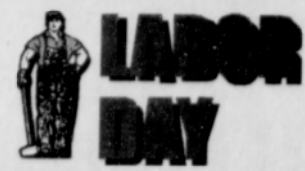




Health/Education



PSU's Senior Adult Learning Center announces Fall registration for tuition-free classes for senior adults

CONTRIBUTED STORY FOR THE PORTLAND OBSERVER

Registration for fall Quarter will officially begin September 20th for Oregon seniors who are taking advantage of tuition-free classes at Portland State University. The Program is open to any Oregon senior aged 65 or over and they may audit any of the University's regular classes at no tuition on a space-available basis. Office hours will be from 1-3 p.m. Monday through Thursday beginning September 20th.

The Senior Adult Learning Center of the Institute on Aging within the college of Urban and Public Affairs is located in the new Urban Center Building (Room 470H) at SW 6th and Montgomery in downtown Portland. The campus is easily accessed by bus and in the future will be streetcar accessible as well. For more information contact the Senior Adult Learning Center at (503) 725-4739. Messages will be returned. Seniors may also visit the campus.

Heart analysis finds many die suddenly with no signs

• Researchers to Study More Patients to Find Genetic Markers for Sudden Death

CONTRIBUTED STORY FOR THE PORTLAND OBSERVER

Some people who experience sudden cardiac death may have had no previous heart symptoms and their problem may not have been detectable to a cardiologist, says a new study published in *Circulation*, the journal of the American Heart Association. In a first-ever cadaveric analysis of people whose hearts suddenly stopped, researchers at Portland Health Sciences University and The Edwards Registry in St. Paul, Minn. found that about a third of all sudden cardiac death patients had

either normal hearts or nonspecific abnormalities that would not indicate a problem.

"What this tells us is that we need a better way to diagnose patients early to determine if they may have a heart problem, then get them treatment right away," said Sumeet Chugh, M.D., assistant professor of cardiology in the OHSU school of Medicine and principle investigator of the study. For the analysis, Chugh and his colleagues examined 270 hearts from patients who had died of sudden cardiac death. They also collected data on the circumstances of the patients' death and reviewed their medical records. In 95 percent of the cases, the hearts showed some structural abnormality, such as coronary artery disease, aortic valve malformations; aortic septal defects or left ventricular hypertrophy. While about two-thirds of these cases could have been treated by surgery or medications, in another 30 percent of the cases the cause of death may or

may not have been related to the abnormalities.

The analysis also found that in five percent of overall cases, the patients' hearts were structurally normal, and that about half of the of those patients had never reported a symptom of a heart problem. "These people may have had a genetic condition that, when combined with another trigger such as obesity, drug use or epilepsy caused their death. For cases like these, we need to be able to find the genetic markers to identify patients with these susceptibilities." Chugh is now working with colleagues to design a study using live patients to identify unknown heart problems. "With information from the human Genome Project now publicly available, we can use microarray technology to help identify these genetic markers," he said. Chugh hopes to develop a registry of heart cases in Oregon to use this state as a model for studying the causes of sudden cardiac death.

Participation...an African American necessity

BY AVATAR FOR THE PORTLAND OBSERVER

The three areas that I stress as a fitness instructor are consistency, versatility and focus. Tailoring an exercise program based on your level of fitness was mentioned in my last article.

One of the big disappointments I've had in the last 24 years of my career has been a general lack of participation in exercising by the African American community. My fellow brothers and sisters, this is an area that is in bad need of development. It is depressing to see so many young adults who are out of shape. Very plainly, this is

not good.

Let's look at the alarming statistics revealed by the American Stroke Association:

- Cardiovascular disease and stroke are the leading causes of death for African men and women—claiming the lives of over 100,000 annually.

- Compared with whites, African-Americans develop high blood pressure at an earlier age, and is more severe than any decade of their life. As a result, African-Americans have a 1.5 times greater rate of heart disease and 1.8 times rate of fatal strokes.

- 68.3 percent of African-American females are overweight and 38.2 percent are obese. African-Americans are one of the least active

groups in terms of overall physical inactivity.

There is a difference between being physically big and being in shape. I have seen some big people that are in shape. I realize that we all come in different sizes and shapes, but most of us don't have a plausible excuse to be out of shape. We owe it to ourselves as contributors to a vibrant community of people to take pride in our fitness. To do otherwise is to lack self-love, the greatest love of all.

If we consider that for generations, our slave forefathers had little to look forward to day after day, but the sizzling heat of the sun, the raw-hide whip of the overseer and long rows of cotton. But just as unearned suffering

is redemptive, the experience served to make us a stronger race. Make a plan for exercising and set goals. Find the answers to who, what, where, and when relative to fitness options; Get a physical, make a schedule, buy some basic equipment and get a free trial period at a health club.

