


Photo not yet available


98 SATURN

1 owner, 95K miles, Great Shape.
\$2,400
541-902-1374



1997 DODGE INTREPID

119K low miles, runs great, clean in & out, newer tires, battery, after market stereo/speakers, clean title. \$2,000
Steve: 541-999-5084



1972 NOVA

85K Miles, runs good, extra hood plus lots of parts.
\$14,500
541-997-9304

Photo not yet available

2015 15 1/2' ALUM. SMOKERCRAFT

40hp Yamaha 4-stroke. X-tras.
\$14,500 obo
360-746-0159



2003 NASH 26' TRAILER

12' slideout, exc. cond., newer tires, AC & furnace. Lightly used by non-smoking seniors, w/no pets.
\$6,000 OBO
541-902-8956

850 ♦ VEH. & BOAT PROMO

Vehicle & Boat Promotional advertising section 850 will continue to run your ad until sold providing you call the Siuslaw News 541-997-3441 Before the end of the Month. (No Commercial Vehicles)

999 ♦ PUBLIC NOTICES

999 ♦ PUBLIC NOTICES

PUBLIC NOTICE

Advertisement for Sale of Personal Property NOTICE IS HEREBY GIVEN that U-Store Mini Storage facility located at 4425 Highway 101, Florence Oregon will sell all the personal property belonging to: Shipton unit #61. Property will be sold at public auction as complete units on Wednesday July 15, 2016 at 10:00 AM to satisfy Landlords lien. Call 541-997-7330 for more information.

Publication Dates: June 29 & July 2, 2016

Safe Driving Pays: How One Teen Won \$5,000 For A Digital Short Against Distracted Driving

(NAPSA)-Americans are mobile-first, but when driving, your number one priority should be safety. While our phones are a source for information and entertainment, there is no reason for anyone to manually text while driving.



Safety is no accident: Never manually text and drive.

That's the message that 17-year-old high school senior Claire Offenberger conveyed in her digital short public service announcement that won the CTIA Wireless Foundation 2016 Drive Smart contest. Ms. Offenberger's national award winning video asked, "You wouldn't drive blindfolded, why text?"

National Conference of State Legislatures and other organizations by drafting model legislation for states that bans manual texting while driving. CTIA continues to encourage states across the country to pass this important legislation.

In addition to winning the \$5,000 grand prize scholarship, Ms. Offenberger visited Washington, D.C. and was presented with the award by U.S. Secretary of Transportation (DOT) Anthony Foxx, CTIA Wireless Foundation President and CEO Meredith Attwell Baker, and National Highway Traffic Safety Administrator Mark Rosekind. She also met with U.S. Rep. Mimi Walters (R-CA).

While one should never text while driving, it's important to remember that wireless devices are fundamentally public safety tools so you can reach first responders and emergency personnel when needed. In fact, almost 300 wireless 911 calls are made every minute in the U.S.

In its second year, the Drive Smart contest provides educators with materials to help remind students (and adults) to not text while driving. With hundreds of students across the country developing creative anti-texting-while-driving ads, CTIA Wireless Foundation is helping educate Americans about the dangers of distracted driving.

Driver distractions come in many forms, from passengers to eating to music. To combat distracted driving, follow these six rules:

Together with CTIA and its members, America's wireless companies support a three-sided approach to combat distracted driving-education, technology and legislation. Through industry-wide campaigns like Drive Smart and individual company initiatives, Americans know they should not text while driving. Technology developments from device manufacturers, wireless providers and apps and content providers include auto-replies to texts while driving and hands-free options. CTIA worked with the DOT, AAA, Centers for Disease Control and Prevention, International Association of Chiefs of Police,

1. Never manually text and drive.

2. Know and obey state and local laws on wireless device usage wherever you may drive.

3. Learn your wireless device's and automobile's features, such as voice activation and hands-free options.

4. Let the person you are speaking with know you're driving; if necessary, suspend the call in heavy traffic or hazardous weather conditions.

5. Don't take notes or look up phone numbers while driving.

6. Don't engage in stressful or emotional conversations that might divert your attention from the road.

When you're behind the wheel, safety must be your number one priority. CTIA and its member companies remind you to never text while driving.

Learn More

For more facts and tips on technology and safe driving, visit www.ctia.org.

Dominoes Explain Effects Of High Blood Pressure

(NAPSA)-Uncontrolled blood pressure can trigger a domino effect of catastrophic health events such as stroke, heart attack, heart failure and kidney disease-but you don't have to let it knock you down.

