



Illinois Valley team members during warm up Nov. 16; (from left) Robert Parsons, Garrett Fisher, Lukas Reynolds, Chad Tardie, Jacob Nichols, Jesse Swift, Jacob Ellis, and Doug Hoskins. (Photo by Dale & Elaine Sandberg for IVN)



Larry Ragsdale (#34) and Eric McConico (#4, right) struggle to bring down a Spartan attack. (Jennifer Newsted photo)



Ragsdale (left) in a defensive situation; and (above) heading for I.V.'s sole TD. (Photos by Jennifer Newsted, and Dale & Elaine Sandberg for IVN)

Cutting risks can reduce heart disease

Here's some news to take to heart: Experts say that more than 70 million Americans currently live with a cardiovascular disease.

And coronary heart disease is a leading cause of premature, permanent disability in the U.S. workforce.

Fortunately, there are practical steps that can be taken to reduce the health threat posed by heart disease.

According to the Centers for Disease Control and Prevention, much of the burden of heart disease and stroke could be eliminated by reducing major risk factors: high blood pressure, high blood cholesterol, tobacco use, diabetes, physical inactivity and poor nutrition.

For example, studies suggest a 10 percent decrease in total cholesterol levels may reduce the development of

coronary heart disease by as much as 30 percent.

Twenty-five years ago, the treatment for heart attacks was simply bed rest. Today, there are medicines that can stop a heart attack in mid-stream, as well as other high-tech treatments.

And more good news is on the way. According to a survey by the Pharmaceutical Research and Manufacturers of America (PhRMA), there are 146 new medicines currently in development to treat heart disease and strokes.

To help Americans obtain the information they need to fight heart disease and strokes, PhRMA has launched a new multimedia national health education campaign.

"Coronary vascular disease affects one in every three Americans and is the number-

one killer according to the American Heart Association," said PhRMA. "It's important for patients to know that there are steps they can take today that can reduce their chances of developing these killer diseases tomorrow."

PhRMA's public service health information campaign stresses the importance of consulting with health-care providers, as well as visiting helpful Websites that provide information on preventing and treating coronary disease.

"PhRMA members and their scientists want to help Americans find answers to their questions about heart disease and strokes," said the organization.

To learn more, visit www.phrma.org and www.innovation.org.

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(NAPSA)

Fire signs up?

Do you have an address sign so emergency responders can find you?

Don't play hide-and-seek when you need help, said Illinois Valley Fire District (IVFD).

And it's important to trim branches along your driveway 14 feet high and 14 feet wide for fire trucks.

Thin 15 feet on both sides of driveways so you can get out, and IVFD can get in if there's a fire.

OLCC worries about caffeine bevs

There's concern over a new wrinkle in caffeine energy beverages – alcohol-based energy drinks in similar-looking containers that may be attractive to minors.

The Oregon Liquor Control Commission (OLCC) has joined state attorneys general, the Oregon Partnership, other moderation groups and parents in expressing unease.

OLCC is alerting licensees and parents to ensure that these alcohol energy drinks aren't winding up in the wrong hands. And, during routine compliance visits, OLCC inspectors will check to see if clerks are asking customers for ID on these products.

According to California's Marin Institute, 31 percent of 12- to 17-year-olds and 34 percent of 18- to 24-year-olds regularly consume energy beverages. Producers of alcohol energy drinks such as Rock Star, Sparks and Tilt capitalize on this popularity in their marketing – including using look-alike cans, says the Institute.

For instance, the Rock Star brand has nonalcohol and alcohol-based energy drinks in cans which are quite similar in appearance.

"Alcohol energy beverages are legal for adults, but some of the packaging can be confusing and that's what bothers us," said Steve Pharo, OLCC executive director. "Parents can't easily tell the

difference between regular and alcohol energy drinks, and some store clerks have even placed the products alongside their nonalcoholic counterparts."

There are also health concerns about young people, and the high doses of caffeine

bringing on anxiety and panic attacks, increasing blood pressure – and masking the intoxicating effects of alcohol, which may increase risk-taking, said OLCC.

The California-based Marin Institute's Website is at www.marininstitute.org.

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