

HEALTH WATCH

Free Health Care -- The African American Health Coalition's 12th annual Wellness Village takes place Saturday, Oct. 20 from 10 a.m. to 3 p.m. at the Blazers Boys & Girls Club, 5250 N.E. Martin Luther King Jr. Blvd. More than 40 health screeners and exhibitors will provide services to the community, free of charge.

Childbirth Refresher Course -- Sunday, Oct. 24, from noon to 4 p.m., this course will review medications, techniques for breathing and relaxation, and birthing options; fee \$55. Contact 503-574-6595 to register.

Polycystic Ovary Syndrome Seminar -- Thursday, Oct. 25, from 6:30 p.m. to 8 p.m.; acne, facial hair, menstrual problems, infertility and difficulty losing weight may be early warning signs of PCOS. To register for this free seminar in Beaverton, contact 503-221-0161 extension 2254.

Take Control of Your Heart -- Tuesday, Oct. 23, from 6:30 to 9 p.m., find out how to lower cholesterol, reduce high blood pressure and improve your heart health; fee \$20, to register contact 503-221-0161, extension 2254.

All About Hearing -- Monday, Oct. 22, from 1:30 to 3 p.m., Sue Doucette, Au. D. will discuss how we hear, types of hearing loss and options available; fee \$3. Call 503-413-5563 for more information.

Newborn Care for Multiples -- Sunday, Oct. 20, from 10 a.m. to 3 p.m., parents of twins or more learn the basics of newborn care, feeding, happily surviving the early weeks and managing to sleep; fee \$45 per couple. To register call 503-574-6595.

Cervical and Breast Cancer Screening -- Beginning Friday, Nov. 16, from 4 to 8 p.m., women with or without insurance are eligible for this free screening program to promote early detection and healthier living. To schedule an appointment (required) call 503-346-1212.

Birthing Naturally -- Thursday, Oct. 25 begins the six-week series for couples wanting to experience natural childbirth. Fee \$80 per couple. Register early at 503-256-4000.

Parenting Classes -- Newborns don't come with instruction manuals but parents and parents-to-be can learn about a variety of topics from pain and childbirth to breastfeeding to infant CPR and much more. For a schedule of events, call 503-574-6595 or visit: providence.org/classes.

Cancer Resource Center -- Providence St. Vincent Medical Center and the American Red Cross have joined forces to create the first in-hospital resource center providing books, printed material, computer access and more for individuals and families dealing with cancer. The center is open Monday through Thursday, 9 a.m. to 4 p.m.

Aerobics and More -- For a healthy body you need a complete body workout; including aerobics, Pilates and more designed for all ages. Call Cathy at Adventist Medical Center, 503-449-4000, for a schedule.

Free Body Basics -- This physician-recommended class is appropriate for all ages and health conditions. Plan to attend this one-session class and learn the simple guidelines for safe exercises, including stretching. Call 503-256-4000 to register.

Bereavement Support -- A bereavement support group meets each second and fourth Tuesdays, from 10 to 11:30 a.m. To learn more, call 503-251-6192, extension 5670.

Better Breathers -- An asthma educational support group meets on the first Tuesday of the month from 1:15 to 2:45 p.m. at Adventist Medical Center. For more information, call 503-251-6830.

Chronic Pain Support Group -- meets the first Wednesday from 4 to 5:30 p.m. and the third Wednesday of each month, from 7 to 8:30 p.m. For more information call 503-256-4000.

Heart Talk Support Group meets -- on the second Monday of each month; from 6 to 8 p.m. For more information call 503-251-6260.

Smoke-Free Support Group -- meets Mondays, 7 to 8 p.m. For more information, call 503-256-4000.



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HEALTH MATTERS

Infant Cold Medicines Pulled Off Market

Remedies may not be safe

(AP) -- Drug makers have pulled cold medicines targeted for babies and toddlers off the market. But it doesn't end concern about the safety of these remedies for youngsters.

