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PROMO



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Fix keel,  
with trailer,  
good condition.  
\$550 obo  
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yoke, all extras  
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Will deliver within  
50mi.  
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frame, NS, fiberglass  
ext.-GC, oak cabs,  
beige-int, 2-slides,  
queen, Mint condition.  
\$26,900  
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**2003 COUGAR 29'**  
  
5th Wheel w/slide,  
many extras. **1996**  
**DODGE 3/4 ton**, V10,  
only 72K mi., well  
maint., truck & trailer  
pkg \$16,000.  
Trlr alone \$13,000  
best offers considered  
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pick up  
\$1,100  
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850 ♦ VEH. & BOAT  
PROMO



**1997 LEXUS 4x4**  
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winch bumper, same  
running gear as  
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2003 60hp Yamaha  
4 Stroke; EZ Loader  
Galv. Roller Trailer;  
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"GARAGE KEPT".  
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removable, spare  
tire. CC Accepted  
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PONTON**  
  
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Has had tender loving care  
located in Florence Or.  
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After this issue.  
We are  
searching for Graphics, Graphic  
Search will resume for  
the October 12th Issue.

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NOTICE

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NOTICE

**NOTICE TO INTERESTED PERSONS**  
Estate of Ivan H. Snyder  
Notice: The Circuit Court of the State of Oregon for the County of Lane, Case No. 16PB05900, has appointed the undersigned as Personal Representative of the Estate of Ivan H. Snyder, deceased. All persons having claims against the estate are required to present them to the undersigned attorney for the Personal Representative at 4800 SW Griffith Drive, Ste 320, Beaverton OR 97005 within four months from the date of first publication of this notice, or they may be barred. All persons whose rights may be affected by this proceeding may obtain additional information from the records of the court, the Personal Representative, or the Attorney for the Personal Representative.  
Dated and first published September 3, 2016.  
Jane A. Lamusga, personal representative  
  
Kelly E Ford, OSB #872236  
KELLY E. FORD, P.C.  
4800 SW Griffith Dr., Ste 320  
Beaverton OR 97005  
Attorney for Personal Representative  
Publication Dates: September 3, 10, & 17, 2016

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**AUCTIONS:**  
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Irritable Bowel Syndrome (IBS): Practical Ways To Manage The Condition

(NAPSA)-"There was the time that I was on my first vacation," recalls Melissa D., "which was a cruise, and I became sick with abdominal pain and cramping. My IBS was incredibly overwhelming for me," explains the young adult from Illinois. She is not alone. More than a decade ago, Melissa joined the one in six Americans who are diagnosed with Irritable Bowel Syndrome (IBS). With proper medical guidance and the addition of a new, non-prescription product called IBgard® to her management plan, Melissa lives an energetic lifestyle surrounded by family and friends, while also attending school and working-and taking some memorable vacations, too.

Signs of IBS

IBS is a frustrating, underdiagnosed and undertreated condition generally characterized by these symptoms:

- abdominal pain or discomfort
- abdominal bloating or distention
- recurring diarrhea or constipation (or a combination of both)
- urgency of bowel movement
- passage of gas or whitish mucus in the stool
- feeling as though bowel movement is incomplete
- pain during bowel movement.

Tips for Avoiding IBS Flare-Ups

Because of the abundance of social events, the summer months can be particularly stressful for those challenged with managing their often unpredictable IBS symptoms. Often, the solution lies in doing things most people need to do anyway. Making health and well-being a priority can lead to less stress and greater satisfaction with life in general. For the most personalized advice on managing IBS symptoms, a good starting point is to talk to a doctor. Then, consider these helpful ideas to make life experiences more pleasant,

and maybe even restorative.

Choose More Quality. No matter if it is the neighborhood barbecue or heading for a long-awaited vacation, maintain focus on the overall quality of diet. Choose foods that contain the amount of fiber needed, and try to avoid foods known to trigger symptoms, such as chocolate, sugar-free sweeteners, cauliflower, broccoli, cabbage and beans. Since travel can present unpredictable dietary options, bring along snacks that are known to be agreeable, in case food choices are limited.

**Schedule Less.** Packing an itinerary full of things to do and see can create stress for anyone. Build in time for rest and relaxation. Plan to spend more time than one might think is needed at a destination. This may allow for time to see things that may have been missed otherwise and makes space for extra rest stops, if they happen to be needed. Speaking of rest stops, don't forget the benefits of getting a sufficient amount of sleep every night.

**Create Calm.** Make relaxation and gentle exercise a priority, if that is soothing. Maybe this trip is the opportunity to begin a meditation practice or reflect on ways to manage stressful situations a person experiences at home. This might be the moment to set aside time for that book that's been waiting to be read. When traveling with companions, inform them that time for these things will help everyone be at their best throughout the adventure.

Speak Up Early, Completely and Often

People with IBS have a significant daily burden affecting them physically, emotionally and socially. A recent "IBS in America" survey by the American Gastroenterological Association (AGA) shows that because symptoms can be so unpredictable, IBS sufferers experience a significant burden that profoundly affects their daily quality of life. This survey points to the need to take a more



A clinically studied non-prescription medical food is now available for the dietary management of IBS.

proactive approach in managing IBS. The findings, gathered from patients and physicians, demonstrated that the symptoms of IBS are often so bothersome and unpredictable that they interfere with daily life. Among the key points gathered are:

- 85 percent discussed IBS primarily with family or friends in addition to a doctor;
- 70 percent said they had symptoms at least two to three days per week;
- 52 percent reported "extremely/ very bothersome" symptoms, and among them, 55 percent said they would give up caffeine, 47 percent said they would give up their cell phone or the Internet, and 40 percent said they would give up sex for one month for the chance to feel one month of relief.

The AGA survey also notes the need for sufferers to move from self-help to communication: Talking to your doctor, not your BFF, is half the battle. Have an honest, open conversation with your doctor, early and often. Two-thirds of those who have spoken with their doctor report being somewhat or very satisfied with their care.

With open, honest conversations and feedback, doctors are more likely to be able

to help their patients navigate their own IBS treatment path.

IBgard®: A New, Non-prescription Medical Food That Works

Though IBgard® should not be assumed to be an alternative to FDA-approved drugs, more than 10,000 health care practitioners, including 3,000 gastroenterologists, are estimated to have already recommended IBgard® for their patients. In a recent nationwide survey of gastroenterologists, IBgard® is the No. 1 recommended peppermint oil for IBS. While it doesn't require a prescription, it must be used under medical supervision. The usual adult dose of IBgard® is one to two capsules as needed, up to three times per day, not to exceed eight capsules per day. As with almost all medical foods, individual results may vary.

Is it Right for You?

Talk to your doctor to determine if IBgard® is right for you. In a landmark clinical study, IBgard® was shown to significantly manage the symptoms of IBS at four weeks, with a substantial number of patients noting improvement in as early as 24 hours. IBgard® contains l-Menthol, the principal component in peppermint oil that has been specially formulated for the dietary management of IBS. Peppermint oil has been shown in clinical studies to be effective for managing IBS symptoms. This is the only peppermint oil formulated into tiny microspheres to help deliver product quickly and reliably to the lower gut, helping to minimize the potential for side effects.

For more information, see a doctor and visit www.ibgard.com. IBgard® is available in the digestive aisle at most CVS/pharmacy, Walgreens and Rite Aid stores.

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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

LINDA OCCHI found the National Line Dancing Week graphic on page 6C (Top of door - 2004 Monaco-Lakots) Shes 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: Monday by 3:00 PM