

HEALTH MATTERS

Toxins Endanger People, Fish, Wildlife

EPA report calls for action

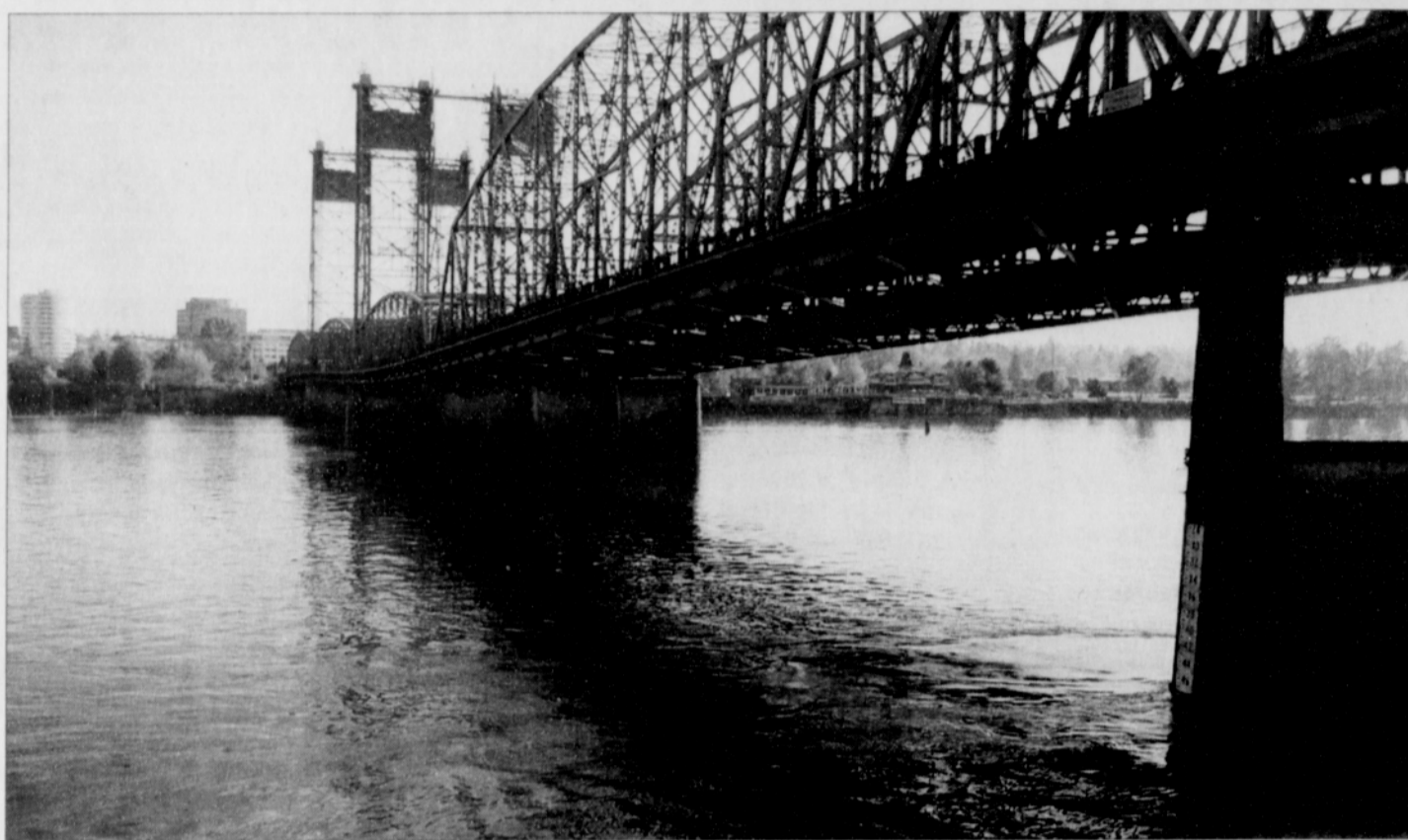
The first comprehensive look at toxic contamination throughout the Columbia River Basin, which includes the Willamette River in Portland, has been released by the U.S. Environmental Protection Agency.

The Columbia River Basin State of the River Report for Toxics compiles currently available data about four widespread contaminants in the river basin system and identifies the risks they pose to people, fish, and wildlife.

The four contaminants are mercury, dichlorodiphenyl-trichloroethane (DDT) and its breakdown products, polychlorinated biphenyls (PCBs) and polybrominated diphenyl ether (PBDE) flame retardants.

