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541-991-2274



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Only 24 running hours. Covered in garage, maintained, like new. Trailer, tie downs included. \$13,500
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850 ♦ VEH. & BOAT PROMO

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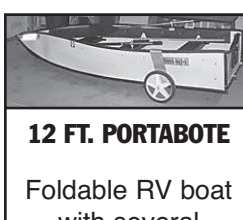
2007 BAYLINER 195
Open bow, Mercruiser 4cyl-9.8, 4 stroke Tahatsu kicker, fish finder, cover, cabin encl. Trailer, new bearings. Nice Boat. \$10,750
541-268-1040 - 268-1029



2013 KIA SOULE
White with black accents. 34K miles. \$11,500
541-999-9690



2013 TOYOTA Camry, 4 cyl., 15K miles on new motor. Good shape. \$6,500
360-773-8804



12 FT. PORTABOTE
Foldable RV boat with several extras. Folds to 4 inches. \$575
541-999-2096

Health And Well-Being

Some Surprising Ways To Reduce Muscle Pain

(NAPSA)—As the weather improves, many people feel more and more drawn to playing games, walking, biking and exercising outdoors. Those can all be healthy ways to have a good time but if you only do them occasionally, you could end up feeling stiff and sore the next day. Fortunately, you can have your fun and not pay the penalty if you heed these seven suggestions from experts.



You don't have to let muscle pain and stiffness keep you from your leisure time exercises and activities.

• **Create a Routine:** Dr. Derek H. Ochiai, an orthopedic hip surgeon and sports medicine expert, says, "The key is to build at least mild fitness routines into a regimen at least two to three times a week to maintain general fitness so that you can do the fun stuff on the weekends."

• **Start Slow:** "A weekend warrior can maintain a healthy balance in his or her fitness routine by including two to three minutes of yoga breathing and movement techniques that prepare the body for more activity," adds yoga therapist Veronica Zador.

• **Mix It Up:** "Instead of spending 150 minutes doing one activity like running, consider a combination of activities such as run-swim-run on Saturday followed by a bike ride or volleyball game on Sunday," suggests Dr. Bradley Thomas, an orthopedic surgeon. "This will help spread the stress of your

workout over multiple body parts rather than overburdening one area."

• **Keep Stretching:** "Sore muscles are a product of hard work," explains personal trainer Bob Talamini. "To reduce muscle soreness, I recommend engaging in a combination of light-to-low-intensity movement with a good mobility stretch routine."

• **Stay Hydrated:** According to fitness expert Jay Jordan, "Your level of hydration is critical to minimize pain as well as optimize performance, so extra electrolytes taken for 48 hours prior aids in minimizing aches and soreness."

• **Get Hot:** Heat therapy increases the flow of oxygen to the affected area that's in pain. "When I have an arthritic day, just using heat—keeping the joint warm—has really been helpful," says Pam Shriver, the award-winning tennis pro and ESPN tennis broadcaster.

• **Go Topical:** So suggests Dr. Aristotle Econo-

mu, author and acclaimed Beverly Hills physician. "Acetaminophen has a narrow therapeutic window, meaning the difference between a safe and effective dose and an overdose, which could lead to liver toxicity, is a relatively small increment in milligram consumption."

"The Salonpas Lidocaine 4% Pain Relieving Gel-Patch provides the maximum strength of lidocaine available without a prescription," says Dr. Bob Arnot, who served as Chief Medical Correspondent for NBC and CBS News. "It desensitizes aggravated nerves and provides unscented numbing relief for up to eight hours. A welcome alternative for people who prefer to avoid taking pills, the active ingredients in Salonpas are absorbed through the skin so they go directly to the pain site and you get fast, long-lasting relief that won't upset your digestion. You simply smooth the patch over the area where you want relief and it'll stick there, soothing your pain away."

The No. 1 brand of patches in the world, Salonpas is available at major national drug-, food and mass merchandise stores nationwide, including Walmart, Target, Walgreens, CVS, Rite Aid and many others.

Learn More
For more information, visit www.salonpas.us.

To solve the human equation, we need to add love, subtract hate, multiply good, and divide between truth and error.
—Janet Coleman ***

It isn't hard to be good from time to time; what's tough is being good every day.
—Willie Mays ***

The superior man makes the difficulty to be overcome his first interest; success comes only later.
—Confucius ***

Inside of a ring or out, ain't nothing wrong with going down. It's staying down that's wrong.
—Muhammad Ali ***

The best part of beauty is that which no picture can express.
—Francis Bacon ***

If you love your job, you haven't worked a day in your life.
—Tommy Lasorda ***

Laughter is the closest distance between two people.
—Victor Borge ***

Life happens at the level of events, not words.
—Alfred Adler

999 ♦ PUBLIC NOTICES

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PUBLIC HEARING NOTICE

The Florence Planning Commission will hold a public hearing at 7:00 PM on **April 11, 2017**, in the Council Chambers of City Hall, 250 Highway 101, concerning the following proposal:

RESOLUTION PC 17 04 PT 01 – deRyk Minor Partition: An application from Jon and Janet deRyk requesting a minor partition to property located at 4744 South Harbor Vista Drive to divide one developed lot into three parcels. Parcel 3 will abut Treewood Court, Parcel 1 will abut South Harbor Vista Drive, and Parcel 2 will abut both Treewood Court and South Harbor Vista Drive, Map #18-12-15-22 TL 05300.

