

HEALTH CARE

Late-in-life surgery numbers surprise researchers in study

By Gina Kolata
New York Times

Surgery is surprisingly common in older people during the last year, month or

end up focusing on something narrow and small that we think we can fix," Jha said. "That leads us down the path

COCONUT WATER

Hydration depends on sodium content

By Anahad O'Connor
New York Times

Not long ago, few athletes had heard of coconut water, but sales have skyrocketed, largely because of its reputation as a healthy and natural source of electrolytes.

Pure coconut water contains many electrolytes, like sodium, the critical one lost

sodium than is found in juice straight from a coconut or in traditional sports drinks. An 8.5 ounce serving of Vita Coco 100% Pure Coconut Water, for example, contains 30 milligrams of sodium and 15 grams of carbohydrates. An 8-ounce serving of Gatorade Pro 02 Perform is equal in carbs (14 grams) but has more sodium

merLab.com, an independent laboratory, found that two of the most popular varieties, Vita Coco and One Coconut Water, contained even less sodium and magnesium than advertised. Only Zico Natural contained the amount of sodium listed on its label (160 milligrams).

Few studies have looked directly at coconut water and

utes in hot temperatures and then tested the effects of plain water, a sports drink, coconut water or a sodium-enriched coconut water in the two hours after exercise. While all remained "somewhat dehydrated," the sodium-enriched coconut water worked as well as the sports drink.

Coconut water can hy-

ASHLAND

Delay at youth center site

Construction is stalled because of tainted soil

By Chris Metinko
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The long-awaited Ashland Youth Center Complex may not be completed ahead of schedule after all.

Construction on the facility has been stalled after grading work in mid-August turned up soil with diesel, motor oil and lead at levels higher than accepted standards.

The Alameda County Board of Supervisors on Tuesday approved increasing two contracts by a total of nearly \$1.2 million to analyze and remove the contaminated soil.

Chris Bazar, the county's community development agency director, said the proj-

ect already had a "significant contingency budget" because it was the former Holland Oil site at 16335 E. 14th St.

"It's a Brownfield site, and we knew there could be issues with it," Bazar said.

The former fuel depot, which closed in 1998, was purchased in 2008 by the Hayward Area Recreation and Park District in partnership with the community development agency. Money from the American Recovery and Reinvestment Act was used in the initial environmental cleanup of the site, where fuel from underground tanks had leaked into the soil.

The estate of Jack Holland Sr., the owner of Holland Oil, had no money to cover the costs, so the land became what the U.S. Environmental Protection Agency calls an "orphan site," with no finan-

cially responsible party left to pay.

In June, supervisors approved a nearly \$13 million construction contract for the youth center with an estimated completion date of August 2012 — ahead of the original estimate of a late 2012 opening.

However, the construction firm had anticipated being able to begin work last month, after grading was completed.

According to county officials, it will take at least another three to four weeks to finish soil mitigation work, so construction might not begin until late this month. When completed, the campus will include a youth center along with the park district's new Jack Holland Sr. Park and a new multi-use gymnasium at Edendale Middle School.



ANDA CHU/STAFF

The Alameda County Board of Supervisors on Tuesday approved funding for soil mitigation work at the Ashland Youth Center site.