

Oregon Zoo keepers hope stork phobia will quell as gerenuks adapt to new home.

## African Gazelle Afraid of Storks

Zookeeper describes gerenuks as 'timid'

Two male gerenuks, or "giraffe gazelles" as they are known in Swahili, have been introduced into the Oregon Zoo's Africa Savanna exhibit, which is also home to giraffes, ground hornbills and marabou storks.

But it seems a little conflict has sprung up between the exhibit's fowl and the newcomers, making life on the savanna anything but serene.

Seven-year-old Red and two-year-old Batu arrived from San Diego Wild Animal Park in May. However, during a gradual introduction

to their new surroundings, the marabou storks have been less than welcoming.

It seems the gerenuks are occasionally on the receiving end of flapping wings as the storks chase them away.

"They're timid animals," explained keeper Ted Daehnke, "And they're very, very frightened of the storks."

"The gerenuks are also afraid of the giraffes," added Daehnke. "But what really gets them is when the storks stand up and flap their wings."

Keepers hope that as the gerenuks spend more time in the exhibit, their stork phobia will ease.

Gerenuk, which means "giraffe-necked" in the Somali language, gets its name from its exceptionally long neck.

## Area Resident Meets Music Legend



Pauline Bradford of Portland had a surprise meeting with music legend Bo Diddley during the recent Portland convention of the Northwest Region of the National Association of Colored Women's Club and Youth Affiliates. Bradford and other members of her group met Diddley in the lobby of the Ramada Inn Airport hotel where the convention was being held. Diddley was playing at a nearby festival.

PHOTO BY MARK WASHINGTON/THE PORTLAND OBSERVER

## Author Promotes African-American Health



Maya Angelou

Inspiring words from Maya Angelou encourages women

Nearly 40 percent of African American women die from cardiovascular disease and all are at a higher risk than Caucasian women for developing high blood pressure, diabetes, high cholesterol or heart disease - all potential deadly conditions.

In fact, a recent study found that one in three adults in the United States has high blood pressure - with older African American females experiencing the greatest increase in developing the dis-

ease. In an effort to educate African American women about their cardiovascular health and reduce their risk of developing devastating diseases such as high blood pressure, the Association of Black Cardiologists has launched the new educational initiative Heart Health for the Generations: A Guide for African American Women, featuring poet and author Maya Angelou.

The program, consisting of a 30-minute

educational video and companion guidebook, explains what cardiovascular disease is, highlighting prevention strategies and risk factors for developing various forms of the disease.

Both the video and guidebook can be downloaded free of charge from the ABC's website, www.abccardio.org, and the program also will be distributed through cardiologists, churches and beauty salons across the country in the coming months.

## Methadone Use Rises

An Oregon Department of Human Services review of methadone-related deaths reveals a four-fold increase since 1999.

"Although methadone is widely used without a problem, this recent increase in deaths is concerning," said Dr. Mel Kohn, state epidemiologist. "Patients who take methadone need to understand the special properties of this medication so they can safeguard themselves."

Methadone is a long-acting synthetic opiate that the federal Food and Drug Administration approved

for medical use in 1947. It was approved for the treatment of heroin addiction in 1972 and more recently has been used increasingly for chronic pain.

The increase in methadone deaths in Oregon occurred among those who were using it for heroin addiction and for chronic pain. The largest increase in deaths was among those taking methadone for pain. Most of those who died had taken other drugs in addition to methadone, according to Kohn.

## Report Shows Health Care Lacking in Oregon

Poor women, pregnant women, women who need contraceptives and couples seeking fertility procedures are among those who suffer most from state health care policies, according to new report.

"Women's Access to Care: A State-Level Analysis of Key Health Policies" by the National Women's Law Center and the Henry J. Kaiser Family Foundation found in general that access to health care ser-

vices is still problematic for women in the United States. And Oregon is no exception.

