The Hortland Observer

July 14, 2004



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MENT

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.

amazing."

with us. When we ate at restau- or George Washington next year. rants, people at other tables would pay for us. Perfect strangers would and her fellow riders will be esinvite us to spend the night at their corted into Portland on the last 20 homes. There was the elation of miles of their continental journey having done it and the camaraderie by a welcoming committee conwe enjoyed."

Rebecca Fausel, a rider on this Ideas for Kids' Empowerment year's Challenge, has a similar reac- (BIKE), a mentoring program for

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.

"Kids would ask us what we tion. Reached by cell phone at Cen- at-risk youth. They'll proceed to

Cowboy."

Locally, Habitat volunteers also will tie into the cross-country trek as part of the construction of a 14unit 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 Volunteers will also be needed after July, with work parties regu-



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

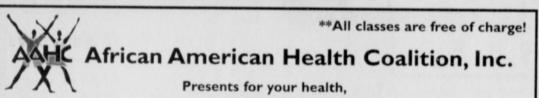
continued A from Front

his arm on a Habitat project and was forced to join the group in midjourney. 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.

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

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were doing and ride part of the way



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

Columbia Pool, 7701 N Chautaqua 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

Matt Dishman Tue, 8-9pm

Pilates (Contact AAHC)

Stretching/Body Sculpting (Class courtesy of Matt Dishman) Matt Dishman Tue, Thu, 7-8am, Lois

Tai Chi (Contact AAHC) St. John's Comunity Center Tue, 6:30-7:30pm

Walking Group

Peninsula Park Sat, 12:30pm, Woods



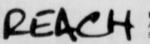
Lloyd Ctr, 1st Fl. in front of Sears Tue, Thu, 6:30pm, Woods

Weight Mgnt./Conditioning Whitaker Track Tue, Thu, 9-10am, Hasan

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

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.



acial and Ethnic Approaches to Community Health ease Control and Prevention (CDC)



Contact AAHC at 503-413-1850 or visit our web site at www.aahc-portland.org

fun. I've seen so many different The location will be the site of a things."

tral City, Neb. on June 24, she said Jameson Square on Northwest forgotten, and are now trying to the trip thus far had been "so much 10th Avenue and Johnson Street. get back to." public celebration, from 4 to 7 Fausel, a St. Mary's Academy p.m. featuring a barbecue, raffle, larly scheduled on Mondays,

On Saturday, July 31 Fausel

sisting of members of Bikes and

valedictorian from Raleigh Hills, re- and music by the Ditty Twisters Thursdays and Saturdays. No preceived a degree in religious studies and Gypsy Moths, and an ap- vious experience is necessary. For from Yale this spring. She plans to pearance by author and enter- more information call Erica Kennel attend medical school at either Yale tainer Joe Kurmaskie, the "Metal at 504-287-9529.

Battle Over Police Reform

continued A from Front

basis of race.

also includes an action plan aimed tation and urban forestry bureaus. to put an end to racial profiling.

ing against Francesconi's new pro- ing. posal, calling it "insulting to myself and to Chief Foxworth, who is already working hard and making progress on the issues outlined in

this resolution."

Police Bureau whereas Francesconi stituting an apprenticeship train-The commissioner's resolution is in charge of the parks, transpor- ing program similar to the one he

Francesconi said the mayor's Mayor Vera Katz came out swing- response was "very, very surpris-

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

Some of Francesconi's sug-As mayor, Katz oversees the gested improvements include inoversaw 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. to meet.



Part 6. HEADACHES: Why Chiropractic is nature's long-lasting pain reliever.

up over my head and seem to stop at my eye. What can Chiropractic possibly do to help me?

: About 70% of all people A 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

: Ialways seem to be plagued | nerve-related and therefore, stand | What's more, drugs have seri-With headaches. They come a very good chance of being relieved by Chiropractic.

> full course of Chiropractic when drugs often relieve my headaches?

: Drugs work primarily on re-A lieving pain, but not on treat- at the telephone number listed ing the cause of the headache. directly below.

ous side effects. The only side effects of Chiropractic are relief from pain and a healing of the Why should I go through a cause of pain. To find out how Chiropractic could help relieve your headaches or for answers to any questions you might have about your health, please call us

Flowers' Chiropractic Office 2124 N.E. Hancock Street Portland, Oregon 97212 Phone: (503) 287-5504