

OPINION

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Stand Up Against Genocide in Sudan

Editor's note: The following proclamation on the crisis in Sudan was presented Tuesday by Allen Temple AME Church Pastor Dr. LeRoy Haynes Jr. at North Portland Bible College on behalf of local African-American clergy:

We stand together today in solidarity with our brothers and sisters from the Sudan Christian Community to call upon Congressional representatives and our State Department to use political and economic pressures on the government of Sudan to take deliberate and immediate action to end the genocide on the indigenous African population.

We further call upon the Sudanese government to end the obstruction of United Nations and international aid efforts to provide food, medical aid and shelter to the refugees, and to end its oppression of Christian communities in Sudan.

According to the United Nations, more than 1.8 million people have been displaced by the tragedy in Darfur. An estimated 50,000 people have died. Also, in south Sudan 1.5 million have been killed.

Secretary of State Colin Powell in testifying before the U.S. Senate called the atrocities in the Darfur region of Sudan "genocide" and held the government of Sudan responsible.

We call upon the citizens of Oregon and all of America to join us in preventing a new Rwanda by contacting their Congressional representatives, the State Department and President Bush to support the United Nations resolution introduced by Secretary Powell calling on Sudan to end the genocide, protect the local resident population from attacks and restore security or face possible sanctions against its oil industry.

Furthermore, we call upon the citizens of Oregon to pray for peace, reconciliation and freedom for the Sudanese people, and to help relieve their physical suffering by sending financial contributions to the Sudan Emergency Relief Fund.



Obesity Challenge is about Good Choices

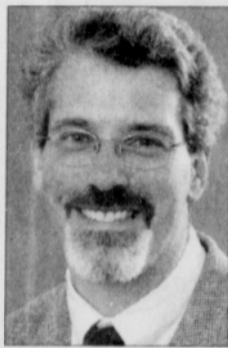
Key is smaller sizes, daily physical activity

BY DR. MEL KOHN

Morgan Spurlock's film "Super Size Me" was among the year's box office surprises. It grossed several million dollars and got Oregonians talking about the connection between fast food and obesity.

No question, the premise was a gimmick: Spurlock ate only McDonald's fare for 30 days, and this formerly active guy also stopped exercising. In one particularly sophomoric scene, we saw him throwing up because he didn't have the good sense to stop eating.

But the film did deliver sensible messages in a compelling way: Food choices and daily physical activity are essential to good health. And how food is marketed can make it a lot



harder—or easier—to make healthy choices. These messages are not only sensible, but also critical to our ability to confront one of the most important emerging public health problems of our time. Nearly two-thirds of Americans — and Oregonians — are overweight, and obesity challenges tobacco as the nation's No. 1 cause of preventable death.

Overweight and obesity are associated with higher levels of heart disease, stroke, diabetes, joint problems and some cancers. If we don't address this problem it will ruin our health and seriously strain our

healthcare system.

Here's a quiz: When you order a McDonald's double quarter pounder instead of a small hamburger, how many extra calories are you choosing? How about the Cinnabon classic instead of the minibon, or a medium box of popcorn at the movies instead of a small one?

The answers: a small hamburger is 280 calories versus 770 for the quarter pounder; the minibon is 300 calories versus 670 for the classic; a small popcorn is 400 calories versus 900 for the medium.

Research shows that if one eats an average of only 100 excess calories a day — far fewer than any of the increases from the choices mentioned above — he or she can expect to gain 10 pounds in a year.

Physical activity is the other half of the equation, and one where similarly small changes add up to weighty problems.

We're beginning to work with local coalitions to support sensible decisions about food and physical activity. These include such activities as helping employers develop workplace programs, training school staff to increase students' healthy food choices and providing city planners with information about the importance of building communities that make it easy to be physically active.

Obesity is indeed a super-size problem that's becoming an urgent health issue.

As Spurlock's film showed, we have a responsibility to make good food choices for ourselves. And we need to demand environments that help us make healthy choices, whether it be food or physical activity.

Dr. Mel Kohn is the state epidemiologist in the Oregon Department of Human Services.

diversity in Print

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The Portland Observer

Election Ballots On Way

To contact The Portland Observer

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

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

Caldwell's Colonial Chapel

20 N.E. 14th Avenue
Portland, Oregon 97232
(503) 232-4111

The Pre-arrangement Concept

Dear Family Member:

Denyse Peterson represents funeral homes and cemeteries in the Portland Metropolitan area. Many families have a difficult time getting through all the associated decisions, questions, grief and financial responsibilities that follow when a love one dies. Denyse's responsibility is to provide information. Pre-arranging lessens the burden before the time of death with challenges such as emotional overspending, indecision, haste and worry.

Our personal planning guide can be a great benefit to loved ones. Overall, pre-arranging will benefit families tremendously.

The pre-arrangement Dignity Memorial providers are honored to help families in our community with your funeral and burial needs.

Representing these fine funeral homes:

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- Lincoln Memorial Park & Funeral Home
- Gateway Little Chapel of the Chimes
- Killingsworth Little Chapel of the Chimes
- Sunnyside Chapel & Memorial Gardens
- Hennessey, Goetsch & McGee Funeral Directors
- Lincoln-Willamette Funeral Directors
- Ross Hollywood Chapel
- Skyline Memorial Gardens & Funeral Home

Dignity

For more information or to schedule an appointment, please call Denyse Peterson at (503) 232-4111.

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