

HEALTH

Breast Cancer Survivors Sing Out

Performance
Sunday at
Legacy atrium

Celebrate the lives of Portland area women who have battled and survived breast cancer when the Sisters in Survival choir sing to the heavens with joy in their hearts. The local choir will perform Sunday, Oct. 30 at 2 p.m. in the atrium of Legacy Emanuel Medical Center in north Portland.

Julianne Johnson, a local singer, actress and community activist directs the choir. She is also a long-time advocate for regular mammograms and proper screening. Her mother is a two-time breast cancer survivor, who Johnson said has an unparalleled tenacity and indomitable spirit.

The free community event is part of Worship in Pink and made possible by Legacy Health, the Oregon and Southwest Washington Affili-



The Sisters in Survival choir spreads a message of hope by celebrating their survival from breast cancer.

ate of Susan G. Komen for the Cure and community sponsors, including Ecumenical Ministries of Oregon.

When Johnson became involved in the early planning stages for the event, she thought of her mother, and knew a survivor's choir was needed.

"I know my voice is my strength to make changes and I want to break any misconceptions about the outlook of cancer survivors," she said. "These are strong vibrant women who live in the moment. They are not defeated."

The choir, which currently has 21 members whose ages range from early 40s to 87, is made up of women currently fighting the disease, as well as short-term and long-term survivors.

Approximately 30 church congregations will also provide breast cancer awareness and education to under-screened women in our communities as part of the Worship in Pink campaign.

Prescription Drug Turn-ins Saturday

In an effort to help community residents discard of their old medications in a safe and environmentally friendly way, two prescription drug turn-in events will be held Saturday, Oct. 29, as part of a nationwide effort to reduce the misuse of drugs.

The Center for Student Health and Counseling at Portland State University will host its prescription drug turn-in in front of the student health and counseling office, located at 1880 S.W. Sixth Ave.

All prescription medications,

samples, over the counter medications, vitamins, pet medication, medicated ointments, and liquids in leak-proof containers will be accepted. The turn-in is being held with the help of the U.S. Drug Enforcement Agency and the Portland Office of Neighborhood Involvement.

"Providing an easy way for people to get rid of their unneeded medications is a way of keeping them out of the hands of people for whom they were not prescribed," said Dr. Dana Tasson, head of PSU's

Student Health and Counseling Office.

The city of Beaverton and the Beaverton Police Department will hold a drug turn-in at Beaverton

City Hall, 4755 S.W. Griffith Drive.

Participants at both sites are asked to keep the discarded medications in original containers. The collections do not include other

medical supplies like thermometers, syringes, sharps, IV bags, bloody or infectious waste, hydrogen peroxide, aerosol cans, inhalers, EpiPens or other medical wastes.

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