

Clean Air Plan Adopted

Dr. Algie Gatewood, president of Portland Community College, Cascade Campus and member of the Oregon Solutions Project, opens a news conference June 20 to announce a voluntary plan to reduce diesel emissions to improve local air quality, helping people suffering from asthma and other health related problems. The effort, led by Gov. Ted Kulongoski, got agreements from private and public entities to reduce diesel emissions from heavy onroad, rail and marine traffic as well as from off-road construction equipment. It includes the use of cleaner fuels and add-on control devices and idle reduction

Cool Down Tips to Survive Hot Weather

Eldery, disabled most at risk

90 degrees, older adults and persons with disabilities are parnausea, shortness of breath, ing the hot weather. mental confusion, throbbing According to Aging and Dis- library, or take a trip to the symptoms, or if those sympheadaches, vomiting, and ability Services' Paul mall. toms significantly affect the cramping.

Ask Deanna!

I lost weight and now I have a new

attitude, a new hairstyle and new

outlook on life. All of my friends

who should be happy for me are

about me behind my back. I noticed

they never had a problem when I

was the fat chick in the group but

now that I'm smaller than they are,

it's a problem. I didn't have a boy-

friend, never smiled or was happy

but now I feel good and want my

friends to be the same. -- New Skinny

Plain and simple your friends are

Girl; Las Vegas, Nev.

Dear Skinny:

Dear Deanna!

Real People,

Real Advice

An advice

column

known for

reality based

subjects!

As temperatures rise above diabetes, and circulatory and and so it is critical that somerespiratory problems.

Officials at Multnomah ticularly at risk for heat stroke County's Aging and Disability and heat exhaustion. Symptoms Services Division urge family may range from generalized members and neighbors to weakness and fatigue to dizzi- check on their elderly or disness, rapid heartbeat, diarrhea, abled friends and relatives dur- possible; older adults can visit health provider if you experi-

Iarrobino, "People affected by

on his relationship? -- Michael;

Yes blood is thicker than water but

bliss sometimes is better than broth-

erhood. Let your brother sow his

wild oats in peace. If you were the

one in a relationship you would

understand the happiness during

the honeymoon phase of dating.

Support your brother and get to

know his girlfriend because if their

love grows, she'll be your new sis-

ter-in-law and you'll never win this

battle or any others. In other words,

I want to respond to the advice you

gave Anonymous in Seattle whose

sister lets her children listen to rap

music. I think it was wrong for you

to call her ignorant. That was very

rude and insensitive. Rap music is

fine for all ages and children should

be able to listen to it as long as the

Dear Michael:

Hot weather can place a dan- the heat may not recognize weight clothing; if going out, one check on them."

> Some tips for combating the exposure to the sun. heat include keeping air circu-

Wear loose-fitting, light- ability to care for yourself.

hardcore rap music is okay if you

want your children to grow up im-

pressed by women dropping it like

it's hot or guys being gang bangers.

Your children apparently are still

young and haven't had the opportu-

nity to become destructive but if

gerous strain on the heart, and they have a problem. Many wear a hat, drink water often, can exacerbate other medical senior and disabled folks live don't wait to get "thirsty." Avoid conditions such as hypertension, alone, may not get out much, coffee, tea, and alcohol. Avoid hot food and heavy meals and limit physical activity and direct

Check with your health care lating with fans; taking cool provider about how the warm sponge baths; going to an air weather may affect your preconditioned building whenever scription drugs. Contact your their local senior center, the ence prolonged heat-related

out and pull your hair from the roots.

Ask Deanna is written by Deanna

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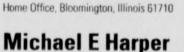
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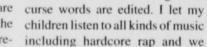
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jealous, treating me bad and talking if he's not being mistreated, mind

jealous because you're getting the attention. Your weight loss has revealed them as the insecure skinny biddies they've always been. You never saw this side of them be-Dear Althea: cause they were comfortable with you as the fatty so you were not any competition to them. Enjoy your new life and if your friends can't see that you're the same person then

it's their loss and you need to keep

smiling and keep it moving.

Dear Deanna!

I'm complaining about my brother I've lost due to a relationship. He's been dating this girl for a few months and she pulls him by the nose. He does everything she says, ignores the family and tries to be something he's not in order to please her. It's annoying because if I want him to hang out, he says it causes arguments with his girlfriend. How do I let my brother know that blood is thicker than water and he needs to loosen up

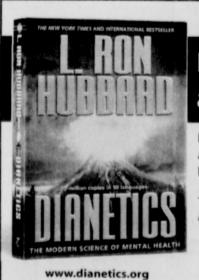
haven't had any problems. Althea; Columbia, S.C.

your business.

Dear Deanna:

You fell and bumped your head and

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