No wonder 67 percent

of the Americans who drink

red wine are willing to

swap their wine glass for a

glass of 100% grape juice

Making Healthy Choices

ing-or drinking -more

purple produce. Concord

grapes are harvested and in

season during a few short

weeks each fall. If you

find them fresh, great-but

since it can be hard to find

these tiny, tender grapes in

the grocery store, you can

get the same benefits in a

glass. To capture the Con-

cord grape's big taste and

natural polyphenol power,

each glass of 100% grape

juice is made by pressing

whole grapes, which is why

Welch's 100% Grape Juice

is the best way to enjoy

the Concord grape all year

Welch's 100% Grape Juice

is made with more than 40

Concord grapes and pro-

vides two servings (one

cup) of fruit. In those eight

ounces, you also get natural

grape polyphenols, the an-

tioxidant vitamin C and no

added sugar, flavors, colors

diet goes best with a heart-

healthy dose of physical

activity. The experts at the

Centers for Disease Con-

trol and Prevention recom-

mend that adults get 21/2

hours of moderate-intensity

aerobic activity or an hour

and a quarter of vigorous-

intensity aerobic activity

it all at once. Work your

way up to it if you're not

physically active now, and

start with 10 or 15 minutes

at a time. Walking, biking,

dancing, even housework

and gardening all meet the

criteria-and maybe your

to-do list, as well. Be sure to

talk with your doctor about

the types and amounts of

physical activity that are

Learn More

stats and recipes, go to

Health Foundation, State of

the Plate Study on America's

Consumption of Fruits and

Survey, fielded December

19-21, 2016 by ORC Inter-

²Welch's Heart Health

For further grape facts,

1 Produce For Retter

Wilmington,

right for you.

Vegetables.

national

Delaware. 2003.

www.welchs.com.

You don't have to do

Of course, a colorful

or preservatives.

Every 8-ounce glass of

wherever you live.

You won't regret eat-

every now and then.

560 **◆** COMMERCIAL

RENT/LEASE

Craigslist - Oregon Coast -Office/Commercial search 6014635110.

850 **♦** VEH. & BOAT PROMO



2004 MONACO-LAKOTA 32ft. 5th Wheel, alum frame, NS, fiberglass ext.-GC, oak cabs, beige-int, 2-slides, queen. Mint condition New Price: \$22,500



2004 SUZUKI XL-7 UTILITY

Sharp, 110K mi. \$4,250 541-902-1368 541-991-2274



2007 WINNEBAGO ITASCA IMPULSE 24'

9K miles, clean, good condition. \$22,500 541-590-3744



SEVILLE 123K miles, good luxury

transportation. \$2,500 541-902-9111

850 **♦** VEH. & BOAT



items to list. Look &

Drive. \$5,500

541-991-1720

2002 COACHMAN MIRADA

30' Class A, V-10 Ford

eng., Onan 4K gen.,

newer tires, 46K cross-

country mi., mostly

garaged, gueen bed.

sleeps 6, exc. cond..

(NS). \$20,500

541-991-9549

'05 SIERRA 25RLSS

5th Wheel, Deluxe

model, 27' one slide. 2

gray tanks, 100 gal.

esh water. Good cond.

Priced below KBB

\$8,750 incl. Reese 14k

swivel slide hitch.

541-991-3656

.0 4cyl., Auto,

5-30mpg, AC,

AM/FM/CD/MP3, Sirius

Radio. Bluetooth, rear

camera. \$10,500

1999 SATURN

SEDAN

4 door, 1 owner,

5 speed, sunroof,

100K mi.

\$2,750

541-902-1368

541-991-2274

4WD, All Power, good cond., V-8, 2 gas tanks, too many

\$5,000

1973 DODGE

BALBOA

MOTORHOME 19'

850 **♦** VEH. & BOAT





4 full doors, 160K mi., 6.0L diesel, runs good, set-up for 5th wheel. \$9,500



541-997-8943



2012 POLARIS RZR XP900

Only 24 running hours Covered in garage. maintained, like new. Trailer, tie downs included. \$13,500 541-991-3467 or cell 707-239-2322

2013 ALLEGRO 32CA

18K mi., 2 slides.

Ford V-10, loaded

w/extras, 1 owner,

exc. cond. \$84,900

541-997-1826



850 **♦** VEH. & BOAT

2007 BAYLINER 195

Open bow, Mercruser 4cyl-9.8, 4 stroke

Tahatsu kicker, fish find-

er, cover, cabin encl. Trailer, new bearings.

Nice Boat. \$10,750

541-268-1040 - 268-1029

Photo not yet

available

96 DODGE DAKOTA

Cab & 1/2, V8,

2WD, good cond.

Problem:

Vacuum leak for

transmission.

