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35
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Portland
Observer

'City of Roses'

Volume XXXV, Number 35

Peace of Mind and Body

Local massage entrepreneurs open
'Serenity' studio on Stark
See Metro pageSerenity
Therapeutic
Massage

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Week in
The ReviewBush Rebuffs
Ranch Protester

President Bush took on the California mother who has been defiantly protesting outside his Texas home, saying Tuesday that Cindy Sheehan doesn't represent the views of most military families. "I think those who advocate immediate withdrawal from not only Iraq but the Middle East are advocating a policy that would weaken the United States," he said.

'To Kill a Mockingbird'
Actor Dies from Cancer

Brock Peters

Actor Brock Peters, best known for his heartbreaking performance as the black man falsely accused of rape in the 1962 film "To Kill a Mockingbird," died Tuesday at his home after battling pancreatic cancer. He was 78. Peters also played Admiral Cartwright in two of the "Star Trek" feature films, as well as various characters on television shows.

Obesity Rates Up Nationwide

Like a lot of people, the nation's weight problem is settling below its waistline. The states with the highest percentages of obese adults are mostly in the South. In the entire nation, only Oregon isn't getting fatter. Some 22.7 percent of American adults are considered obese, says the advocacy group Trust for America's Health.

N.Y. Transit Boosts Security

New York will install 1,000 surveillance cameras and 3,000 motion sensors in its sprawling network of subways and commuter rail stations as part of a \$212 million security upgrade and counter terrorism plan announced Tuesday.

Jackson Accuser Charged

The woman whose son accused Michael Jackson of child molestation was charged with welfare fraud Tuesday for allegedly collecting nearly \$19,000 in payments while making false claims. Jackson's lawyers presented evidence that she and her family had received a \$150,000 settlement in a lawsuit against a department store and had other monies at a time when she was claiming to be poor.

No End to Arctic Meltdown

The rate of ice melting in the Arctic is increasing and a panel of researchers says it sees no natural process that is likely to change that trend. Within a century the melting could lead to summertime ice-free ocean conditions not seen in the area in a million years, the group said Tuesday.

