



Congratulations

Shay Washington
&
Jeffery Ta

for your twins
Jayden & Alayah

Have you seen me?

Missing and Exploited Children
1-800-THE-LOST

Endangered-Missing



DEREKDYER
Current Age: 9



KADYDYER
Current Age: 8



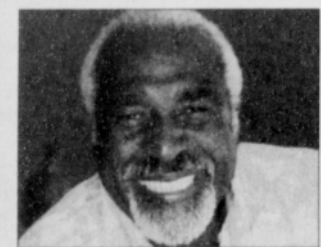
KATRINADYER
Current Age: 29

Date Missing: Sept. 22, 2007
Missing From: Yuba City, CA

Derek and Kady may be in the company of their non-custodial mother, Katrina Dyer and an unknown adult male. Police believe the children's hair has been dyed to a darker color. Katrina may be using the alias last name Brammer; she has tattoos on her lower back and ankle.

If you have any information please contact:
The National Center for Missing and Exploited Children
1-800-THE-LOST (1-800-843-5678)

This public service announcement provided
by the Portland Observer Newspaper.



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DENTURIST

503-230-0207

1020 NE 2nd Ave., Suite 205
Off MLK on NE Multnomah

Free parking

Portland, Oregon
6:08 a.m.



The Red Cross is here. A local family was still asleep when a forgotten candle ignited a curtain. They lost everything. But thanks to a Red Cross volunteer — who provided them with clothes, food, and a place to stay — they didn't lose hope. Every 36 hours Red Cross volunteers respond to disasters right here at home. To help. To comfort. To join them, visit redcross-pdx.org.



**American
Red Cross**
Oregon Trail Chapter

HEALTH MATTERS

Replacing Fast Food with Healthy Meals

Schools lead obesity fight

(AP) — Educators and health officials have stepped up their fight against obesity in US schools by trying to replace greasy fast food with healthy meals, and are seeing small but encouraging results.

Nearly 13 million children and adolescents in the United States are overweight, a particularly worrying segment of an overall epidemic in a country where 200 million people, or two-thirds of the population, are overweight or obese.

Fast food, television, soft drinks and a sedentary lifestyle are seen as the main culprits of childhood obesity, and schools — in the absence of action on the part of families — are beginning to take a stand.

"I like to believe we are in the early stages of a social movement and there have been exceptional



A high-school student buys a soft drink from a vending machine. Educators and health officials have stepped up their fight against obesity by trying to replace fast food with healthy meals. (AP photo)

changes in what schools are doing in nutrition," said William Dietz from the Centers for Disease Control and Prevention.

A recent CDC study shows that the share of school cafeterias offering their students French fries as the only vegetable item on their

menus has dropped from 40 percent in 2000 to 18.8 percent in 2006.

The CDC finances anti-obesity school programs in 23 states, and has seen some positive signs begin to emerge.

In Arkansas, schools have been taking a measurement of their stu-

dents' body mass for the past three years and have started sending parents letters that warn if their child is obese.

The combined bans on junk food in cafeterias and soda drinks in vending machines, as well as a greater emphasis on sports, have paid a dividend: obesity among students in Arkansas has stabilized and even went down slightly — from 20.9 percent in 2004 to 20.6 percent in 2007.

A similar program in Texas, close to El Paso, has helped reduce the percentage of children with weight problems from 25.8 percent in 2002 to 23.4 percent in 2005.

But schools cannot offer all the solutions because American children spend only 19.5 percent of their time at school, if vacations and weekends are factored in.

Karen Young, medical director for the Pediatric Fitness Clinic at Arkansas Children's Hospital believes the government should forbid advertising of junk food for children.

HEALTH WATCH

Women and Epilepsy -- Monday, Nov. 5, from 6:30 to 8:30 p.m., explore the unique needs of women diagnosed with epilepsy at a free seminar. For details, call 503-216-7128.

Surgical Treatment of Epilepsy -- Monday, Nov. 19, from 6:30 to 8:30 p.m., medical experts will be discussing various types of epilepsy surgeries and the criteria for surgery candidates at a free seminar. For details, call 503-216-7128.

Communication Strategies for Couples -- Monday, Nov. 5, from 6 to 8 p.m., enhance your relationship through communication and listening skills, learn problem solving and compromise techniques (\$25 per couple). To register, call 503-335-3500.

Body Basics -- This physician-recommended class is appropriate for all ages and health conditions. Plan to attend one session and learn safe exercise guidelines, including stretching; for scheduling and registration call 503-256-4000.

Doernbecher Children's Hospital -- Saturday, Nov. 3, from 10 a.m. to 4 p.m., Shopping Extravaganza at the Woodburn Company Store, event includes a fashion show, food and more. Call 503-939-8558 for details.

Nutritional Seminars -- New Season's Market is presenting a series of nutritional seminars at various store locations along with a nutritional help line. For information, email aksthenutritionist@newseasonsmarket.com.

Infant CPR -- Wednesday, Nov. 7, from 6:30 to 8 p.m., learn basic infant safety and life support. To register, call 503-256-4000.

Senior Aerobics -- A low-impact workout geared specifically toward seniors; call 503-449-0783 for current schedule.

New Light on Winter Depression -- Wednesday, Nov. 28, from 6:30 to 7:30 p.m., this free seminar discusses the cause and effect of seasonal affective disorder (SAD) with an

informative look at the healing power of light. Call 503-256-4000 to register.

Vegetarian Starter Kit -- Healthy vegetarian eating made easier with informational resources, samples, coupons and delicious recipes. Kits are \$7.50 each (includes shipping). To order, call 503-256-4000.

