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SERVING: COTTAGE GROVE, CRESWELL, DRAIN, DORENA, LONDON, LORANE, YONCALLA

INFORMATION

Office Hours:
 8:30 a.m. to 5 p.m.
 Monday through Friday
Phone:
 541-942-3325
Fax:
 541-942-3328
Address:
 116 N. 6th Street
 PO Box 35
 Cottage Grove, OR 97424

DEADLINES:

Regular classified ads (Starts @ \$8.65 and includes up to 10 words per issue - excludes garage sales & lost & found), Friday 12 p.m.; Display ads, Friday 12 p.m.; Service Directory - Friday, 12:00 p.m. Boxed, Display Classified Ads & Vehicle/Boat Promos, Friday 12 p.m.

ADJUSTMENTS:

If your advertisement appears incorrectly, notify us immediately. We will not be responsible for more than one incorrect insertion. Such responsibility is limited to correct insertion of advertisement. No information on the classified pages will be released prior to publication.

Ads are in Area Code (541) unless otherwise indicated in ad.

EMPLOYMENT

General Contractors

JOEL LADD CONSTRUCTION
 New or remodel, decks, siding, windows, doors, shops, fences. 541-913-1541
 ccb# 203496

Other listings - see Gallery of Services

MONEY TO LOAN

\$\$\$
 Bank or private money to loan on all types of commercial real estate. Millions available. Call Salem Oregon 971-600-4327

MERCHANDISE

Garage/Estate Sales

CG Housing is having a garage/bake sale Sat. Oct. 19th, 10-3 pm at 900 N. Douglas St. Get ready for fall!

Firewood

DRY FIR WOOD
 1/2 cord \$90
 541-942-4581 or 541-521-9756

Newspaper Rolls

END ROLLS - leftover paper on rolls from the printing press. Great for wrapping and packing! No newspaper on them. Various prices. At Cottage Grove Sentinel, 116 N. 6th St.

REAL ESTATE

For Rent

Sweet, clean, quiet, upstairs room to rent near downtown in a beautiful old house

"Golden Girls +1 style living. Share bathrooms, kitchen, laundry. Utilities included. Sorry, no pets (We have two). \$500.00/mo, parking and large yard. 541-517-7941.

STATEWIDE

SERVICES:

DIVORCE \$130. Complete preparation. Includes children, custody, support, property and bills division. No court appearances. Divorced in 1-5 weeks possible. 503-772-5295. www.paralegalalternatives.com legalalt@msn.com

DISH Network \$59.99 For 190 Channels! Add High Speed Internet for ONLY \$19.95/month. Call Today for \$100 Gift Card! Best Value & Technology. FREE Installation. Call 1-866-373-9175 (some restrictions apply).

Get NFL Sunday Ticket FREE w/ DIRECTV Choice All-Included Package. \$59.99/month for 12 months. 185 Channels

PLUS Thousands of Shows/ Movies On Demand. FREE Genie HD DVR Upgrade. Call 1-855-502-2578 or satellite-dealnow.com/OR

DIRECTV NOW. No Satellite Needed. \$40/month. 65 Channels. Stream Breaking News, Live Events, Sports & On Demand Titles. No Annual Contract. No Commitment. Call 1-833-600-6659.

Frontier Communications Internet Bundles. Serious Speed! Serious Value! Broadband Max - \$19.99/mo or Broadband Ultra - \$67.97/mo. Both Include FREE Wi Fi Router. CALL For Details! - 1-855-972-6641.

Earthlink High Speed Internet. As Low As \$14.95/month (for the first 3 months.) Reliable High Speed Fiber Optic Technology. Stream Videos, Music and More! Call Earthlink Today 1-855-977-9436.

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2) Pick Your Plan. (*Req's well-qualified credit. Limits & restr's apply.) CALL 1-855-593-4474

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MISCELLANEOUS:

DONATE YOUR CAR TO UNITED BREAST CANCER FOUNDATION! Your donation helps education, prevention & support programs. FAST FREE PICK-UP - 24 HR RESPONSE - TAX DEDUCTION. 1-855-252-2579.

DONATE YOUR CAR, TRUCK OR BOAT TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. CALL 1-844-533-9173.

GOT AN OLDER CAR, VAN OR SUV? Do the humane thing. Donate it to the Humane Society. Call 1-877-246-1527.

Old Treasures NEW FINDS

List your sale items today! Call us 541-942-3325

PUBLIC NOTICES

NOTICE IS HEREBY GIVEN that Jeanine Weaver has been appointed Personal Representative of the Estate of Brian C. Green, deceased, Lane County Circuit Court Case No. 19PB07416. 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, Urness & 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 of the Court, the Personal Representative or from the Personal Representative's attorneys. DATED and first published: October 2, 2019. /s/Brian C. Green Personal Representative

PUBLIC NOTICES

NOTICE IS HEREBY GIVEN that the City of Cottage Grove (City) intends to award a sole source procurement contract to Ferguson Enterprises for the purchase of iPerl Sensus Water Meters and associated equipment which are compatible with the City's recently installed water meters. The amount of the proposed contract is approximately One Million Ninety Nine Thousand Nine Hundred and Eighty-Six Dollars (\$1,099,986.00). Protests regarding the City's determination that the needed meters are available from only one source must be received by 1:00 p.m. on October 23, 2019 and should be addressed to: Faye Stewart, Public Works Director, City of Cottage Grove, 400 E. Main Street, Cottage Grove, OR 97424. Protests are subject to both City Rule 137-047-0275 and 137-047-0710.

