

Health & Science

Free Dental Care to Those in Need

On Saturday morning, February 14, 1998, from 7 a.m. to noon, the doctors and staff of Gentle Dental will offer free dental care to people in need, with special priority given to women, children and the elderly.

Those with urgent dental needs, who have no dental insurance, no job, no money, and no means of welfare health care, are invited to visit Gentle Dental, 1558 Collins Rd. N.E., next to Hall Home Furnishings.

Any dental service that can be performed in one visit will be offered, which includes: cleanings, fillings, extractions, fluoride treatments, x-rays, steel crowns, and the like.

No appointment necessary — people will be seen on a first come, first serve basis.

Fourteen years ago, Dr. Duane Schmidt, owner of Gentle Dental, founded DOCTORS WITH A HEART, Inc.

Today, DWAH has become the largest doctor charity in the world. It has been estimated that over

15,000 doctors and their staffs—in various health care disciplines—participate in this day of giving.

“Across the nation, once a year, doctors close their cash drawers to help people who have no means of support,” said Dr. Schmidt. “We know of no better way to show we care.”

Last year, Gentle Dental treated more than 150 patients who previously couldn't afford quality dental care, and the staff is anticipating an equally strong turnout this year. In addition to sponsoring “Doctors With a Heart Day,” Gentle Dental hosts an annual Thanksgiving dinner for senior citizens. According to Dr. Schmidt, community involvement is an integral part of Gentle Dental's definition of success.

Dr. Schmidt has practiced dental care for 43 years, and created Gentle Dental in 1976.

Since then, it has become one of the top dental practices in Eastern Iowa by providing an unmatched combination of service, price and convenience.

Support Groups for Cancer

Legacy Cancer Services offers the following groups to provide support and ongoing education to individuals whose lives are touched by cancer. Most groups are open to family and friends. You are invited to choose the most convenient location.

Support Groups
Living with Cancer Support Group—Legacy Good Samaritan Hospital, 1015 NW 22nd Ave.—Tuesdays, noon-1pm-413-7283

Living with Cancer Support Group—Legacy Mount Hood Medi-

cal Center, 24800 SE Stark St.—first & third Monday, 6:30-8pm-674-1642

Living with Cancer Support Group—Legacy Meridian Park Hospital, 19300 SW 65th Ave.—first & third Monday, 6-7:30pm-692-2185

Breast Cancer Support Group—Legacy Good Samaritan Hospital, 1015 NW 22nd Ave.—first & third Monday, 6:30-8pm-413-7283

Breast Cancer Support Group—Legacy Meridian Park Hospital, 19300 SW 65th Ave.—third Tuesday, noon Luncheon-RSVP, 692-2113

Below is the Faulkner method of progressive relaxation to eliminate stress.

This method of progressive relaxation is a wonderful way to reduce stress and achieve deep relaxation.

The beauty of this technique is that it does not cost a cent. So relax and try it.

Start by sitting in a comfortable chair, or, if you prefer, lie down, then follow this procedure:

1. Tighten the muscles in your legs by stretching them out as far as you can and lifting them up into the air or by pressing them against the floor very hard. Your objective is to tense and tighten every muscle in your legs from the bottoms of your feet to your waist.

Hold for five seconds. Then quickly release. Drop them heavily as if they weigh a ton. You will feel a deep surge of relaxation flow through your legs as stress drains out of them.

2. Next, pull in your stomach muscles and simultaneously tighten and tense your chest muscles.

Hold for five seconds, then, suddenly and quickly release the tension from your muscles. Make the muscles as limp as possible. You will feel the stress drain out of them.

3. Now, tense the muscles in your arms and shoulders simultaneously. You may clench your fists tightly, if you wish. Or, you may grasp the bottom of your chair with both hands and pull up with all your strength.

Either of these procedures will increase the tightness in your arms and shoulders. Hold for five seconds, then release quickly. You will feel an imme-

diately sensation of relaxation as the stress drains out of your muscles.

4. Then, rotate your neck in a circular manner very, very slowly.

Follow these steps as you carry out this procedure: Let your head fall forward as far as you can and press your chin to your chest.

The idea is to tense and tighten the muscles in the back of your neck.

Now, slowly rotate your head toward your right shoulder as if you are pressing your right ear to your right shoulder.

