

850 ♦ VEH. & BOAT PROMO



2011 ARIMA
Expertly maintained, 200 hrs on engines. Loaded. 541-999-1091

850 ♦ VEH. & BOAT PROMO



2012 MONACO
Travel trailer, 25' total length. Always RV barn stored. Like new, no slide out, big side window. With Center Line sway hitch. \$11,000 541-997-1123



1997 TAHOE 4WD
Towing Pkg., CD/AM/FM radio, 200+K mi., New battery, great family car. \$2,800 obo Bill: 541-997-5222



2006 DODGE GRAND CARAVAN SXL
Very good cond., Wheelchair Van, 58.9K mi., 2 auto sliding doors, front seats remove w/ease, Handi-cap Modified by RollX \$12,400 obo 541-997-2876



2001 YAMAHA XL800 WAVERUNNER
Low operating hrs., good operating & body cond., Incl. cover, trailer, spare tire. \$2,450 obo To see, call 541-997-5676



1959 SKAGIT BOAT 16FT
Rebuilt 25hp Evinrude OB. Very good condition! \$1,959 BO/Trade 541-361-6524



96 DODGE DAKOTA
Cab & 1/2, V8, 2WD, good cond. \$700 Problem: Vacuum leak for trans. Call 541-999-4084



2002 JEEP WRANGLER
6cyl., 5 speed, good top & interior. \$7,500 obo 541-999-4175



GRUMMAN 17' CANOE
Aluminum, w/Grumman sailing kit. Incl. rowing attachment, 2 oars, 3 wooden canoe paddles. \$600 541-991-6026



2007 EVEREST 33'
Model 293P, 1 owner, slides for king bed & living/dining, new tires, MORryde sus., Exc. cond. \$17,500 Dan 541-588-0142



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



2011 PLEASURE-WAY EXCEL-TS
Ford V8 auto, 67K mi., Many extras \$65,000 541-999-9072

Health And Well-Being

Protecting Mental Health In The Wake Of Natural Disasters

(NAPSA)—The often sudden and overwhelming devastation and destruction caused by hurricanes, tornadoes, earthquakes and other natural disasters take an emotional toll on millions of people each year. Many survivors experience anxiety, trouble sleeping, depression and substance misuse. Help protect your mental health by learning ways to cope before, during and after these stressful events.



Take steps to protect your physical and mental well-being before severe weather hits.

Emotional Impact: Before, During And After Natural Disaster

Knowing that a storm, tornado or other destructive event is coming can stir anxiety. Receiving continuous updates and warnings in the news can cause a heightened state of alert. This level of alert is particularly common in regions that frequently experience disasters: coastal communities vulnerable to hurricanes, towns on fault lines where earthquakes are likely, Tornado Alley, and dry regions prone to wildfires.

After a disaster, the task of rebuilding can cause additional stress and sleeplessness. Others may experience grief and depression stemming from personal injuries or the loss of life, home or employment.

In the wake of a disaster, it's important to watch for several common warning signs of emotional distress. They include:

- Eating or sleeping too much or too little
- Pulling away from people and things
- Having low or no energy
- Having unexplained aches and pains, such as constant stomachaches or headaches
- Feeling helpless or hopeless; constant worrying
- Excessive smoking, drinking or using drugs, including prescription medications
- Thinking of hurting or killing yourself or someone else
- Having difficulty readjusting to home or work life.

The anniversary of an event may also renew feelings of fear, anxiety and sadness. Certain reminders such as sounds, like sirens, can trigger emotional distress. These and other environmental sensations can take survivors right back to the disaster or cause fear that it's about to happen again.

