



Recreational use of the land around the Mt. Tabor Reservoir would continue under a plan to bury the water supply and cover it with park space.

PHOTO BY MARK WASHINGTON/THE PORTLAND OBSERVER

## City Moves to Protect Water

continued ▲ from Front

New regulations from the Environmental Protection Agency will require changes to the open reservoirs; and vulnerability assessments from nationally recognized experts following September 11, 2001 terrorist attacks identified Portland's open reservoirs as vulnerabilities to public safety.

The City Council determined that burial of the reservoirs was the most cost effective long-term investment to protect the water without losing valued park spaces.

While the city has five open storage reservoirs, burying water storage at Mt. Tabor is the first priority. Washington Park already has some restricted access in place and the Water Bureau is in the process of installing temporary floating covers over these reservoirs.

The city plans to install underground storage at Washington Park

in about 10 years.

Portland is among many cities resolving open storage issues. A Water Bureau survey of the remaining 42 open reservoirs in comparable cities across the country shows water agencies engaged in programs to cover, restrict access, or in some cases, take the open reservoirs out of service.

"We will have to cover our reservoirs sooner or later, with later costing ratepayers more," said Saltzman. "Security, however, is an issue we simply cannot ignore. Long before 9-11, independent studies identified our open reservoirs as an unacceptable risk. It's true that we've not had a serious incident, but depending on luck is not a sound strategy."

As a regional park, Mt. Tabor Park is a place for everyone. To determine park use options for the 22 acres of land made available once

the water storage is buried, City Council asked for broad citizen involvement. Portland Parks and Recreation worked closely with the Water Bureau to ensure the park designs would maintain the historic, scenic and natural settings of the park.

"We held an international design competition with some of the best and brightest design professionals in the world grappling with the challenges posed by this project," said City Commissioner Dan Saltzman. "Council has stepped forward and made the beauty of Mt. Tabor Park of paramount importance."

The City expects to start construction of the reservoir project in the fall of 2004 and have the new tanks and park improvements completed four years later.

Tim Hall is a public involvement coordinator for the Portland Water Bureau.

## Teen Killed Near Irving Park

An argument over a girl at a party may have led to the shooting death of a Portland teenager early Sunday.

Isaiah Strickland, 17 was shot multiple times on Northeast Seventh Avenue near Fremont, just a half block from Irving Park before 2 a.m. Sunday. He was

rushed to Legacy Emanuel Hospital, where he was pronounced dead.

Police said they do not believe the shooting was gang-related, but stemmed from a dispute over a girl at a party earlier in the night.

No arrests have been made.

Police said more than 20 people were in the area at the time of the shooting and detectives are asking anyone with information to call 503-823-0255.

Police records show this was the 25th murder this year in Portland with 12 of those cases remaining unsolved.

## Alarming Diabetes Trends Found

### Young face heart attack, stroke risks

Young adults, age 18-44, who get type 2 diabetes are 14 times more likely to suffer a heart attack and up to 30 times more likely to have a stroke than people of the same age group without diabetes, according to a new study by Kaiser Permanente's Center for Health Research.

The study found that young women with type 2 diabetes account for almost all the increase in heart attack risk, while young men with type 2 diabetes are twice as likely to suffer a stroke.

"This means that huge num-

bers of people are going to get heart disease, heart attacks and strokes years, sometimes even decades, before they should," says Dr. Teresa Hillier, the lead author of the study. "Young adults are increasingly likely to be overweight and diabetic. Our study is the first to look at the health outcomes of young adults who get diabetes, and the greatly increased risks of heart attack and stroke are very alarming."

Researchers found that people with early-onset type 2 diabetes were 80 percent more likely to need insulin therapy within two years than people with usual-onset type 2 diabetes.

Those patients were significantly more obese on average than people with usual-onset

diabetes.

Younger adults with diabetes were also more than twice as likely as older adults with diabetes to develop heart disease compared to the people without diabetes.

