

Free class may help you learn how to be healthy throughout life

"Get Healthy for Life, America," a free, no-registration-required class, will be presented by Dr. Leonard Mees, M.D., on Saturday, January 19, from 9:00 a.m. to noon, at Tuality Health Education Center, 334 SE Eighth Avenue in Hillsboro.

Dr. Mees, a physician with 20 years of experience, believes he has a better contribution for society than handing out pills for ailments. In teaching Americans how to achieve better health, Dr. Mees explains how individuals can tap the connection among body, mind and spirit to achieve lifelong health through positive, preventive health education.

The class begins at 9:00 a.m. with "Americans, a People of Health Risks." One million

Americans die each year from heart attacks. Three-quarters of a million succumb to cancer. About 125,000 fall to stroke. The rate of diabetes grows ever larger as our population grows fatter, not fitter. The Center for Disease Control and Prevention confirms that 80 percent of all illness and death in America results from unhealthy lifestyles, which also contribute to the continuing double-digit escalation of health care costs. Who really pays for these trends and who is at risk?

At 10:15 a.m., the class continues with "How to Heed the Wake-up Call." There is alarming information about the increasing health risks of Americans, yet few people make changes as this "handwriting

on the wall" becomes more visible. Without an understanding of successful behavior modification techniques, most people find that changing personal behavior is often difficult or impossible. Learn how to be more sensitive to your own personal wake-up calls, and how to respond successfully to the alarm, toward a healthier and

happier life.

The final section of the class is "Save Money while Saving Your Life." A few lifestyle disciplines, when practiced well, can produce wondrous health, but when practiced poorly, actually cause most illness. A 30 percent improvement in lifestyle choices and behavior in the U. S. would save \$300 billion an-

nually and 500,000 lives. Learn how to start a life-saving voyage of empowerment, discovery and education that will help lead to positive changes and put you in control of your health.

Dr. Mees will also present a six-session follow-up course, "Healthy Lifestyle Habits," beginning on Wednesday, January 30.

Tips on having your carpets cleaned

A clean carpet can make your home look and smell more attractive, and it also can be a necessity for persons suffering with allergies and asthma. Although carpet cleaning machines can be rented from multiple locations, many consumers prefer to hire a professional carpet-cleaning service to do the job for them. Each year, the Council of Better Business Bureaus (BBB) fields more than 50,000 inquiries on carpet and upholstery cleaning services. Additionally, our local BBB handled 1,857 reliability report requests on the carpet cleaning industry and processed 58 complaints since July of last year. At the present time the BBB serving Oregon and Western Washington has identified 19 carpet cleaners with unsatisfactory ratings as a result of the company's failure to respond to consumer com-

plaints.

When considering a professional carpet-cleaning service, the BBB advises the following:

- If your carpet is new, read the warranty or ask the seller if there are any special cleaning methods recommended by the manufacturer. Some carpets must be professionally cleaned on a regular basis to maintain their warranty.
- Plan ahead. Ask your friends and neighbors what service they have used. Were they satisfied with the service? Also check the company out with the Better Business Bureau. BBB member businesses can't have unsatisfactory records as a part of a membership commitment.
- Examine the company's advertising for unrealistic promises or claims that sound "too good to be true."
- Be wary of companies who advertise that they will clean a

certain number of rooms at an exceptionally low price. This might be "bait" advertisement. Once the workers arrive in your home, they quickly belittle the type of cleaning they were sent to do. They claim it is inferior and suggest that a different type of cleaning will do a better job, which may end up costing you much more. To avoid bait ads, call around to several cleaning firms and compare prices.

• Ask about extras that may increase your cost, such as the moving of furniture or the use of heavy-duty traffic pattern cleaners.

• Find out what care is required after the cleaning. How long will it take to dry? What kind of ventilation is needed? Can you get a written guarantee? These important questions should be asked in advance.

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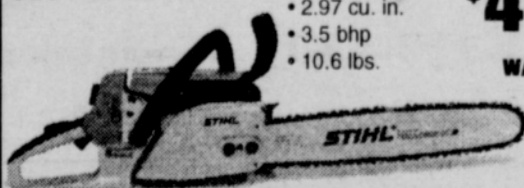
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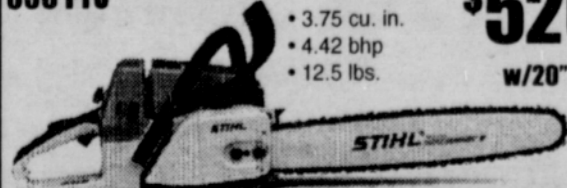


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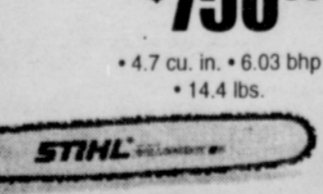
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