

850 ♦ VEH. & BOAT PROMO



2009 FORD F-150 4WD
Low mileage, elec. brake controller, purchased & serviced locally. \$21,500 541-999-4175

850 ♦ VEH. & BOAT PROMO



1989 SEAWIRL 18'
Needs work - motors run great, 70hp Johnson, 5hp Nissan kicker, VHS, crab divot, fish finder, dual batteries, swing tongue trl. LED Nav. lights. \$2,500 obo 541-991-4334 Lv. Msg.

850 ♦ VEH. & BOAT PROMO



2000 DODGE RAM
With ramp & Scooter, V8, 69K mi. Will sell separate \$7,000 obo 541-359-8447

850 ♦ VEH. & BOAT PROMO



1986 EL CAMINO
\$2,600 541-590-3771 Lv. msg.



1983 MERCEDES BENZ 380SL
White hardtop convertible, 148K miles, great condition. \$15,000 obo 541-991-3441



2002 PT CRUISER LTD
Leather heated seats, PW, sun roof, chrome wheels, very clean int., 103K mi., new water pump & timing belt in 2017. \$3,500/OBO Aft. 5pm. 541-590-0379



1980 BEACHCRAFT
20' 7", Radar, VHF, Loran C, depth finder, trim tabs, sonar, fish finder, downriggers, ready to fish. New outdrive. \$7,500 541-997-2689



1994 FORD RANGER
Runs great, 20-24 mpg. \$1,500 obo 541-997-6064



1995 GEO METRO
137K mi., 35mpg, manual, good cond., good work car. \$2,500 cash 541-735-2690



1999 DODGE RAM 1500
74K mi., new glass, battery & recently tuned up w/plugs, points & wires. PS, PDL, PW, tape player. Leather int., very clean, exc. Cond. \$7,500 541-999-0011

Health And Well-Being

Sisters Together: Move More, Eat Better

(NAPSA)—Obesity is a serious health problem in the United States. More than one in three U.S. adults have obesity and that number increases to more than half—57 percent—among U.S. black women. Research has shown that excess weight may contribute to high blood pressure, type 2 diabetes, kidney disease, heart disease and certain kinds of cancer.



Being more physically active and making healthier food choices can be easier when you do it with friends.

To help address the problem of obesity, the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) has updated the program guide for the popular Sisters Together: Move More, Eat Better national health awareness program. It encourages black women to reach and maintain a healthy weight by being more physically active and making healthier food choices.

resource, available from the NIDDK website, that offers information on how to develop, promote, fund, evaluate and sustain a program. The guide includes sample forms, e-mails and social media posts that users can copy and modify to suit their specific needs. While the resources are aimed at black women ages 18 and older, they can be adapted to promote the "move more, eat better" message among women, youths or men of any race, ethnicity or community.

The NIDDK updated the Sisters Together program guide to include:

- Recent data regarding African American obesity rates
- Evidence-based strategies to promote regular physical activity and healthy food choices among black women
- Highlights from Sisters Together programs developed by different groups around the country
- Tips to create a budget to fund a program
- Information on how to grow and manage program interest using social media
- Steps to help evaluate and sustain a program
- A sample in-kind donation request letter and other forms.

Sisters Together began in 1994 as a pilot program conducted by the NIDDK's Weight-control Information Network (WIN) and several partners in Boston. Based on the success of the pilot program, WIN created the program guide and other resources to support the development of local Sisters Together programs nationwide. Over the past 20 years, local groups across the country have formed partnerships with health centers, local media, recreation centers and other groups to start new Sisters Together programs.

Learn More

For further information, visit www.niddk.nih.gov/health-information/weight-management/sisters-together-program-guide.

