 Various levels,
Basic Math through Elementary
Functions
OA 116 Office Procedures
OA 121/122/123 Keyboarding I, II, &
III
OA 201 Word Processing
OA 220 Electronic Calculators
OA 240 Filing and Records Manage-
ment
PSY 202 General Psychology
RE 112 Real Estate Law I
RE 113 Real Estate Principles I
RE 116 Real Estate Finance I

Additional College transfer offerings
available in Brookings, and On-Line

Adult Basic Skills

Adult Basic Education
GED Preparation
English as a Second Language

Personal Interest

Beg. American Sign Language
Conversational Spanish (intermediate)
Geology of SW Oregon
Authoritative Parenting
Tai Chi
Gentle Yoga
Personal Typing
Word Processing
Intro to Computers
Supervisory Skills Training
Painting
Watercolor

Workshops

Pre-registration required
1/10 - Early Childhood Age Appropi-
ate Activities
1/10 or 2/28 - Alcohol Server Training
1/15 - Heart Healthy Certification
1/22,2/29,3/19 - Strategic Planning for
Non-Profits
1/24 - Medic 1st Aid/CPR
1/24 - Beg. Internet
2/14 & 2/13 South Coast Writers' Con-
ference
2/18 & 2/19 - 55 Alive Defensive Driv-
ing
2/21 - Windows 95

For registration and class information call or stop by:

Southwestern Oregon Community College

29392 Ellensburg, P.O. Box K
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Tourism Marketing Workshop

The mysteries of increasing business from tourists will be revealed during "Tourism Marketing Made Easy," a three hour workshop scheduled for Monday, January 12 at the Gold Beach City Hall from 2:00-5:00pm.

The workshop is open to the public and will feature speakers from Southern Oregon Visitors Association (SOVA) cov-

Brian Danforth, D.D.S.

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ering topics such as:

- Who's visiting southern Oregon and how to reach them
- How to use the Internet to promote your business
- How to select the best advertising media for reaching visitors
- How to use other people's money to promote your business through partnership marketing and tour packaging

The fee for the workshop is \$20 in advance or \$25 at the door. Local chamber of commerce and SOVA members receive a 50% discount.

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To reserve your space, call the Gold Beach Chamber of Commerce, ask for Laurel Gerkman or Maggie Cotherman at 541-247-7526 or 1-800-525-2334 or mail your check (make out to Gold Beach Chamber) 29279 Ellensburg, Gold Beach, OR 97444.

To be is to do. -Socrates.

To do is to be. -Sartre

So what does this make couch potatoes?

When is the last time you read a book? Walked on a beach? Attended a public meeting? Practiced a musical instrument? Played with a pet? Wrote to an old friend? Listened to your records? When will you?



Happy Holidays



New Years Day • Thursday, Jan. 1

Brunch 10am - 2pm

Katz Juice & Java

1634 Hwy 101
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**New Years Eve
Public Dance**

at the
Port Orford Senior Center

Everybody Welcome

8pm - ?

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Bakra Bata

The Seattle based group Bakra Bata (bah-krah bah-tah) will come to Coquille on Friday, January 9 to perform at the new Coquille Performance Center. The six-member band has created a highly original and distinctively American style of music and performance that draws primarily from the root traditions of transatlantic cultures as they have developed in the Americas. The principal instrument featured is the steel drum, played in combination with a fascinating variety of other percussion instruments. The unusual instrumentation is a visual and aural delight for audiences, and the repertoire, rich with original material emphasizing rhythmic modes and dance beats, creates an upbeat, joyous ambience.

Bakra Bata has appeared at over 200 arts fairs and festivals across the United States, Canada, Mexico and Brazil. Wherever

they play, there is a spontaneous connection with the audience that creates an exciting atmosphere.

Performance time is 7:30pm. Tickets are \$10.00 and may be purchased at Bonney Drug in Coquille, the Box Office in Coos Bay, or at the door. For more information, call 396-5131. The event is sponsored by the Coquille Performing Arts Council.

Harbor Lights

You are invited to the next Christian Women's Club luncheon on Wednesday, January 7, noon, at the Langlois Lion's Club. The cost of the luncheon is \$7.50 and women of all ages are invited.

The special feature this month is "A Seaman's Beacon of Light" presented by Frank Cramer. Enjoy our "Light Fantastic" with Hanneke Cassel, National Champion Fiddler of Port Orford. The speaker

Happy New Year

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this month is Penny Bingham of Sacramento, California. Her talk is entitled "Lighting up the Way". She has a bed and breakfast on the Sacramento River, is married and has two children. She will share a special light in her life with you.

The luncheon is sponsored by the Langlois, Port Orford Christian Women's Club. Reservations are essential and cancellations necessary. The can be made by calling 332-5202, 332-5451 or 348-2466. Preschool childcare will be provided – please reserve a space.

The Langlois Lion's Club is located off Highway 101, south of Langlois take the north loop of Flores Lake Road and go one block west.

