



**New Prices Effective May 1, 2010**

# Martin Cleaning Service

**Carpet & Upholstery Cleaning Residential & Commercial Services**  
**Minimum Service CHG. \$45.00**

A small distance/travel charge may be applied

### CARPET CLEANING

**2 Cleaning Areas or more \$30.00 Each Area**

**Pre-Spray Traffic Areas (Includes: 1 small Hallway)**

**1 Cleaning Area (only) \$40.00**

Includes Pre-Spray Traffic Area (Hallway Extra)

**Stairs (12-16 stairs - With Other Services): \$25.00**

**Area/Oriental Rugs: \$25.00 Minimum**

**Area/Oriental Rugs (Wool): \$40.00 Minimum**

**Heavily Soiled Area: Additional \$10.00 each area (Requiring Extensive Pre-Spraying)**

### UPHOLSTERY CLEANING

Sofa: \$69.00

Loveseat: \$49.00

Sectional: \$109 - \$139

Chair or Recliner: \$25 - \$49

Throw Pillows (With Other Services): \$5.00

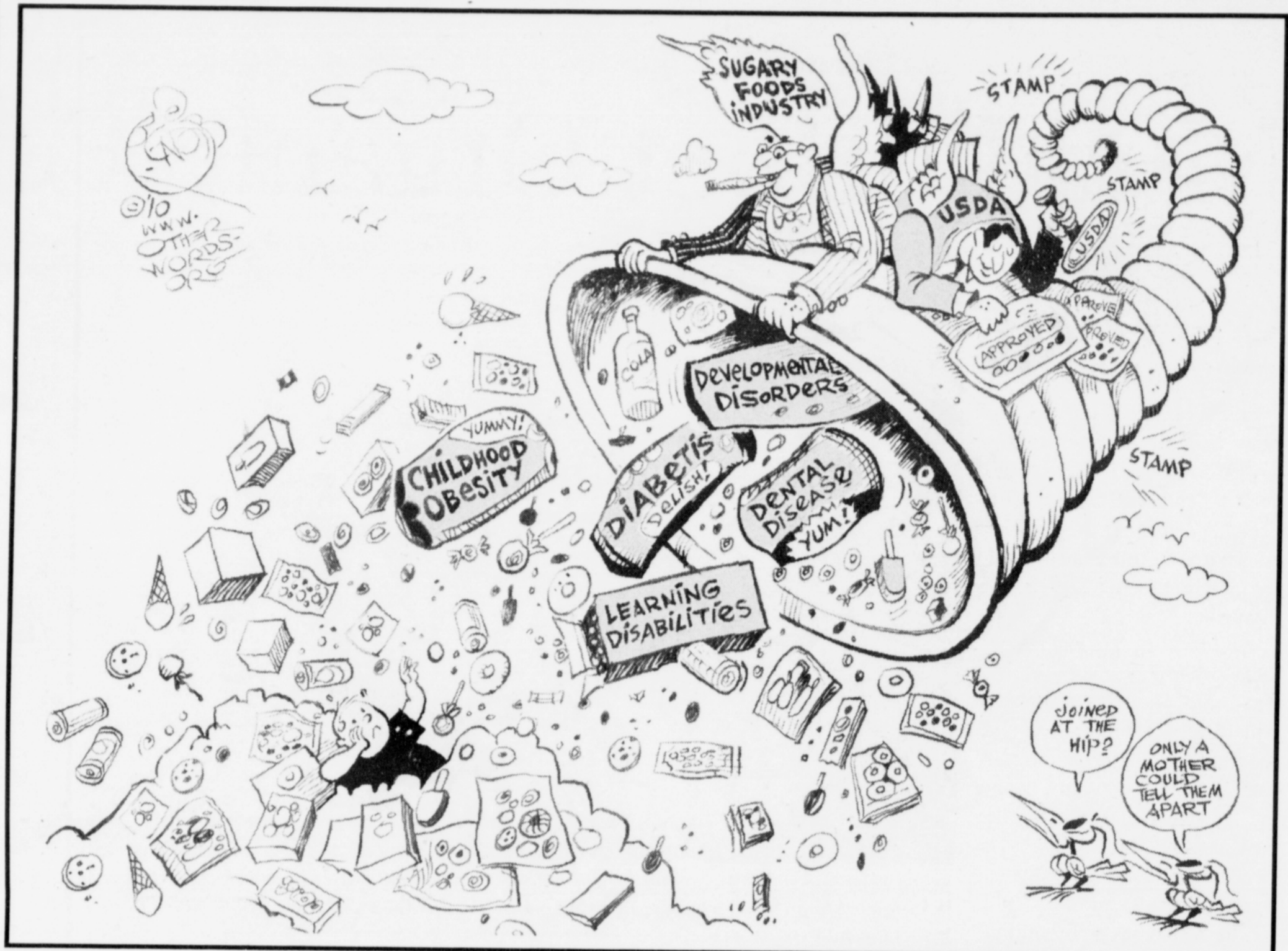
### ADDITIONAL SERVICES

- Area & Oriental Rug Cleaning
- Auto/Boat/RV Cleaning
- Deodorizing & Pet Odor Treatment
- Spot & Stain Removal Service
- Scotchguard Protection
- Minor Water Damage Services

**SEE CURRENT FLYER FOR ADDITIONAL PRICES & SERVICES**  
**Call for Appointment (503) 281-3949**

# OPINION

Opinion articles do not necessarily represent the views of the Portland Observer. We welcome reader essays, photos and story ideas. Submit to [news@portlandobserver.com](mailto:news@portlandobserver.com).



## Getting Serious on Child Obesity

Quit pitching the sugar and fat

BY JIM HIGHTOWER



OK, children, homework time.

Let's see if we can handle this little lesson in logic. One, America has a rather huge child obesity problem. Two, major food corporations constantly pitch ads to children for such stuff as sugar-saturated breakfast cereals and fat-laden "Happy Meals."

So, how does fact No. 2 relate to fact No. 1? Yes, No. 2 is a cause of No. 1. It's really not that hard to grasp, is it?

Not unless you're a lobbyist for

a food manufacturer. Last year, Congress directed four federal agencies to work together on new standards for commercials that food giants run on cartoon shows and other TV programs for children.

This intervention was necessary, because the industry's own voluntary program to push healthy choices for kids was, at best, loosey-goosey. For example, such sugar bombs as Kellogg's Fruit Loops and Frosted Flakes were nutritionally A-OK by industry standards--as was a candy named Yogos, the main ingredient of which is sugar.

So, the agencies came up with nutritional requirements that were at least strict enough to prevent the marketing of candy as a healthy food. Ah, progress! But--oh, mercy--

the howl of pain from industry lobbyists was piercing. One shrieked that the new proposal "would virtually end all food advertising as it's currently carried out to kids."

Uh...no sir, not all food advertis-

The final proposal has now been delayed, and regulators have retreated to "tweak" it. Note that the main ingredient in the word tweak is "weak." To help fight for strong nutritional standards that advance

*such sugar bombs as Kellogg's Fruit Loops and Frosted Flakes were nutritionally A-OK by industry standards--as was a candy named Yogos, the main ingredient of which is sugar.*

ing, just ads for stuff like...well, Yogos.

However, the screams of the food giants--echoed by their congressional puppets--seem to have spooked the agencies.

our children's health, contact the Center for Science in the Public Interest by visiting [cspinet.org](http://cspinet.org).

Jim Hightower is a radio commentator, writer, and public speaker.

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