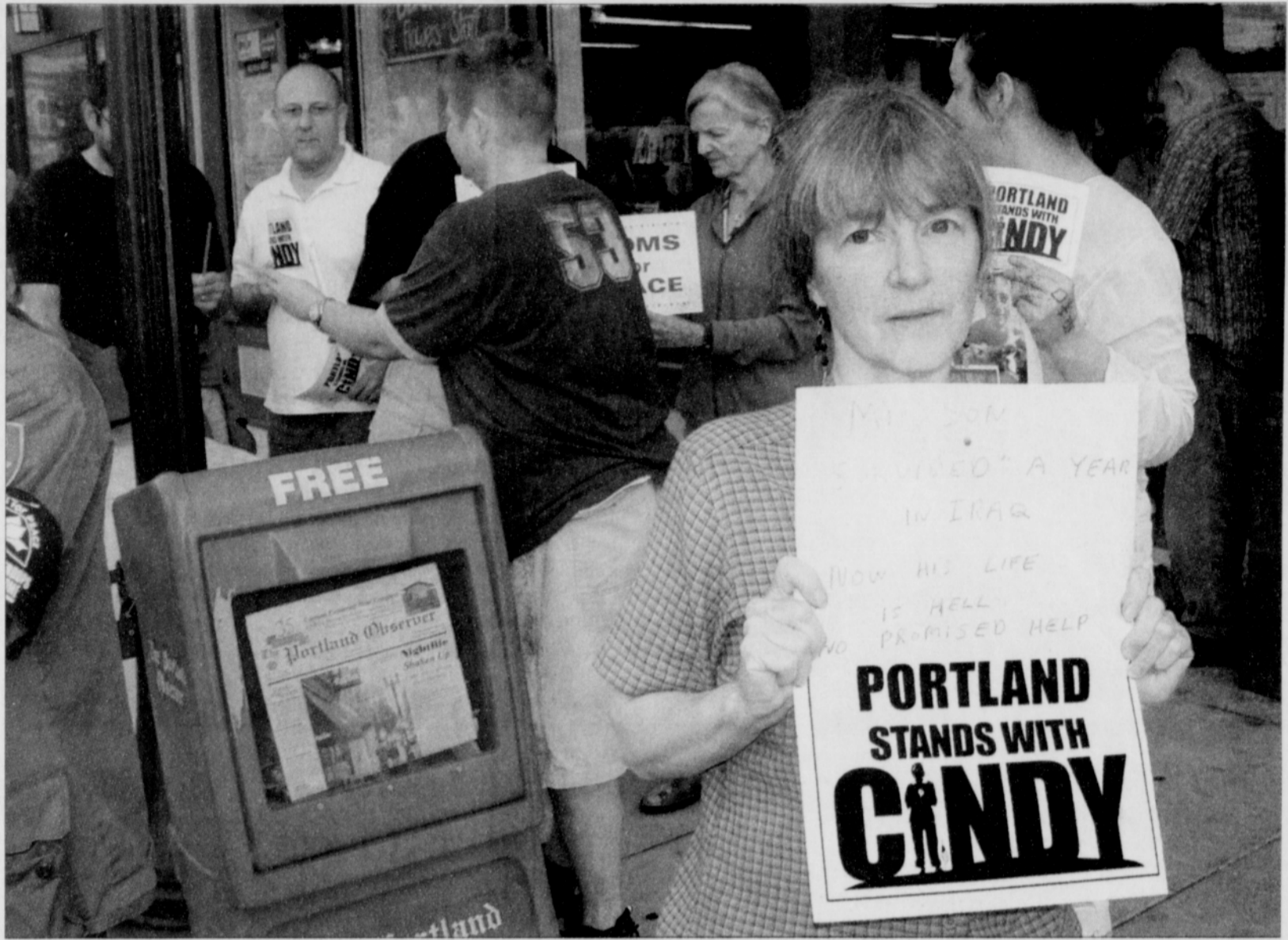


PHOTO BY ISAAH BOUIE/THE PORTLAND OBSERVER

Michelle Bruns of Port Townsend, Wash., stands outside the Alberta Co-Op in northeast Portland during a vigil on Aug. 17, urging President Bush to bring home troops in Iraq. Bruns has a son who served in the war overseas and suffers from post-traumatic stress disorder.

IRAQ WAR Opposition Gains Voice

Mothers of soldiers
killed take up cause

About 150 community members rallied around the Alberta Co-op in northeast Portland Aug. 17 in support of bringing troops

home from the Iraq War.

The group was part of an estimated 1,820 people taking part in vigils at 19 Portland area locations in conjunction with communities across the nation supporting Cindy Sheehan, an anti-war protester and "peace mom" who started camping outside Presi-

dent Bush's ranch in Crawford, Texas at the beginning of August.

Sheehan, of California, lost her son in Iraq and has hopes of speaking with Bush about bringing soldiers back home to their families before more deaths occur. She accuses Bush of lying to the Ameri-

can people about Iraq's development of weapons of mass destruction and its connection to al-Qaida.

Her protest in Crawford was broken Friday when her mother fell ill to a stroke and she had

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The dance club 'The Vue' is located on the corner of Southwest Washington and Third Avenue.

Club Apologizes for Racist E-mail

Regrets call for blacks to stay away

BY KATHERINE BLACKMORE
THE PORTLAND OBSERVER

A local club manager who vowed off playing hip-hop in response to recent downtown shootings apologized last week for racist statements he made in a controversial e-mail.

Rami Makboul, club manager for The Vue on Southwest Third Avenue and Washington Street, originally wrote an e-mail to Police Chief Derrick Foxworth and Mayor Tom Potter on Aug. 10, agreeing with an opinion from a former liquor control officer that African Americans should be kept away from the downtown club scene and should stay in northeast Portland.

