



Helpline (Make The Call): 800-923-HELP
 Linea de Ayuda (Spanish): 877-515-7848
 Youthline (Teen Helpline): 877-553-TEEN

HEALTH

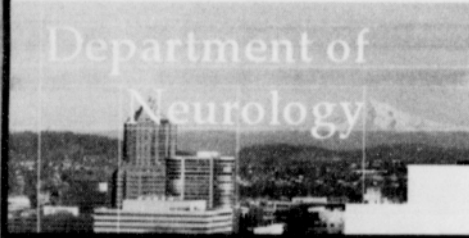
OHSU *Where Healing, Teaching and Discovery Come Together*

IRB # 6892

WE NEED YOUR HELP!

We are recruiting healthy volunteers and people with Parkinson's disease (PD) of all ages to participate in a study involving a non-invasive brain stimulation technique. This study may contribute to improving the quality of life of those who are suffering from Parkinson's disease. We are trying to assess the therapeutic value of this stimulation technique in PD patients as compared to healthy volunteers. Initial participation in this study requires volunteers to attend four visits over the course of a month. You may also be selected to participate in additional experiments (up to 12 visits). Each visit lasts no longer than 3 hours. You will receive \$30.00 in compensation for each visit that you attend. Complete initial participation in the first four visits pays \$120.00.

If you are interested in helping us with this study, please contact Ryan Eaton or Brian Coakley at Oregon Health & Science University.



Department of Neurology
Principal Investigator:
Jau-Shin Lou, MD, PhD (503) 494-1769
Phone (503) 494-4987
Fax (503) 494-1653
Email: eatonr@ohsu.edu or coakleyb@ohsu.edu



Collette Hunt (left), Sam Schuberg and Jewel Ford, students from Grant High School, observe open heart surgery at St. Vincent Medical Center. Heartwatch is a program that helps raise awareness about what it takes to save a life, encourages a healthy lifestyle and shows the teamwork involved in surgery.

HEARTWATCH

Doctor and author to discuss inequity in psychology

BY JAYMEE R. CUTI
 THE PORTLAND OBSERVER

A prestigious and pioneering African-American psychologist brings to light the experiences of minorities in a field touted as being one of the last disciplines to embrace diversity.

Dr. Robert V. Guthrie, author of "Even the Rat was White: A Historical View of Psychology," is visiting Portland this week to speak about the historical contributions of African-American psychologists. He says there's a need for more African American research in the field.

"Psychology was very reluctant to embrace a lot of the issues affecting people of color," said Fred Miller, principal investigator of the



Dr. Robert V. Guthrie will visit Portland to speak about his book "Even the Rat was White" and the history of African Americans' contributions to psychology.

African American Dementia and Aging Project at Oregon Health & Sciences University's Aging and

Alzheimer's Disease Center. According to Miller, the research about African Americans frequently compares people of color to Caucasians, and does not explore differences between more traditional African Americans and those assimilated into white culture. Scientific research often perpetuates cultural stereotypes.

"If we make the argument that all blacks fit a certain category, then can create a problem because we are pigeonholing people," said Miller.

Guthrie will speak at the Cascade Campus of Portland Community College in Terrell Hall, Room 122, from noon to 2 p.m. on Thursday, Oct. 30; at OHSU's Old Library Auditorium from 9:30 to 11 a.m. on Friday, Oct. 31; and at Portland State University's Smith Memorial Union, Room 328, from noon to 2 p.m. on Friday, Oct. 31.

Multicultural Health Fair

Public invited to celebrate with natural and organic food samples, grocery giveaways, health information and fitness screenings

The Wild Oats Natural Market, place at 3535 NE 15th Ave., a leading national natural and organic foods retailer, will host a Multicultural Health Fair to celebrate good health from 1 to 5 p.m. Saturday, Nov. 8.

