

850 ♦ VEH. & BOAT PROMO



2014 FORD FIESTA
Sedan S, 7500 miles, auto, like new.
\$13,450 firm
541-997-4929
Lv msg, please

850 ♦ VEH. & BOAT PROMO



2004 MONACO-LAKOTA
32ft. 5th Wheel, alum. frame, NS, fiberglass ext.-GC, oak cabs, beige-int, 2-slides, queen, Mint condition.
\$26,900
541-997-9637

850 ♦ VEH. & BOAT PROMO



LUGGIE SCOOTER
NEW adult folding scooter. Lightweight, easy charge, sale due to illness. \$1,500.
541-997-3382



LOW MILES
1990 JEEP WRANGLER
4x4, 5-speed, excellent condition, 83K mi.
\$4,850 obo
541-902-1368 or 541-991-2274



1977 24FT SEA RAY
W/rebuilt Mercruiser & outdrive. NEW. Nav Equip, elec, uphol. & top. All fishing & safety equip. EZ Load trailer.
\$12,500
707-480-1192



TOYOTA TACOMA PRERUNNER
Access cab, 4X2 posi, V6, auto, TRD Offroad, Tow Pkg. Excellent condition
19650 mi. \$23,500.
(541)902-0586.



CLUB CAR GOLF CART
48V, Very Good Condition.
\$1,450
541-997-7711



2004 24' KOMFORT
Dual Batteries, solar panels, ext. pin box & hitch for SB PU, Tub/shower combo, queen, power roof vents, 4 burner gas stove, welded Alum. frame. NS. \$11,000
541-997-5319



1989 NISSAN UD FLATBED
7x12 Protech, Allison auto, Goose neck or 5th wheel, aux 75 gal fuel, custom alum and underbed tool boxes, new paint, good tires.
\$8,500. (541)902-0586



SHARP
2005 BUICK LeSABRE
4 door Sedan, white, loaded.
\$4,950.
541-902-1368 or 541-991-2274



2008 HONDA CR-V EX-L
Loaded, 65Kmi. auto, 6-CD player, blue w/ gray leather interior, heated seats.
\$16,900
541-997-8316



2013 KEYSTONE COUGAR 36'
3 slides, Model 327RES, 5th Wheel, one owner, not used much, like new. Can see on Craigslist.org
Asking \$34,988
541-997-3534



5-SLEEPER CAMP TRLR
Condition-used one time only. Too many items to list, easy tow. Call for details.
\$3,900 obo.
541-991-1720



2013 KEYSTONE 21'
Pull trailer w/Elec. awning & slideout. Q bed, Used about 12 times. Extras come w/trailer.
\$19,000 obo
541-997-3931



2005 KEYSTONE COUGAR 28' 5TH WHEEL
Slide-out, sleeps 4, great condition, walk-in shower, lots of storage & cabinets.
\$11,995
997-2404 or 999-0243



1972 MUSTANG MACH 1
Restored to orig. 351-V8-Cleveland 4 barrel carb. valve seats updated, engine freshened up. Auto. \$17,999
902-9183 or 999-0486



1997 SUZUKI 250 R25
2005 racing motor/ equip low hrs. Air cooled, mono shock, 2-stroke. In Florence.
\$1,600 obo
775-225-7769

Reduce Reuse Recycle
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990 ♦ STATEWIDE CLASSIFIEDS

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SERVICES:
DIVORCE \$155. Complete preparation. Includes children, custody, support, property and bills division. No court appearances. Divorced in 1-5 weeks possible. 503-772-5295. www.paralegalalternatives.com legalalt@msn.com
LIQUIDATIONS:
NURSERY LIQUIDATION. Saturday, February 7th, 10:00 a.m. 31665 NW Scotch Church Rd., Hillsboro, OR 97124 www.SteveVanGordon.com

FITNESS FACTS

Seven Fitness Myths, Debunked

(NAPSA)-With the New Year rapidly approaching, there's no shortage of advice on the best ways to achieve your resolutions. Yet, when it comes to fitness and weight loss goals, it can be difficult to tell fact from fiction.

Stay on the fast track to keeping your New Year's resolutions. Here are Bowflex Fitness Advisor and author of "Beat the Gym," Tom Holland's top seven fitness myths exposed:

Myth #1: You need to spend at least an hour in the gym to see results.

Research shows you can actually achieve better results doing 15 minutes of interval training three times a week than by jogging on a treadmill for an hour.

