



AP Photos/Kirsty Wigglesworth

A Humboldt penguin swims during a photo call for the annual stock take at London Zoo in London, Tuesday. Caring for more than 750 different species, ZSL London Zoo's keepers face the challenging task of tallying up every mammal, bird, reptile, fish and invertebrate at the zoo.

LONDON ZOO TO ANIMAL RESIDENTS: Stand up and be counted

Associated Press

LONDON — It's counting time at the London Zoo — time to make a tally of every animal on the premises, even the Partula snails.

The process required by the zoo's license started Tuesday on a cold, clear sunny London morning.

It usually takes a week or so to complete the complicated task — it's not so easy to count ants and locusts.

There are many new creatures in the menagerie, including two Sumatran tiger cubs.

Early results are in: Turns out there are 2,132 Partula snails, who are part of a breeding and reintroduction program to protect the species.

The information gathered is shared with other zoos worldwide in an effort to manage conservation and breeding programs.



Six-month-old Sumatran tiger cub Achilles plays with a blackboard during a photo call for the annual stock take at London Zoo in London, Tuesday.



A praying mantis hanging on a stick is silhouetted as he is inspected by keeper Jamie Mitchell during a photo call for the annual stock take at London Zoo in London, Tuesday.



ABOVE: Genghis, a Bactrian camel, sniffs the clipboard of keeper Mick Tiley.



LEFT: Keeper Veronica Heldt feeds the meerkats.

Diet res-illusions: Tips from the pros on how to lose weight

By MARILYNN MARCHIONE
Associated Press

We make 'em, we break 'em. New Year's diet resolutions fall like needles on Christmas trees as January goes on. Genes can work against us. Metabolism, too. But a food behavior researcher has tested a bunch of little ways to tip the scale toward success.

His advice: Put it on autopilot. Make small changes in the kitchen, at the grocery store and in restaurants to help you make good choices without thinking.

"As much as we all want to believe that we're master and commander of all our food decisions, that's just not true for most of us," said the researcher, Brian Wansink. "We're influenced by the things around us — the size of the plate, the things people are doing ... the lighting."

He heads the Cornell University Food and Brand Lab, has written books on taking control of food choices, and has had government and industry funding.

Some tips are gimmicks, and some may not work as well for you as they did in tests. But they "make a lot of sense" and many are backed by other studies, said one independent expert, Dr. William Yancy, a weight specialist at Duke University's diet and fitness center.

To start: Make goals that are SMART — Specific, Measurable, Attainable, Relevant and Time-bound, Yancy said.

Instead of resolving to eat better, plan how to do it, such as having chips once or twice a week instead of every day.

Rather than vague vows to get in shape, resolve to walk half an hour every day after dinner.

Other tips from Wansink and research to support them:

In the kitchen

Redo the pantry to put healthy stuff in front. You're three times more likely to eat the first food you see than the fifth one.

Tidy your kitchen before eating. Women asked to wait in a messy kitchen ate twice as many cookies as women in the same kitchen did when it was organized and quiet.

Redo the fridge. Even

though it shortens shelf life, move fruits and vegetables out of crisper drawers and put them at eye level. Keep good foods in clear bags or containers and less healthy things like leftover pizza in aluminum foil. In one study, people who put fruits and vegetables on the top shelf ate nearly three times more of them than they did the week before.

Keep no food out except a fruit bowl. Researchers photographed 210 kitchens to see whether countertop food reflects the weight of women in each home. Those who left breakfast cereal out weighed 20 pounds more than neighbors who didn't; those with soft drinks out weighed 24 to 26 pounds more. Those with a fruit bowl weighed 13 pounds less.

At the table

Beware the glassware. Use narrower glasses, pour wine when the glass is on the table rather than in your hand, and use a glass that doesn't match the color of the wine.

A study found that people poured 12 percent more wine when using a wide glass, 12 percent more when holding the glass, and 9 percent more when pouring white wine into a clear glass versus a colored or opaque one. Pour any glass only half full — this cuts the average pour by 18 percent.

