

METRO

The Portland Observer

Cavaliers and Spurs Face Off for NBA Finals

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SECTION B

Community Calendar

Praise and Worship

Local singer/songwriter Gloria Stidum performs a free admission concert at Emmanuel Temple Church, 1033 N. Sumner, on Saturday, June 9 at 6:30 p.m. Call Coreinne Peters at 503-758-4556.

Cycle the Well Field

Join Portland Water Bureau and the Columbia Slough Watershed Council for a free bicycle tour through Portland's Groundwater Protection Area. Specialists will reveal the mysteries of groundwater and how it affects the reliability to the City's water supply and how to protect it on Saturday, June 9th at 9 a.m. To register contact Katie Meckes at 503-281-1132.

Youth Summer Sports

July 5 through July 27, the summer youth sports program is held on the Portland State University campus, providing low-income youths ages 10-16, with sports instruction, field trips, a free medical exam and two free meals daily. Registration is open now. Visit palkids.org.

Washington Park Shuttle

Summer service is every 15 minutes from 10 a.m.-7 p.m. with more than 10 stops including the Oregon Zoo and the Japanese Garden. The shuttle runs daily through Labor Day. Regular Tri-Met fare applies.

Interstate Farmers Market

A farmers market is held each Wednesday through Sept. 26 from 3-7 p.m. just off Interstate Avenue between Overlook Park and the Interstate Kaiser Permanente Campus. The market is known for its variety of quality fresh local produce, baked goods, cut flowers, artisan cheese, meat and fish.

Planet Jupiter

On the second Monday of each month through August, at 7 p.m. and 8 p.m., the MHCC Planetarium Sky Theater explores the planet that outshines every other planet in the sky except Venus. Visitors will learn how to locate Jupiter and its four moons as well as other planets. Admission is \$1.

Revolutionary Feminist Organization meeting

Monday, June 11 at 6:30 p.m., there will be a chance to learn about Radical Women's activities and how to get involved. The meeting will take place at the Bread and Roses Center, 819 N. Killingsworth St.

Juneteenth Celebration

Saturday, June 16, from 12 p.m. to dusk, the public is invited to this free event at Peninsula Park in north Portland.

Community Support

The African American Health Coalition, a non-profit that touches the lives of millions of African Americans each year, reminds you to support your community organization. All donations, grants, and gifts are tax deductible. For more information, visit aaahc-portland.org.

Help Loaves & Fishes

The Two Rivers Loaves & Fishes Center, 9009 N. Foss St., needs volunteer drivers for meals-on-wheels to ensure that homebound seniors in St. Johns receive nutritional meals and a bit of companionship. Call 503-988-4088.

African American Council

You're invited on the third Tuesday of each month from 5:30 p.m. to 6:30 p.m. when the African American Advisory Council meets at the King Facility, 4815 N.E. Seventh Ave. Call 503-823-0000.

Vancouver Outdoors Market

Saturdays and Sundays, through Oct. 27, the Vancouver Outdoor Market will feature fresh produce, food, and arts and crafts. Hours are from 9 a.m. to 3 p.m. on Saturdays and 10 a.m. to 3 p.m. on Sundays.

Diabetes Support Group

Legacy Emanuel Hospital hosts a diabetes support group the first and third Thursdays of every month, from 7 p.m. to 8 p.m., in Room 1027.

Parenting Classes

Newborns don't come with instruction manuals but parents and parents-to-be can attend classes through Providence Health Systems to learn about a variety of topics from pain and childbirth to breastfeeding to infant CPR and much more. For a schedule of events, call 503-574-6595 or visit: providence.org/classes.

Dancing Away Controversy

Portland State student body celebrates Roots

BY RAYMOND RENDLEMAN
THE PORTLAND OBSERVER

It's remarkable enough that a member of the Shoshone-Bannock tribe and the Nortenos gang in Idaho ended up studying at Portland State University. But after also overcoming a challenge to his student-body presidential eligibility, Rudy Soto could enjoy last weekend's Roots Festival, a two-day celebration of multicultural social contributions that he launched last year in the South Park Blocks.

