

Ten not-so-traditional health tips offered to go beyond exercise

Okay, so you're well versed in all the traditional guidelines for good health – watch your fat intake, exercise regularly, drink lots of water, maintain a healthy weight, keep your food portions under control, and so on. Well, here are a few effective, not-so-traditional tips to round out your repertoire:

1. Floss daily for more than oral hygiene. Believe it or not, individuals with gum disease are twice as likely to suffer from heart disease and have three times the risk of stroke. Periodontal disease can also increase the risk of certain respiratory infections, trigger premature delivery in pregnant women,

and interfere in blood sugar control among diabetics. Apparently poor oral hygiene allows unhealthy organisms to travel to other parts of the body where they can do harm. So boost your health quotient by flossing regularly!

2. Do volunteer work. A study at the University of Michigan found that individuals who did volunteer work increased their odds of living longer. The key, it seems, is to find one organization that you believe in and offer up to an hour of your time each week.

3. Socialize. Surround yourself with friends and family, and you may avoid catching a cold

this year. According to a study published in the "Journal of the American Medical Association", healthy adults with six or more types of social relationships, from family to neighbors to coworkers, are four times less likely to become sick than those with three or fewer types of social ties.

4. Eat a banana before bed. Magnesium and potassium-rich bananas can help you fall asleep faster. The carbohydrates stimulate production of serotonin, which makes you drowsy.

5. Use your brain! Individuals who keep their minds challenged are less likely to suffer from senility. Mental activities like reading, crossword puzzles, and balancing your checkbook, strengthen neuron paths.

6. Avoid drinking too much decaffeinated coffee. A study conducted at the University of Alabama at Birmingham found that older women who drank four or more cups of decaf coffee a day were more than twice as likely to develop rheumatoid arthritis.

7. Hug your pet – or some-

one else's. Animals can alleviate feelings of loneliness and isolation and help you to relax and release tension. Better yet, take a dog for a walk and get some aerobic exercise, too!

8. Get a massage. Human touch is healing! Tension slips away and stress hormones drop by 24 percent according to a study at the Touch Research Institute at the University of Miami.

9. Say thank you. Being appreciative elevates your mood and makes you less vulnerable to depression, according to research from Eastern Washington University in Cheney.

10. Protect your eyes. Eye-strain can cause everything from headaches to fatigue. Make sure work and reading areas are well lit and that you take regular breaks if you spend a good deal of time in front of a computer.

Certainly exercise tops the list of traditional health tips. Why not make it a family affair? It's never too late to start a healthy habit, but the younger kids are when they begin, the greater the chance that they'll

grow up to be healthy, active adults. Go for walks together, visit the zoo, explore the local park on your bikes, or put up a basketball hoop. Even if you just practice salsa moves, play twister, or toss a foam ball around the living room, you're still doing good things for your body. And by teaching your children that being active can be fun, they will want to participate – and continue participating!

Tuality offers Evening Chats

Overfed and Overweight: Health Concerns in American Kids will be the topic of a free, no registration required, discussion to be held February 22, 6-8:00 p.m., at Tuality Health Education Center, 3334 SE Eighth Ave, Hillsboro.

Recent studies have found that one out of four American children are overweight. What were once considered adult diseases are becoming increasingly common in children and adolescents.

Lauren Stillman-Smith, LC-SW, licensed clinical social worker and therapist with Tuality Healthcare, and nutrition specialist Jacqueline Abbott, Dr. P.H., CEDS, will hold an informative discussion on the problem. Parents will learn how they can help instill healthy eating habits in their children that will last a lifetime.

DEADLINE 2005 DOG LICENSE

Elizabeth E. Huser, Columbia County Clerk, reports that the deadline for licensing dogs in Columbia County* is

MARCH 7, 2005

You may mail your rabies vaccination certificate (if not on file in our office) along with the appropriate fee to Columbia County Clerk's Office, Courthouse, 230 Strand Street, St. Helens, OR 97051. Commercial and non-commercial kennel licenses are available. Contact Clerk's Office for information.

To All Columbia County* Dog Owners
\$10 Penalty after March 7, 2005

\$25 Penalty after April 4, 2005 (Without Citation)

\$50 PENALTY IF CITATION IS ISSUED

Dog License Fees are due on **ALL DOGS IN THE COUNTY*** with permanent teeth or that are six months of age in 2005.

*Does not apply to the City of St. Helens, which will handle dog licensing for residents within the city limits.

FEES ARE AS FOLLOWS:

On or Before March 7, 2005

REGULAR, NOT SPAYED OR NEUTERED.....\$30.00

DOG SPAYED OR NEUTERED.....\$12.00

SENIOR CITIZEN-DOG NOT SPAYED OR NEUTERED...\$15.00

SENIOR CITIZEN-DOG SPAYED OR NEUTERED.....\$5.00

(Senior Citizen is 65 Years or Older – 1 per Household)

REPLACEMENT TABS.....\$5.00

2005 APPLICATION FOR DOG LICENSE

Owner: _____

Residential Address: _____

Mailing Address: _____

_____ Zip: _____

2004 License No.: _____ Phone: _____

Dog's Name: _____

Breed: _____

Sex (Check one): Male _____ Female _____

Neutered: _____ Spayed: _____

A VALID (Good through Oct. 31, 2005) Rabies Vaccination Certificate MUST accompany this application or be ON FILE in the Courthouse, along with a spayed/neutered certificate if applicable.

WE WILL RETURN YOUR LICENSE AND DOG TAG TO YOU BY RETURN MAIL.

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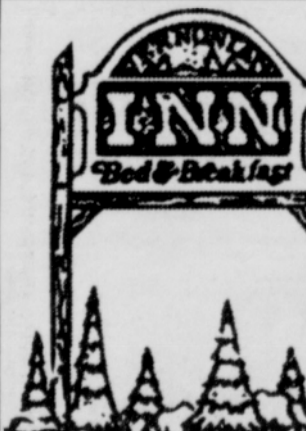
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Welcome Additions

Kylie Mariposa Everett



Kylie Mariposa Everett was born January 4, the first child of Ethan and Krystal Everett of Eugene. She weighed 7 pounds, 8 ounces and was 20 and a quarter inches long.

Grandparents are Gary and Janice Everett of Vernonia and Karl and Naomi Stevens of DeBorgia, Montana.

Great-grandparents include Tom and Lea Elkins of Central Point and Jayne Ashbrooke of Connersville, Indiana.