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Commercial Office Space for lease. Corner of 7th & Maple. Easy access, ample parking. \$650/mo., utilities included. Don 541-991-7544.

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2004 SUZUKI XL-7 UTILITY
Sharp, 110K mi. \$4,550 541-902-1368 541-991-2274



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2005 LEXUS ES330 EXCELLENT cond., Dark burgundy metal flake, sunroof, CD/cass./Radio player, Tan leather interior \$10,500 Firm - Cash or Cashier's Check only. Call Forrest: 541-997-8541



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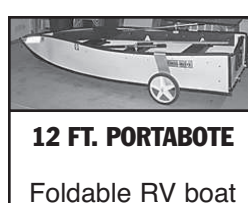
1995 FORD F350 XLT
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Pointers For Parents

Family Movie Nights Spark Meaningful Family Dialogue

(NAPSA)—Disney's "Queen of Katwe," now available for home viewing, is the perfect film for family movie night and can spark important family conversations. In addition to providing a captivating, funny and heartwarming glimpse into the lives of children in current-day Africa, it also has the advantage of providing valuable life lessons that can help open your children's minds to new ways of approaching problems and inspire them to try new challenges that can expand their skills for navigating the world.

"Queen of Katwe" is based on the true story of Phiona Mutesi, a courageous young girl from the slums of Africa who sells corn on the streets of rural Uganda and whose world rapidly changes when she's introduced to the game of chess. As the movie unfolds, it presents a wonderful example of how mastery of the game of chess helps Phiona become a champion in the game of life. (Phiona, now 20, hopes to earn a college degree and continue to study chess in the hope of becoming a Grandmaster.)

What makes "Queen of Katwe" different from other inspirational stories is its setting. As Phiona dreams of a better life, she must face the possibility of not making it out of the slum. And even if she does, she'll have to navigate in a world she has no idea existed. Most audiences will never experience her world or even know there is such a place or that kids manage to grow up and thrive in such dire circumstances.

Adding to the realism are the actors and their backgrounds. Madina Nalwanga, who plays Phiona, is herself from a Ugandan



Madina Nalwanga, as the Ugandan chess champion Phiona, can teach your kids many lessons.



Phiona's triumph at chess can thrill your family as it did her friends and fellow students.

slum, and director Mira Nair, very familiar with the environment, having lived nearby, shot the film mostly in the Katwe slums. Over 100 Ugandans worked as extras in the film's street scenes, 80 of them without any prior experience with, or in front of, cameras. David Oyelowo, best known for playing Martin Luther King, Jr. in "Selma," is the charismatic chess teacher who understands the vulnerabilities of his young charges and knows how to lift their diminished spirits while teaching them how to win.

Here are a few things that Phiona learns along the way that children can universally relate to as they watch the film. These points would also make for great family discussions that encourage kids to connect the concepts to their own challenges.

— **Learn to use your mind.** The movie shows how chess teaches the children to make a plan and focus on that plan as they move forward. It is not just about winning. The purpose of the competitions is really to learn strategy and reasoning to overcome challenges in life.

— **Do not be too quick to give up.** Instead, stay focused on the destination and let the journey unfold. It's easy to get discouraged when something dreamed for looks as though it's

slipped away. The important thing is to concentrate on the goal no matter how you're feeling in the moment.

— **Where you come from does not define where you're going.** Phiona shows us it ultimately doesn't matter where you've come from. It can actually be a positive thing for your dreams to exceed your current ability to achieve them.

— **Lossing is part of life.** While feeling defeat is normal, don't succumb to those feelings. It's about what you can learn from the loss. As David Oyelowo's character, Katende, advises Phiona, "Losses happen to everyone. But then you reset the pieces and play again."

— **Never compromise integrity to win.** Staying true to your values and your morals is what will take you far in life, and open up doors no one can close. Too often, we're paying attention to what everyone else is doing. "Queen of Katwe" proves that winning is not about compromising to fit in. It's about showing up, being true to yourself and doing what you do best.

Such considerations paired with the crowd-pleasing victories, comedic moments, and approachable, family-friendly tone of the film enhance the impact of the film's life lessons and encourage kids to come up with their own.

Show The New Year Who's Boss— Sticking To Your Fitness Resolutions

(NAPSA)—Whether you are resolving to maintain a nutritious diet, lose weight or run your first marathon this year, managing your personal health is a common resolution that can be difficult to keep. Alan Lobel, a 70-year-old SilverSneakers member, set out to achieve his personal fitness goal nearly seven years ago, and is still going strong today.

Lobel started his fitness routine on a stationary bike in hopes of keeping the most important muscle in his body—his heart—healthy. Through targeted goal setting and dedication to improving his quality of life, Lobel made it his personal mission to ride 14,000 miles. Today, Lobel has surpassed his goal and shares he's in the best shape of his life.

Sheri Pruitt, Ph.D., Vice President and Chief Behavioral Scientist for SilverSneakers Fitness, shares that Lobel likely met his goal due to changing his everyday behaviors. "The secret to behavioral change comes down to setting a goal, monitoring your progress, arranging your world for success, recruiting a support team and treating yourself for your progress," she explains.

If you are determined to get more active this coming year and achieve a new goal, like Lobel, the following tips from SilverSneakers Fitness may help you stay motivated and avoid resolution setbacks.

1. Set Goals You Can Reach

Set realistic and specific goals. For example, make a goal to walk 10 miles a week, or to exercise twice a week, and increase from there. Big commitments tend to be overwhelming and unsustainable.

2. Write it Down

If you want to stay committed to your fitness routine, plan for the week ahead and map out which classes fit into your schedule. Writing down the schedule will help you stay accountable for your goals.

3. Become an Early Bird

By waking up early and knocking out your exercise in the morning, you ensure that the day's unexpected surprises don't interfere with your exercise plans.

4. Make it a Date

Find a workout partner to attend classes with to ensure you stick to your goals. According to the SilverSneakers annual participant survey, 49 percent say the desire to spend time with other SilverSneakers members motivated them to exercise.

For more than 20 years, SilverSneakers has been helping older adults reach their fitness goals, maximize their health, maintain their lifestyle and improve overall well-being during retirement years.

To see if you are eligible or to find a class in your area, visit www.SilverSneakers.com.

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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)

Graphic Search Good Luck

Saturday's Graphic
April Fools Day Today!

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

ROSALIE BRADDOCK found the National Doctor's Day Graphic on Page 6B (In Yard Work / Landscaping Header) She won a gift certificate to Nature's Corner.

Wednesday's Graphic

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