In high school you learn stuff you didn't know. In college you learn things you didn't even know you didn't know!

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Computer Crystal Ball
by Valerie Jean Kramer

Well, its time again to look back at the last year and predict for the next. 1997 has seen the demise of 486's and even of non-MMX pentiums. Still lots of them in service but you don't see many new ones being sold. A year ago a P133 was a fast computer. Today a P200MMX is considered "entry level." (yeah, right!) But what about 1998?

Here are my predictions for what, if anything, they are worth.

56kbps modems should be standardized early in 1998 and you won't see a higher speed without going to something other

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than a single POTS (Plain 'Ol Telephone Service) connection.

Today systems are sold with 16, 32, or 64Mb of RAM. By year's end, expect that to be 128, 256, 512Mb instead.

Most people today get a hard disk of about 1.6 to 3.5Gb capacity. By year's end 6-8Gb will be more common. This would be higher but there are barriers at 2.1Gb and again at 8Gb. Solving these will require new BIOS's, new Operating Systems, or other work-arounds.

Almost everyone with a computer will be on the Internet and a lot of people will get computers or WebTV's so that they can get on also. The Internet will transfer

more email messages than the post office does letters. In later years the Internet will replace today's phone service.

Today's 166-300Mhz CPU chips will be up to 450Mhz.

Windows '97 will finally be released as Windows '98. Win 3.x will finally die.

It will still cost about \$1500 for a good, complete computer system.

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LOOKING FOR SOMEONE to help me translate a German Christmas card and recipe. Please call Cathy 332-5039.

DANNY'S LAUNDROMAT closed Christmas through New Year's. See you on January 2nd. Located between 10th & 11th in Bandon.

HORSE LOGGING – low impact ecologically sound forestry practices. 332-3056. Call Steve in evenings.

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JOHN B. HOUSER, Barber-Hairdresser, 553 - 19th Street, Port Orford, 332-2050. Hours Tues. Thru Fri. From 9 to 5 and Sat. 10 till 2.

RISING SUN Store closed for winter. For product call Kelli Basey at 332-0175

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MISCELLANEOUS

LIVE MUSIC, DINNER, NEW YEAR'S eve at Grumpy's Restaurant. Enjoy acoustic guitar music, ocean view, and the evenings special. 5pm to 9pm. Reservations 332-7575.

82 PLYMOUTH RELIANT Sta/wag under 75,000 org. miles. New: brakes muf. Tail pipe a/c one owner \$1,850.00 332-7066 very clean.

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FLOPPY DISKS AREN'T SEXY but every computer user can use them! Stock up with our Holiday Special. Red or Blue 3½" 1.44Mb DSHD disks (the most common kind) IBM formatted, \$15.95 for a bundle of 50. Labels on sale too! .

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Continued on next page

Classified Ads

Continued from previous page

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Letter to the Editor,

In reading the two letters concerning the city owned property on 18th and Arizona, and being one of the complainants, well, I felt like a real bad guy. The fact of the matter is, this whole uproar at least from my end of the ballpark has been about what effect its misuse will eventually have on the drinking water that we all have a habit of needing. I first took notice of the property without any idea as to ownership. At that time there were way too many horses on the small lot, the ground was severely downtrodden and grassless. If anyone had been able to get through the barbed fence they would note that the property slopes straight down to the millpond. The pond at this point is loosely speaking about 200 yards upflow from our city water intake. At any rate kind of feeling like a burr was in my side I proceeded to look up the ordinances and tax lot numbers. Amazingly, at least to me, the property showed up as city owned, it was also small for its current use.

At this point being not to happy but still not wanting to make a fuss I looked up possible health effects on the Internet. The information was unhappy enough for me to take pictures, make a copy of the proper ordinances etc. and drop them off at city hall. Three more check up calls and a lot of time later the owner of the horses

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was contacted and he agreed to remove them. End of story. Nope. Seems like we had a little shake up at city hall, lots of people changed around, and all of a sudden the herd was back. Another two weeks go by. Finally I called up the horse's owner, told him my concerns, and said if he did not comply noise would have to be made. Another week and a half go by, no change, contact city, problem already being worked on. Horses eventually gone again. City issues clean up letter. No compliance. This is the direction my complaints are coming from. I did not make them lightly. Other people have been making lots of noise. The fence still stands. The lot looks a lot better now only because all the horses were removed. It is still privately blocked off. It does not look cleaned up to me. Take a gander, try and walk to the water. The pond looks bad. Show me this use is good for our water system. I respect the young lady for having the courage to write her letter. I hope she can look past her parent's views and look at the whole picture. Thanks for listening.

Ed Beck

Curry General Hospital

Supporters of Curry General Hospital and other health care providers in Curry County still have a week remaining to make a tax-deductible donation to the Curry Health Foundation, announced Judy Stringham, executive director.

