

850 ♦ VEH. & BOAT PROMO



1999 SATURN SEDAN
4 door, 1 owner, 5 speed, sunroof, 100K mi. \$2,950
541-902-1368
541-991-2274



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

850 ♦ VEH. & BOAT PROMO



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



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

Veteran Mental Health

(NAPSA)—While the appreciation and respect for our military is a year-round sentiment, this month marks a time to reflect and not only thank military service members and veterans for their service, but to make sure we are supporting them physically and emotionally as they transition from active duty.

Every day, 20 veterans commit suicide, according to a recent study from the U.S. Department of Veterans Affairs (VA). Suicidal thoughts can affect anyone regardless of age, gender or background. Yet, veterans are at much higher risk; in 2014, veterans accounted for 18 percent of all deaths by suicide in the U.S.

Extra attention should be devoted to promoting resources around and awareness of the issues of suicide prevention, and connecting individuals with suicidal ideation to treatment services.

Warning Signs

The risk for suicide is 21 percent higher among veterans when compared to U.S. civilian adults, according to the VA's study—the need for more mental health resources is evident.

Some of the factors affecting veterans are presence of serious health conditions; ongoing stress or single major stressors such as job loss; exposure to someone else's suicide; or a family history of suicide.

While it takes a trained professional to evaluate someone for suicidality, the public can be aware of the above risk factors and can help to identify warning signs that indicate someone they know might be suicidal. Like risk factors, it is often the combination of suicide warning signs that are more important than one single sign.

A Positive Approach

The call to address veteran suicides is a national issue that reached the White House last year when President Obama signed the Clay Hunt Suicide

Prevention Bill. It made information on suicide prevention more easily accessible to veterans. It instituted a peer support and community outreach pilot program to assist transitioning service members, opened up incentives to encourage more people to work at the VA and established an annual evaluation of VA mental health and suicide-prevention programs.

While this is certainly a positive step toward improving mental health services for veterans, the solution will not come from one law, organization or individual. It takes a comprehensive commitment of support from the community as a whole.

As one of the largest providers of education to veterans, University of Phoenix recognizes that as it prepares veterans for the next step in their life, the adjustment back to civilian life is not just about getting a quality education. University of Phoenix wants to be able to help our veterans in their transition to civilian life.

Not only has University of Phoenix always been proud to serve our service members and prepare them for future success, but it also works hard to earn the trust of our men and women in the military, and their families. University of Phoenix is proud that so many trust it to continue their personal and professional journeys upon returning to civilian life. It believes our soldiers deserve strong help in getting a head start, and is always working to make sure it provides them just that.

Learn More

For more information on suicide prevention and the Veterans' Crisis Line, visit:

www.mentalhealth.va.gov/suicide_prevention

www.veteranscrisisline.net/ or (800) 273-8255

www.giveanhour.org/.

For more information about University of Phoenix, visit www.phoenix.edu.

(NAPSA)? A few simple steps (including taking more steps) can help you to a healthier lifestyle and a longer, even happier life. Learn more at partnering4health.org.

Veterans are at a higher risk of mental health disorders than civilians, which may create hurdles when pursuing a career or continuing education. University of Phoenix has the tools, resources and support to help veterans reach their career and educational goals. Learn more at www.phoenix.edu.

Dr. Lori LaCivita, industrial and organizational psychologist and director of industrial and organizational psychology programs at Walden University, specializes in helping individuals and organizations unlock their potential, develop vision and establish a path to sustainability. She suggests you make goal-setting a year-round initiative. Learn more at www.WaldenU.edu/resolutions.

You'll be less likely to worry there's an error on your tax return if you get help from an enrolled agent—the only federally licensed tax practitioners who both specialize in taxation and have unlimited rights to represent taxpayers before the IRS. Learn more at www.eatax.org.

The world's leading online vacation rental marketplace, HomeAway, has more than a million vacation homes for rent around the world. It sees its mission as helping families disconnect from everyday life and spend time reconnecting with each other. Learn more at www.homeaway.com/lp/vacation-equation.

A geothermal system can save you money year-round and help save the planet, too. For further facts and tips, visit www.waterfurnace.com and consult your tax professional.

Even the cleanest home will look messy if it's not properly organized. But there are a few simple ways to declutter your home and make your space look tidy. For a complete rundown of organizational ideas, tips and product solutions, visit Lowe.com.

A single geothermal unit from WaterFurnace—which manufactures and sells more geothermal systems for homes than anyone else—can provide both heating and cooling. Some can even heat water. Learn more at www.waterfurnace.com/switch.

When someone experiences a loss, it can be hard to know what to say. 1800flowers.com/sympathy can be a valuable resource. For advice or to order, call 1-800-FLOWERS, go to 1800flowers.com or find a retail store at florist.1800flowers.com.

