

How To Help Your Teen Eat More Fruits And Vegetables

(NAPSA)-Although childhood obesity rates have leveled off, obesity rates for teens have doubled in recent years-but you can protect them. Today, one in every five teens ages 12 to 19 is obese. Obesity in the early stages of life is more likely to follow into adulthood. But it also has an immediate impact. Obese teens may miss out on fun activities, face more health issues, suffer from a lack of confidence and self-esteem, and may even miss out on opportunities to get a job.

What's a parent to do? Helping your teen eat more fruits and vegetables on a regular basis can improve health and build healthy habits for life. "Fruits and Veggies -More Matters(r)" month in September-or anytime of year-is a great time to show your teen how to eat healthy by eating more fruits and vegetables.

"Many teens don't realize that their eating habits are affecting the way they look and feel today," said Elaine Auld, chief executive officer of the Society for Public Health Education (SOPHE). "Point out the effects of the food selections they control and the benefits of healthy eating-better skin and hair, more energy, improved sleep, and weight management." Auld offered a few more tips:

Talk with your teen. Discuss how food selections affect how they look and feel today. Find out the barriers to eating a more healthy diet with fruits and vegetables. What fruits and vegetables are your teens' favorites? Could you help them try some new ones?

Get a baseline. Have your teens write down what they have eaten for several days using the notepad on their phones. Then, review the list and

have your teens identify one or two small steps for improvement.

Share online tools. Your teens can use free online tools that show the nutritional value of foods before they order. Talk with your teens about their daily schedules and meal plans. Discuss how your teen could eat a healthier diet with more fruits and vegetables. At each meal, about half of your plate should be fruits and vegetables.

Make it easy. Check how many fruits and vegetables you have readily on hand and if you need to change your shopping habits. Find a farmer's market nearby. Keep fresh fruit out in a bowl on your table. Cut up vegetables and keep them in your fridge in ready-to-eat portions.

Mix it in. Add fresh, frozen or canned vegetables to salads, side dishes, pasta sauces, omelets, pizzas or other dishes. If using canned vegetables, select those labeled "reduced sodium," "low sodium" or "no salt added."

Involve your teen in meal planning and grocery shopping. Research healthy recipes online together. Ask your teen to help you plan family meals for a week. Bring your teen with you to the grocery store. Ask your teen to select fruit and produce and be open to new and different choices.

Invite your teen to help you in the kitchen. Include your teens in meal preparations. Ask them to cut vegetables or fruits for a meal or for quick "grab and go" packets for the entire family. Try to take a favorite family recipe and make it healthier together. Teens love to experiment.

Point out healthier options when eating out. Talk about the healthier options on restaurant



Getting teens to eat right now can help them be healthier for the rest of their lives.

menus and choose one for yourself.

Set a good example. Be a role model in what you choose to eat. Try to frame your family culture around healthy eating. Offer fruit and vegetable options with every meal.

What Communities Are Doing to Promote Healthy Eating for Teens

Just as people plan healthy nutrition into their routines, so do communities. SOPHE is part of a national program to prevent chronic diseases like diabetes and heart disease, funded by the Centers for Disease Control and Prevention.

SOPHE is working alongside four organizations with a network in 100 communities across 37 states. The other partners include the American Heart Association (AHA), the American Planning Association (APA), the Directors of Health Promotion and Education (DHPE) and the National WIC Association (NWI-CA).

Middle schoolers involved with Oregon Kids Move with Heart are doing brain boosts in health classes, thanks to a toolkit provided by the AHA. At Douglas MacArthur High School in San Antonio, students have started a new garden and are composting fruit and vegetable trimmings from the cafeteria. Their efforts are aided by a new toolkit on creating sustainable school gardens.

In Columbus, Indiana, community organizers with the APA are working to make streets safer for pedestrians and bicyclists. In Indianapolis, community leaders are trying to make the community more walkable for everyone by instituting a comprehensive plan.

Many teens and their families do not have access to healthy food. In rural Galax, Virginia, the H.A.N.D.S. Healthy Corner Store initiative with NWICA has increased availability of fresh produce and healthy snack options in rural convenience stores, worked with Farmer's Market Managers to increase public awareness of fresh, locally grown produce, and done cooking demonstrations.

Communities can take more steps to show healthy eating for teens and their families. "Talking with your teen about eating fruits and vegetables is important," said Auld. "We want to make healthy living easier. Helping teens establish good habits now sets them on a path toward success and health later in life."

Learn more about the national project to prevent chronic disease at www.partnering4health.org and get more information for your teen at www.choosemyplate.gov/teens.

More information: *This program is made possible through a grant provided to the Society for Public Health Education as part of Funding Opportunity Announcement (FOA) DP14-1418: National Implementation and Dissemination for Chronic Disease Prevention, via fiscal year 2014 funds, as part of a three-year cooperative agreement between the participating partners.*

999 ♦ PUBLIC NOTICES

LEGAL NOTICE
WESTERN LANE AMBULANCE DISTRICT
Board of Directors-Regular Meeting
November 17, 2016 at 6:00PM

The Board will hold its Regular Monthly Meeting at the WLAD District Office, located at 410 9th Street, Florence, OR 97439. This is a public meeting where the agenda will include: General District Business. The board reserves the right to hold an executive session pursuant to ORS 192-660.

