

**Tips For Coping With Depression While Traveling**

(NAPSA)—According to a recent University of Phoenix® survey, 39 percent of respondents say they have personally experienced depression. With the holiday travel season under way, University of Phoenix social sciences program chairs Mary Jo Trombley, Ph.D., N.C.C., and DeAnna Henderson, Ph.D., L.P.C., N.C.C., say that living with chronic or situational depression can be challenging to handle, and travel can add additional burdens.

**What Is Depression?**

The American Psychological Association defines depression as a common and serious medical illness that negatively affects how you feel, the way you think and how you act. The association lists common symptoms of depression as including feelings of sadness or depression, change in sleep patterns and eating habits, loss of energy, feelings of fatigue, loss of interest in activities, and the inability to think, concentrate or make decisions.

According to Dr. Trombley, these symptoms can become exacerbated when traveling. She states that traveling should not be seen as a cure for depression. It can be a way to obtain temporary relief but worry, stress, pressure and loneliness are contributing factors to depression and are often present for travelers.

"Traveling comes with changes in routine, pressures of time commitments, and changes in eating, sleeping and exercising patterns," Dr. Henderson added. "These changes can trigger a sense of not being in control and increase the sense of depression."

**Tips for Traveling with Depression**

Depression can be challenging. Drs. Trombley and Henderson provide the following strategies to help individuals cope when traveling.

**Plan ahead:** For someone who may be struggling with depression, it is best to plan for travel as opposed to making an impulsive trip. Plan as much of the trip as possible. Know your route and possible delays, and have snacks in case you are delayed. Build in enough time to travel through airports and security check-points if flying to your destination.

**Practice self-management:** Self-management is the ability to manage your personal reactions to responsibilities and challenges in work and life. This becomes critical during times of adapting to changing situations. Recogniz-



You don't have to let the stress of travel make depression worse, experts advise.

ing triggers and your body's response to unfamiliar and stressful situations can help keep depressive symptoms at bay.

**Use appropriate coping strategies:** Techniques that help people manage stressful and/or traumatic situations are coping strategies. These strategies can include the use of mindfulness, guided imagery, deep breathing exercises, and progressive muscle relaxation. Additionally, reaching out to support systems during this time can diminish feelings of loneliness during travel. Finally, the use of humor can be effective in reducing stress.

**Get a sufficient amount of sleep, exercise, and eat well:** Travel can be exhausting. It is important to maintain patterns of sleep and healthy eating while traveling. Moreover, the maintenance of an exercise routine can also help reduce stress and release endorphins while traveling. It is also important to limit alcohol consumption as alcohol is a depressant and may exacerbate depressive symptoms.

**Be realistic about your travel plans:** Recognize that even though you have planned your travel, unplanned situations can occur. Maintaining a flexible stance can reduce the amount of stress experienced if travel does not go as planned. Also, while travel may alleviate some depressive symptoms, do not be alarmed if your symptoms return once the travel has ended.

University of Phoenix is committed to training professional counselors who help treat depression and other mental health needs. Through programs like the Master of Science in Counseling with a specialization in Clinical Mental Health Counseling, University of Phoenix is helping individuals combat mental illness during the holidays and beyond.

**Pets And People**

**'Bone Up' On Wise Winter Weather Practices For Your Pet**

(NAPSA)—Notwithstanding their fur coats, pets can feel the cold just as humans do. So it's up to you to ensure that your furry friends stay safe and warm during the colder months.

To help, the Outdoor Power Equipment Institute (OPEI), the international trade association representing more than 100 power equipment, engine and utility vehicle manufacturers and suppliers, offers these tips:

- **Know your pet.** Different pets have different levels of tolerance for cold. When going out for walks, a short-coated, elderly or frail dog may need a jacket to weather the elements.
- **Forgo haircuts.** Let your dog's winter coat protect him against the chill. Save shearing for warmer months.
- **Check ears, paws and tails regularly.** You're looking for signs of frostbite or raw spots from ice and snow. Remove any clumps of frozen debris from between the paw pads each time your dog goes outside.
- **Wipe down your pet's belly, legs and paws.** Have a clean towel ready each time your dog comes inside to remove ice-melting chemicals, which can irritate and cause serious illness if licked or swallowed.
- **Clean up antifreeze spills.** Due to the sweet smell and taste, pets will lick or drink antifreeze if they find it puddled on sidewalks or garage floors—but antifreeze is toxic to cats and dogs. Clean up spills and consider using a brand made from propylene glycol, which is less toxic.
- **Keep the water flowing.** Dry winter weather can be dehydrating, as well as freezing. Keep a fresh supply of water inside for your pet and break up any ice accumulation on her outdoor water bowl.
- **Provide a warm place to rest.** Winter days can be drafty and cold, so ensure your pet has plenty of elevated places inside to warm up. A cozy pet bed works beautifully.



