## **PUBLIC NOTICES**

'A' Avenue

COUNCIL BUSINESS Public Hearing-Resolution No.

R1819-14 adopting the budget, appropriations, making imposing & categorizing taxes for the fiscal year 2019/2020 Approval of ODOT Contract

33375-Radar Feedback Signs Approval of ODOT Contract 32797-OR 38 at W. C Avenue-Rapid Flashing Beacons 4. Request for additional donation

for 4th of July fireworks 5. Amending Mission Statement Appointment of Candy Vickery to Planning Commission & Civic

Center Committee 7. Other business Discussion Items: Discussion of metal carports Changes to the electronic reader board Resolution No. R1112-16

Proposed quiet zone Please contact the office of the City of Drain, 129 West C Avenue, Drain, Oregon, 97435; phone (541)836-2417, at least 48 hours prior to the scheduled meeting time if you need an accommodation in accordance with the Americans with Disabilities Act. TDD users please call Oregon Telecommunications Relay Service at 1-800-735-2900.

PUBLISHED: COTTAGE GROVE SENTINEL 6/5/2019 POSTED: DRAIN CITY HALL, DRAIN POST OFFICE, WWW.CITYOFDRAIN. ORG

SPECIAL COUNCIL MEETING DRAIN CITY COUNCIL 129 WEST "C" AVENUE MONDAY, JUNE 10, 2019

A special meeting of the Drain City Council is scheduled for Monday, June 10, 2019 at 11:00 a.m. It will be held at Drain City Hall, 129 West AGENDA: Federal Railroad Administration will

be conducting a Walk Through to

**PUBLIC NOTICES** 

view all Crossings included within the Proposed Quiet Zone. Please contact the office of the City of Drain, 129 West C Avenue, Drain, Oregon, 97435; phone (541)836-2417, at least 48 hours prior to the scheduled meeting time if you need an accommodation in accordance with the Americans with Disabilities Act. TDD users please call Oregon Telecommunications Relay Service at 1-800-735-2900. PUBLISHED: COTTAGE GROVE SENTINEL 6/5/2019 DRAIN CITY HALL, POSTED:

DRAIN POST OFFICE & WWW.

SPECIAL COUNCIL MEETING DRAIN CITY COUNCIL 205 WEST A AVENUE THURSDAY, JUNE 13, 2019 10:00 A M

CITYOFDRAIN.ORG

A special meeting of the Drain City Council is scheduled for Thursday, June 13, 2019 at 10:00 a.m. It will be held at Drain Civic Center, 205 West A Avenue.

Small Cities Meeting 10:00 a.m. Ethics Training 1:30 p.m.

AGENDA:

Please contact the office of the City of Drain, 129 West C Avenue, Drain, Oregon, 97435; phone (541)836-2417, at least 48 hours prior to the scheduled meeting time if you need an accommodation in accordance with the Americans with Disabilities Act. TDD users please call Oregon Telecommunications Relay Service at 1-800-735-2900. PUBLISHED: COTTAGE GROVE

SENTINEL 6/5/2019 DRAIN CITY HALL, POSTED: DRAIN POST OFFICE & WWW. CITYOFDRAIN.ORG

SPECIAL COUNCIL MEETING WASTEWATER **TREATMENT FACILITY** 801 DIVISION AVENUE SATURDAY, JUNE 15, 2019

### **PUBLIC NOTICES**

A special meeting of the Drain City Council is scheduled for Saturday, June 15. 2019 at 10:00 a.m. It will be held at Drain Wastewater Treatment Facility, 801 Division AGENDA:

Open House 10:00 a m -2:00 p m Please contact the office of the City of Drain, 129 West C Avenue, Drain, Oregon, 97435; phone (541)836-2417, at least 48 hours prior to the scheduled meeting time if you need an accommodation in accordance with the Americans with Disabilities Act. TDD users please call Oregon Telecommunications Relay Service at 1-800-735-2900. PUBLISHED: COTTAGE GROVE SENTINEL 6/5/2019

POSTED: DRAIN CITY HALL, DRAIN POST OFFICE & WWW. CITYOFDRAIN ORG

NOTICE IS HEREBY GIVEN that Steven A. Webb has been appointed Personal Representative of the Estate of Brenda L. Webb, deceased, Lane County Circuit Court Case No. 19PB03891. All persons having

claims against the estate are required to present them within four months from the date of the first publication of this Notice to the Personal Representative at Thorp, Purdy, Jewett, Umess &

Wilkinson, P.C., 1011 Harlow Road, Suite 300, Springfield, Oregon 97477, or they may be

barred. Any person whose rights may be affected by these proceedings may obtain additional information from the records the Court, the Personal Representative or from the Personal Representative's attorneys. DATED and first published: June 5, 2019. /s/ Steven A. Webb Personal Representative (671857)



Zoning changes. Tax increases. Legislative proposals. These are just a few ways government actions can affect your life and community.

