

HEALTH

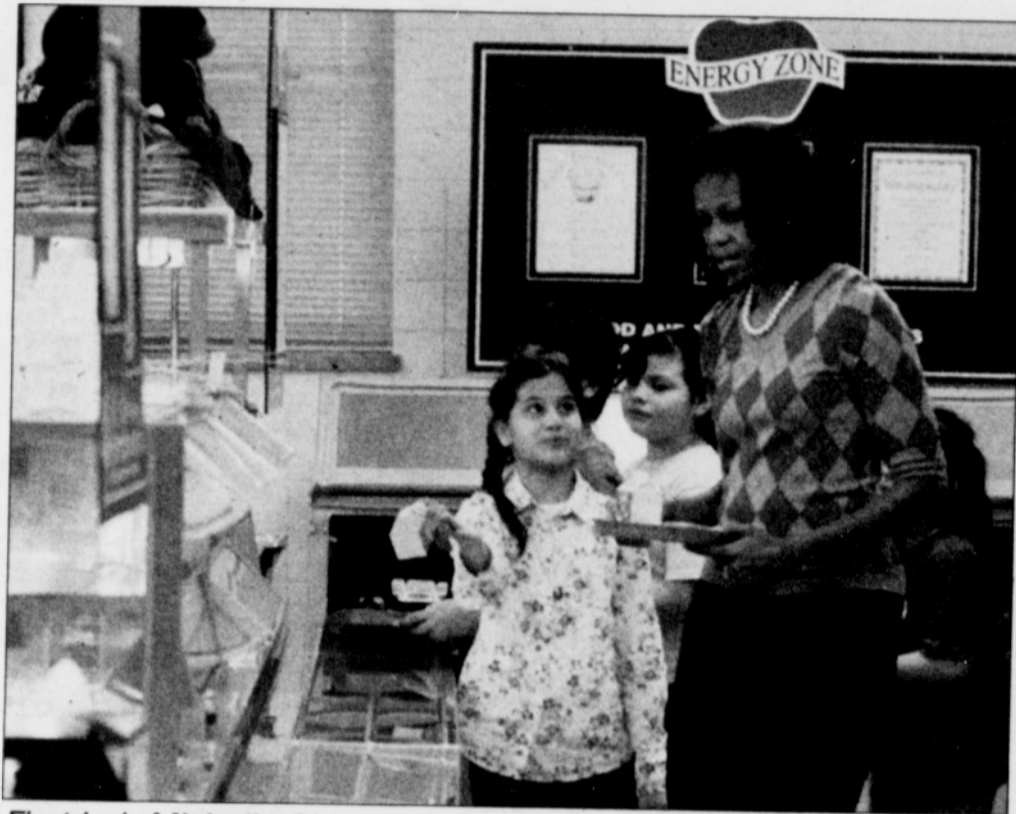
More Fruits, Veggies for School Lunches

Guidelines cap calories, curb trans-fat

(AP)—The first major nutritional overhaul of school meals in more than 15 years means most offerings—including the always popular pizza—will come with less sodium, more whole grains and a wider selection of fruits and vegetables on the side.

First lady Michelle Obama and Agriculture Secretary Tom Vilsack announced the new guidelines during a Jan. 25 visit with elementary students. Mrs. Obama, also joined by celebrity chef Rachael Ray, said youngsters will learn better if they don't have growling stomachs at school.

"As parents, we try to prepare decent meals, limit how much junk food our kids eat, and ensure they have a reasonably balanced diet," Mrs. Obama said. "And when we're putting in all that effort the last thing we want is for our hard work to be undone each day in the school cafeteria."



First lady Michelle Obama visits a school cafeteria in Alexandria, Va., on Jan. 25 to have lunch with school children at Parklawn Elementary School and give a boost to making school lunches more healthy. (AP photo)

After the announcement, the three went through the line with students and ate turkey tacos with brown rice, black bean and corn salad and fruit—all Ray's recipes—with the children in the Parklawn Elementary lunchroom.