After all the festival preparations and Elections Board hassles, Soto was too busy dancing with his girlfriend to organize more than a simple handoff of student government's office keys last Friday in honor of his inauguration.

"There's definitely a connection between my winning the election and my starting the Roots Festival," he says. "The Roots Festival showed people what I care about, and people like my commitment to bringing cultures together in positive ways."

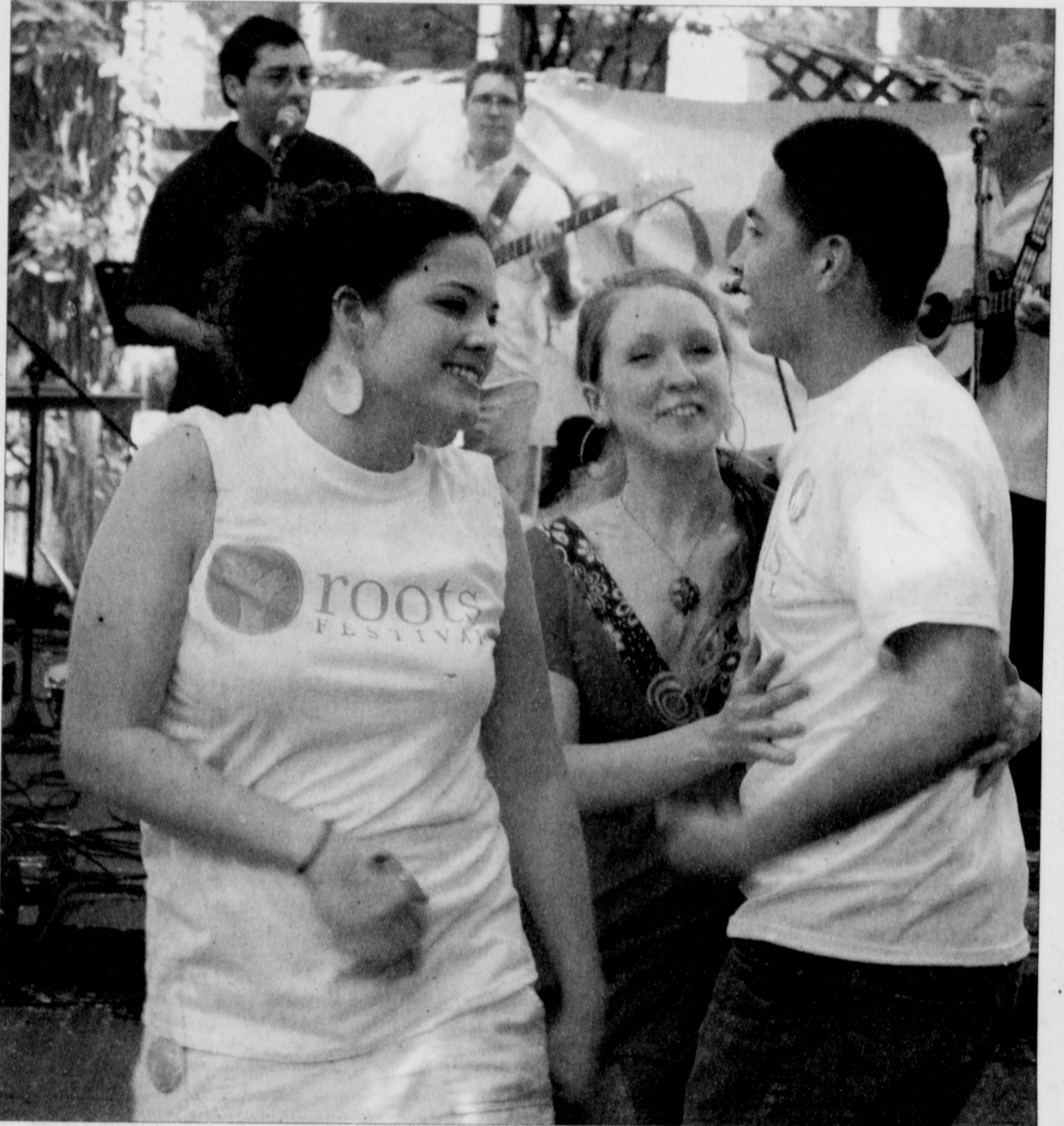
Upon winning 52 percent of the popular vote, Soto faced an eligibility challenge from the other candidate, Patrick Beisell, whom the Elections Board briefly declared president-elect. Soto's minimum course-load eligibility was reaffirmed under the guidance of Chip Lazenby, PSU's general legal counsel.