WaterFurnace, which manufactures and sells more geothermal systems for homes than anyone else, points out that its heat pumps quietly and reliably provide precise distribution of comfortable air all year long, eliminating hot and cold spots. Learn more at www.waterfurnace.com.

Kiehl's Since 1851 chemists have combined, for the first time in skin care, New Zealand Manuka honey and Korean red ginseng root to create Pure Vitality Skin Renewing Cream, a 99.6 percent naturally derived cream. It's at Kiehl's freestanding stores, www.kiehls.com/purevitalitymoisturizer, (800) KIEHLS-2 and specialty retailers.

Just a few minutes of running a day can help put you on a path to becoming more fit. Training on the Octane Fitness Zero Runner and the ElliptiGO 8C elliptical bike can help. Learn more at www.octanefitness.com/home/products/zero-runner and http://shop.elliptigo.com/ElliptiGO-8C_3.

Some young men have failed to take an important step that could affect their whole life. Once they know the opportunities registration with the Selective Service System can bring, and the cost of not registering, they can see that registration is a ?No-Brainer.? Besides, it's the law! Forms are available at the post office and online at www.sss.gov, where you can learn more.

The ADA Foundation's Give Kids A Smile program has provided free oral health services to millions of children thanks to volunteers and corporate sponsors like Henry Schein—a medical, dental and veterinary supplies distributor. For more information about events near you, visit www.adafoundation.org/gkas or call 1-844-490-GKAS.

Resolve To Live A Healthier Lifestyle In The New Year



Live a Healthier Life

New Year's Resolutions

It takes one step at a time to get results that last. Try these simple and easy ways to improve your health.



Eat Healthy

- 5 steps to healthier eating
- Drink 8 glasses of water a day
- Eat more fruits and vegetables
- Manage portion sizes
- Skip late-night snacking
- Read food labels



Exercise Regularly

- 5 exercises that don't need equipment
- Walking
- Jogging
- Dancing
- Jumping jacks
- Push ups



Don't Smoke

- 5 tips to quit because even occasional smoking is harmful
- Seek a doctor's advice
- Try counseling
- Use mobile phone apps
- Try nicotine replacement products
- Seek tools to quit smoking



Stay Active

- 5 ways to stay active throughout your day to promote better health
- Take the stairs
- Bike to work
- Park away from entrances
- Walk to nearby activities
- Get up from your desk



... and Stay Healthy

Schedule regular medical checkups, keep vaccinations up to date, and get a flu shot each year.

Join the nationwide effort to prevent and control chronic diseases

#Partnering4Health

Learn more at Partnering4Health.org

Funding for this project was made possible by the Centers for Disease Control and Prevention through DP14-1418: National Implementation and Dissemination for Chronic Disease Prevention. The views expressed in written materials or publications do not necessarily reflect the official policies of the Department of Health and Human Services, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.



(NAPSA)—A few simple steps (including taking more steps) can help you to a healthier lifestyle and a longer, even happier life.

999 ♦ PUBLIC NOTICE

NOTICE OF POTENTIAL ORDINANCE PASSAGE
On April 17, 2017, the City of Florence City Council will review and consider an ordinance concerning the following...

Ordinance No. 6, Series 2017 – An Ordinance amending Florence City Code Title 4, Chapter 4, regarding Flood Damage Prevention

This notice serves as official publication of the availability of the ordinances. The full text of these Ordinances is available on the City of Florence website at www.ci.florence.or.us, or may be inspected at Florence City Hall, 250 Hwy 101, Florence, Oregon during regular business hours. 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: April 8, 2017

990 ♦ STATEWIDE CLASSIFIEDS

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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:

DISH TV – BEST DEAL EVER! Only \$39.99/mo. Plus \$14.99/mo Internet (where avail.) FREE Streaming. FREE Install (up to 6 rooms.) FREE HD-DVR. CALL 1-800-394-5170

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DONATE YOUR CAR, TRUCK OR BOAT TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible. Free Towing, All Paperwork Taken Care Of. CALL 1-800-918-1105

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Chronic Pain? Back or joint pain, arthritis? Recent Medicare/health coverage changes may benefit you! Products are little to NO COST, if qualified. FREE Shipping. Accredited Pain Specialists. CALL 1-800-481-7096

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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)

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

J.D. ENTERPRISES ELECTRIC
Licensed, Bonded, Insured
OFFICE: (541) 997-6977 CELL: (541) 999-0896
P.O. Box 31,000, Florence, OR 97439
Residential & Commercial

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-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.

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Remodels • Additions • Foundations & Flatwork

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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
NO ONE found the National Walking Day graphic There was a format change to the pages and the Graphic was mis-placed

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

Saturday's Graphic National Library Week Apr 9 - Apr 15, 2017

Wednesday's Graphic