Under the new rules, pizza won't disappear from lunch lines, but will be made with healthier ingredients. Entire meals will have calorie caps for the first time, and most trans fats will be banned. Sodium will gradually decrease over a 10-year period. Milk will have to be low in fat and flavored milks will have to be nonfat.

Despite the improvements, the new rules aren't as aggressive as the Obama administration had hoped. Congress last year blocked the Agriculture Department from making some of the desired changes, including limiting French fries and pizzas.

The guidelines apply to lunches subsidized by the federal government. A child nutrition bill signed by President Barack Obama in 2010 will help school districts pay for some of the increased costs. Some of the changes will take place as

soon as this September; others will be phased in over time.

While many schools are improving meals already, others still serve children meals high in fat, salt and calories. The guidelines are designed to combat childhood obesity and are based on 2009 recommendations by the Institute of Medicine, the health arm of the National Academy of Sciences.

Vilsack said food companies are reformulating many of the foods they sell to schools in anticipation of the changes.

Celebrity chef Ray said she thinks too much has been made of the availability of pizza and French fries. The new rules will make kids' lunch plates much more nutrient dense, she said.

"The overall picture is really good," she said. "This is a big deal."

Virus Linked to Mouth Cancer

(AP)—About 16 million Americans have oral HPV, a sexually transmitted virus more commonly linked with cervical cancer that also can cause mouth cancer, according to the first nationwide estimate.

HPV—human papilloma virus—is increasingly recognized as a major cause of oral cancers affecting the back of the tongue and tonsil area. Smoking and heavy drinking are also key causes.

Until now, it was not known how many people have oral HPV infections.

Overall, 7 percent of Americans

aged 14 to 69 are infected, the study found.

But the results are not cause for alarm. While mouth cancers are on the rise—probably from oral sex—most people with oral HPV will never develop cancer. And most don't have the kind most strongly linked to cancer. Also, tests for oral HPV are costly and mainly used in research.

Still, experts say the study provides important information for future research that could increase knowledge about who is most at risk for oral cancer and ways to prevent the disease.

Mentors Improve Young Lives

Research shows that youth with positive adult mentors in their life are less likely to get involved with drugs and alcohol, skip class, get into fights or lie to their families. These same youth also show increased academic performance and have stronger relationships with their families and friends.

The Impact NW Mentoring Program is looking for caring and committed volunteers, especially adult African-Americans, to mentor students at northeast and southeast elementary schools.