According to Elin Miller, EPA Regional Administrator in Seattle, a team of more than 20 federal and state agencies, tribes, local governments and organizations teamed-up to draw this latest portrait of the toxic threats.

"This is troubling news," said EPA's Miller. "Today's report



A view of Interstate-5 as it crosses the Columbia River from Portland to Vancouver.

shows that toxics are found throughout the basin at levels that could harm people, fish, and wildlife."

Miller said federal, tribal, state, and local efforts have reduced levels of some toxics such as PCBs and DDTs, but in many

areas, they continue to pose an unacceptable risk.

While several populations of important river basin species like bald eagles and ospreys have rebounded over the past two decades, some toxics such as mercury and PBDEs are in-

creasing in wildlife and fish.

For example, mercury increased in both osprey eggs in the Lower Columbia and in the northern pikeminnow in the Willamette River over the last decade.

Another problem highlighted

in the report is a general lack of monitoring for toxics in many locations, making it difficult to know if toxics are increasing or decreasing over time.

"These information gaps need to be filled by more monitoring and stronger agency co-



Elin Miller, EPA Regional Administrator in Seattle

ordination so we can better understand the toxic effects on the river ecosystem and agree on priority projects to reduce those toxics," said Miller.

There are many other contaminants in the basin, including arsenic, dioxins, radionuclides, pesticides, industrial chemicals, and "emerging contaminants" such as pharmaceuticals. This report does not characterize those contaminants, but EPA plans to address them in future work.

For Your Health Why Oprah Can't Lose Weight

BY MAKEISHA LEE

A little over 52 percent of black women are "obese," according to the Centers for Disease Control. This dismal fact is hardly front-page news. However inquiring minds do care to know why Oprah Winfrey, the richest black woman in the world, can't seem to stop yo-yo-ing. Yes, she is overweight again!

It would seem that with all her riches, resources, and most re-



nowned experts and master chefs at her beckon - she would be able to bury that beast of burden for good! She has so-called top-notch weight loss specialist like Bob Greene, Dr. Oz and Biggest Loser winning techniques at her disposal. So why can't she lose the weight for good?

Some actually already know the answers. One thing that has been proven over time for sure by Oprah and even common folk is that using fad diets is not the

solution. Even Oprah acknowledges that at one point she literally starved herself for four months to shed over 60 pounds of weight using an all-liquid protein diet.

Anybody can lose weight on these extreme diets, but what does it do to your over-all health? And over time, the weight is inevitably put back on.

Perhaps now that Oprah is deciding to focus only on getting healthy, she can obtain lasting weight-loss success. To that end,

hopefully more blacks would be willing to accept change that can come from unsuspecting avenues so they too can start living their "best life."

We all just have to be willing to stop thinking that we already know, when there just maybe something that we "don't know" - but that really does work for the long-term.

Makeisha Lee is the author of "Why Black People Can't Lose Weight."

MLK Blood Drive Saturday

Anyone, even a member of your own family, could need blood. In fact, every two seconds someone in America will need blood. That is why your blood donation through the American Red Cross is important.

Community members can donate blood, learn more about organ donation, and sign up for the donor registry at the sixth-annual Martin Luther King, Jr. Blood and Organ Donor Registry Drive, Saturday, Jan. 24, 7:30 a.m. to 1 p.m. at the American Red Cross, 3131

N. Vancouver Ave. To schedule an appointment to donate blood, call 1-800-GIVE LIFE.

All presenting donors may enter to win a one-week stay at the San Diego Marriott for two and a \$750 airfare voucher from Southwest Airlines.

Event sponsors include Safeway and the Urban League of Portland. Donors will receive a complimentary Martin Luther King, Jr. special-edition pin, while supplies last.

HEALTHWATCH

Cholesterol Profiles -- Keep an eye on your cholesterol and other indicators of heart health; educational material provided. For more information, call 503-261-6611.

Tenderfoot Care -- Treat your feet with a soak, nail trim, buffing and massage from a licensed nurse at one of six clinics or at your home. Call 503-251-6303 for more information.

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.

Mammography Screening -- Early detection is a key factor in the prevention of breast cancer. Call 503-251-6137 to schedule your high-tech, soft-touch mammogram.

Managing Chronic Hepatitis C -- Third Wednesday of each month at 5 p.m., the informative

session led by a registered nurse to help manage side effects of medications and dosage preparations and administration; doctors referral required. To register, call 503-251-6313.