I'm not saying that you have to follow my guidelines strictly, but get started by yourself or with a partner as soon as possible. Wake up everybody! It's time to start a new day where we stop the backward thinking and look ahead. Get out and take the opportunity to pay yourself first by exercising - it's a good thing.

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African American think tank releases HIV guiding principles

CONTRIBUTED STORY FOR THE PORTLAND OBSERVER

The African American AIDS Policy and Training institute announced the release of the Ujima principles: Ten Guiding Principles For The Development of African American HIV/AIDS Policies and Strategic Plans, at an AIDS Panel sponsored by The Congressional Black Caucus and Hosted by Congresswomen Maxine Waters, (D-CA);

"The Republican Party has selected their standard bearer this week" says Phil Wilson Director of AAAPTI. "Americans are about to choose the first president of 21st Century. But there is still unfinished 20th century business. AIDS is not over yet, especially in Black communities. It is critical that AIDS be a part of the policy debate of this election season. African Americans in particular, must develop guiding principle to help us design effective HIV/AIDS policies and action plans." The Ujima Principles are based on the 3rd principle of Kwanzaa, Ujima. It means collective work and responsibility and reminds us of our obligation to the past present and future. The Ujima Principles are meant to provide a framework for African Americans to consider in the development of local, regional and national HIV/AIDS policies and strategic plans. The ten principles are:

1. Sex, Drugs and Rap.
2. Know the Enemy, Know the Virus.
3. Know your status.
4. Empower Women and stop mother to child transmission.
5. Black Masculinity must be redesigned: fatherhood must be energized.
6. Provide health care.
7. Correctional Health care must be improved.
8. Stigma must stop.
9. Vaccines must be found.
10. You got to have faith.

The African American AIDS Policy and Training Institute is a non-profit education organization that conducts activities designed to (i) reduce new HIV infections in African-American communities, and (ii) increase access to treatment resources and/or (iii) improve quality of life for African-Americans living with HIV/AIDS.

AAAPTI is the only National black HIV Think Tank in the United States. The AAAPTI will issue statements concerning AIDS in the Black community every day the Democratic National Convention. For more information, or for the full text of the ten principles, contact AAAPTI at (213) 353-3610, email: angelao@aaainstitute.org, or on-line at www.blackAIDS.org.

Top Oregon employers to greet job seekers at PCC

CONTRIBUTED STORY FOR THE PORTLAND OBSERVER

Would you like to get a first-hand look at some of Oregon's top employers and in the process develop a killer resume?

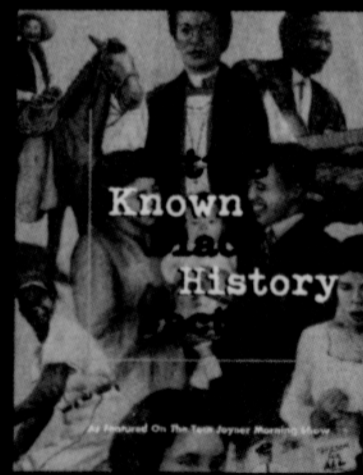
Then look no farther than Portland Community College's Job Fair 2000 at the Portland Metropolitan Workforce Training Center's Building 2 (room 112), located at 5600 N.E. 42nd Ave.

The event, which attracted nearly 325

people to its inaugural fair last year, will take place between 11 a.m. and 4 p.m. on Thursday, Sept 14 and feature more than 20 companies with workshops on resumes, interviews and applications.

"It gives people an opportunity to make personal contact with employers who are actively looking for people to fill jobs," said Sara Neil, employment specialist with PCC's Continuing Education. "It also helps connect our own students with prospective employers."

PHDs

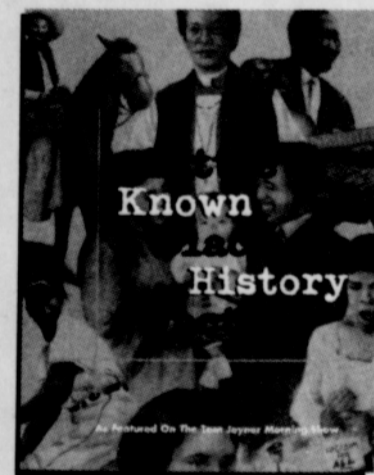


CEOs

Still May Not Know ALL The Facts

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MDs



VPs

But everyone can get the 411 at McDonald's® where you can expand your mind and fill your stomach. Get two brand new Little Known Black History Facts Booklets. They're new facts, instead of the stuff you already know. But hurry, it all jumps off on August 25th. Each book is only \$1.29, so supplies won't last long.

With the purchase of any regular priced menu item. Current prices and participation based on independent operator decision. Prices may vary.



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