"We are clearly facing a very serious public health problem," said Dr. Hillier. "The CDC is predicting that at least one out of every three Americans born after 2000 are going to develop diabetes, and the trend we've seen of diabetes affecting young adults — and even teenagers — is going to continue. Young women with diabetes who have a heart attack are more likely to die from it in the hospital than men, so our finding that young women with diabetes are 14 times more likely to have a heart attack is especially alarming."

## Improving Lives and Housing

### Home Buying Fair Saturday

continued ▲ from Front

A home buying fair on Saturday will give area residents tools to tackle the real estate market. Organizers with the African American Alliance for Homeownership expect those who attend the free event will make progress towards buying a home, reversing a Portland trend where homeownership rates for African Americans lag behind national averages.

To aid in this effort, AAAH created the Homebuyer Coaching Project that pairs volunteer homeowners with African-American homebuyer hopefuls to provide peer mentoring and support.

Portland Police Chief Derrick Foxworth is the fair's featured guest speaker. He will present a short program to promote homeownership as a way to stabilize neighborhoods. The fair is from 11 a.m. to 3 p.m. Saturday, Nov. 8 at the Legacy Emanuel Hospital Atrium, 501 N. Graham. Parking is free.

ecutive director.

The agency, formed in 1995, has built two townhouses in northeast Portland with two 9-unit condominiums on the way.

"Our concentration is in northeast because it has a high concentration of low-income people and minorities who have not had the opportunity to buy a home," Greenidge said. "That's where the need is, so that's where we want to be."

Greenidge said he experiences only a little resistance from contractors about taking in ex-offenders and young people with few job skills.

"When we put out a bid, we ask contractors to finance our vision and to have our guys on the work site, so it ends up being a win-win situation of rehabilitation as well as building homes," he said.

The corporation has already served more than 20 homeowners taking homeowner education classes in a partnership with the Portland Housing Center.

Currently, construction is almost complete on the condominium community on Northeast Prescott Street and 47th Avenue and construction will soon begin for more condos on 26th Avenue at Emerson Street.

For more information, visit [www.iccdc.org](http://www.iccdc.org) or call 503-281-1740.

## Sharpton to Host 'Saturday Night Live'

(AP) — Democrat Al Sharpton, whose one-liners and pointed rhetoric have added laughs to the presidential campaign, will host "Saturday Night Live" next month.

Sharpton will host the Dec. 6 show, which also will feature Pink as the musical guest. It could be a natural fit for the preacher, who often uses humor to promote his long-shot candidacy and is known to crack up his rivals during debates.



Al Sharpton.

## Denise's Corner



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### Nutrition Tips

If you find yourself saying, "I know I should eat well, but I'm too

busy" (or too fond of fast food, or have too little money, or a dozen other excuses) take note:

**No time.** Everyone is busy. In truth, eating well takes little time. Convenience packages of frozen vegetables, jars of pasta sauce, and prepared salads are abundant in markets today and take no longer to pick up than snack chips and colas.

**Love fast food.** Occasional fast-food meals can support health, if you choose wisely. Check out the new McDonald's Happy Meal for adults. It includes a healthy salad and pedometer.

**Too little money.** Eating right costs no more than eating poorly. Chips, colas, fast food, doughnuts, and premium ice cream cost more than foods such as fruits, vegetables, legumes, cereals, and milk. Moreover, serious illness costs more than a well person can imagine.

**Overeat.** Everyone blows it occasionally. An occasional splurge, say, once a month, is part of moderation.

**Take vitamins instead.** Vitamin pills cannot make up for consistently poor food choices. Food

constituents such as fiber and phytochemicals (plant chemicals that gives foods their tastes, aromas, colors, and other characteristics) are also important to good health.

**Love sweets.** If your sweet tooth takes control, know that occasional sweets are an acceptable, and even desirable, part of a balance diet. **Source:** Ideas adapted from *Seven excuses for not eating better*, Tufts University Healthletter, December 1998, p.8.

### Ten Reasons to hire a Personal Trainer

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