

HEALTH

The Portland Observer

Country's First Drug-Free Marshals Precinct

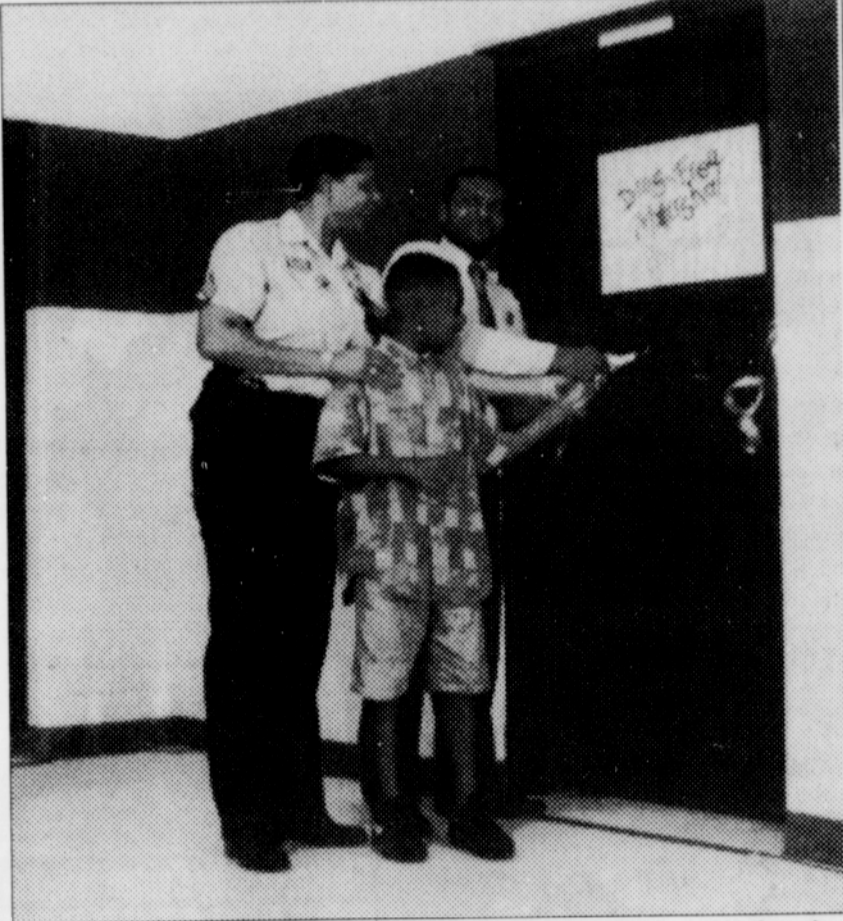
The Church of Scientology's Drug-Free Marshals (DFM) campaign teamed up with law enforcement officials in Washington, D.C. recently to celebrate the opening of the country's first Drug-Free Marshals Precincts in several Police Boys and Girls Clubs in the city.

As hundreds of newly sworn-in Drug-Free Marshals cheered, a nine-year-old Marshal, a DFM official and a D.C. Metropolitan Police officer cut the ribbon, officially opening the first Precincts. The Precincts are special rooms or areas in Police Boys and Girls Clubs which are set aside solely for DFM activities and contests geared to encourage youth to stay drug-free.

The popular DFM campaign, which gets youngsters to take an oath to remain drug-free, was launched over a year ago by the Church of Scientology. The effort is being run nationally in coordination with law enforcement officials and local community organizations and churches.

According to DFM officials, the new Precincts will encourage children to take part in summer activities that are both instructional and fun. Through the use of games and activities, children will learn the importance of being drug-free and encouraging others to do the same. They will also be asked to file weekly reports on how they are helping to make their neighborhoods drug-free.

"There is a desperate need for children to continue to be educated about the dangers of drugs, particu-



Arlette Williams of the Washington, D.C. police department, church coordinator Alex Jones and Sherrod Jeffery cut the ribbon to a drug-free zone at a Boys and Girls club.

larly during the summer," said DFM spokesperson Pat Jones. "The best place to reach kids is where they gather to play, and with the cooperation of the Police Boys and Girls Clubs, these precincts will do just that."

Since 1993 the Drug Free-Marshals Program has sworn in thousands of children nationwide in Wash-

ington, D.C., New York, Los Angeles, Boston Buffalo, Miami, Hartford, St. Louis, Portland (Oregon) and other cities throughout the country.

For more information about the DFM campaign, write to Drug-Free Marshals, c/o The Church of Scientology, 400 "C" Street, N.E., Washington, D.C. 20002.

Lead, The Silent Killer Is A Metabolic Poison

This is a follow-up article on a story that was published in this paper on July 13, 1994. In that edition, I wrote about the effect of lead poisoning on your children. After further research into the subject matter, I believe that you need to know more about how lead poison can also affect adults.

