

# METRO *Life*

The Portland Observer

SECTION B

## Community Calendar

### Car Wash Benefit

Give your baby a bath from 10 a.m. to 4 p.m. Saturday, July 19 at 605 N.E. Ivy St. All proceeds benefit the University Park Community Center and Richard Brown Headstart Center.

### Have a Heart

Providence Portland Medical Center offers free educational classes to help those living with heart failure manage their condition. Meetings are from 2 to 3:30 p.m. Tuesdays July 8 through Aug. 5 at the Providence Health Center 8, 4895 N.E. Glisan St. For more information, call 503-574-6595.

### Museum Hosts Cruz-In

Vancouver's Pearson Air Museum, 1115 E. Fifth St., welcomes you to its Cruz-in, Wednesdays from 4 to 9 p.m. through Aug. 20. Come by to see hundreds of vintage cars, hot rods and hogs, not to mention a barbeque, bar and music. For more information, call 360-694-7026.

### Painting Promotes Peace

The Oregon Peaceworks and Columbia River Fellowship for Peace is creating a living, breathing painting of a dove from noon through 4 p.m., Sunday, Aug. 17 at Waterfront Park. Registration for volunteer artists closes a week before the event. For more information, visit <http://www.dovein.com>.

### Stallions Horsin' Around

The World Famous Lipizzaner Stallions ride through the Rose Garden at 2 and 7:30 p.m. Saturday, July 19 for "Dancing White Stallions." Tickets are \$19.50. For more information, call 503-224-4400.

### Homowo Summer Camp

Immerse your child in African Arts for a fun-filled week of Homowo African Arts and Cultures 10<sup>th</sup> Annual Summer Camp at the Friendly House Community Center, 1737 N.W. 26<sup>th</sup> Ave. The camp is from July 14 through 18, from 9 a.m. to 1 p.m. for children aged three to five and from 9 a.m. to 3 p.m. for children aged six to 11. Camp is \$125 for three to five-year-olds and \$200 for six to 11-year olds. For more information, call 503-288-3025.

### Naturopathic Medicine

Learn how healthy living can begin in the garden—not the medicine cabinet—at a naturopathic medicine series from 7 to 9 p.m. Tuesdays through July 22. Level I Yoga is from 5:30 to 7 p.m. and 7:15 to 8:45 p.m. Thursdays through Sept. 4 in room 112 at PCC's Portland Metropolitan Workforce Training Center, 5600 N.E. 42 Ave. Cost for the series is \$56 or \$16 each. For more information, call 503-978-5143.

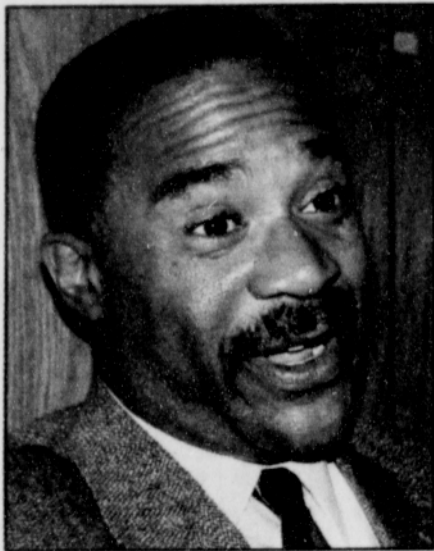
### Jeff Class of '87 Reunion

Feel good at the Jefferson High School Class of 1987 reunion on Aug. 22 and 23. For more information, e-mail [Thegrijava6@cs.com](mailto:Thegrijava6@cs.com) or call 503-283-4901.

### OMSI Presents Musical Odyssey

The Oregon Museum of Science and Industry Omnimax Theater features "Pulse: A STOMP Odyssey" with enough percussions, voice, dance and visuals to speak volumes. Tickets are \$8.50. 1945 S.E. Water Ave. For more information, call 503-797-4000 or visit [www.omsi.edu](http://www.omsi.edu)

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OHSU researcher Fred Wilson and project coordinator Pamela McNeal are conducting a study on Alzheimer's disease in the African American community.

## Words that Hurt



PHOTOS BY MICHAEL LEIGHTON AND JAYMEE R. CUTI

### Study names racism as a cause of Alzheimer's disease

BY JAYMEE R. CUTI  
THE PORTLAND OBSERVER

While honoring the achievements of African Americans last February during Black History Month, the Alzheimer's Association released a disturbing study. The report stated that like heart disease and diabetes, more African Americans than whites suffer from Alzheimer's—a disease that robs victims of their memories and eventually, their personalities.

African Americans are between 14 percent and 100 percent more likely to suffer from Alzheimer's related memory loss and dementia, the study revealed.

The Congressional Black Caucus re-

sponded by calling for more money to research the disease, and perhaps to explain this disparage between the races.

Fred Miller, a researcher at Oregon Health and Science University, is the principal investigator for a five-year study focusing on how stress affects the African American memory and can lead to dementia.

Miller's team has identified both environmental and

physical reasons that lead to Alzheimer's disease in African Americans. Soul food and lack of exercise were contributing factors. They also measured and monitored levels of cortisol, the toxic substance produced by the

brain when an individual is under stress.

