

Disconnect from Screens

When you have a little down time, do you find yourself constantly checking your phone or channel surfing? Technology makes it easy for us to keep up with distant family, receive news as it happens and get answers to questions. But how much are you missing out on in your actual life by keeping your eyes glued to the screen?

Less Television Time

Let's face it, with streaming-video services and 24-hour-a-day news and sports channels, it's easy to get lost on the couch, enthralled with a great program. This sedentary lifestyle can lead to serious health conditions and takes us away from some great things that are happening in our own neighborhoods.

If you have children in the house, too much television can cause physical and behavioral problems. Set an example that the TV screen is OK in moderation, to help avoid these conditions reported by the organization Kids' Health.

- Children who watch TV for more than four hours per day are more likely to be overweight.
- Viewing violent behavior in TV shows or movies raises the chances a child will show aggressive behavior. It also might strike fear of these violent instances happening to them.
- Violent video games also are likely to create aggression in an impressionable child.

Avoid the Cell Phone

The luxury of always having a phone in your pocket is great for emergency situations. However, today's smartphones also allow us to have access to email, distracting social media and text messaging at hand. How many times do you find yourself looking at your phone's screen at a moment of boredom?

When you begin staring at your screen while driving, you are putting yourself and innocent drivers who share your roads at risk. This year, commit to avoiding the phone in your car by placing it in your glove box or center console while you are moving.

Fun without Screens

Remember when we didn't have to charge our book's batteries? E-readers are great, but reading a good old-



fashioned book is a great way to unwind and leave the distractions of technology behind. If you have young children, find fun books to read together.

Pack the family for an outdoor adventure. Visit a public park for a fun day on the jungle gym or hit the hiking trails. Getting the whole family on board to lessen their reliance on screens is a great bonding experience.



Ann White
Certified Financial Planner
Investment Advisor Representative
1807 E. Main Street, Cottage Grove, OR 97424
541-942-5535



ADVISOR NETWORKS LLC
Member FINRA/SIPC

Wishing you a Happy New Year!




Quality Home Furnishings at Low Prices
Family Owned Since 1971

Rob Scoggin
(541) 942-8711 • Fax (541) 942-7181
615 Main Street • Cottage Grove, Oregon 97424
www.homesteadcg.com

Join a Gym

How many times has "getting in shape" made it onto your New Year's resolution list? It's one of the most popular decrees made by Americans each year.

Unfortunately, it's easier said than done. Joining a local gym is a great way to keep motivated by using state-of-the-art workout equipment and encouragement from other members.

This year, don't only promise yourself that you're going to start a workout routine — stick to it. Don't be discouraged if results are not immediate. They will take time and determination. Once you start seeing the differences, you will probably find yourself making other healthy decisions throughout the year.

Exercise Benefits

Many people choose to exercise because of the effects it has on their waistline. Being comfortable with your body is a great way to boost confidence and promote positivity.

But what about the good things happening beneath your skin? These benefits are just as important, as exercise and a healthy lifestyle help your vital organs function at their full potential.

The Centers for Disease Control and Prevention report some beneficial ways exercise impacts your health.

- Reducing cardiovascular disease: Performing at least 150 minutes per week of moderate-intensity aerobic activity can lower your risk of heart disease and stroke. These are the two leading causes of death in America.
- Lower cancer risks: It has been shown that being physically active lowers your risk of colon and breast cancer.

- Stronger bones: Muscle-strengthening exercises can slow the loss of bone density that comes with age.

Choosing a Gym

When deciding on the facility that will host your new healthy lifestyle, there are a few factors you should consider. How far are you willing to travel? Most people will benefit from a gym close to home or their workplace. If it is easily accessible, there will be fewer chances of making excuses to avoid going.

Does the gym have the equipment you plan to use? Make sure the facility has a good blend of cardio- and strength-conditioning equipment on hand.

Is staff medically trained? In case of a cardiac event or an accident while you are working out, make sure the staff is properly prepared to assist you.

Get the Family Involved

Some gyms feature a referral program that might save you some big bucks and score a family member a great deal. Having a workout companion also can make it easier to commit to your routine.

With Our Thanks at
Year's End

As we count down to the New Year, we count friends and customers like you among the blessings we appreciate most.

Thank you, and best wishes for a happy and healthy New Year!

Fountain Gutters, LLC

32370 Picknell Ln | Cottage Grove, OR
541-729-9515 | fountaingutters.com

www.cgsentinel.com



2018

Happy New Beginning!

It's a fresh start, and we hope it brings 365 days of happiness to you! Good friends and neighbors like you make us feel like celebrating, and we look forward to seeing you again soon in the New Year!

Rain Country Realty

1320 Hwy 99N, | Cottage Grove
541-942-7246 | raincountryrealty.com

It's A New Year...

We really appreciate the time you spent with us this year.

Save 50¢

on any drink with this coupon
Expires 1/31/17
not valid with any other offers

ESPRESSO BARN

World Headquarters
1551 E. Main St • CG • 942-2926


2018

We hope the New Year takes you to new heights of happiness and success!
Thanks for making 2017 so much fun for us.

South Lane


Wheels

1450 Birch Avel Cottage Grove
541-942-0456 | southlanewheels.org



Wishing everyone a bright and healthy smile and fantastic New Year!

350 E. Washington
Cottage Grove, OR
541-942-7934
www.cgsmiles.com



For You:
Our Best Wishes

Happiness & Health. Peace & Prosperity.
Friendship & Fun.
We hope 2018 brings all the best to your table!



Magnolia Gardens

Assisted Living & Memory Care

1425 Daugherty St.
Cottage Grove
541-942-0054 | magnoliacampus.com



Have a Spectacular Year!

As another year looms on the horizon, we want to wish all our customers and friends a year filled with much success and lots of wonderful surprises. For all the good times we've shared, we are sincerely grateful and we thank you from the bottom of our hearts.



787 Bailey Hill Road, Eugene, OR 97402
541-484-1151
www.laneelectric.com