PUBLIC NOTICES

D59 Jordon Praegitzer
 D62 Ashlee Henry
 D109 Middlefield Oak

PUBLIC NOTICES

D59 Jordon Praegitzer
 D62 Ashlee Henry
 D109 Middlefield Oak

PUBLIC NOTICES

D59 Jordon Praegitzer
 D62 Ashlee Henry
 D109 Middlefield Oak

PUBLIC NOTICES

D59 Jordon Praegitzer
 D62 Ashlee Henry
 D109 Middlefield Oak



Cooking Corner

Bring The Family Back To The Dinner Table With Five Quick Tips

(NAPS)—With summer in the rear-view mirror, school back in session and days getting shorter, it's the perfect time to rethink your dinner routine.

One problem: The only routine you can stick to is not having one. Fortunately, you don't need to commit to a specific dinner routine to enjoy meals with the family after a long day.

Nigel Palmer, lead research and development chef for Home Chef, says that for advance planners and last-minute home cooks alike, there are plenty of ways to get a quick meal on the table and enjoy dinner with the family on busy days.

"People think that chefs cook elaborate meals for dinner," Palmer says. "The truth is, by the time my wife and I pick up our daughter, commute home and help with homework, we're looking for something convenient, quick and delicious—we're not spending hours at the stove."

Meal Kits That Anyone Can Cook
 Palmer is not alone. According to a recent Food Genius survey, eight out of 10 people don't know what they'll fix for dinner by 4 p.m. that day.

Enter Home Chef, a meal kit company that delivers over 3.5 million meals per month online at homechef.com and in select grocery stores.

"Our meal kits are designed to be simple enough for anyone to prepare and delicious enough for anyone to love," says Palmer. "Every recipe includes fresh, pre-portioned ingredients in exactly the quantity you need, which helps to minimize food waste."

Home Chef offers a variety of meal kits with different levels of preparation and cooking times, including Oven Ready recipes, served in an oven-safe tin for easy clean up, and a Heat & Eat line that can be warmed in under five minutes.

Weekly rotating menus offer up to 18 recipes, including Pine Nut and Goat Cheese-Crusted Chicken, Steak with Garlic Herb Butter, Basil Pesto Salmon, Apricot Almond Pork Tenderloin and Coconut-Crusted Tofu Tacos.

"Our customers love the variety of meals that we offer," says Palmer. "We also allow our customers to customize their recipes by swapping or doubling their protein, to create a meal that is uniquely their own."

Convenient for anyone who wants to have a home-cooked meal without



Meal kits can be a terrific way to get nutritious family dinners on the table in no time.

spending hours in the kitchen, Home Chef is available to order online up to five weeks' in advance, or at Kroger grocery stores nationwide.

Hit The Salad Bar
 Not only are the salad bars in your local grocery store a great place to build a delicious dinner salad, but they are also a great resource to shop for ingredients that will save preparation time off your favorite recipes.

- Leafy greens like spinach or kale work well in baked pasta dishes, casseroles or omelets.
- Chopped vegetables including zucchini, carrots, broccoli or cabbage are delicious in speedy stir-fries, side dishes or soups.
- Grilled chicken, beans and cheeses are great to throw into salads for an extra serving of proteins.

Another idea, says Palmer, is to let your kids create their own DIY quesadillas. Pick up a package of whole-grain tortillas and let everyone in the family pick their cheese, chicken, beans and veggies from the salad bar.

"It's a fun way to get the kids involved with cooking and trying new cuisines," he adds.

Cheese, Please
 A great place to explore flavors from around the world is the cheese counter. Break up the monotony of the same old meals by creating delicious cheese boards for dinner.

"Constructing a 'cheese for dinner' board is all about balance and variety," says Lauren Toth, training and curriculum manager for Murray's Cheese. "Aim to have a range of styles, flavors, textures and even colors represented on the board."

Toth recommends choosing between three and five cheeses as the basis of your cheese board and include a mix of different textures and milk types to keep things interesting.

"If you're dealing with picky eaters, include at least two familiar, easygoing cheeses like block cheddars, Monterey Jack or young Gouda styles," she says. "Then add a 'stretch' cheese or two, perhaps fresh goat cheese or a crowd-pleasing sheep's milk cheese like Manchego to start."

To complement the cheese, add charcuterie, vegetable crudité, fresh or dried fruit, nuts, and bread or crackers to create a well-balanced meal.

