

HEALTH MATTERS



**Neal's
Compassionate Heart
Funeral Home**
1093 SW Tobias Way
Aloha, Oregon 97006
(503) 642-4620
(Only 20 minutes from Portland)

Community Funeral Directors!

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To accommodate you the family who have lost a loved one, we will come to you so that the arrangements being made will be personalized with compassion.

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Margaret Gibbs-Neal, Funeral Director & Owner
License#: 0445



Jerome Cox-Tanner, Funeral Director
License #: 0382

*This Facility is licensed by the Oregon State Mortuary & Cemetery Board (Certification #8407)

To Place Your Classified Advertisement

Contact:
Phone: 503-288-0033
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First Lady Michelle Obama joins a group of elementary students to harvest fresh vegetables from the White House garden.

Turn Your Habits to Healthy Eating Tips for the holiday season

For many of us more than half of annual weight gain occurs between Thanksgiving and New Year's. Some studies say the average American

puts on up to 5 to 7 pounds in these few weeks. And it's no wonder if you count up the cookies, cakes and cups full of eggnog we just can't say no to at holiday parties.

While we're chatting away and filling ourselves with holiday cheer, we're also filling up with calories ... one nibble at a time. Those empty calories add up fast. So before your belly starts shaking like a bowl full of jelly, check out these tips:
Eat healthy first. At holiday parties where tempting foods are often served, eat something healthy beforehand so you're not likely to overindulge. Interact away from the buffet where it's easy to graze mindlessly. Serve yourself and move to a different part of the room.

Eat breakfast. Studies show that if you skip breakfast, you end up consuming more calories throughout the day than those who start off with a bowl of high-fiber cereal.

Watch your liquid calories and reach for tall, slender glasses. A Cornell University study showed adults who drank from tall, slender glasses drank about 19 percent less than those who drank from short, wide glasses.

Make your holidays more event-based and less food-based. Go for a long walk before

your meals and have the family gather branches, berries and leaves to build a beautiful fall centerpiece for your table.

Rid your home of leftovers by having festive gift containers for everyone to take home samples of their favorite dishes.

Keep your hands, mind and feet busy. People can often get bored during the holidays and turn to food. Plan on reading a novel, taking photos, playing a game, writing in a journal or participating in a fun run.

Practice portion control. Bake your favorite cookies or pie, but make the cookies smaller than usual and cut the pie in smaller slices. Take one piece and walk away. Let's face it, some desserts should be avoided. One slice of pecan pie can be as much as 900 calories - ouch!

Cook smart when making your delicious holiday recipes. Use a heart-healthy spread instead of butter, add dried fruit and reduce the amount of chocolate chips in cookies, cut your sugar amount by half or use a sugar substitute, or grill green beans instead of baking the usual casserole.

These little steps could save you more calories than you think!

Chiropractic Auto Injury Clinic, PC

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