300 **→** FURNITURE

brown print. Like new. Getting something smaller. \$500. 541-997-2191.

Furniture- 88" Beige Ultra Suede Sleeper Sofa-\$575. Matching 53" Chair-\$300. Like New. 541-997-

Lift Chair- tan used 3 mo. \$350. 541-999-1186

330 ★ SPORTING GOODS

Bob's Fishin' Barn now relocated from British Columbia to Florence Oregon. We buy and sell new used. 541-305-5939/541-305-5938 for appointment.

True Value Hardware Buy, sell, trade guns 541-997-8024

1750 Highway 126, Dunes Village Shopping

375 **♦** PET SERVICES

for your little doggy or kitty? Reliable Call for price. 541-902-1972

380 ★ ANIMALS

2 F. Akc registered long haired mini doxies, excellent health, shots, trained etc. Full breading rights. Dob 5/01/2014. \$1,000 each, health forces sale, leave name and number 541-997-6959

Cats need good home. Five males, Scottish Bent Ear. Call 541-999-0254

less recliner and ottoman. Small size. Beige. \$700

Cash only. 541-997-4252.

90 ♦ STATEWIDE

ternatives.com

NOTICES

for 12 pm at Florence Mini Storage, 4099 Hwy 101., Florence, OR 97439. The contents of the following storage units wil be sold at public auction:

sky, Unit #I-29 (12x26) & UnitF-120 (10x10).

PUBLIC NOTICE

Notice is hereby given that the following hearing will be held by the Planning Commission, of the City of Dunes City, Oregon at 6:00 p.m. on August 27, 2015 in the Dunes City Hall, 82877 Spruce Street. The Dunes City Planning Commission will hold a hearing to provide a recommendation for the Dunes City City Council to consider at a public hearing, to be held on September

Tax Lot 5400 as applied for by Richard Stronegger, subject property owner.

Applicable Criteria Applying to this matter:

(Conditional Use Permits), 155.2.3.300(B) (Shorelands), 155.2.6 (Riparian Overlay Zone), and Section 155.5.1 (Variances) 155.2.1.120 Building Setbacks and Lot Area Requirements

Failure to raise an issue to afford the decision-maker and the applicant an opportunity to respond to the issue precludes the appeal to the Board based on that is-

applicable criteria are available for inspection at no cost, and a copy can be provided at reasonable cost, upon request. The staff report will be available for inspection at no cost at least seven (7) days prior to the

hearing. toward the criteria described above or other criteria in the Plan or Land Use Regulation which is believed to apply to that decision, and may be submitted to the Dunes City Hall Planning Secretary, P.O. Box 97, Westlake, Oregon 97493, or by phone or e-mail to Jacob Callister (541) 682-4114, jcallister@lcog.org, no later

than the day of the public hearings. Publication Dates: August 8 & 12, 2015

420 **→** TO GIVE

Call 541-997-7075 to receive Free Gifts from Local Businesses, Welcome to Florence.

430 ★ STORAGE

101 MINI-STORAGE 3340 Hwy 101 N, Call for sizes & prices. 997-8117 101mini-storage.com.

FLORENCE MINI STOR-AGE. 4099 Hwy. 101 N, 541-997-8557. Call for sizes & prices. Senior/Military discounts. www.florenceoregonstor-

440 ★ APTS. FOR RENT/LEASE

Nice, Clean, Safe Apts. Starting at \$610, Includes: W, S, G, & W/D in each unit. 541-997-4200

530 ★ RV SPACE RENT/LEASE

\$400/mo.- Private space, avail. Mapleton, Includes electric, water/sewer, garbage. Satellite TV. Pets on approval. 541-999-

560 ★ COMM. FOR RENT/LEASE

1100 sq.ft.- lease space available next to Coastal Fitness. High Traffic area. 541-997-2713.

Lease to Own: 1.75 acres on 101 w/office & 30x50 shop., +45 ministorage units, \$1200/mo., 3yr. lease; all payments go to purchase. \$1800/mo. lease. \$395,000 purchase. 541-999-1011. Serious inquires only.

590 ♦ REAL ESTATE FOR SALE

\$35,000- OBO lot is 60x100. City water, septic, electricity already in. Old trailer not liveable on property. 541-683-7117

990 **◆** STATEWIDE

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.paralegalal-

NOTICES

PUBLIC NOTICE On Friday, August 14, 2015, an auction is scheduled

Annette Devinny, Uit #C-113 (10x10); Jon Zeman-Publication dates: July 29, 2015 & August 8, 2015.