Not sure where to start? Consider this: The new Bowflex Max Trainer® (www.bowflex-maxtrainer.com) burns up to 21/2 times the calories as do other cardio exercise equipment in 14 minutes and engages the upper body 80 percent more than a traditional elliptical. Plus, it's designed specifically for the home, so you can work out anytime.

Myth #2: As long as you exercise, you can eat whatever you want.

Whether you want to maintain, gain or lose weight, you need to make sure your caloric intake matches your goals. To lose weight, you need to eat fewer calories than you burn. For example, if you burn 500 calories during your workout and then eat two or more slices of pizza (topping 500 calories), you'll end up gaining weight.

You can determine how much to eat by testing your metabolic rate, since your metabolic rate is the energy you use in order to be alive plus the energy needed for daily activities. You can use this measurement to



Be smart about fitness myths to reach your New Year's resolutions. Fitness shakes are a great way to help you achieve a healthy diet.

accurately identify how many calories your body needs.

Myth #3: Organic or gluten-free foods are best for weight loss.

There are many benefits of eating organic or gluten-free foods. For example, they have more antioxidants, less pesticides and food additives. However, overeating is still overeating. Make sure to evaluate your overall caloric intake and expenditures to stay within the bounds of your goal.

Myth #4: Fitness shakes are just for people who want to bulk up.

Many people confuse fitness shakes with "mass gainers"- products used to aid in bulking up. Protein shakes, however, can actually be a great way to achieve the healthy diet necessary to reach fitness goals.

For instance, the new line of Bowflex Body (tm) (www.bowflexbody.com) fitness shakes activates the metabolism and helps build muscle, burn calories and boost energy, all while refueling the body.

Myth #5: Do cardio on an empty stomach to burn the most fat.

Many people believe if you work out on an empty stomach, your body will use its stored fat supply to fuel the exercise. However, research shows fat burn is consistent whether you eat before a workout or not.

If you're looking for

cardio motivation, the new Nautilus® 616 cardio series (www.nautilus.com) includes a treadmill, elliptical, upright bike and recumbent bike. Features include groundbreaking technology for better connectivity and customizable workouts with the innovative Nautilus® Trainer(tm) app.

Myth #6: Crunches are best for getting great abs.

No matter how many crunches you do, you won't see six-pack abs until you lose the layers of fat covering your abdominal wall. The best way to lose fat is to stick to a strict diet and scorch major calories with interval training and compound weight-lifting exercises-which use more than one major muscle group.

Myth #7: I can't reach my fitness goals because I can't afford a trainer.

Personal trainers are a great resource to help motivate and take you to the next level. But if you can't afford a personal trainer, don't be discouraged. There are many great (free!) resources online you can use to aid your fitness regime, including the Bowflex Insider blog at www.bowflexinsider.com.

"Don't let yourself be fooled by these common fitness myths," advises Holland. "The tips above can help you reach your fitness New Year's resolutions."

999 ♦ PUBLIC NOTICES

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PUBLIC HEARING NOTICE
The Florence City Council will be holding a public hearing at 6:00 PM on February 2, 2015, in the Council Chambers of City Hall, 250 Highway 101, concerning the following proposal:

ORDINANCE NO. 1, SERIES 2015 - CC 14 10 TA 03 - MEDICAL MARIJUANA TEXT AMENDMENTS: A proposal by the City of Florence, initiated by the Florence City Council at their Oct. 20, 2014 meeting, to establish locational, site design, and operational criteria related to medical marijuana. These text amendments will establish appropriate zoning for medical marijuana facilities as well as establishing minimum listed distances from residential zones, public libraries and parks, child care facilities licensed by the Oregon Dept. of Education, and public and private schools attended primarily by minors.

For more information please contact the City of Florence Planning Department at (541) 997-8237 or visit city's website at www.ci.florence.or.us.
Publication Date: January 31, 2015

PUBLIC NOTICE

Agency: USDA Natural Resources Conservation Service, central Oregon coast
Local Work Group meeting
Date: February 10th, 2015
Time: 10:00am
Location: Siuslaw Soil and Water Conservation District office
1775 Laurel Way Suite #4, Florence Oregon 97439
Purpose: Gather input from landowners of small woodlands/farms/ranches, agriculture and conservation organizations, and state and federal agencies regarding natural resource conservation priorities and opportunities for collaborative investment in Lincoln County and western Lane County.

The USDA is an equal opportunity provider and employer.