80% of all Oregon adults read a newspaper at least once during an average week, and 54% read public notices printed there.\*

But federal, state, and local government agencies erroneously believe they can save money by putting public notices on their web sites instead. If that happens, how will public notices be ... well, noticed? Less than 10% of the U.S. population currently visits a government web site daily.\*\*

You should not have to know where, when, and how to look, or what to look for, in order to be informed. It is the government's responsibility to deliver notice to the public.

Take notice.

Your right to know is being served right here: in your newspaper.

\* American Opinion Research, Princeton NI, September 2010. \*\* U.S. Census Bureau, May 2009.



## New Survey Reveals BP Monitoring Habits **Need To Improve**

(NAPS)-A new survey from the American Heart Association and the American Medical Association shows that 40 percent of people with high blood pressure (HBP), or hypertension, report their numbers were still too high at their most recent doctor's appointment, and many don't even know their numbers.

## The Problem

HBP occurs when the force of blood flowing through your blood vessels is consistently too high. Ideally, blood pressure should be below 120/80 mmHg. It's considered elevated if the top number (systolic pressure) is above 120 and high if systolic is 130 or higher, or the bottom number (diastolic pressure) is 80 or higher. Uncontrolled, it can lead to heart attack and stroke, and most of the time there are no obvious symptoms.

What People With HBP Can Do Most people say they know what to do to lower HBP. Yet, according to the new survey, 44 percent of those with HBP didn't know what a high reading is, and 27 percent didn't know what their blood pressure was the last time it was checked. In addition, while 80 percent of those diagnosed with HBP say they take medication, 16 percent of those with HBP believe that as long as they take their BP medication, they don't need to monitor their BP.

"The first step to keeping your numbers under control is knowing what they are," said Sondra DePalma, DHSc, a cardiology PA and certified hypertension specialist. "There are no symptoms of high blood pressure, so you can't rely on how you feel to gauge your levels. You have to take the time-less than 10 minutes-to check it. That's 10 min-

utes well spent, considering controlled blood pressure can add five years to your life." Some people will need medication to keep their blood pressure numbers

in a healthy range, DePalma said. "But



Many people with high blood pressure aren't keeping close tabs on their condition.

that doesn't mean you get a free pass on lifestyle changes to support your pressure-lowering therapy. Making healthier living choices helps your medicine work better." DePalma added that under a doctor's care, some people may be able to reduce their medication dose or wean off of it after making consistent progress with lifestyle changes.

Lifestyle changes that help reduce blood pressure include:

- Get regular physical activity: Ninety-150 minutes a week of aerobic activity can reduce systolic blood pressure about 5 mmHg. · Eat a well-balanced diet low in salt:
- Eating a diet rich in fruits and vegetables, whole grains and low-fat dairy, such as the DASH eating plan, can drop your systolic pressure up to 11 mmHg. Reducing your salt intake by about 1,000 mg per day has a similar effect on systolic pressure as increas-
- ing aerobic activity-dropping it about 5 mmHg. Maintain a healthy weight: For about every two pounds lost, your systolic
- pressure could drop 1 mmHg. · Work together with your doctor to

## create a treatment plan.

Learn More For more facts and tips about HBP and how to control it, go to www.heart. org/hbp.

