

Classified Marketplace

RUNS UNTIL IT IS SOLD
 Sell Your Vehicle with Us
ONLY \$39.70



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 lost & found), Monday 11 a.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

HELP WANTED

Housekeeper needed. Call 541-222-0872

MERCHANDISE

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 newsprint on them. Various prices. At Cottage Grove Sentinel, 116 N. 6th St.

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).

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.

Get a **SMARTPHONE for \$0 DOWN*** with AT&T Next® and AT&T Next Every Year & #8480 1) Pick Your New Phone. 2) Pick Your Plan. (*Req's

well-qualified credit. Limits & restr's apply.) CALL 1-855-593-4474

Applying for Social Security Disability or Appealing a Denied Claim? Call Bill Gordon & Assoc., Social Security Disability Attorneys, 1-855-548-1237! FREE Consultations. Local Attorneys Nationwide [Mail: 2420 N St NW, Washington DC. Office: Broward Co. FL(TX/NM Bar.).]

Become a Published Author. We want to Read Your Book! Dorrance Publishing-Trusted by Authors Since 1920. Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution. Call for Your Free Author's Guide 1-844-803-4427 or visit <http://dorranceinfo.com/Oregon>.

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Medical-Grade HEARING AIDS for LESS THAN \$200! FDA-Registered. Crisp, clear sound, state-of-the-art features & no audiologist needed. Try it RISK FREE for 45 Days! CALL 1-866-799-5056.

A PLACE FOR MOM. The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1-888-651-5669.

DENTAL INSURANCE from Physicians Mutual Insurance Company. NOT just a discount plan, REAL coverage for 350 procedures. Call 1-844-239-9335 for details. www.dental50plus.com/256118-0219

Financial Benefits for those facing serious illness. You may qualify for a Living Benefit Loan today (up to 50 percent of your Life Insurance Policy Death Benefit.) Free Information. CALL 1-855-284-5304.

Stay in your home longer with an American Standard Walk-In Bathtub. Receive up to \$1,500 off, including a free toilet, and a lifetime warranty on the tub and installation! Call us at 1-888-986-4285 or visit www.walkintubquote.com/or

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 855-839-0752.

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking

gutter protection. Schedule a FREE LeafFilter estimate today. 15% off and 0% financing for those who qualify. PLUS Senior & Military Discounts. Call 1-855-536-8838.

MISCELLANEOUS:

DONATE YOUR CAR TO UNITED BREAST CANCER FOUNDATION! Your donation helps education, prevention & support programs. FAST FREE PICKUP - 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



If public notices aren't in the newspaper, how will the public notice?

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 NJ, September 2010. ** U.S. Census Bureau, May 2009.

PUBLIC NOTICES

NOTICE IS HEREBY GIVEN that Jennifer Cummings has been appointed Personal Representative of the Estate of Jenae Christine Nixon, deceased, Lane County Circuit Court Case No. 19PB09324. 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

PUBLIC NOTICES

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: January 9, 2020. /s/ Jennifer Cummings Personal Representative

PUBLIC NOTICE

IN THE CIRCUIT COURT OF LANE COUNTY OF THE STATE OF OREGON FOR LANE COUNTY This Notice given to Judy Cochran, and Bart Olson. In the matter of

PUBLIC NOTICES

Patrick A Martin vs Judy Cochran Case No. 180541691 and Bart Olson Case No. 180541703, Motion to dismiss order.

