

# Wellness Walk Reaches Out to Portland Community

## Grand Marshals named for annual event

Co-grand marshals Mayor Tom 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 expected to walk in celebration of our community's health and in support

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 community," 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 awareness and ultimately allows people to live healthy, fuller lives," Potter said.



Mayor Tom Potter



Sen. Avel Gordly

Gordly encouraged local participation in the walk and associated festivities.

"The day will be complete with your presence," Gordly said.

Cardiovascular or heart disease remains the leading cause of death 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 education and increased physical activity.

Walk registration is \$20. Pre-registration is encouraged on the

AAHC Website at [aahc-portland.org/events](http://aahc-portland.org/events) or at its offices at 2800 N. Vancouver Ave., Suite 100. Event-day activities begin in Dawson Park on North Vancouver Avenue and Stanton Street at 8 a.m. 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 Wellness Within REACH Walk include Legacy Health System, New Seasons Market, OHSU and Providence Health System.

## 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 level in six years, increasing almost 2 percentage points to 7.14 percent on current loans and 6.8 percent on new loans.

OSPIRG analyzed the Bureau of Labor Statistics' Consumer 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 2004 the average student debt for students increased by 107 percent. The cost of living in the Willamette Valley increased by 32 percent and local health costs, including insurance, drugs, and medical care, increased by 62 percent.

"As interest rates climb, health care, rent and other basic expenses will have to compete with even higher student loan payments," explained Thomas Vladeck, OSPIRG campaign coordinator. "Add rising student debt to today's cost of living and stagnating incomes and you can see why more than one in four young adults are uninsured."

In their report, OSPIRG recommended 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 student loan repayment more manageable for borrowers.

"We know that it is critical that our universities and colleges receive a substantial investment from the state so they can provide a quality education, at the same time we must ensure that students no longer have to bear high tuition increases," said Courtney Morse, Oregon Student Association Interim Board Chair.

"The fact that student debt is rising so much faster than the cost of living should set off alarm bells," said Joel Coupens, an alumni of Western Oregon University. "It's going to keep students from going to college in the future."



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 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

## Diversity Works at

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