

# YOUR LIFE



MARTY HEISEY / NEW ERA PHOTOS

Park Elementary School students Nicole Stoffel (left to right), Emily Stumpf and Yamil Rodriguez are part of a panel of six kids who gave their teeth a public brush.

## Giving teeth the brush

Park Elementary students rise to the dental challenge

By SUSAN JURGELSKI  
New Era Staff Writer

**B**RISTLES COME UP in restless anticipation. Inside the gym at Park Elementary School, Columbia, six students nervously raise toothbrushes mouthward.

A clock set for two minutes glows red overhead.

In front of the soon-to-brush bunch is a table covered with water-filled cups. An audience of fellow students sits cross-legged on the gym floor.

All eyes are on the clock. As the red polka dot numbers start to blink, the scrubbing begins.

Can the toothsome six perform in a clutch position? Can they keep it going for two minutes?

Only time will tell. To help mark National Children's Dental Health Month, in February, St. Joseph Health Ministries recently kicked off its first-ever "2 For 2" event.

The campaign is named for the dental community's recommendation that children and adults brush their teeth at least twice daily, for two minutes at a time, St. Joseph Health Ministries

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Dental hygienist Beth Zimmerman demonstrates proper brushing techniques to students in Columbia.

HEALTH

## Student video puts spotlight on depression

By TRACY WHEELER  
McClatchy-Tribune

AKRON, Ohio

**J**AMAL AND KATIE WERE best friends, helping each other with homework and school projects, playing basketball together and sticking up for each other when someone teased one of them.

They were friends through "thin and thick," as Jamal liked to say.

But then Katie, a middle-schooler, changed.

"This touchy, moody girl wasn't the Katie I knew," Jamal said. "It wasn't even the Katie that Katie knew."

She was withdrawn, angry, argumentative. She started hanging with the wrong crowd, maybe even drinking and smoking pot. She was hiding self-inflicted cuts on her arm.

Katie, it turns out, was battling depression.

Fortunately, Katie and Jamal are fictitious characters in a new video by Mental Health America of Summit County, Ohio, that will be used in schools across the state

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## Is vasculitis causing too many sores?



DR. ANDREW WEIL  
ASK DR. WEIL

**Q** For 11 years, I have been getting from two to nine sores on my body. I was finally diagnosed with a mild case of vasculitis of the skin. I've been on antibiotics for almost a year now. Can you recommend anything else?

**A.** Vasculitis is an inflammatory disease of blood vessels that can affect any number of organs, including the skin. The sores that you get result from leakages of blood from damaged blood vessels. The cause of vasculitis is unknown, but there is probably an autoimmune aspect to it. That is, the immune system is mistakenly attacking the body's own tissues, causing inflammation and damage. Vasculitis can occur on its own or be a component of other autoimmune disorders, such as lupus. In addition to localized injury, patients with

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NEW ERA HEALTHY HABITS CLUB | BY SUSAN JURGELSKI

THE BEAT

Baby tips

Ephrata Community Hospital's Family Maternity Unit will offer a Baby Tips class, 7 to 9 p.m. Wednesday, at Ephrata Community Hospital, 169 Martin Ave.

The course fee of \$20 is waived for participants enrolled in the unit's childbirth or refresher courses.

For details, call 738-MOMS.

Better breath

Here are some tips to improve your breath, from health columnist Dr. Andrew Weil:

- Brush your tongue. The tongue — especially the back of it — is a warm harbor for bacteria.

- Keep your mouth hydrated. A dry mouth can lead to halitosis, so try snacking on oranges or celery, and drink plenty of water.

- Freshen your mouth. Try an herbal palate cleanser, such as parsley (chew on it after meals), peppermint tea or cardamom seeds (chew but don't swallow).

SHAMROCKS AGAINST DYSTROPHY

Go green for muscular dystrophy.

The Muscular Dystrophy Association's Shamrocks Against Dystrophy campaign runs through March 17.

Local businesses, including Lowe's, Amelia's Grocery Outlet, Bob Evans, Shur-Fine stores and Burger King, will sell \$1 and \$5 shamrock mobiles.

Customers can sign the shamrocks, which will then be displayed in the stores.

Muscular dystrophy is a genetic disorder that gradually weakens the body's muscles. It's caused by incorrect or missing genetic information that prevents the body from making the proteins needed to build and maintain healthy muscles. In some cases, MD starts causing muscle problems in infancy; in others, symptoms don't appear until adulthood. There is no cure for MD.



Money raised by shamrock sales will help area children, adults and families coping with muscular dystrophy and related diseases, providing funding for support groups and equipment loan closets, and financial assistance for wheelchairs, leg braces and communication devices.

In addition, funds support

MDA's worldwide research program, as well as MDA's national network of 215 hospital-affiliated clinics, including the Penn State Milton S. Hershey Medical Center.

Last year, Shamrocks Against Dystrophy raised \$50,000 in Lancaster. Nationwide, \$14 million was raised.

For details, call 293-0685.

FITNESS Q&A

## Training for surfing includes many muscles



LINDA BUCH  
BODY LANGUAGE

**Q** I would very much like to learn surfing when I go to Hawaii in April. I'm 59 and in decent shape, but I have never done anything like this before. Any ideas on helping me reach this goal? — SAM, LANCASTER

**A.** My own experience with surfing taught me one thing: Gidget was no wuss. Successful surfing requires a combination of muscle and core strength, balance, flexibility and endurance. Fortunately, Hawaii in April is perfect for a novice surfer, because the swells are very gentle.

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