Use smaller plates and pay attention to color. Big plates make portions look small.

In one study, people given larger bowls took 16 percent more cereal than those given smaller bowls, yet thought they ate less. People also take more food if it matches the color of their plate. But they eat less when the tablecloth or placemat matches the plate; it makes the food stand out more.

Keep the TV off and eat at a table. A study of dinner habits of 190 parents and 148 children found that the higher the parents' body mass index (a ratio of height and weight), the more likely they were to eat with the TV on. Eating at a table was linked to lower BMI.

Try small portions of "bad" foods. Eat a bite or two, then distract yourself for 15 minutes to see if you feel satisfied. A study gave people different portions of chocolate, apple pie and potato chips and had them rate hunger and crav-

ing before and 15 minutes after eating. Bigger portion folks ate 103 calories more, but didn't feel more satisfied than those given less.

At the grocery store

Divide your shopping cart in half. Use a partition, purse or coat for a visual cue to fill at least half of your cart with fruits, vegetables and other healthy foods. In two studies, half of shoppers were given divided carts and told to put healthier items in front. They spent more on produce than those given regular shopping carts.

Be careful when buying in bulk. A study found that people who bought big containers of chips, juice boxes, cookies, crackers and granola bars ate half of it within the first week — twice as fast as they normally would. Tip: Repackage into single-serve bags or containers, or store it out of reach, such as the basement.

Eat an apple first. People given a sample of an apple at the store increased spending on fruits and vegetables versus those given no sample or a cookie. A healthy snack may prime people to buy better foods, not the fast, processed foods they gravitate to when shopping hungry.

Circle every island in the produce section. In a study of 1,200 shoppers, every minute spent in the produce section meant \$1.80 more in fruit and vegetable sales.

At a restaurant

Let the light shine. Researchers checked sales receipts of patrons at four casual chain restaurants. Those in brighter rooms were more likely to order healthier fish, vegetables or white meat rather than fried food or dessert. Diners in dim rooms ordered 39 percent more calories.

Sit near a window. Researchers analyzed 330 diners' receipts after they left. The closer they were to a window, the fewer foods and alcoholic drinks they ordered.

Ask for a to-go box in advance. Half of diners in a study were told before they ordered that the portions were big and that they could have a doggie bag. Those told in advance wound up taking more food home. To-go boxes encourage people to eat about a third less.

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LEGAL NOTICES

AB6080
IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF CLATSOP

Summons by Publication

SUSAN MADJAR, as Co-Personal Representative of the Estate of EDWARD E. ENG; MARGARET ENG, as Co-Personal Representative of the Estate of EDWARD E. ENG; SUSAN MADJAR, an individual; MARGARET ENG, an individual; Plaintiffs, vs. AMELIA ENG, an individual; CYNTHIA COMISKEY, an individual; and ALL PERSONS UNKNOWN CLAIMING ANY INTEREST IN THE PROPERTIES; Defendants

Case No. 16CV31195

TO: ALL PERSONS UNKNOWN CLAIMING ANY INTEREST IN THE PROPERTIES

This matter involves a partition and/or sale of the parties' interest in the real properties commonly known as and located at 38449, 38447, and 38419 Highway 30, Astoria, Oregon 97103 and the real properties commonly known as No Situs 7N2W16-DB-01500 and No Situs 7N2W16-DB-01503, Rainier, Oregon 97048. Plaintiffs have requested as relief from the court the appointment of a referee to list and sell the properties in order to satisfy the expenses of the Estate of Edward E. Eng. This summons will be published for four consecutive weeks with the date of the first publication of on December 14, 2016. You are hereby required to appear and defend the complaint filed against you in the above entitled action within thirty (30) days from the date of service of this summons upon you, and in case of your failure to do so, for want thereof, plaintiffs will apply to the court for the relief demanded in the complaint.

