

# HEALTH MATTERS

## Food Stamps Show Children at Risk

**Economy could push numbers higher**

(AP)— Nearly half of all U.S. children and 90 percent of black youngsters will be on food stamps at some point during childhood, and fallout from the current recession could push those numbers even higher, researchers say.

The estimate comes from an analysis of 30 years of national data, and it bolsters other recent evidence on the pervasiveness of youngsters at economic risk. It suggests that almost everyone knows a family who has received food stamps, or will in the future, said lead author Mark Rank, a sociologist

at Washington University in St. Louis.

"Your neighbor may be using some of these programs but it's not the kind of thing people want to talk about," Rank said.

The analysis was released Nov. 2 in the November issue of Archives of Pediatrics and Adolescent Medicine. The authors say it's a medical issue pediatricians need to be aware of because children on food stamps are at risk for malnutrition and other ills linked with poverty.

"This is a real danger sign that we as a society need to do



People wait to apply for food stamps in Fort Lauderdale, Fla. Rank said.

Food stamps are a Department of Agriculture program for low-income individuals and families, covering most foods

although not prepared hot foods or alcohol. For a family of four to be eligible, their annual take-home pay can't exceed about \$22,000.

According to a USDA report released last month, 28.4 million Americans received food stamps in an average month in 2008, and about half were younger than age 18. The average monthly benefit per household totaled \$222.

Rank and Cornell University sociologist Thomas Hirschl studied data from a nationally representative survey of 4,800 American households interviewed annually from 1968 through 1997 by the University of Michigan.

About 18,000 adults and children were involved.

Overall, about 49 percent of all children were on food stamps at some point by the age of 20, the analysis found. That includes 90 percent of black children and 37 percent of whites. The analysis didn't include other ethnic groups.

The time span included typical economic ups and downs, including the early 1980s recession. That means similar portions of children now and in the future will live in families receiving food stamps, although ongoing economic turmoil may increase the numbers, Rank said.

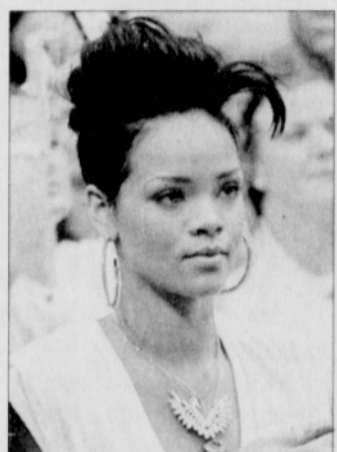
## Rihanna Talks Domestic Violence

**Pop star victim opens up to women**

Rihanna says dealing with the media attention after being assaulted in February by ex-boyfriend Chris Brown was humiliating. But she now hopes to speak for young women who are afraid to talk openly about domestic violence.

The 21-year-old pop star told Glamour magazine in an interview posted online Tuesday that the police photo of her bruised face that was leaked to reporters added insult to injury.

After the assault, she awoke to find helicopters circling her house and reporters swarming her street. "I felt like I went to



Rihanna

sleep as Rihanna and woke up as Britney Spears," she said.

Rihanna said she felt disappointed and taken advantage of, especially when she heard that the two officers under investi-

gation for leaking her photo were women.

"I felt like people were making it into a fun topic on the Internet, and it's my life," she said.

Rihanna said she didn't realize how much her decisions affected people she didn't know, like her many fans. She feels stronger, wiser and more aware now, she added.

"Domestic violence is a big secret," Rihanna said. "The positive thing that has come out of my situation is that people can learn from that. I want to give as much insight as I can to young women, because I feel like I represent a voice that really isn't heard. Now I can help speak for those women."

Brown, 20, pleaded guilty to felony assault in June. He was sentenced to five years' probation, six months of community labor and a year of domestic violence counseling for the attack, in which he was accused of hitting, choking and biting Rihanna in a rented sports car.

