



Health



BLACK HISTORY MONTH

The Doctor's Corner

Your Parents Are Trying to Help

Dear John,
I am 14 years old and want my belly button and nose pierced.

What should I do?
Angry Teen, in Portland

Dear Angry,
Thanks for writing. It appears that you want your cake and eat it too. Sometimes life seems

unfair and we want to make a decision without being concerned about what our loved ones may think. I feel this a selfish act on your part.

Did you do any research on getting your nose or belly button pierced? What's the side affect of having a piercing? Let's explore what could happen. For starters, you can get an infection in your nose. And, you will have a permanent mark on your face.

In seeking a job, most employers won't take you seriously. You need to listen to your parents

and obey their rules. Sometimes you might feel your parents are being very hard on you. You don't have to experience something to learn about it. Your parents are trying to help you, so you need to find other ways to express your uniqueness. When you turn 18, and are on your own, you can make your own decisions. Until then, you need to listen to your parents.



By John Oda, Ph.D.
for The Portland Observer

John P. Oda, Ph.D., NLP is a Peak Performance Expert with 13 years experience in the mental health field and a regular featured writer for the Portland Observer. If you have any questions for The Doctor's Corner, email your question to news@PortlandObserver.com. Oda Research International provides corporate training, workshops and seminars, also personal and professional coaching. For consultations call 503-471-2954.

Providence Ranks in The Top 10

Providence Health System in Oregon has been named the ninth best-run comprehensive medical system in the country by SMG Marketing Group. The results were published Feb. 19 in *Modern Healthcare* magazine. Providence is the only West Coast health system to be named in the top 25 of the ranking.

SMG Marketing Group, a Chicago-based market research provider ranked 532 integrated health care networks on

a 100-point scale based on 30 criteria including hospital occupancy rates, financial stability, range of services, accessibility of care and use of technology.

The rating does not include an evaluation of the quality of medical care but, according to SMG, recognizes that efficient organizations better serve patients.

"This ranking exemplifies the dedication of our employees and physician

partners to provide our communities with excellent service," said John Lee, chief executive, Providence Health System in Oregon. "We are proud that the efficient and diverse services within our health system have received national recognition." The ranking is located on *Modern Healthcare* magazine's Web site at <http://www.modernhealthcare.com>.

Most Students Meet Shot Requirements

(AP) — Thousands of letters sent to Oregon parents reminding them to get their seventh-graders' shots updated seem to have gotten the message across.

Although final numbers won't be turned in to the Oregon Health Division for another three weeks, health officials say spot checks indicate most schools sent few students home last Wednesday, the Exclusion Day deadline for getting kids vaccinated or shot records or exemption notices turned in.

Amanda Timmons, who handles immunization law for the state, said anywhere from 14 percent to 18 percent of children in day-care centers,

Head Start programs and schools are turned away from school each winter.

So although Timmons still expects a bigger crop of exclusions this year, the low numbers got high praise.

Immunization law covers children

of all ages. But the spotlight this year was on seventh-graders. A 1997 state rule mandated three new vaccinations — for chicken pox, measles and hepatitis B — for that age group.

City Develops Plan to Control Emissions

Portland city leaders want to find new ways to keep greenhouse gas emissions in check.

Eight years ago, the city became the first in the nation to create a plan to cut carbon dioxide emissions often linked with global warming. Since then, things have gotten worse.

But city officials don't want to scrap their landmark strategy. Instead, they're setting new goals.

Among the proposals are transit passes for all Portland residents and a citywide parking permit with a fee set by how much greenhouse gases the vehicle emits.

City officials want to have the global warming plan ready by Earth Day — April 22nd.

Expert Presents Self-Healing Exercise

Grandmaster Ou Wen Wei, founder of Pan Gu Shengong, will present a series of workshops, lectures, and private healing sessions in the Portland area from March 2-6.

Pan Gu Shengong, also known as The Heaven, Earth, Sun and Moon Qigong is said to be the link to a more vibrant life. Simple, powerful, and if nothing else, stress busting. It's based on the premise that there is infinite energy around you.

