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**1994 CHEVY 3/4 TON**  
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**2004 SEABREEZE LX**  
35', 2 slide outs, 48K mi., gas. 8.1 Allison trans, new tires, Banks exhaust, steering stabilizer. Reduced - Must Sell \$42,000 obo 4825 Treewood Dr. Cell: 559-793-8793 for details.

**999 ♦ PUBLIC NOTICES**

**PUBLIC NOTICE**  
U Store Mini Storage, 4425 N. Hwy 101, Florence, OR. Will be conducting an auction Saturday, February 13th @ 10am. on units #8, 28, 45, 82 and 115 all sales are final & we accept only cash and items must be removed no later than 5pm. Sunday, February 14th. ID will be required. Publication Date: February 10 & 13, 2016

**999 ♦ PUBLIC NOTICES**

**NOTICE OF POTENTIAL ORDINANCE PASSAGE**  
On February 22, 2016, the City of Florence City Council will review and consider an ordinance concerning the following...  
Ordinance No. 2, Series 2015 - An Ordinance of the City of Florence, Lane County, Oregon Amending Florence City Code Title 3, Chapter 1, implementing business license regulations for marijuana related businesses.  
This notice serves as official publication of the availability of the ordinance. The full text of this Ordinance will be available on the City of Florence website at www.ci.florence.or.us on or before February 15, 2016 or may be inspected at Florence City Hall, 250 Hwy 101, Florence, Oregon during regular business hours after that date. For more information about this notice, or any Florence City Council proceedings, please contact City Recorder Kelli Weese at 541-997-3437, or via email at kelli.weese@ci.florence.or.us. Publication Date: February 13, 2016.



**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



**1996 GEO METRO**  
40mpg, rebuilt motor. \$1,400 obo 541-999-0682



**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. \$7,500 541-997-5319



**2005 DOLPHIN 36'**  
2 slides, low miles on 8.1GM w/Alison trans. Great cond., many extras. Asking \$49,900 541-999-2609

**NOTICE TO INTERESTED PERSONS IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF LANE PROBATE DEPARTMENT**

In the Matter of the Estate of DORIS ANITA BERRY, Deceased. No. 15PB06258  
NOTICE IS HEREBY GIVEN that the undersigned, Dennis I Berry, has been appointed Personal Representative of the above-entitled estate. All persons having claims against this 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 their 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: January 28, 2016.  
Dennis D. Berry, Personal Representative  
Thomas C. Nicholson, OSB #813265  
552 Laurel Street  
PO Box 308  
Florence, OR 97439  
Telephone: 541-997-7151  
Fax: 541-997-7152  
tnicholson@nicholsonlaw.biz  
Publication Dates: February 6, 13, 20, 2016

**990 ♦ STATEWIDE CLASSIFIEDS**

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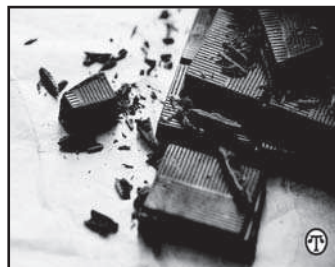
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**Smart Snacking**

**Why A Little Chocolate Can Be Good For Weight Management**



In moderation, a daily taste of chocolate can help you feel good and stay fit.

(NAPSA)-Here's something that is sure to be sweet music to the ears of every chocolate lover: A little dose of the world's most popular food type and flavor can actually support an individual's weight-loss goals. The reasons a bit of chocolate can be helpful primarily have to do with indulgence, satisfaction and balanced eating. Indeed, for the vast majority of people, dieting involves taking on rigid restrictions like the complete elimination of certain foods or eating unreasonably small portions. These are extremely difficult to sustain over time. In "The Magic of Sensible Dieting," author and registered nurse Bella Tindale explains that it is these strict constraints that make it almost impossible to stick to harsh regimens. Balanced eating, however, is not about complete restriction but more on setting practical boundaries. It allows for controlled, portioned and moderate indulgences. A small amount of chocolate, even consumed daily, can offer a delicious treat without disrupting a healthy eating lifestyle. "Balance is what makes weight loss sustainable," said registered dietitian and nutrition communications specialist Kelli Shallal, MPH, RD. "Small, regular indulgences enable you to enjoy life without guilt and without compromising long-term healthy weight goals. It might seem contradictory, but the truth is that you can maintain balanced eating

and provider of nutritional systems and solutions for energy, performance and weight loss. "Moderation is still the recipe for success. Chocolate should be just one small part of balanced eating. But it is good to know that a little of this satisfying comfort food can be incorporated into a health-conscious lifestyle." Cho added that there are great ways to appropriately include chocolate into everyday eating. One example is Isagenix's IsaDelights(r) premium individually packaged chocolates. The line features dark and milk chocolate flavors, but has been recently expanded to include new salted caramel milk chocolate and dark chocolate with mint options. Much like managing money, when one pays close attention to the daily budget, buying something special once in a while is okay. The same holds true for dieting. Sticking to a sensible plan that is higher in protein, higher in nutrients and lower in unhealthy fats and refined carbohydrates is a proven way to help achieve weight-loss goals. And it provides the flexibility that allows for that extra little chocolate treat now and then. For more information about why chocolate can be good for weight management or for more on chocolate-flavored snacks and meal replacement options, visit www.isagenix.com.

and still have a little chocolate daily." One of the keys to success is focusing on rewards rather than restrictions. Having something to look forward to each day can provide a strong incentive for staying on that healthy diet track. Another key is avoiding those pangs of guilt that can lead to a sense of helplessness or loss of control, feelings that can sabotage regular eating habits that are healthful and maintainable. In fact, the psychology of dieting suggests that those who associate foods like chocolate with "celebration" have a better time losing weight; this, according to research published within the U.S. National Library of Medicine. "When you treat small indulgences of chocolate as a celebration, you set yourself up for more success in losing weight because you will maintain a feeling of being in control of your nutrition," said Suk Cho, Ph.D. and Chief Science Officer with Isagenix. The organization is a leading global health and wellness company

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