

# Good in the Neighborhood

PHOTOS BY MARK WASHINGTON/  
THE PORTLAND OBSERVER

African American Health Coalition members march to promote good health in the community at the Good in the Neighborhood parade Saturday on Northeast Martin Luther King Jr. Boulevard



The dance group Soleful Strutters strut soulfully down Martin Luther King Jr. Boulevard in the Good in the Neighborhood Parade.



Parade participant Michael Harper, a Royal Rosarian and former Trail Blazer, enjoyed himself at Good in the Neighborhood.

## Albina Bank Opens on Fremont

An array of music and refreshments set the stage last Friday for the grand opening celebration of Albina Community Bank's new Beaumont branch on 4020 N.E. Fremont.

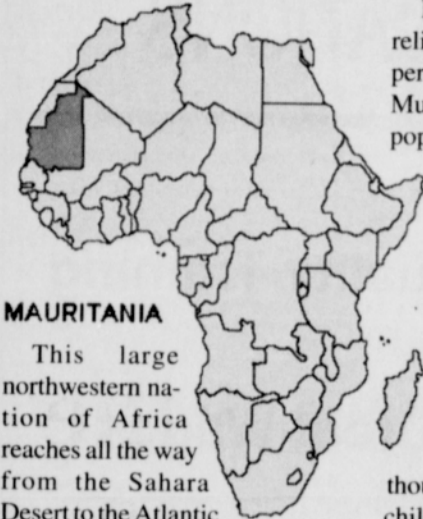
The minority-owned bank aims to fill the gap between business and residential banking services in the neighborhood. Albina Community Bank was created to restore and encourage a stronger sense of community within north and northeast neighborhoods.

Students from Ethos Inc., a multicultural music center based in north and northeast Portland that provides music education to disadvantaged students, performed for the grand opening.

## Countries of Africa

### Moors dominate former slave state

BY RON WEBER  
THE PORTLAND OBSERVER



MAURITANIA

This large northwestern nation of Africa reaches all the way from the Sahara Desert to the Atlantic Ocean. Just north of Senegal, this area was once a hot spot for the slave trade. Slaves were brought to the coastal seaports by rival tribes far inland and sold for whatever the market would bare.

Today, Mauritania is mostly made up of moors. The moors are classified as white and black, although these terms have little to do with color. Much of the white class is based on land ownership, money, and material possessions. Much of the poorer or "black" class is nomadic and roams the countryside while living in tents. Mauritania residents whose skin color actually is black are a minority, making up about a third of the general population.

Large high-grade iron ore deposits near the town of F' derik have become an important mineral resource in Mauritania with customers in Britain, Germany and Italy. The income from the mines provides the government with a large portion of its revenue. Copper and phosphate are two more natural resources that help Mauritania financially. On the Atlantic coast, commercial fishing brings much needed income to poor coastal towns. While industry and commerce make up some of the gross national product figures, agriculture reigns at almost 50 percent. Common agricultural goods include

millet, sorghum, root crops, dates and livestock.

Mauritania is considered a one-religion nation with more than 99 percent of the population listed as Muslim. Less than half of the male population and only one-quarter of women can read and write. The country's average life span is less than 50 years old, with men living to the age of 47 and women to 53.

With just more than 2.5 million people, the population density is quite surprising at only five people for every square mile. Although the average woman has 6 children, infant mortality rate is close to one of 10. Also causing a decline in population numbers is the fact that Mauritania, like so many other African countries is plagued with early adult mortality rates due to AIDS, Hepatitis, and many other diseases. Africa is still much behind Europe and America

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in many health care issues.

Schooling is another problem facing the nation. While the government provides free schooling for children, only about half the kids actually attend, due to the large number of nomadic tribes. Weather in Mauritania is another interesting fact. Due to the fact that almost the entire country lies within the Sahara Desert, most of the nation sees less than five inches of rain a year and is tortured under constant triple-digit temperatures. A small strip in the southern part of Mauritania parallels the Senegal Valley and River. Here, around 30

inches of rain falls per year, leaving rich and lush vegetation along the river banks. Here, lions and monkeys are plentiful. In contrast, very little plant and animal life is found in northern regions of the country. Three-quarters of Mauritania's working population are involved with farming. Eighty percent of the country lives in this southern region along the Senegal River.

Black Mauritians were the first to gain formal education and many now hold jobs in teaching.

With Arabic and French as the two main languages in the country, many citizens are bilingual. Although about one quarter of the population lives and works in the cities, only a small percentage are exposed to a modern society and the amenities that go with it.