NOTICE OF PUBLIC HEARING

10, 2015, on the following matter: 1. Request for Conditional Use Permit for impacts related to an existing parking pad and covering at the property located at 82868 Lake Blvd. The property is located on Lake Boulevard, Assessor's Map 19-12-34-21

Dunes City Code of Ordinances, Section 155.4.4

The evidence relied upon by the applicant and the

Written testimony and evidence must be directed

610 ★ HOMES FOR SALE

\$27.500 2bdr 2ba. 924 Saft., composite roof, big storage shed & green house in backyard. has new floors, new bathroom stools,& yard is fenced. All new furniture, Locate at B& E Wayside Park Spc 19. Call 541-609-8935/541-760-9039

690 **★** M. HOMES

FOR SALE For sale by owner, 1bdrm., 1ba. in 55+ mobile home park, lake view, priced to sell. 541-997-5102 or text 541-991-

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



1998 NISSAN **PATHFINDER**

AC, AT, 4X4, PS, V6 tow package, runs good 184K mi. \$2,500. No trades, cash only. 541-999-1572



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



1946 WILLEYS MILITARY JEEP

\$8,500 OBO Tow rig included 541-999-8383



1992 FORD F250

Extra cab, 4x4, AT, PS, trailer pkg., bedliner, 351 V-8, runs good \$2,500 no trades, cash only. 541-999-1572



MVP-4 HOVEROUND \$350 541-902-9195



2006 FORD E250

Work bin pkg., auto, AC, PDL, PM, CC, alarm sys., tow pkg., 52K mi., trlr brakes. \$12,250 541-997-7231

All Ads are in Area Code "541" unless otherwise noted in the ad.

850 **♦ VEH. & BOAT PROMO**



2009 FLEETWOOD **ICON 24D**

Diesel sprinter 1slide. 49K mi. Good cond. up to 17mpg \$56,900 (541)997-7787

541-997-1199

LOW MILES

1999 Jayco Designer 27',

class C, Ford V-10, 21,700

mi., New brakes & roof,

Q-beds. Gen. One owner.

Tow bar accessories,

sleeps 6, Hitch in front &

back. \$27,500

541-902-2220

FOR SALE OR TRADE

1990 21' SeaSwirl,

nice boat,

needs motor.

\$2500 OBO.

541-999-6231

2002 REXHALL ROSEAIR 36'

35K mi, 8.1 Workhorse

engine, 2 lg slide-outs,

ydraulic leveling sys, walk

around Q bed, 2 air cond.

corian countertops, too

many upgrades to list.

\$40,000 OBO

541-997-6797

1990 SEA RAY BOW RIDER 18.6

Mercruiser 4.3 L 197

HP in/out, Alpha One

drive w/SS prop. Swim

step with fold down

ladder, hydraulic Trim

Tabs with indicator.

Comes with matching

trailer. \$4,500 obo

541-997-6797

2001 BUICK

LASABRE

Leather interior,

loaded, 101K mi.

\$3,650

541-991-2274

541-902-1368

1999 NATIONAL

TRADEWINDS

Caterpillar Diesel Pusher

Allison trans., 63K mi., 7

kW propane generator

w/60 gal tank, great con-

dition, garage kept.

\$29,900 OBO

Cell: (936)524-6719

Health Forces Sale.

96 BUICK Lasabre Ltd



850 **♦** VEH. & BOAT

PROMO

03 RANGER

Long bed, 6cyl.,

auto, 125K, newer

tires, brakes.

shocks. Runs Great.

\$3,900

541-997-7095

2004 SEABREEZE LX 2008 ROGUE 18' 35', 2 slide outs, 48K 60 hp Yamaha mi., gas, 8.1 Allison 506hrs & 8 hp trans, new tires, Banks Yamaha kicker. Full exhaust, steering stablizcanvas. Custom er, too many upgrades tow cover used 5X to list. \$45,000 obo in 3yrs, excel. 4825 Treewood Dr. maint, \$17,500 Cell: 559-793-8793 for details.