Qigong first development in Mainland China 5,000 year ago, more than just a kind of meditation, it is used in Chinese hospital today. For information call 503-675-9809.

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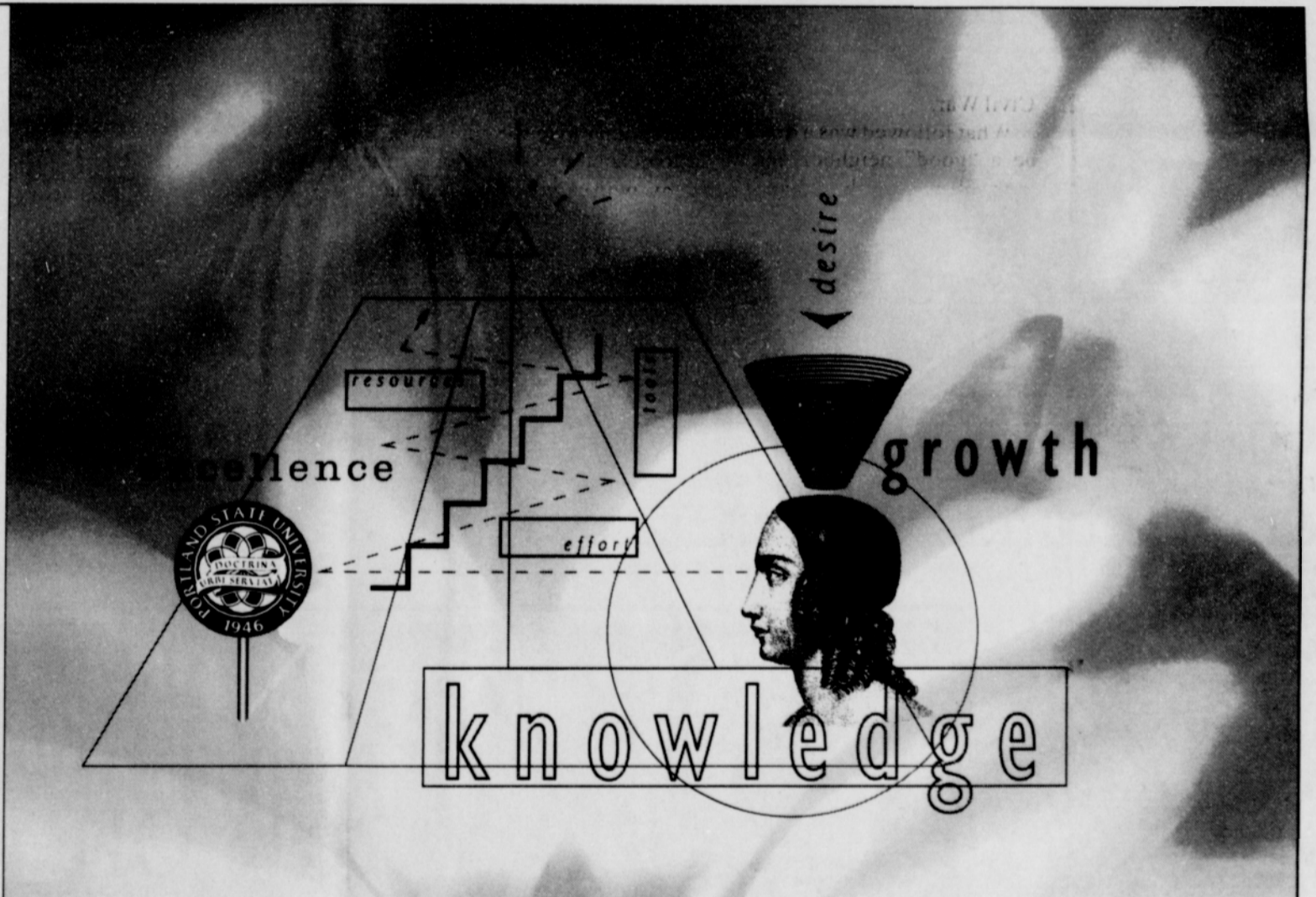
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