Lucky loves to romp in the snow. Remember to check your pet's paws, ears and tail after some outdoor winter fun.

• **Leave Fido at home.** You've probably heard a lot about the dangers of leaving a pet in a hot car during the summertime, but the practice can be just as hazardous in the winter. It's always best to leave your dog at home when you're running errands.

• **Keep them leashed.** More pets get lost during the winter than any other time of the year. Snow covers familiar scents, making it harder for your dog to find his way home. Keep your dog on a leash when you're out and about and make sure his tag and microchip information are up-to-date in case he escapes.

"Our TurfMutt environmental education stewardship program encourages people and pets to get outside, and my dog Lucky loves to romp in fresh snow as much as the next dog," said Kris Kiser, president and CEO of OPEI. "But during the wintertime we have to be careful about when and how we expose our pets to the elements. Even though pets must go outdoors periodically to do their 'business' and get some exercise, no pet should be left outdoors during the winter months—if it's too cold for you, it's too cold for your pet."

**Learn More**

For further information about the benefits of your family lawn for pets and people during all seasons, go to [www.SaveLivingLandscapes.com](http://www.SaveLivingLandscapes.com) and [www.TurfMutt.com](http://www.TurfMutt.com).

990 ♦ STATEWIDE CLASSIFIEDS

990 ♦ STATEWIDE CLASSIFIEDS

**SERVICES:**

**DIVORCE \$155.** Complete preparation. Includes children, custody, support, property and bills division. No court appearances. Divorced in 1-5 weeks possible. 503-772-5295. [www.paralegalalternatives.com](http://www.paralegalalternatives.com) legalalt@msn.com

**Social Security Disability?** Up to \$2,671/mo. (Based on paid-in amount.) FREE evaluation! Call Bill Gordon & Associates. 1-855-747-7830. Mail: 2420 N St NW, Washington DC. Office: Broward Co. FL., member TX/NM Bar.

**A PLACE FOR MOM.** The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1-888-651-5669

**Life Alert. 24/7.** One press of a button sends help FAST! Medical, Fire, Burglar. Even if you can't reach a phone! FREE Brochure. CALL 866-943-6687.

**Become a published author!** Publications sold at all major secular & specialty Christian bookstores. CALL Christian Faith Publishing for your FREE author submission kit. 1-855-861-4571.

**Earthlink High Speed Internet.** As Low As \$14.95/month (for the first 3 months). Reliable High Speed Fiber Optic Technology. Stream Videos, Music and More! Call Earthlink Today 1-855-977-9436.

**DISH Network. 190+ Channels.** FREE Install. FREE Hopper HD-DVR. \$49.99/month (24 months). Add High Speed Internet - \$14.95 (where avail.) CALL Today & SAVE 25%! 1-866-373-9175.

**INVENTORS - FREE INFORMATION PACKAGE.** Have your product idea developed affordably by the Research & Development pros and presented to manufacturers. Call 1-855-404-7583 for a Free Idea Starter Guide. Submit your idea for a free consultation.

**DIRECTV. Call & Switch Now - Get NFL Sunday Ticket for FREE!** Every Game. Every Sunday. CHOICE- All-Included Package. Over 185 Channels. \$60/month (for 12 Months.) CALL 1-877-503-5892.

**Spectrum Triple Play! TV, Internet & Voice for \$29.99 ea.** 60 MB per second speed No contract or commitment. More Channels. Faster Internet. Unlimited Voice. Call 1-855-613-2321.

**MISCELLANEOUS:**

**DONATE YOUR CAR, TRUCK OR BOAT TO HERITAGE FOR THE BLIND.** Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. CALL 1-844-533-9173.

**GOT AN OLDER CAR, VAN OR SUV?** Do the humane thing. Donate it to the Humane Society. Call 1-877-246-1527.

**FDA-Registered Hearing Aids.** 100% Risk-Free! 45-Day Home Trial. Comfort Fit. Crisp Clear Sound. If you decide to keep it, PAY ONLY \$299 per aid. FREE Shipping. Call Hearing Help Express. 1-844-903-1774.

