



Health/Education

Black History Month

Finding preventatives for drug use on-line

CONTRIBUTED STORY
FOR THE PORTLAND OBSERVER

African-American parents and adult caregivers such as teachers, coaches and mentors who are interested in helping kids stay drug-free can find abundant information, ideas, and referral to resources in their community at the AOL Parents' Drug Resource Center (AOL Keyword: Drug Help). The interactive resource is a service of the White House Office of National Drug Control Policy's (ONDCP) National Youth Anti-Drug Media Campaign.

Created in collaboration with Partnership for a Drug-Free America (PDFA), the Parents' Drug Resource Center (PDRC) is a new, extremely useful area that provides AOL's 16 million members with a drug prevention community to assist them in becoming more informed about drugs, to connect them to qualified drug help resources, and to make a difference in how they raise their children. The site is especially intended for parents of kids in the immediate pre-teen years who, according to research, still have a significant amount of influence in kids' decision-making processes. Internet users who are not AOL subscribers can access portions of PDRC content at www.theantidrug.com.

"The PDRC and Theantidrug.com can be resources that promote pro-active dialogue between parents and teens while reducing adolescent drug use," explained Dr. Donald Vereen, who is the agency's Deputy Director and its highest-ranking African-American policymaker.

Working with teams of ethnically diverse communications

experts, the content of the PDRC and theantidrug.com have been developed and enhanced to be culturally appealing and relevant to African-American audiences. Features of the PDRC include:

"Be Informed" - an area discussing how the drug culture has changed and identifying drug slang terms popular among culturally diverse youths.

"Make A Difference" - featuring excerpts from books by such leading African-American parenting experts as Marieta Golden, Dr. Jeff Gardere, Emma Talbot, Benjamin Bowser and Reginald Jones with practical tips for talking to kids about drugs, self-monitoring behavior, and the

importance of being involved in schools and communities.

"Get Help" - detailing warning signs of youth drug use, recommended actions for parents and other adult caregivers, and referral links to drug treatment and counseling resources for African-American and other culturally diverse communities.

A rotating front screen promotion that spotlights family issues and events such as Black Family Reunion, Juneteenth, and various festivals and conferences presented by African-American and other culturally diverse community organizations throughout the country.

As a companion to the PDRC, the new Internet website called Theantidrug.com offers an environment of resources to help empower families - including parents and teens - against the dangers of drugs.

Theantidrug.com features tips and helpful strategies every parent can use.

According to ONDCP, the PDRC and theantidrug.com inform and empower parents and other caregivers for drug use prevention.

"Parents and caregivers of kids will benefit greatly from relevant information to help them create a dialogue about drug use and its consequences," Dr. Vereen added.

Younger kids don't have to shy away from strength training

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Depending on their levels of maturity and development, some young boys might be ready to tackle a strength training program, says Dr. Joe Chorley, an adolescent sports medicine specialist at Baylor College of Medicine in Houston.

"There is not a magic age for boys to start strength training," Chorley said. "Some may be very mature at age 9 or 10, so it has more to do with how the child looks at the activity."

Boys who "goof off" in the weight room are more prone to injuries, some of which can be severe. If, for example,

growth plates in the wrist, shoulder and knee responsible for the length and width of bones are damaged, the child might not reach his full height.

To keep weight-lifting injuries at a minimum, Chorley suggests that parents provide adequate supervision and find a gym that offers smaller machines that can better accommodate a child's body. Proper technique is also key.

Chorley stresses, however, that strength training can involve more than working with weights. Exercises that use one's body weight as resistance, like sit-ups, push-ups and pull-ups, are all good strength builders.

Strength training can help adolescent boys physically and mentally. Boys who feel stronger, tend to be less anxious and have more self confidence.

Governor announces appointments to Racial & Ethnic Task Force

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Gov. John Kitzhaber appointed 21 members to the Racial and Ethnic Health Task Force, created after a work group found that access to health care and health outcomes vary in communities of color in Oregon. Task force members represent Oregon's diverse racial/ethnic backgrounds and diverse geographic regions. Members of the task force are:

At-large candidates:

Carmen Bauer, executive director, Centro Latino Americano
Ruby Houghton, vice president of corporate affairs, Bank of America
Matt Hennessee, president and chief executive officer, Quiktrak
David Houghton, director, Disease Prevention and Control Division of Multnomah County

Sunil Khanna, associate professor of anthropology, Oregon State University

Floyd Martinez, director, Behavioral Health Division, Multnomah County
Robert Ryan, program coordinator, Tuality Healthcare, Counseling and Addiction Services

Legislators:

Sen. Susan Castillo

Sen. Avel Gordly

Sen. Lenn Hannon

Sen. David Nelson

Rep. JoAnn Bowman

Rep. Jackie Winters

Other Members:

Dr. Tom Jannise, Oregon Medical Association

G. Kent Ballanyne, Oregon Association of Hospitals and Health Systems

Kathleen Schwartz, Conference of Local Health Officials

Mark Gibson, Governor's Office

Dr. Bruce Bliatout, Commission on Asian Affairs

Corliss McKeever, Commission on Black Affairs

Dr. Dovie Trevino, Commission on Hispanic Affairs

Jackie Mercer, Commission on Indian Services

The task force will focus its work in six areas: access to treatment, alcohol and drug abuse, asthma, diabetes, HIV/AIDS, and lead poisoning. Work groups will be created around each area of concern and, based on their findings, recommendations made to the governor and the Legislature.

