

PUBLIC NOTICES

NOTICE TO INTERESTED PERSONS Notice is hereby given that Helen Liu has been appointed personal representative for the Estate of Eugene W. Liu, by the Circuit Court of the State of Oregon for Lane County, Case File No. 19PB09501. All persons having claims against the estate are hereby notified to present them to the personal representative, at the office of the personal representative's attorney at 1400 Executive Parkway, Suite 300, Eugene, OR 97401 within four months from the date of the first publication of this notice or their

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claims may be barred. Date of the first publication of this notice is December 26, 2019. All persons whose rights may be affected by the proceeding may obtain additional information from the records of the Court, the personal representative, or the personal representative's attorney, Kirk H. Strohman, Jr., Strohman Ford, LLC, 1400 Executive Parkway, Suite 300, Eugene, OR 97401; Phone 541-345-4312.

NOTICE TO INTERESTED PERSONS Notice is hereby given that Christine West has been

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appointed personal representative for the Estate of Donna L. Mongillo, by the Circuit Court of the State of Oregon for Lane County, Case File No. 19PB09740. All persons having claims against the estate are hereby notified to present them to the personal representative, at the office of the personal representative's attorney at 1400 Executive Parkway, Suite 300, Eugene, OR 97401 within four months from the date of the first publication of this notice or their claims may be barred. Date of the first publication of this notice is December 26, 2019. All persons whose rights may be affected by the proceeding may obtain

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additional information from the records of the Court, the personal representative, or the personal representative's attorney, Kirk H. Strohman, Jr., Strohman Ford, LLC, 1400 Executive Parkway, Suite 300, Eugene, OR 97401; Phone 541-345-4312.

NOTICE is hereby given that the undersigned will hold a Public Auction on January 14, 2020 at 10:00 a.m. at Simply Storage 1175 Villard Ave., Cottage Grove, OR 97424. The personal

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property heretofore stored with the undersigned by:
D-17 John Anderson
F-31 Samantha Lamb

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I-14 Shawna Sharp
J-07 Lester Roberts
P-10 Kevin Hammond

Reduce
Recycle Reuse

Caregiver's Corner

Caregivers, Take Care: How To Keep Your Caregiving Duties From Overwhelming You

(NAPS)—Caregiving for a loved one can be a fulfilling, yet overwhelming experience. Forty million Americans provide care for their aging loved one each year, and spend an average of 24.4 hours per week doing so. Try as one may to create a balanced lifestyle, it's a role that easily crowds out other important areas of life, including personal and professional relationships, and generates high levels of stress that could lead to serious health problems long-term if not managed.

Caregivers should feel empowered to adopt the following tactics to lighten the burden, and achieve a renewed sense of control:

Remember your own health: It's important to not lose sight of your physical and mental health during particularly stressful times. Improve your energy level with smart eating choices: plan easy, healthy recipes that take less than 30 minutes, schedule grocery deliveries, or subscribe to meal kits. And, committing to just 10 minutes a day of moving your body will help you feel energized, while boosting your mental health. Exercise is also a good way to engage with your loved one—join them for a walk or even a water aerobics class.

Be transparent with your employer about your role as a caregiver: Burning the midnight oil to meet your caregiver and professional responsibilities doesn't do you, your loved one, or your career any favors. Speaking candidly about the pressures you face as a caregiver with your employer can help relieve stress in the long run. Discuss options such as flexible work hours or working remotely, and set realistic expectations for yourself.

Note For The Editor: November marks National Family Caregivers Month.



