

## Health Notes

Ten reasons TOPS (Take Off Pounds Sensibly) is Terrific:

1) TOPS recognizes individual needs. Who wants to be dictated to? Each chapter reflects the individuality of its unique members.

2) Who said it has to cost a lot of money to lose weight? For only a few dollars a year, TOPS members share goals and inspiration, successes and stumbles, riding out the highs and lows among their peers, learning what it takes to live a healthy life.

3) Competition and recognition help make incorporating lifestyle change fun! TOPS members can earn local, state and international awards during their weight-loss journey and beyond.

4.) TOPS members learn about eating sensibly. They learn what foods to choose, how to prepare them, menu planning, and more.

5) The TOPS organization practices what it preaches. TOPS provides financial support to the TOPS Center for Obesity and Metabolic Research at the Medical College of Wisconsin. Since 1996, TOPS has donated more than \$6 million for research.

6) TOPS offers accountability. Private weigh-ins record progress, and members are

there for each other to celebrate the highs, lows, starts and stops. Changing a lifestyle takes time. Members work together and support each other collectively and individually.

7) Sensible food planning is the first step to lifestyle change. TOPS members are invited to follow the Food Exchange System described in TOPS' handy lifestyle guidebook, *The Choice Is Mine*.

8) Support is key to long-term change. Psychologists say recognizing negative patterns (both physical and emotional) and working on them over time with others is the way to make the change last.

9) Viva la difference! No two people are the same, and TOPS members follow their own paths. Members are encouraged to follow a weight-loss plan resulting from a consultation with their own health care professional.

10) TOPS has helped hundreds and thousands of people lose weight and is the original weight-loss support organization, founded in 1948 by a Milwaukee housewife. TOPS focuses on people, not products. It is non-profit and noncommercial!

If TOPS sounds like what your mind and body have

been looking for, call Louise Green at 503-755-2328. TOPS Chapter OR1074, Mist, meets each Monday evening at 6:00 p.m. at the Mist-Birkenfeld RFPD. Men, women and children over the age of 10 are welcome to attend a meeting with no charge or obligation. Come check it out!

To find a local chapter in other areas, call 1-800-932-8677.

## “Human Origami” is for people in transition

Just what is “Human Origami” anyway? Especially for people in transition — divorce, separation, widowhood, graduation, menopause, new job, new town, new relationship — this workshop aims to help participants look at which parts of their lives are working well, which are not. Using techniques ranging from visioning through Psychosynthesis, and both graphic and verbal stream-of-consciousness, as well as group interaction and support, they will learn to uncover and actualize hidden potential, and consciously engineer the next stage of their

lives.

Workshop leader Carol Sawyer has been teaching adults since 1970, in India, Spain, France and the U.S. She calls herself an expert on change. She has been studying psychology since the '60s, has several counseling certificates, and is a Ph.D. candidate in Consciousness and Transformation at CIIS in San Francisco. Sawyer is also a published poet, including an Honorable Mention at the '99 Maui Writers' conference, and she is both Oregon and National Senior Spelling Bee champion for 2003.

This second workshop will be held Friday, July 14, from 7:00 to 9:00 p.m. and from 9:00 a.m. to 5:00 p.m. on Saturday, July 15, at the Head Start building on California Avenue in Vernonia. Later workshops will include several day in Ibiza, Spain in February, 2009. Bring an open heart and mind, a notebook and pen, and if possible, a piece of cardboard, like the side of a box. Fees are sliding scale from \$50 to \$75 and those who took the first workshop in March can take the Saturday session free of charge.

Call 503-429-4748 for more information or to register.

## Life jackets save lives when boating

When the weather heats up, people flock to our state's waterways, where it's cool and comfortable. The Oregon State Marine Board wants to remind boaters and swimmers to be especially careful when recreating around water.

“Drowning is the second leading cause of child fatalities,

and we've already lost several children and adults this year,” says Ashley Massey, public affairs specialist for the Marine Board. “Don't let a fun weekend escape turn into a tragedy. If you're going on the water to cool off, go prepared. Wear a life jacket. Children 12 and under are required to wear a life jacket when in a boat, but it's equally important to have them wearing one if they are wading near the shore of our rivers and lakes. Kids can find themselves in deep, cold water in the blink of an eye.”

Massey offers other reminders when in or around the water:

- If you see someone in trouble in the water, do not go after them. Many times the rescuer becomes the drowning victim. Throw something to the person that floats, like an empty cooler or float cushion and call for help.
- When swimming in cold

water, short-term swim failure can occur anywhere from 3-30 minutes and can lead to drowning. Muscles and nerves in the arms and legs cool quickly. Manual dexterity, hand grip strength, and speed of movement can all drop by 60-80 percent. Even normally strong people can lose the strength necessary to pull themselves out of the water or even to keep their head above water.

- Keep the alcohol at home and away from the water. Alcohol impairs judgment and awareness, so you may take risks you normally wouldn't or you may be unaware if someone in your party is missing. Alcohol is involved in one-third of all boating accidents in Oregon, which includes boat operators and passengers.

Even one fatality is too many. It's an easy choice: Wear a life jacket, boat sober and make this summer the safest on record.

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