

Child safety seat event on July 9

Columbia County Safe Kids, in partnership with Alliance for Community Traffic Safety (ACTS Oregon) and several community partners, will be holding a child safety seat check up event on Thursday, July 9, from 4:00 to 6:00 p.m. The free clinic will be held at the Columbia River Fire and Rescue St. Helens Fire Station, on the corner of Columbia Blvd. and 12th Street.

The clinic provides an opportunity to have a child safety seat checked by a certified technician who can correct misuse, help with installation and teach you how to correctly install the seat. Technicians can also check for seat recalls. There is no cost to have a technician check your child safety

seats. Please plan to spend 30-60 minutes at the event.

Additionally, through a grant funded by the Oregon Department of Transportation, Columbia County Safe Kids is also able to provide low-cost child safety seats to families in need. Families can get a coupon for a reduced cost seat from several partners around the county including the State Department of Human Services (DHS), Community Action Team (CAT), OHSU Scappoose Clinic and Columbia Health District/Public Health.

For more information about the clinic or child safety seat program, contact ACTS Oregon at 800-772-1315, or Columbia River Fire and Rescue at 503-397-2990.

Real men ate veggies, cavemen, that is

When we think of "Real Men," we often think of the caveman; you know, the big, burly, hairy, hunter type who carried a club and spent most of his time stalking the Woolly Mammoth to provide for his clan. Well our vision is a little off. The truth is the caveman was a small, muscular, salad-lover. Okay, he still hunted with a big stick, but the majority of his diet came from fruits, vegetables, nuts, lean meat and seafood.

Much attention and research has been given lately to the diets of our "hunter gatherer" ancestors. As much as 60 percent of their calories came from fruits and vegetables. Here is what we know: foraging was hard work, obesity didn't exist, only two percent had cavities

and they probably didn't die of heart disease. On the flip side, the average life expectancy was only 25 years, but the 25-year-old caveman's arteries were probably in better shape than the 25-year-old of today.

Somewhere in the course of the last 10,000 years we have forgotten the importance of fruits and vegetables in our diets. The average American consumes only two to three servings of fruit and vegetables per day. That number includes French fries. The caveman consumed closer to 10 to 20 servings. Increasing fruit and vegetable consumption is linked with decreasing chronic disease, including cancer, heart disease, and diabetes.

Ideally, we should be con-

suming some source of fruits or vegetables at each meal, or around 5 to 9 servings per day. Tips to increasing intake:

1. Keep bowls of cut-up fruit available in the refrigerator.
2. Keep veggie trays and low fat dip available in the fridge for quick snacks or to add to lunches.
3. Always serve a salad at dinner, along with other vegetable side dishes.
4. At dinner, make sure half of your plate is vegetables and the other half carbs and protein.
5. Make fruit desserts.
6. Add fruit to lunches.

Source: *SeAnne Safai-Fabiano, University of Idaho FCS Food and Nutrition professor*

Don't overeat as reward for exercising

When adults are physically active, they are healthier and less likely to develop chronic diseases such as heart disease and diabetes. The most recent Physical Activity Guidelines, released in November 2008, rec-

ommend that adults accumulate at least 150 minutes of moderate intensity aerobic physical activity (2 hours and 30 minutes) each week to receive the health benefits. For individuals trying to lose weight, the physical activity recommendation increases to 300 minutes (5 hours) of moderate intensity aerobic physical activity weekly.

Does a higher level of physical activity result in increased eating in individuals trying to lose weight? Researchers at the Pennington Biomedical Research Center asked overweight and obese individuals not to change their eating habits but to increase their level of physical activity over a six month period.

At the end of the study they found:

- Those who exercised approximately one hour a week lost 2-3 pounds, which was expected from the amount of exercise they were doing.
- Those who exercised approximately two hours a week lost slightly more than four pounds, which was also expected from the amount of exercise they were doing.
- Those who exercised slightly more than two hours a week lost only 2-3 pounds, but they should have lost almost 6 pounds from the increase in physical activity.

People generally overestimate the calories they are burning with exercise and they may reward themselves by eating more. If a person runs for an hour then goes out to have a large high calorie coffee drink and a large muffin, they probably consumed more calories than they burned.

Source: *PLoS ONE, a Public Science online journal.*

New latex paint disposal rules apply

Liquid latex paint will no longer be accepted at Columbia County Transfer Station during regular operations or Household Hazardous Waste Events. Read on for new disposal instructions.

Countless gallons of leftover paint are thrown away every day and, when improperly disposed of, can pollute surface and groundwater, threatening human health and wildlife.

Keep paint where it belongs. Use the first two R's: Reduce and Reuse. Buy only what you need. One gallon of paint provides one coat for 300 sq. feet. Use leftover paint for an extra coat, touch-ups or a base coat on another project. If stored properly, paint lasts. To prevent paint from drying out, cover the opening with plastic wrap before replacing the lid securely. Keep from freezing.

After July 1, follow these instructions to dispose of paint.

- Oil-based paints can be disposed of, free, on the last Saturday of every month at the Columbia County Transfer Sta-

tion's Household Hazardous Waste Collection Event.

• Latex paint: Be sure it's latex paint or stain! Look on the label for the word "latex," or for directions to clean up or thin with water. If you don't see those clues, you likely have an oil-based paint.

If you have less than an inch of leftover paint in a can, simply let it dry out in a safe place away from children and animals. Then put the can in the garbage with the lid off.

If you have more than an inch of leftover paint in a can, mix in an equal part cat litter or paint hardener. Let the mixture harden, then put the paint can in the garbage with the lid off.

Columbia County's HHW services are maintained through transfer station collection fees.

Small businesses in Columbia County can get help with hazardous waste disposal, too. If you own or work for a small business and would like more information, call 503-397-7213.

Accepted HHW items include: oil based paints and stains, thinners and solvents, pool and spa chemicals, pesticides, herbicides, fertilizers and poisons, motor oil, antifreeze and other automotive fluids, household cleaners and disinfectants, batteries, art and hobby chemicals, aerosol spray products, propane tanks or bottles from barbecue grills,

See Latex on page 20

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 bunny.girt.b71g@statefarm.com