

Help us Prevent CANCER!

We need **women** to take part in a **breast** cancer research study using an investigational medication to find out its effectiveness and safety in the prevention of post-menopausal breast cancer. This important study is supported by the National Cancer Institute.

To find out if you or someone you know may qualify call:
503-216-6267
800-677-6752
 (x-66267)

www.cropor.org



Columbia River Oncology Program

We Need Your Help!

GOODS FOR GUNS

10TH ANNUAL
GUN TURN-IN
 NO QUESTIONS ASKED

NE PORTLAND

Lutheran Center for Christian Ministries
 4219 NE MLK Blvd

HILLSBORO

Tuality Healthcare Human Resources Parking Lot
 232 SE 8th Avenue

SE PORTLAND

MediaBlasters Parking Lot
 6332 SE 82nd Ave,
 6 blocks south of Foster Rd.

BEAVERTON

Tualitin Valley Fire & Rescue Station
 13810 SW Farmington Rd
 at Menlo

SW PORTLAND

Portland Fire Station #16
 1715 SW Skyline #16
 Off Hwy 26 at Sylvan exit

GRESHAM

Gresham Fire Station #4
 NE 192nd and Halsey

SATURDAY
OCTOBER 4, 2003
10 AM - 2 PM

CeaseFire Oregon Education Foundation

503-220-1669
www.ceasefireoregon.org

Come Early. Certificates are Limited.

HEALTH



Stamp Educates About Sickle Cell

A new U.S. postage stamp promotes testing for sickle cell disease.

The U.S. Postal Service unveiled the Sickle Cell Disease Awareness Commemorative stamp on Thursday at the 31st annual convention of Sickle Cell Disease Association of America Inc. in Los Angeles.

Stamp illustrator and designer James Gurney of Rhinebeck, New York, created a tender image of a mother holding her baby. Featuring the inscription "Test for Sickle Cell," the design conveys the importance of early testing.

It is estimated that more than 70,000 Americans have sickle cell disease and more than two million Americans have sickle cell trait, meaning they carry one copy of the gene for the disease. There is presently no universal cure for the disease, though many persons, given proper treatment, can lead fairly normal lives into their 40s and even beyond. Researchers continue to look for a cure and for new, more effective treatments.

"We believe this stamp will go a long way in helping to educate the public about this painful and devastating disease," said Henry Pankey, vice president for delivery and retail services for the Postal Service.

Doctor is Out for Health Plan Patients

(AP) — Pinched by high costs and low reimbursement rates, fewer than one-half of primary care doctors are accepting new patients from the Oregon Health Plan, according to a study by a state medical association.

"What we are seeing is a limit on how much free care doctors are willing to provide," said Colin R. Cave, director of the Oregon Medical Association.

The association surveyed 4,746 doctors in Oregon, or nearly half of all practicing physicians in the state. The association said the

survey accurately reflected the practices of all 10,050 doctors in Oregon.

Cave said the survey, obtained by The Associated Press, showed an alarmingly high number of physicians who are turning their back on government-subsidized health care in Oregon as a money-losing proposition.

The state had long been considered a leader in providing health care for the poor. But last year's budget crisis hampered the state government's ability to pay doctors and hospitals for the care they provide.

Most doctors who stopped seeing Oregon Health Plan patients did so in the last two years, the survey showed.

Primary care physicians led doctors in refusing or limiting care.

More than 25 percent of these doctors now refuse outright to see new plan patients, while 35 percent say they limit the number or type of patients they see.

Specialist doctors, such as pediatricians or internists, were less likely to turn patients away: only about 5 percent refuse to see plan patients outright, according to the survey.

Ask Deanna?



Real People, Real Advice

Dear Deanna!

My homeboy just told me he's gay. I'm tripping and can't deal with this information. He's handsome and I always thought he was a stud. He seemed comfortable when we were out playing the field and running games on women. How can he snuggle up with a man? -- *Very Straight; Dallas, TX*

Dear Straight:

You're not the only one who doesn't understand why two big, hairy, ashy men with rough feet want to play footsies together. However it's no ones business to question anybody's love life regardless of gender and who they fall in love with. If he's content, celebrate his happiness. By the way, you think he's handsome—you sure you don't have a little sugar in your tank, too?

Ask Deanna! Is an advice column known for it's fearless approach to reality based subjects.

Dear Deanna!

My husband is such a good man that he's sickening. He works every day, cooks dinner, cleans the house and is great with the kids. He remembers holidays, birthdays and special occasions and always gets everything right. My mama even thinks he's great. I know I'm treated like a queen, but I can't take it anymore and I want a change of pace. My friends tell me I need to shut up and stop complaining. -- *C.V.M.; New Orleans, LA*

Dear C.V.M.:

Listen to your friends on this one. Look at the blessings you have and be grateful. Do you know how many women can't get their mates to take out the trash much less do the things your husband does? Here's something for that change of pace you want. Imagine how your life would be if you had O.J. Simpson, Scott Peterson or Robert Blake for a husband. Definitely no more complaining.

Dear Deanna!

My parents are divorced and my father who's 56, married a woman that's 22 years old. I don't like this woman because

she's a hoochie gold digger.