The withdrawal includes medicines aimed at children under age 2, after the Food and Drug Administration and other health groups reported deaths linked to the remedies in recent years, primarily from unintentional overdoses.

A remaining question is whether children under 6 should ever take these nonprescription drugs.

"Pediatricians are taught these products don't work and may not be safe. Yet almost every parent uses them," said Dr. Joshua



Several types of children's cold medicines have been voluntarily recalled because of concerns over safety. (AP photo)

Sharfstein, Baltimore's health commissioner and a pediatrician, who blames ads that overpromise relief.

The challenge, he says, will be to

convince parents to try old-fashioned methods, like suctioning out infants' noses or using salt-water nose drops.

The FDA's own preliminary

review concluded that very young children shouldn't take some of these commonly used medicines. And while the FDA's main focus is on children under 6, it also will ask if there's evidence that these drugs work in children up to age 12.

FDA praised the drugmakers' withdrawals as important for protecting babies.

For other youngsters, parents should understand that cold remedies treat only symptoms, they don't make viruses go away any faster, stressed FDA pediatrician Dr. Dianne Murphy, who urged parents to consult their pediatricians.

Most coughs shouldn't be suppressed — that's how the body clears the lungs, she added. Low-grade fevers are how the body fights infection.

Lead Found in Lipsticks

Lipsticks tested by a U.S. consumer rights group found that more than half contained lead and some popular brands including Cover Girl, L'Oreal and Christian Dior had more lead than others, the group said on Thursday.



A model has lipstick applied during New York Fashion Week.

The Campaign for Safe Cosmetics said tests on 33 brand-name red lipsticks by the Bodycote Testing Group in Santa Fe Spring, California, found that 61 percent had detectable lead levels of 0.03 to 0.65 parts per

million (ppm).

One-third of the lipsticks tested contained an amount of lead that exceeded the U.S. Food and Drug Administration's 0.1 ppm limit for lead in candy -- a standard established to protect children from ingesting lead, the group said. Thirty-nine percent of the lipsticks tested had no discernible lead, it said.

"It's critical that manufacturers reformulate their product," said Stacy Malkan, a co-founder of the coalition. "It's possible to make lipsticks without lead, and all companies should be doing that."

Pregnant women and young children are particularly vulnerable to lead exposure, the group said in its statement. Lead has also been linked to infertility and miscarriage, it said.

Have you seen me?

Missing and Exploited Children

1-800-THE-LOST

Endangered-Missing



CHANTRYCE JOHNSON
Current Age: 15



WALIMJUNKS
Current Age: 4

Date Missing: October 3, 2007
Missing From: Washington D.C.

Chantryce was last seen on September 22, 2007. Wali was last seen on October 3, 2007. The children are siblings and are believed to be together.

If you have any information please contact:
The National Center for Missing and Exploited Children
1-800-THE-LOST (1-800-843-5678)

This public service announcement provided by the Portland Observer Newspaper.



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 8. CONSTIPATION:

The backing up of body's sewage system.

Q: Nothing has ever really helped my constipation. What can Chiropractic possibly do?

A: As a natural form of healing, there is such a Chiropractic and the improved lifestyle we recommend can do to remove the immediate distress and long term health hazards of constipation. But before we begin, you should understand that constipation takes two approaches. The first is the tight, sometimes painful feeling in the lower back area. The second and more insidious type is what we call "hidden constipation." This is when we seemingly move our bowels regularly, but

never completely eliminate everything in our colon (large intestine). This causes the colon to back up and spread toxic poisons throughout the body. This can lead to everything from sinusitis to allergies to arthritis.

Chiropractic can help to alleviate this problem by gently turning nerves back on in the colon and small intestine. It is not uncommon for a patient to have two, three or

even four bowel movements after the first adjustments on his or her spine. A man with FBSS (failed back surgical syndrome) went home and had 12 bowel movements that night. And he claimed he wasn't even constipated! Whatever questions you might have about health and healing, you'll find that Chiropractic is often the answer. Call us for an appointment today.

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