

HEALTH

Portland Parks Go Smoke Free Ban begins July 1 for entire parks system

Portland Parks and Recreation's ban on smoking and tobacco use will expand July 1 to include the entire parks system. All city parks, natural areas, community centers, trails, golf courses, and recreation areas where city park rules apply will be smoke and tobacco-free.

The action was taken to promote public health and protect Portland's parks and natural areas, officials said. The city currently prohibits tobacco use at Director Park, Pioneer Courthouse Square, and the portion of the South Park Blocks that is located on Portland State University's campus. Smoking is also prohibited within 25 feet of any play structure, picnic table or designated children's play area.

"Expanding the smoking and tobacco-free policy throughout the entire PP&R system makes the rule consistent," says



A ban on smoking and tobacco use will expand to all Portland parks on July 1. The new Khunamokwst Park in northeast Portland (pictured above) is a 2.4 acre park at Northeast 52nd and Alberta that has a name indigenous to the land it sits on.

PP&R Director Mike Abbaté. "And Portland will join more than 500 cities and towns nationwide which already have laws mandating smoke-free parks. It furthers our mission of Healthy Parks, Healthy Portland."

Those smoking or using tobacco could be asked to leave the park where the violation takes place, for the rest of the day.

"The intent of the smoke and tobacco-free parks policy is to promote public health and protect Portland's parks and natural areas,

not to criminalize those who smoke or use tobacco," says Commissioner Fritz. "We expect people to comply with the expanded policy because it's the right thing to do for our parks and for themselves, not solely because they're faced with major penalties."



American Red Cross

10th Annual Dr. Charles Drew Community Blood Drive

**Saturday, June 20
7:30 a.m. to 1 p.m.**

American Red Cross 3131 N. Vancouver Ave., Portland, OR 97212

There will be discussions and information available, including:

- Donate Life Northwest information table
- Discussion panel: 11:30 a.m. to 12:30 p.m.
Topic: Sickle Cell Anemia – Importance of minority blood donations
Hear the Lamberth's personal journey blood recipient story

All presenting donors at this drive will receive*:

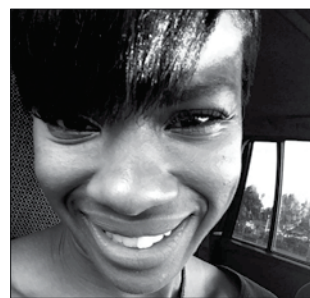
- Dr. Charles Drew blood drive T-shirt
- 50% off Adidas coupon
- Free haircuts: 8:30 to 10:30 a.m.

Blood drive sponsored by:

Alpha Kappa Alpha Sorority, Inc	Kappa Alpha Psi Fraternity, Inc.	Self Enhancement Inc.
Alpha Phi Alpha Fraternity, Inc.	Kaiser Permanente	Sistahs4Life, Inc.
Colas Construction, Inc	Omega Psi Phi Fraternity, Inc	The Links, Inc. Portland Chapter
Delta Sigma Theta Sorority, Inc.	Oregon Coalition of Black Trade Unionist	The Portland Observer
Electrical Workers Minority Caucus	Phi Beta Sigma Fraternity, Inc.	Urban League Young Professional
		Zeta Phi Beta Sorority, Inc.

The Portland Observer

*Offer is nontransferable and not redeemable for cash. Giveaway items, while supplies last. © The American National Red Cross | 2015-APL-01409



Fitness with 'JJ'

BY JANITA 'JJ' JONES

Time for an Ice Bath!

One of the least favorite results we all suffer when working out is the soreness that comes a couple of days after a hard workout. Soreness can make it difficult to walk and function in our day-to-day activities. Soreness can keep you from working out again or even starting. No one likes to be sore!

As a person that has been in physical activity from six years of age through my adult life the only thing that has helped me has been the infamous ice bath (cue scary music). Being cold is not something that anyone will willingly sign up for unless it is 108 degrees and climbing outside. Ice baths are tough to withstand but I will give you some benefits that will potentially get you to look at them in a different way.

Cold therapy, also known as ice baths, help to combat the micro trauma (small tears) in muscle fibers and the soreness caused by intense or repetitive exercise. The ice bath constricts blood vessels,

flushes waste products, and reduces swelling and tissue breakdown.

If you have an injury (knees, ankles, shins, etc.) that gives you issues as you workout, an ice bath after your exercise is complete will allow you to get blood to those "issue" areas and get you back to exercising without pain.

Because your body is extremely cold after your ice bath the blood flow has to speed up to get you warm again. That speed is also helping you burn more energy. If you are looking to cut bodyweight, taking an ice bath can help you achieve that goal!

Daily ice baths for 20 minutes can be considered beneficial or torture, you decide! I take my ice baths with a hoodie on and a plate of food (mostly dinner) and some music. Anything to help keep my mind occupied while my body is frozen and recovering! My

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