Series #3650BSL

w/2-tip outs, 22K mi, side by side fridge/freez L-shaped double sink kitchen. Walk-around Queen bed, 6 new tires \$ or trade for equity of property. \$35,500. 902-1996 or 999-9640



14 1/2' NATIVE WATERCRAFT KAYAK

Propel prop drive, paddle or peddle, great for fishing. Extras. \$1,650 541-902-2202



17' DAGGER

Tripping Canoe Royalex, oak trim, yoke, skid plates, extras. \$1,150 541-902-2202



1996 SMOKER CRAFT 16' 40hn Merc 4-stroke front mounted foot model Minn Kota PD55, Custom full top & back drop, Calkins trlr w/spare. \$6,900 obo



1 OWNER CALIF. CAR 1984 Ford Mustang GT, 2dr, 5 sp. trans.

5.0 Liter, HO.4V engine, 75K miles, all original parts. Runs good. \$3,000 obo



1966 15' SEAKING

Fiberglass. Rebuilt trailer, 20hp Seaking outboard motor. Can restore as classic good for fishing. \$1,995 obo



WINDSTAR

Sharp, loaded. sunroof. Only 84K mi. \$3,375 541-991-2274 541-902-1368



2000 FORD Loaded,

\$3,325 541-991-2274 541-902-1368

850 **→** VEH. & BOAT



2001 BAYLINER CAPRI 185 Sport 20th Anni. Ed Great cond., Many Extras. Kept in heated storage. Priced for quick sale \$9,000.

Less than 20hrs running time, Like new cond. 541-991-3619 or 541-902-6602 for complete list of options.

850 **♦** VEH. & BOAT **PROMO**



sunroof. \$3,250

541-902-1368

Fifteen Steps Toward Protecting Children's Mental Health

541-991-2274

850 **→** VEH. & BOAT **PROMO**



2004 24' KOMFORT

Dual Batteries, solar pan els, ext. pin box & hitch for SB PU. Tub/shower combo, queen, power roof vents, 4 burner gas stove, welded Alum. frame. NS. \$7,500 541-997-5319

Health & Well-Being

(NAPSA)-Although half of adult mental, emotional and behavioral disorders begin before age 14, there are signs that parents can watch for and 15 steps they can take to help their own kids. The Problem

Some 10 million adults and 2 million teenagers have a serious mental illness, while more than 23 million people have needed treatment for substance use. By 2020, mental and substance use disorders are expected to surpass all physical diseases as a major cause of disability worldwide. In addition, drug and alcohol use can lead to other chronic diseases such as diabetes and heart disease. Addressing the effects of substance use alone is estimated to cost Americans more than \$600 billion each

The Reason

People have biological and psychological characteristics that can make them vulnerable or resilient to potential behavioral health problems. Qualities like positive self-image, self-control or strong social connections can all help during times when behavioral health might be challenged. According to the experts at the Substance Abuse and Mental Health Services Administration (SAMHSA), an agency within the U.S. Department of Health and Human Services, symptoms of mental disorders change over time as a child grows, and may include difficulties with how a child plays, learns, speaks and acts, or how the child handles emo-

Explains Dr. T. Berry Brazelton, a pioneer in the field of early childhood development, "We are finally making the connections between a child's physical and mental health and between the mental health of a child and their parents. We know what to do to support a child's early learning and health development and we must do it together-right from the start.' Based on advice in SAMHSA publications "Strengthening Parenting and Enhancing Child Resilience" "Recovery Is a Family Affair: The Complex Dynamics in Families Struggling with Mental and Substance Use Disorders," here are some important steps with which parents can support children's

resilience. Positive Parenting Tips 1. Talk and read to your

baby even before she can understand the words and continue reading to her all through school.

2. Spend time cuddling and holding your baby and play with him when he's alert and relaxed.



Mary Lambert joined digcelebrating nitaries National Children's Mental Health Awareness Day.

3. Encourage your child to take part in pretend play. 4. Give your child attention and praise when she follows instructions and shows

positive behavior and limit

attention for defiant behavior.

5. Let your child help with simple chores. 6. Encourage your child to play with other children.

7. Talk with your school-

age child about school, friends, and things she looks forward to. Help her set her own achievable goals. 8. Talk with your child about respecting others.

Encourage him to think

about possible consequences

before acting.

9. Get involved with your child's school. Meet the teachers and understand how you can work together to help your child. 10. Support your child in

Encourage her to solve problems on her own. 11. Encourage your child to join school and community groups, participate in team sports, or to take advantage of

taking on new challenges.

volunteer opportunities. 12. Talk with him about risky things that friends might pressure him to do, like smoking or dangerous physical dares. Try to meet the families of your child's

friends. 13. Respect your teen's

14. Talk with your teen about her concerns and pay attention to any changes in her behavior. Ask her if she has had suicidal thoughts, particularly if she seems sad or depressed. Asking will not cause such thoughts, but it will let her know that you care how she feels.

