

Tips offered on finding ways to exercise and overcome barriers

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— step: as seen in aerobics videos

Muscle strengthening equipment

— resistance bands: for leg, arm, and back strengthening exercises

— free weights: work arms, back, chest, and shoulder muscles

— ankle weights: use during exercises to strengthen leg and hip muscles

Flexibility equipment

— stability ball: for abdominal strength and back stretches

— exercise mat: for floor stretches and crunches

— resistance bands: to help hold stretches

Problem: It's hard to get motivated

Solution: It can be difficult to start a workout once you are comfortably reading the newspaper or busy with a household project. So, plan to exercise before or in between other activities. Remember, this is your workout—your way to burn some calories, do your heart some good, and get energized.

Problem: You don't like your family watching you exercise

Solution: Find a private space if possible. Otherwise,

adjust your schedule to exercise when you're alone. Or close the doors and make the room you're in off-limits for a short time. (Don't worry—they'll get used to it.)

Problem: You don't know what exercises to do

Solution: There are thousands of exercise videos on the market that will guide you in short or long workouts. Try yoga, Pilates, kickboxing, or muscle toning videos. Lots of simple exercise equipment comes with instructions for different workouts. You can also find exercise ideas on the Internet. Or you can even hire a per-

sonal trainer to develop one or two short at-home workouts for you.

For the simplest, least expensive workout simply turn on some music and dance. Add

some marching in place, throw in some jumping jacks, high kicks, knee lifts, squats, sit-ups, push-ups, leg lifts, arm circles, and any other exercises you know.

How to deal with power outages

From page 10

use a 20-pound barbecue cylinder inside. Check the manufacturer's instructions for proper use and storage information.

To request a free copy of the CampSafe Coalition's propane products safety brochure, or for more information, visit www.campsafe.org;

contact Camp Safe at 888-226-7487; or write to P.O. Box 45002, Cleveland, OH, 44145. CampSafe is an organization dedicated to educating the public about the safe use of camping products, helping people avoid potentially dangerous situations.

Obituary

RICHARD "DICK" ARTHUR FISHER



Richard Arthur Fisher, 78, Forest Grove, died December 10, 2008. Funeral services were held December 15 at the Church of Jesus Christ of Latter Day Saints, in Forest Grove, with John Schneider conducting and President Robert Stoddard presiding. Interment was in Forest View Cemetery in Forest Grove.

Mr. Fisher was born December 18, 1929, in Portland, to Clifford David and Gloria Lorene (Rappé) Fisher. He was raised in Vernonia, graduating from Vernonia High School in 1947. He served in the U.S. Army in the Korean Conflict.

In 1949, he married Dorene M. Beckwith. They made their home in Newport until moving to Portland in 1951. In 1973, they moved to Gaston, then to Forest Grove in 2006. He worked in the Toledo Sawmill, then in the steel fabrication industry in Tigard for 38-1/2 years before retiring.

He was preceded in death by a son, David Allen; and a brother, James.

Survivors include his wife; three sons, Richard A. Jr. of Radford, Virginia, David of Aloha, and Daniel of Portland; a brother, Allen J. of Lake Havasu, Arizona; a sister, Nellie Kerr of Camano Island, Washington; nine grandchildren; two great-grandchildren; nieces and nephews.

Remembrances are suggested to the National Kidney Association of Oregon and Washington.

Fuiten, Rose & Hoyt Funeral Home in Forest Grove was in charge of

arrangements.

ROBERT EUGENE MCNAIR SR.



Robert Eugene McNair Sr., 81, Vernonia, died December 14, 2008. Funeral services were held December 31 at the Church of Jesus Christ of Latter Day Saints in Vernonia.

Mr. McNair was born April 25, 1927, in Trenton, Nebraska, to Lester R. and Gertrude (Jones) McNair. He graduated from Hillsboro High School in 1945. He served in the U.S. Navy and in the U.S. Army Air corp.

