



PHOTO BY MARK WASHINGTON/THE PORTLAND OBSERVER

Paul Walker and Ginny Hotchkiss take a moment to enjoy a sunny day on Monday afternoon at Tom McCall Waterfront Park, downtown. According to a local medical therapist, sunlight can benefit your mood and bring positive effects to the body's muscles, bones and mineral levels.

## A Bright and Healthy Future

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reactions, which then cause vitamin D to be formed."

Vitamin D has been proven to have numerous positive effects on the body's muscles, bones, mineral levels and the brain, Hassell said.

Although there are many vitamin D supplements available to individuals, he said, the medical world is uncertain whether they do all of the same things as sunlight for the human body.

"If we take vitamin D, we get certain benefits, but if sunlight strikes the skin, many of us suspect there are some other known mechanisms that make sunlight superior," he said. "We suggest people get a little bit of outdoor light everyday they possibly can, even when it is not sunny."

Hassell recommends that people get 15 to 20 minutes of light outside before applying any sunscreen.

Although it is important to take precautions surrounding the dangers of too much sun exposure, which can increase risks of skin cancer and melanoma, he said the effectiveness of sunscreen are much more controversial than people like to admit.

"Melanoma is such a complex disease, and it often occurs in areas not exposed to the sun," he said. "So the best way to prevent it is uncertain, and we think 15 to 20 minute outdoor exposure is a good idea."

You can also keep away from the peak hours of sunlight, said Hassell, who was raised in a sunny town in Australia, where he learned the saying: Between the hours of 11 and 3, stay under a tree.

During the winter months, he said there is an increase in doctor visits by patients because of an increase in influenza and colds, which he said could be more associated to less sunlight than we think.

He said, consequently, one of the most important prescriptions for someone who doesn't feel like going outdoors is to go outdoors anyways.

Although there are no silver bullets to cure health issues, he recommends If you know somebody who has a mood disorder, the best thing to do with that person is to go outside with them for a 15 minute stroll. "If you want to be happy and healthy in Portland, my saying is you need to get the right gear and get outside almost every day," he said. "And regardless of the weather."

## Hoodies Up for Trayvon Martin

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Zimmerman, had called police to report the hooded figure as suspicious.

At the time, Martin was carrying a bag of Skittles and a can of iced tea, talking to his girlfriend on his cellphone. Zimmerman followed the teenager and then shot him claiming self defense, telling police a physical altercation ensued. He was not charged. A fury of protests and complaints about Florida's Stand Your Ground law has led to new investigations by local, state and federal authorities.

Local supporters of Martin's family came to Peninsula Park in north Portland Saturday morning to demand justice for the teen-

ager. The large gathering had most people wearing hooded sweatshirts.

Speakers spoke to the issue of racism and the fear of young African-American men based on the color of their skin.

Rev. LeRoy Haynes of the Albina Ministerial Alliance said it's up to people who love justice, equity and freedom to say we're not going to back down and accept racial discrimination and injustice.

On Monday, the Urban League of Portland joined the national Urban League in calling for justice for Martin.

Bruce Watts, the Urban League's interim president and chief executive officer, said young black men

are much more likely than white men to be labeled "suspicious," sometimes with deadly consequences.

"The Urban League has advocated against the excessive use of deadly force in Portland, which have resulted in similar tragedies," he said.

Watts said the case of Trayvon Martin has shined a light on the precarious experiences of young black males in our country and state. He said 66 percent of African Americans in Portland perceived frequent racial profiling.

"I join all African American parents and Americans of conscience everywhere in calling for an end to the war against young black men and a thorough investigation of the death of Trayvon Martin," Watts said.

## In Loving Memory

### Vincent Leroy Davis

Vincent Leroy Davis died March 13, 2011. He was born Oct. 29, 1954 in Amarillo, Texas and moved to Portland in 1992.

He is survived by his wife Sandra Davis; parents Mr. and Mrs. Wright; children, siblings and friends.

A memorial service was held Friday, March 23. Arrangements were under the direction of Neals Compassionate Heart Funeral Home.

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#### PARTICIPANTS

**Portland Mayoral Candidates:**  
Eileen Brady, Charlie Hales, and Jefferson Smith.

**Portland City Council Candidates:**  
CPN1 Amanda Fritz, Mary Nolan, Teresa Raiford and CPN 4 Jeri Williams (invited), Steve Novick (invited).

**Metro Council Candidates:**  
Helen Ying (D5) Sam Chase (D5)

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