

HEALTH MATTERS

Physical Education Classes Evolve

It's now about individuals

(AP)—With music pumping in the background, the kids in Terry Wade's physical education class are in constant motion, going from sit-ups to jumping jacks to curls with light weights.

After their 45-minute session, the sixth-graders who are sweating the most, or as Wade calls it, "burning butter," get stickers.

"My main goal and emphasis is getting these kids up and moving," said Wade, who teaches at Northrich Elementary in the Richardson school district in suburban Dallas. "It's 'Can this kid do this for a lifetime?' I don't care how

good they are. I care if they're having fun."

Instead of team sports, Wade and other physical education teachers across the country are focusing more on individual activities that students can incorporate into their lives long after their school days are over.

Experts say the shift also helps gym teachers include children who are struggling with their weight. With individual activities, overweight students can work at their own pace, and not be left on the sidelines. And they can take part in lower impact activities like weightlifting, yoga or martial arts.

Steve Jefferies, head of the department of health, human performance and nutrition at Central

Washington University in Ellensburg, Wash., is a fan of treasure hunts and other activities that students can do without realizing they are getting exercise. That shifts the focus to finding things, not the half-mile walk to get there, he said.

"You've got to find something that each individual person enjoys," said Jefferies, who also runs a website to help physical education teachers keep up with the latest developments.

Gym teachers also are placing a greater emphasis on general health and nutrition, said Craig Buschner, president of the National Association for Sport and Physical Education.

"This field had to make changes. It's not about dodge ball and it's not about duck-duck-goose," said Buschner. He added that the obesity epidemic has helped educators make a case that students need



more physical education time.

How to deal with overweight children in class is something that's on the minds of future gym teachers, too.

Wade said she walks a fine line when instructing her students: "I don't want to push anyone past what they're capable of doing, but I don't want them to take it too easy."

As the morning light poured in from the windows in her gym, she asked her sixth-graders: "How are you graded in this class?" A chorus of replies comes quickly: "Effort."

Payton Brenham, 12, takes direction from Terry Wade during a physical education class in Richardson, Texas. Experts say that P.E. classes have evolved to focus less on team sports and more on individual recreation activities. (AP photo)



FEBRUARY 20, 2008

Shirley Nanette
w/The Mel Brown Quartet

@Jimmy Mak's
221 NW 10th Avenue
Portland, OR
8pm/doors open at 7pm

KMHD 89.1 FM Presents in Celebration of Black History & Women's History Month
SHIRLEY NANETTE with
The Mel Brown Quartet
Recording Live @ JIMMY MAK'S
Tickets \$25 each
Available at www.brownpapertickets.com,
online at KMHD.FM or at 503-491-7271

For Your Health How I Conquered High Blood Pressure

BY JUNE POTTER ACOSTA

As I write this, the writers strike drags on, with no indication of lessening the self-righteous, stubborn stance of both sides.

Another strike in the summer of 1974, when I was just 50, enraged me, but became the instrument of my recovery from hypertension, high blood pressure.

I had already been diagnosed with moderate hypertension and was on medication that depressed me. At that time, inclined toward depression, I certainly didn't need any additional depressive side effect from a drug.

Even earlier, in 1966, I was on disability insurance and argued with my physician (a dear man, Dr. David Brobeck, whom I ended up knowing for 40 years before his death), refusing to take the meds he prescribed - Sersipal.

Fast forward to that summer of 1974, when I lived in South Central Los Angeles and worked downtown.

I had an old car, but would never

have driven it downtown. Then the Los Angeles bus drivers went on strike! I was furious with them, but it turned out to be the best thing to happen - at least, for me.

Two of the suburban bus lines, Gardena and Torrance, ran express lines into downtown L.A. To catch them, I was obliged to walk about two miles in the early a.m. to get to the last pickup stop and walk again another two miles in late afternoon to get home.

After a few days of all that walking, I was felling so good - sleeping like a baby, face cool, no swelling of my hands or ankles, heart-rate steady and strong.

I bet my blood pressure had dropped to normal I thought, I stopped the meds, still felt great. Then I made an appointment with my longtime doctor, Dr. Brobeck.

Officially, my blood pressure was normal, without medication of any kind. As it is today, at going on 84! The average reading is under 120 systolic, under 70 diastolic.

I am a passionate believer in exercise. Our bodies were made to move.

As well, I do deep breathing. 20 deep breathes every day. Take a deep breath, hold it as long as comfortable and then breathe out.

I've also learned how to cope with stress. Of course, there is good stress and bad stress. If I feel I'm beginning to be agitated, for any reason, I simply stop what I'm doing and go outside or cuddle my cat, Hogie, or turn on some music. It works!

We are told that African Americans suffer unduly from high blood pressure or hypertension. The reasons are not clear, but there is stress in having been or continuing to be victims of the white power structure.

Excess salt in the diet is another matter. I haven't used table salt in years though I still eat salted peanuts and use canned foods with salt in them. One's taste for salt can change.

I eat a normal, healthy diet with plenty of fruits and vegetables. I don't rule anything out - except

meat or flesh of any kind. I gave up eating once-living creatures about four years ago - not for health reasons. Rather, for philosophical reasons.

Yet, I can still open a can of cat food for my kitty - meat, or fish or poultry, with no compunction. He is a carnivore and I accept that.

We human beings have enormous power to make ourselves ill or conversely make and keep ourselves well. I'm a fanatic about the mind and body connection.

Unfortunately, the pharmaceutical industry and the healthcare industry do their best to keep us fearful. There's the endless stream of messages of fear from radio and TV about some affliction and the right med for it. They need to keep us just sick enough to require their services.