After realizing his e-mail was published all over Portland, Makboul issued the fol-

lowing public apology:

"We apologize for the recent comments made about African Americans and the general hip-hop listening community. The club or the people involved within the club are in no way, shape or form racist against any ethnicities.

"The recent comments were made out of frustrations due to the media and press attributing the recent violent actions solely to the Vue nightclub and we felt it was in the best interest of everybody that goes downtown, not just African Americans, to stray away from violence in general.

"We cannot control what happens outside the club but we will do what we can to

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Fitness: A Fountain of Youth

Norma Roberts, 56, works out with her personal trainer Martin Wilson for an hour, two to three times a week at the 24-Hour Fitness location on Halsey Street.

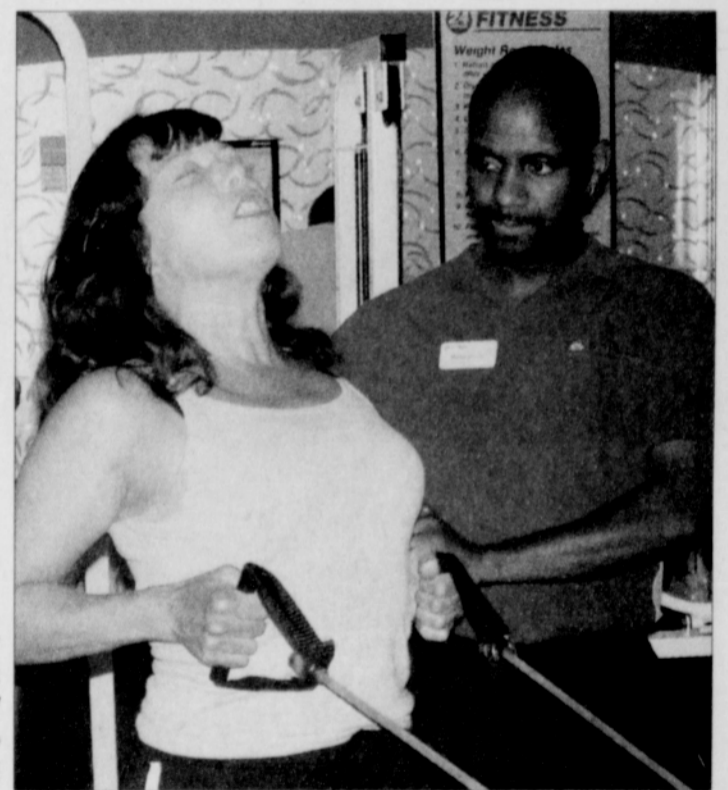


PHOTO BY
KATHERINE
BLACKMORE/
THE PORTLAND
OBSERVER

Gyms cater to the
older community

BY KATHERINE BLACKMORE
THE PORTLAND OBSERVER

At 56 years old, Norma Roberts certainly doesn't look the part. With a smile on her toned face, she's feeling younger since she started working with a personal trainer at a gym more than two months ago. So far, she's lost 7 pounds and continues to gain confidence in her health.

"I was training a lot on my own and didn't have much success," Roberts said. "I've learned to strengthen my core and balance to do exercises I've never been able to do. Now I have a lot of strength."

Working out for an hour, two to three times a week, Roberts said, "I feel good. Before, I was fatigued and just felt old. I was

always tired sitting around the office all day. Now I come here and have fun. It takes time to come to the gym, but you gain so much that it's worth it."

Martin Wilson, Robert's personal trainer at Portland's 24-Hour Fitness Halsey location, calls her a "success story" because she's committed and consistent with her exercise and diet.

Walking into the gym means being in a bustle of all shapes and sizes lifting weights, running on treadmills and wiping sweat from their brows. Looking a little closer, you see people of all ages searching for a fountain of youth.

Even people in their 60s and 70s can expect good results with a minimal fitness routine. Senior men can expect to live 11 years longer, while senior females can look

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