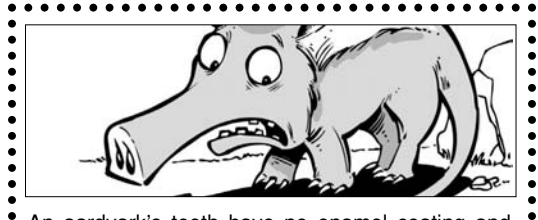
A request for accommodations for persons with disabilities should be made 48 hours before the meeting. Please contact Kate Danks @ 541-265-2631 for arrangements.

For more information, please contact Kate Danks @ 541-265-2631 or kate.danks@or.usda.gov.
Publication Dates: January 24, 28 & 31, 2014 & February 4 & 7, 2014

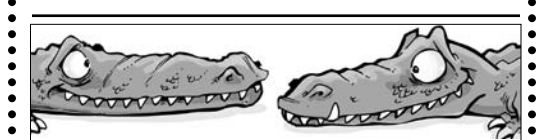
INVITATION FOR BIDS

SECTION 00100
ADVERTISEMENT FOR BIDS
HECETA WATER PEOPLE'S UTILITY DISTRICT - WATER LINE UPGRADES PROJECT
Sealed bids for the construction of Water Line Upgrades Project for the Heceta Water People's Utility District (Owner) will be received by Carl Neville, General Manager, Heceta Water People's Utility District office, 87845 Hwy. 101, Florence, OR 97439 until 2:00 p.m. PST February 26, 2015 at which time the sealed

Public Notices continued on next column



An aardvark's teeth have no enamel coating and are worn away and regrown continuously.



One way to tell the difference between alligators and crocodiles is by their teeth. On crocodiles, the fourth tooth on each side of the lower jaw projects outside the snout when the mouth is closed.

Super Bowl XLIX
Feb. 1, 2015

Saturday's Graphic

Graphic Search

Good Luck

Here is how it works...

We will put a graphic or photo in the box to the left. You find it somewhere in the classifieds. Come into our office, Enter your name, phone number and describe where you found the graphic or bring in a clipping to attach to your entry into the drawing for a gift certificate.

Gift Certificates must be picked up within 2 weeks of winning
Deadline for today's paper: Monday by 3:00 PM

MERRIBETH TERRELL found the Skating Month Graphic on Page 6B (On deck railing in TR Hunter New Listing 4796 Gloria Gayle Way). She won a gift certificate to Big Dog Donuts & Deli.

Wednesday's Graphic

999 ♦ PUBLIC NOTICES

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bids will be opened publicly and read aloud. Bids received after this time will not be accepted. All interested parties are invited to attend.

The project must be substantially complete 180 days after issuance of Notice to Proceed. Estimated construction cost is between \$1,100,000 and \$1,400,000. The project consists of the following major items of construction:

Schedule 1 - Mercer Creek Water Line Bridge Crossing

- a. Construct a new water line across Sutton Lake Road Bridge.
- b. Work includes the following main items:
 1. Construct approximately 235 lineal feet (lf) of new ten (10) inch water line.
 2. Work includes appurtenances for the water line, including miscellaneous fittings.

Schedule 2 - Sutton Lake Road Water Line

a. Construct a new water line along Sutton Lake Road and bridge.

- b. Work includes the following main items:
 1. Construct approximately 1,384 lineal feet (lf) of new ten (10) inch water line.
 2. Work includes new service lines and meter reconstructions as well as appurtenances for the water line, including reconnection to fire hydrants, gate valves, pressure reducing valve (prv) station, and miscellaneous fittings.

Schedule 3 - Rath Creek Marsh Water Line Crossing and PRV Station

a. Construct a new water line from Sutton Lake Road, across Rath Creek Marsh to Leavage Drive. Work includes the following main items:

- 1. Construct approximately 1,020 lineal feet (lf) of new ten (10) inch water line.
- 2. Work includes appurtenances for the water line, including gate valves, pressure reducing valve (prv), vault, and miscellaneous fittings.

b. Piling and Asbestos Containing Pipe Removal at Mercer Creek. Work includes the following main items:

- 1. Removal of 14 pilings and 210 lineal feet (lf) of asbestos-containing pipe.

Schedule 4 - North Mercer Lake Water Line

a. Construct a new water line along North Mercer Lake Road.