I'm very close to my dad but he loves her and puts her on a pedestal so I just keep quiet. The other day I stopped in for a surprise visit and saw my stepmother getting busy on the couch with a guy from around the way. Should I tell my father about this and if so, how do I break it to him? -- *Daddy's Girl; Milwaukee, WI*

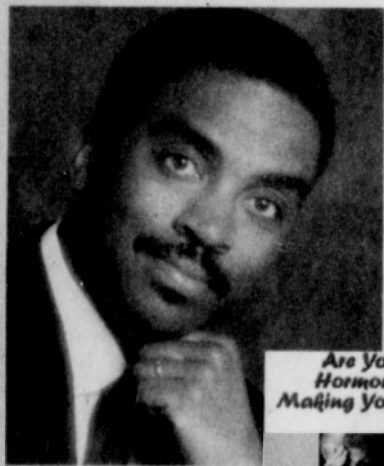
Dear Daddy's Girl:

Girl you better tell your Daddy! Just come out with it. Tell him exactly what you saw including the juicy details. If you're close, you won't allow your father to be played like a sucker by his wife and no one else. He has to decide what to do with the information. From this point forward, keep your camera handy in case you catch Tinkerbell doing horizontal push ups again.

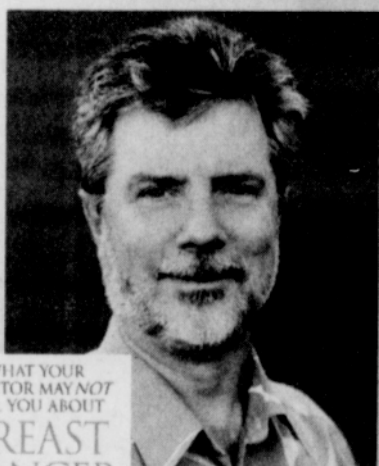
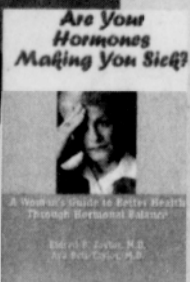
Ask Deanna is written by Deanna M. Write Ask Deanna! Email: askdeanna1@yahoo.com or P.O. Box 88847, Los Angeles, CA 90009

HORMONES. LEARN THE TRUTH!

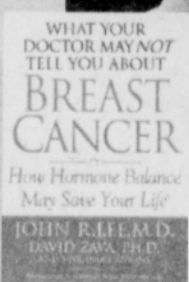
Hear two dynamic experts on Women's Health.



Eldred Taylor, MD
 Obstetrician-Gynecologist



David Zava, Ph.D.
 President ZRT Labs



Hear enlightening guidance on women's health issues. Decrease breast cancer risk through nutrition and lifestyle changes. Approach menopause through natural, sensible treatments. Explore natural approaches to aging, sex drive and other concerns.

Hear eye-opening, empowering information from his 25 years of research relating the importance of hormonal balance and the origins of breast cancer. Optimize the prevention of occurrence and the elimination of recurrence of the disease.

7:00 pm Friday, October 3

Red Lion at the Convention Center
 1021 NE Grand Ave.

Seating Limited! Registration \$5

Register early by phone with credit card or at the door, open 6:15pm.

PRESENTED BY LLOYD CENTER PHARMACY 503-281-4161



REACH

Racial & Ethnic Approaches to Community Health
 A program of the African American Health Coalition, Inc.
 Sponsored by the CDC (Centers for Disease Control and Prevention)

Wellness Within REACH: Mind, Body, and Soul Activity Calendar

All classes are free of charge!

	Mon	Tues	Wed	Thurs	Fri	Sat
Matt Dishman 77 NE Knott	Strength Training 8-9am and 2-3pm Brown	Stretching/Body Sculpting 7-8am Lois Strength Training 9-11am Norris	Strength Training 8-9am and 2-3pm Brown	Stretching/Body Sculpting 7-8am Lois	Strength Training 8-9am and 2-3pm Brown	African Dance 10:00-11:00am Addo
Salvation Army 5325 N Williams	Salsa Beginning in September	Water Aerobics Contact AAHC 503-413-1850	Tai Chi 6:30 - 7:30pm Lyles	Water Aerobics Contact AAHC 503-413-1850		
Wild Oats Market 3535 NE 15th		Yoga 7:30-8:30pm O'Rourke		Yoga 7:30-8:30pm O'Rourke		Body Conditioning 9:30-10:30am Nickerson
Peninsula Park 700 N Portland		Walking Group 6:00-7:00pm Nickerson (meet inside Lloyd Center in front of Sears)		Walking Group 6:00-7:00 pm Nickerson (meet inside Lloyd Center in front of Sears)		Walking Group 12:30pm Nickerson
Mallory Avenue Christian Church (Gym) 126 NE Alberta	Aerobics 5:30-6:20pm and 6:30-7:30pm Nickerson		Aerobics 5:30-6:20pm and 6:30-7:30pm Nickerson		Aerobics 6:30-7:30pm Nickerson	
Highland United Church of Christ 4635 NE 9th Ave.	Aerobics 6:00-7:00am Pierce	Aerobics 6:00-7:00pm Keller	Aerobics 6:00-7:00am Pierce	Aerobics 6:00-7:00pm Keller	Aerobics 6:00-7:00am Pierce	
Whitaker Track 42nd & Killingsworth		Wt. Management/ Conditioning 9:00-10:00am Hasan	Wt. Management/ Conditioning II 6:00-7:00am Hasan	Wt. Management/ Conditioning 9:00-10:00am Hasan		

**Must be 21 or older to participate. Please check with AAHC before showing up to the first class 503-413-1850. Please receive approval from your doctor before beginning exercise class.



African American Health Coalition, Inc.

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 E-mail: kdempsey@aahc-portland.org • Web: www.aahc-portland.org