Anyone who is interested in participating or who has questions can call Jenny Lee at 503-731-4582

Health/Education Briefs

OHSU offers day of free dentistry checkups

Oregon Health Sciences University's School of Dentistry will offer free dental checkups for children on Saturday, Feb. 5 as a kickoff for "Keep Cavities Out," a statewide effort to reduce cavities in Oregon children. The event is for children between the ages of seven and nine who don't have access to dental care.

In addition to a dental exam, children will receive a plastic coating, called sealant, on healthy molars. Referral information will be available for children who cannot have the sealant added because of existing tooth decay.

Call 494-1600 to make an appointment.

OLCC cracks down on illegal ID's

More young people in Oregon are using fake identification to buy alcohol and the Oregon Liquor Control Commission is concerned. OLCC officials seized four pieces of false identification from minors going to two night clubs Jan. 20-23 in Multnomah and Washington counties.

One piece of fake ID was taken from a minor at the New Copper Penny on 92nd Avenue and the three other false IDs were taken from three minors at the Sunset Club on Barnes Road in Washington County.

James Miller, manager of the OLCC Statewide Compliance Team, said that the minors presented the identification of people who are 21 and older to get into the clubs. One minor said he found the piece of identification that he used. The other three minors said that someone had given them the identification. All minors involved were charged with a Class A misdemeanor and will be

subject to criminal sanctions. The people who provided their identification can lose their driving privileges or their Oregon identification care for a year, according to the Department of Motor Vehicles.

To help employees of businesses that sell alcohol and cigarettes to recognize false identification, the OLCC sponsors and ID checking class. For more information about the class call 503-872-5196.

Workshops offered to increase lead poisoning awareness

The Portland Water Bureau's Lead Hazard Reduction Program is offering a series of free workshops to increase awareness about the dangers of lead poisoning and to promote lead-prevention activities in homes, neighborhoods and workplaces.

An all day workshop for professionals, educators, and trainers who work with health, environmental and community organizations. These workshops provide lead-prevention awareness in daily work activities that will help organizations train their own lead-prevention educators. These workshops are scheduled from 9 a.m. to 4 p.m. today at Southeast Uplift, 3534 S.E. Main and 9 a.m. to 4 p.m. on Wednesday, Feb. 9 at St. Andrew's Community Center, 4940 N.E. 8th and 9 a.m. to 4 p.m. Wednesday, Feb. 23 at Brentwood-Darlington Community Center, 7211 S.E. 62nd. Registration is required.

The water bureau also will sponsor two-hour workshops on lead-prevention awareness that will be held on-site for staff members of community organizations. These workshops are geared to the organization's specific needs.

In addition to the training workshops and the staff training, the bureau also will offer an information workshop

that is held from 6 p.m. to 8 p.m. on the third Wednesday of each month. These workshops will provide basic facts on sources of lead in the home and workplace. Health, environmental, and testing information will be covered. The workshops are held throughout Multnomah County. Call Stacey Drake Edwards at 503-823-1579 for workshop locations and for more information about workshops and programs.

Free lead testing for children offered

The Oregon chapter of Physicians for Social Responsibility, along with other community groups and businesses, is sponsoring free lead testing for children beginning Saturday, Feb. 12.

The free testing will occur from 10 a.m. to 2 p.m. on the second Saturday of each month at Common Bond, located at 4919 N.E. Ninth Ave.

Blood lead testing of children should be performed at the ages of 1 and 2 or at least before age 6 if no previous testing has been done and any risk factors for lead poisoning are present. Children who live in, or regularly stay in a home, apartment, or child care center constructed before 1978 are at a greater risk of developing lead poisoning, especially if there is remodeling or peeling paint.

The effects of lead poisoning are reversible if detected early by a blood test. If undetected, lead poisoning damages the brain, causing learning and behavioral problems.

In addition to Physicians for Social Responsibility, the screenings are sponsored by the Coalition of Black Men, Volunteers of America, Common Bond, CLEAR Corps, the Urban League of Portland, and Old Wives' Tales Restaurant. The Multnomah County Health Department is providing the laboratory testing and supplies.

Just think: Your son is bright, healthy and headed for college one day. You love the direction your career has taken. You're doing a lot of the things you planned and even a few you didn't. Living life to the fullest is easy when you have family behind you. American Family Mutual Insurance. Call and talk to one of our helpful, friendly agents. You'll find out why we're consistently rated A+ (Superior) by A.M. Best, the insurance rating authority. Then, go on. Dream Plan. What you do next is up to you and we'll be here to help you.

You have family behind you.

All Your Protection Under One Roof.

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