

651 Help Wanted

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Assistant Office Manager

\$31-\$40,000/yr. + Perks, IRA, Vacation, Blue Cross Health Benefits
Office administration focus with assistance to Operations.

Experience helpful

Hospitality, QuickBooks, Microsoft Office

Must:

Efficient in typing/txt, live within 12 miles of CB, excellent communication & organizational skills. Independent, detailed, friendly, confident, solution oriented and enjoys the coast.

For more information contact us at
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503.828.9889



Peace Learning Center, a Faith-Based preschool/childcare center est in 1988, is currently seeking to add some fun-loving staff to our team. Two Teacher & one aide position available. Pay is DOE with vacation & sick days available. Must meet state requirements & pass a Criminal Background Check through the Early Learning Division. EOE 503-325-4041 dirplc@yahoo.com

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101 Legal Notices

AB7508

The Arch Cape Water District is conducting an executive session from 4-6pm Thu November 7, 2019 at the Arch Cape Fire Hall at 79279 Hwy 101 to conduct deliberations with persons designated to negotiate real property transactions provided for by ORS 192.660 (2)(e). The public may not attend. 503-436-2790. **Published: October 26th, and 29th, 2019.**

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Refuse Collector I

City of Warrenton Public Works Department is accepting applications for a Refuse Collector I. Salary range 17: \$3222.97-\$3917.54 monthly. An AFSCME union position w/excellent benefits including PERS/OPSRP, Medical, Life and AD&D insurance, aid vacation, holidays and sick leave.

REFUSE COLLECTOR I REQUIREMENTS:

Mandatory qualifications include graduation from high school or equivalent, one year of experience in operation of commercial trucks, possession of valid driver's license and CDL endorsement and a pre-employment background check and drug screen. Resume and application are required. Applications packets are available at City of Warrenton, 225 S. Main Ave., P.O. Box 250, Warrenton, OR and online on the City of Warrenton website. <https://www.ci.warrenton.or.us/>
OPEN UNTIL FILLED

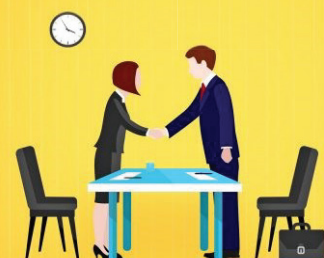
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SENIOR LIVING | FOOD

Change your Diet

It's never too late to make lifestyle changes that positively impact our health. As people age, diets become increasingly important to lessen the risks of disease by eating nutritious items.

If you're unfamiliar with what it takes to create a well-balanced menu, you should start by asking your general practitioner for a referral to a quality nutritionist.

Based on your health and diet, they can recommend a plan that works specifically for you. Check with your health care provider to ensure their services are covered by your insurance. Here are some basic tips to get you started toward clean eating from the National Council on Aging.

USE MYPLATE

Do you remember the food pyramid that the United States Department of Agriculture introduced to America in 1992? While it served as an efficient guide to help people understand the important nutrients they needed, in 2011, the MyPlate system was created.

While it stays true to the importance of fruits, vegetables and protein, the new guide makes it simpler to visualize how much of each



should be eaten. Check it out before changing up your diet toward better health.

VARIETY OF NUTRIENTS

In addition to sticking to the proper serving levels of different nutrients, the National Council on Aging also recom-

mends that a plate should contain bright, colored foods as they contain important vitamins.

Make sure to check the Nutrition Facts label and ensure it is packed with nutrients and low on fat, sugar and sodium. Discuss your new

eating plan with your doctor or nutritionist to discover what your body needs and what you should avoid based on your health.

STICK TO RECOMMENDED SERVINGS

Even healthy foods should

be eaten with a serving limit in mind. Check out these new guidelines from the American Heart Association for people over 60 years of age:

five servings of vegetables per day; four servings of fruit per day; and eight to nine servings of meat per week.