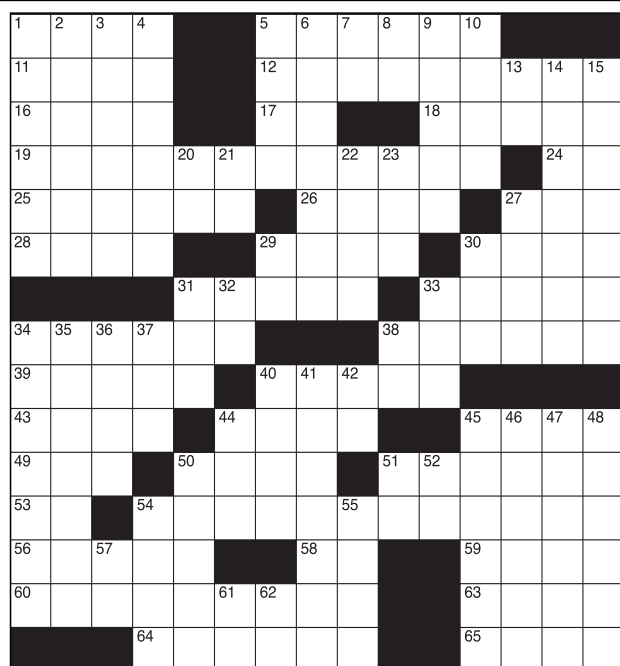
Caregivers can improve their own lives as well as that of the ones they care for with help from today's technology.

Leverage technology: Utilize tools that offer you visibility into your loved one's health status and simplify the complexities of coordinating care. These solutions allow you to refocus your attention on the key moments that matter most with your loved ones, while offering the peace of mind of knowing your loved one will have 24/7 access to help. For example, Philips Cares is a mobile application that enables you to easily form and activate a care circle of trusted family and friends, access meaningful insights into your loved one's well-being, and manage your Philips Lifeline personal alert service. It helps you and your care circle be there for your aging loved ones, easing and enriching their aging journey.

To learn more about the latest technology helping to ease caregivers' burdens, visit <https://philips.to/2MGDqLm> or call (855) 223-7395.

CLUES ACROSS

1. Database management system
5. Soft blue-gray mineral
11. Algerian coastal city
12. A healthy redness
16. El __, border town
17. Part of the mind
18. Female body part
19. Atrocities
24. You can call Paul Simon this
25. Copyread
26. Large integers
27. Large, flightless bird
28. Bread and whiskey are two
29. Indicate pain or discomfort
30. Worry
31. Wild goats
33. Belittle
34. More supernatural
38. Wakes up
39. Intestinal pouches
40. Popular dance
43. American state
44. CSI actor
45. Having a keen enthusiasm for
49. Swiss river
50. Restaurant item
51. Intense unhappiness
53. Unit of loudness
54. Increase in velocity
56. Mesoamerican religion
58. Early multimedia
59. Forearm bone
60. An unprincipled person
63. Swarming with
64. Shellfish
65. Root of taro plant



CLUES DOWN

1. More silly
2. Adult beverage
3. Iron used for lofting
4. Noses
5. Smile
6. One who examines closely
7. Lethal dose
8. Denotes past
9. "This Is Us" actor Fitch
10. Dabbling ducks
13. Polish beer
14. A type of cat
15. Shows respect for
20. Of I
21. Commercial
22. Chai and chamomile are two
23. Lodging option
27. Geological times
29. Unit of electrical inductance (abbr.)
30. Where G-men work
31. Hot beverage
32. One of the six noble gases
33. Southern constellation
34. South American nation
35. Suitable for use as food
36. The back
37. I (German)
38. Blood group
40. Fit to stand trial
41. Praise excessively
42. Female's title
44. EU predecessor
45. Acutely insightful and wise
46. Disguised
47. Improved the appearance of
48. Generator
50. The real __, the genuine article
51. Male's title
52. Home of the Hawkeyes
54. About aviation
55. At all times
57. Military peace officer
61. College degree
62. Indicates position

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Answer to Today's Crossword

O	O	O	E		H	E	I	S	A	O				
W	E	E	L		E	L	V	R	O	R	D	E	E	H
V	N	T	I	N	A	V		O	E	W	T	O		
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A	B	E	S	T	I	W	N	N	E	W	H	V	Y	
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				L	E	V	E	N	V	O	W		S	E
				N	W	E		S	N	E	L	O	E	I
				T	V	S	E	I	L	I	N	W	N	I
				V	I	B	V	T	O	I		O	S	V
				S	S	E	N	I	G	O	N	W		N
				V	N	E	T	V	G		S	W	E	O