

Health And Well-Being

Top Tips To Live A Healthier, More Active Lifestyle Well Into Your Later Years

(NAPSA)—According to the Centers for Disease Control and Prevention (CDC), by 2030, one in every five Americans will be over the age of 65. Whatever your age now, it's wise to prepare yourself mentally and physically for growing older. Adults today, the CDC adds, are looking not only to extend their lives, but to enjoy a healthier, more active lifestyle well into their later years.

Here are a few simple tips to incorporate into your daily routine to ensure healthy aging:

1. Tailor your diet to include lots of organic fruits and vegetables, as well as healthy fats such as omega-3s, and limiting your intake of processed foods and added sugar.

2. Exercise three to four times a week, including a mix of moderate-intensity activity like brisk walking or water aerobics, along with vigorous-intensity activities such as playing tennis or hiking. Adding strengthening activities that work all major muscle groups is important to consider as well.

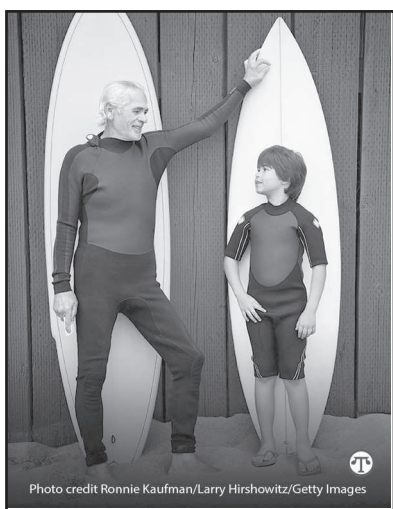
3. Work with your health care provider to introduce a foundational supplement regimen into your daily routine. Nutritional supplements contribute to adequate intake of vitamins, minerals and other beneficial compounds such as antioxidants, resveratrol and other phytonutrients to keep your cells healthy. In addition to multivitamins, other top supplements that are considered beneficial for healthy aging include:

- Omega-3 fatty acids such as fish oil that help to balance inflammation and support joints, as well as cardiac and cognitive function
- A multistrain probiotic to support healthy gut bacteria, leading to improved digestion and strengthened immunity
- Co-enzyme Q10, an antioxidant beneficial for cellular repair and increased energy.

Healthy aging is not just exclusive for the older generations. Now, people across all generations are making long-term lifestyle changes to feel good from the inside out. Different age groups, however, have different needs.

The 30s: Whether focused on getting that next promotion or raising a family or both, many people in their 30s find the demands of daily life require all hours of the day. Nutritional supplements, especially probiotics and those that boost energy and immunity, provide support for their fast-paced lifestyles.

The 40s: People in their 40s know that smart decisions today pay off later. In what is the peak career decade for many, 40-somethings want to stay sharp to make the most of each day, but have developed an appreciation for simplicity. For them, supplementation often includes fish oil and



Smart decisions you make today will have a significant effect on your aging process in the long run.

plant-based proteins.

The 50s: Today's 50s are not slowing down. They're all about vibrancy and continued growth. However, as the natural effects of aging begin to take their course, hormone levels often diminish, so it's important to regulate levels of sex, thyroid and adrenal hormones to feel and function your best. Also, supporting musculoskeletal system health can help enhance mobility and joint function.

The 60s and 70s: People in their 60s and 70s know that aging is about getting the most life out of their years. During these decades, nutritional supplements can support healthy vision, cognition, and digestive health.

Expert Advice

"Aging is a beautiful, healthy process," explains Registered Dietitian and Director of Product Development and Education at Douglas Laboratories, Kristi Belohlavek. "With the right nutrition regimen, people can look and feel their best, no matter how many candles they're adding to their birthday cake. With a balanced diet, exercise and proper supplementation, busy bees can stay mobile and active later in life, despite changes in muscle function and decreases in bone density." Many of the top-quality supplements that can protect your health come from Douglas Laboratories, a nutritional supplement company dedicated to helping people lead healthier, active lifestyles well into their later years.

Learn More

It is recommended to consult with your health care practitioner before introducing any new changes to your current nutritional supplement routine. For more information, visit www.douglaslabs.com/healthyaging.

Did You Know?

The Outdoor Power Equipment Institute (OPEI) advises: "Never put your hand in the auger or chute of a snow thrower to clear a blockage. Always use a clean-out tool to remove snow or debris that gets stuck in your snow thrower." Learn more at www.opei.org.

Honda's Super Quiet Series generators are inverter equipped, provide quieter performance and are easy to carry. Designed for quality, portability and convenience, Honda generators are ideal for powering outdoor activities.

To increase awareness of hypoglycemia in persons with diabetes, the Endocrine Society established the Hypoglycemia Quality Collaborative, a coalition of medical specialty societies, payers, industry, patient advocates, diabetes educators and research organizations. Learn more at [@TheEndo-Society](http://www.endocrine.org) and @EndoMedia.

Prolapse surgery has a bad reputation because of the use of controversial mesh. The Center for Innovative GYN Care surgeons have special minimally invasive techniques that avoid the use of mesh with a high rate of success. Learn more at innovativegyn.com.