Toxicologists say that lead is a metabolic poison, which means that it inhibits the enzymes in your body and when the enzyme cannot function in the body as they should, this causes all kinds of health problems. For example, in adults, lead poisoning can cause a variety of ailments, such as high blood pressure, liver disease, heart problems, and can also affect the nervous system, the reproductive system, the immune system and the gastrointestinal system.

For the sake of argument let me subject you to a hypothetical situation. From the research, we know that there are hundreds of thousands of men and women who are taking high blood pressure medication. They have been told by their physi-

cian that they would need to take this medication for the rest of their lives because what they have is a hereditary disease. Could it be that some of these people could be taken off this prescription medication if they were treated by their physicians for lead poison?

It is well documented by physicians and scientists that if an adult consumes water, liquid food, etc. and if any of these things were contaminated by lead, this lead contamination will cause a person to suffer from lead poisoning. If exposed long enough, a person could eventually show signs of high blood pressure, kidney or liver problems. Problems with the nervous system, reproduction system and the gastrointestinal system could also be affected.

Since the immune system is affected by lead poisoning, could this be the reason why there are so many people suffering from immune deficiency problems in this country?

From the research, it seems

to me that there is a good possibility that some of the people that have died from some of the above causes could have been saved if they would have been tested for lead poisoning by their physicians. The symptom of lead exposure may not be identified unless a doctor performs specific kinds of tests.

An erudite scientist by the name of Dr. Joseph Ladou, M.D., Chief of the Division of Occupation and Environmental Medicine at the University of California, San Francisco has stated that after a few weeks, lead poisoning will leave the blood stream and enter into the bones of the body acting like calcium. If this is true, then the body is storing a metabolic poison in the bones which in return will affect the entire body. No health benefits are derived from lead being stored in the body.

It is up to you to try to keep yourself and your family from being exposed to lead. As stated before, lead contaminates every biochemical function. This is not something that you want to take lightly. This is a metabolic poison, and it is a silent killer.



Heartburn Or Heart Attack?

Knowing the difference between heartburn and a heart attack could prevent a trip to the hospital.

Many people mistake the burning feeling in the pit of the stomach for a heart attack. About 20 percent of emergency-room patients who thought they were having heart attacks actually suffered from heartburn, said Dr. Fred Sutton of Baylor College of Medicine.

Heartburn, or acid indigestion, is caused by a backflow of stomach acids into the esophagus, the muscle at the bottom of the esophagus weakens, allowing acid to flow back into the stomach.

But, Sutton, said, if a person has any doubts as to whether it is heartburn or heart attack, medical attention should be sought immediately.

Red Cross Offers Classes For Summer Safety

There's more to summer fun than bathing suits and hiking boots. Everyone should know safety basics to be able to prevent and respond to summer accidents. Oregon Trail Chapter, American Red Cross has just released the Summer 1994 Health and Safety Course Schedule, which highlights different classes available for all ages. Copies are available at the chapter, or by calling 280-1440.

Classes include Standard First Aid, which teaches adult CPR and first aid, including the Heimlich maneuver and appropriate care for cuts, broken bones, and bites and stings. Community First Aid and Safety teaches those skills, plus infant and child CPR. Other Red Cross classes are offered throughout the area, including swimming classes for all ages. Also available are youth courses in babysitting, first aid, and "When I'm in Charge," the Red Cross class that teaches children to be safe when home alone.

Course fees vary, and classes are offered throughout the five-county area (Multnomah, Clackamas, Washington, Yamhill, and Columbia). For more information about classes for you, your family, or your employees, call 280-1440.

Easter Seals Attracts Many Relay

A new concept is sweeping the nation. The concept turns a marathon relay into a celebration for anyone who can run, walk, wheel or otherwise circumnavigate a one mile course.

It's the 24 Hour Relay for Easter Seals, scheduled from 7:00 pm Friday, September 30, to 7:00 pm Saturday, October 1 at the Washington County Fairplex in Hillsboro. It has attracted teams from a wide variety of civic and corporate organizations. The 20 person teams represent all levels of running ability and experience, and walking is also acceptable. What brings so many people together from such a diverse group of people for Easter Seals-- it is the appeal of 24 hours of camaraderie and opportunity to make new business contacts in a casual and exciting setting.

According to Andy Whittaker, relay chairman, "This is a great project for building team spirit, and increasing business contacts, in fact the employee enthusiasm and excitement was overwhelming from the 1993 event so it was easy to sign up for this year's relay".

The 24 Hour Relay for Easter

Seals is more than just a relay--it is 24 hours of FUN!!! When team members are not taking their turn around the track they can play volleyball, basketball, watch movies, learn to country line dance and bring down the house with karaoke.

This year's goal is to have 40 teams participate representing all kinds and sizes of companies and we are well on our way with teams from: AOI Compwise, Burns Bros., Inc., Campbell Galt Newlands Insurance, Century 21, Fewel Northwest, Interior Design Nutritionals, Safeway Stores, Inc., JBL&K Insurance, PACC Insurance, U.S. Bank, West One Bank, The Oregonian, and Irwin-Hodson.