About 80 million adults, roughly one-third of the U.S. adult population, have it. Most people with high blood pressure have no symptoms and can go for years without a diagnosis. In fact, one out of five people with high blood pressure don't even know they have it.

To help, the American Heart Association (AHA) created a new video showing a line of dominoes that trigger the fall of the heart and brain, indicating how the condition damages those vital organs.

"So many people involved in the treatment of hypertension have seen its ravages," said Willie E. Lawrence, Jr., M.D., chief of cardiology at Research Medical Center in Kansas City, Missouri, and an AHA volunteer. "Many of us have been influenced by its impact on friends and family-whether we know someone who has high blood pressure or has had a heart attack or stroke because of it."

High blood pressure is when blood pumps through your blood vessels with too much force. That can damage blood vessels and "topple" your health.

Blood vessels can be damaged by tears in the muscular wall or by weakening. Tears can lead to clots, which then lead to heart attacks or strokes. Weakening can cause the vessel to burst, as in an aneurysm or brain bleed.

"About half of the people who have high blood pressure don't have it under control," Dr. Lawrence added. "Awareness is simply not enough, and we want to send the message that high blood pressure is serious. We have to be active, and even aggressive, in managing and treating high blood pressure because lives are at stake."

Another domino effect of uncontrolled high blood pressure is that it may triple the risk of heart failure, which affects nearly 6 million Americans. When heart failure occurs, the weakened heart cannot keep up with the body's needs.

Blood vessel damage also affects kidney function, paving the way for kidney disease and the need for dialysis. High blood pressure is the second leading cause of kidney failure. The kidneys and the circulatory system depend on each other for good health. The AHA and the National Kidney Foundation are working together to prevent risk factors for cardiovascular disease, stroke and kidney disease through early detection, prevention and awareness initiatives.

initiatives.

"The good news for people with this condition is that we know how to manage it," Dr. Lawrence said. "We know that lifestyle changes really work to reduce pressure, and many of the medications to manage it are inexpensive."

How to manage blood pressure:

- **Eat a better diet**, which may include reducing salt.

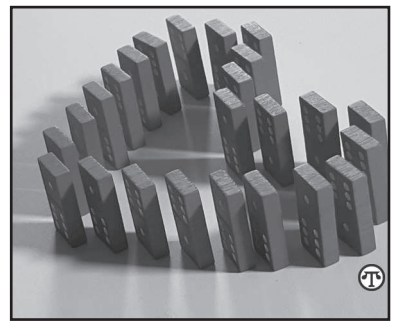
- **Enjoy regular physical activity.** At least 150 minutes per week of moderate-intensity physical activity, such as brisk walking.

- **Maintain a healthy weight.** Even a small weight loss, such as 10 pounds, can reduce blood pressure.

- **Manage stress.** It can cause a temporary increase in blood pressure. If you're working to keep your pressure in a healthy range, avoiding stress can help you maintain your goal.

- **Comply with medication prescriptions.** Healthy eating and physical activity should be part of your plan for lowering blood pressure-even if you're taking medication-but a healthy lifestyle may not eliminate the need for medications.

- **If you drink, limit alcohol.** The AHA recommends that if you drink, limit alcohol to no more than two drinks per day for



Just as dominoes can fall one after another, high blood pressure can lead to other problems, if you don't take care.

men and one drink per day for women.

"It's important to know that there is no 'safe' level of high blood pressure, even if you feel OK," Lawrence said. "There's a reason we call high blood pressure a silent killer. Don't take life-or-death chances with this disease. Instead, take responsibility and don't let that first domino fall."

Learn More

To view the video and learn more about managing blood pressure, visit www.heart.org/hbp.

YELLOW DIRECTORY SERVICES

D-057 CLEANING SERVICES



SteamWay Carpet Cleaning

Carpet & Upholstery Cleaning
Family owned & operated
541-999-5169
All major credit cards accepted

Licensed • Certified Insured



Berg's Cleaning & Misc. Services

You Think It...We Clean It • Our Motto is "Just Ask"

Indoor/Outdoor Commercial/Business Cleaning
Including but not limited to: Windows, Gutters, Floors, Pressure Washing, Construction Clean-Up & More.

Voted #1 Reader's Choice 2015
541-997-1288 • 541-999-9285
bergsclaning@hotmail.com




Tweety Sez: CCB #96660

Consistent, Quality Cleaning.

