

850 ♦ VEH. & BOAT PROMO



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999 ♦ PUBLIC NOTICE

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: Smith, Unit 145. Property will be sold at lien sale as complete units on Friday March 10, 2017 at 10:00 AM to satisfy Landlords lien. Units may have reserve. Call 541-997-7330 for more information.
Publication Dates: 2/22/2017 and 2/25/2017.

PUBLIC NOTICE

CLAIMS against the Estate of MICHAEL ROBERT LUCIER, of Swisshome, Oregon, Lane County Circuit Court Case No. 17PB00526, are required to be presented, with proper vouchers, to the Personal Representative, JANA E. LUCIER, at P.O. Box 43, Swisshome, Oregon 97480, within four (4) months from February 25, 2017, the date of first publication, or such claims may be barred. Any person whose rights may be affected by the proceeding may obtain additional information from the court records, the Personal Representative or the attorney for the Personal Representative.

Jane C. Hanawalt
Attorney for Personal Representative
PO Box 1153
1625 12th Street
Florence, OR 97439
Publication Dates: February 25, March 4, & March 11, 2017



"Happy as a clam" comes from the expression "happy as a clam at high tide." Clams are only harvested when the tide is out.

990 ♦ STATEWIDE CLASSIFIEDS

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.paralegalalternatives.com legalalt@msn.com

MISCELLANEOUS:

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Do you owe over \$10,000 in back taxes? We help people resolve tax debt. \$50 cash back upon sign-up. BBB Accredited. Call for a free consultation 1-800-956-6048

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EMPLOYMENT:

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Quality Transportation is hiring Maintenance Mechanics and CDL-A Drivers. Locations in Nevada. MUST BE WILLING TO RELOCATE. Call 775-635-2443 or www.qtinvt.net for application.

SPORTING GOODS:

2017 RICKREALL GUN SHOW Sat., March 11, 9-5, Sun., March 12, 9-3. Adults \$6 (Kids under 12 FREE) FREE PARKING. Polk County Fairgrounds, Rickreall, OR 503-623-3048

990 ♦ STATEWIDE CLASSIFIEDS

Healthy Aging

Tips To Help Baby Boomers Stay Active And Independent Well Into Their Golden Years

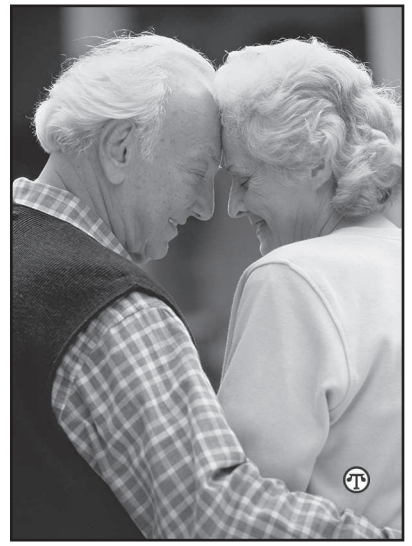
(NAPSA)—As the baby boomer generation—around 78 million people born between 1946 and 1964—reaches what was once considered its “golden years,” many are redefining what it means to be an older adult. Instead of retirement and rocking chairs, these baby boomers are working longer and enjoying a much more active lifestyle than their parents ever did.

That can come with its own set of problems, however. “The demands of keeping up with friends, family, work and hobbies can take a toll on even the healthiest older bodies,” says David Elton, DC, and Senior Vice President of Clinical Programs for Optum Physical Health. “As we age, muscles, bones and joints undergo physiological changes that can affect mobility.”

What You Can Do

Dr. Elton offers these tips to help Baby Boomers maintain healthy joints and bones and continue living an active, independent lifestyle well into their 60s, 70s and even 80s:

- **Maintain a healthy weight:** Being overweight at any age can increase your risk of major health issues such as heart disease, diabetes, hypertension and even depression. Carrying excess weight can also be especially hard on older bones and joints, leading to complications or injuries that significantly limit mobility.
- **Stay fit, but be smart about exercise:** Daily physical activity, combined with weight management and a balanced diet, helps support healthy muscles, bones and joints. But be smart about choosing how to exercise—talk to your health care provider to determine which activities are safe for your health status and be sure to get the proper nutrition to support your body's needs.
- **Don't ignore low back or joint pain:** While it's normal to experience more aches and pains with age, it's important to know when to seek professional help for a more serious issue. Most back and joint pain can be eased with rest and simple at-home treatments, such as an ice pack or heating pad.



You may be able to keep both back pain and the effects of aging at bay.


If you have severe pain or have been hurting for more than a week, however, see your health care provider. Acute and ongoing pain is your body's way of telling you something is wrong—ignoring it could lead to complications that require serious medical intervention.

Consider all treatment options if the need arises: If you do have an issue that requires professional care, explore all your options. Chiropractors and physical therapists offer treatment plans that may help you avoid invasive and costly medical procedures. Surgical techniques and long-term outcomes for joint replacement surgery have also improved a great deal over the past 20 years and can significantly reduce pain and improve mobility.

