

Public Notices Continued
from Previous Page

be accepted until 5pm, Wednesday, March 6, 2019. Applicants must be registered voters residing within the Port of Siuslaw district.

The district boundary encompasses most of the Siuslaw River watershed, including the communities of Florence and Dunes City, and extending upriver to Mapleton, Walton, Lorane and Blachly.

The Budget Committee is a standing committee of five members that sits jointly with the Port Commission to publicly review and revise the annual budget. The Budget Committee approves the budget and tax levy. The budget then goes to the Port Commission to be adopted.

Committee members serve three-year terms which expire on June 30. A Budget Committee Member is expected to spend up to 20 hours that includes reviewing the budget and meeting 1-3 times from May through June each year. The Committee may be called to meet again during the year in the event of a significant budgetary change.

Questions should be directed to the Port office at 541-997-3426.

Publication Dates: January 23, 30, February 6, 13, 20, 27 and March 2, 2019

Did You Know?

3M is leading the way with roofing technology solutions for improving environmental impacts on human health and welfare. To learn more about 3M's commitment to using science for the greater good, visit www.3m.com/sustainability.

Atlas roof shingles with Scotchgard Protection provide a long-term solution to help prevent algae growth from taking hold—protecting your home and helping to keep it looking good for years to come. To learn more, visit 3M at www.3m.com/resist-blackstreaks.

During National School Choice Week, millions of students, parents, teachers, schools, organizations and community groups host events and activities to connect with parents and communities—celebrations such as school fairs, open houses, information sessions and student showcases.

Better Boating

Motor Oil
Change Advice

(NAPSA)—According to the National Marine Manufacturers Association, about one in 10 U.S. households owns a boat. If yours is among them, you should know how to keep your vessel shipshape.

One important way is to change the gear case oil properly. Here are seven tips from Honda Marine that can help:

1. Change the oil with the engine stopped and the outboard in the vertical position.

2. Wear nitrile rubber gloves to protect your hands and make cleanup easier.

3. Place a suitable container below the oil drain hole to catch the used oil. Remove the oil drain bolt first, then the oil level bolt. Tilt the outboard up slightly until the drain hole is at its lowest point.

4. Let the used oil drain completely. If water or contaminated (milky-colored) oil flows out of the drain hole when the plug is removed, or the oil is black and smells burned, have the outboard motor checked by an authorized Honda Marine dealer.

5. Dispose of the used oil properly. Put it in a sealed container and take it to a recycling center. Don't discard it in a trash bin, dump it on the ground or pour it down the drain.

6. Wipe the magnet end of the oil drain plug on a clean shop towel and check for metal particles. A small amount of very fine metal shavings is acceptable. If there are metal chips on the magnet end, have the outboard motor checked by an authorized Honda Marine dealer.

7. Tilt the outboard motor down until the gear case is vertical. Install a gear oil pump in the oil drain hole and you're done.

Learn More

For further facts and additional tips on outboard motors and maintenance, go to <https://marine.honda.com>.

Making Life Better

Overcoming Life's Messes

(NAPSA)—Each January, people set resolutions for the New Year, but according to U.S. News & World Report, approximately 80 percent of resolutions fail by the second week of February. If organizing is your Achilles' heel, the solution is to tap into local professionals to help guide you through the process and give you the tools necessary to sustain order. Whether you commit to downsizing a storage unit of inherited items, want to find more family time, or desire to design a more peaceful living space, a Professional Organizer or Productivity Consultant can help you tackle these tasks when you don't know where to begin.

"Studies prove that a decluttered environment contributes to productivity and happiness, so getting organized should be at the top of your list of resolutions," explains Ellen Delap, CPO*, president of the National Association of Productivity & Organizing Professionals (NAPO). "Finding and hiring a productivity professional is no different than choosing an accountant, personal trainer, or doctor. You'll want to work with someone who takes the time to get to know you, understands your needs, and has the expertise to advise you and help you achieve your goals."

January is Get Organized & Be Productive



You don't have to live with clutter and chaos; a professional organizer can help.