Free Hospice Volunteer Training -- Fridays and Saturdays, Jan. 30, 31 and Feb. 6, 7, from 9 a.m. to 4:30 p.m. No previous experience is required. For more information, call Melinda Smith at 503-215-5774.

Helping Babies Communicate Before They Can Talk -- Wednesdays, Feb. 4 through Feb. 25, from 9:15 a.m. to 10:15 a.m. The workshop will teach basic baby sign language, opening a line of communication between parents and infants; \$55 fee. To register, call 503-335-3500.

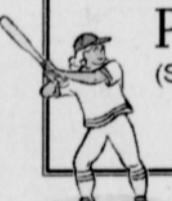

Journey through Grief -- Fridays, Jan. 9 thru Feb. 13, the six-session class is for those who are grieving a loss through death, addressing coping skills, resources and more. Classes are free, pre-registration required. Call David Schmitt at 503-215-4622.

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

Peninsula Little League 2009

(Serving the Youth of Inner North & Northeast Portland ages 5-14)

visit our website at: www.eteamz.active.com/peninsulalittleleague
Registration available on-line beginning January 15, 2009

	<p>Regular Sign-ups \$64/T-Ball, \$74 All other levels This fee includes the pepperoni fund raiser. Sell one bag of pepperoni and get \$24 off fee. Each bag contains 24 sticks.</p> <p>Peninsula Park Community Center 700 N Portland Blvd Saturdays: February 7, and February 14 10:00 am to 1:00 pm Thursdays: February 5, and February 19 6:30 pm to 8:30 pm</p> <p>Registration forms can be completed in advance by downloading from our website.</p>	<p>Baseball Program</p> <table border="1"> <thead> <tr> <th>Level</th> <th>Ages</th> </tr> </thead> <tbody> <tr> <td>T-Ball</td> <td>5 - 6</td> </tr> <tr> <td>Farm</td> <td>7 - 8</td> </tr> <tr> <td>Minor</td> <td>8 - 10</td> </tr> <tr> <td>Major</td> <td>10 - 12</td> </tr> <tr> <td>Junior</td> <td>13 - 14</td> </tr> </tbody> </table> <p>Questions contact: Jjay Lincoln ~ jlinks@tmail.com</p> 	Level	Ages	T-Ball	5 - 6	Farm	7 - 8	Minor	8 - 10	Major	10 - 12	Junior	13 - 14
Level	Ages													
T-Ball	5 - 6													
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<p>Softball Program</p> <table border="1"> <thead> <tr> <th>Level</th> <th>Ages</th> </tr> </thead> <tbody> <tr> <td>Minor</td> <td>8 - 10</td> </tr> <tr> <td>Major</td> <td>10 - 12</td> </tr> <tr> <td>Junior</td> <td>13 - 14</td> </tr> </tbody> </table> <p>Questions contact: Mark Washington ~ 503-288-0033 markw@portlandobserver.com</p>	Level	Ages	Minor	8 - 10	Major	10 - 12	Junior	13 - 14	<p>Items to bring to sign-ups: Birth Certificate Proof of Address Doctor/Insurance Info Player Fee</p>	<p>Little League Baseball, Incorporated does not limit participation in its activities on the basis of disability, race, creed, color, national origin, gender, sexual preference or religious preference.</p>				
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THE SPINAL COLUMN™
An ongoing series of questions and answers about America's natural healing profession.

Part 3. ALLERGIES: Why Chiropractic often works more effectively than drugs.

Q: Nothing else has ever really helped my allergies. What can Chiropractic possibly do?

A: First, take a look at the word itself. "Allergy" is a shortened form of "altered energy." Way back when patients first complained of allergic symptoms, it was obvious to the physician who coined the term that somehow, the body's energy configuration had shifted and caused the problem.

Chiropractors now know that the central nervous system controls the body's flow of energy. We also know that when the spinal column is out of alignment, it interferes with the central nervous system's flow of energy. When those nerves leading to the eyes or nose or throat are being interfered with, "altered energy" symptoms result. By correcting the

source of the problem, not just the symptoms, Chiropractic can often provide complete, lasting relief. Without drugs or drowsiness. For help with your allergy-related problems or answers to any questions you might have about your health, your will find that Chiropractic is often the answer. Call us for an appointment today.

Flowers' Chiropractic Office
2124 NE Hancock,
Portland Oregon 97212
Phone: (503) 287-5504

TERRY FAMILY FUNERAL HOME
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