

Workout Tips to Keep You Cool in Hot Weather

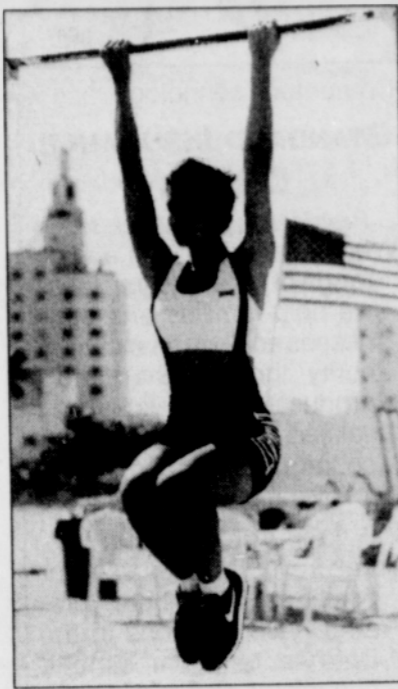
(NU) - Running, cycling, in-line skating - physical fitness is a national obsession. The struggle to stay in shape has made a regular exercise program a top priority for many Americans. A blast of sweltering weather isn't enough to keep aficionados from their daily routines, but when the mercury soars, appreciating the effects of heat on your body and knowing how best to mitigate them, can enhance your performance and preserve your health.

Selecting the proper garb is a key factor in keeping your cool during rigorous activity. With all the high-tech materials now on the market, which should you choose? A recent survey in Sportswear International, a fashion trade publication, reveals that 79 percent of consumers polled indicate they prefer active wear made of cotton as opposed to other fibers. The reason? In a word, comfort.

"If you're concerned about becoming overheated, the last thing you want to do is don a synthetic garment that doesn't breathe and doesn't absorb," says Wolfgang Strahl, senior vice president of textile research and implementation for Cotton Inc., the fiber company of U.S. cotton growers. "That's tantamount to wearing a rubber suit to work out in."

Strahl points out that perspiration is nature's safeguard against extremely high temperatures. Under hot, humid conditions, synthetic fabrics increase sweating but trap moisture. Clogged sweat ducts make you prone to developing rashes and other skin irritations. Because of its unique structure, cotton transports moisture through the interior of the fiber to the garment surface where it evaporates. It also allows the movement of air across the skin, promoting cooling.

"In the summer, I see many people with fungal infections, prickly heat and other forms of dermatitis,"



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says Dr. Tina Alster, assistant clinical professor of Dermatology at Georgetown University.

Alster affirms such maladies are often brought on or exacerbated by inappropriate apparel. "I recommend cotton athletic gear for all my patients and wear it myself whenever I work out. Cotton is far less likely to cause itchy skin conditions."

To avoid discomfort, Alster advises you never to put on anything damp, always wear clean, dry clothing, shower after exercise and launder garments in a fragrance-free detergent. Other preventative measures include restricting outdoor activity to the early morning or late afternoon hours, drinking plenty of water to replace lost body fluids and taking periodic rests.

Miami Heats Up In New Novel From Mira Books

(NU) - "Slow Burn," the latest novel from Heather Graham Pozzessere, New York Times' best-selling author of women's fiction, is sure to heat up the fall.

Published in October, "Slow Burn" is an action-packed story of romantic suspense from one of Mira Books' top authors. The reader is invited to follow hero and heroine from the pinnacle of Miami society to the dangerous underbelly of the city.

The story opens as Spencer Huntington is trying to cope with the murder of her husband, Miami cop and would-be politician Danny Huntington. Spencer demands answers from the one man who should have them all: David Delgado, ex-cop turned investigator, her husband's former partner, best friend and the man she has always secretly loved.

David quickly realizes why Spencer's name was the last word Danny uttered: She is in danger. After several attempts on her life, David moves into her house to watch her every move and the two are drawn together.

As their lives become a tangle of passion and torment, the secrets and desperate schemes of the unknown killer smolder around them. The investigation draws the reader into a world of intrigue and uncertainty, haves and have-nots, cults, and the Cuban Mafia.

As a final, desperate attempt on Spencer's life is thwarted, the reader learns that the danger has come from a most unlikely source.

