HEALTH MATTERS

Inspired Mom's Hope for Autism Remedies

Launches therapy program

A Portland area mom and a therapist have launched a new cutting edge autism treatment program called "A Hope for Autism"

The program was founded by Gayle Woodruff, the mother of a five and a half year old son with autism, along with renowned therapist and board certified associate behavior analyst, Robbin Sobotka-Soles.

By connecting children with autism with their interests, the therapy provides learning opportunities that are personalized for each child, providing a safe, loving environment that is conducive of teaching and

Each child with Autism Spectrum Disorder varies in their ability to learn, communicate and relate to others.

Woodruff was inspired to

Hope for Autism co-founder Gayle Woodruff with her son Miles.



Family Foundation.

The central hub of the cam-

paign will be a website

(gyt09.org) that provides com-

prehensive information about

STDs and will direct users to

the nearest testing location

simply by entering a zip code.

"Most people are shocked to learn that, by age 25, one

in two sexually active young

people will have an STD. This

is not just a statistic, but the

launch the effort after searching numerous avenues for help with her son Miles. Through determination to make a difference with her son, she received intensive training in various theories of how to best work with Miles.

Sobotka-Soles has dedicated her career to working with children with Autism. She earned a bachelor's degree from Linfield College and completed graduate work in behavior analysis at the University of North Texas.

Hope for Autism resources include occupational therapy, speech and language therapy, education training for parents and support groups and individual sessions. For more information, visit ahopeforautism.org.

Join Us!!! Full Harvest Fellowship Ministries

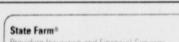
As We Present Spiritual Enrichment Class Saturdays 7:00 PM Beginning Saturday, May 2nd



75 NE Wygant (Between Rodney & Cleveland) For More Info Contact Gregory or Martha Thomas At 871-05-350-2800 For Directions Visit our secure website

I must work the works of him that sent me, while it is day: the night cometh, when no man can work. John 9:4

Fullharvestfellowship.vpweb.com



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Cardiac-Rehab Exercises -- A medically supervised exercise program for people dealing with heart conditions. For infor-

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

Osteoporosis Screening -- An ultrasound bone density screening with personalized education; fee \$30. To schedule an

Oregon while at the same time

appointment, call 503-261-6611.

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

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

with MTV and the Kaiser enthood health centers see bile and Web slang, the GYT every day," said David public service campaign is an Greenberg, the organization's easy way for young people to local president and chief ex- talk about sexual health and ecutive officer.

> Greenberg said affordable testing, treatment and education are the tools teens and young people need to stay healthy and safe.

From OMG to LOL, acronyms saturate young people's everyday vernacular, acting as common methods of comticipating in the effort along reality of what Planned Par- munication. Playing off mo- ppcw.org.

get tested for STDs.

All of Planned Parenthood Columbia Willamette's health centers throughout Oregon and Southwest Washington offer STD testing and treatment services.

To make an appointment or for more information, call 1-888-875-7820 or visit

Supporting Minority Gay, Lesbian Health

Regular Testing Reduces STD Infections

ing for community members St who want to support black gay and lesbian friends and family.

Help available

"GYT: Get Yourself Tested,"

is a new national campaign to

increase testing and treat-

ment for sexually transmitted

diseases (STDs) among those

Planned Parenthood of the

Columbia Willamette is par-

at Planned

Parenthood

under 25 years of age.

The first PFLAG chapter in the Saturday, April 18 gather- being of gay, lesbian, bisexual the country dedicated specifi- ing from 10 a.m. to noon at cally to the African American Ainsworth United Church of community will host a gather- Christ, 2941 N.E. Ainsworth

Parents, Families and Friends of Lesbians and Gays (PFLAG) Allies are welcome to attend promotes the health and well-

ties across the state.

both our physical health and our

economic health," said Senate

President Peter Courtney. "We

are maximizing federal stimulus dollars to create jobs all across

and transgender persons, their families and friends. The group acts to create a society that is healthy and respectful of human diversity, ending discrimination and securing equal civil

For more information about Portland's black chapter of PFLAG or to RSVP for the upcoming meeting, contact Geri Washington, community organizer at 503-421-3343, 503-281-2293 Washington.geri@yahoo.com.