TMZ published the photo of Rihanna's bruised face less than two weeks after the beating, and the LAPD immediately launched an internal investigation of the leak.

## Fiber Diet Boosts Immunity

An apple a day may keep the doctor away but a fiber-filled diet could also hold the key to keeping asthma, diabetes and arthritis at bay, according to Australian research released Thursday.

Scientists at Sydney's Garvan Institute of Medical Research say that fiber not only helps keep people regular, it boosts the immune system so it can better combat inflammatory diseases.

When foods high in fiber, such as dried fruit and beans, reach the gut, bacteria convert them to compounds known as short chain fatty acids. These acids are known to alleviate some inflammatory disease in the bowel.

Researcher Charles Mackay said that the team, which worked with scientists in Australia, the US and Brazil, was able to draw a clearer picture of this relationship, work which has implications for other diseases.

## Asian Perspective on Gambling, Addictions

**Clark College hosts mental health series**

According to the Los Angeles Times, in a 1999 survey in San Francisco's Chinatown, 70 percent of those responding cited gambling as the top problem in their community.

Another report from the UCLA Gambling Studies Program noted how "In Chinese, Vietnamese, Filipino, Korean and Cambodian communities, social workers and leaders are pressuring gaming officials and state legislators to recognize a hidden epidemic."

On Monday, Nov. 16, an Asian perspective on gambling



Bounsang Khamkeo

and addictions will be the focus of Clark College's "Mental Health Mondays" presentation.

The discussion will be led by Bounsang Khamkeo, a behavioral health counselor and human rights advocate at the OHSU Avel Gordly Center for

Healing.

Khamkeo is an addictions treatment expert who grew up in Laos but left at the age of 17 to study in France. Thirteen years later, in 1973, he returned to his homeland and was imprisoned.

"I Little Slave" is an account of his seven-year struggle in prison to stay alive and keep sane in spite of harsh physical privation and endless psychological abuse.

The event, which is free and open to the public, will take place from noon to 1 p.m. in the Penguin Student Lounge, located in the college's Penguin Union Building. Clark College's main campus is located at 1933 Fort Vancouver Way in Vancouver.

### The African American Men's Club, Inc. (AAMC)



Presents a **Pre-Holiday Dance**

Saturday, November 28, 2009

Billy Webb Elk's Lodge, 6 North Tillamook St., Portland, Oregon

9 PM - 2 AM

Donation: \$15.00 per person • Music by DJ

Let's Kick off the holiday season with friends, food, and fun

Raffle & 50/50 split: Tickets - \$1.00 each  
Menu: Roast Beef, Chicken, Mac & Cheese,  
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Tickets Available at:

AAMC Club Members • Elk's Lodge (503) 284-4853  
Cannon's Rib Express (503) 288-3836 • One Stop Records (503) 284-8103  
Geneva's Shear Perfection (503) 285-1159  
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Dr. Billy R. Flowers

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**Part 10. Fatigue: A cure for people sick and tired of being of being sick and tired.**

**Q:** I seem to be tired a lot lately. Does that mean I need iron?

**A:** The most common reason patients come into our office is because of some type of pain. But many of these people are also suffering from fatigue. Fatigue that makes the eyes burn slows down the healing process and makes you wonder why you don't feel as well as you used to. Obviously, there can be many causes of fatigue. Diet is certainly one of them. It's a subject we'd be happy to discuss with you in

detail. Another cause, however is often stress. Many of you have probably heard of the "Fight Or Flight" syndrome. When the body is stressed, it responds with a combat-ready posture. In analyzing many such patients' x-rays, we find the head angled forward and the back arched in this highly-stressed position. After Chiropractic adjustment, this condition is often

vastly improved. Patients come back well-rested, telling us they just had their best night's sleep in ages. If you think the stress of everyday life might be wearing you down and preventing your body from warding off illnesses, call us for an appointment. Or if there are any other questions you might have about your health, just call us at the phone number below.

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