You are now pulling and tightening the muscles on the left side of your neck.

Now allow your head to go as far back as you can. Rotate your head to the rear.

This will tense and tighten the muscles in the front of your neck. Finally, rotate your head to your left shoulder as if you are attempting to press your left ear into your left shoulder.

This will tighten the muscles on the right side of your neck. The steps indicated above should be done very, very slowly and smoothly in a rotating circular motion without stopping and without jerking.

The entire rotation will take approximately 10-15 seconds. Rotate the head to the right three times in succession. Then, to the left three times.

5. The final step in this relaxation procedure involves reducing the stress in the facial muscles.

Do this by clenching your teeth and tightening your jaw muscles.

Squeeze your eyes tightly to-

gether.

Wrinkle you forehead and frown as if you are very angry. Hold this posture for five seconds.

Release. make all of your facial muscles as tense as you can. You will feel a wonderful reduction of stress and deep relaxation in all of the facial muscles.

While lying or sitting in a comfortable position, do this simple breathing exercise:

1. Take a deep, deep breath and very slowly inhale. Fill the lungs completely.

2. Once your lungs are full, hold your breath and quickly count to five.

3. At the count of five, slowly exhale. blow all of the air out of

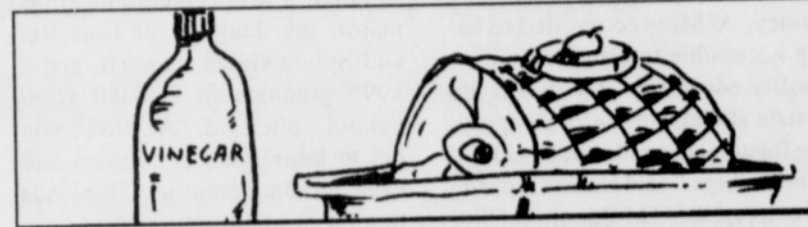
your lungs.

4. Repeat this procedure five times and you will find deep, peaceful feeling of relaxation flow through your entire body.

If you use both of these relaxation procedures once every hour, for three consecutive days, I guarantee that you will feel more relaxed than ever.

If you would like to take a stress test to find out if you are under an abnormal amount of stress, send a self-addressed, stamped envelope to: Dr. Charles W. Faulkner, 5722 Greene Street, Suite 302, Philadelphia, PA. 19144.

Please send your questions and/or comments to the same address.



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DEA Seeks Medicinal Review For Marijuana

The Drug Enforcement Administration has requested the Department of Health and Human Services to review whether marijuana is a hard drug with addictive properties and no legitimate medical use.

But there is strong disagreement over whether the request suggests any shift in the DEA's position on the classification of marijuana as a prohibited “schedule 1 substance.”

The DEA action follows and administrative petition filed by Jon Gettman, former president of the National Organization for the Reform of Marijuana Laws, and by Trans High Corp., publisher of High Times Magazine.

DEA officials privately maintain they have not changed their position but that administrative procedures and the nature of the petition require them to seek scientific analysis.

However, Gettman's supporters argue DEA could have rejected the petition outright, and that the agency does not ask for HHS studies “lightly.”

Gettman supporters refer to a July 1995, DEA memo to Gettman saying a referral to HHS would come only if there were “sufficient grounds” to justify a change in current federal policy on marijuana.

Those supporters also note DEA officials had earlier maintained they knew of no scientific studies which would change the federal classification of marijuana.

The liveliest creature in the jungle this summer may just be your high schooler.



ON JUNE 20, PACIFIC POWER'S 3RD ANNUAL BOUND FOR BELIZE CONTEST WILL SEND FOUR HIGH SCHOOL STUDENTS AND ONE TEACHER TO THE JUNGLES OF CENTRAL AMERICA FOR A WEEK-LONG TROPICAL FORESTRY ECOLOGY COURSE. DURING THEIR STAY IN BELIZE, STUDENTS WILL WORK IN THE RAIN FOREST, TRACK EXOTIC ANIMALS AND EXPLORE MAYAN RUINS. CONTEST ENTRIES MUST BE IN BY MARCH 12. ASK YOUR SCHOOL'S SCIENCE TEACHER FOR DETAILS OR CALL TOLL FREE 1-888-221-7070 FOR MORE INFORMATION. Eligible students must attend a high school served by Pacific Power.

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