

# \$\$\$ MONEY TIP \$\$\$ - Live the Life You Desire—No Matter Where That Might Be By Carey Denman

I spent many-an-hour held up in the gigantic clump birch tree in the front yard of my childhood home. My sisters and I kicked up clouds of dust on our bikes, swam in a stock tank-turned-swimming-pool, and foraged for wild raspberries and strawberries, warmed by the summer sun. As cliché as it might sound, mine was a childhood filled with simple pleasures.

Since those bicycling, berry foraging days, I've resettled in the country to raise my own family. Country life comes with its share of drawbacks—muddy roads, rogue neighborhood cats, and long commutes among them—but enduring those minor irritations really is a tradeoff for us. Our life in the country is more peaceful and more cost efficient than our previous in-town lives.

That cost efficiency comes largely out of necessity: we consolidate errands and can't eat fast food, unless we're willing to travel around 50 miles roundtrip. We don't get cellular service at our house, or in route to our house, so we don't have the monthly expense of a cell phone bill. We buy as many things as we can in bulk and try to stock up on gifts when we can.

But country life and the corresponding cost-saving benefits aren't about what we don't have access to, but how we choose to live. In truth, we could make the same choices almost anywhere. We have a large garden, for example, but growing edibles doesn't mean you have to have a lot of space. You can grow many things, including lettuce, herbs, tomatoes, squash, and cucumbers in containers or small garden plots. People all over the country are turning front yard turf into garden space. Our own garden helps our children to learn the value of "slow food," plus we eat nutrient-rich produce, often within minutes of harvesting it.

Living in the country without television reception means that we seek alternate sources of entertainment. We keep a laundry basket by the back door in the summer stocked with everything we need for an impromptu trip to a nearby lake. We keep the roasting sticks at the ready for our backyard fire pit, and we have a Scrabble board on hand for cool or inclement evenings. In short, we plan and prepare for the moments we care about the most. This planning helps us to save money and to get the most out of our leisure time.

When it comes to our social life away from home, we don't necessarily accept every invitation we receive, and we are selective about the ongoing activities that we commit to. In my view, this isn't about being anti-social, but rather a wise steward of our resources. Certainly, we enjoy the company of friends and want our children to have opportunities to participate in things that interest them, but it can be easy to get caught up in flurry of activity that isn't fulfilling to you and your family. The lesson: it's okay to say no sometimes.

Is our life idyllic? Hardly. We make buying and gardening mistakes with the best of them. We sometimes struggle to find balance in our family. But we are striving to make the most out of our lives tucked into the small rolling valley that we call home. You can do the same, by making every day choices that fit your priorities, no matter if you live in a suburban home, a high rise apartment building, a dormitory, or a recreational vehicle.

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 (541) 267-7040 or (800) 248-7040 or visit our website at [www.cccscoos.org](http://www.cccscoos.org).

**Hidden Treasures Gallery**  
Custom Picture Framing

James Anstey  
541-347-1718 Office  
541-281-2088 Cell

30219 Sunn B Hwy 101 S  
P.O. Box 2078  
Bandon, Oregon 97411

Appointments Available

- \* Custom Framing
- \* Photo Redoxing
- \* Printing and Reproduction
- \* Photos and Cards
- \* Photography Available

**Pazaz LLC**  
Printing - Copying  
Marketing  
541-349-0319

Your NEW One-Stop Copy/Printing  
Business in Bandon, Oregon.

-Brochures - Business Cards - Custom Projects  
Put some "PAZAZ" in your printing!

Located at 50219 Hwy 101 South Suite B,  
within Hidden Treasures Gallery

**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)

**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: Jewelry, old US Coins, Guns, Antique Furniture, Watches, etc.

**HAY - FEED - GRAIN**  
Hay & Grain · Supplements · Tack · Vet Supplies  
Pet Food & Supplies, Top Line Brands!

**We have guns and Ammo**

**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**  
We want to help you help the animals!  
Any food purchased for the Animal shelter will receive a 10% discount—and we will deliver it for you!

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"

- Respite Care
- Day Care
- Long Term Care
- Meals & Snacks
- Activities
- Laundry
- Medi Management
- Beauty Salon
- Cable

• State Licensed & Endorsed

87326 McTimmons Lane • Bandon, Oregon • 541-347-9631

**IT IS THE SOLDIER WHO PROTECTS US!**

It is the soldier, not the reporter Who has given us freedom of the press.

It is the soldier, not the poet Who has given us freedom of speech.

It is the soldier, not the campus organizer Who has given us the freedom to demonstrate.

It is the soldier, not the lawyer Who has given us the right to a fair trial.

It is the soldier, not the ACLU who has protected our rights to life, liberty and the pursuit of happiness.

It is the soldier, not the politician who has protected our constitution and the individual rights it guarantees.

It is the soldier Who salutes the flag, Who serves under the flag, Whose coffin is draped in the flag, Who allows the protester to burn the flag.

## Coos Foster Families Need Your Help

The Coos County Foster, Adopt and Relative Parent Association has been an active part of this community for many years, providing needed assistance to our precious foster children.

Currently, there are more than 500,000 children in foster care across the country - more than 140 are in care right here in Coos County. These children and their adult caregivers need our help.

I urge everyone to participate in "Walk Me Home...to the Place I Belong." The 2nd nationwide fundraiser for foster children. This 5K walk will be July 18th at Mingus Park in Coos Bay. Registration at 10:00 AM. The walk begins at 10:30 AM. The walk is co-sponsored by the National Foster Parent Association and the Coos County Foster, Adopt and Relative Parent Association. Several local businesses have also agreed to sponsor the event. If you are a business and would like to sponsor this event please contact Marjorie Scott at 347-4224.

The facts of foster care in America are sobering. The number of children in the system is nearly double what it was 25 years ago. Experts estimate that more than 80 percent of placements are the result of substance abuse in the home. On average, children stay in the system almost three years and stay with three different families. Many are not only sepa-

rated from their parents, but from their siblings too.

We are encouraging walkers to participate as individuals or recruit a team from their company, organization or neighborhood. You can get a registration form from Marjorie Scott, call 347-4224 or 297-2289 and she will see you get one. You can also sign up on the web at: [www.walkmehome.org](http://www.walkmehome.org) and go to the Oregon site and then the Coos Bay sight.

We can all help by participating in Walk Me Home, so every child can walk home to a place they belong.

**USED**

**1992 GMC 1500 4x4**  
#11419  
**\$2,995**

**GIBS RV SUPERSTORE**  
1845 OCEAN BLVD., COOS BAY  
**888-3424**  
or **1-800-824-4388**  
[www.gibsrvsuperstore.com](http://www.gibsrvsuperstore.com)

## 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** 167517

- 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**

## WE HAVE NON-SKID SLIPPERS



**Complete Line of Remedy Brand Professional Skin Care Products**  
Free Samples Available

**RAINDANCE Health Care Products & Commercial Laundry**  
Serving from Reedsport to Brookings

**888-9406 / 800-756-3073**

**FREE DELIVERY** 350 LACLAIR ST., COOS BAY  
WE WILL BILL MEDICAID FOR YOU!