(GO) Month, an annual initiative sponsored by the National Association of Productivity & Organizing Professionals. To help, Delap offers this advice on how to get organized with the help of a Professional Organizer or Productivity Consultant:

Get specific about your needs. Professionals offer a wide range of residential and business services, so make a list of what you want to accomplish. Are you just clearing out years of clutter or do you need someone experienced in dealing with a mental health or traumatic situation? Do you need help organizing your office or guidance on how to manage your time more effectively?

Make a connection, interview candidates and be honest. It is in your best interest to be as candid as possible about your needs and goals. You will be inviting this person into your home or workplace so it is critical to have a good rapport. An experienced professional will ask questions about you and your needs and

dig into the issues that thwarted your past attempts to move forward.

Set a budget. As with most professions, fees vary widely based on experience, geographic location, and the type of services rendered. Some professionals may charge by the hour or project, while others offer packages of services. Avoid selecting someone strictly on price. Investing in a consultant with the personality and skill set that match your needs will offer greater, and faster, returns.

Identify an expert. We all have friends and neighbors who pride themselves on being organized but this isn't a job for your mom! Hiring a certified professional or one who has aligned him- or herself with a professional organization that has a code of ethics offers an added level of security.

Applaud yourself for taking the first step! Your choice is not irreversible. If you begin working with an organizing or productivity professional and are not happy with responding to his or her style, speak up. You are rarely under obligation to continue the relationship. More than likely, he or she will be happy to recommend a colleague.

When you are ready to find a professional, you can check out the NAPO Professional Organizer and Productivity Consultant Search Tool at www.NAPO.net.

Health Bulletin

New Brain Health Initiative
Could Unlock Mysteries Of Alzheimer's, Dementia

(NAPSA)—Scientists are contemplating important questions about health, mind and age: Could your blood hold the molecular secrets to a fountain of youth, preventing age-related brain disorders? Are brain aging and Alzheimer's disease caused by a failure of interconnected systems, triggering a dominolike cascade of disease? Can targeting the red blood cells and blood vessels jointly keep your brain healthy and prevent dementia?

The Scientists

To help, American Heart Association, the world's leading voluntary organization focused on heart and brain health, and The Paul G. Allen Frontiers Group, a division of the Allen Institute, launched the \$43 million research project to bridge the science of vascular and brain health through revolutionary, out-of-the-box thinking. Additional supporters include the Oskar Fischer Project and the Henrietta B. and Frederick H. Bugher Foundation.

The three teams, headquartered at the Salk Institute for Biological Studies in La Jolla, Calif.; Stanford University School of Medicine in Stanford, Calif.; and University Hospitals Cleveland Medical Center in Cleveland, OH, respectively, work to develop new solutions to the urgent problem

of age-related cognitive decline. The researchers are:

- "Rusty" Gage, Ph.D., a neuroscience researcher and president of Salk, who will lead an eight-year project looking into new targets for therapeutic research and biomarkers of early-stage cognitive decline.

- Tony Wyss-Coray, Ph.D., a professor of neurology at Stanford, who will lead a four-year project studying how changes in the immune system affect cognitive health.

- Mukesh K. Jain, M.D., a cardiologist at University Hospitals Cleveland Medical Center and Professor of Medicine at Case Western Reserve University, who will lead a team of investigators on a four-year project investigating whether targeting red blood cells and blood vessels can prevent dementia.

The Hope

The research could yield transformational discoveries to better detect, treat and prevent cognitive decline.

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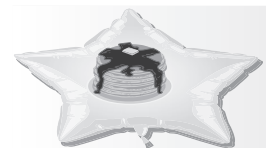
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Wednesday's
Graphic

National Pancake Day
February 27, 2019

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 Peace Corps Week Graphic on page 8B (TR Hunter Real Estate – Upper left corner of first listing, Lake Point Dr #26) Due to a printing problem.

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

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Saturday's
Graphic

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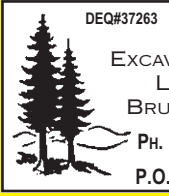
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