

850 ♦ VEH. & BOAT  
PROMO



14' LIDO SAILBOAT

With trailer,  
good condition.  
\$1,200 obo  
541-991-7916

850 ♦ VEH. & BOAT  
PROMO



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

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



2006 PIONEER  
TRAVEL TRAILER 25'

Excellent condition.  
Fully self-contained.  
\$8,500. Firm.  
541-902-0190



2002 REXHALL ROSEAIR 36'

35K mi, 8.1 Workhorse  
engine, 2 lg slide-outs,  
hydraulic leveling sys, walk-  
around Q bed, 2 air cond.  
corian countertops, too  
many upgrades to list.  
\$37,500 OBO  
541-997-6797



1974 APACHE  
POP-UP TRAILER

\$400  
541-999-4787



14 1/2' NATIVE  
WATERCRAFT ULTIMATE

Prop drive, paddle or  
peddle. Great for  
fishing. Will deliver  
within 50mi.  
\$1,050 obo  
541-902-2202



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. \$4,200 obo  
541-997-6797



1973 BEETLE

Yellow, 2nd owner,  
new clutch & muffler.  
Recent tune-up, Exc.  
Cond. 77,503 mi. on  
rebuilt eng. \$7,500  
serious inquiries only.  
541-999-5914



2004 SEABREEZE LX

35', 2 slide outs, 48K  
mi., gas, 8.1 Allison  
trans, new tires, Banks  
exhaust, steering stablizer.  
Reduced – Must Sell  
\$42,000 obo  
4825 Treewood Dr.  
Cell: 559-793-8793  
for details.

590 ♦ REAL ESTATE  
FOR SALE

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For Every Real Estate Listing in Town,  
See: [www.trhunter.com](http://www.trhunter.com)



Price Reduced

Parkside Dr #1200 – Not too many beach area lots left. This one is cleared with a few trees remaining. Level, 0.18 ac lot with underground power, water available, and a blanket septic approval for a sand filter system. And this lot has no CCRs. \$43,000. #2299-14639483



New Listing

32 Bonnett Way – Build your dream home here! Fawn Ridge is a beautiful gated community with fine homes near the river, ocean, and town. This corner lot is flat and ready to build on, for a wonderful view. Don't miss it! \$75,000. #2529-15184420

1749 Highway 101 • 541-997-1200

Your Health

A New Approach To Hypertension Treatment

by Raif Tawakol, M.D.  
(NAPSA)-According to the latest findings from the Centers for Disease Control (CDC), cardiovascular disease-an umbrella term that includes heart attacks, stroke, arrhythmia and several other conditions-is the leading cause of death in the United States. Of course, many things can contribute to the formation of cardiovascular disease, including genetics and countless lifestyle choices.

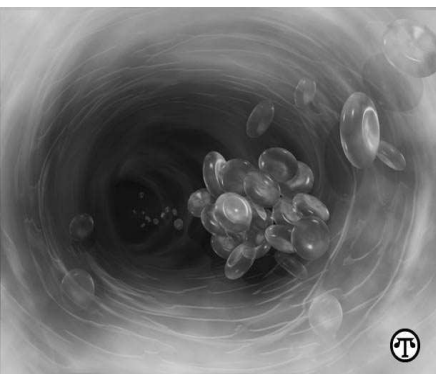
When all these factors are considered, the National Heart, Lung, and Blood Institute reports that high blood pressure (or hypertension) stands out as the leading cause of cardiovascular disease. By association, it becomes clear that maintaining healthy blood pressure levels is key to living a healthy life and avoiding an untimely death.

But the effects of high blood pressure can extend far beyond the obvious impacts on cardiovascular health-as anyone who has struggled with this condition can attest. Hypertension can cause a host of other complications, and has even been linked with kidney disease and failure.

This is not breaking news, of course. However, the fact remains that rates of high blood pressure-and its resultant conditions-continue to steadily increase despite efforts from the medical community to combat this problem. The startling truth, though, is that high blood pressure is not just increasing the risk of the aforementioned conditions: The nation is also facing an increased risk of death from these complications.

In large part, there is strong evidence that the prevalence of fructose and “added sugars” in just about all processed foods has played a major role in this public health concern. Whatever the reason for these sobering trends, something needs to be done. And although there are many medications available that are absolutely effective, these interventions tend to be expensive-in addition to bringing with them many dangerous and unforeseen side effects.

