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**999 ♦ PUBLIC NOTICES**

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

In the Matter of the Estate of STEPHEN R. INGRAM, Deceased.  
No. 17PB00038

**NOTICE TO INTERESTED PERSONS**

NOTICE IS HEREBY GIVEN that the undersigned, Neolla A. Mead, 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: January 17, 2017.  
Neolla A. Mead, 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: January 25, 2017, February 1, & 8, 2017

**850 ♦ VEH. & BOAT PROMO**



**2007 BAYLINER 195**  
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**999 ♦ PUBLIC NOTICES**

**Getting Healthier And Living Longer: Wellness Can Get You There**

(NAPSA)-Want to live a longer and happier life? It is time to strive for wellness! Wellness is being in good physical and mental health and provides a foundation for overall wellness.

Everyone's routines and habits can be affected by stress (good and bad), life demands, crisis, or trauma. These changes cause emotional, social, and physical imbalances. One of the best ways to combat this is to establish healthy habits that promote wellness. As a result, satisfaction improves, connections to supportive relationships are strengthened, and energy increases.

Wellness can improve quality of life and increase years of life. Focusing on health and wellness is especially important for people with mental or substance use disorders. These individuals are likely to die decades earlier, mostly due to preventable, chronic medical conditions. Carlton Speight, public health adviser with the Substance Abuse and Mental Health Services Administration (SAMHSA), says, "Many people who have experienced these disorders can achieve a full and satisfying life in the community, especially when they can access effective services and support systems."

That's why SAMHSA launched the Wellness Initiative (www.samhsa.gov/wellness-initiative), which promotes improving mental and physical health. A hallmark of the initiative is the Eight Dimensions of Wellness (www.samhsa.gov/wellness-initiative/eight-dimensions-wellness), a step-by-step guide to establishing healthy habits.

**The Eight Dimensions of Wellness:**

**1. Physical Wellness:** Promoting good physical health habits like nutrition, exercise, sleep and appropriate health care lead to a healthier body. Creating these healthy routines and making sure there is balance with other day-to-day tasks can help, even when a person is challenged with stress or illness.

**2. Intellectual Wellness:** Learning new things and keeping the brain flexible can help expand intellect. Activities like learning about current events or organizing game nights in your home or community center can keep the brain healthy and active.

**3. Financial Wellness:** Considering how to manage income, debt, savings, and future financial stability are key to financial wellness. Starting to slowly save money or pay down debts can help increase wellness and awareness of available resources.

**4. Environmental Wellness:** Improving life also includes feeling and being in a safe, stable environment. The benefits of clean air, food, and water, along with occupying and preserving pleasant environments, support your happiness. Learning, contemplating, and relaxing in natural spaces builds healthy perspective



**There are eight ways you can help your health and longevity.**

and balance.

**5. Spiritual Wellness:** Taking time to focus on personal beliefs and values-if this is personally important-increases wellness. It includes the search for meaning and purpose in human existence, and developing an appreciation for life and the natural forces that exist in the universe.

**6. Social Wellness:** Healthy relationships with friends, family, and community are a part of overall happiness and support. Having an interest in and concern for the needs of others and humankind is also a part of building social wellness.

**7. Occupational Wellness:** Activities-including employment-should provide meaning and purpose and reflect personal values, interests, and beliefs. Having work-life balance, promoting open communication in work relationships, and striving for accomplishment builds contentment and wellness.

**8. Emotional Wellness:** Honoring personal strengths, while also recognizing when help may be needed, creates a more balanced life. It becomes easier to express feelings, adjust to emotional challenges, and cope with stressors.

Learn more about the eight dimensions of wellness and how to apply them to your life with SAMHSA's workbook: "Creating a Healthier Life: A Step-By-Step Guide to Wellness." You can also find additional information on mental health and wellness by visiting www.samhsa.gov.

**Telestroke-Going The Distance To Improve Access To Stroke Care**

(NAPSA)-When it comes to treating a stroke victim, immediate medical attention plays a significant role in reducing the patient's risk of serious long-term disability and even death.

In some areas of the United States, finding appropriate stroke care can be a challenge, as more than 75 percent of U.S. counties do not have hospitals that are equipped to treat stroke patients. However, advancements in telemedicine (the remote delivery of health care services) provide the promise of improved access to health care, especially in areas where there are geographical barriers and reduced resources. Telestroke (the use of telemedicine specifically for stroke care) can be used to narrow the gap in access to expert stroke care and may improve overall stroke management.

**What Is Telestroke?**

Telestroke enables neurologists at Certified Stroke Centers to remotely evaluate people who've had acute strokes and make diagnoses and treatment recommendations to emergency medicine doctors at other sites. Doctors communicate using digital video cameras, Internet telecommunications, robotic telepresence, smartphones, tablets and other technology. Telestroke networks provide the potential to greatly extend the reach of stroke systems of care into rural, remote and underserved regions.

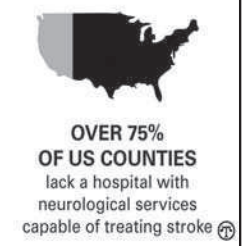
The need for more widespread, organized expert stroke care is evidenced by the substantial burden that stroke imposes on patients and society:

- Stroke is the fifth-leading cause of death in the United States and a leading cause of long-term disability.

- Every year, approximately 795,000 people in the United States have a stroke.

- Immediate medical attention may limit the effects of stroke, so it is imperative

**TELESTROKE CAN HELP IMPROVE ACCESS TO SPECIALTY STROKE CARE**



that people call 9-1-1 at the first sign of stroke.

Luckily, telestroke units can provide sustained high-quality stroke care to more regions throughout the country, including rural and underserved areas.

**Knowing the signs**

Did you know that one in every three Americans does not know any of the warning signs of stroke? Recognizing the signs and acting immediately could be the difference between making a recovery and living with long-term disability.

- If you suspect that you or someone you know is experiencing a stroke, there's a four-letter acronym, "F.A.S.T.," which corresponds to a test that can be used as a quick screening tool:

- **F=FACE**, loss of function on one side of your face, which may look like drooping

- **A=ARMS**, sudden weakness on one side, which may mean you can't hold the arm up

- **S=SPEECH**, like slurred speech

- **T=TIME**, time to call 9-1-1.

If the person shows any of these symptoms, please call 9-1-1 and get to the hospital immediately.

**Learn More**  
For more information about stroke, visit www.strokeawareness.com/strokecall911.  
Content sponsored by Genentech, a member of the Roche Group. Genentech is committed to stroke education and awareness.

**Vehicle & Boat Promotional advertising section 850 will continue to run your ad until sold providing you call the Siuslaw News 541-997-3441 Before the end of the Month. (No Commercial Vehicles)**

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**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**  
JANICE VANCE found the National Pie Day Graphic on page 7B (In Flag - On top of '5' in 850-900 Vehicle Sales) She won a gift certificate to Big Dog Donuts & Deli.  
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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