

# Guy's Computers

841 N. Central Blvd., Suite 3, Coquille, Oregon



**Come In To Order Your Custom Built Laptop To YOUR Specifications**

**WE HAVE CREDIT PLANS TO SUIT EVERY NEED!**

Call For Details

Give Us A Call At

**(541) 396-5139**

## KOFFEE 'N KITES

### Espresso Bar Specials

**\*Caramel Cream Latte or Caramel Almond Turtle**

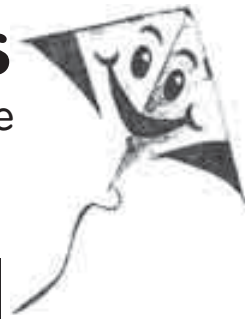
**12 oz - \$2.00, 16 oz - \$2.50 & 20oz - \$3.25**

**\*16oz Mango Smoothie for \$2.50**

### KITE SHOP SPECIALS

**\*Clown Fish - NEMO Kite on Sale for \$19.00 (reg. \$24.00)**

**\*Variety of Kites on Sale!**



**315 First Street Bandon Boardwalk 347-3480**

## BANDON PIZZA



Thanks, Bandon, for another great year!

**347-9448** Bandon Shopping Center  
Daily Specials - U-Bake/We Bake Giant

Sunday.....	Mama's.....	\$11.00
Monday.....	Pepperoni.....	8.00
Tuesday.....	Garden Vegie.....	10.00
Wednesday.....	Hawaiian.....	10.00
Thursday.....	1/2 & 1/2.....	10.00
Friday.....	Combo.....	15.00
Saturday.....	House Special.....	11.00

We deliver from 4:30 to 8 p.m.!

\*Bread Stix \*Hot Wings \*Salads \*Pizza by the Slice \*Desserts

## Samme's LAUNDRY

**347-9493**  
Samme Nuessle

- Washing
- Alterations
- Pressing
- Uniforms
- Table Cloths, Napkins
- Bedding

We Do Linens for Vacation Rentals, Motels, Bed & Breakfasts, Restaurants

9:00 - 3:00 Tuesday - Friday

890 June St. (corner of June & Hwy 101) Bandon, OR 97411

## Don't let your animals starve!

Bring in something to trade: Jewlery, old US Coins, Guns, Antique Furniture, Watches, etc.

## HAY - FEED - GRAIN

Hay & Grain · Supplements · Tack · Vet Supplies  
Pet Food & Supplies, Top Line Brands!

### Western Wear ON SALE!



### SPECIALS:

- All Antiques 20% Off
- WOOD PELLETS \$4.00/Bag
- ORCHARD GRASS \$16.95/Bag
- TIMOTHY HAY \$11.75/Bale
- 2 TIE ALFALFA \$15.95
- BEDDING STRAW \$7.50/Bale
- INTEGRITY DOG FOOD - 50 Lb. Bag \$18.95
- INTEGRITY CAT FOOD - 40 Lb. Bag \$22.95

Canidae Dog and Cat Food

## Bandon Feed

Your One Stop Shopping For all Your Animal Needs!

Open Monday thru Saturday 9:30 AM to 5:30 PM.  
CLOSED ON SUNDAYS

**541-347-1105**

Off 101 in Bandon, Turn East on 42S

(Towards Coquille) Past Hennicks Home Center 1/2 mile

## Harmony Estates Residential Care Center

*"A home atmosphere in a park-like setting"*

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- Day Care
- Long Term Care
- Meals & Snacks
- Activities
- Laundry
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**87326 McTimmons Lane • Bandon, Oregon • 541-347-9631**

## MONEY TIP: If You Want to Save Money, What Matters to You

I firmly believe that good financial advice is always based on what you want to achieve with your money—never on generic facts and figures. This isn't matter; they do matter a great deal, but they have to be your facts and your figures, and they have to reflect what you are trying to accomplish.

If you're faced with having no savings or dealing with a budget that is out of balance, for example, you need to consider what changes you are willing to make so that you can accomplish what you want with your money. In other words, if you want to save money, you have to think about what matters to you and be realistic about what changes you can make right now to do this.