"This study is further evidence that women's health continues to not receive the attention it needs,"

said Michelle Berlin, M.D., associate professor of obstetrics and gynecology in the OHSU School of Medicine. "Oregon fails in the areas of state-mandated insurance coverage for reproductive health care."

## Legacy Summer Jobs Promote Medical Careers

continued from Front

level, dealing with families and different communities with different backgrounds," said Hasan.

Although he shifted his career goals from the medical profession to foreign policy, Hansen accredits the program with teaching him patience.

Olu Majekobaje, a 21-year-old Benson graduate, was recommended for the program by his mentor at the Perspective Gent Club, an African-American rite of passage program.

Majekobaje, also a returning intern, has learned how to prepare rooms and operate x-ray equipment in the electrocardiogram and cardiac catheterization labs.

"The program has let me see a lot of things and gotten me interested in cardiology," he said. Majekobaje has witnessed many surgical procedures through the program.

Majekobaje is attending the University of Pittsburgh, majoring in rehabilitative science.

Participants say the program is extremely helpful in focusing on the area of medicine that interests them most.

Portland Observer  
call 503.288.0033

### Story Ideas for the Portland Observer?

Do you know about a story that hasn't showed up in other newspapers? If so, the newly expanded Portland Observer editorial staff would like to know. Please fill out this form and attach a brief description of your news tip so we can contact you.

Outline of Story Idea: \_\_\_\_\_

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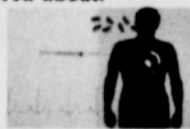
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Send your response to: The Portland Observer Editorial Staff, 4747 NE MLK Jr. Blvd., Portland, Or. 97211 or fax 503-288-0015. Email submissions to news@portlandobserver.com

## Hepatitis C Education Class

A place to discuss and have questions answered about:

- How the liver works & hepatitis C basics
- Self care and liver health
- Community resources



This class is for persons:

- Living with HCV AND for those who love them

2003 Class Dates and Locations:

- August 18: 5325 NE MLK (Urban League/Multicultural Center)
- September 22: 3930 SE Division St.—OHSU Richmond Clinic
- October 20: 3930 SE Division St.—OHSU Richmond Clinic
- November 17: 3930 SE Division St.—OHSU Richmond Clinic
- December 15: 3930 SE Division St.—OHSU Richmond Clinic

Class Time: 6:30pm to 8:00pm

This class is FREE! NO registration required!

This class is sponsored by Multnomah County Health Department and OHSU. For information, call 503-988-3030.

## INVESTIGATIONAL VACCINE TO PREVENT HERPES

Seeking women aged 18 to 30 to participate in a research study evaluating an investigational vaccine to prevent herpes. If you meet the criteria for enrollment, you will be invited to a screening visit, which will involve a free herpes blood test as well as free educational materials and counseling about herpes. Those who qualify based on blood test results will be eligible to enroll in the vaccine trial. Vaccine trial participants will be reimbursed for time and travel. For more information or to see if you qualify, call (503) 226-6678.

Westover Heights Clinic

2330 NW Flanders Suite 207  
Portland, OR 97210  
www.westoverheights.com

AABC African American Health Coalition, Inc.

1st Annual  
Wellness Within REACH Walk



September 6, 2003

### What

Join us for the 1st Annual Wellness Within REACH Walk Sat. September 6, 2003! Walk the 1.5 or 4-mile course.

### When

The walk begins at 9:00 a.m. Other event activities begin at 8:00 a.m.

### For more information

For more information about participation or to volunteer contact the African American Health Coalition, Inc. at 503-413-1850, wbeamer@aahc-portland.org or mield@aahc-portland.org

### Where

Start and finish at Dawson Park, located at N. Vancouver and Stanton in Portland, OR.

### Why

The purpose of the walk is to celebrate our community's health and sustain ongoing free physical activity classes for African Americans in the Portland metro area.

### Entry

Entry fee is \$15 per person.

REACH  
Racial & Ethnic Approaches to Community Health  
a member of the National Heart, Lung, and Blood Institute