I do take aspirin for my arthritis, up to 8 a day, as recommended by my son, Steve, a physician here in Portland.

So my message to all you good people is: Move. Walk! Stop and smell the flowers!

HEALTH WATCH

Free Glaucoma Screenings -- Devers Eye Institute will conduct free visual field screenings as part of national Glaucoma Awareness Month. The tests are scheduled Friday, Jan. 25 from 10 a.m. to 2 p.m. at the Legacy Emanuel Hospital atrium and Tuesday, Jan. 29 from 10 a.m. to 2 p.m. at the legacy Good Samaritan Hospital main lobby.

Groovin' a New Weight: Women Only -- Thursdays, Jan. 24 through March 13, from 6:30 to 8:30 p.m., women will team up with dietitians and fitness specialists; in a fun motivating environment to conquer food, weight and body issues. To register, call 503-574-6595.

Infant/Child CPR and First Aid -- Friday, Feb. 1 from 9 a.m. to 4 p.m., the Youth Employment Institute, 1704 N.E. 26th Ave., will host this great training class. Fee \$52. To register, call 503-888-2756.

Vascular Screening -- Thursday, Feb. 2, Providence Health and Vascular Institute, 4805 N.E. Glisan, will host the all-day screening event in recognition of American Heart Month. \$100 screening fee. To register, call 503-216-2088.

Food Myth Busters: Good Nutrition for a Heart-Healthy Life -- Thursday, Feb. 7, from 6:30 to 7:30 p.m., take a moment for your heart in this free educational series to take charge of your heart and vascular health with health experts. To register, call 503-574-6595.

Take Time for Your Heart -- Saturday, Feb. 9, from 11 a.m. to 4 p.m., the Clackamas Town Center, will host this free expo with blood-pressure checks and expert advice to improve heart health.

Feeling Forgetful? Women and Memory Loss -- Monday, Feb. 11, from 7 to 8:30 p.m., a neurologist will help women to sort out simple memory loss from something possibly more serious at this free women's wellness forum. To register, call 503-574-6595.

Food for Life: A Cooking and Nutrition Series -- Through cooking demonstrations and samples,

learn about the influence of diet on cancer. This four-part series begins Thursday, Feb. 21 from 6:30 to 8:30 p.m.; to register, call 503-256-4000.

Newborn Care -- Saturday, Feb. 16, from noon to 5 p.m., expectant parents will learn tips and techniques for caring for their newborn; \$45 fee per couple. To register, call 503-574-6595.

For Big Brothers & Big Sister-To-Be -- Saturday, Feb. 16, from 10 to 11 a.m., special sibling class for children ages 3 to 6 helping to prepare for their role as an older sibling; \$20 fee (2 adults, 1 child). To register, call 503-574-6595.

Becoming Smoke-Free, Staying Smoke-Free -- Mondays, Jan. 28 and Feb. 4, from 6 to 8 p.m., gain freedom from nicotine addiction through practical guidance and ongoing support; \$40 fee. To register, call 503-256-4000.

Weight Management for Children and Teens -- Wednesday, Jan. 30, 6:30 to 8 p.m. parents and teens will learn healthy eating lifestyle changes with dietician Julie Stahl. To register, contact 503-335-3500.

Helping Babies Communicate Before They Can Walk -- Wednesday, Jan. 30, 9:30 to 10:30 a.m., Dawn Prochovnic, creator of SmallTalk Learning, will teach the class teaching sign language to infants. To register, call 503-335-3500.

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

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.

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.

Birthing Naturally -- Beginning Tuesday, Feb. 5, from 5:30 to 8:30 p.m., six-week series preparing new parents-to-be to experience as natural a birth experience as possible. To register, call 503-256-4000.

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

Mammography Screening -- Early detection is a key factor in the prevention of breast cancer. Call 503-251-6137 to schedule your high-tech, soft-touch mammogram.

Managing Chronic Hepatitis C -- Third Wednesday of each month at 5 p.m., the informative session led by a registered nurse to help manage side effects of medications and dosage preparations and administration; doctors referral required. To register, call 503-251-6313.

Car + Home =
BIG SAVINGS

See me for Car and Home Insurance and save.



Michael David Holton, Agent
7223 SW Macadam Avenue
Portland, OR 97219-3076
Bus: 503-517-9090
Bus: 503-517-9090 Fax: 503-445-1366



LIKE A GOOD NEIGHBOR, STATE FARM IS THERE.
Providing Insurance and Financial Services



Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 2: CHIROPRACTORS: Just how qualified are they to take care of your health?

Q: I know that physicians need four full years of medical school to become doctors. How much training do Chiropractors actually get?

any doctor graduating from medical school. Most importantly for you, we also spend four full years studying the spine, joint relationships and adjustment procedures. What's more, Chiropractors stay up to date with the latest health care developments by attending on-going seminars.

A: It varies from one insurance carrier to another. But for many people, Chiropractic care is covered. Check with your company's personnel department. Or feel free to call us. In fact, for answers to any questions you might have about your health, just call us at the number below.

A: Following our undergraduate college training, Chiropractors must also complete an extremely demanding four-year curriculum. By the time we graduate, we've received a degree of competency in anatomy, chemistry, bacteriology, toxicology, pathology, physiology, diagnosis and x-ray. In fact, today's doctor of Chiropractic have as many hours of government approved classes in these health-related subjects as

Q: Will my health insurance help me pay for Chiropractic care?

Flowers' Chiropractic Office
2124 NE Hancock,
Portland Oregon 97212
Phone: (503) 287-5504