

Majority Of U.S. Adults Say The Convenience Of Public Wi-Fi Outweighs The Risk Of Cyberthreats

(NAPSA)—At the end of 2013, SAP Software Solutions reported that there were more mobile devices on Earth than people. That's a staggering statistic, especially when you take into account the large number of cyberattacks that happen every day. The world is more connected than ever and people are constantly using smartphones and other interconnected devices to find their news, use social media or stay in touch. There are numerous benefits of interconnectedness, but with it also comes cyberthreats people should be aware of.

In 2004, the U.S. Department of Homeland Security designated October as National Cybersecurity Awareness Month to raise awareness of cybersecurity issues. FBI findings suggest that millions of cyberattacks happen each day. Utah alone reported 20 million attempts per day last year. Connection to public Wi-Fi networks could be partially to blame. Many of the features that make public Wi-Fi so appealing, like free and easy internet access without using data, are also attractive to hackers looking to steal personal information.

A recent survey of 2,235 U.S. adults conducted by the University of Phoenix suggests that the majority of people use public networks despite the risks. A quarter of adults say they almost always use unsecure networks when away from home and more than half (52 percent) say the convenience of using public Wi-Fi outweighs the risk.

"People need to understand that everything you put online can be exposed when the network you're using isn't secure," says Dan Konzen, University of Phoenix College of Information Systems & Technology campus chair. "Bank credentials, passwords and other personal information can be stolen when you use networks that are open to anyone."

The same survey suggests that people are unaware of the dangers of public Wi-Fi or simply don't care. Sixty-one percent of adults



You can learn to protect yourself and others from cybercrimes.

use unsecure networks every day, but 60 percent say they don't trust public Wi-Fi to keep their data safe. More than half of people use public Wi-Fi in places like parks, restaurants, libraries and hotels but keep online banking (2 percent) and social media use (28 percent) relatively low.

"What we post and do online is like a tattoo. It never goes away," Konzen says. "We can't always use secure networks, especially when we're away from home, so people should be smart about the types of information they're sharing when on public networks."

If you have to use public networks, Konzen suggests using virtual private networks (VPNs), web proxies, and anonymous browsers, like Tor; confirm a network is safe before joining and make sure to limit the amount of personal information shared online. Using strong passwords, keeping software up to date, and using wireless hot spots, if available, are other ways to stay secure, he says.

University of Phoenix College of Information Systems & Technology prepares cyberprofessionals to combat increasing cybercrimes. The University offers associate, bachelor's and master's degrees that teach the risk management and information assurance skills vital to an organization's success.

For more information about each of these programs, including on-time completion rates, the median debt incurred by students who completed the program and other important information, please visit www.phoenix.edu/programs/gainful-employment.

Protect Yourself With The Power Of Cranberry Juice

(NAPSA)—If you or someone you care about is among the estimated 150 million women who'll have a urinary tract infection (UTI) this year, you may be relieved to know that cranberry juice may be a nutritional approach to help avoid the infection in the first place.

The Problem

Approximately 60 percent of women will experience a UTI in their lifetimes and one in four will suffer a recurrence within six months.

UTIs are typically treated with prescribed antibiotics; however, antibiotic resistance—when bacteria stop responding to the drugs designed to kill them—is possibly the single most important infectious disease threat people face today.

In fact, each year, more than two million Americans are infected by germs that are resistant to antibiotics and at least 23,000 people die as a result.

According to an omnibus survey conducted by KRC of 1,000 Americans, nine in 10 adults understand that overusing antibiotics can be harmful to one's health. So what's the alternative?

An Answer

Thankfully, there is a small, nutrient-dense fruit that can help defend your body against UTIs. The best part? You don't need a prescription for it.

It's the cranberry. "More than 50 years of well-documented research points to cranberries' unique ability to block certain bad bacteria," said Dr. Christina Khoo, Director of Global Health Sciences and Regulatory Affairs at Ocean Spray. "This makes cranberries one delicious option that may help prevent urinary tract infections."



Cranberry juice is more than a refreshing drink—it may also improve the quality of life for women who suffer from UTIs.

Dr. Khoo notes that the key to avoiding the infection altogether is consuming an eight-ounce glass of cranberry juice daily. People shouldn't wait until they have a UTI to drink cranberry juice, because once the symptoms start, they'll likely need a course of antibiotics.

According to that same omnibus survey, consuming cranberry juice daily shouldn't be a problem—three-quarters of adults would rather drink a glass of cranberry juice a day

than take antibiotics a few times a year.

At a time when antibiotic resistance threatens public health around the world, research shows that consuming cranberry juice daily can be a nutritional approach to reducing symptomatic UTIs and, as a result, may be a useful way to decrease the worldwide use of antibiotics. So it seems cranberry juice is more than a refreshing drink—it may also improve the quality of life for women who suffer from UTIs by reducing their trips to the doctor, their lab costs and antibiotic use.

Learn More

For further information about antibiotic resistance and how you can #DrinkToDefend your body against UTIs, visit the experts at Ocean Spray online at www.cranberry-health.com.

To view the full list of sources, visit www.cranberryhealth.com/sources.

