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Jonathan Copper (from left) and Hakim Abdul-Rashid, both new to Portland after taking jobs with PacifiCorp, meet with Roy Jay, president of the African American Chamber of Commerce, at a Say Hey mixer at the Interstate Firehouse Cultural Center.

## Ride Supports Habitat for Humanity

*continued from Front*

his arm on a Habitat project and was forced to join the group in mid-journey. One morning, in Kentucky, Brydon collapsed and was rushed to a hospital, leaving the six least experienced teammates to continue on their own. There were plenty of blown tires along the way, and Goodarzi's gearbox broke in half on the Oregon coast.

The worst incident occurred at the end of the ride in San Francisco, ironically, as the riders were passing a low-income housing project. A street gang attacked them and stole two of the bikes.

Nonetheless, Gambetti says, the community support they encountered was "amazing, absolutely amazing."

"Kids would ask us what we were doing and ride part of the way

with us. When we ate at restaurants, people at other tables would pay for us. Perfect strangers would invite us to spend the night at their homes. There was the elation of having done it and the camaraderie we enjoyed."

Rebecca Fausel, a rider on this year's Challenge, has a similar reac-

tion. Reached by cell phone at Central City, Neb. on June 24, she said the trip thus far had been "so much fun. I've seen so many different things."

Fausel, a St. Mary's Academy valedictorian from Raleigh Hills, received a degree in religious studies from Yale this spring. She plans to attend medical school at either Yale

or George Washington next year. On Saturday, July 31 Fausel and her fellow riders will be escorted into Portland on the last 20 miles of their continental journey by a welcoming committee consisting of members of Bikes and Ideas for Kids' Empowerment (BIKE), a mentoring program for

at-risk youth. They'll proceed to Jameson Square on Northwest 10th Avenue and Johnson Street. The location will be the site of a public celebration, from 4 to 7 p.m. featuring a barbecue, raffle, and music by the Ditty Twisters and Gypsy Moths, and an appearance by author and entertainer Joe Kurmaskie, the "Metal

Cowboy." Locally, Habitat volunteers also will tie into the cross-country trek as part of the construction of a 14-unit project at Northeast 44th Avenue and Killingsworth Street.

While the cyclists proceed, Habitat volunteers will be at work at the Killingsworth site. The non-profit hopes to have 40 volunteers at work on July 31, each of whom has collected at least \$250 in pledges.

Project manager Gene Brock says that the design of the structures is intended to "enhance the neighborhood and still be affordable."

"The design doesn't need to cost money to be appealing," Brock says. "It's how you use the materials. For instance, we use columns that look like columns, not spindly posts. The homes are being built in a style that we've forgotten, and are now trying to get back to."

Volunteers will also be needed after July, with work parties regularly scheduled on Mondays, Thursdays and Saturdays. No previous experience is necessary. For more information call Erica Kennel at 504-287-9529.

*When we ate at restaurants, people at other tables would pay for us. Perfect strangers would invite us to spend the night at their homes. There was the elation of having done it and the camaraderie we enjoyed.*

## Battle Over Police Reform

*continued from Front*

basis of race. The commissioner's resolution also includes an action plan aimed to put an end to racial profiling.

Mayor Vera Katz came out swinging against Francesconi's new proposal, calling it "insulting to myself and to Chief Foxworth, who is already working hard and making progress on the issues outlined in

this resolution."

As mayor, Katz oversees the Police Bureau whereas Francesconi is in charge of the parks, transportation and urban forestry bureaus. Francesconi said the mayor's response was "very, very surprising."

"All I want to do is diversify the police force. This is the most important issue in the city and that's all of our responsibilities," he said.

Some of Francesconi's suggested improvements include instituting an apprenticeship training program similar to the one he oversaw as fire commissioner.

Commissioner Randy Leonard, a cosponsor of the resolution, said, "I support this resolution, and we must be clear, these aren't 'goals' for the Police Bureau. These are expectations for them to meet."

**AAHC African American Health Coalition, Inc.**  
 Presents for your health,  
**Wellness Within REACH Activity Calendar**

**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.

**REACH** 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)



Dr. Billy R. Flowers

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**A:** About 70% of all people experience headaches of one sort or another. The type you describe is quite typical. The pain can range anywhere from moderate to nauseating. The top three nerves in the neck go up over the back of the skull in a very similar pattern to what you describe. Any type of pressure or irritation on these nerves can cause extreme pain. Your problems could be

nerve-related and therefore, stand a very good chance of being relieved by Chiropractic.

**Q:** Why should I go through a full course of Chiropractic when drugs often relieve my headaches?

**A:** Drugs work primarily on relieving pain, but not on treating the cause of the headache.

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