

# Rock your resolutions with health authority resources

We all want to live longer and feel better — with more energy, more time spent with family and friends, fewer to-do lists packed to the brim.

And many times the stress of daily life puts personal health on the back burner. There simply aren't enough hours in the day.

The New Year provides an opportunity to recommit to personal goals and add years to our lives. It's a chance to map out how to feel your best every day, every day of the year. Oregon health experts want to share some tools to help you confidently put your resolutions into action.

Here are just a few:  
Less time in bed, more days to live the good life: get that flu shot. Flu cases are rising in Oregon. You can get the flu simply by touching an infected surface or from someone who might not even know that they're sick. The flu can ruin vacation plans, spread to friends and family, and pose serious threats for those with health conditions or children and the elderly.

Don't let the flu get the best of you. Get the most out of the 365 days in 2017 by taking two minutes to get a flu shot. Find out where to go and what to do on our flu prevention website at <https://public.health.oregon.gov/PreventionWellness/FluPrevention/Pages/index.aspx>.

Give yourself a break in 2017: get help to kick smoking for good. More smokers than ever — almost 70 percent — want to quit smoking, and health experts agree that getting help really works. While the percentage of adults who smoke has decreased, tobacco use remains the leading cause of preventable death. If you want to quit smoking but you're having trouble, you're not alone. There are plenty of people who want to help.

Online counseling from

Smoke Free Oregon at <https://www.quitnow.net/Oregon/Call1-800-QUIT-NOW>.

Feel your best every day: step up your nutrition and exercise routine. Improving your diet and moving more are two of the easiest and most impactful activities anyone can do to accelerate a healthy New Year. And it need not be extreme or complicated — go for more walks, hop on your bike, replace that sugary cereal with fruit.

Plans look different for everyone, so take a moment to sit down and outline baby steps or giant leaps — whatever you feel most comfortable with. The Oregon Health Authority has a full menu of resources to get you started. For more information, see the Nutrition, Physical Activity and Obesity Prevention website at <https://public.health.oregon.gov/PreventionWellness/Nutrition/Pages/index.aspx>.

Sleep better: draft an emergency plan and be prepared for the unexpected. Everyone sleeps better at night knowing that if an emergency strikes, their family and friends are prepared. Take a few minutes to sit down with your loved ones and map out a plan while storing items for an emergency preparedness kit. Even better, make a few extra and give them as gifts. Some have even asked for a kit for the holiday.

"It's not your traditional stocking-stuffer, but getting a preparedness kit for the holiday gives me confidence for the New Year and lets me focus on other things," says Maria Ellis, of Portland. "Knowing that there's a plan and kit available lets me focus on the day-to-day things that mean so much to me."

Learn what to do and how on our preparedness website at <https://public.health.oregon.gov/Preparedness/Pages/index.aspx>.

# Girlfriend arrested in killing

KLAMATH FALLS (AP) — A 22-year-old woman has been arrested in connection with the fatal shooting of her boyfriend in Klamath Falls early Sunday.

Klamath County District Attorney's Office said in a news release that the death marks the third homicide handled by the county's major crimes team in six days.

Officers responded to a report of a shooting at about 12:40 a.m. and found 25-year-old Tyler Balais dead. Police arrested Kassandra Imbert.

She has a preliminary hearing Tuesday in Klamath County Circuit Court.