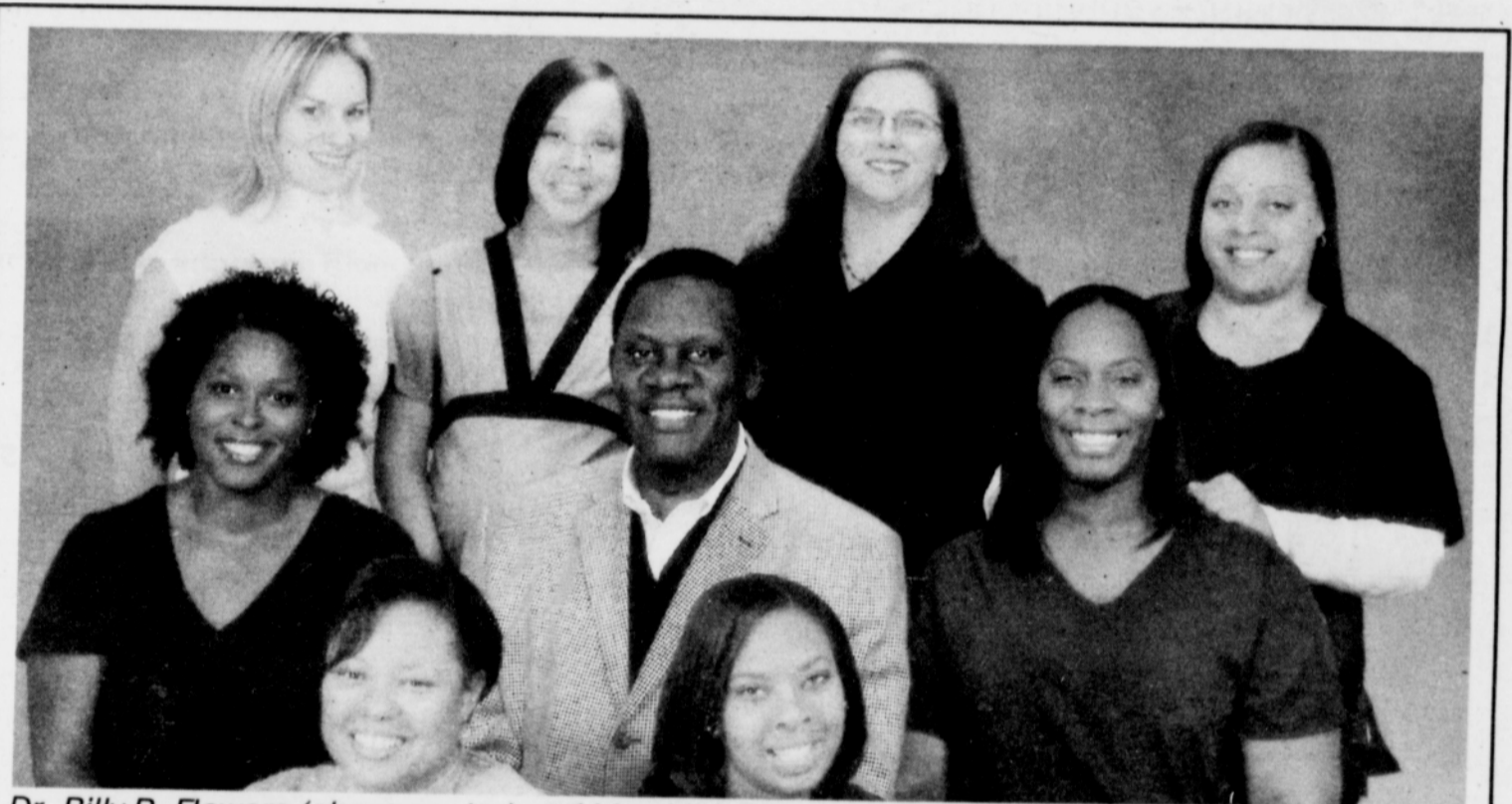
"We currently have several African-American youth involved in our

mentoring program, but have very few African-American adult mentors," said Joe Todd, Impact NW mentoring coordinator.

Mentors meet their mentee for one hour a week for a year and offer support by engaging in mutually interesting activities such as sports, games, reading, art projects, or just by listening.

Impact NW is a social service organization whose mission is to help people achieve and maintain self-sufficiency, and to prevent and alleviate the effects of poverty.

Contact Joel Todd at 971-506-5036 or jtodd@impactnw.org.



Dr. Billy R. Flowers (above center) and his skilled staff are ready to help those in need.

THE SPINA COLUMN™

An ongoing series of questions and answers about America's natural healing profession.

Part 21. Chiropractic VS Fatigue: Climbing the stairs to a new you, two steps at a time.

Q: I feel exhausted all the time. I don't want to take "pep" pills because of addiction possibilities. What can I do?

A: I have a good friend and patient who only a year ago at the age of 61 loved life but has a tremendous concern. He became fatigued so easily that any activity would leave

him exhausted. The interesting point with him was that he practiced excellent health habits. Nonetheless he got to the point where exercise was nearly impossible. He still climbed the steps at work

but would have to stop halfway up to catch his breath before continuing. I persuaded him to look to Chiropractic for increased vitality. At first he could not see a correlation between his nerves and his Energy level. I told him that it was virtually one and the same. Our nerves are the highways of energy

in the body. If the nerves are trapped or irritated, our energy will be drained as well. He took my advice and now instead of stopping halfway, he charges up the stairs, two steps at a time! If your vitality is giving up at the halfway mark, get charged up with Chiropractic. It's a natural!

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