300 More Staff for Oregon Nursing Homes

dents in Oregon's long term care facilities will get a much needed boost in staffing levels through a program announced by Legislative leaders and long term care advocates.

Using a combination of state funds and federal stimulus dollars, the state will move forward with plans to help pay for 300

to work in long term care faciliexpanding our state's nians. "We are making an investworkforce in one of the most dynamic and growing indusment in the health of Oregon,

> tries in the world - health care." House Speaker Dave Hunt said this program is a perfect example of smart investments the state can make - even in the face of economic crisis -

Elderly and disabled resi- new certified nursing assistants providing better care for our that provides both short and vulnerable senior citizens and long term benefits for Orego-

> "This creates jobs right away; good-paying jobs that offer an opportunity for advancement. And we are reaffirming our commitment to long term care for disabled and elderly Oregonians, making their life a little bit better," said Hunt.

Your Care mation, call 503-251-6260. **Our First Priority**

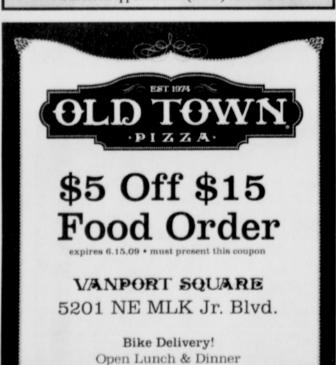


Dr. Marcelitte Failla Chiropractic Physician

We are located at 1716 N.E. 42nd Ave. Portland, OR 97213 (Between Broadway and Sandy Blvd.)

 Automobile accident injuries · Chronic headache and joint pain

· Workers Compensation Call for an appointment! (503) 228-6140



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HEALTHWATCH

503-251-6137.

Managing Chronic Hepatitis C -- Third Wednesday of each month at 5 p.m. The informative session is led by a registered nurse to help you manage side effects of medications and dosage preparations and administration; doctor referral required.

Cancer Resource Center -- Providence St. Vincent Medical Center and the American Red Cross have joined forces to create

Toregister, call 503-251-6313

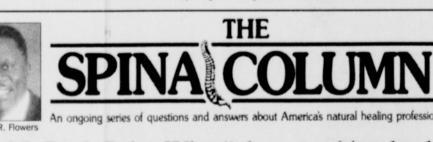
the first in-hospital resource center providing books, printed material, computer access and more for individuals and families dealing with cancer. The center is open Monday through Thursday, 9 a.m. to 4 p.m.

Chronic Pain Support Group -meets the first Wednesday at 4 p.m. to 5:30 p.m. and the third Wednesday of each month, from 7 p.m. 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 p.m. to 8 p.m. For information, call 503-251-6260.

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.

Cholesterol Profiles -- Calls helps you keep an eye on your cholesterol and other indicators of heart health; educational material provided. For more information, call 503-261-6611.



Part 15. Back Pain: Why "oh, my aching back" has become such a popular phrase. : I always know when my | This is yet another component | tion the way nature intended,

back hurts. But I rarely know why

: Statistics tell us 80% of all men, women, and children will experience back pain in their lives. Chiropractors can also tell you why. There are, for example, several mechanical malfunctions that cause back pain. Among them are: Direct pinching on the nerve. This is the reason many people give for their back pain, but in fact, "pinched nerves" only account for about 10% of it. Edema (swelling) This occurs from inflammation due to simple strain or subluxation. Fixation.

of what we call the vertebrae are not moving the way nature intended. Other factors include muscle spasm and disc herniation. Of course, in addition to knowing you have back pain, chiropractors also know how to make it go away. By eliminating the components of the subluxation complex and allowing the central nervous system to func- ber below.

lieve your back pain symptoms, we remove the cause. Without drugs. Without surgery. Without doubt. Call our office for an appointment today to find out how Chiropractic can help your "aching back." Or if you have any questions about your health, just call us at the num-

we Chiropractors not only re-

Flowers' Chiropractic Office

2124 N.E. Hancock Street,

Portland Oregon 97212

Phone: (503) 287-5504