In light of this seemingly dismal situation, the concept of a natural, inexpensive solution to prevent and treat hypertension is something worth pursuing. According to over 20 high-quality,



Doctors have a new way to help people with high blood pressure.

published studies, that solution might exist in a fairly unexpected source: milk.

More specifically, two tripeptides, Valyl-Prolyl-Proline (VPP) and Isoleucyl-Prolyl-Proline (IPP), found in casein (the solid portion of milk that is separated to make cheese) have shown incredible promise when it comes to reducing and preventing hypertension. The clinical evidence suggests that VPP and IPP, in proper doses, can block the effects of Angiotensin-converting enzyme (ACE)-the enzyme that converts Angiotensin I to Angiotensin II, which causes the blood vessels to constrict. It is also important to note that VPP and IPP may help prevent other cardiovascular events by mechanisms other than the inhibition of ACE, such as stimulating the production of nitric oxide (NO), as well as another vasodilation factor known as the Endothelium-Dependent Hyperpolarizing Factor (EDHF). Both NO and EDHF are produced by the cells of the inner wall in blood vessels-also known as the endothelium-that act on relaxing the blood vessels. This mechanism could counteract the detrimental effect of fructose on the elasticity of blood vessels.

Unfortunately, these compounds are not bioavailable in their natural state-meaning that your body has difficulty putting them to use. Additionally, an individual would have to consume

incredible quantities of milk and dairy products in order to see any benefits-so much that it would be impractical and possibly detrimental.

However, there is one solution to this problem: a natural dietary supplement ingredient called AmealPeptide(r), which utilizes a patented fermentation and enzymatic process to extract bioavailable forms of both VPP and IPP from milk. AmealPeptide(r) provides these two highly useful compounds in concentrations that could not be achieved through dairy products alone.

AmealPeptide(r) is supported by over 25 double-blind, placebo-controlled clinical trials, on subjects with pre-hypertension or early stage hypertension. For example, one clinical study on 72 subjects saw a significant decrease of systolic blood pressure after two weeks and eight weeks of intake, for 7.4±9.6 mmHg, and 12.4±10.9mmHg respectively. The studies have administered the IPP and VPP in either tablet form or in various beverages. The greatest drop of systolic blood pressure recorded was 10.5±11.5mmHg.

Because it is a natural product that is relatively inexpensive compared to many pharmaceuticals, and since it was granted the Generally Recognized as Safe (GRAS) status by the FDA, many medical professionals have turned to AmealPeptide(r) for help in treating their hypertensive patients. AmealPeptide(r) also stands out as a uniquely beneficial strategy because of its long-term potential. In-house clinical trials conducted by the author as well as established human safety studies have found that AmealPeptide(r) is safe even after extended or high-dose use.

• Dr. Raif Tawakol is a cardiovascular surgeon with over 30 years of experience in the field of heart and lung surgery. He has a track record spanning Egypt, England and the U.S.A. Dr. Tawakol's multitude of achievements include the invention of the first pulsatile heart lung machine and the original introduction of the intra-aortic balloon pump in California. He is currently practicing integrated cardiovascular medicine in Houston, TX.

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NOTICES

PUBLIC NOTICE

A regular meeting of the Board of Directors of Central Lincoln PUD will be held on November 18th at 9:00 a.m. at the Newport office located at 2129 N. Coast Hwy. The Board will review its governance process from its Governance Policies and consider a resolution to modify two of those policies. An updated Five-Year Financial Plan will be presented for approval and a FY 15 Audit Report will be presented. An in-depth economic profile of the Central Lincoln service area will be presented. The Board will also consider a contract award for NISC, an enterprise software solution; may consider a resolution to build an operations facility, an extension to the architectural contract for such a facility; and other business as it arises. To review the meeting agenda, please go to clpud.org.

Publication date: November 10, 2015

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NOTICES

NOTICE OF INTERESTED PERSON

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF LANE PROBATE DEPARTMENT

In the Matter of the Estate of No. 15PB04872  
PETER M. THOMSON, JR., NOTICE TO INTERESTED PERSONS Deceased.

NOTICE IS HEREBY GIVEN that the undersigned, Scott R. Thomson, has been appointed Personal Representative of the above-entitled estate. All persons having claims against the estate are required to present them, with proper vouchers attached, within four (4) months after the date of first publication of this Notice, as stated below, to the Personal Representative at the offices of THOMAS C. NICHOLSON, Attorney at Law, PO Box 308, Florence, Oregon 97439, or the claims may be barred.