NOTICE TO INTERESTED PERSONS NOTICE IS HEREBY GIVEN

that RALPH RAY has been appointed and qualified as the personal representative of the Estate of DORENE MICHELE JACKSON, deceased, Lane County Circuit Court Case No. 19PB06629. All persons having claims against the estate are hereby required to present the claims duly verified

PUBLIC NOTICES

within four months after the date of first publication of this notice, as stated below, to the personal representative at P.O. Box 247, 751 N. River Rd., Cottage Grove, OR 97424, or the claims may be barred. All persons whose rights may be affected by the proceedings in this estate may obtain information from the records of the court, the personal representative, or the attorney for the personal representative, MILTON E. GIFFORD. Dated and first published January 16, 2020. Attorney for Personal Representative: Milton E. Gifford, OSB #860391 P.O. Box 247 751 N. River Rd. Cottage Grove, OR 97424 (541) 942-7914

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR LANE COUNTY

In the Matter of the Estate of Carole Ann Watson Estate No. 20PB00065 NOTICE TO INTERESTED PERSONS, NOTICE IS HEREBY GIVEN that on January 01, 2020 Jon Park and ZoAnn Lea Reinmuth have been appointed and have qualified as Co-Personal Representatives of this estate. All persons having claims against said estate are hereby required to present the same, with proper vouchers, within four months after the date of first publication of this Notice, as stated below, to the Personal Representatives at 225 Oakway Center, Eugene, Oregon 97401, or they 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 Representatives, or the attorney for the Personal Representatives. Date and First Published: January 16, 2020. by: GREG ALLEN HUNT, Attorney for Personal Representatives

NOTICE is hereby given that the undersigned will hold a Public Auction on January 31, 2020 at 11:00 a.m. at Simply Storage 79177 North River Rd., Cottage Grove, OR 97424.

The personal property heretofore stored with the undersigned by:
 T09 Kevin Guyer
 T20 Robin Sullivan
 V16 Cheyenne Caraveo
 X05 Kearry Crha

PUBLIC NOTICES

NOTICE TO INTERESTED PERSONS NOTICE IS HEREBY GIVEN that ROBERT R. SCHROEDER has been appointed and qualified as the personal representative of the Estate of KARL PAUL SCHROEDER, also known as Karl P. Schroeder, deceased, Lane County Circuit Court Case No. 20PB00051. All persons having claims against the estate are hereby required to present the claims duly verified within four months after the date of first publication of this notice, as stated below, to the personal representative at P.O. Box 247, 751 N. River Rd., Cottage Grove, OR 97424, or the claims may be barred. All persons whose rights may be affected by the proceedings in this estate may obtain information from the records of the court, the personal representative, or the attorney for the personal representative, RYAN M. GIFFORD. Dated and first published January 16, 2020. Attorney for Personal Representative: Ryan M. Gifford, OSB #077181 P.O. Box 247 751 N. River Rd. Cottage Grove, OR 97424 (541) 942-7914

Notice of Lien Sale ORS 87.192.

Notice is hereby given by Green Gables Mini Storage LLC dba Green Gables Mini Storage, that a public lien sale by competitive bid, a minimum bid stipulated by Green Gables Mini Storage via Bid13.com for the entire contents of space(s) herein published and advertised, cash only for the personal property stored in the space(s) listed below. Will be handled through Bid13.com starting on 1/29/20 and ending 2/7/20. All instructions for payment and pick up will be included in the instructions on Bid13.com. The spaces and respective occupants for this lien sale are as listed:
 A24 Krista Beach
 B21 Kamara Houston
 B50A Suzanne Vasquez
 B51B Michael Conner
 B67 Jennie Wiggzell
 C15 Krista Beach
 C42 Krista Beach
 D38 Mardell Mitten
 D40 Darlene Bangle

PUBLIC NOTICES

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR LANE COUNTY In the Matter of the Estate of Elaine H. Rhodes Estate No. 20PB00323 NOTICE TO INTERESTED PERSONS, NOTICE IS HEREBY GIVEN that on January 15, 2020, Shane Mac Rhodes has been appointed and has qualified as Personal Representative of this estate. All persons having claims against said estate are hereby required to present the same, with proper vouchers, within four months after the date of first publication of this Notice, as stated below, to the Personal Representative at 225 Oakway Center, Eugene, Oregon 97401, or they 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 the attorney for the Personal Representative. Date and First Published: January 23, 2020. by: GREG ALLEN HUNT, Attorney for Personal Representative.