Coping in the Event of a Natural Disaster
It's normal to have difficulty managing your feel-

ings about natural disasters. However, not dealing with the stress of these events can be harmful to your mental and physical health. Here are healthy ways to cope when disaster strikes:

- Limit your consumption of news. The constant replay of news stories about a disaster on TV, radio and the Internet can increase stress and anxiety. Reduce your news intake and engage in relaxing activities instead, like spending time with loved ones.
- Get enough "good" sleep. If you have trouble sleeping, only go to bed when you are ready to sleep, avoid using cell phones or laptops in bed, and avoid drinking caffeine or alcohol for at least one hour before going to bed. If you wake up and can't fall back to sleep, try writing in a journal.
- Take care of pets or spend time in nature when it's safe. Nature and animals can help us feel better when we're down. Spend time with your pet outdoors or go for a hike.
- Know when to ask for help. Pay attention to what's going on with you. What may seem like everyday stress can be depression, anxiety or alcohol/drug abuse. If you or someone you know is in need of extra help, contact the Substance Abuse and Mental Health Services Administration Disaster Distress Helpline (www.samhsa.gov/find-help/disaster-distress-helpline), which provides free, confidential crisis counseling 24/7.

Preparing can help reduce the potentially devastating impact of natural disasters. Know how to protect your physical and mental well-being so you, your family and community can be ready to rebound, rebuild and recover.

SAMHSA's Disaster Distress Helpline provides crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters. Call (800) 985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.

Did You Know?

(NAPSA)—The American Academy of Ophthalmology's EyeCare America program has helped more than 1.8 million older Americans get eye exams often at no out-of-pocket costs. Visit www.aao.org/eyecareamerica to see if you or someone you know qualifies for a referral to an EyeCare America volunteer.

The annual Bataan Memorial Death March challenge commemorates the deadly forced march of Filipino and American captives in 1942. This year, the 26.2-mile challenge included the first five-person blinded veteran team through the Blinded Veterans Association's Operation Peer Support. Learn more at bva.org.

The Substance Abuse and Mental Health Services Administration (SAMHSA) has a Disaster Distress Helpline that provides crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters. Call (800) 985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.

You can bring concerns about brokerage accounts and investments to the toll-free Financial Industry Regulatory Authority (FINRA) Securities Helpline for Seniors: (844) 574-3577. Submit formal complaints about financial professionals or firms to www.finra.org/complaint or (301) 590-6500. Learn more about protecting your money at www.SaveandInvest.org.

A nonprofit called Treehouse gives children in foster care holiday gifts and financial

support for extracurriculars. It helped increase the extended graduation rate for youth in its Graduation Success program from less than 50 percent up to the average for all students. Learn more at www.treehouseforkids.org/takeaction.

When you book a vacation home with Wyndham Vacation Rentals you get a kitchen, laundry room, multiple bedrooms and lots of living space. You also get destination guides and a planning hub for tips and deals. Learn more at BeVacationReady.com.

The Jim Henson Company's new marine science-based preschool show, "Splash and Bubbles" (airing daily on PBS and streaming on Netflix) celebrates the ocean while teaching kids important lessons. Learn more at <http://pbskids.org/splashandbubbles>.

More than 40 million family caregivers in the U.S. provide unpaid care to their parents, spouses, partners and other adult loved ones. AARP created the Caregiving Resource Center to provide free resources for caregivers. For Care Guides and other practical tips and tools, visit www.aarp.org/caregiving or call (877) 333-5885.

The nation's second-largest retail mortgage lender, Quicken Loans, takes real estate technology further with Rocket Mortgage online mortgages. You can walk through a home, then apply and get full approval right from the living room in minutes by computer or phone. Learn more at www.quickenloans.com.

999 ♦ PUBLIC NOTICE

NOTICE TO INTERESTED PERSONS

Estate of Elizabeth Ann Breon

Notice: The Circuit Court of the State of Oregon for the County of Lane, Case No. 17PB04485, has appointed the undersigned as Personal Representative of the Estate of Elizabeth Ann Breon, 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 Representative.

Dated and first published July 8, 2017.
Billy Dee Breon, 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: July 8, 15, & 22, 2017

999 ♦ PUBLIC NOTICE

NOTICE TO INTERESTED PERSONS

Estate of Henry F. Gill

Notice: The Circuit Court of the State of Oregon for the County of Lane, Case No. 17PB04314, has appointed the undersigned as Personal Representative of the Estate of Henry F. Gill, 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 Representative.

