

# Classified Marketplace

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**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

**MERCHANDISE**

**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.

**STATEWIDES**

**SERVICES:**

Young California professional couple promises loving home, secure future for baby. Devoted grandparents, educational opportunities. Living expenses paid. Call Jeffrey 1(310)890-6610 or attorney 1(310)663-3467.

**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.

**Become a published author!** Publications sold at all major secular & specialty Christian

bookstores. CALL Christian Faith Publishing for your FREE author submission kit. 1-855-407-5056.

**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.

**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

**PUBLIC NOTICES**

**IN THE CIRCUIT COURT FOR THE STATE OF OREGON FOR LANE COUNTY** In the Matter of Adoption and Change of Name: Kristina Marie Hernandez-Smith (Minor Child)  
 Case No.: 20AP00059  
 Order for Show Cause  
 This matter coming before the Court upon Petitioners' Motion and it being alleged that the father, Leonardo Hernandez Nunez, has deserted or neglected Kristina Marie Hernandez-Smith.  
**IT IS HEREBY ORDERED** that father, Leonardo Hernandez Nunez for show cause why the proposed adoption should not be ordered without his consent, and that a summons according to ORS 109.330 (2) and a copy of this order and motion shall be served upon him in the manner provided in ORCP 7 D and E.

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the court and the petitioner of you telephone number or contact telephone number and your current residence, mailing or contact address in the same state as your home. The answer may be in substantially the following form: In the Circuit Court of the State of Oregon for Lane County  
 In the Matter of the Adoption and Change of Name of: Case No. 20AP00059  
 Kristina Marie Hernandez-Smith (Minor Child)  
 Answer  
 [ ] I consent to the proposed adoption.  
 [ ] I do not consent to the proposed adoption. The court should not order the proposed adoption without my consent for the following reasons:  
 Signature  
 Date  
 Address or contact address:  
 Telephone or contact telephone: C)  
 If you answer the motion and order to show cause, the court:  
 (1). Will schedule a hearing to address the motion and order to show cause and, if appropriate, the adoption petition;  
 (2). Will order you to appear personally; and  
 (3). May schedule other hearings related to the petition and may order you to appear personally.  
 D) You have the right to be represented by an attorney. If you want to be represented by an attorney, please retain one as soon as possible to represent you in this proceeding. If you meet the state's financial guidelines, you are entitled to have an attorney appointed for you at state expense. To request appointment of an attorney to represent you at state expense, you must contact the circuit court immediately by phone (541) 682-4020 for further information.  
 E) You have the responsibility to maintain contact with your attorney and to keep your attorney advised of your whereabouts.  
 F) If you need help finding an attorney, you may call the Oregon State Bar's Lawyer referral service at (503) 684-3763 or (800) 452-7636.  
 Date: 17 Jan 20 Greg Allen Hunt, Attorney for Petitioner (541) 484-6799 / Fax # 541-484-6799. Address for mailing written response Lane County Courthouse, Lane County Circuit Court

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125 E. 8th St.  
 Eugene, OR 97401  
 Address for mailing a copy of written response  
 Greg Allen Hunt, Attorney at Law  
 225 Oakway Center  
 Eugene, Or 97401

**IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF LANE**  
 Department of Probate Case No. 20PB00439 NOTICE TO INTERESTED PERSONS In the Matter of the Estate of LOREN RONS, Deceased NOTICE IS HEREBY GIVEN that Sandra Chaney has been appointed Personal Representative of the Estate. All persons having claims against the Estate are required to present them, with proper vouchers, to the Personal Representative, c/o Fitzwater Law, 6400 SE Lake Road, Suite 440, Portland, Oregon 97222, within four months after date of first publication of this Notice, as stated below, or the claims may be barred. All persons whose rights may be affected by the proceedings in the Estate may obtain additional information from the records of the Court, the Personal Representative or the attorney for the Personal Representative. DATED and first published: January 30, 2020.  
 Sandra Chaney  
 Personal Representative  
 Emily Pringle, OSB #094776  
 Fitzwater Law Of Attorneys for Personal Representative  
 6400 SE Lake Road, Suite 440  
 Portland, OR 97222  
 (503) 786-8191

**NOTICE IS HEREBY GIVEN** that Elizabeth Woodward has been appointed Personal Representative of the Estate of Richard A. Hanson, deceased, Lane County Circuit Court Case No. 19PB09937. 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

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attorneys. DATED and first published: February 6, 2020.  
 /s/Elizabeth Woodward  
 Personal Representative

**NOTICE TO INTERESTED PERSONS:** Probate proceedings in the Estate of Gary L. Nicholson, deceased, are now pending in the Circuit Court for Lane County, Oregon, Case No. 20PB00755. Lisa Jarvis has been appointed as personal representative of Decedent. All persons having claims against the Estate are required to present them, in due form, within four months after the date of first publication of this Notice. The date of first publication of this Notice is February 13, 2020. Claims shall be presented to the personal representative at this address: c/o Benjamin M. Kearney, Arnold Gallagher P.C., 800 Willamette Street, Suite 800, PO Box 1758, Eugene, OR 97440-1758, or they may be barred. All persons whose rights may be affected by these proceedings may obtain additional information from the records of the court, the personal representative, or her attorney, Benjamin M. Kearney, whose address is listed above, and

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whose telephone number is (541) 484-0188.

