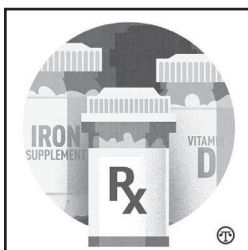


Diabetes & You

Five Tips For Prescription Medication Success



When it comes to taking medication, little details can make a big difference.

There are also pharmacies, including PillPack, that sort your prescriptions, vitamins and other over-the-counter medicines into dated packets to make taking your meds even easier. You can also ask your pharmacy if it offers a similar program.

4. Set an alarm. Use your smart-phone to schedule reminders. If you're looking for an app, try Rxremind, which can be downloaded for iPhone or for Android.

5. Refill on time. Accessing your pharmacy's auto-refill program, requesting a 90-day supply and using a mail-order prescription service are all good ways to help make sure you don't run out and miss your medication.

Learn More
For additional facts, tips and resources, visit Bluecrossmn.com/ManageMyMeds.

What You Can Do
To help, here are five tried-and-true tips for strengthening your everyday prescription medication habits:

1. Talk to a pharmacist. Some drugs have very specific instructions on when to take them, whether to take them on an empty stomach, with certain foods or to avoid in conjunction with certain medications. Your pharmacist can help you understand your medications and map a plan to stay on track. Blue Cross and Blue Shield of Minnesota members can also call the number on the back of their cards and speak with a nurse guide.

2. Write it down. If you've got several medications to manage, write down the details to keep them straight. Consider using a small one-page calendar, such as the kind found in a checkbook or available through a downloadable tracker, to mark off that you have taken your meds each day.

3. Get organized. Using a pillbox is a simple low-tech way to make sure you take exactly what you need when you need it.

999 ♦ PUBLIC NOTICE

PUBLIC NOTICE – REQUEST FOR PROPOSALS
The Siuslaw Public Library District invites proposals from qualified independent certified public accounting firms to provide annual Audit Services as required by ORS 297.425. Proposals are due by 4 p.m. on Monday, July 30, 2018. The complete RFP and additional material can be found online at www.SiuslawLibrary.org.
Publication Date: July 21, 2018

IN THE CIRCUIT COURT OF THE STATE OF OREGON

COUNTY OF LANE
Case No. 18PB04687
NOTICE TO INTERESTED PERSONS
In the Matter of FRED ABRAHAM TOMEY, Deceased.
NOTICE IS HEREBY GIVEN that KEVIN W SPENCE has been appointed personal representative of the ESTATE of FRED ABRAHAM TOMEY. All persons having claims against the estate are required to present them, with vouchers attached, to: Pacific Northwest Probate, LLC, 8865 SW Center Street Tigard, OR 97223, within four months after 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 personal representative.
Dated and first published on July 21, 2018.
KEVIN W SPENCE
PERSONAL REPRESENTATIVE
Publication Dates: July 21, 28, & August 4, 2018

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999 ♦ PUBLIC NOTICE

TRUSTEE'S NOTICE OF SALE
The Trustee under the terms of the Trust Deed described herein, at the direction of the Beneficiary, hereby elects to sell the property described in the Trust Deed to satisfy the obligations secured thereby. Pursuant to ORS 86.771, the following information is provided:
PARTIES:
Grantor: MANUEL VILLALOVOS AND JINA VILLALOVOS
Trustee: CASCADE TITLE COMPANY
Successor Trustee: HERSHNER HUNTER, LLP
Beneficiary: HECETA LAKE JOINT VENTURE, a partnership consisting of COASTAL WESTERN LAND COMPANY, INC., an Oregon corporation, LJW, LLC, an Oregon Limited Liability Company, and NEVADA CASCADES, LLC, a Nevada Limited Liability Company
DESCRIPTION OF PROPERTY: The real property is described as follows:
Lot 62, THE RESERVE AT HECETA LAKE PHASE 2, recorded October 30, 2008, Reception No. 2008-059593, Lane County Deeds and Records, in Lane County, Oregon

RECORDING. The Trust Deed was recorded as follows:
Date Recorded: January 15, 2013
Recording No. 2013-003089
Official Records of Lane County, Oregon

DEFAULT. DEFAULT. The Grantor or any other person obligated on the Trust Deed and Promissory Note secured thereby is in default and the Beneficiary seeks to foreclose the Trust Deed for failure to pay: The entire principal balance; plus late charges and advances; plus any unpaid real property taxes or liens, plus interest.

AMOUNT DUE. The amount due on the Note which is secured by the Trust Deed referred to herein is: Principal balance in the amount of \$27,500.00; plus interest at the rate of 7.00% per annum from January 15, 2014; plus late charges of \$480.00; plus advances and foreclosure attorney fees and costs.

SALE OF PROPERTY. The Trustee hereby states that the property will be sold to satisfy the obligations secured by the Trust Deed. A Trustee's Notice of Default and Election to Sell Under Terms of Trust Deed has been recorded in the Official Records of Lane County, Oregon.

TIME OF SALE.
Date: September 27, 2018
Time: 11:00 a.m.
Place: Lane County Courthouse, 125 E. 8th Avenue, Eugene, Oregon

RIGHT TO REINSTATE. Any person named in ORS 86.778 has the right, at any time that is not later than five days before the Trustee conducts the sale, to have this foreclosure dismissed and the Trust Deed reinstated by payment to the Beneficiary of the entire amount then due, other than such portion of the principal as would not then be due had no default occurred, by curing any other default that is capable of being cured by tendering the performance required under the obligation or Trust Deed and by paying all costs and expenses actually incurred in enforcing the obligation and Trust Deed, together with the trustee's and attorney's fees not exceeding the amount provided in ORS 86.778.

NOTICE REGARDING POTENTIAL HAZARDS
(This notice is required for notices of sale sent on or after January 1, 2015.)

Without limiting the trustee's disclaimer of representations or warranties, Oregon law requires the trustee to state in this notice that some residential property sold at a trustee's sale may have been used in manufacturing methamphetamine, the chemical components of which are known to be toxic. Prospective purchasers of residential property should be aware of this potential danger before deciding to place a bid for this property at the trustee's sale.

You may reach the Oregon State Bar's Lawyer Referral Service at 503-684-3763 or toll-free in Oregon at 800-452-7636 or you may visit its website at: www.osbar.org. Legal assistance may be available if you have a low income and meet federal poverty guidelines. For more information and a directory of legal aid programs, go to <http://www.oregon-lawhelp.org>.

Any questions regarding this matter should be directed to Lisa Summers, Paralegal, (541) 686-0344 (TS #41701.1).
DATED: May 8, 2018. HERSHNER HUNTER, LLP, Successor Trustee, Hershner Hunter, LLP, P.O. Box 1475, Eugene, OR 97440.
Publication Dates: July 14, 21, 28, & August 4, 2018.

990 ♦ STATEWIDE CLASSIFIEDS

HELP WANTED:

POMEROY GRAIN GROWERS, Pomeroy, Washington, seeking qualified GM. Successful 3 location full service Coop, grain, agronomy. Sales of \$80+ million. Job link: <https://tinyurl.com/yd8mreyu> David.Lemmon@chsinc.com 320-219-0270.

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Saturday's Graphic

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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

KURT MEDLOCK found the National Grilling Month graphic on page 6B (Johnston Motor Company - bottom between Ford & Mercury Logos). He won a gift certificate to The Jolly Egret.

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

Tuesday's Graphic