**DENTAL INSURANCE.** Call Physicians Mutual Insurance Company for details. NOT just a discount plan, REAL coverage for 350 procedures. 844-239-9335 or <http://www.dental50plus.com/25> Ad# 6118

**Smart Health Dental Insurance.** Most Dental Procedures Covered. No waiting periods! Most Plans Start at About \$1 a Day! FREE No Obligation Quote. Call Now! 1-844-486-3305.

**Were you an INDUSTRIAL or CONSTRUCTION TRADESMAN and recently diagnosed with LUNG CANCER?** You and your family may be entitled to a SIGNIFICANT CASH AWARD. Call 1-866-738-8251 for your risk free consultation.

Brought to you by this newspaper in partnership with Oregon Newspaper Publishers Association

# PUBLIC NOTICES

Always in your newspaper:  
Now in your inbox, too.

**If nobody knows what's going on, nobody can do anything about it.**

That's why we keep saying your local and state government should keep publishing their public notices in the newspaper.

Now you can stay informed **AND** keep those public notices in the newspaper.

Just go to [publicnoticeads.com/or](http://publicnoticeads.com/or), sign up for the free SmartSearch service, and get all of this paper's public notices delivered to you via email.

[publicnoticeads.com/or](http://publicnoticeads.com/or)

## Graphic Search Good Luck

Saturday's Graphic

National Skating Month

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 2:00 PM**

**MICHAEL SOBOTA found the Drinking Straw Day Graphic on page 6B (070 - MISC. SERVICES Header)**  
He won a gift certificate to Big Dogs Donuts & Deli.

Wednesday's Graphic

[www.thesiuslawnews.com](http://www.thesiuslawnews.com)

- ✓ News
- ✓ Sports
- ✓ Obits
- ✓ Photos

With your e-edition subscription you can read the entire SIUSLAW NEWS online from your computer with internet access no matter where you are!

**LOG ON TODAY!**

**Need a Contractor? Looking for a Professional?**  
*The following businesses are ready and waiting for YOUR Call!! Wednesday and Saturday in the Siuslaw News*

**D-070 CONSTRUCTION/CONTRACTORS**

**Robert's Handyman Service**  
GENERAL CONTRACTOR  
We specialize in Structural Problems and Dry Rot  
Call Robert or Marcus  
541-997-5970 • 541-991-7870 (cell)  
30 Years Experience • Reasonable Rates • Senior Discount • Lic. #209676

**Jack Mobley CONSTRUCTION**  
Custom Homes  
Remodels ■ Additions ■ Foundations & Flatwork  
541-997-2197 CCB#164472

**D-077 ELECTRICAL**

**J.D. ENTERPRISES ELECTRICAL CONTRACTOR**

Licensed Bonded Insured  
OFFICE (541) 997-6977 CELL (541) 999-0896  
P.O. Box 51,000 CCB# 23013  
Residential & Commercial

**D-182 PEST CONTROL**

**P.E.S.T. SWANSON'S MANAGEMENT, INC.**  
For What's Bugging You  
Environmentally Responsible  
Free Inspections  
541-997-4027  
CCB#79884

**D-222 REAL ESTATE**

**Lynnette Wikstrom - Broker**  
(541) 999-0786  
Living in the Florence area since 1979.  
COAST REAL ESTATE  
100 Highway 101  
Florence, OR 97439

**D-085 EXCAVATING**

**LEISURE EXCAVATING INC.**  
LANDSCAPE MATERIALS • CAT WORK • CLEARING  
GRADING • SAND & GRAVEL • U-HAUL or DELIVERY  
BARK • CEMENT MIX • DRAIN FIELD ROCK • SEPTIC SYSTEMS  
TOPSOIL WHEN AVAILABLE  
Call for Free Estimate - 997-6300  
CCB #192681 DEQ #37943

**D-266 WINDOWS**

**Yes! WE DO WINDOWS! Window Cleaning**  
Commercial • Residential  
Connie, Bill & Mike Spinner-997-8721

**Ray Wells, Inc**  
EXCAVATING • SEPTIC SYSTEMS • SUBDIVISIONS  
LAND CLEARING • PAVING • TRUCKING  
BRUSH & DEBRIS RECYCLING • DEMOLITION  
PH. 541-997-2054 • FAX 541-997-3499 • 1-877-201-0652  
P.O. Box 3467 • 1770 LAUREL PL. • FLORENCE, OR 97439

**Siuslaw News Yellow Directory**  
P.O. Box 10  
• 148 Maple Street  
Florence, Oregon 97439  
(541) 997-3441  
Fax: (541) 997-7979

**YELLOW DIRECTORY SERVICES**