

# HEALTH MATTERS

## Birth Control at Public School Draws Debate

There's support, but qualms remain

(AP) -- People favor letting their public schools provide birth control to students, but they also voice misgiving.

Sixty-seven percent support giving contraceptives to students, according to an Associated Press-Ipsos poll. About as many — 62 percent — said they believe providing birth control reduces the number of teenage pregnancies.

Yet most who support schools

distributing contraceptives prefer that they go to children whose parents have consented. People are also closely divided over whether sex education and birth control are more effective than stressing morality and abstinence, and whether giving contraceptives to teenagers encourages them to have sexual intercourse.

The survey was conducted in late October after a school



In an AP poll, 49 percent said providing teens with birth control would not encourage sexual intercourse and a virtually identical 46 percent said it would.

board in Portland, Maine, voted to let a middle school health center provide students with full contraceptive services. The school's students are sixth-through-eighth-graders, when most children are 11 to 13 years old, and do not have to tell their parents about services they receive.

Teenage pregnancy rates have declined to about 75 per 1,000, down from a 1990 peak of 117, according to the Guttmacher Institute, a research

center. Still, nearly half of teens aged 15 to 19 report having had sex at least once, and almost 750,000 of them a year become pregnant.

Minorities, older and lower-earning people were likeliest to prefer requiring parental consent, while those favoring no restriction tended to be younger and from cities or suburbs. People who wanted schools to provide no birth control at all were likelier to be white and higher-income earners.

## Frozen Pizzas Recalled

(AP) -- General Mills recalled about 5 million frozen pizzas sold nationwide under the Totino's and Jeno's labels because of possible E. coli contamination.

The problem may have come from pepperoni on pizzas produced at a General Mills plant in Ohio, the company said Thursday. It said the pepperoni itself came from a separate supplier.

The voluntary recall covers pizzas containing pepperoni that have been produced since July, when the first of 21 E. coli illnesses under investigation by state and federal authorities emerged.

Nine of the 21 people reported

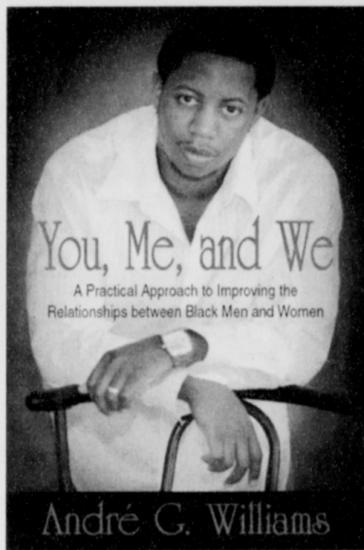


Totino's and Jeno's frozen pizzas were recalled nationwide because of possible E. coli contamination.



eating Totino's or Jeno's pizza with pepperoni topping at some point before becoming ill. The Centers for Disease Control and Prevention said that eight of the victims have been hospitalized, and four have developed a type of kidney failure.

The company asks consumers to throw away recalled pizzas. They can get replacements by clipping the bar code from the box and mailing it with their name and address to Totino's/Jeno's, P.O. Box 200—Pizza, Minneapolis, MN 55440-0200.



## You, Me, and We

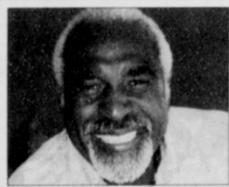
Practical approach to relationships

A fresh and insightful look at the relationships between black men and women with a practical approach to improving relationships is the subject of a new book by André G. Williams.

From our ability to communicate, to our expectations of the opposite sex, to our desire to love and be loved, *You, Me, and We* takes the reader through each phase of the relationship process, and gives us the formula for success.

Williams' thought-provoking, soul-inspiring philosophies uplift and strengthen each facet of our relationships.

The author was born in Miami and grew up just outside of Los Angeles. He received his B.A. in International Business from American Intercontinental University in Atlanta. He has spent the last several years serving as a youth advocate and relationship forum facilitator. He and his wife live in Atlanta.



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## HEALTH WATCH

**Coping with the Holidays** -- Thursday, Nov. 8, from 7 to 8:30 p.m., the holiday season can be overwhelming after the loss of a loved one. Explore ways to bring some happiness into the upcoming holidays during a free grief-support class. To register, call 503-335-3500.

**Why Am I So Tired** -- Thursday, Nov. 8, at 7 p.m., women battling fatigue will receive expert advice to sort out their symptoms, at the Providence Medical Center, Social Room, 4805 N.E. Glisan St.; to register contact 503-216-7128.

**Nutritional Seminars** -- New Seasons Market is presenting a series of nutritional seminars at various store locations along with a nutritional help line. For more information, email aksthenutritionist@newseasonsmarket.com.

**Breast Feeding** -- Tuesday, Nov. 13, from 6:30 to 9:30 p.m., expectant parents will learn the benefits and techniques of breast feeding. Fee \$30 per couple. Call 503-256-4000 to register.

**Surgical Treatment of Epilepsy** -- Monday, Nov. 19, from 6:30 to 8:30 p.m., medical experts will be discussing various types of epilepsy surgeries and the criteria for surgery candidates at a free seminar. For details, call 503-216-7128.

**Body Basics** -- This physician-recommended class is appropriate for all ages and health conditions. Plan to attend one session and learn safe exercise guidelines, including stretching; for scheduling and registration call 503-256-4000.

**Senior Aerobics** -- A low-impact workout geared specifically toward seniors; call 503-449-0783 for current schedule.

**New Light on Winter Depression** -- Wednes-

day, Nov. 28, from 6:30 to 7:30 p.m., this free seminar discusses the cause and effect of seasonal affective disorder with an informative look at the healing power of light. Call 503-256-4000 to register.

**Vegetarian Starter Kit** -- Healthy vegetarian eating made easier with informational resources, samples, coupons and delicious recipes. Kits are \$7.50 each (includes shipping). To order, call 503-256-4000.

**Cardiac-Rehab Exercise Classes** -- A medically supervised exercise program for people dealing with heart conditions. For more information, call 503-251-6260.

**Leg Alert Screening** -- Check for peripheral arterial disease with this safe, simple screening using ankle and arm blood pressure. The fee is \$40. To schedule an appointment, call 503-251-6137.

**Osteoporosis Screening** -- An ultrasound bone-density screening with personalized education; fee \$30. To schedule an appointment, call 503-261-6611.

**Stroke Alert Screening** -- Check your carotid arteries with a painless ultrasound to assess your risk; fee \$40. To schedule a screening, call 503-251-6137.

**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.

**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 Cathey 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 Tuesday, 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.

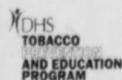
**Smoke-Free Support Group** -- Meets Mondays, 7 to 8 p.m. For more information, call 503-256-4000.

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