

HEALTH MATTERS

Health Watch



A Sister of Sisters (S.O.S.)

African American Breast Cancer Survivor Support Group

Transition to Wellness ~ Mind & Body

Sponsored by: Portland Alumnae Chapter of Delta Sigma Theta Sorority, Inc.

The Portland Alumnae Chapter Delta Sigma Theta is organizing a breast cancer survivor support group for African American Women. We would like to invite all African American Breast Cancer Survivors to join "A Sister of Sisters" (S.O.S.) - a breast cancer support group focusing on issues relating to African American women surviving breast cancer.

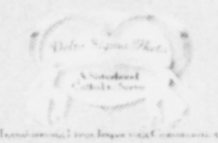
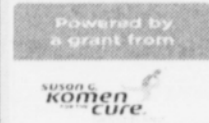
If you're an African American Breast Cancer Survivor - please join us:

Time: April 20th, 6:30PM - 8:30PM

Place: Providence Irvington Village (community room)

Address: 420 NE Mason St. / Portland, OR.

- Light refreshments will be served -



Lead Poisoning Prevention—Learn how to protect your family from lead poisoning. Ideal for folks in live in older homes with children or pregnant women. Qualified participants receive a free kit of safety and testing supplies. Call 503-284-6827.

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.

Cardiac-Rehab Exercises—A medically supervised exercise program for

people dealing with heart conditions. For information, call 503-251-6260.

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.

HeartTalk Support Group—Meets on the second Monday of each month; from 6 p.m. to 8 p.m. For more information, call 503-251-6260.

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.

Cholesterol Profiles — Get the resources to help you keep an eye on your cholesterol and other indicators of heart health. Educational material provided. For more information, call 503-261-6611.

Bereavement Support Groups — Free, safe confidential group meetings for those who have experienced the death of a loved one offered on various nights and locations. For information and registration, call 503-215-4622.

Powerful Tools For Caregivers — 6-week educational series designed to help family caregivers take care of themselves while caring for relatives or friends with chronic illness. Class size is limited, and registration is required. Call 503-413-8018.

Portland Police Chief Reset

continued **▲** from front



Dr. Billy R. Flowers (above center) and his skilled staff are ready to help those in need.

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?

A: Following our under-graduate 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

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.

Q: Will my health insurance help me pay for Chiropractic

care?

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.

Flowers' Chiropractic Office

2124 NE Hancock,
Portland Oregon 97212

Phone: (503) 287-5504

In 1989, he made a career switch, becoming a patrol deputy with the Multnomah County Sheriff's Office. He transferred to the Police Bureau in 1994, working his way up to become captain of the Drugs and Vice Division and later Central Precinct commander. Earlier this year, he was made commander of the East Precinct, the largest of the three police precincts.

At a press conference last week, he said that under his leadership the bureau would engage the community and encourage officers to take a more "holistic approach" to their jobs that involves more than just locking people up.

"You try to look for creative solutions that don't require law enforcement," he said.

However, Dan Handelman of Portland Copwatch said that Reese oversaw several practices while commander at Central Precinct that give him pause.

"The problem is we've got this rickety old bus, and changing drivers isn't going to change that," he said of the new chief.

He points out that while commander of Central Precinct Reese favored the controversial "Sit/Lie" ordinance that made it illegal to sit or lie on sidewalks, and was seen by critics as criminalizing homelessness.

Handelman said that after the ordinance was ruled unconstitutional, the police began using new tactics to target people deemed a nuisance by the business community. Police began conducting undercover stings to nab people on minor infractions like littering, in hopes of charging them with more serious offences, like possession of drugs, a practice that troubles Handelman.

Reese also most likely signed off on a controversial list kept by the

city on frequent offenders who were targeted for different treatment, said Handelman.

The new chief, who lives in southwest Portland, also plays in a band, "Usual Suspects", with Mike Kuykendall, the vice-president of the Portland Business Alliance, which has been the driving force behind the sit/lie ordinance.

"Yeah, I think that's something to be worried about," said Handelman, who worries about the closeness of the two.

During a press conference on Monday, sponsored by the Albina Ministerial Alliance, a coalition of black churches, Rev. Leroy Haynes, vice president of the alliance, said that his group was disappointed that the mayor did not solicit more public input on such an important decision.

He did note that the AMA was eager to work with the new chief.

However, others like Valerie Chapman, the pastoral administrator at St. Francis, is optimistic about Reese.

Late last fall, several uniformed police officers barged into the church's dining hall accompanied by a television crew from the show "Cops" looking for a suspect. The dining hall was considered a sanctuary for down-and-out populations often distrustful of law enforcement, and there was a deep sense of violation at the church, said Chapman.

Reese, then commander at Central Precinct, paid a visit to the dining hall in plain clothes with a captain to talk about the incident weeks later, said Chapman, and immediately apologized for the incident. The discussion with diners turned to other issues, like where to camp and previous interactions with police.

"I think they felt heard," said Chapman. "It was a nice ending."