His study is tracing 100 African-American seniors, through five years, measuring their health with thorough annual exams, psychological evaluations and magnetic resonance imaging (MRI).

The research team is finding that African Americans who assimilate to the dominant culture process stress differently than

those remaining more traditional.

Besides genetics and environmental factors such as diet and exercise, researchers have also found that racism plays a role in memory loss and dementia among African

*Racism is an environmental risk factor. How the individual processes the discrimination and the meaning they assign to that event determines the cortisol they produce.*

—Fred Miller, a researcher at Oregon Health and Science University



Florene Sims (left) and Ruby Talton are participants in a study that is determining how stress affects memory for African Americans.

Americans.

"Racism is an environmental risk factor," Miller said. "How the individual processes the discrimination and the meaning they assign to that event determines the cortisol they produce."

Florene Sims, 66, says she enjoys participating in the study because the exams are more thorough than those by her primary care physician. It also serves as a gentle reminder to stay active and healthy.

"I thought it was good to participate as an African American because I'm interested to understand why we're more at risk and if it's related to stress from living in this society," Sims said.

As far as the OHSU team knows, this is the only study of its kind in the United States. While others have studied the African American memory, few have looked at within group differences, and fewer still have linked stress caused by discrimination to memory loss.

## Man About Town

Talented prosecutor James Hayden fights crime in north and northeast Portland.

PHOTO BY MARK WASHINGTON/THE PORTLAND OBSERVER



### Locking up bad guys and building bridges is all in a day's work

BY SEAN P. NELSON  
THE PORTLAND OBSERVER

A good indication of Multnomah County Deputy District Attorney James Hayden's talent is in his office at the Portland Police Bureau's Northeast Precinct. Two Commendation Medals from former Police Chief Charles A. Moose adorn the wall.

Hayden, 41, received the first medal in 1996 for prosecuting motel owners for prostitution and racketeering out of their motels on Interstate Avenue. The motel owners avoided prison time but had to agree not to run any more such businesses.

"The community didn't want the motel boarded up but the motel had to run a good business," Hayden said.

The second medal in 1998 was for crafting a plan to target industrial thefts on north Portland's Swan Island.

Hayden earned his law degree from the University of Oregon School of Law in 1987. Later that year, he began working in Multnomah County District Attorney Michael Schrank's office.

In 1995, he began working as a Neighborhood District Attorney, using the tools of the criminal justice system to demonstrate

how the rule of law can help neighborhoods become safer.

A tribute to the program's success came in the year 2000, when the U.S. Department of Justice awarded Multnomah County top recognition for its work in community prosecution.

"Portland is still the leader in this field," Hayden said.

The Rex Putman High School graduate said neighborhood DAs mostly work on lower level crimes that affect people's quality of life. Examples are street drug dealing, street drinking, noise disturbances and unlawful camping on the street.

"If you pay attention to the small stuff, there will be less big stuff," he said.

Hayden cites Portland's Drug Free Zones and Community Driven Search Warrants as two successful tools to remove crack and methamphetamine dealers from drug houses in the community.

"The focus is on stopping the activity," he said.

Hayden also supervises the police Intake Section, which processes perpetrators of crimes such as store thefts, vandalism and assaults. In addition, he reviews misdemeanor quality of life criminal cases and attends community meetings of the Public Safety Action Committee made up of neighborhood association representatives in North Portland.

Hayden can be reached at 503-823-5787 or 503-799-1892. His email address is: [james.hayden@mcda.us](mailto:james.hayden@mcda.us).



Portland R&B sensation Linda Hornbuckle will be one of the featured performers this month in a series of community concerts at Dawson Park on North Williams Avenue and Stanton Street.

## Free Concerts at Dawson Park

A series of free concerts will warm hearts at Dawson Park on North Williams Avenue and Stanton Street this month.

The Portland Parks Bureau is sponsoring the July events each Wednesday at 6:30 p.m. with support from Legacy Emanuel Hospital, Bank of the West, Caldwell's Funeral Chapel and the Eliot Neighborhood Association.

The series kicks off on Wednesday,

July 9 when Rhythm Culture performs reggae, blues and jazz. Cuban artist Oro Verde takes the stage on July 16, Portland's R&B sensation Linda Hornbuckle and the Janice Scoggins Quartet, featuring blues, jazz and soul, will perform on July 23 and Three Fifths Compromise, featuring jazz, funk and fusion, will delight crowds on July 30.

The concerts will also feature food from Graham's Barbecue.

## Justice Forum to Tackle Barriers

### Harmony in diverse communities promoted

What things do we have in common? Where do we learn about these differences? How do we know if we are pushing integration or embracing cultural identity in our personal and professional lives?

The YWCA of Clark County, 3609 Main Street, Vancouver, will address these issues at its 6th Social Justice Forum, Women and Diversity, Thursday July 17 from 11:30 a.m. to 1 p.m.

With the influx of immigrant families to America, strained race relations from our country's past, as well as the reality of alternative lifestyle living, many organizations, companies, and communities are faced with communication barriers.

Such is true for Clark County, whose racial and ethnic complexion is growing increasingly diverse. How can we, as a community, communicate across diverse lines? Are there differences in styles?

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