GOOD DEEDS

Information Through the Mail

- Have you discovered a law of life derived from any religious tradition or personal experience? John Marks Templeton invites you to send him a law of life accompanied by an essay of 500 to 600 words about it. If the law is included in a later edition of his book, "Discovering the Laws of Life," you will receive \$200. Send submissions to the John Templeton Foundation, Dept. NU, P.O. Box 1040, Bryn Mawr, PA 19010-0918.

- 3M offers an around-the-house safety checklist. Send a self-addressed, stamped, business envelope to Safety, 3M, Dept. PR, 530 Fifth Ave., New York, NY 10036.

- The Hands On Science Outreach program emphasizes discovery and trying to figure out how things work for children from pre-kindergarten through 6th grade. For information, write to Hands On Science Outreach Inc., 4910 Macon Road, Rockville, MD 20852.

LAWS OF LIFE



Be a Giver, Not a Taker

By John Marks Templeton

(NU) - "If you want to get more out of life, you have to give more to life." Sounds like a contradiction, doesn't it?

Getting ahead has become an obsession for many people who believe that a satisfying life comes from acquiring and holding on to great wealth.

Yet many of the world's most successful and influential people have proven otherwise. They seek and experience a greater reward in giving of their wealth than in getting it. Robert Dedman, a lawyer who has contributed \$40 million to charity and vows to give away at least one-third of his estimated \$500 million before he dies, said in a 1986 interview in Town & Country magazine: "The more you give, the more you live."

It is through giving, not getting, that you can exert a positive force for good. Giving makes you a magnet for success.

Each species has to exist in a natural state of giving and receiving; otherwise, it creates unbalance in its environment, even to the point of extinction. A South American species of parasitic vine sustains itself by attaching to a certain kind of fig tree. The fig tree's nourishing elements are gradually diverted to the vine and the vine literally strangles the

life out of its host, because it takes but gives nothing in return. Once the fig tree dies, the parasitic vine must die.

Almost everyone prefers the company of givers over takers. Givers are a pleasure to be with because they help to establish an environment that blesses and enriches relationships.

The more you give to life, the more you will get back. This is a universal law that will go a long way toward creating in you an inner life that is well-balanced, prosperous, happy and fulfilled.

John Marks Templeton, one of the world's pre-eminent global investors and founder of the Templeton Prize for Progress in Religion, is the author of "Discovering the Laws of Life" (Continuum, 1-800-937-5557). He invites readers to send him a law of life they have discovered, accompanied by an essay of 500 to 600 words about it. The law may be derived from any religious tradition - Christian, Jewish, Muslim, Hindu, Buddhist or personal experience.

If the law is included in a later edition of the book, Templeton will pay the originator \$200. Send submissions to the John Templeton Foundation, Dept. NU, P.O. Box 1040, Bryn Mawr, PA 19010-0918.



FAMILY SPOTLIGHT

The First Lesson Of the School Year

By Father Val Peter
Boys Town

(NU) - The first lesson we need to learn as we begin the school year is this: We have to stop quitting. I see so many boys and girls at Boys Town who have quit. They say their lives are filled with failures. They say their failures keep them from winning, from learning, from success.

This is simply not so. It is not our failures that keep us from winning. It is a reaction to our failures.

There is a poem called "The Quitter," and its first verse is this:

*It ain't the failures you may meet
That keep you and me from winning,
It's discouragement quite complete
That blocks a new beginning.*

That's right. We feel discouraged or disappointed. And that is a reaction to failure and it keeps us from winning.

*You want to quit a-laying down,
And say that hope is over,
Because the fields are bare and brown
Where once we lived in clover.*

That's right. We feel angry, and that's a reaction to failure. The failures in our lives. That anger keeps us from winning. We feel resentment,

and that is a reaction to failure, and it makes us say life is no good.

*Although the game seems rather stiff,
Don't be a doleful doubter,
There's always one more inning if
You're not a down and outer.*

Reaction to failure and troubles needs to be this: I'll ask for help. I'll accept the hand offered in help. I'll learn things in school this year. I'll dream a dream.

*But fortune's pretty sure to flee
From folks content with sitting
Around and saying life's no good
You've got to quit your quitting.*

Good things can come to you as we begin this new school year. It's a time for hope. It's a time for putting aside disappointment from past school years. It's a time for putting aside resentment. It's a time for learning not to be a quitter.

Father Peter is executive director of Boys Town, the famous home for troubled boys and girls in Boys Town, Neb., and in California, New York, Louisiana, Texas, Florida, Nevada, Rhode Island, Iowa, Philadelphia and Washington, D.C.