- b. Work includes the following main items:
 1. Construct approximately 2,049 lineal feet (lf) of new ten (10) inch water line.
 2. Work includes new service lines and meter reconstructions as well as appurtenances for the water line, including gate valves, pressure reducing valve (prv) station, and miscellaneous fittings.

Schedule 5 - Leavage Creek Water Line Bridge Crossing

a. Construct a new water line across North Mercer Lake Road Bridge.

b. Work includes the following main items:

- 1. Construct approximately 482 lineal feet (lf) of new ten (10) inch water line.
- 2. Work includes appurtenances for the water line, including miscellaneous fittings.

Bidding documents may be examined at the offices of The Dyer Partnership Engineers & Planners, Inc., 1330 Teakwood Avenue, Coos Bay, Oregon 97420, (541)269-0732; and at the Heceta Water People's Utility District office, 87845 Hwy. 101, Florence, Oregon.

Complete digital project bidding documents are available at www.questcdn.com. You may download the digital plan documents for \$20.00 by inputting Quest Project No. 3666710 on the website's Project Search page. Please contact QuestCDN.com at 952-233-1632 or info@questcdn.com for assistance in free membership registration, downloading, and working with this digital project information. An optional paper set of project documents is also available for a nonrefundable price of \$100.00 per set, which includes shipping. Please contact us at (877) 773-8610 if you have any questions.

A pre-bid conference will be held at the Heceta Water People's Utility District office, 87845 Hwy 101, Florence, OR 97439 on to be determined at a time to be determined. Attendance is not mandatory, but bidders are encouraged to attend.

Bids will be received on a unit price basis for all of the work. No bid will be considered unless fully completed in the manner provided in the Instructions to Bidders, and accompanied by a bid security executed in favor of the Owner in the amount not less than 10% of the total amount of the bid. Per ORS 279C.385, bid security is to be forfeited as fixed and liquidated damage should the bidder neglect or refuse to enter into a contract and provide suitable insurance certificates, bonds and other required documents for the faithful performance of the work in the event bidder is awarded the contract.

All bidders must be "equal opportunity employers" and comply with the appropriate provisions of state and federal law. In addition, all bidders are required to comply with ORS 656.017 regarding workers' compensation. Prior to submission of bid, Bidders shall be registered and in good standing with the Oregon Construction Contractors Board, and thereafter shall comply with the requirements of ORS701.035 to ORS 701.138. Bidder, Contractor and Subcontractors are not required to be licensed under ORS 468A.720 for asbestos abatement.

Pursuant to ORS 279C.505(2), all Bidders must certify with their bids that they have an employee drug testing program in place. If awarded a contract, Bidder must provide proof of such drug testing program when executed Agreements are returned to Owner.

Bidders must prequalify with Owner as specified in the Instructions to Bidders, ten (10) days prior to bid opening.

Each Bidder must submit a first-tier subcontractor disclosure form to the Owner within two working hours of the time for receipt of bids in accordance with ORS 279C.370. Each Bidder must also submit evidence of authority to sign bid within two working hours of the time for receipt of bid.

This contract is for a public works project subject to the Davis-Bacon and Related Acts (40 U.S.C. 3141 et seq.). If state prevailing rate of wage is higher than the federal prevailing rate of wage, the contractor and every subcontractor on the project shall pay at least the state prevailing rate of wage as determined under ORS 279C.815. ORS 279C.800 to 279C.870 will be administered and enforced in a manner that is consistent with federal law and regulations adopted or guidelines issued in accordance with the Davis-Bacon and Related Acts.

No bid will be received or considered by the Owner unless the bid contains: 1) a statement that bidder will comply with the provisions of 40 USC 276a and ORS 279C.840; and 2) a statement as to whether the bidder is a resident bidder as defined in ORS 279A.120. Bid evaluation will not include a percent increase added to the bid submitted from out-of-state bidders from states which give preference to in-State Bidders, pursuant to federal requirements.

Work under this Contract will be funded in part with federal funds from the Safe Drinking Water Revolving Loan Fund through the Oregon Business Development Department and will be administered by the Infrastructure Finance Authority.

The Owner reserves the right to reject any or all bids, to waive all informalities, and to accept such bids that in the opinion of the Owner are in the best interest of the Owner. No bidder may withdraw or modify his bid after the hour set for the receipt of bids, and thereafter until the lapse of 70 days from the bid opening.

Dated this 19th day of January 2015
By order of: Carl Neville General Manager
Published: Florence, Oregon Portland, Oregon
Publication Dates: January 24 & 31, 2015