For more information please contact the City of Florence Planning Department at (541) 997-8237 or visit city's website at www.ci.florence.or.us.
Publication Date: April 5, 2017

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

In the Matter of the Estate of THELMA L. BARRON, Deceased.
No. 17PB01897

NOTICE TO INTERESTED PERSONS

NOTICE IS HEREBY GIVEN that the undersigned, Kyrk J. Barron, 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 this 24th day of March, 2017.

Kyrk J. Barron, Personal Representative
ATTORNEY:
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: March 29, April 5, & 12, 2017

NOTICE TO INTERESTED PERSONS

CLAIMS against the Estate of FRANK ARLEN NEWLIN, of Florence, Oregon, Lane County Circuit Court Case No. 17PB02202, are required to be presented, with proper vouchers, to the Personal Representative, KEITH ARLEN NEWLIN, at P.O. Box 2626, Running Springs, California 92382, within four (4) months from March 29, 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: March 29, April 5, & 12, 2017

NOTICE OF BUDGET COMMITTEE MEETING

A PUBLIC MEETING OF THE Budget Committee of the Siuslaw School District, Lane County, State of Oregon, to discuss the budget for the fiscal year July 1, 2017 to June 30, 2018, will be held at the Siuslaw Elementary School Library, 2221 Oak St., Florence, Oregon. The meeting will take place on April 12, 2017 at 6:30 p.m. The purpose of the meeting is to receive the budget message. A copy of the budget document may be inspected or obtained on or after April 13, 2017 at the school district office, 2111 Oak St., Florence, Oregon between the hours of 8 a.m. and 5 p.m. This is a public meeting where deliberation of the Budget Committee will take place. Any person may appear at the meeting and discuss the proposed programs with the Budget Committee.

Additional notice and information may be located on the Siuslaw School District website: www.siuslaw.k12.or.us.
Publication Dates: March 29, & April 5, 2017

Did You Know?

(NAPSA)—To enhance the quality of life for veterans with vision loss, the Blinded Veterans Association—which advocates for all blinded veterans—works to make sure Department of Veterans Affairs' rehabilitation facilities have the training and equipment they need. Learn more at (800) 669-7079 and www.bva.org.

Buying a used car with a lien on it can keep you from registering the vehicle. To protect yourself, get a Carfax Vehicle History Report. It can contain title information, accident history and odometer readings, as well as liens. Learn more at www.carfax.com.

For many millennials, tax filing is complicated by the "gig economy." Fortunately, an enrolled agent (EA) can help. They're licensed by the Department of the Treasury and overseen by the IRS. To find one nearby, use the "Find a Tax Expert" directory on www.irs.gov.

catax.org.

The LAAM (laparoscopic-assisted abdominal myomectomy) minimally invasive fibroid removal at The Center for Innovative GYN Care is proven to be safer than open or robotic fibroid surgeries and more effective than uterine fibroid (or artery) embolization at preserving for fertility. Learn more at (888) 787-4379.

Good news for businesses: With the help of an experienced firm such as Tiber Creek Corporation, your company can raise capital by going public. For a free report and consultation, go to www.tcc5.com or call (310) 888-1870.

An FDA-approved OTC patch can provide up to eight hours of pain relief so you can get a good night's sleep. The active ingredients in Salonpas are absorbed through the skin for fast, long-lasting relief. Learn more at www.salonpas.us.

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

In the Matter of the Estate of SHARON L. KIMBALL, aka SHARON LOU KIMBALL, AND SHARON LOU WINSTON, Deceased
No. 17PB02066

NOTICE TO INTERESTED PERSONS

NOTICE IS HEREBY GIVEN that CHRIS D. VAUGHN filed a Petition for Probate of Testate Estate and Appointment of Personal Representative in the estate of SHARON L. KIMBALL. All persons having claims against the estate are required to present them, with vouchers attached, to the undersigned, STEPHEN H. MILLER, PO BOX 5, REEDSPORT, OR 97467, within four months of the date of first publication of this notice, or the claims may be barred.

All persons whose rights may be affected by the proceedings may obtain additional information from the records of the court, or the attorney, STEPHEN H. MILLER. Date of first publication: 29th day of March, 2017.

/s/ Stephen H. Miller
Stephen H. Miller, OSB #691189
shmiller@reedspportlaw.com
STEPHEN H. MILLER, PC, OSB #691189
320 Fir Avenue / PO Box 5, Reedspport, OR 97467
Phone (541) 271-2101
Fax (541) 271-2107 Email: shmiller@reedspportlaw.com
Publication Dates: March 29, April 5 & 12, 2017

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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

BOB OCCHI found the April Fool's Graphic on page 6B (Coldwell Banker Coast Real Estate – On shed door of 37 EASY STREET listing) He won a gift certificate to Nature's Corner Cafe & Market.

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

Saturday's Graphic



Wednesday's Graphic

National Walking Day
April 5, 2017