At the end of the day, it is most important to know your audience and plan for what they like.

"Creative pairing is a great way to explore new cheeses for both picky eaters and adventurous types," says Toth.

Perfect One Pan Recipes
 If you love to cook, but not to do the dishes, look for recipes that require only one pot or pan for even quicker and easier clean-up.

Palmer recommends rotating between crock pot meals that you can prep in the morning—or even the night before—and one-sheet meals that consist of vegetables and a protein like chicken, steak or salmon that you can roast in the oven on one foil-covered baking sheet.

For those nights when you just need something that you can mix up quickly and pop into the oven, Palmer says that Home Chef's weekly rotating menu boasts new Oven Ready options each week. Oven Ready meals have fresh ingredients that come pre-chopped, so you can mix everything together and pull dinner out of the oven with minimal clean-up.

Cook Smarter, Not Harder
 Stretching one meal into leftovers is a natural time-saver in the kitchen. Palmer recommends choosing your favorite protein, such as pork shoulder or a whole chicken, and creating multiple meals throughout the week.

"If you're strapped for time, pick up a rotisserie chicken from a grocery store," said Palmer. "You can eat the chicken breast with roasted vegetables one night, shred the thigh meat and make tacos another night, then use the bones to make a flavorful broth, add noodles and you have chicken noodle soup."

Tweet This

Home Chef offers a variety of meal kits with different levels of preparation and cooking times.

Tag words

meal, family, dinner, planning, prepare, food, chicken, cheese, schedule, together, time

Twitter feed copy

#Meal kits are designed to be #simple enough for anyone to #prepare and #delicious enough for anyone to love.

Google Search Ad

meal, family, dinner, planning, prepare, food, chicken, cheese, schedule, together, time

Outbrain Native Ad

Home Chef offers a variety of meal kits with different levels of preparation and cooking times. / www.homechef.com / www.naprecis.com.

Did You Know?

Home Chef offers a variety of meal kits, including Oven Ready recipes, served in an oven-safe tin for easy clean up, and a Heat & Eat line that can be warmed in under five minutes. Learn more or order online at homechef.com.

Lead-in copy for online posting

Meal kits can be a terrific way to get nutritious family dinners on the table in no time. /// Bring The Family Back To The Dinner Table With Five Quick Tips

ATTORNEY FOR PETITIONER

IN THE DISTRICT COURT OF THE THIRD JUDICIAL DISTRICT OF THE STATE OF IDAHO, IN AND FOR THE COUNTY OF CANYON

In the Matter of the Applications of: ALEXANDER GEORGE SWANSON, NOTICE OF HEARING ON NAME CHANGE for a change in name (CASE NO. CV14-19-09078)

A Petition to change the name of Alexander George Swanson, now residing in the City of Nampa, State of Idaho, has been filed in the District Court in Canyon County, Idaho. The name will change to Adam Alexander Carey. The reason for the change in name is that the minor child bears no relationship with his biological father and desires to carry the same surname as his mother and maternal grandparents with whom he resides. A hearing on the petition is scheduled for 9:00 o'clock - a.m. on November 15th 2019 at the Canyon County Courthouse. Objections may be filed by any person who can show the court a good reason against the name change. First date of publication October 2, 2019. Signed: 9/19/2019 04:09 PM - CLERK OF THE DISTRICT COURT Barbara Woodward

Typed/printed name By:5

NOTICE TO INTERESTED PERSONS

Notice is given that the Circuit Court of the State of Oregon for Lane County, has appointed the undersigned as Personal Representative for the Estate of Gerhard Tinney, Deceased, in Probate No. 19PB07447. All persons having claims against the estate are required to present the same to the undersigned Personal Representative, at the address of 132 East Broadway, Suite 400, Eugene, Oregon 97401, within four months after the date of first publication of this Notice, or the claim may be barred. All persons whose rights may be affected by the proceedings in this estate may obtain additional information from the records of the Court, the Personal Representative, or from the attorney for the Personal Representative. DATED and first published this 2nd day of October, 2019. Hans T. Tinney, Personal Representative. James A. Hendershott, Attorney for Personal Representative, 132 East Broadway, Suite 400, Eugene, Oregon 97401, (541) 343-7314.

North Douglas Co. Fire & EMS Board of Directors Meeting

October 21, 2019 7:00 PM
 515 S. Cedar St. Drain, Or 97435

New Business:

- A. Resolution # 240 A request for proposal (RFP) solicitation for a Construction Manager/General Contractor (GM/GC) alternative contracting method for construction of the District's Main Station Seismic Retrofit Project.
- Old Business:
- A. Scotts Valley Station
- B. Spooktacular Halloween Event

NOTICE OF SOLE SOURCE PROCUREMENT

A26 Alicia Hock
 B3 Kevin Marsh
 C18 Audrey Plourde
 C24 Joanne Stacy
 C55B Joanne Stacy