

BUSINESSGuide

HEALTH




\$5.00 TEES

CLUBS
FAMILY REUNIONS
SCHOOL CLUBS
BUSINESSES
SCREEN PRINTING

503-762-6042
971-570-8214

State Farm®
Providing Insurance and Financial Services
Home Office, Bloomington, Illinois 61710

Ernest J. Hill, Jr.
Agent
4946 N. Vancouver Avenue, Portland, OR 97217
503 286 1103 Fax 503 286 1146
ernie.hill.h5mb@statefarm.com
24 Hour Good Neighbor Service®

Terrell Brandon's Basketball Camp

"Giving autistic young men & women excellence," a free basketball camp by The Terrell Brandon Foundation.

Saturdays 7/21, 7/28, 8/4 & 8/11 from 10am-3pm
Thursdays 7/19, 7/26, 8/2, & 8/9 from 6:30pm-8:30pm

Grant High School
2245 N.E. 36th

For details, call The Terrell Brandon Barber Shop @ **503-460-0348**

AFFORDABLE

JJ LOCK & KEY



FULL LOCKSMITH - SERVICE RE-KEY AND INSTALL LOCKS

LOCKED OUT?-WE MAKE KEYS FROM SCRATCH HOUSE, OFFICE OR CAR

503-284-9582

Serving Portland/Metro area (N, NE, SE, SW & NW)



Health experts are trying to increase the safety of conditioning workouts. Excessive exercise in extreme conditions can increase the risk of sudden death, medical experts say.

Workout Guidelines to Keep Athletes Safe

Health advocates promote safety

(AP) — The most dangerous time for amateur athletes may not be during the heat of the game or even in rigorous practices. A total of 21 college football players have collapsed and died during conditioning workouts since 2000 — many on the first few days, when

even the fittest players are often pushed too hard. Now, health and sports professionals have collaborated to create guidelines on preventing sudden deaths during these workouts.

The recommendations stress that conditioning workouts should be phased in, rather than start at maximum intensity on day one. Exercise should not be used as punishment. Conditioning coaches should be trained in health and safety issues; certified in first aid, resuscitation and heart defibrillation; know which athletes have sickle cell trait; and know how to recognize signs and treat exercise-related complications from the condition. And they should be present during all conditioning sessions.

The recommendations come from several groups, including the National Athletic Trainers Association, the Collegiate Strength

and Conditioning Coaches Association, the American College of Sports Medicine and the American College of Emergency Physicians. They were released Wednesday at the National Athletic Trainers Association annual meeting in St. Louis.

The guidelines challenge "the old athletic mentality that if a little bit is good, a lot must be better," said Jim Thornton, president of the trainers' association and head athletic trainer at Clarion University in Clarion, Pa.

Many of the athlete injuries cited involve a muscle-damaging condition called exertional rhabdomyolysis, rhabdo for short. Intense exertion can cause muscle cells to leak enzymes and protein into the blood. Symptoms include extreme muscle pain and dark urine. Severe cases can lead to kidney failure and sudden death.

Avoiding sudden, intense exertion and drinking plenty of fluids can help.

Worst Year for Whooping Cough

(AP) — Health officials say the nation is on track to have the worst year for whooping cough in more than five decades.

Nearly 18,000 cases have been reported so far — more than twice last year's total. At this pace, the number of whooping cough cases will surpass every year since 1959.

Whooping cough, or pertussis, is a highly contagious bacte-


rial disease. It causes children to make a whooping sound as they gasp for breath.

In rare cases it can be fatal, and the Centers for Disease Control and Prevention says nine children have died so far this year.

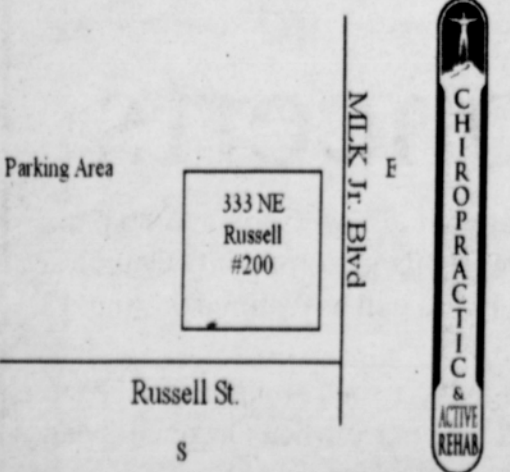
The agency is urging adults and especially pregnant women to get vaccinated so they don't spread it to infants who are too young to get the vaccine.

Chiropractic Auto Injury Clinic, PC
Zchon R. Jones, DC
333 NE Russell St., #200, Portland, OR. 97212
(503) 284-7838

Truly making a difference in the lives of **Auto Accident** victims and **Injured Workers** for nearly 20 years.
If you or someone you know has been in an accident, call us so we can help you with your needs. (503) 284-7838



We are located on the corner of MLK and Russell Street, on the second floor above the coffee shop.



Parking Area
333 NE Russell #200
Russell St.
MLK Jr Blvd
CHIROPRACTIC & ACTIVE REHAB