Learn More

Find further tips and information to help older adults stay active at www.Optum.com/HealthyAging.

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)



Graphic Search Good Luck

Saturday's Graphic
Mardi Gras
February 28, 2017


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.

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

ACE JOHNSON found the National Chili Day Graphic on page 6B (West Coast Real Estate Services – Middle Carport Post – #763 - Cute 2 bdrm) He won a gift certificate to Big Dog Donuts & Deli

Wednesday's Graphic



For Kids' Sake: Make Time To Play Every Day

(NAPSA)—If life for your family sometimes seems to be all work and no play, The Genius of Play wants to remind you why it is so important to make time to play every day—and how to achieve it!

Did you know there is a direct correlation between play and stress reduction? Or that elementary students who have more than 15 minutes of recess are better behaved in school than those who have less?

According to experts at the Genius of Play, a movement whose mission is to raise awareness about the benefits of play and bring more play into kids lives, playtime is a powerful tool to help you unwind, while bringing the whole family

closer together. What's more, through play kids build physical skills, improve cognitive abilities, learn communication and social skills, process and express emotions, and increase creativity.

How Families Can Play Every Day

Here are some fun ideas from Genius of Play ambassador, parenting expert and author Meredith Sinclair, M.Ed, on how to incorporate play into your busy every day routine:

- **Leave space for the spontaneous:** Intentionally mark off small chunks of time on the calendar throughout the week for “spontaneous” playtime. Sometimes, sponta-

neity takes planning. Turn everyday occasions into playful moments. Make household chores fun by putting on some favorite music and having the kids dance as they put the toys away, make the bed or help with the dishes.

- **Collect easy-to-play instruments** like harmonicas, bongos or toy ukuleles for impromptu after-dinner family jam sessions.
- **Keep playthings like hula hoops, crafts and playground chalk** on hand for quick 10-minute play breaks during the day. It only takes a moment to create a chalk “picture frame” in the driveway and get the kids to draw something creative inside it.

For a fun evening, try shutting down all screens after dinner once in a while and gathering the whole family around a board game.

It's Child's Play: Great Ideas and Resources
Parents, teachers and play lovers can get expert advice, play ideas for all ages, and information on the benefits of play at www.thegeniusofplay.org. Created with the mission to help raise happier, healthier and more successful generations through the power of play, the Genius of Play website and social media channels show how to help kids build confidence, creativity, critical thinking and other skills that will serve them throughout their lives.

PENDING

Enchanting beach home could be your permanent residence or a great vacation rental. Double master suites, 3 baths, loft + two bonus rooms. Lower master w/ private entrance. One double garage & one single. Beautiful garden.
\$399,000 List #748/16285144

PENDING

Cute 2 bdrm, 2 bath home in Greentrees East has 924 sq. ft. of living space & a generously sized living room & an eat-in kitchen. Convenient carport so you can stay dry even on rainy days. Covered sun porch space. **\$70,000 List #763/17281551**

2 bdrm, 2 bath ranch style home with remarkable river views. 1021 sq. ft. of living space. Double car garage. Paved parking. Enclosed sunroom. .38 acre lot has room for garden & landscaping.
\$299,900 List #757/16223784

1.15 acres of commercially zoned property just east of City Limits along Hwy 126 near Three Rivers Casino. Views of the Siuslaw River with all City Services available. **\$149,500 List #753/16328616**

PENDING!

Light & bright 3-bdrm, 2 bath home in Greentrees East. 1512 sq. ft. of living space. Formal dining & oversized kitchen with dining nook & moveable island. Nice deck & small back yard. **\$169,900 List #738/16496753**

1870 HWY 126, SUITE A
PO BOX 3040
FLORENCE, OR
FAX 541-997-7654
VISIT US ONLINE AT
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- RESIDENTIAL
 - LAND
 - COMMERCIAL
 - PROPERTY MANAGEMENT
- 541-997-7653**

29 Acre corner lot located on Hemlock Street just off of 9th. Great in-town location near justice center, hospital, post office, shopping and library. Great opportunity for development.
\$49,900 List #760/17502728

11+ acres of unique Woahink Lake frontage property just off Green Gate Road in Dunes City. This type of property does not come around often so make your move now. **\$699,000 List #707/16105826**

YELLOW DIRECTORY SERVICES

Need a Contractor? Looking for a Professional?

The following businesses are ready and waiting for YOUR Call!!
Wednesday and Saturday in the Siuslaw News

D-077 ELECTRICAL



D-070 CONSTRUCTION/CONTRACTORS

Jack Mobley Construction, Inc.
• Remodeling • New Construction
• Sub-Contracting • Additions
• Foundations & Flatwork
541-997-2197 CCB#164472

Robert's Handyman Service
GENERAL CONTRACTOR
We specialize in Structural Problems and Dry Rot
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30 Years Experience • Reasonable Rates • Senior Discount • Lic. #209676

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D-085 EXCAVATING

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D-182 PEST CONTROL

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CCB#79884