NOTICE IS HEREBY GIVEN that

Portia Roy has been appointed Personal Representative of the Estate of Sandra F. Roy, deceased, Lane County Circuit Court Case No. 20PB00357. All persons having claims against the estate are required to present the same within four months from the first date of publication of this notice to the Personal Representative at 777 High St., #300, Eugene, OR 97401, or they may be barred. Any person whose rights may be affected by these proceedings may obtain additional information from the records of the above-entitled Court or from the Personal Representative or from the Personal Representative's attorneys, Luvaas Cobb, P.C. DATED and first published: January 23, 2020. /s/ Portia Roy Personal Representative

Health And Well-Being

Healthy Eating And Physical Activity For Life

(NAPS)—No matter what stage of life you're in—whether you're an adult, an older person, a pregnant woman or a parent—consuming healthy foods and beverages, combined with getting regular physical activity, stress relief and adequate sleep, may help you or your children stay healthy for life!

The recently updated National Institute of Diabetes and Digestive and Kidney Diseases' (NIDDK) *Healthy Eating & Physical Activity for Life* series offers tips for developing and maintaining healthy habits for many stages of life.

Health Tips for Adults

Reaching and maintaining a healthy body weight as an adult may help prevent future health problems. Some tips to follow include making healthier food choices, being aware of food portions and the kinds of foods and beverages you consume, and how often you have them.

It's also important to engage in regular physical activity. Try to get at least 150 minutes a week of moderate-intensity aerobic activity, such as biking or brisk walking. Aim for at least two days a week of muscle-strengthening activities, such as heavy gardening. If your time is limited, work in small amounts of activity throughout your day.

Finally, get enough sleep and manage your stress to stay on track with improving your health.

Health Tips for Older Persons

As you grow older, good nutrition and staying active are as important as ever. Your lifestyle choices may prevent some health problems, such as diabetes, heart disease and some cancers. For example, focus on eating nutrient-dense foods and drinking fluids throughout the day, including those with added vitamin D and calcium.

As you get older, it's also important to engage in physical activities you enjoy—either on your own or with a friend. Ask your healthcare professional about whether and how you can safely become active or increase your physical activity.

Also talk with your healthcare professional if you feel that changes in your home life, health, medicines, income, mobility or sense of smell and taste are affecting your interest in consuming



Enjoy a family walk. Physical activity provides health benefits across your life span.

healthy foods and drinks and engaging in physical activity.

Health Tips for Pregnant Women

Whether you're ready to try for a baby or are already pregnant, you may be inspired to get healthy. Developing and following a healthier eating plan may help you have a safe pregnancy and delivery and a healthy baby.

Think about new, healthful foods and beverages you can try—such as berries or a banana with hot or cold cereal for breakfast; a salad with beans, tofu or other non-meat protein for lunch; and a lean serving of meat, chicken, turkey or fish and steamed vegetables for dinner.

It's also important to engage in physical activities while pregnant. Most women need the same amount of physical activity as they did before they became pregnant.

Helping Your Child: Tips for Parents

As a parent, it's important to share tips with your children on what to eat and drink to fuel their bodies and get them moving. Healthy habits may help children grow, learn and build strong bones and muscles while maintaining a healthy weight. Work together as a family to form healthy habits—such as consuming healthful foods and beverages, doing regular physical activity, getting adequate sleep and limiting screen time. You can set a good example by going for a walk or riding a bike. Or find an activity that you enjoy and can do together.

Learn More

To find more tips and resources for weight management and healthy living at whatever life stage you're in, or to access the *Healthy Eating & Physical Activity for Life* series, visit the NIDDK website at <https://www.niddk.nih.gov>.

Advertise your business in our gallery of services \$11.50 per week (\$23.00 for double size) 13 week minimum commitment

Call or stop by TODAY for full details! (541) 942-3325 116 N. 6th • Cottage Grove