



How To House-Train Your Dog

(NAPSA)—If you're a pet parent to any of the country's estimated 78 million dogs, here's how to make house-training easier for both you and your pet.

1. Take your dog to the "bathroom" every one to three hours, as well as after he first wakes up in the morning or after a nap, after each meal, and after being left alone for a stretch of time, and before going to bed.

2. According to that schedule or when your dog's behavior indicates he has to relieve himself, ask him if he has to go with a simple phrase, such as "Go potty?" This phrase should be unique to house-training to avoid confusion.

3. Take him on a leash outside and down the same path to your designated potty spot.

4. When you arrive, repeat the designated phrase and stay in that specific area for at least 15 minutes.

5. Once your dog has finished, praise him or give him a treat right away. Giving your dog immediate positive reinforcement is most effective; waiting un-

til you're back home can be confusing.

6. If your dog hasn't successfully done his business, bring him back to the house and keep an eye on him for 15 minutes. If he starts to go, you will be right there to get him outside quickly. Otherwise, bring him outside after those 15 minutes.

7. Keep your dog on a consistent feeding schedule to make his elimination schedule more predictable.

8. Supplement your training with dog pads. They are a great way to reinforce the specific areas that are designated for potty. Dog pads are also useful for those rainy days when your dog may not want to go outside.

Veterinarian's Advice

"Don't reprimand your dog when he has an accident," advises Georgette Wilson, Doctor of Veterinary Medicine. "This usually confuses him and slows the house-training process. Positive reinforcement is much more effective for successful housebreaking."

"Until training is completed," Dr. Wilson says,

"dog pads are a good idea. They're also handy for dogs that have incontinence problems due to age or illness, for small dogs that can't go out due to predators, for dogs stuck inside during bad weather, and for use while traveling."

A new kind of dog pad from America's No. 1 dog pad brand (IRI) features highly absorbent quilted pockets with unique printed-dot embossing that traps wetness in the center to prevent spreading and leaking; unlike dog pads with standard quilting, which causes wetness to spread. The innovative feature means a smaller spot and less potential for leaks and tracking. Each of these Hartz® Home Protection™ Quilted Plus™ Dog Pads uses unique FlashDry® Gel Technology that turns liquid into gel, and odor-neutralizing fragrance technology with a Clean Powder scent.

Learn More

For further facts and tips, visit www.quiltedplus.com.



Hawaiian Plants For Good Health

(NAPSA)—According to the Centers for Disease Control and Prevention (CDC), a growing body of scientific evidence suggests the air quality within homes and other buildings can be seriously more polluted than outdoor air, even in the largest and most industrialized cities. But there's an easy way to protect yourself and your family.

The Problem

Research indicates people spend approximately 90 percent of their time indoors. Thus, for many, the risks to one's health from exposure to indoor air pollution may be greater than the risk from outdoor air pollution.

In addition, the CDC says, people most exposed to indoor air pollutants are often those most susceptible to their effects. Such groups include the young, the elderly and the chronically ill, especially those suffering from respiratory or cardiovascular diseases.

What To Do

When it comes to keeping your air breathable at home and at work, it really is rocket science. According to NASA researchers studying what it would take for humans to travel to other planets, you need at least one indoor plant for every 100 square feet. Plants naturally filter the air of chemicals and other toxins linked to health problems, such as headaches and eye irritation. For example, every 24 hours, plants remove up to 87 percent of indoor volatile organic compounds (VOCs) that otherwise tend to get trapped inside today's airtight, climate-controlled buildings. NASA's research found plants purify the trapped air by pulling contaminants into the soil, where microorganisms convert VOCs into food for the plant.

One NASA researcher, Dr. B. C. Wolverton, even went so far as to list the 50 plants best suited to purify your personal space.