Though a list of tips can help you consider ways you can begin saving money, you truly are in the best position possible to decide how and where you will cut costs. With a little legwork, you can get a clear picture of where your money is going and determine if you would be happier or more financially secure if you were spending it differently.

For my family, this has involved considering two areas of our household budget: hair care and food costs. We've already netted some serious savings, but I have to be honest and say that we've all had to move out of our comfort zones to accomplish these savings. And notice that I said "we"; this cannot be a solitary effort—your entire household will have to be on board if you're serious about making changes in the way you spend.

Despite two previous failed attempts (and the bald spots on my husband's head to prove it), I have conquered the clippers! Even at prices charged at the most economical salons, we were still shelling out over \$40 a month for haircuts for the three males in our house. At the gentle urging of a friend (that "gentle urging" involved presenting me with my own set of clippers) who had been cutting my family's hair, I nervously clipped away. (I'm certain I wasn't the only nervous one.)

My husband says he is as happy with his at-home hair cuts as he was with those he used to pay for at the salon. You may not have as willing (or forgiving) husband or significant other in your life, or you may feel as though you'd rather pay the \$15 for a haircut and not hassle with doing it at home. But for us, that \$40 saved on haircuts means we have the funds for a date night

or to put towards a new pair of work shoes for my husband.

As for food, it represents our second largest monthly household expenditure. We have some voracious eaters in our home, and we need to be mindful of how we spend our food dollars. (It's not uncommon for our almost three-year-old to wolf down as many as five—count em'—five pancakes at one sitting.) In recent months, I've begun to focus on more made-from-scratch foods and on cooking in bulk.

This too involves all of us moving out of our comfort zones, in more ways than one. It's easy to rely on the old standbys—macaroni and cheese, the ever-popular hotdog, and sandwiches; what is more difficult is planning ahead to make less expensive and more nutritious meals. This means choosing longer-cooking brown rice, beans that aren't from a can, and bread that you don't have to pop open to bake. It also means that I need to concentrate my efforts on tackling that entire 10 pound package of ground beef when I bring it home. I make meatballs and mini meatloaf, brown and store a few pounds for use in tacos and soups, and package the rest for later use. Of course, I'd rather be doing some-

thing relaxing, but staying within my food budget means less stress now and more time later when I need to cook a meal on the fly.

We're also expanding our garden this year by planting foods that we've never tried growing before. I'm hoping to bring in enough bounty that I can move out of yet another comfort zone and finally learn how to can produce.

This information is provided through your local Consumer Credit Counseling Service, located at 375 South 4th Street, Coos Bay, OR 97420, by permission of the American Center for Credit Education. For additional Consumer information or help in resolving financial issues contact Consumer Credit Counseling Service of Coos-Curry at 267-7040 or (800) 248-7040 or visit [www.cccscoos.org](http://www.cccscoos.org).

## ADULT VIDEOS

**NEW!**

Hustler, Vivid etc. \$10 & up.

## BOOKSTORE

49045 Hwy 101 & Junction  
Beach Loop RD, Bandon  
3 miles South of  
Old Town Bandon  
Wed - Sat. Noon to 4:30 PM

## NOW CELEBRATING OUR 12TH YEAR IN BUSINESS!

## INCONTINENT?

Disposable - Clothing Protectors  
Adult Diapers - Bed Pads - Gloves - Skin Care Products

## OUT OUR GREAT PRICES! HIGH NUTRITION DRINKS



- Boost - \$28.00
- Boost Plus - \$32.00
- Boost Diabetic (27 Cans Per Case) - \$32.00
- Carnation VHC, 560 Calories, Lactose Free, Gluten Free - \$40.00

All Prices Are Per 24 Container Case  
Choice of Flavors - Chocolate, Vanilla or Strawberry  
**WE STILL DELIVER**



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WE WILL BILL MEDICAID FOR YOU!

## Bandon Fitness Center

### NO TIME FOR EXERCISE?

With The Short & Sweet 26 Minute Circuit at Bandon Fitness 24/7, Access is Really No Excuse!

Across from the Bandon Shopping Center

**347-3522**

Open 7 Days a Week  
Visitors Welcome

[bandonfitness.com](http://bandonfitness.com)