This month, the three year old non-profit organization launched its annual fund-raising appeal to benefit quality health care in the Brookings, Gold Beach and Port Orford.

“Quality health care close to home is a major issue for those of us who live and

work in rural Curry County,” Elaine Pommarane, foundation vice-president, said.

Last year, she added, the foundation funded \$18,000 in medical equipment throughout the county. We've also begun building an endowment fund for future health care needs.

This year, she said, the foundation has already raised about \$9,000 toward its original goal of \$15,000 to help fund Curry General Hospital's CT scanner. The state-of-the-art CT scanner was installed last week and will be dedicated during the hospital's annual Valentine Sunday Open House, February. 15th. The scanner is costing the Curry Health District close to half a million dollars.

“We want to continue our work until we know that the best in diagnostics, equipment and emergency treatment are available to use right here in Curry County. We never know when our very life or that of someone we love, may depend on it,” Pommarane said.

Contributors can choose to donate to the CT Scanner fund drive, the foundation's newly started endowment fund or to any other designation, she said.

The Curry Health Foundation was chartered as a tax-exempt, not-for-profit corporation in 1994. Its purpose is to raise philanthropic gifts and make grants to support Curry General Hospital and other health care organizations in Curry County.

Donations can be sent to the Curry Health Foundation, PO Box 1274, Gold Beach, OR 97444. For more information, phone Stringham at (541) 247-6621, ext. 109.

Arts Council Meets

The Port Orford Arts Council will meet at 7:00pm on Wednesday, Jan. 7, in the North Curry Service Center (Blue Building, 1403 N. Oregon St.). We will begin planning the Arts and Seafood Festival '98. Have suggestions or creative ideas for this annual event? Please join us!

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Happy Holidays Continued from front cover

\$8,000 a month on their Port Orford operation. They will retain the ambulance service area franchises in Gold Beach and Brookings. One reason for their losses is that the company has staffed their ambulance bay with at least two full time paid people 24 hours a day, seven days a week and that costs a lot of money. The contract for the Port Orford A.S.A. has been awarded to Port Orford Ambulance for a six-month period beginning at midnight December 31, 1997. They are the group who had the franchise for forty years prior to this year.

The organization will resume use of the ambulance chute located next to the Port Orford Fire Department. One thing won't change: If you have a medical emergency, you still call 911. Port Orford Ambulance is a volunteer organization. They are not part of a taxing district and raise revenues through providing ambulance service and selling subscriptions for the service they provide.

I spoke with Lynda Foster on Monday and she gave me some background on the start-up situation. Port Orford Ambulance will resume service with three inter-

mediate level response people; five basic level responders with one of those in training for intermediate level, and nine ambulance drivers. They own two ambulances. They will begin service with one primary crew consisting of a driver, intermediate and basic and they will have a second crew in place soon. The new contract with the county is for six months with the possibility of a six-month extension. They will be providing a subscription service. Look for more details in further issues of this paper. They are working on an agreement with Mercy Flights out of Gold Beach for services. They have also worked out mutual aid agreements with Bay Cities Ambulance to the north and South Coast E.M.S. to the south. There will be no disruption in ambulance service as our area transitions back to Port Orford Ambulance.

Election

1998 is an election year with many local offices up for grabs. Countywide voters will elect a sheriff, treasurer and one commissioner position. They also get to elect a state representative and in Port Orford make choices on three city council positions. Port Orford has a very active and strong candidate for County Sheriff

in Mark Creighton. He is on the fast track for the job and is already campaigning for the job. I like the fact he stands for reforms and changes in the department and wish him the best of luck in 1998.

To one and all, have a happy and especially healthy Happy New Year!

Bay Area Hospital

Start the New Year off right with the best nutrition and fitness information available today. You won't hear about gimmicks, pills, or crash diets. What you will hear about is works and what doesn't.

Ronda Gates, M.S., fitness and nutrition counselor and best-selling author, will make two local presentations sponsored by Bay Area Hospital's Wellness Program. Gates is a contributing writer to fitness magazines, an acclaimed national speaker, and the associate producer to Covert Bailey's 13-part PBS television series Fit or Fat.

On Thursday, January 15 at 7pm, Gates will introduce the ten guidelines to turn you onto health. She will explain why crash diets never work; how to eat for optimum health; how to be a savvy consumer; and how to make smart diet changes. Before the program, Gates will be available to sign her best-selling books, *The Lowfat Lifestyle* and *Smart Eating*.

On Friday, January 16, from 9am to 4pm, Gates will explain the ten guidelines in greater detail. She will compare exercising techniques; talk about body fat, metabolism, sugar and other carbohydrates, show height and weight charts that work; and tell the truth about potbellies and thunder thighs. The program fee is \$20 and preregistration is required because of limited seating.

Call Bay Area Hospital at 269-8077 for more information. The programs will be at the Bay Area Community Health and Education Center at 3950 Sherman in North Bend.

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