

Pointers For Parents

Sleep Is Key To Helping Teens Recharge For Success In School

(NAPSA)-Here's eye-opening news: For most teens, one of the best ways to find success in school is to get enough sleep.

When well rested, teens are more likely to be healthy, energetic and have a positive attitude toward life in general-helping them be their best and do their best in school and at home.

To help, the National Healthy Sleep Awareness Project launched the "Sleep Recharges You" campaign, urging teens to get eight to 10 hours of sleep per night to promote optimal health.

"It's important to make sleep a priority," said Dr. Ronald Chervin, president of the American Academy of Sleep Medicine (AASM) and spokesperson for the National Healthy Sleep Awareness Project. "Setting and sticking to a routine to get as much sleep as possible is one of the best things teens can do for their health, academic achievement and athletic performance."

Lack of Sleep Jeopardizes Teens' Grades, Health and Safety

More than two-thirds of high school students in the U.S. are failing to get enough sleep on school nights, according to a 2016 study published by the Centers for Disease Control and Prevention (CDC). Results show that 69 percent of surveyed students in grades 9 to 12 reported sleeping less than eight hours on an average school night. Insufficient sleep in teens can impact everything from grades to safety.

Sleepy teens may fare worse in school than their well-rested peers. Studies show that teens who are sleep deprived may be more easily distracted and recall information more slowly. Sleeping fewer than the recommended hours is also associated with attention, behavior and learning problems.

Lack of sleep may also affect teens' athletic performance. When teens sleep, hormones are released that help them grow taller and develop muscles. Sleep helps restore energy to the brain and body.

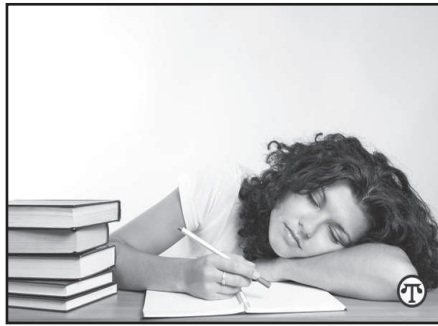
Studies show that teens who sleep less than the recommended hours are more likely to be overweight and develop hypertension and diabetes. Additionally, insufficient sleep in teenagers has been found to increase the risk of depression and is associated with increased risk of self-harm, suicidal thoughts and suicide attempts.

Insufficient sleep also significantly increases teens' risk for drowsy-driving accidents. A 2014 study found that teen drivers who start class earlier in the morning are involved in significantly more motor vehicle accidents than those with later start times. Motor vehicle crashes are the leading cause of death for teens in the U.S., according to the CDC.

Parents, Caregivers Play Crucial Role

Teens should be encouraged to get enough sleep every night to recharge. The AASM advises parents and caregivers to help by modeling healthy sleep habits, promoting a consistent sleep schedule and creating a quiet sleep environment for their teens.

Additionally, setting restrictions on screen time before bed is key to helping teens get to sleep on time. Teens may be tempted to keep using their laptops, smartphones and game consoles late into the night rather than going to sleep.



Most teens, research suggests, lack sufficient sleep, putting them at risk for health and behavioral problems.

"Teens are still growing and developing and sleep is a crucial part of these processes," said Dr. Chervin. "One of the best things parents and caregivers can do for their children's health and well-being is to encourage routines that will help them get enough sleep."

According to the AASM, a natural shift in the timing of the body's internal "circadian" clock occurs during puberty, causing most teens to have a biological preference for a late-night bedtime.

It is also important that parents and local school boards work together to implement high school start times that allow teens to get the healthy sleep they need to meet their full potential.

Official Consensus

The AASM recommends that teens sleep eight to 10 hours per night on a regular basis to promote optimal health.

Parents concerned that their teen is sleeping too little or too much should consult a board-certified sleep medicine physician or visit www.sleepeducation.org to find an accredited sleep center nearby.

Learn More

For further facts, visit www.sleepeducation.org/healthysleep.

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PUBLIC NOTICE

The Port of Siuslaw Commission will hold their meeting on Wednesday, December 21, 2016, at the Port of Siuslaw conference room, 100 Harbor Street, in Florence, at 7:00 PM. The meeting will include a presentation of the FY15-16 Audit and bid procurement discussion. Resolutions include Insurance Agent of Record, a bank to consolidate loans, a Whistleblower Policy, and a Reservation Change Fee. Port meetings are open to the public. For more information call (541) 997-3426.

Publication Date: December 14, 2016

NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN THAT THE CITY COUNCIL WILL HOLD A PUBLIC HEARING ON **DECEMBER 19, 2016 AT 6:00 PM** IN THE COUNCIL CHAMBERS OF CITY HALL, 250 HIGHWAY 101, IN THE CITY OF FLORENCE, LANE COUNTY, OREGON.

CC 16 06 ANN 03 - N. Highway 126 Annexation: Consider approval of annexation of property located east and west of Xylo Street between 12th St. and Hwy 126, Map # 18-12-26-42 Tax Lots 01000,01202, and 00800 and Map # 18-12-26-13 Tax Lot 02400 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.

CC 16 07 ZC 03 - N. Highway 126 Zone Assignment: Consider approval to zone the properties to the corresponding City of Florence zoning regulated by Florence City Code Title 10: Single Family Residential, Chapter 11 and Commercial, Chapter 15.

For more information please contact the City of Florence Planning Department at (541) 997-8237 or visit the city's website at www.ci.florence.or.us.

Publication Dates: December 7 & 14, 2016

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It would be an inconvenient rule if nothing could be done until everything can be done.
—Winston Churchill ***

How lovely to think that no one need wait a moment. We can start now, start slowly, changing the world. How lovely that everyone, great and small, can make a contribution.
—Anne Frank ***

The optimist thinks this is the best of all possible worlds. The pessimist fears it is true.
—J. Robert Oppenheimer ***

He that would make his own liberty secure must guard even his enemy from oppression.
—Thomas Paine ***

A lie told often enough becomes the truth.
—Vladimir Lenin ***

Liberty is not the power of doing what we like, but the right of being able to do what we ought.
—Lord Acton ***

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

In the Matter of the Estate of GISELA F. PAPE, Deceased. No. 16PB04058

NOTICE TO INTERESTED PERSONS

NOTICE IS HEREBY GIVEN that the undersigned, Clara L. Pape, 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: December 5, 2016.
Clara L. Pape, Personal Representative
Thomas C. Nicholson, OSB #813265
552 Laurel Street
PO Box 308
Florence, OR 97439
Telephone: 541-997-7151
Fax: 541-997-7152
tnicholson@nicholsonlaw.biz
Publication Dates: December 14, 21, & 28 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.

Wednesday's Graphic Christmas Bird Count Dec. 14th - Jan. 5th

Good Luck

MARY NASON found the Day of the Horse Graphic on page 7B (Mustache of Shop Local cash register) She 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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