

## Race for the Cure Sunday Aids fight against breast cancer

Individuals can help fight breast cancer by taking part in the 15th Annual Race for the Cure, which takes place Sunday, Sept. 17, at Waterfront Park.

Nearly 50,000 people are expected to turn out for this year's race, which raises money for the Susan G. Komen Breast Cancer Foundation with up to 75 percent of the funds generated staying here in the community; the remaining 25 percent is dedicated to national research.

While huge strides have been made in breast cancer diagnosis and treatment, the disease is still a major killer. For minority women, the mortality rate from breast cancer has not declined as steadily as

overall mortality rates. This could be attributed to lack of access to regular, high-quality medical care, overall awareness, and cultural barriers.

Komen funds a wide variety of organizations providing breast cancer education, screening and treatment services, including the Immigrant and Refugee Community Organization (IRCO).

Komen will also host a Race for the Cure Health Expo at the Oregon Convention Center on Friday and Saturday, Sept. 15-16, where individuals can register for the Race and receive health information and free product samples.

For registration and Race information, visit [komenoregon.org](http://komenoregon.org).

## West Nile Virus Hits Home

### Disease carried by mosquitoes

Multnomah County public health officials confirmed a positive test for West Nile Virus in two dead birds, marking the arrival of a viral infection to the Portland region.

West Nile Virus is transmitted when a mosquito feeds on an infected bird and then bites a human. Birds cannot transmit the disease to humans, nor can it be spread through person-to-person contact.

Most people do not become very sick, or will just exhibit mild, flu-like symptoms. However, for some, especially individuals older than 50, the West Nile Virus can cause meningitis or encephalitis, or swelling of the brain.

Health officials encourage people to take precautions by de-

creasing the chances of mosquito bites. The best ways are to install window and door screens, consider staying indoors during peak mosquito biting times, dusk to dawn, wear long-sleeved clothing and long pants whenever outdoors, avoid perfumes and colognes when outdoors for long periods of time, and use a mosquito repellent containing 20-30 percent DEET (a chemical used as insect repellent, not for use on children under three years of age).

You're advised to see a health care provider immediately if you develop symptoms such as high fever, confusion, muscle weakness, and severe headache. Tell them if you have been active outdoors or have a recent mosquito bite.



PHOTO BY ISAIAH BOUIE/THE PORTLAND OBSERVER

## Portland Remembers 9-11 Victims

Portland firefighters gathered for a moment of silence at noon Monday in Pioneer Courthouse Square in remembrance of the victims of the Sept. 11, 2001 terrorist attacks. Some 343 members of the New York Fire Department lost their lives on that day during rescue operations at the World Trade Center towers.

## Diversity Leader to Bring Perspectives

The Oregon Health & Sciences University School of Nursing brings a nationally known diversity speaker to Portland to address the topic of "The Importance of Diversity in Achieving Excellence."

Bertice Berry, Ph.D., a sociologist, author, lecturer, educator and comedienne, will address a potentially difficult issue with humor, research and storytelling. She is a former professor at Kent State University who has since developed a career as an entertainer and author.

Grounded in her definition of diversity as being a matter of criti-



Bertice Berry

cal thinking that lives within each individual, Berry will describe how achieving diversity requires ongoing

and daily mental shifts.

The lecture will be held Friday, Sept. 15 at the Vista Room of the

Oregon Zoo, beginning with a no-host bar at 6:30 p.m., with dinner following at 7 p.m. The cost of the evening is \$25 per person. Reservations may be made by contacting Patricia Sims at 503-494-1111 or by visiting the School of Nursing Web site at [ohsu.edu/son/puhaty.shtml](http://ohsu.edu/son/puhaty.shtml).



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