Cardiac-Rehab Exercise Classes -- A medically supervised exercise program for people dealing with heart conditions. For more information, call 503-251-6260.

Coping with the Holidays -- Thursday, Nov. 8, from 7 to 8:30 p.m., the holiday season can be overwhelming after the loss of a loved one. Explore ways to bring some happiness into the upcoming holidays during a free grief-support class. To register, call 503-335-3500.

Leg Alert Screening -- Check for peripheral arterial disease with this safe, simple screening using ankle and arm blood pressure. The fee is \$40. To schedule an appointment, call 503-251-6137.

Osteoporosis Screening -- An ultrasound bone-density screening with personalized education; fee \$30. To schedule an appointment, call 503-261-6611.

Stroke Alert Screening -- Check your carotid arteries with a painless ultrasound to assess your risk; fee \$40. To schedule a screening, call 503-251-6137.

Rock Against Diabetes -- Saturday, Nov. 10, from noon to 10 p.m., the Kennedy School, 5736 N.E. 33rd, will host the concert to benefit Juvenile Diabetes Research foundation; \$20 donation at the door. Visit rockagainstdiabetes.net to learn more.

Why Am I So Tired: Women and Fatigue -- Tuesday, Nov. 13, from 7 to 8:30 p.m., experts will be discussing ways for women to combat fatigue and what maybe causing it; to register call 503-574-6595.

Cervical and Breast Cancer Screening -- Beginning Friday, Nov. 16, from 4 to 8 p.m.,

women with or without insurance are eligible for this free screening program to promote early detection and healthier living. To schedule an appointment (required), call 503-346-1212.

Parenting Classes -- Newborns don't come with instruction manuals but parents and parents-to-be can learn about a variety of topics from pain and childbirth to breastfeeding to infant CPR and much more. For a schedule of events, call 503-574-6595 or visit: providence.org/classes.

Cancer Resource Center -- Providence St. Vincent Medical Center and the American Red Cross have joined forces to create the first in-hospital resource center providing books, printed material, computer access and more for individuals and families dealing with cancer. The center is open Monday through Thursday, 9 a.m. to 4 p.m.

Aerobics and More -- For a healthy body, you need a complete body workout; including aerobics, Pilates and more designed for all ages. Call Cathey at Adventist Medical Center, 503-449-4000, for a schedule.

Free Body Basics -- This physician-recommended class is appropriate for all ages and health conditions. Plan to attend this one-session class and learn the simple guidelines for safe exercises, including stretching. Call 503-256-4000 to register.

Bereavement Support -- A bereavement support group meets each second and fourth Tuesday, from 10 to 11:30 a.m. To learn more, call 503-251-6192, extension 5670.

Better Breathers -- An asthma educational support group meets on the first Tuesday of the month from 1:15 to 2:45 p.m. at Adventist Medical Center. For more information, call 503-251-6830.

Chronic Pain Support Group -- meets the first Wednesday from 4 to 5:30 p.m. and the third Wednesday of each month, from 7 to 8:30 p.m. For more information call 503-256-4000.

More Toys with Excessive Lead

Retailers step up testing

A slew of products made in China ranging from children's jewelry to cake decorations have been added to a growing list of recalled toys because they contain excessive amounts of lead.

The recall of roughly 665,000 items announced Thursday by the Consumer Product Safety Commission includes about 38,000 Go Diego Go Animal Rescue Boats from Mattel Inc's Fisher-Price division.

Also recalled were about 142,000 Halloween pails sold at Family Dollar Stores Inc from August through October. The CPSC said green paint on the pails contains amounts of lead that violate U.S. standards for lead paint.

More than 20 million toys made in China were recalled worldwide over the past four months due to potentially dangerous levels of lead and hazards posed by small magnets that can be swallowed.

Retailers and manufacturers have stepped up product testing, which some companies have said should result in more recalls as they try to clear problematic items off shelves and out of warehouses.

Dollar Tree Stores Inc is recalling about 198,000 units of Beary Cute, Expressions, and Sassy & Chic children's jewelry with item numbers 855589, 873091, 873097 and 903950.

The jewelry, which the CPSC said contains high levels of lead, was sold at Dollar Tree, Dollar Bills, Dollar Express, Greenbacks and Only \$1 stores from December 2005 through July.

High levels of lead have been linked to brain damage in children and other health problems.

Here is a list of other product recalls announced on Thursday by the CPSC:

-- DecoPac Inc is recalling about 80,000 plastic miniature football bobble heads with green bases that were sold to be placed on cakes because of too much lead in paint on the decoration. The items were sold at bakeries and ice cream stores from January 2006 through October.

-- Jo-Ann Stores Inc is expanding the recall of children's toy garden tools because of excessive lead in surface paint. The products were sold at Jo-Ann Fabric and Craft Stores from January through September.

-- WeGlow International is recalling about 110,000 children's flashing rings sold in Shrek the Third and Spider-Man 3 designs. The rings have item number 920422 printed on back of the packaging and were sold at Dollar Tree, Dollar Bills, Dollar Express, Greenbacks and Only \$1 stores nationwide from December 2005 through August.



**Charles McCleoud
CEO**

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WE SUPPORT YOUTH ANTI-GANG OUTREACH

Baby Seats Recalled

(AP) — Some 1 million foam baby seats sold by large retailers are being recalled because of reports of young children falling out of the seats, the U.S. Consumer Product Safety Commission said. The baby seats, made by Bumbo International of South Africa, sold for about \$40 each from August 2003 through October 2007.

