



## 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 on-road, 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 strategies.

## Cool Down Tips to Survive Hot Weather

### Eldery, disabled most at risk

As temperatures rise above 90 degrees, older adults and persons with disabilities are particularly at risk for heat stroke and heat exhaustion. Symptoms may range from generalized weakness and fatigue to dizziness, rapid heartbeat, diarrhea, nausea, shortness of breath, mental confusion, throbbing headaches, vomiting, and cramping.

Hot weather can place a dangerous strain on the heart, and can exacerbate other medical conditions such as hypertension, diabetes, and circulatory and respiratory problems.

Officials at Multnomah County's Aging and Disability Services Division urge family members and neighbors to check on their elderly or disabled friends and relatives during the hot weather.

According to Aging and Disability Services' Paul Iarrobino, "People affected by

the heat may not recognize they have a problem. Many senior and disabled folks live alone, may not get out much, and so it is critical that someone check on them."

Some tips for combating the heat include keeping air circulating with fans; taking cool sponge baths; going to an air conditioned building whenever possible; older adults can visit their local senior center, the library, or take a trip to the mall.

Wear loose-fitting, light-

weight clothing; if going out, wear a hat, drink water often, don't wait to get "thirsty." Avoid coffee, tea, and alcohol. Avoid hot food and heavy meals and limit physical activity and direct exposure to the sun.

Check with your health care provider about how the warm weather may affect your prescription drugs. Contact your health provider if you experience prolonged heat-related symptoms, or if those symptoms significantly affect the ability to care for yourself.

### Ask Deanna!



Real People, Real Advice

An advice column known for reality based subjects!

#### Dear 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 jealous, treating me bad and talking 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 boyfriend, never smiled or was happy but now I feel good and want my friends to be the same. --New Skinny Girl; Las Vegas, Nev.

#### Dear Skinny:

Plain and simple your friends are 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 because 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

on his relationship? --Michael; Denver

#### Dear Michael:

Yes blood is thicker than water but bliss sometimes is better than brotherhood. 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 sister-in-law and you'll never win this battle or any others. In other words, if he's not being mistreated, mind your business.

#### Dear Deanna:

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 curse words are edited. I let my children listen to all kinds of music including hardcore rap and we haven't had any problems. --Althea; Columbia, S.C.

#### Dear Althea:

You fell and bumped your head and

I hope you had a nice trip. Of course hardcore rap music is okay if you want your children to grow up impressed by women dropping it like it's hot or guys being gang bangers. Your children apparently are still young and haven't had the opportunity to become destructive but if they ever do, they'll have good old

mom to thank as you cry your eyes out and pull your hair from the roots.

Ask Deanna is written by Deanna M. Write Ask Deanna! Email: askdeanna1@yahoo.com or 264 S. LaCienega Blvd. Suite 1283 Beverly Hills, CA 90211. Website: www.askdeanna.com

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