Healthy U News: by Cynthia Hobbins

10 Ways to Avoid Overeating During the Holidays

It's so easy to over-indulge in the abundance of special home-made food surrounding us throughout the holidays. Here are 10 mindful ways to help curb overeating and avoid unwanted weight while still being able to enjoy the Holidays' special food.

1. Eat before the party/meal. Making sure you don't go with an empty stomach can help curb eating too quickly. Eat plenty of fruit and vegetables throughout the season and drink plenty of water.

2. Move from the food. Don't stand right next to the appetizers. It's a dangerous location. Take your food and walk away to sit down and really enjoy what you are eating.

3. Take small amounts. If you want to try different types of food, take sampling sizes. You can always return for more but give yourself 20 minutes before you go back for seconds.

4. Sit down when you eat. Give yourself an opportunity to be more mindful of the food you're eating. Use all 5 senses to help taste and savor your food. It will help you feel more satisfied AND help you from eating more later.

5. Talk to people. Fully participate in conversations with others. Being engaged is a nice distraction from food. Focus on the one conversation you are in, and try to tune out the rest of the event. Stop eating while you are in conversation.

6. Watch your vulnerabilities. Often we use food to help cope with high emotions during the Holidays. Pay attention to the things that make you more vulnerable to high emotion. Some common examples are: not getting enough sleep, being sick, stress, or not keeping up your exercise routine.

7. Step outside. Cold weather can be really helpful when anxious thoughts come in. Take a step outside, feel the cold air and take some deep breaths until you are more in control of your emotions.

8. Find a distraction from food. There are usually many opportunities to keep you occupied at a holiday event. Whether it's children, pets, or games, they can be helpful strategies for passing time without eating.

9. Plan for people who are food-pushers. If you know that certain people will push what they have made on you, think of a polite way ahead of time. It doesn't have to be some big excuse; it can just be a simple phrase. "Thank you, I'll try some later."

10. Don't be too hard on yourself. Remember unconditional kindness toward yourself when you over eat a little. Tomorrow is a new day and you will have another opportunity to do better and feel good about making healthy choices.

The staff and volunteers of Healthy U present this column as part of their mission to promote health in the Illinois Valley.

The Farrier's Corner: by Ray and Michelle Smith

The Importance of Deworming Your Horse

The obvious reason for deworming is that worms are parasites, much like fleas, ticks and lice. Parasites depend on the life of the host for their own existence. Left unchecked, both internal and/or external parasites will affect the health of the host causing illnesses, disease and even premature death.

Ascarids, strongyles, pin worms and bots are the four major internal parasites that infest horses. People often overlook deworming horses simply because they do not see the parasite(s). Symptoms of intestinal worms are sometimes unobserved or not recognized. The most obvious signs are an overall unhealthy appearance, poor coat or failure to shed. Other signs can be rubbing the tail or rump against the stall or fence, a pot belly, irregular bowels with either constipation or diarrhea or frequent passage of manure. Even colicky pains can be observed. That said, the most dependable sign is actually seeing the worms or seeing the eggs via microscopic examination in the manure.

Some sources recommend that horses kept in confinement should be wormed every two to three months. Studies have shown parasite loads dropping to near zero after worming. However, after only two months, they often return to very high, if not pre-worming, levels. Studies indicate that this is due partially to the hardiness of parasite eggs combined with rapid reinfestation.

Ascarids are most commonly seen and mainly infest the small intestines. Strongylus equinus live in the large intestine and the larvae burrow into the great mesenteric artery. Pin worms collect in, and irritate, the rectum. Bot larvae attach themselves to the lining of the stomach and the duodenum.

Failure to worm on a regular basis can cause irreparable damage to blood vessels and internal organs. Along with worming, good husbandry is helpful. After all, horses are grazers and worm eggs live in the soil and are passed in the manure. So, if your horse is confined to a small paddock or stall, daily removal of manure and changes of bedding are recommended.

Bot flies lay and attach their eggs to the hair of the lower legs, chest and shoulders. The eggs are yellow, resemble small grains of pollen and are firmly attached. The horse bites or licks at these areas, thus ingesting the eggs. These eggs can be removed as part of daily grooming. Bot knives and scrapers are sold at local feed suppliers, however disposable razors are cheap and also work very well.

If you have access to enough land, rotation of pastures can help to reduce parasite problems. Wormer base types should be alternated after every two uses to prevent parasites from building immunity to active ingredients.

Finally, if you do not have a regular worming schedule, consult with your vet. While many wormers are available over the counter, most large animal vets are also willing to administer them. Naturopathic options do exist for those wishing to avoid pharmaceutical chemicals.

You may be wondering why we, as farriers, have written an article on deworming. A horse's general body condition is often reflected in the hooves. When an animal is worm ridden, or insufficiently dewormed, hoof quality visibly declines. As they say, "No hoof, no horse."

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FROM: JUVENILE COURT FOR RUTHERFORD COUNTY, TENNESSEE
NOTICE: Docket No: 7840C
In the Juvenile Court for Rutherford County, Tennessee
BRADLEY ALLEN CLIFFORD,
Petitioner
Vs.
TIFFANY HOPE BROWN
Respondent
TO: TIFFANY HOPE BROWN
You are hereby notified that a Petition to Modify Parenting Plan and Suspend Mother's Parenting Time has been filed in the Juvenile Court for Rutherford County, 1710 S. Church Street; Suite 2, Murfreesboro, TN; and that your last known address is Portland, Oregon, but your current whereabouts are unknown so that ordinary service of process cannot be served upon you. It is ORDERED that unless you appear and defend said complaint within 30 days after the last publication date of this Notice, a default judgment may be taken against you. You may obtain a copy of the Petition and any subsequently filed legal documents in the Juvenile Court Clerk's office at the address shown above.
This the 20th day of October, 2014.
Laura Bohling, Clerk of Juvenile Court
Lindsey Ralston, Attorney for Petitioner
150 W. Main St. Suite 301
Gallatin, TN 37066
To be run: 10/20, 10/27, 11/3, 11/10