The Portland Observer

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Friends Of Zoo Host "Night On The Nile"

Friends of the Washington Park Zoo will host the fourth annual Zoo Gala, "Night on the Nile," Saturday, September 17, at the Metro Washington Park Zoo.

The event kicks off at the Zoo at 6:00pm with cocktails, hors

d'oeuvres, harem dancers and behind-the-scenes animal tours. Dinner begins at 7:30pm with an elegant meal prepared by the Oregon Culinary Olympic Team.

Following dinner, guests will enjoy a special performance by the Oregon Ballet Theatre, dancing to the music of Night Flight and charitable gambling. The winner of the Don Rasmussen Land Rover Discovery raffle will be announced and prizes will be awarded to the big casino winners.

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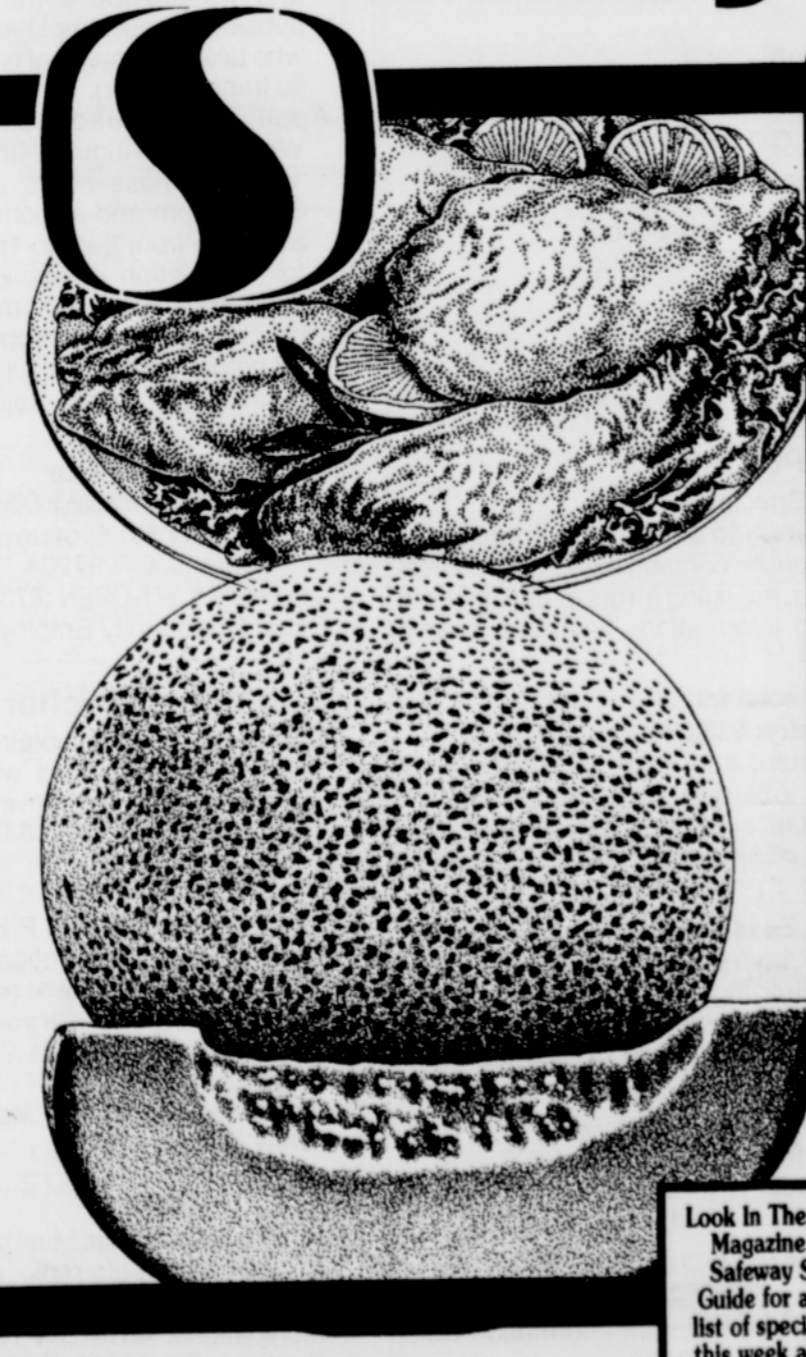
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