NOTICE TO THE DEFENDANT: READ THESE PAPERS CAREFULLY!

You must "appear" in this case or the other side will win automatically. To "appear", you must file with the court a legal paper called a "motion" or "answer". The "motion" or "answer" (or "reply") must be given to the court clerk or administrator within 30 days of the date of first publication specified herein along with the required filing fee. It must be in proper form and have proof of service on the plaintiff's attorney or, if the plaintiff does not have an attorney, proof of service upon the plaintiff. If you have any questions, you should see an attorney immediately. If you need help in finding an attorney, you may call the Oregon State Bar's Lawyer Referral Service at (503) 684-3763 or toll-free in Oregon at (800)452-7636.

PATRICK E. DOYLE, OSB#950706
429 North Water Street
Silverton, Oregon 97381
503-874-1600

Published: December 14th, 21st, 28th, 2016, and January 4th, 2017

LEGAL NOTICES

AB6097
City of Cannon Beach
Invitation to Bid

Sealed bids for the City Hall Renovation Project Phase 1 will be received by Dan Grassick, Public Works Director, for the Owner, City of Cannon Beach, at 163 E Gower, Cannon Beach, Oregon 97110 at 2:00 p.m., Pacific Daylight Time, on January 19, 2017 at which time and place they will be publicly opened and read aloud. No bids will be accepted after this time. All bidders shall submit, in a separate, sealed envelope, within two working hours of the bid opening time, on the bid date, a completed First-Tier Subcontractor Disclosure Form in compliance with ORS 279C.370.

The work for this project consists of approximately 1,470 square feet of general office remodeling and construction. Project location is the northwest corner of Cannon Beach City Hall building. Work tasks include removal of an existing 10'x32' temporary office trailer that will be repurposed by a non-profit agency. Contractor will be responsible for coordinating the removal and haul of the unit to Seaside (approximately 7 mile haul). Demolition work includes existing concrete and asphalt, existing office interior walls and a portion of the east exterior wall. Reconstruction includes 6 new office spaces, a server room and general hallway spaces. The first task will be to construct the new server room and make it fully functional before continuing with additional demolition or construction. Server room will be operational during the project and will need to be protected from construction dust and activities. Mechanical work for the server room air conditioning n new office duct work will be done by Coast Heating & Cooling under a separate contract with the City. General contractor is responsible for coordination of the mechanical work.

In general the elements of work include, but are not limited to:

1. Removal & transport to Seaside of 10'x32' mobile office trailer
2. Construction of new server room/office approximately 6'x9'
3. Demolition of existing floors and walls
4. Construction of new concrete floors
5. Construction of new office spaces
6. Electrical/Mechanical
7. Interior finishes
8. Windows and doors
9. Exterior finishes
10. Painting

Project bidding documents are available for a nonrefundable fee of \$60 per set. Please make your check payable to City of Cannon Beach and deliver it to 163 E. Gower St./PO Box 368 Cannon Beach, OR 97110. Please contact Jennifer Barrett at (503) 436-8048 if you have any questions.

All bidders shall comply with the provisions of ORS 279C.800-870 [workers on public works to be paid not less than prevailing rate of wage for projects over \$50,000.00]. Contractors submitting bids are required to be registered with the Construction Contractor's Board.

A pre-bid conference will not be held. Bid security in the amount of not less than 10% of the bid must accompany each bid in accordance with the Instructions to Bidders. The Owner reserves the right to reject any bid not in compliance with all prescribed public bidding procedures and requirements, and may reject, for good cause, any or all bids upon a finding of the Owner that it is in the public interest to do so in accordance with ORS 279C.395. The Owner reserves the right to waive any bid irregularities or informalities. No bidder may withdraw or modify the bidder's bid after the hour set for the opening thereof, until after the lapse of 30 days from the bid opening.

The selected contractor is required to obtain a City business license prior to start of work.

By Order of the City of Cannon Beach
Published: December 28th, 2016 and January 4th, 2017