Lucky for lovers of the lush and lovely, 11 of these come from Hawaii. Hawaiian-grown, premium-quality tropical potted foliage and flowers offer an "Aloha Advantage": They not only provide a beautiful, picturesque piece of paradise, but Hawaiian-grown plants also tend to be very difficult to kill and, therefore, require less overall maintenance and replacement costs. This is probably one of the main reasons designers throughout the nation choose Hawaiian plants so often.

The Hawaiian Export Nursery Association (HENA) reports the 11 plants that make the health list are Rhaps Excelsa

(Lady Palm), Chamaedorea Seifrizii (Bamboo Palm), Dracaena Janet Craig, Ficus "Alii" ("Alii" means "royal" in Hawaiian), Dracaena Fragrans (Corn Plant), Dracaena Warneckii, Dracaena Marginata (Dragon Tree), Norfolk Island Pine, Den-drobium Orchids, Anthurium, and Phalaenopsis Orchids.

These and other hearty, pretty Hawaiian plants are available at major box stores and retailers such as Home Depot, Lowe's and Costco, and nearby nurseries and garden centers. To ensure you're purchasing a Hawaiian-grown plant, look for the unique lava rock soil, which is a main differentiator and reason these plants thrive and grow so healthfully.

Further Flora Research

Houseplants have also been shown to help your health, wealth and happiness in other ways. Researchers at Kansas

State University found people in hospital rooms with plants request less pain medication, have lower heart rates and blood pressure, experience less fatigue and anxiety, and were released from the hospital sooner compared to people in rooms without plants.

A Dutch study also discovered adding plants to the workplace decreases fatigue, colds, headaches, coughs, sore throats and flu-like symptoms, which was further confirmed by the Agricultural University of Norway. England's Royal Agricultural University found that students were 70 percent more attentive when there are plants in the classroom.

Learn More

To see beautiful, healthful Hawaiian plants and discover further facts about them, visit www.hena.org.

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Proposer for Florence area transit provider seeks DBE certified to purchase goods and service from. If you will just contact me, I will be in the area (Florence) next Monday and get the information from you. This is for the transit industry and it would be fuel, parts, office supplies, etc.

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Publication Date: April 14, 2018

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NOTICE TO INTERESTED PERSONS

Karen A. Edwards has been appointed Personal Representative of the Estate of Melvin L. Zecher by the Lane County Circuit Court in Case No. 18PB02347. All persons with claims against the estate must present them to the personal representative in care of her attorney within four months from the date of first publication, or they may be barred. Additional information may be obtained from the records of the court, the personal representative or her attorney.

First published: April 7, 2018

Karen A. Edwards, Personal Representative
c/o Sylvia Sycamore, OSB #001150
Sylvia Sycamore, P.C.
132 E. Broadway, Suite 410
Eugene, OR 97401

Publication Dates: April 7, 14, & 21, 2018

NOTICE OF BUDGET COMMITTEE MEETING

A PUBLIC MEETING OF THE Budget Committee of the Siuslaw School District, Lane County, State of Oregon, to discuss the budget for the fiscal year July 1, 2018 to June 30, 2019, will be held at the Siuslaw Elementary School Library, 2221 Oak St., Florence, Oregon. The meeting will take place on April 25, 2018 at 6:30 p.m. The purpose of the meeting is to hear public input. A copy of the budget document may be inspected or obtained on the district website or at the school district office, 2111 Oak St., Florence, Oregon between the hours of 8 a.m. and 5 p.m. This is a public meeting where deliberation of the Budget Committee will take place. Any person may appear at the meeting and discuss the proposed programs with the Budget Committee.

Additional notice and information may be located on the Siuslaw School District website: www.siuslaw.k12.or.us.
Publication Dates: April 14, & 21, 2018

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Good Luck

BEV LOK found the National Grilled Cheese Sandwich Day graphic on page 6B (Right-hand Ray of Sun Graphic). She won a gift certificate to BeauxArts – Fine Art Materials.

Gift Certificates must be picked up within 2 weeks of winning
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