When you talk to someone with hearing difficulties, it's your responsibility to make it easier to be understood. It's the responsibility of the person with hearing loss to get help and use technology to improve hearing. Learn about today's affordable, high-tech hearing aid options at www.hihealthinnovations.com.

Research has shown that combining medication with psychosocial support is a comprehensive way to help patients with addiction, and including medication with psychosocial support is now considered the optimal evidence-based approach to treatment. For more information, visit www.endopioiddependence.com.

999 ♦ PUBLIC NOTICE

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

In the Matter of the Estate of:
Liberty Belle Phillips. Deceased.
Case No. 11P02 0a5

NOTICE TO INTERESTED PERSONS

NOTICE IS HEREBY GIVEN that the undersigned has been appointed personal representative. All persons having claims against the estate are required to present them, with vouchers attached, to the undersigned personal representative at P.O. Box B, Florence, Oregon, 97439, within four months after the date of first publication of this notice, or the claims may be barred.

All persons whose rights may be affected by the proceedings may obtain additional information from the records of the court, the personal representative, or the attorney for the personal representative, Scott T. Bailey. Attorney at Law, P.C., at P.O. Box B, Florence, Oregon 97439.

Dated and first published. March 4, 2017.

Personal Representative

Publication Dates: March 4, 11, & 18, 2017

PUBLIC NOTICE

CLAIMS against the Estate of MICHAEL ROBERT LUCIER, of Swishhome, Oregon, Lane County Circuit Court Case No. 17PB00526, are required to be presented, with proper vouchers, to the Personal Representative, JANA A. LUCIER, at P.O. Box 43, Swishhome, Oregon 97480, within four (4) months from February 25, 2017, the date of first publication, or such claims may be barred. Any person whose rights may be affected by the proceeding may obtain additional information from the court records, the Personal Representative or the attorney for the Personal Representative.

Jane C. Hanawalt

Attorney for Personal Representative

PO Box 1153

1625 12th Street

Florence, OR 97439

Publication Dates: February 25, March 4, & March 11, 2017

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Bake Up Delicious Breakfast Bars For Busy Kids

(NAPS)—Here's news many families may consider a wake-up call: Studies show that kids who eat breakfast have better concentration and more energy. Yet approximately 8 to 12 percent of all school-aged kids skip this important meal.

Why Eat Breakfast

Here's a look at what the researchers discovered:

- The University of Pennsylvania found that children achieve higher IQ scores if they eat breakfast.
- Yale scientists found that students who participated in school breakfast programs were less likely to become overweight even if they also had breakfast at home.

Good News

Fortunately for the many families that don't have the time to prepare a full breakfast, there's a nutritious make-ahead option kids love. Flavored with bananas, chocolate chips and tart sweet lingonberries, which have been called a "superfruit," rich in antioxidants, it's a nutritious snack they can eat on the way to school or tuck into their lunchboxes for later.



Experts say breakfast is the most important meal of the day, gearing you up for work, school and play.

Lingonberry Breakfast/Lunchbox Bars

11/2 tablespoons ground flaxseeds (or flaxseed meal)

3 tablespoons water

15 ounces chickpeas (garbanzo

beans), canned

2 medium bananas

3/4 cup flour, gluten free

1/2 cup coconut sugar

1 teaspoon cinnamon

1/2 teaspoon baking soda

1/8 teaspoon salt

1/2 teaspoon vanilla extract

4 tablespoons Felix Lingonberry Jam

1/4 cup chocolate chips, dark

Preheat the oven to 350° F. Grease and line an 8" x 8" baking pan with parchment and set aside.

Whisk together the flaxseed meal or grind whole flaxseeds and combine with water in a small bowl. Set aside for 5 minutes.

Meanwhile, blend chickpeas and bananas in a food processor until completely smooth.

In a large mixing bowl, whisk together the dry ingredients, reserving the chocolate chips. Add the chickpea puree to the dry ingredients along with the vanilla, lingonberry jam and flaxseed mixture and mix to combine. Then fold in the chocolate chips.

Better Breakfast Ideas



These bars are made with fresh Swedish lingonberry jam so they're as delicious as they are convenient.

Pour the batter into the prepared pan. Bake on center oven rack for 24-26 minutes until a toothpick inserted into the center comes out clean.

Let cool in the pan for 10-15 minutes, then transfer bars to a wire rack and cool completely before slicing (this is important!).

Slice into 12-16 bars. Store on the counter for a few hours if they seem too moist; otherwise, put them in an airtight container and store for two to three days.

Learn More

You can find other recipes, facts and where to get the jam at <http://felixjams.com>.



Saturday's Graphic

Iditarod Trail Sled
Dog Race
March 4 – March 5

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.

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

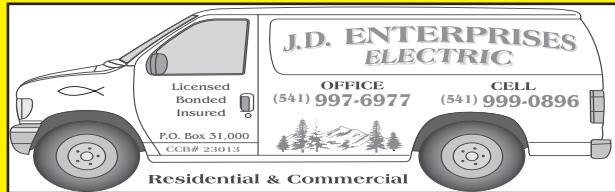
MARY NASON found the National Pig Day Graphic on Page 6B (In middle of snowflake filler) She won a gift certificate to Siuslaw Riverside



Wednesday's Graphic

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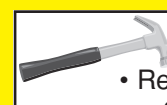


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