

HEALTH

Healthy Birth Initiative Receives \$3.4 Million Grant

Program betters African-American babies

The Healthy Birth Initiative, a program focused on helping African-American families in north and northeast Portland achieve healthy pregnancies, recently received a \$3.4 million grant from the federal Health and Resources and Services Administration.

The grant will be used to address the high rate of infant mortality among African American babies.

A study conducted by Multnomah County Health Department found that the low birth weight rate for African American babies is more than twice the rate of whites in Northeast Portland and in all of Multnomah

County. Low birth weight (5.5 pounds or less at birth) is a major predictor of infant mortality.

Through access to health care, health education and in-home case management, the Healthy Birth Initiative helps it clients keep their babies nurtured. The program gives assistance with advocacy, access

to birth control, education classes, referrals to community services, family support, support groups and transportation to medical and social service appointments.

The program is now accepting pregnant African American women living in the following zip codes: 97203, 97211, 97212, 97213, 97217,

97218, 97220 and 97227. Participants must meet the federal poverty guidelines.

For more information call 503-988-3387 or visit HBI at the Multnomah County Health Department's Northeast Health Center at 5329 N.E. Martin Luther King Jr. Blvd.

Advertise with diversity in *The Portland Observer*
Call 503-288-0033 ads@portlandobserver.com

You're Invited - Act Now!

What:

Whether you are thinking of refinancing or purchasing a home, the FIRST PLACE to start is with CHARLOTTE MARTIN'S HOME FINANCING SEMINAR!

When:

Saturday, September 10
11:00AM

Where:

Greater St Stephen Church
3535 NE Mallory, Portland, OR 97211

Presented By:

Charlotte Martin, Loan Officer



360-823-1441 - Direct
888-849-0588 - Toll Free
CMartin@homeloansource.us

Learn Different Techniques on how to correct
And remove items from your credit report.
and...find out what lenders look for when considering
financing for your purchase or refinance!

Please RSVP: 360-823-1441



Michael E. Harper, Sr.

9045 SW Barbur, Suite 109
Portland, OR 97219
(503) 221-3060

STATE FARM INSURANCE COMPANIES
HOME OFFICES: BLOOMINGTON.



MARTIN CLEANING SERVICE

**CARPET & UPHOLSTERY
CLEANING**
Residential & Commercial Service

CARPET CLEANING

2 CLEANING AREAS OR MORE PRE-SPRAY TRAFFIC AREAS INCLUDES 1 SMALL HALL	\$25.00 Each Area
1 CLEANING AREA PRE-SPRAY TRAFFIC AREA (HALL EXTRA CHARGE)	\$35.00
STAIRS (with other service)	\$1.50 Each

Additional Services

- AREA & ORIENTAL RUG CLEANING
- AUTO / BOAT / RV CLEANING
- DEODORIZING & PET ODOR TREATMENT
- SPOT & STAIN REMOVAL SERVICE
- SCOTCHGUARD PROTECTION

UPHOLSTERY CLEANING

SOFA	\$69.00
LOVESEAT	\$49.00
SECTIONAL	\$99.00
CHAIR OR RECLINER	\$35.00
THROW PILLOWS	\$5.00

COUPON SPECIAL
ANY 3 CLEANING AREAS
PLUS HALL & SOFA
OR
HALL, LOVESEAT & CHAIR
\$135.00

CALL FOR APPOINTMENT:
(503) 281-3949

Providence Names New Administrator

Janice Burger takes over at medical center

Janice Burger has been named the new administrator for Providence St. Vincent Medical Center. She replaces Don Elsom, who is retiring after 26 years with Providence.

"We are blessed to have Janice continue the tradition of leadership at Providence St. Vincent," said Rick Cagen, chief executive, Portland Service Area, Providence Health System. "It's terrific to have someone with her outstanding abilities and qualifications already with us - and I know she will begin writing the newest chapter in the 150-year legacy of Providence in Oregon."

Burger has been with Providence Health System since 1986 in a variety of roles. She was named associate administrator at Providence St. Vincent in 2000. Before that, she had been operations administrator at Providence Milwaukie Hospital



Left to right are: Rick Cagen chief executive of Portland Service Area for Providence Health System; Janice Burger, newly named administrator for Providence St. Vincent Medical Center; and Don Elsom, outgoing administrator for Providence St. Vincent Medical Center.

from 1995 to 1999. She has also led other programs for Providence, including primary care and preventive medicine, and medicine and neuromuscular skeletal.

As associate administrator, Burger has helped Providence St.

Vincent achieve significant improvements in patient, employee and physician satisfaction. She has helped guide the development of the facility's expansion plans and has direct responsibility for emergency services and programs for

women and children at all three Portland-area Providence hospitals.

