

HEALTH

Festival for Health and Happiness

Muddy Boot promotes sustainable living

The Muddy Boot Festival, a three-day grassroots celebration in southeast Portland that promotes sustainable living, will kick off Friday, Sept. 9 with a 7 p.m. keynote address by Joel Makower, executive editor of GreenBiz.com.

As a writer, speaker, and strategist on corporate environmental practices, clean technology, and green marketing, he has helped a wide range of companies align environmental responsibility with core strategy and



Joel Makower



The Freak Mountain Rambles perform at southeast Portland's Muddy Boot Festival. The sixth annual event returns Friday for a weekend of music, food and beverages.

business success.

The festival moves outdoors on Saturday and Sunday, Sept. 10-11, at St. Philip Neri, 2408 S.E. 16th Ave, with live music from local bands and artists including TapWater, the Freak Mountain Rambles, Keep Your Fork, There's Pie and Colleen Raney.

Sustainably produced food, beer and wine; discussion panels, educational workshops and other fun activities for families and children are planned all weekend. Information and merchandise available from more than 70 local vendors and exhibitors will also be available.

This year's theme is "Health + Happiness: Sustaining Vibrant Communities," from healthy eating to the health of our economy and everything in between.

Tickets to the outdoor festival are \$5 in advance and \$7 at the door. Kids under 12 years of age may attend for free. Tickets and event details are available through the Muddy Boot Festival website at muddyboot.org.

Know the Symptoms of Stroke to Save Lives

Prompt treatment key to preventing damage

When Craig Miller, a 37-year-old arrived at his church one Sunday morning, he had no idea that he would suffer a stroke that day.

"I never could have imagined it. I had just run three miles the morning of the stroke and played golf the day before—I was feeling good," said Miller, the minister of music at his Charleston, S.C. church. "Now, I know that my high blood pressure and diabetes were major risk factors for stroke."

Each year, 780,000 Americans suffer a stroke. It is the third leading cause of death and the leading cause of long-term disability in the United States. For African Americans, stroke is more common and more deadly—even in young and middle-aged adults—than for any other ethnic or racial group in the country. In addition, African Americans suffer more severe strokes than white Americans and have a higher incidence of the manageable stroke risk factors, including high blood pressure and cigarette smoking.

Yet many people do not know the symptoms or what to do when they witness someone having a stroke.

"I was playing the organ and felt disoriented. I couldn't get my left hand to connect with my face as I



Craig Miller got quick treatment for a stroke he suffered during church one Sunday thanks to a member in the congregation who noticed he was disoriented while playing the church organ and summoned help. Knowing the symptoms of stroke is key to getting prompt treatment and limiting long-term damage.

tried to wipe my forehead," said Miller. "A member in the congregation noticed that I was acting strange and summoned for help."

"I'm lucky that my symptoms were recognized as those of a stroke,

that someone called 9-1-1 quickly, and that I was treated at an experienced stroke center," he added.

A stroke occurs when blood flow to the brain is interrupted. Brain cells die when deprived of

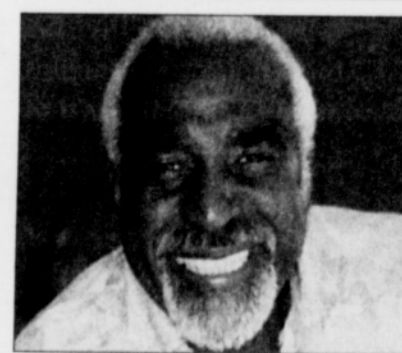
oxygen and nutrients provided by blood. Because stroke injures the brain, a person having a stroke, may not realize what is happening. But, to a bystander, the signs of a stroke are distinct. According to the National Institutes of Health, symptoms include: Sudden numbness or weakness of the face, arm or leg (especially on one side of the body); sudden confusion, trouble speaking or understanding speech; sudden trouble seeing in one or both eyes; sudden trouble walking, dizziness or loss of balance or coordination; and sudden severe headache with

no known cause.

Prompt treatment can dramatically decrease or even prevent long-term disabilities caused by a stroke. Knowing the symptoms, making note of the time of the first symptoms, and getting to the hospital quickly by calling 9-1-1 can help prevent serious long-term disability.

Making lifestyle changes can help prevent stroke. Risk factors for stroke include: high blood pressure, diabetes, smoking, heart disease, family history of stroke, high cholesterol and being overweight.

-National Institutes of Health



Dentures Worth Smiling About!

- Professional Services
- Affordable Prices
- Over 20 years experience
- Full & Partial Dentures
- Natural Appearance
- Full Service Lab
- Accepting Oregon Health Plan

Melanie Block, L.D.

DENTURIST

503-230-0207

200 NE 20th Ave., Suite 100

Portland OR 97232

Free parking