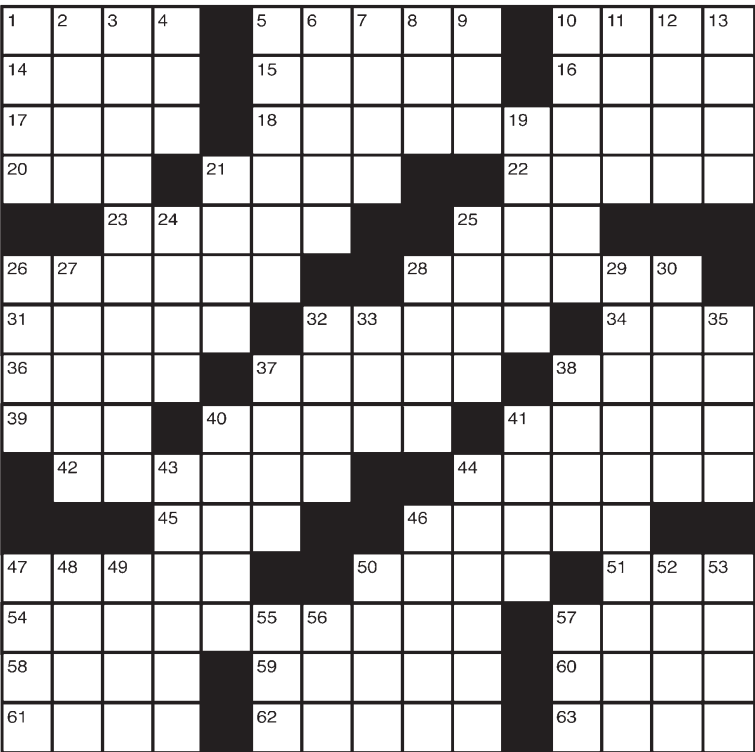
A juvenile relative was arrested in the killing of a 74-year-old Keno woman early Saturday.

And on Monday, a California man was arrested and accused of killing his younger brother in Bonanza. A probable cause statement filed by Oregon State Police says 52-year-old Travis Kimball called 9-1-1 Monday to report that he stabbed his brother Troy, and then shot him.

# The Nugget Newspaper Crossword

By Jacqueline E. Mathews, Tribune News Service

- ACROSS**
- 1 Walk with heavy steps
  - 5 Gathers crops
  - 10 Close noisily
  - 14 Mansion or hut
  - 15 Stomach ailment
  - 16 Part of the ear
  - 17 Hostels
  - 18 Like food that's good for you
  - 20 Ring of flowers
  - 21 Can covers
  - 22 Pays to live in an apartment
  - 23 Sty residents
  - 25 City transport
  - 26 Cheese-topped tortilla chips
  - 28 Confined
  - 31 Burger topper
  - 32 As we \_\_\_\_; at this moment
  - 34 As likely as \_\_\_\_; probably
  - 36 Singles
  - 37 Not taut
  - 38 \_\_\_\_ on; incite
  - 39 Relatives
  - 40 Chutzpah
  - 41 Winnie-the-Pooh's creator
  - 42 Engraver
  - 44 Flow back
  - 45 Ordinance
  - 46 See 9 Down
  - 47 \_\_\_\_ for; represented
  - 50 \_\_\_\_ for; bought
  - 51 Malia, to Sasha
  - 54 Unable to get out and about
  - 57 Actor Azaria
  - 58 Sculptor's tool
  - 59 Small weight
  - 60 One opposed
  - 61 In a bad \_\_\_\_; cranky
  - 62 Furry swimmer
  - 63 Go no further
- DOWN**
- 1 Donahue or Mickelson
  - 2 \_\_\_\_ wolf; lover of solitude



Created by Jacqueline E. Mathews

1/4/17

## — Last Week's Puzzle Solved —

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
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| R | I | L | L | S |   | O | A | K | S |   | L | A | N | E |
| S | P | L | E | N | D | O | R |   | C | O | A | R | S | E |
|   |   |   | N | A | I | L |   | F | L | U | S | T | E | R |
| S | A | H | A | R | A |   | T | I | E | R | S |   |   |   |
| N | B | A |   | E | R | R | E | D |   | S | E | A | L | S |
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| T | E | E | T | H |   | A | D | L | I | B |   | E | K | E |
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| R | U | N | G |   | T | O | A | D |   | A | D | I | E | U |
| A | D | Z | E |   | L | Y | L | E |   | R | E | C | A | P |
| T | E | A | R |   | E | L | L | S |   | A | D | A | M | S |

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12/29/16

- 35 Willow or fir
- 37 Gush forth
- 38 Not well
- 40 Window cover
- 41 Repair
- 43 Not open
- 44 Oakland
- 46 Knight's spear
- 47 Pillow cover
- 48 Hubbub
- 49 Greek liqueur
- 50 Football kick
- 52 5 \_\_\_\_ 20 is 4
- 53 Pass over
- 55 Startling word
- 56 Umpire's cry
- 57 Owns

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