Burger received her bachelor's degree in economics and her master's degree in health service administration from the University of Washington.

Native Healing a Growing Hawaiian Practice

Group shunning western medicine for natural alternatives

(AP) - It was Tuesday and the high school volleyball player had a painful sprained finger, but she really wanted to play that Friday.

So she and her family sought out a practitioner of Native Hawaiian healing. The practitioner pounded leaves of a plant, mixed it with a pinch of Hawaiian salt, massaged the girl's arm, and placed the mixture on the injured finger.

"Her mother later told me the pain went away and the girl was able to play on Friday," said the healer, Alapai Kahuena.

A growing number of Hawaii residents are turning to traditional healing methods long practiced in these lush Pacific islands as an alternative or in addition to visiting a regular doctor.

Despite a shortage of Hawaiian healers, Native medicine is being combined with standard approaches in state-supported health care programs. The University of Hawaii also has a new department that recognizes and studies Hawaiian medicine.

With skyrocketing drug and health care costs, Native Hawaiian healing is part of a national trend in



Alapai Kahuena of Waianae, Hawaii, a practitioner of Native Hawaiian healing, picks Hawaiian plants used for traditional healing practices in Nanakuli, Hawaii, last month. (AP Photo)

recent years toward non-conventional approaches to medical care.

A Harvard study released in January found that 35 percent of Americans have used some form of alternative healing. The National Center for Complementary and Alternative Medicine, part of the National Institutes of Health, found that more Americans are using

Yoga, meditation, herbs, special diets and other healing methods.

"People are not happy with Western medical treatment and are seeking alternatives," said Babette Galang, complementary health officer for Papa Ola Lokahi, a non-profit group set up to improve the health and well-being of Native Hawaiians.

Traditional healing goes on in a variety of settings around the islands - in clinics and community health centers as well as private

homes and public parks.

"We're not just talking about Hawaiians," said Galang. "The Chinese brought their medicines, and many Chinese herbal shops are found in Chinatown."

Kahuena frequently uses an herb called olena, a ginger family plant also known as turmeric, to treat several ailments. It is anti-bacterial and anti-inflammatory, she said. In the case of the volleyball player, she used leaves of ha'uoi, a plant also known as verbenia.

A lingering concern, though, is regulation. Traditional healers are exempt from state licensing, but their qualifications are reviewed by elder councils affiliated with the health care systems, and in turn reviewed by a Native Hawaiian health board, said Hardy Spoehr, executive director of Papa Ola Lokahi.

The University of Hawaii's medical school recently created its Department of Native Hawaiian Health, which is committed to improving the health and wellness of Native Hawaiians while embracing traditional Hawaiian values and practices.

Doctor Outreach to Stop Smoking

How effective is it when your doctor asks if you smoke? Do they help you find ways to quit or do they just suggest it?

A new study of 4,200 smokers - including 506 in Northwest Oregon and Southwest Washington - who answered a survey sent to members of nine nonprofit health plans throughout the United States showed that 90 percent of smokers were asked about smoking, 71 percent were advised to quit, 56 percent were assessed for their willingness to quit and 49 percent were given assistance for quitting, but only 9 percent had arrangements provided for follow-up. The survey was given to 65,000 members of the various health plans.

Cigarette smoking continues to be the principal cause of premature death and preventable disease in the United States, as well as a major cause of medical expenditures and lost productivity.



Dr. Billy R. Flowers

THE SPINAL COLUMN™

An ongoing series of questions and answers about America's natural healing profession.

Part 21. Chiropractic VS Fatigue: Climbing the stairs to a new you, two steps at a time.

Q: I feel exhausted all the time. I don't want to take "pep" pills because of addiction possibilities. What can I do?

A: I have a good friend and patient who only a year ago at the age of 61 loved life but has a tremendous concern. He became fatigued so easily that any activity would leave

Him exhausted. The interesting point with him was that he practiced excellent health habits. Nonetheless he got to the point where exercise was nearly impossible. He still climbed the steps at work

but would have to stop halfway up to catch his breath before continuing. I persuaded him to look to Chiropractic for increased vitality. At first he could not see a correlation between his nerves and his Energy level. I told him that it was virtually one and the same. Our nerves are the highways of energy

in the body. If the nerves are trapped or irritated, our energy will be drained as well. He took my advice and now instead of stopping halfway, he charges up the stairs, two steps at a time! If your vitality is giving up at the halfway mark, get charged up with Chiropractic. It's a natural!

Flowers' Chiropractic Office
2124 N.E. Hancock Street, Portland, Oregon 97212
Phone: (503) 287-5504