In 1951, he married Cleo May Lamping. They moved to Delta, Colorado where they farmed. They returned to Vernonia in 1959, where he worked in the logging industry. His wife died in 1963. In 1976, he married Nellie Blossom.

He was preceded in death by a son, Brian Lee; a daughter, Deborah Renee; and a brother, Richard.

Survivors include his wife; two sons, Bob and Bruce; one daughter, Becky; one step-son, Ted Blossom of Sherwood; one step-daughter, Diana Konaby of Rainy River, Canada; two sisters, Louise Dillow of Rifle, Colorado, and Sharon Rotter of San Diego, California; seven grandchildren; two great-grandchildren; nieces and nephews.

Remembrances are suggested to the Alzheimer's Research Foundation.

Fuiten, Rose & Hoyt Funeral Home in Forest Grove was in charge of arrangements.

LOLA MARIE MILLER



Lola Marie Miller, 71, Forest Grove, died December 18, 2008. A funeral mass was held December 23 at St. Anthony's Catholic Church in Forest Grove, followed by interment at Mountain View Memorial Gardens in Forest Grove.

Mrs. Miller was born October 17, 1937, in Belgrade, Nebraska, to Joseph and Sarah (Foland) Clark. She was raised in Hillsboro.

In 1955, she married Arthur Frank "Art" Miller. They made their home in Forest Grove. They owned and operated Arlo Electric from 1980 to 1995.

She was preceded in death by her husband.

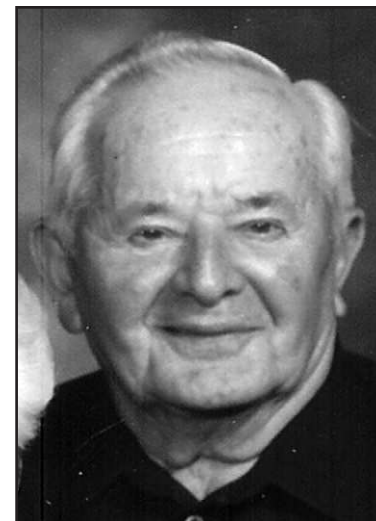
Survivors include two sons, Dan Miller and Les Miller, both of Forest Grove; a daughter, Lena Burkhardt of Forest Grove; two brothers, Dale Clark of Hillsboro and Ed Clark of Banks; a sister, Marjorie Simonds of Bend; six grandchildren.

Remembrances are suggested to the Alzheimers Research Fund of the American Lung Association.

Fuiten, Rose & Hoyt Funeral Home in Forest Grove was in charge of arrangements.

FRANK ANGELO SERAFIN

Frank Angelo Serafin, 97, Vernonia, died December 16, 2008. A celebration of life will be held on Saturday, January



Frank A. Serafin

17, at 1:00 p.m. at the Vernonia Community Church with Pastor Grant Williams officiating, followed by a reception at the church. Private interment rites will be held at Forest View Cemetery in Forest Grove.

Mr. Serafin was born September 8, 1911, in St. Helens, to Peter and Brigida (Nina) Marin Serafin. He was raised in Trenholm.

In 1948, he married Elizabeth Rachel "Liz" Beeler. They made their home in St. Helens, later moving to the family farm outside of Trenholm. They moved to Vernonia in 1950. He worked

for Clark and Willson from 1927 to 1933, then for St. Helens Ice and Beverage until 1943. After working in Naval construction in Kodiak, Alaska, he started building roads for Crown Zellerbach. He started his own contract logging business, F&E Logging, in 1952. His son, David, joined him as a partner in 1971, and they operated it until 1991.

He was preceded in death by his wife; son, David; one brother, John; two sisters, Marie Hawkins and Yola Felton; and a grandson.

Survivors include his daughter, Vicky Crowston of Vernonia; a brother, Louie of Tigard; a sister, Angelina "Babe" Moore of Hillsboro; five grandchildren; nieces and nephews.

Remembrances are suggested to Hospice of Washington County, or Haven House Adult Foster Home in Forest Grove.

Fuiten, Rose & Hoyt Funeral Home in Vernonia is in charge of arrangements.

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