# Wellness Walk Reaches Out to Portland Community

### Grand Marshals named for annual event

Potter and State Sen. Avel Gordly will lead the African American Health Coalition's 4th Annual Wellness Within REACH Walk, Saturday, Aug. 19 at Dawson Park in north Portland.

Hundreds of Portlanders are excommunity's health and in support live healthy, fuller lives," Potter said. Mayor Tom Potter

of the AAHC's free physical activity classes program, which serves more than 1,500 Portland-area African Americans each year.

We want to make physical activity a cultural norm in our commu-Co-grand marshals Mayor Tom nity," said AAHC President Corliss McKeever. "Our goal is to make Portland the healthiest African American community in the nation."

Potter said he was proud to be a part of this year's celebration.

"The AAHC promotes wellness within the community, raises awarepected to walk in celebration of our ness and ultimately allows people to





Sen. Avel Gordly

festivities.

your presence," Gordly said.

Cardiovascular or heart disease for all Americans. The AAHC's REACH program seeks to reduce risk factors associated with the disease among African Americans in the Portland area through health activity.

registration is encouraged on the dence Health System.

Gordly encouraged local partici- AAHC Website at aahcpation in the walk and associated portland.org/events or at its offices at 2800 N. Vancouver Ave., Suite "The day will be complete with 100. Event-day activities begin in Dawson Park on North Vancouver Avenue and Stanton Street at 8 a.m. remains the leading cause of death with music, refreshments, and children's activities, and the Walk begins at 9 a.m. along a 1.5-or 4-mile route through beautiful north and northeast Portland neighborhoods.

Sponsors of the 4th Annual education and increased physical Wellness Within REACH Walk include Legacy Health System, New Walk registration is \$20. Pre- Seasons Market, OHSU and Provi-

## **Red Ink Swamps College Students**

## Local study sees higher costs, debt

Student debt has increased three times faster than the cost of living in the Willamette Valley over the last decade, according to a new report by the OSPIRG (Oregon Student Public Interest Research Group) Foundation.

The group found that today's new graduates carry record levels of student loans due to rising college costs, stagnating grant aid and shifts in state spending. Compounding those issues are interest rates on federal student loans, which rose July 1 to their highest

OSPIRG analyzed the Bureau Price Index survey of the cost of core consumer goods like food, housing, transportation, health and apparel costs in the region, finding that between 1993 and students increased by 107 percent. The cost of living in the 32 percent and local health costs, including insurance, drugs, and

care, rent and other basic expenses will have to compete with even Oregon Student Association Inhigher student loan payments." explained Thomas Vladeck, OSPIRG campaign coordinator. rising so much faster than the cost "Add rising student debt to today's of living should set off alarm bells," level in six years, increasing almost cost of living and stagnating in- said Joel Coupens, an alumni of 2 percentage points to 7.14 percent comes and you can see why more Western Oregon University. "It's on current loans and 6.8 percent on than one in four young adults are going to keep students from going

In their report, OSPIRG recomof Labor Statistics' Consumer mended that Oregon, the federal government and colleges focus on solving the problem of student debt. Among the report's recommendations are increasing need-based grant aid and reforms to make stu-2004 the average student debt for dent loan repayment more manageable for borrowers.

"We know that it is critical that Willamette Valley increased by our universities and colleges receive a substantial investment from the state so they can provide a medical care, increased by 62 quality education, at the same time we must ensure that students no "As interest rates climb, health longer have to bear high tuition increases," said Courtney Morse, terim Board Chair.

"The fact that student debt is to college in the future.'



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College campuses like Portland State University are seeing more students financing their education with larger loans, increasing debt, according to a study by the OSPIRG Foundation.

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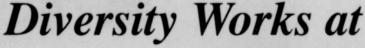
### Neighbors' Night Out at **Fernhill Park**

Neighbors' Night Out at Fernhill Park promises to be a fun-filled evening for the entire family.

The festivities on Tuesday, Aug. 1 begin with a community parade from Faubion Elementary School, 3039 N.E. Portland Blvd., starting at 6 p.m. Parade participants include the Alberta Clown House. Everyone is welcome to be in the parade and a special decoration station for bikes, strollers, or what have you will be open at Faubion beginning at 5 p.m. The parade will travel to Fernhill Park where the festivities will continue.

Entertainment at at the park begins at 6:30 p.m. when Leapin' Louis Lichtenstein takes the stage and displays his special mix of cowboy tricks, unicycling, juggling and more. At 7:30 p.m. renowned local musicians Sneakin' Out will unleash their "post-apocalyptic electro-acoustic throw-down."

Throughout the evening, there will be interactive activities for continued on page A5



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