999 PUBLIC NOTICES

PUBLIC NOTICE
Advertisement for Sale of Personal Property. NOTICE IS HEREBY GIVEN that U-Store Mini Storage facility located at 4425 Highway 101, Florence, Oregon, will sell all the personal property belonging to: Dollahite, Unit 32; Harris, Unit 146; McDaniel, Unit 109. Property will be sold at lien sale as complete units on Friday February 3, 2017 at 10:00 AM to satisfy Landlord's lien. Units may have reserve. Call 541-997-7330 for more information.
Publication Dates: January 18, & 21, 2017.

999 PUBLIC NOTICES

NOTICE OF ANNUAL MEETING
Florence area free TV provider
West Lane Translator, Inc.
West Lane Translator, Inc. is having its annual meeting on Wednesday the 25th of January at 6:00 pm in the Conference Room of the Siuslaw Public Library, Florence, Oregon for the purpose of elections. Visit www.westlanetranslator.com.
Publication Dates: January 18 & 21, 2017

999 PUBLIC NOTICES

NOTICE OF BOARD MEETING
NOTICE IS HEREBY GIVEN that the next Board meeting of Western Lane Ambulance District will be held on Thursday, January 26th, 2017 at 6:00 p.m. at Western Lane Ambulance District located at 410 9th St., Florence, OR 97439. The agenda will include: Policies and Procedures and General Business of the Ambulance District.
Publication Date: January 18, 2017

999 PUBLIC NOTICES

PUBLIC HEARING NOTICE
The Florence Planning Commission will hold a public hearing at 7:00 PM on **January 24, 2017**, in the Council Chambers of City Hall, 250 Highway 101, concerning the following proposals:

RESOLUTION PC 16 28 CUP 09 – Beryl Recreational Marijuana Retail Facility: An application from Shawn Fleming, on behalf of Beryl Industries, LLC requesting approval of a Conditional Use Permit to open and operate a retail recreational marijuana facility, a conditional use in the Commercial District regulated by FCC Title 10 Chapter 15. The building is located at 1541 Highway 101, on the southwest corner of Highway 101 and 16th Street, Assessor's Map no. 18-12-26-23, Tax Lot 00700. The applicant is currently also seeking State approval for their facility.

PC 16 11 DR 03 – Dairy Queen Remodel: An application from Ken Sanders, representing Landon FDQ, requesting Design Review approval to remodel and update the appearance of the existing Dairy Queen building to include reframing and adding stone work to the entryway, over the existing front and drive-thru and replacing of the awning and roof. The proposed site is located on the west side of Highway 101 at 125 Highway 101. Map #18-12-34-11, Tax Lot 10800. The building is in the Mainstreet Area "A" zoning district, regulated by Florence City Code Title 10 Chapter 27.

For more information please contact the City of Florence Planning Department at (541) 997-8237 or visit city's website at www.ci.florence.or.us.
Publication Date: January 18, 2017

NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN THAT THE PLANNING COMMISSION WILL HOLD A PUBLIC HEARING ON **January 24, 2017 AT 7:00 PM** IN THE COUNCIL CHAMBERS OF CITY HALL, 250 HIGHWAY 101, IN THE CITY OF FLORENCE, LANE COUNTY, OREGON TO CONSIDER THE FOLLOWING:

RESOLUTION PC 16 29 ANN 04: Annexation of three separate properties and adjacent Right-of-ways (ROW):

Property 1, ROW 1: Located on the SE corner of Rhododendron Drive and Heceta Beach Road at 4636 Heceta Beach Road, Map #18-12-04-00 Tax Lot 00103; as well as a portion of Heceta Beach Road adjacent to the property.

Properties 2 & 3, ROW 2: Properties located on the west side of 1st Avenue and south of Driftwood Shores at 4513 Lookout Street, Map #18-12-04-42, Tax Lot 01204 and 4523 Lookout Street, Map #18-12-04-42, Tax Lot 01205; as well as Lookout Street west of 1st Avenue.

Property 4, ROWS 3 & 4: Located west of Rhododendron Drive and north of Treewood Court at 04744 South Harbor Vista Drive, Map #18-12-15-22, Tax Lot 05300; as well as Treewood Court and S. Harbor Vista Drive beginning west of Rhododendron Drive and terminating at the westernmost property line of the annexing property.

RESOLUTION PC 16 30 ZC 04: To zone the properties to the corresponding City of Florence zoning as designated by the Florence Realization 2020 Comprehensive Plan:

Property 1 & ROW 1: Neighborhood Commercial regulated by Florence City Code Title 10, Chapter 14

Properties 2, 3, & 4 and ROWS 2, 3, & 4: Single Family Residential regulated by FCC Title 10, Chapter 11.

For more information please contact the City of Florence Planning Department at (541) 997-8237 or visit city's website at www.ci.florence.or.us.
Publication Dates: January 11 and 18, 2017

www.thesiuslawnews.com



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
Aquarius, The Water Carrier.
1/20-2/18

Good Luck

BOB OCCHI found the Chinese New Year Rooster Graphic on page 10B (TR Hunter - Bottom Row, 5 listings from Left – Dunwood Drive #94 – Front Yard) 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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