Free health screenings will be offered, including cardiovascular, cholesterol testing, blood sugar

evaluation, bone density, body fat, vision screenings and possibly lead testing. The store will also offer 10-minute back massages, acupuncture treatments and spa salon treatments at the event. Guests also may enter to win a free bag of groceries, a manicure or pedicure or a \$20 gift certificate to Wild Oats.

In addition, Wild Oats will host children's activities that include singing and dancing in Spanish, coloring and crafts.

For more information, call at 503-281-3262.

Todas las familias seran bienvenidas! Para mas informacion llamar 503-233-0721.

Ask Deanna! is an advice column known for its fearless approach to reality-based subjects.

Ask Deanna!



Real People, Real Advice

Dear Deanna!
 I just so happen to be fat, chunky and overweight but I have a cute face and I dress according to my size. My best friend is always dogging me because she's slim and tries to make me feel bad because of my weight. I'm happy, I can pull the men and I don't have any health problems so I'm not dieting. How do I get her off my back about being skinny? That's not on my agenda. -- Keisha; Orlando, FL

Dear Keisha:
 Go on Big Girl with your bad self! If you're happy and healthy, keep toting your weight and wear it well. As for your friend, sounds as if she's ugly with issues and is jealous of your looks. Next time she gets on the weight kick, tell her your problem can be solved with a diet and hers can't be helped. If you really want her off your back, sprinkle some ketchup on her and swallow her whole.

Dear Deanna!
 Recently I pledged a sorority and I feel it's the biggest mistake of my life. These girls perpetrate as if they promote unity and bond-

ing to get you in the group then the story changes. Now that I'm in the sorority, I see a lot of loose sex, back stabbing, drinking and phony people. I'm ashamed and want out of the sisterhood but don't know how to get out. -- Pam; Spartanburg, SC

Dear Deanna!
 I'm a female that has a problem with the girly stuff. I'm not gay or anything like that, I just prefer to wear men's clothing and sports gear. People judge me, call me a lesbian and hurt my feelings because I want to be comfortable and just be myself. I can't take it anymore and want it to stop. --Andrea W.; Leesville, LA

Dear Andrea:
 Just like wearing hoochie clothes, you set yourself up for unwanted attention through your wardrobe. If your feelings are hurt, obviously this mistreatment bothers you. You're not as comfortable being in boys underwear as you pretend to be. Stop trying to be a Jack and go back to being Jill. If you want the harassment to stop, toss out the boxers, buy a thong and be the female you were born to be.

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



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 Activity Calendar

All classes are free of charge!

	Mon	Tues	Wed	Thurs	Fri	Sat
Matt Dishman 77 NE Knott		Stretching/Body Sculpting 7-8am Lois		Stretching/Body Sculpting 7-8am Lois		African Dance 10:00-11:00am Addo
Salvation Army 5325 N Williams	Salsa 6:30 - 7:30pm Henry	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 Woods		Walking Group* 6:00-7:00 pm Woods		Walking Group 12:30pm Woods
Mallory Avenue Christian Church (Gym) 126 NE Alberta	Aerobics 5:30-6:20pm Granville 6:30-7:30pm Nickerson		Aerobics 5:30-6:20pm Granville 6:30-7:30pm Nickerson		Aerobics 5:30 - 6:20pm Granville 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 Walk to Run 6:30pm Thorne	Wt. Management/ Conditioning II 6:00 - 7:00am Hasan	Wt. Management/ Conditioning 9:00 - 10:00am Hasan Walk to Run 6:30pm Thorne		
Irvington Covenant Church 4008 NE MLK Blvd				Aerobics 7:30 - 8:30pm Keller		Aerobics 8:00 - 9:00am Norris
Daniel's Memorial Church 12th & Killingsworth		Low Impact Aerobics 7:15 - 8:15pm Granville				

**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.
 + Walking group meets inside Lloyd Center in front of Sears



African American Health Coalition, Inc.
 2800 N. Vancouver Ave., Suite 100 • Portland, OR 97227 • Phone: 503-413-1850
 E-mail: kdempsey@aahc-portland.org • Web: www.aahc-portland.org