15. Seek professional help if necessary. Data have shown that early intervention following an episode of mental illness can be vital for improving clinical and functional outcomes

As the Institute of Medicine and National Research Council note, costbenefit ratios for early treatment and prevention programs for addictions and mental illness programs show that a \$1 investment yields \$2

to \$10 savings in health costs, criminal and juvenile justice costs, educational costs and lost productivity. What's Being Done

To encourage more families to know the signs of and seek solutions to mental health and substance abuse problems, particularly in young people, SAMHSA and other agencies are working on ways to integrate services for behavioral health, primary care, child welfare and education-the settings where chal-

Expert Advice Said SAMHSA Administrator Pamela S. Hyde, J.D., "When providers and other professionals who are interacting with a family are communicating with each other, dots are connected. When people are talking, there is a real opportunity to share information that can

promote resilience and recov-

lenges are often noticed first.

The importance of connecting and discussing concerns was echoed by singer and songwriter Marv Lambert, who recently joined dignitaries in Washington, D.C. to celebrate National Children's Mental Health Awareness Day, sponsored by SAMHSA. Lambert spoke of her experiences with mental illness, body image and child trauma, saying, "I've seen the hurt that so many are experiencing. Mental and substance use disorders can be incredibly isolating. It's difficult enough to fit in at school when you have a unique style or point of view. Once you've been branded with a mental illness or substance use issue, it's hard to get out from under the judgment and segregation." Her openness and promotion of self-care and positive body image have res-

onated with fans. The event kicked off with a special message by Howie Mandel, who was the first honorary chair in 2005. "I just wish there wasn't just one Mental Health Awareness Day," he said. "I wish we were aware of our children's mental health every day.

Added Lambert, only way we can truly address the real difficulties being experienced by kids and their families is to talk about it everywhere; in school, at the doctor's office, on the street, during dinner, at the bus stop...It's time to make it safe for children, youth and families to come out of the shadows and experience all the beautiful aspects of life that they deserve.

http://store.samhsa.gov.

Learn More Further facts and advice on mental health and substance abuse are

Did You Know?

(NAPSA)-To address agerelated loss of radiance, Kiehl's chemists put the nutrient-rich Iris Florentina Root Extract in Iris Extract Activating Treatment Essence, a high-performing, concentrated treatment to renew, replenish and renourish skin. It's at Kiehl's freestores. standing www.kiehls.com/iris-essence, (800) KIEHLS-2 and select specialty retailers.

You should never leave your child in a parked car. When it's hot outside, the temperature inside a parked car can rise to fatal heatstroke levels within minutes, even if the windows are partially open. For further facts and safety advice, go to www.parking.org/safety.

A great way to live like a local is to stay in a timeshare unit. Such units often include

kitchens where you can cook according to the local customs. So say the experts at EndlessVacationRentals.com, which offers deals on a variety of accommodation options.

For tools and educational re_sources that provide insight and guidance on planning around the possibility of a disability event, working with a financial professional and other resources to help you protect your income now and into retirement, you can visit The Northwestern Mutual Life Insurance Company www.NorthwesternMutual.c

Kids wield significant decision-making power over family travel plans, according to a recent survey from HomeAway, the world's leading vacation rental marketplace. It connects families

room, more privacy and less cost than traditional hotel accommodations. first Neighborhood to Nation Recipe Contest awarded restaurant cooks and owners

for good food and good

deeds. Restaurants submitted

a recipe using at least one

ingredient from General

Mills' list of eligible products.

more

Learn

with over a million whole-

home rentals that offer more

www. Neighborhood to NationStarting a business in the franchise industry is possible for new graduates. For information about starting a Coverall franchised business, visit www.coverall.com/fran-

chise-opportunities.

National Garage Sale Day Saturday's Graphic

Graphic Search 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 certifi-

Good Luck **BOB OCCHI found the National Night Out Graphic**

on Page 6B (In header for '850 VEH. & BOAT PROMO in first column). He won a gift certificate to Craig's Family BBQ. Gift Certificates must be picked up within 2 weeks of winning

Deadline for today's paper: Monday by 3:00 PM