PUBLIC NOTICE

TS No OR05000101-14-1 APN R329127/39-07-31-C0-000205-00 TO No 8461087 TRUSTEE'S NOTICE OF SALE Reference is made to that certain Trust Deed made by, Merl Forest Winter, Surviving Trustee of The Mer-Cor Trust, dated January 3, 1997 as Grantor to Fidelity National Title Insurance Co. as Trustee, in favor of Countrywide Bank, FSB as Beneficiary and recorded on April 18, 2008 as Instrument No. 2008-006529 of official records in the Office of the Recorder of Josephine County, Oregon towit: APN: R329127/39-07-31-C0-000205-00 LOTS 5 AND 6 OF MEADOWLARK SUBDIVISION, JOSEPHINE COUNTY, OREGON, ACCORDING TO THE OFFICIAL PLAT THEROF, RECORDED IN VOLUME 6, PAGE 42, PLAT RECORDS. Commonly known as: 5336 Holland Loop Road, Cave Junction, OR 97523 Both the Beneficiary and the Trustee have elected to sell the said real property to satisfy the obligations secured by said Trust Deed and notice has been recorded pursuant to Section 86.735(3) of Oregon Revised Statutes. The default for which the foreclosure is: A Borrower dies and the Property is not the principal residence of at least one surviving borrower. By this reason of said default the Beneficiary has declared all obligations secured by said Trust Deed immediately due and payable, said sums being the following, to-wit: The sum of $146,456.25 together with interest thereon from November 28, 2013 until paid; plus all accrued late charges thereon; and all Trustee's fees, foreclosure costs and any sums advanced by the Beneficiary pursuant to the terms of said Trust Deed. Wherefore, notice hereby is given that, the undersigned Trustee will on 2/6/2015 at the hour of 01:00 PM, Standard of Time, as established by Section 187.110, Oregon Revised Statues, at the front door to the Josephine County Courthouse, 500 NW 6th Street Grants Pass, OR 97526 County of Josephine, sell at public auction to the highest bidder for cash the interest in the said described real property which the Grantor had or had power to convey at the time of the execution by him of the said Trust Deed, together with any interest which the Grantor or his successors in interest acquired after the execution of said Trust Deed, to satisfy the foregoing obligations thereby secured and the costs and expenses of sale, including a reasonable charge by the Trustee. Notice is further given that any person named in Section 86.753 of Oregon Revised Statutes has the right to have the foreclosure proceeding dismissed and the Trust Deed reinstated by payment to the Beneficiary of the entire amount then due (other than such portion of said principal as would not then be due had no default occurred), together with the costs, Trustee's or attorney's fees and curing any other default complained of in the Notice of Default by tendering the performance required under the obligation or Trust Deed, at any time prior to five days before the date last set for sale. In construing this notice, the masculine gender includes the feminine and the neuter, the singular includes plural, the word "Grantor" includes any successor in interest to the Grantor as well as any other persons owing an obligation, the performance of which is secured by said Trust Deed, the words "Trustee" and "Beneficiary" includes their respective successors in interest, if any. Dated: September 29, 2014 First American Title Insurance Company By: CINDY ENGEL, AUTHORIZED SIGNOR
First American Title Insurance Company c/o TRUSTEE CORPS 17100 Gillette Ave, Irvine, CA 92614 949-252-8300 FOR SALE INFORMATION PLEASE CALL: Priority Posting and Publishing at 714-573-1965 Website for Trustee's Sale Information: www.prioritypostingcom THIS COMMUNICATION IS FROM A DEBT COLLECTOR AND IS AN ATTEMPT TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. P1114991 10/15, 10/22, 10/29, 11/05/2014

PUBLIC NOTICE

Jackson/Josephine/Klamath County Schools Seek Disabled Students

On an ongoing basis, school districts in Jackson, Josephine, and Klamath counties conduct Child Find activities to locate disabled children, birth to 21 years of age, who are not currently receiving special education services. Each district wants to find and evaluate the skills of children within its boundaries who have serious physical, educational, emotional, mental, or learning problems so that appropriate educational programs may be provided. Such services must be provided for disabled students under federal and state law. The rights of parents and special education laws can be reviewed at the special education office within the local school districts.

For information contact: Ashland – 482-2438; Butte Falls – 865-3563; Central Point – 494-6231; Eagle Point – 830-6196; Medford – 842-3628; Phoenix-Talent – 535-7522; Pinehurst – 482-1910; Prospect – 560-3653; Rogue River – 582-6003; Three Rivers – 862-3111; Grants Pass – 474-5700; Klamath Falls City – 883-4745; Klamath County – 851-8759.

Se buscan estudiantes incapacitados en las escuelas de los condados de Jackson, Jospehine, y Klamath

Continuadamente, los distritos escolares de los condados de Jackson, Josephine y Klamath dirigen actividades "Child Find" (Encuentra Niños) para localizar niños incapacitados recién nacidos hasta los 21 años de edad, que actualmente no reciben servicios de la educación especial. La meta de los distritos es identificar y evaluar las habilidades de niños dentro de sus fronteras, los cuales tienen serios problemas físicos, emocionales, mentales o del aprendizaje para provenir servicios apropiados. Bajo las leyes estatales y federales, está requerida la provisión de estos servicios. Se puede revisar los derechos de los padres de familia y las leyes de la educación especial en las oficinas de la educación dentro de los distritos escolares locales.

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