2013 KIA SOULE

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



BOAT

1980 Cobalt 19' boat 260hp I/O. Runs great. New Bimini and mooring cover. \$2,750 541 991-3656



2001 DODGE 4X4 1500 ST

Reg. cab, long bed, 1 owner w/car Fax. 147K mi., auto, 5.2L V8 w/OD air, locking toolbox, co package, no accidents, very, very clean. \$5,950 part trade? 541-484-7134 or 541-912-0368



12 FT. PORTABOTE

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News/And **Paint Your Plate Purple (With Produce)**

(NAPSA)-Mealtime's about to get a lot more colorful. Registered dietitians and other health professionals recommend eating fruits and vegetables in a wide variety of colors. Why? It's not just to make your plate pop. A colorful diet helps ensure you're getting the broadest possible range of vitamins, minerals and beneficial plant nutrients, like polyphenols. The more colorful your diet, the more

Nutrition

nutritious it is. Here's the challenge: Many Americans are confused about the benefits of incorporating colorful produce into their diet. According to a recent survey by Welch's, almost half of consumers (44 percent) don't know or aren't sure that specific colors of fruits and vegetables offer unique health benefits. 1

And, though 63 percent of Americans know that they should eat colorful produce, only 32 percent often make an effort to include it in their diet.

Refresh Your Grocery List

Think about your favorite fruits and vegetables. What colors are you missing? The next time you're at the grocery store, try to fill in the gaps.

Make sure you include purple fruits and vegetables in your cart, too. While 73 percent of Americans know they're an option, only 3 percent of our produce intake is from the purple and blue category.²

Fortunately, there are easy ways to infuse more purple into your day. For example, Welch's 100% Grape Juice is made with dark purple Concord grapes. You can enjoy a glass or use it in your favorite recipes for a boost of color, flavor and nutrition.

surprising purple powerhouse bring? Concord grapes provide polyphenols that give them their signature purple color and help support a healthy heart. In fact, thanks to the Concord grape, 100% grape juice delivers many of the same polyphenols and heart-

grapes can help support a healthy heart is by promoting healthy circulation to help keep your blood pumping and energy flowing. They may even offer certain benefits for a healthy mind.

999 **→** PUBLIC NOTICES

NOTICE OF BOARD MEETING

NOTICE IS HEREBY GIVEN that the next Board meeting of Western Lane Ambulance District will be held on Thursday, April 27th, 2017 at 6:00 p.m. at Western Lane Ambulance District located at 410 9th St., Florence, OR 97439. The agenda will include: Policies and Procedures and General Business of the Ambulance District.

Publication Date: April 19, 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 Library, 2221 Oak St., Florence, Oregon. The meeting will take place on April 26, 2017 at 6:30 p.m. The purpose of the meeting is to hear public input. A copy of the budget document may be inspected or obtained at the school district office, 2111 Oak St., Florence, Oregon between the hours of 8 a.m. and 5 p.m and it can also be found on the district website. 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 Date: April 19, 2017

NOTICE TO INTERESTED PERSONS Estate of Lester Getchell

Notice: The Circuit Court of the State of Oregon for the County of Lane, Case No. 17PB02609, has appointed the undersigned as Personal Representative of the Estate of Lester Getchell, deceased. All persons having claims against the estate are required to present them to the undersigned attorney for the Personal Representative at PO Box 1353, Florence, OR 97439, 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 Representa-

Dated and first published April 19, 2017. Sonia McIntyre, personal representative

Kelly E Ford, OSB #872236

KELLY E. FORD, P.C. PO Box 1353

Florence, OR 97439

541 997-8114

Attorney for Personal Representative Publication Dates: April 19 & 26, & May 3, 2017

PUBLIC HEARING NOTICE

The Florence Planning Commission will hold a public hearing on April 25, 2017 at 7:00 PM in the Council Chambers of City Hall, 250 Highway 101, concerning the following proposals:

RESOLUTION PC 17 06 MOD 01 - Park Village Open Space Modification: An application from Robert Wieland, President on behalf of the Park Village Homeowners' Association for a Modification Design Review Permit, requesting modification of a Subdivision approval of their Neighborhood Park Common Area Development Plan located behind 40 Park Village Drive. Applicant proposes to replace playground equipment with two benches set in concrete, two picnic tables with attached benches, a trash receptacle, and a five-foot wide path. The property is located at Map #18-12-27-10, Tax Lot 11500 in the Open Space Zoning District, regulated by Florence City Code Title 10, Chapter 22.

RESOLUTION PC 17 07 CUP 04 - 18th Street Single Family Residence: An application from Roger Center of Center Brothers Construction for a Conditional Use Permit, seeking approval to demolish the existing residence at 1620 18th Street and construct a new 1,825 square foot single family residence with garage. This use is permitted conditionally within the Commercial Zoning District. The site is located on the corner of Oak and 18th Streets, east of Miller Park at Map #18-12-26-22, Tax Lots 06500 & 06600 in the Commercial Zoning District, regulated by Florence City Code Title 10, Chapter

For more information please contact the City of Florence Planning Dept. at (541) 997-8237 or visit the City website at www.ci.florence.or.us.

Publication Date: April 19, 2017

www.thesiuslawnews.com

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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.

Here is how it works.

Good Luck

ROSALIE JOHNSON found the Happy Easter Graphic on page 10B (Coldwell Banker Coast Real Estate – at bottom between RMLS & Equal Housing) She 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

Taurus, The Bull April 20 – May 20

What benefits does this

health benefits as red wine. One way Concord