For clean as a whistle, call **997-2385.**

Florence Janitorial Services

Bill and Jo Hine, Owners
CERTIFIED, LICENSED, BONDED & INSURED



Major credit cards accepted

neil's CARPET CLEANING

Upholstery
997-3825 CCB #96660
Certified-Bonded STEAM OR DRY
Smoke • Water Cleanup

D-070 CONSTRUCTION/CONTRACTORS



BearClaw Construction

Residential & Light Commercial
Roofing, Siding, Windows, Doors, Dry Rot, Custom Decking, Painting: int & ext, Tile Setting

541-999-9211
Servicing Florence and the Pacific N. W. for over 14 years.

CHARLES D. BENSON

RESIDENTIAL REMODELING

SPECIAL NEEDS
BATHS • RAMPS • DOORWAYS • KITCHENS
541-997-8283 • CCB# 191295



Jack Mobley Construction, Inc.

- Remodeling • New Construction
- Sub-Contracting • Additions
- Foundations & Flatwork

541-997-2197 CCB#164472



Michael ROE CONSTRUCTION, Inc. QUALITY HOMES

Additions
Remodeling
Framing/
Subcontracting
Foundations
997-9216



Shawn Fleming Construction

Light Commercial & Residential
541-999-8727
20+ years Experience

Florence 2015 Readers' Choice Awards Voted Best Handyman



Robert's Handyman Service

GENERAL CONTRACTOR

We specialize in Structural Problems and Dry Rot

Call Robert or Marcus
541-997-5970 • 541-991-7870 (cell)

30 Years Experience • Reasonable Rates • Senior Discount • Lic. #209676

D-077 ELECTRICAL

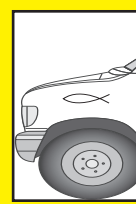


SIUSLAW VALLEY ELECTRIC, INC.

RESIDENTIAL • COMMERCIAL CONTRACTING

1710 Laurel Way - Airport Industrial Park
Store Hours: Mon. thru Fri., 8 A.M. to Noon

Forrest G. Grigsby • Stanton E. Grigsby Phone 997-8821
P.O. Box 1216 • sve-1973-grigsby@hotmail.com FAX 997-3723



J.D. ENTERPRISES ELECTRIC

Licensed Bonded Insured
OFFICE (541) 997-6977 CELL (541) 999-0896
P.O. Box 51,000
C-CORP 201013
Residential & Commercial

D-085 EXCAVATING



LEISURE EXCAVATING INC.

LANDSCAPE MATERIALS • CAT WORK • CLEARING
GRADING • SAND & GRAVEL - U-HAUL or DELIVERY
BARK • CEMENT MIX • DRAIN FIELD ROCK • SEPTIC SYSTEMS
TOPSOIL WHEN AVAILABLE
Call for Free Estimate - **997-6300**



Ray Wells, Inc CCB# 91052

EXCAVATING • SEPTIC SYSTEMS • SUBDIVISIONS
LAND CLEARING • PAVING • TRUCKING
BRUSH & DEBRIS RECYCLING • DEMOLITION
Ph. 541-997-2054 • Fax 541-997-3499 • 1-877-201-0652
P.O. Box 3467 • 1770 LAUREL PL. • FLORENCE, OR 97439

D-182 PEST CONTROL



SWANSON'S PEST MANAGEMENT, INC.

For What's Bugging You
Environmentally Responsible
Free Inspections
541-997-4027

CCB#79884

D-222 REAL ESTATE



Lynnette Wikstrom - Broker

(541) 999-0786
Living in the Florence area since 1979.

COLDWELL BANKER COAST REAL ESTATE
100 Highway 101
Florence, OR 97439

D-266 WINDOWS



Wok Up WINDOWS LLC

541.999.6709

Moss Removal / Treatment • Pressure Washing
• Gutter Cleaning & Windows



Yes! WE DO WINDOWS! Window Cleaning

Commercial • Residential
Connie, Bill & Mike Spinner-997-8721


Siuslaw News • Yellow Directory
P.O. Box 10 • 148 Maple Street • Florence, Oregon 97439
(541) 997-3441 • Fax: (541) 997-7979



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.

Saturday's Graphic National Camera Day June 29, 2016



Good Luck

FRAN DIXON found the Fireworks Safety Month Graphic on Page6B (Coldwell Banker Coast Real Estate - 2nd row, last listing - Close To Town - Right side of MH) She has won a gift certificate to Big Dog Donuts & Deli.

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

Wednesday's Graphic

CYAN MAGENTA YELLOW BLACK