

# HEALTH MATTERS

## Healthy Kids Plan Defeated Governor says fight not over

(AP) - After a campaign marked by record amounts of tobacco-industry money pouring into TV advertising, a cigarette tax increase to pay for children's health care was soundly defeated by

Oregon voters in the November special election.

It was a stinging defeat for backers of the "Healthy Kids" plan.

They had spent the campaign's

final days going door-to-door, pleading with voters to ignore the cigarette makers' \$12 million ad blitz and approve the increase to extend health coverage to 100,000 uninsured children.

Gov. Ted Kulongoski, a leading backer of the plan, said he still thinks most Oregonians support an expansion of children's health care but were heavily influenced by the cigarette makers' record-

shattering advertising spending. "What happened was, the tobacco industry bought the election," Kulongoski said in an Election Night interview with The Associated Press.

The Democratic governor declared that "this fight isn't over," and said he and legislative leaders would be looking at other ways to get more children covered.

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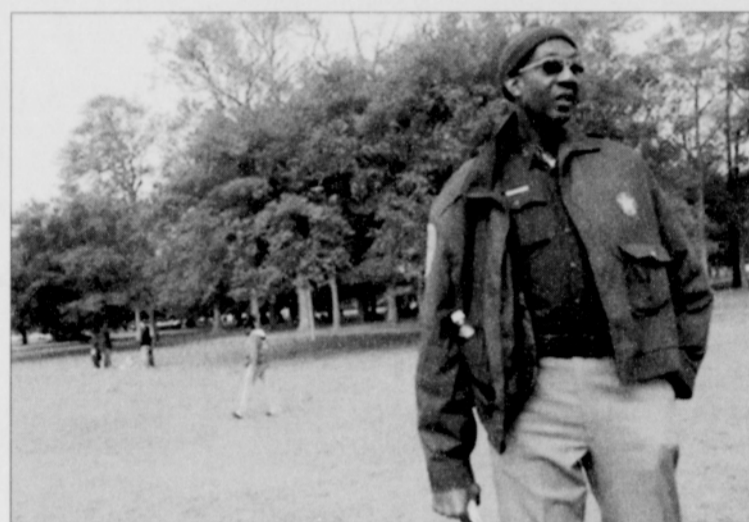
## Tall Man Goes in Record Books

### Credits great aunt for positive attitude

(AP) -- To all those people who blurt out "Wow, you're tall!" as they stare up at George Bell: He knows. And now, the world will know, too. The lanky, 7-foot-8 Norfolk sheriff's deputy was recognized last week by Guinness World Records as the Tallest Man in the United States.

That makes him 2 inches taller than the NBA's current tallest player, Yao Ming, but too short to be the world's tallest living man. He stands below, according to Guinness, Ukraine's 8-foot-5.5 Leonid Stadnyk and China's Bao Xi Shun, who is 7 feet 8.95 inches.

To answer the inevitable ques-



George Bell, a 7' 8" sheriff's deputy in the City of Norfolk, Va., works to provide security at a park in Norfolk. The 50 year old is recognized by the Guinness World Records as the Tallest Man in the United States. (AP photo)

tions: Bell wears size-19 shoes, pants with a 43-inch inseam and shirts with 45-inch sleeves.

He did play basketball, in college, and with the Harlem Wizards and Harlem Globetrotters

show teams.

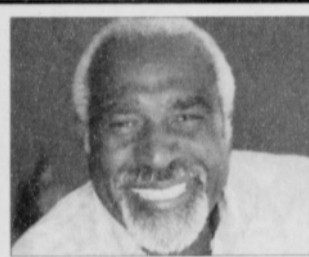
And as for how he feels about being so tall?

"I have no choice but to like it," Bell, 50, said.

Bell hit 5-foot-4 at age 9. In middle school, he topped 6 feet. By the end of high school, he was 7-foot-6. He played basketball until, age 30, when he lost interest in the sport and switched to law enforcement.

He focuses on the perks of being tall. For example, he usually gets free upgrades to first class on flights when the ticket-counter attendants realize he's going to need a lot of leg room.

Bell credits his late great-aunt, Etonia Johnson, with his positive attitude: "She always told me, 'Don't feel ashamed of yourself. Stand tall. God made you. Be happy and show your pride.'"



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## Abstinence Only Doesn't Work

(AP) -- Programs that focus exclusively on abstinence have not been shown to affect teenager sexual behavior, although they are eligible for tens of millions of dollars in federal grants, according to a study released by a nonpartisan group

that seeks to reduce teen pregnancies.

"At present there does not exist any strong evidence that any abstinence program delays the initiation of sex, hastens the return to abstinence or reduces the number of sexual partners"

among teenagers, the study concluded.

The report based on a review of research into teenager sexual behavior was released Nov. 7 by the nonpartisan National Campaign to Prevent Teen and Unplanned Pregnancy.

The study found that while abstinence-only efforts appear

to have little positive impact, more comprehensive sex education programs were having "positive outcomes" including teenagers "delaying the initiation of sex, reducing the frequency of sex, reducing the number of sexual partners and increasing condom or contraceptive use."

## HEALTH WATCH

ing with cancer. The center is open Monday through Thursday, 9 a.m. to 4 p.m.

**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.

**Maternity Water Workout** -- Helping new moms regain muscle tone, strength, and flexibility, all in the support and freedom of the water. Call 503-256-4000 for more information.

**Are You Moving Toward or Away from Diabetes?** -- Wednesday, Nov. 21, from 7 to 8:30 p.m., registered dietician Jane Schuster, will help guide you to healthier choices in this free workshop. Call 503-335-3500 to register.

**Recent Bereavement Forum** -- Monday, Nov. 19 at 5 p.m., this one-hour free forum is for those who have had a loss within two weeks to two-and-a-half months will learn the stages of grief and what to expect in coming months. Call 503-335-3500 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.

**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 askthenutritionist@newseasonsmarket.com.

**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.

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

**New Light on Winter Depression** -- Wednesday, 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.

**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 deal-

**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.

**Siblings and Birth** -- Monday, Dec. 3, from 6:30 to 8 p.m., this workshop prepares big brothers and sisters (ages 3-7) for the new baby; contact 503-256-4000 to register.

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

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

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

**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.

**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 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.

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