The second annual 24 Hour Relay for Easter Seals is sponsored in part by U.S. Bank, Century 21, The Oregonian, Budweiser, and Columbia Distributing.

The money raised will support the Easter Seal Society of Oregon, which helps more than 14,000 Oregon children and adults with disabilities achieve independence, through specially designed programs and services.

Medicine Safety Tips

The Portland Fire Bureau would like to veer off the course of fire safety and emergency preparedness and offer you some basic, simple hints regarding medicine safety tips, for the protection of your family, particularly your children.

Remember... An Ounce of Prevention... Keep household products and medicines out of reach and out of sight of children, preferably in a locked cabinet or closet.

Never leave children alone, even for a moment, with medicines or household products. Store medicines and poisonous household products in their original containers, never in cups or soft drink bottles. Read a product's label before using it, and pay special attention to instructions regarding poisoning or harmful exposure.

Always turn on the light before giving or taking medicine. Refer to medicines by their proper names, not as candy. Try not to take medicine in front of children, and never take liquid medicine directly from the bottle. Children imitate adult behaviors.

Get rid of old medicines periodically by flushing them down the drain, rinsing the containers with water and then discarding them.

Dispose of hazardous household products in accordance with local ordinances. Always call your local recycling center for instructions on how to properly discard hazardous household chemicals. Ask for and use household substances which are available in child-resistant packaging. Insist on safety packaging for prescription medicines.

Have the numbers of your local poison control center and physician near the telephone at all times. Enjoy a safe and happy summer, and if the Portland Fire Bureau can assist you in any way, please call 823-3754.

Pregnant Women Center Supported

The local chapter of March of Dimes and the Portland Trail Blazer Wives Association has awarded \$15,000 to the Center for Maternity and Family Support, a program of the Black United Front of Oregon.

The monies will enable the Portland center to continue a project to meet the health and human needs of high-risk pregnant low-income women. While some health services are available to women throughout Multnomah County, the family support group focuses its outreach efforts on African-American women in North and Northeast Portland who are twice as likely as European-American women to receive inadequate prenatal care.

The center has its origins in 1989, when the Black United Fund of Oregon and the Albina Ministerial Alliance, under the auspices of the North/Northeast Economic Development Alliance's Family Services Committee, began to coordinate a community-based effort to reduce the high rate of infant mortality among pregnant women in the area.

"Ensuring access to quality, affordable health care for women and children is not only critical for Oregon's social development, but for its economic prosperity as well," said Amina Anderson, executive director of the Black United Fund of Oregon.

The center has provided comprehensive case management and

other services to over 100 women, age 12 to 43. Prenatal care and support services is the best known strategy for improving the birth outcomes of low-income women.

"Healthy mothers and healthy children help build strong families, and strong families are the backbone of strong communities. Therefore, it is vitally important that every woman have proper prenatal care to ensure her well-being and the well-being of her child," said Selena Kahey, program director.

Kahey notes that March of Dimes has been instrumental to the growth and development of the center. The Trail Blazers Wives Association is the newest partner in the project.

Inoculations For Overseas Travelers

Getting a flu shot in mid-summer may seem like a strange suggestion, but, for North Americans headed south of the equator, it probably should be part of travel plans.

That's because winter -- and thus flu season -- is at the opposite time of the year in the southern hemisphere.

Other inoculations which may be wise for international travelers, said Dr. James H. Runnels of the Travel Medicine Service at Baylor College of Medicine, include yellow fever; cholera; gamma globulin as a hepa-

titis A preventative; and a one-time polio booster for adults whose initial polio shots may have been so long ago. Additional medicinal precautions, Runnels said, depend on destination, planned activities, length of stay, previous vaccinations and the state of the traveler's health.

Early Diagnosis Of Scoliosis Important

Early diagnosis and treatment for scoliosis in children can help lessen the severity of this curvature of the spine.

If scoliosis is diagnosed at the earliest possible age, mea-

sures such as bracing can reduce the chance that the curvature will worsen, Dr. Wendell Erwin, an orthopedic surgeon at Baylor College of Medicine in Houston. In some cases, surgery may be required.

The first symptoms of scoliosis can be mistaken for other problems, Erwin said, particularly in rural areas and among the poor who do not have ready access to medical care.

The majority of scoliosis cases are hereditary and cannot be prevented, but early intervention may prevent disability.

Alcohol Abuse Dangerous To Elderly

Health problems among the elderly are often accelerated by alcohol abuse.

Because their bodies do not have the strength to bounce back from alcohol abuse, the elderly are more prone to kidney and liver failure along with memory problems and personality changes, said Dr. Mark Kunik, a geriatric psychiatrist at Baylor College of Medicine in Houston.

In older people, it is important to acknowledge alcohol abuse quickly,

Kunik said, because problems associated with excessive drinking are more difficult to overcome and often lead to hospitalization.

Recovery can be encouraged with intervention by family members, friends and health-care professionals.

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