Dated and first published July 8, 2017.
Leona Robb, personal representative
Kelly E Ford, OSB #872236
KELLY E. FORD, P.C.
PO Box 1353
Florence OR 97439
Attorney for Personal Representative
Publication Dates: July 8, 15 & 22, 2017

NOTICE TO INTERESTED PERSONS

Estate of Henry F. Gill

Notice: The Circuit Court of the State of Oregon for the County of Lane, Case No. 17PB04314, has appointed the undersigned as Personal Representative of the Estate of Henry F. Gill, 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 Representative.

Dated and first published July 8, 2017.
Leona Robb, personal representative
Kelly E Ford, OSB #872236
KELLY E. FORD, P.C.
PO Box 1353
Florence OR 97439
Attorney for Personal Representative
Publication Dates: July 8, 15 & 22, 2017

Need a Contractor?
Looking for a Professional?
The following businesses are ready and waiting for YOUR Call!! Wednesday and Saturday in the Siuslaw News

YELLOW DIRECTORY SERVICES

D-070 CONSTRUCTION/CONTRACTORS

Jack Mobley CONSTRUCTION
Custom Homes 541-997-2197
Remodels ■ Additions ■ Foundations & Flatwork

D-077 ELECTRICAL

J.D. ENTERPRISES ELECTRIC
Licensed Bonded Insured
OFFICE: (541) 997-6977 CELL: (541) 999-0896
P.O. Box 31,000 CCB#P 23013
Residential & Commercial

D-134 LANDSCAPE/MAINTENANCE

A CUT ABOVE
LANDSCAPE MAINTENANCE
503.884.8813
• Spring & Fall Cleanup
• Thatching
• Aeration
• Bark Dusting
• Tree Trimming
• Tree Removal
• All Jobs Big or Small
• Year Round or Monthly
Salem, Keizer, Albany, Turner

D-182 PEST CONTROL

P.E.S.T. SWANSON'S MANAGEMENT, INC.
For What's Bugging You
Environmentally Responsible
Free Inspections
541-997-4027
CCB#79884

Robert's Handyman Service GENERAL CONTRACTOR
We specialize in Structural Problems and Dry Rot
Call Robert or Marcus
541-997-5970 • 541-991-7870 (cell)
30 Years Experience • Reasonable Rates • Senior Discount • Lic. #209676

D-085 EXCAVATING

LEISURE EXCAVATING INC.
LANDSCAPE MATERIALS • CAT WORK • CLEARING
GRADING • SAND & GRAVEL • U-HAUL or DELIVERY
BARK • CEMENT MIX • DRAIN FIELD ROCK • SEPTIC SYSTEMS
TOPSOIL WHEN AVAILABLE
Call for Free Estimate - 997-6300

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

BearClaw Construction Residential & Light Commercial
Roofing, Siding, Windows, Doors, Dry Rot, Custom Decking, Painting: int & ext, Tile Setting
541-999-9211
No Job is too small Pressure Washing to Preservation one call does it all.
Servicing Florence and the Pacific N. W. for over 14 years.

Ray Wells, Inc
EXCAVATING • SEPTIC SYSTEMS • SUBDIVISIONS
LAND CLEARING • PAVING • TRUCKING
BRUSH & DEBRIS RECYCLING • DEMOLITION
Ph. 541-997-2054 • Fax 541-997-3499 • 1-877-201-0652
P.O. Box 3467 • 1770 LAUREL PL. • FLORENCE, OR 97439

D-266 WINDOWS

Yes! WE DO WINDOWS! Window Cleaning
Commercial • Residential
Connie, Bill & Mike Spinner-997-8721

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
LINDA FORTIN found the Bikini Debut: Anniversary graphic on page 6B (Furniture Header). 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: Monday by 3:00 PM

Graphic Search
Saturday's Graphic National Farmer's Week July 9th - 15th

Good Luck
Wednesday's Graphic