Soto argues that Beisell is more of student-government insider, which makes Beisell "more qualified on paper."

Beisell said that he will not appeal Soto's position further.

In an election decided by less than 10

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Roots Festival coordinators, (from left) Erin Mason, Leah Meijer and Rudy Soto, PSU's newly inaugurated student-body president, dance to a Latin-American band called Matices.

Antidote to Widening Health Disparities

Growing segment heads to the gym

BY RAYMOND RENDLEMAN
THE PORTLAND OBSERVER

It's no coincidence that two buff members of the black community recently received awards for their commitment to strength training.



Former diabetics Morcell and Anthony O'Neal play to their strengths at Dishman Community Center under the guidance of Garland Brown (left), a Multnomah County 2007 Public Health Hero.

As a way to turn away from drugs and obesity, a growing segment of the African-American community heads regularly to the gym.

Much of the movement stems from the refusal to believe that there is no hope in curtailing a prevalence of cardiovascular diseases. Considering that an average of 25 blacks will die from diabetes for every

10 whites of an equally sized population in Multnomah County, health gurus are pushing for the community's dedication to fitness.

Oregon's leading authority on African-American health calls these diseases preventable, claiming that the black population's seven percent quicker increase in diabetes mortality over the past decade can be stemmed through the refi-

creased access to be gained through systematic expansion of outreach programs.

She cites the federally funded Dishman Community Center in northeast Portland as a successful means of curtailing the impact of obesity of the black community.

But such programs need people to run them, and few employees can work as hard as Garland Brown, Dishman's fitness trainer. While staying sensitive to the clientele's needs, Brown can keep a weight room packed with people at full tilt.

"He has no problem showing people again and again; that's another thing I like about Garland," says Morcell O'Neal, who has worked with Brown for several years. "For him it's all about the medical problems, so he worked around my diabetes."

This sort of feedback caught the attention of the Multnomah County Health Department, which recently presented him a Public Health Hero award. "As we address these health disparities head on, our effort has been to forge connections with the affected communities, so Garland is our partner in the black community," says Lillian Shirley, department director.

The scarcity of media attention to the troubling trends additionally bothers Shirley, who toiled over last fall's release of the "Ethnic Disparities in Multnomah County" report. "All we can do is take that data and make sure that all the right people look at that data," she says.

That's why Shirley is helping health departments become the media by releasing a "Hidden Epidemic" program on public television this coming fall.

Brown argues for any sort of programming that motivates the community to be active. "They all talk about how they want to stay fit, get healthy and all that, but you got to sacrifice the time to do it, because it's hard work," he says. "You don't have to come to compete, you just have to do something, even if you just walk in the neighborhood."

Although competition is optional, many blacks embrace this aspect, trading the adversity in their lives for sport.

After spending the prime six years of his life in jail, Julius Thomas realized that

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Darryl L.C. Moch

Black Gay Pride Brother To Brother hosts events, party

Hundreds of people are expected to celebrate the 6th annual Portland Black Pride 2007, Saturday, June 9 through Sunday, June 17.

Produced by Brother To Brother, a support and advocacy organization for African-American gay and bisexual men, their families and their friends, the local group aims to create a voice and outlet for the growing black gay, lesbian, bisexual and transgender community in the Northwest.

The theme of this year's celebration is Harambee (Let Us Come Together). It's a call to build community and be part of a larger community effort for visibility, equality and justice, according to Darryl L.C. Moch, executive director of Brother To Brother.

This year's events will include a health forum for black lesbian and bisexual women and special guest performances by Oregon native Lawanda Jackson, Pebbles Campbell Starr, and Lady Chablis (from Seattle). Community dialogues are scheduled on being black, gay and HIV positive; the interconnection of racism and homophobia in the African-American community, and other topics.

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