**MEETING NOTICE**  
 South Lane County Fire and Rescue will be holding A Work Session on Thursday February 20th at 6:30pm with a Regular Board Meeting following directly after at the Creswell City Hall located at 13 South 1st Street Creswell OR 97426. There will be an executive session following directly after the Board meeting in regards to ORS 192.660(2)(d) Labor Negotiator Consultations.

North Douglas Co. Fire & EMS Board of Directors Meeting  
 531 S. Cedar St. Drain, Or 97435  
 February 17, 2020 7:00 PM

**NOTICE TO INTERESTED PERSONS:** Probate proceedings in the Estate of Marilyn Louise Schneider, deceased, are now pending in the Circuit Court for Lane County, Oregon, Case No. 20PB00326. Amy Peterson has been appointed as personal representative of Decedent. All persons having claims against

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the Estate are required to present them, in due form, within four months after the date of first publication of this Notice. The date of first publication of this Notice is February 13, 2020. Claims shall be presented to the personal representative at this address: c/o Berit L. Everhart, Arnold Gallagher P.C., 800 Willamette Street, Suite 800, PO Box 1758, Eugene, OR 97440-1758, or they may be barred. All persons whose rights may be affected by these proceedings may obtain additional information from the records of the court, the personal representative, or her attorney, Berit L. Everhart, whose address is listed above, and whose telephone number is (541) 484-0188.

**NOTICE** is hereby given that the undersigned will hold a Public Auction on February 25, 2020 at 10:00 a.m. at Simply Storage 1175 Villard Ave., Cottage Grove, OR 97424. The personal property heretofore stored with the undersigned by:  
 G-07 Cole Dirks  
 Q-06 Cole Dirks  
 D-17 John Anderson



**Good Health Reset**

(NAPS)—A good health reset can happen any time of the year. It simply takes a commitment to making small, sustainable changes that add up to impactful, healthy habits. Dr. Samara Sterling with The Peanut Institute says it's best to begin by concentrating on the good habits you already follow.

"Set yourself up for success by building on the healthy things you like to do," says Sterling. "For example, if you typically eat one serving of fruit a day, figure out a way to increase that to two servings."

Over time, as you amp up your healthy habits, the detrimental ones tend to fade away more easily.

As part of a good health reset, Dr. Sterling recommends incorporating more protein, especially plant-based proteins, into a daily diet.

"Proteins and healthy fats make you feel fuller for longer and can help eliminate the urge to snack and consume empty calories," explains Sterling.

Peanuts are an example of a powerful plant protein. Just one serving of peanuts delivers seven grams of protein, 19 vitamins and minerals and heart-healthy fats.

"Peanuts are categorized as a superfood because they're nutrient-dense and deliver superior health benefits in a very small serving," says Dr. Sterling. "If you combine superfoods, like kale and peanuts or quinoa and peanuts, you're really maximizing your nutritional intake."

There's more good news because peanut butter also packs protein.

"Research has shown that the consumption of small amounts of peanuts or peanut butter has been associated with a reduced risk of cancer, heart disease and diabetes," says Sterling. "It's easy to incorporate peanuts and peanut butter into breakfast, lunch or dinner."

**Mediterranean Grain Medley with Peanuts**

- 3 Tbsp. peanut oil
- 2 garlic cloves, minced
- ½ tsp. hot pepper flakes
- ½ red bell pepper, diced



**Good-tasting food can be good for you, too.**

- 1 yellow squash, diced
  - 8 oz. snap peas
  - 2 cups beluga lentils or brown lentils, pre-cooked
  - 1 cup jasmine rice, pre-cooked
  - 2-inch piece of ginger, grated
  - 1 cup peanuts, plain, roasted
  - 1 bunch green onions, chopped
- Salt to taste**  
**Lime juice to taste**  
**Cilantro as garnish**

Heat a sauté pan and add peanut oil. Add garlic and pepper flakes, cook for 30 seconds. Add bell pepper and squash, sauté for 3-4 minutes. Add snap peas, cook for an additional minute. Add lentils, rice, ginger, lime juice and salt, mix well. Heat the grains for 1 minute then toss in the peanuts and green onions. Serve warm, enjoy!

For more delicious and healthy recipes, visit [peanutinstitute.com](http://peanutinstitute.com).



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 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.