**PUBLIC NOTICES** 

**FORM** 

**PUBLIC NOTICES** 

**PUBLIC NOTICES** 

LB-1	NOTICE	OF BUD	GET HEAF	KING				
A public meeting of the N. Douglas Parks	& Rec Dis wi	ill be held c	June 1	7, 201	9	at 6	] a.m.	at_ Drain
Swimming Pool Meeting Room, 100		) orle				_		the budget for the
fiscal year beginning July 1, 2019_ as a	pproved by the		ouglas Parks Municipal corpora		Dist	Budget (	Commi	ttee. A summary
the budget is presented below. A copy of	the budget may	y be inspe	cted or obtaine	ed at _	Ke			20 W. B Ave,
between the hor	urs of 9	am and	5 nm (	or onlin	e at	(Street a		Th
budget is for an ⊠ annual; □ biennial bud								_
different than the preceding year. If differer	nt, the major ch	anges and	their effect on	the bu	dget a	ire:		
Contact	Telepho	one number		E-r	mail			
Kevin L Pillow, Budget Officer		1 )836-2	101 Y-RESOURCE		vinpill	lowcpa@ho	tmail.c	om
TOTAL OF ALL FUNDS	FINANCIA	AL SUMMAH	Actual Amount 20 17 –20 18	ts		opted Budget		Approved Budget t Year: 20_1920_2
Beginning Fund Balance/Net Working Capita	1		223,83		11110 100	201,000.		162,000.0
2. Fees, Licenses, Permits, Fines, Assessments	& Other Service C	Charges	44,30	07.00		45,500.		48,000.0
Federal, State & all Other Grants, Gifts, Alloc     Revenue from Bonds & Other Debt			51,32	27.00		63,000.	00	306,000.0
Interfund Transfers/Internal Service Reimburs								
6. All Other Resources Except Current Year Pro				74.00		9,200. 89,540.		9,400.0 92,426.0
<ol> <li>Current Year Property Taxes Estimated to be</li> <li>Total Resources—add lines 1 through 7</li> </ol>			418,50			408,240.		617,826.0
	SUMMARY-RE				SIFICA	ATION		
9. Personnel Services			96,69	_		107,000.	-	122,000.0
Materials and Services     Capital Outlay		-	123,55	0.00		131,350. 90,000.		127,400.0 327,200.0
12. Debt Service		_				, , , , , , , , , , , , , , , , , , , ,		
13. Interfund Transfers						0.000	00	0.000.0
14. Contingencies				-		6,000.	00	6,000.0
16. Unappropriated Ending Balance and Reserve		198,26	32.00		73,890.	00	35,226.0	
17. Total Requirements—add lines 9 through 16 FINANCIAL SUMMARY—REQUIREMENTS A Name of Organizational Unit or	AND FULL-TIME Program		418,50 NT EMPLOYEES		BY OR	408,240.		617,826.0 FOR PROGRAM*
Name Parks & Rec District FTE	1		418,50	9.00		408,240.0	00	617,826.0
Name								
FTE Name				-			+	
FTE								
Name								
FTE								
Name								
FTE								
Not Allocated to Organizational Unit or Program FTE				_				
Total Requirements			418,50	9.00		408,240.0	00	617,826.0
Total FTE				2			2	
STATEMENT	OF CHANGES	IN ACTIVITI	ES AND SOUR	CES OF	FINAN	ICING*		
	PR	OPERTY TA	X LEVIES					
		Rate or An	nount Imposed	Rate		unt Imposed	Rate o	r Amount Approved
Permanent Rate Levy(Rate LimitPer \$1000)		.4	.4702		.4702 .4702			
Local Option Levy Levy for General Obligation Bonds								
2017 1.5. deficial obligation bonds imministration		MENT OF IN	DEBTEDNESS					
Long Term Debt			Debt Outstandi	ng on J	uly 1			ithorized, but not
General Obligation Roads						ine	curred o	nı July I
General Obligation Bonds Other Bonds								
Other Borrowings								
Total					0.00			0.00
'If more space is needed to complete any section of this	form, use the space	ce below or ad	d sheets,					

# Better Boating

## racts On r

by Don Onken, Onken's Incorporated

(NAPS)-As an avid boater, I always eagerly anticipate the transition from winter into spring and summer because it means my family and I can get back out on the water. Much goes into properly maintaining a boat, so the start of boating season is a busy time for many Americans. Whether it's getting the boat cleaned up or checking all the parts that might need replacing, there's always a flurry of activity that goes along with pushing off from the dock for the first time of the season. However, there's one disappointing element in the lead-up to boating season, and that's the predictable spread of misinformation regarding the fuel you put in your boat's tank.

I am the owner of the American Ethanol Mystic Powerboats 51-foot catamaran, which holds the speed record for piston-powered boats at the Lake of the Ozarks Shootout, the largest unsanctioned boat race in the country. We use an extremely high-octane 85 percent ethanol blend in our engine to routinely break 200-plus miles per hour in shootout races. If you're a recreational boater you won't need all that octane, plus you won't be able to find racing fuel at the pump. However, E10 (gasoline blended with 10 percent ethanol), also known as "regular unleaded," is a great option for you that can be found at nearly any gas station. Some would have you believe that

ethanol fuel has no place in boating, but that's false. And as somebody who's spent much of my life around boats, it's frustrating to see misinformation spread by the petroleum industry take hold. The fact is, E10 is approved for use in all marine engines and has been warrantied for use by all the major boat manufacturers for decades. That list includes Kawasaki, Mercury Marine, OMC (Johnson/Evinrude), Pleasurecraft, Tigershark (ARTCO), TRACKER, Honda and Yamaha.

E10 is the national standard for gas-

oline-98 percent of the country's gas

contains 10 percent ethanol. It might not

be as fun as the high-octane, high-etha-



Don Onken's American Ethanol Mystic Powerboat

nol blend that I put in my racing boat, but a little bit of ethanol still has a big positive impact. Ethanol is renewable, biodegradable, and is higher in octane than older, petroleum-based additives linked to groundwater contamination, cancer and smog. Many boaters like me care about the environment more than the average person because we spend so much time out in nature, so fueling up with E10 is a choice we can feel good

Ethanol is a naturally inexpensive, high-octane, cleaner fuel, which makes it a great fuel additive for cars, trucks or boats. E15 (made with 15 percent ethanol) is currently being sold in 31 states across the U.S. It allows drivers to get a higher-octane fuel for up to 10 cents per gallon less than E10, and it's approved for all cars model year 2001 and newer. E15 is not currently approved for use in boats, which is why fuel pumps are clearly labeled and you'll obviously never find it at your local marina. But it's a great option for most cars on the road today, and I put it in my truck whenever it's available.

As you prepare for boating season, I encourage you to know which fuels meet your specific price and performance needs. Follow the guidelines of your owner's manual and be aware that E10 is a great way to keep your boat running smoothly while being friendlier to the environment and to your wallet. Having options at the fuel pump is a good thing for consumers, and the scare tactics about ethanol in boating are designed to limit that choice.