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Get relief from heat

Thirsty? Then your body is on its way to becoming dehydrated. The average adult has between 10 and 12 gallons of water in his or her body -- accounting for 50 percent of body weight.

That water plays a critical role in nearly every bodily process. And being a quart or two low can impact how you feel.

"Water is needed by virtually every muscle or tissue cell," said David Brennan, an exercise physiologist at Baylor College of Medicine in Houston. "Regulating body temperature is one of the most important roles water plays in the body. Without a plentiful supply of water, the body can have a difficult time maintaining a normal temperature."

Nearly everything you do during the day -- including typing, talking, walking, and even eating -- requires energy. That energy, in turn, generates heat, which escapes the body through perspiration. Perspiration is the mechanism that keeps the body cool.

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Observing Vancouver Program tapped for honor

Vancouver's Tapping the Talents of Teens program won an Honorable Mention Award from the Association of Washington Cities during its 1997 Municipal Achievement Awards.

There were only two awards given in the "Over 40,000 population" category - winner and honorable mention.

Talents of Teens is beginning

its fourth year as a youth program coordinated by the city's Office of Neighborhoods. The concept grew from the desire to connect youth and adults in a meaningful way and to curb the growing isolation of teens from their neighborhoods and community.

The program uses the gifts and talents of young people and helps them grow into stewards of the com-

munity. Middle and high school aged youth from throughout the city and Clark County are encouraged to develop community-building projects of their own design.

The leaders involved must meet the following objectives: involve youth in drug-free activities, provide youth access to resources, appreciate their unique individual talents and encourage bonding with supportive adults.

Freedom from fat to start

Vancouver's popular "Freedom from fat" class will start Aug. 26 at noon in City Hall and 6 p.m. at Bagley Center, 4100 Plomondon. The class lasts 16 weeks and is

designed to teach healthful eating patterns and positive behavioral changes.

The classes are taught by a South-west ashinton Medical Center dieti-

tion, a certified fitness expert and licensed counselor.

The fee is \$100 or \$85 for city residents. To register call (206) 696-8075.

Grant Supports Snack Program

The Vancouver-Clark parks and Recreation Youth Services Program received a \$5,000 grant from the Soroptimist International of Vancouver to fund the Kids First! after school snack program.

The free program provides elementary students at seven schools with a healthy snack and activities

after school.

Students at the following elementary schools will have a Kids First! program at the start of the school year:

Roosevelt Elementary, 2921 Falk Rd.
King Elementary, 4801 Idaho St.
Fruit Valley Elementary, 3301

Fruit Valley Rd.

Washington Elementary, 2908 S. St.

Hough Elementary, 1900 Daniels

Image Elementary, 4400 NE 122 Ave.

Burnt Bridge Creek Elementary, 14619-A NE 49th St.

Pump problems threaten Park Hill lawn

The Green rolling lawns of the city's Park Hill Cemetery were facing a brown-out when the cemetery's irrigation pump failed.

After the pump broke, city staff from the parks, fire and public works department patched together a temporary watering system using the fire hydrants as water source. The temporary system will keep the cemetery lawn in the best possible condition.

The lush grounds at the 51-acre cemetery near Mill Plain Boulevard and Devine Road are usually keep green with the aid of a submersible pump in a well at the park site. A high sand content caused the pump to fail.


"This was a creative solution under difficult circumstances," says Dan George, urban parks manager.

Repairs to the pump are expected to take at least a month.

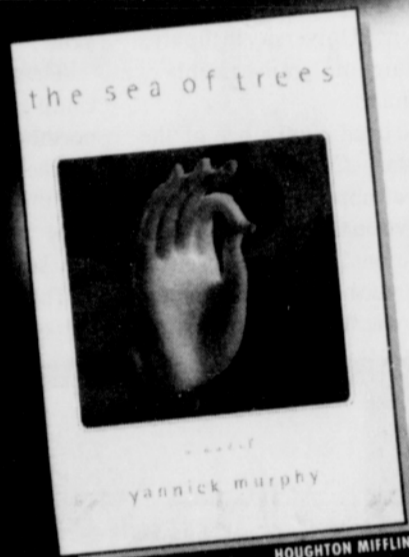
Grant Aids Meals on Wheels Program

The countywide meals on wheels program received a \$2,500 grant from Soroptimist International of Vancouver to help the program provide reimbursement to the Meals on wheels volunteer drivers for their delivery costs.

The Meals on Wheels program is sponsored by the Vancouver-Clark Parks and Recreation Department and depends solely on volunteers to deliver meals to homebound, elderly people.



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In a voice that rings with the startling frankness of youth, Yannick Murphy's novel, *The Sea of Trees*, combines imagery both raw and beautiful. Based on stories from the author's own family history and laced with Chinese folklore, it adds a distinctly female contour to the map of empire explored by writers like Graham Greene and Robert Stone.

THE KOREAN AMERICAN ASSOCIATION OF OREGON

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