999 ♦ PUBLIC NOTICES

PUBLIC HEARING NOTICE
Notice is hereby given that the Planning Commission will hold a Public Hearing on **November 13, 2018 at 5:30 pm** in the **Florence Events Center**, located at 715 Quince Street, in the City of Florence, Lane County, Oregon, to consider: **PC 18 31 ANN 06 & PC 18 32 ZC 07 - Peterson Rhododendron Annexation & Zone Assignment**
A request from Gordon Peterson to annex the 0.20-acre property located at 87717 Rhododendron Drive, east of North Jetty Drive, Assessors Map No. 18-12-10-33, Tax Lot 00200. The property is proposed to be zoned Restricted Residential.
For more information please contact the City of Florence Planning Department at (541) 997-8237 or visit the City's website at www.ci.florence.or.us.
Publication Dates: October 31 & November 7, 2018

999 ♦ PUBLIC NOTICES

Brought to you by this newspaper in partnership with Oregon Newspaper Publishers Association

PUBLIC NOTICES

Always in your newspaper:
Now in your inbox, too.

If nobody knows what's going on, nobody can do anything about it.

That's why we keep saying your local and state government should keep publishing their public notices in the newspaper.

Now you can stay informed **AND** keep those public notices in the newspaper.

Just go to publicnoticeads.com/or, sign up for the free SmartSearch service, and get all of this paper's public notices delivered to you via email.

publicnoticeads.com/or

www.thesiuslawnews.com

Reduce Reuse Recycle
Reduce Reuse Recycle
Reduce Reuse Recycle

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.

Happy Halloween October 31

Wednesday's Graphic

Good Luck

LES HAMILTON found the National Cat Day Graphic on page 7B (In Statewide Classifieds Header) He has won a book by Resident Humor Author, Ned Hickson.

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

Saturday's Graphic

Need a Contractor? Looking for a Professional?

D-040 BLINDS / INTERIOR

The Finishing Touch
Free cordless upgrade on shades (offer thru November 16, 2018)
Blinds • Shades • Draperies • Shutters
We Design ~ We Install
Residential • Commercial • 30 Years Experience
541-991-3405

D-077 ELECTRICAL

SIUSLAW VALLEY ELECTRIC, INC.
RESIDENTIAL • COMMERCIAL CONTRACTING
1710 Laurel Way - Airport Industrial Park
Store Hours: Mon. thru Fri., 8 A.M. to Noon
Forrest G. Grigsby • Stanton E. Grigsby Phone 997-8821
P.O. Box 1216 • sve-1973-grigsby@hotmail.com FAX 997-3723

D-085 EXCAVATING

DEQ#37263 **Ray Wells, Inc** CCB# 91052
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-057 CLEANING SERVICES

SteamWay Carpet Cleaning
Carpet & Upholstery Cleaning
Family owned & operated
541-999-5169
All major credit cards accepted Licensed • Certified Insured

D-070 CONSTRUCTION/CONTRACTORS

ANGLE & SQUARE LLC
General Contractor
HOME REPAIR SERVICES • CUSTOM CARPENTRY
QUALITY OF LIFE SOLUTIONS
Call Jeff 541-590-3400
Insured & Bonded "Doing the Right Thing the Right Way"
angleandsquare345@gmail.com • www.angleandsquare.com

D-182 PEST CONTROL

For What's Bugging You
Environmentally Responsible
Free Inspections
541-997-4027
MasterCard VISA

D-222 REAL ESTATE

Lynnette Wikstrom - Broker
(541) 999-0786
Living in the Florence area since 1979.
COAST REAL ESTATE
100 Highway 101
Florence, OR 97439

D-245 STOVES - PELLET / GAS

ACE STOVE
FALL CLEANING SERVICE - SCHEDULE NOW!
PELLET STOVE - \$135 • GAS STOVE - \$110
SERVICE CALLS - \$110
CALL FOR AN APPOINTMENT **541-420-4082**

D-266 WINDOWS

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

D-070 CONSTRUCTION/CONTRACTORS

Michael ROE
QUALITY HOMES
Additions
Remodeling
Framing/
Subcontracting
Foundations
997-9216
CCB#164861

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

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

Gerber Woodworks
Design ~ Construction ~ Remodel
Additions ~ Rot Repair ~ Etc.
Residential • Commercial
541.268.1961
CCB#167683

Siuslaw News Yellow Directory
P.O. Box 10, 148 Maple Street, Florence, Oregon 97439
• (541) 997-3441
• Fax: (541) 997-7979