/s/Brian Burrig, Interim District Manager
Publication Date: November 9, 2016

IN THE CIRCUIT COURT OF THE STATE OF OREGON
FOR THE COUNTY OF LANE PROBATE DEPARTMENT
In the Matter of the Estate of RAYMOND J. SWINBURN, Deceased. No. 16PB06932

NOTICE TO INTERESTED PERSONS

NOTICE IS HEREBY GIVEN that the undersigned, Thomas C. Nicholson, has been appointed Personal Representative of the above-entitled estate. All persons having claims against the estate are required to present them, with proper vouchers attached, within four (4) months after the date of first publication of this Notice, as stated below, to the Personal Representative at the offices of THOMAS C. NICHOLSON, Attorney at Law, PO Box 308, Florence, Oregon 97439, or the claims may be barred.

ALL PERSONS WHOSE RIGHTS MAY BE AFFECTED BY THESE PROCEEDINGS MAY OBTAIN ADDITIONAL INFORMATION FROM THE RECORDS OF THE COURT, FROM THE PERSONAL REPRESENTATIVE, OR FROM THE ATTORNEY FOR THE PERSONAL REPRESENTATIVE.

Dated: November 3, 2016.

Thomas C. Nicholson, Personal Representative
Thomas C. Nicholson, OSB #813265
552 Laurel Street
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Publication Dates: November 9, 16 & 23, 2016

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999 ♦ PUBLIC NOTICES

NOTICE OF BOARD MEETING

NOTICE IS HEREBY GIVEN that the next Board meeting of Siuslaw Valley Fire and Rescue will be held on Wednesday, November 16, 2016 at 6:00 p.m. at the fire station located at 2625 Highway 101 North, Florence, OR 97439. The agenda will include: Policies and Procedures and General Business of the fire district.

Publication Date: November 9, 2016

NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN THAT THE PLANNING COMMISSION WILL HOLD A PUBLIC HEARING ON NOVEMBER 22, 2016 AT 7:00 PM IN THE COUNCIL CHAMBERS OF CITY HALL, 250 HIGHWAY 101, IN THE CITY OF FLORENCE, LANE COUNTY, OREGON.

RESOLUTION PC 16 19 ANN 03: To consider a request for annexation of undeveloped property located east and west of Xylo Street between 12th St. and Hwy 126, Map # 18-12-26-42 Tax Lots 01000, 02400, 01202, and 00800 and east of undeveloped Vine St. between 11th and 12th Sts., Map# 18-12-26-24, Tax Lot 01700 and Map # 18-12-26-31 Tax Lot 00100 within the Urban Growth Boundary.

RESOLUTION PC 16 20 ZC 03: To consider a request to zone the properties to the corresponding City of Florence zoning: Single Family Residential regulated by Florence City Code Title 10, Chapter 11 and Commercial regulated by Florence city code Title 10, Chapter 15.

Publication Dates: November 9 & 16, 2016

NOTICE OF BOARD MEETING

An Executive Session of the Board of Directors of Central Lincoln PUD will be held at 9:00 a.m. on Wednesday, November 16, 2016 at Central Lincoln's Newport Office located at 2129 N. Coast Hwy, in accordance with ORS 192.660(2)(f) "to consider information or records that are exempt from disclosure by law, including written advice from your attorney," and in accordance with ORS 192.660(2)(h) "to consult with your attorney regarding your legal rights and duties in regard to current litigation or litigation that is more likely than not to be filed". This will be followed by a regular meeting of the Board of Directors of Central Lincoln PUD beginning at 10:00am. The Board will review its governance policies, hear a presentation on the utility's FY16 Audit, review a report detailing Central Lincoln's property tax payments, hear a status report on the utility's energy efficiency programs, and conduct other business as it arises. To review the meeting agenda, please go to clpud.org.

Publication Date: November 9, 2016

IN THE CIRCUIT COURT OF THE STATE OF OREGON
FOR THE COUNTY OF LANE PROBATE DEPARTMENT

In the Matter of the Estate of DONALD W. MARTIN, Deceased. No. 16PB07148

NOTICE TO INTERESTED PERSONS

NOTICE IS HEREBY GIVEN that the undersigned, Charles A. Gesik, has been appointed Personal Representative of the above-entitled estate. All persons having claims against the estate are required to present them, with proper vouchers attached, within four (4) months after the date of first publication of this Notice, as stated below, to the Personal Representative at the offices of THOMAS C. NICHOLSON, Attorney at Law, PO Box 308, Florence, Oregon 97439, or the claims may be barred.

ALL PERSONS WHOSE RIGHTS MAY BE AFFECTED BY THESE PROCEEDINGS MAY OBTAIN ADDITIONAL INFORMATION FROM THE RECORDS OF THE COURT, FROM THE PERSONAL REPRESENTATIVE, OR FROM THE ATTORNEY FOR THE PERSONAL REPRESENTATIVE.

Dated: October 27, 2016.

Charles A. Gesik, Personal Representative
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Publication Dates: November 2, 9 & 16, 2016



Wednesday's Graphic

Veterans Day
November 11, 2016

Graphic Search

Here is how it works...

We will put a graphic or photo in the box to the left. You find it somewhere in the classifieds. Come into our office, Enter your name, phone number and describe where you found the graphic or bring in a clipping to attach to your entry into the drawing for a gift certificate.

Good Luck

KURT MEDLOCK found the National Doughnut Day Graphic on page 12B (TR Hunter Real Estate – bottom right listing – 94947 Hwy. 101 – bottom right in photo) He won a gift certificate to The Chicken Coop.

Gift Certificates must be picked up within 2 weeks of winning
Deadline for today's paper: Thursday by 3:00 PM



Saturday's Graphic

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