On Nov. 28, 1960, Mauritania gained its independence from France. While politics are often tribal matters, The Democratic and

Social Republic Parties are gaining ground. As the country is broken into 12 regions, much law and policy are settled at the regional level. Although Mauritania is somewhat behind in modernism due to so much of the nation being nomadic, newer generations are becoming impatient with the old ways. Cell phones, automobiles, computers and other hi-tech luxury goods are beginning to appear in the streets and in wealthier homes. As Africa itself is gradually accepting more modernistic approaches and ideas, Mauritania too will follow.

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## African American Health Coalition, Inc.

Presents for your health,

### Wellness Within REACH Activity Calendar

\*\*All classes are free of charge!

#### Aerobics

**Mallory Ave. Christian Church**  
Mon, Wed, Fri, 6-7am, Pierce • 5:30-6:20pm,  
Granville • 6:30-7:30pm, Nickerson

#### Low Impact Aerobics

**Daniel's Memorial Church**  
Tue, 7:15-8:15pm, Granville

#### Water Aerobics (Contact AAHC)

**Columbia Pool, Matt Dishman,  
Salvation Army**

#### African Dance

**Matt Dishman**  
Sat, 10-11am, Addo

#### Body Conditioning

**Wild Oats Market**  
Sat, 9:30-10:30am, Nickerson

#### Chicago Step

**Matt Dishman**  
Fri, 6:30pm, Kendrick

#### Kickboxing

**Humboldt Elementary**  
Tue, Thu, 6-7pm, Keller

#### Pilates (Contact AAHC)

**Matt Dishman**  
Tue, 8-9pm

#### Stretching/Body Sculpting

(Class courtesy of Matt Dishman)  
**Matt Dishman**  
Tue, Thu, 7-8am, Lois

#### Tai Chi (Contact AAHC)

**St. John's Community Center**  
Tue, 6:30-7:30pm

#### Walking Group

**Peninsula Park**  
Sat, 12:30pm, Woods  
**Lloyd Ctr, 1st Fl. in front of Sears**  
Tue, Thu, 6:30pm, Woods

#### Weight Mgmt./Conditioning

**Whitaker Track**  
Tue, Thu, 9-10am, Hasan

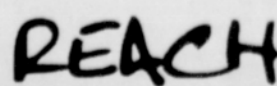
#### Yoga

**Wild Oats Market**  
Tue, Thu, 7:30-8:30pm, O'Rourke

Columbia Pool, 7701 N Chautauqua  
Daniel's Memorial Church, 1234 NE Killingsworth  
Humboldt Elementary, 4915 N Gantenbein  
Mallory Ave Christian Church (Gym), 126 NE Alberta  
Matt Dishman, 77 NE Knott

Peninsula Park, 700 N Portland  
Salvation Army, 5325 N Williams  
St. John's Community Center, 8427 N. Central  
Whitaker Track, NE 42nd & Killingsworth  
Wild Oats Market, 3535 NE 15th

\*\*Must be 18 or older to participate. Please contact AAHC before showing up to the first class and for more information at 503-413-1850 or kdempsey@aahc-portland.org. Please receive approval from your doctor before beginning exercise class.



Racial and Ethnic Approaches to Community Health  
A Program of the African American Health Coalition, Inc.  
Sponsored by the Centers for Disease Control and Prevention (CDC)



Contact AAHC at 503-413-1850 or visit our web site at [www.aahc-portland.org](http://www.aahc-portland.org)

## First Nike Factory Store Turns 20

continued from A3

inspire the kind of entrepreneurship, economic growth and access to resources that promotes a thriving community for residents and business owners," DeStefano said.

As part of the anniversary celebration, University of Oregon head football coach Mike Bellotti, along with former 1972-76 Portland Trail Blazer and the factory store's first manager LaRue Martin and the store's current manager Steven Shane helped host an open house for area neighbors. The celebration included food, entertainment and networking opportunities for community organizations.

"Nike has been a key economic driver for this community, and they are to be congratulated not only for doing business here for the last 20 years, but for being one of the first area businesses to stand up and declare northeast Portland as a viable community to do business in," said Herndon, who led the Black United Front in the 1980s and served as a catalyst for encouraging businesses to locate in the community.

"Northeast Portland has seen incredible change in the last two decades that simply could not have happened at the speed it did if it were not for the significant commitments made by Nike and others in the business community—both in

terms of achieving economic reward and providing community investment," Herndon said.

When the Nike Portland Factory Store opened in 1984, it pledged to donate a portion of the store's profits to community-based non-profit organizations. To bring the store's 20-year investment in north and northeast Portland to a total of \$1 million, Nike expanded its grant program this year to twenty \$5,000 grants. The company has also renewed a commitment to donate \$50,000 a year through 2007.

Some of the recipients include Albina Head Start, Ethos, Inc., King School, Portland Youth Builders and Portland Habitat for Humanity.