

Local Artist Hosts Birthday Benefit

Local artist Sunshine Dixon will host a benefit for Women of Purpose and Le Femmes Debutantes during her birthday celebration on Saturday, Nov. 20, from 6-9 p.m. at Reflections Coffee and Bookstore.

the community one person at a time."

Author and columnist S. Renee Mitchell will be among a group of special dignitaries attending the event. A fashion show will feature clothes from "Say Say Bou-

"We all look for mentors growing up and these organizations provide excellent mentors for ladies, young and old alike."

—Sunshine Dixon

"We all look for mentors growing up and these organizations provide excellent mentors for ladies, young and old alike," said Dixon. "I wanted to honor some groups doing things to advance

tique" and "Art Ala Carte." There will be DJ as well as live music provided by Cathy Rhodes, Sonda Fields, and Tatayana. Food will be provided by Keisha's Corner. Tickets are \$5 and \$7 at the door.



PHOTO BY MARK WASHINGTON/THE PORTLAND OBSERVER
Randy Dollens of the Leaf Depot at Stanton Yard, 2929 N. Kerby, encourages Portlanders to turn their leafy trash into rich compost at various leaf depots throughout the city.

City Turns Leaves into Compost

Local residents are encouraged to turn those autumn leaves into high quality compost by bringing the fall debris to one of the city's leaf depots. The recycling cost is \$1 per carload and \$3 per truck or trailer load or \$20 per commercial load, with a \$1 discount for seniors. Only leaves will be accepted an only on scheduled depot off-hours. days which are scheduled week-ends at specific sites through Dec. 11. No other yard debris is allowed and no dumping during

For additional information, call the city's leaf line at 503-823-1784 or go to the website at www.trans.ci.portland.or.us.

Interstate Firehouse Cultural Center
After School Arts Program
presents

Young Artist Showcase

Music, Dance, and Theatre featuring students from
Ockley Green, Beech, and Holy Redeemer Middle Schools



Thursday, November 18, 2004
7:00pm

IFCC Theatre
5340 N. Interstate Avenue
TriMet Interstate MAX - Yellow Line to
Killingsworth Station, or Bus #72

FREE ADMISSION with donation of 3 canned goods
Information: (503) 832-4322



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REGIONAL
ARTS & CULTURE
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New Heart Pill Shows Promise

Drug is first
culturally-
specific
medicine

(AP) — A two-drug combination pill dramatically reduced deaths among blacks with heart failure, a landmark finding that is expected to lead to government approval of the first medication marketed for a specific race.

Black cardiologists hailed this form of racial profiling after years in which minorities got short shrift in medical studies.

Heart failure affects 5 million Americans, but blacks are 2 1/2 times more likely to develop it. It happens when the heart is too weak to pump effectively, causing fluid to back up in the lungs and leaving people weak and short of breath. Half die within five years of diagnosis.

Earlier research suggested that standard heart failure drugs called ACE inhibitors do not work as well in blacks, and that blacks may have lower amounts of nitric oxide, which plays many roles in heart health, in their blood.

Two chemicals, isosorbide dinitrate and hydralazine, boost this substance, but administering the right dose is complicated when they are prescribed separately. A Massachusetts biotechnology com-

Heart failure drug specific for blacks

A two-drug combination pill called BiDil dramatically improved the survival of blacks with heart failure, which affects 5 million Americans. Blacks are 2.5 times more likely to get it than whites.

Drug study results on blacks with severe heart failure

	BiDil	Placebo
Percentage who died	6.2%	10.2%
Hospitalized	16.4%	24.4%
Side effects:		
Headache		47.5%
Dizziness		29.3%
		12.3%

SOURCE: New England Journal of Medicine

AP

pany, NitoMed, developed a combination pill, BiDil, that gets around the problem, but the FDA refused to license it as a new drug because earlier studies involving mostly white patients who got the chemicals separately showed no benefit.

But there were tantalizing signs that BiDil helped the few blacks in the studies and NitoMed won a patent to use it just in that minority group.

The company then launched a study of 1,050 blacks. Half of them got standard heart failure drugs; the other half got those drugs plus the new drugs. The study was

stopped ahead of schedule last year when doctors saw the drug for African Americans clearly was better.

After roughly two years' use, only 6.2 percent of the patients who took the drug had died versus 10.2 percent who got only standard heart failure drugs. That translates to a 43 percent reduction in deaths, said Dr. Anne Taylor of the University of Minnesota, one of the study's leaders.

Only 16.4 percent on the drug required hospitalization for heart failure, versus 24.4 percent of the rest.

Health Survey Needed

Women from the Delta Sigma Theta Sorority are mobilizing to eliminate health insurance disparities in women of color.

As a first step, the group is conducting surveys for African-American women between the ages of 55 and 64. With the information gathered, the sorority will then form a focus group to address those health insurance disparities.

Women are asked to return the survey by Nov. 23 to the Portland Alumnae Chapter, P.O. Box 4265; Portland, OR 97208.

For more information or to get involved, call 503-285-2061.

in
diversity Print

Participate in Democracy **Vote**

Return your ballot by mail or drop it off at any designated water stoppage. Call 1-800-673-6663 to find a location near you.

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Week in Review

Local news, sports, and community events.

Election Ballots On Way

People of color find a political fit

To contact **The Portland Observer**
Call 503-288-0033 ads@portlandobserver.com

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

African Exercise

Matt Dishman
Sat, 10-11am, Addo

Body Conditioning

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

Chicago Step

Classes Will Resume Soon

Kickboxing

Mallory Ave. Christian Church
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

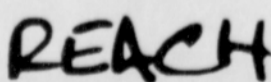
Yoga

Wild Oats Market
Tue, Thu, 7:30-8:30pm, Wren

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

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

**Please contact AAHC before attending 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.
Must be 18 or older



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