ALL PERSONS WHOSE RIGHTS MAY BE AFFECTED BY THESE PROCEEDINGS MAY OBTAIN ADDITIONAL INFORMATION FROM THE RECORDS OF THE COURT, FROM THE PERSONAL REPRESENTATIVE, OR FROM THE ATTORNEY FOR THE PERSONAL REPRESENTATIVE.

Dated: November \_\_, 2015.

Scott R. Thomson, Personal Representative  
Thomas C. Nicholson, OSB #813265  
552 Laurel Street  
PO Box 308  
Florence, OR 97439

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NOTICES

Telephone: 541-997-7151  
Fax: 541-997-7152  
trnicholson@nicholsonlaw.biz  
Publication Dates: November 10, 18 & 25, 2015

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NOTICES

NOTICE OF PUBLIC HEARING

Notice is hereby given that the Dunes City Planning Commission will hold a public hearing on November 19, 2015, at 6:00 pm in the Dunes City Hall, 82877 Spruce Street, Westlake, OR. The Planning Commission will hear public input on Ordinance No. 228, a proposed amendment to the Dunes City Code of Ordinances relating to septic system maintenance, in order to provide a recommendation for the Dunes City Council to consider.

The hearing will be conducted in accordance with the Type IV process described at Section 155.4.1.7 of the City's Development Code, also available for review at City Hall or on the City's website at dunescity.com/ordinances and clicking on the link to Ordinance No. 182. Written testimony will be accepted by the City until the close of the public hearing. To submit written testimony or for additional information, please contact Jamie Mills, City Administrator, at 541-997-3338 or recorder@dunescityor.com. Written testimony and evidence must be directed toward the subject described above or other criteria in the Plan or Land Use Regulation which is believed to apply.

Ordinance No. 228 amends Title XV (15) of the Dunes City Code of Ordinances to repeal Chapter 157 and Ordinance No. 203 in their entirety. Ordinance No. 228 also amends Title XIV (14) of the Dunes City Code of Ordinances, entitled “Water Quality Protection,” to add a new Chapter 142, entitled “Subsurface Sanitation,” implementing new septic maintenance regulations.

Ordinance No. 228 and the draft staff report are available for inspection Monday through Thursday, 10:00 am to 4:00 pm at the Dunes City Hall and on the Dunes City website at dunescity.com. A copy of Ordinance No. 228 and the draft staff report are also available for purchase at a cost of \$0.25 per sheet.

PUBLICATION DATE(S): November 7 & 10, 2015

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2 Bdrm, 2.5 bath, 1368 sq. ft. corner unit townhouse at Seabrook Town Homes on Jasper Lane. One-car garage, back deck. Located within close proximity to library, post office, grocery shopping & Old Town. \$139,900  
List #664/15436065



4 bdrm, 2 bath home in a well-established in-town neighborhood. Large bonus/family room off dining area. Separate master bdrm has slider to covered back patio. \$179,000  
List #690/15656420



Spacious 3 bdrm, 2 bath home with 1728 sq. ft. of living space. .30 Acre in-town lot is very private. Home was built in 1998. Sunroom off living room has slider to backyard. Attached 2-car garage. \$267,900  
List #693/15172814



A-Style Studio Unit in the rental pool at Driftwood Shores. Enjoy all DWS has to offer, beach access, oceanfront views, heated indoor pool & spa, laundry facilities, restaurant & gift shop. \$75,900 List #596/13509742



Well kept 3 bdrm, 3 bath home in the Old Town Florence area. Built in 1904 and modernized with care. 2-car detached garage w/RV parking space. Deck has privacy fencing. \$325,000  
List #683/15351469



Lot 3400 Kingwood and 2nd Street is a .17 Acre commercial property that is clear and level. Great in-town location. Check with City for approved Uses. \$49,000 List #685/15360187



2 Bdrm, 1.5 bath home in Greentrees has 938 sq. ft. of living space, open living room, lots of storage and a master suite. 1-car carport, large back deck & greenhouse. \$78,700  
List #669/15108538

1870 Hwy 126, SUITE A  
PO Box 3040  
FLORENCE, OR  
FAX 541-997-7654  
VISIT US ONLINE AT  
[WWW.JIMHOBERG.COM](http://WWW.JIMHOBERG.COM)

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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 certificate.

Good Luck

ROB TERRELL found the Vegan Month Graphic on Page 9B (1973 BEETLE - Passenger side window). He won a gift certificate to Aloha Sushi.

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

Saturday's  
Graphic