

# Health Coalition in Critical Need

continued **▲** from Front

in celebration of the community's commitment to health.

Event activities begin at 8 a.m. with music, refreshments, and children's activities—including face painting, giant bubbles and a bounce house.

At 9 a.m. participants will begin walking along a 1.5-mile or 4-mile route (depending on their age and ability) through the neighborhoods of north and northeast Portland.

The coalition invites everyone who wants to celebrate and encourage health and wellness to participate by paying \$20 per person or \$150 for a team of 10. The walk is free for children under 6 that are accompanied by an adult.

Participants will have many opportunities to make back that money through a \$500 Safeway gift certificate and other prizes from sponsors that include Legacy Health System, Providence Health System,

OHSU, Kaiser Permanente, Eli Lilly, Pfizer, the Portland Observer and New Season's Market.

Health leaders can now boast that events like this month's walk have made strides towards making Portland home of the healthiest African-American community in the nation.

"The coalition's efforts have changed the community norm around physical activity," says McKeever. "People who didn't even have becoming physically active on their radar, didn't think that it was possible, because of the Coalition's work, having physical activity instructors from the community, having an environment at Dishman and all of the venues that we offer it that is welcoming to African Americans has really engaged people who would not have been engaged."

To register for the event, visit [aahc-portland.org](http://aahc-portland.org), call 503-413-1850 or stop by the AAHC office at 2800 N. Vancouver Ave., Suite 100.

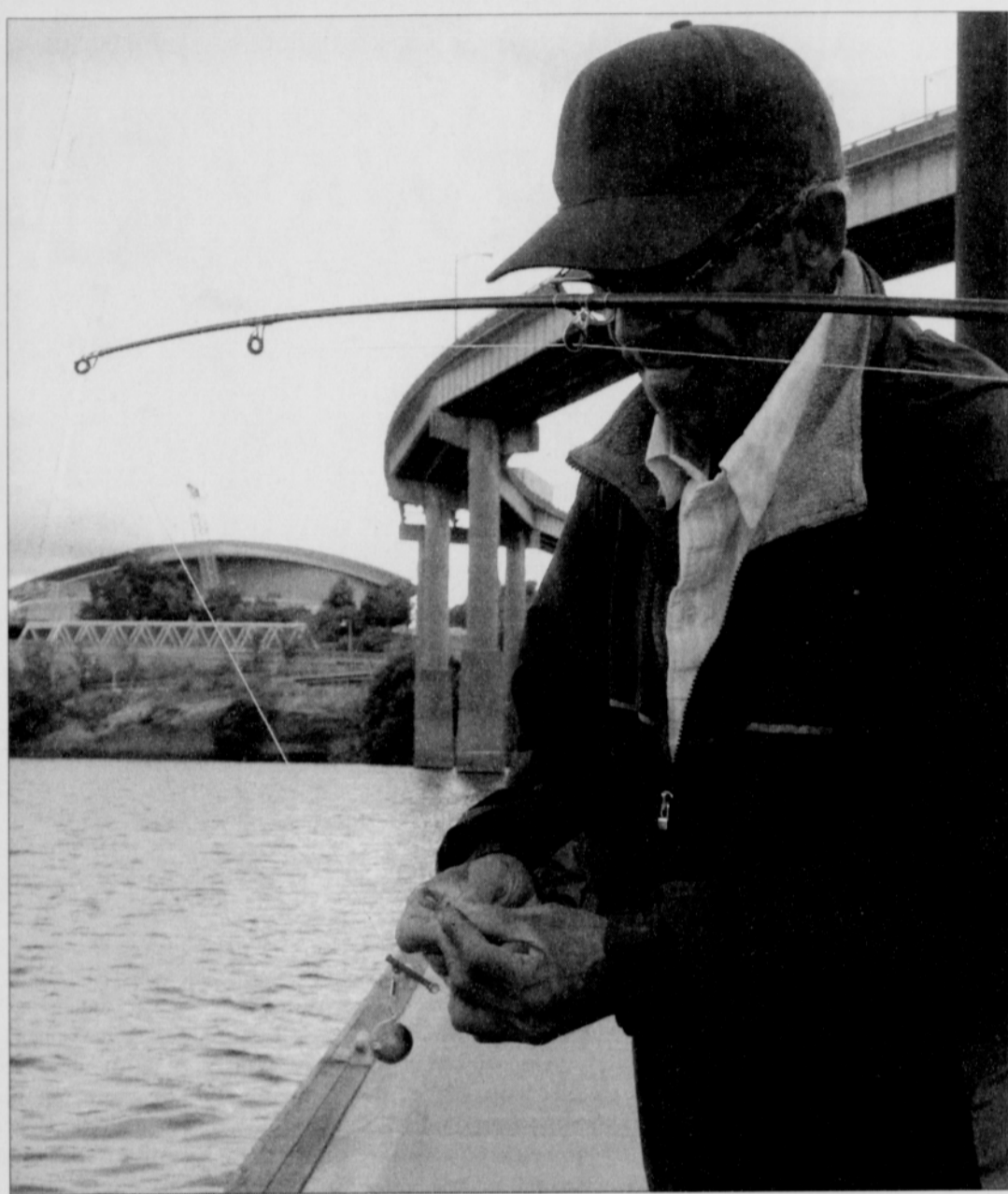


PHOTO BY RAYMOND RENDLEMAN/THE PORTLAND OBSERVER

On days off from working with Downtown Clean and Safe, John Archer fishes on a pier near the Eastbank Esplanade. It has been many years since he has caught anything worth keeping, but he hopes that sturgeon and salmon runs will return as sewage is diverted from the Willamette River.

## Esplanade Opens Fishing Spots

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Melcher had expected lower counts this year, but the numbers have been even smaller than she predicted.

For Archer, who considers fishing to be in his blood, the number-one priority is to have fun, and he rarely thinks about

how water quality affects his luck. Holding out his arms as wide as possible to show the size of a bass that he apparently caught last month, his only concern appears to be geared towards catching a sturgeon of a similar size.

If he waits until a Thursday through Sunday after Oct. 1, he can legally hope to take home a sturgeon

off his single-point barbless hook.

Archer remembers the days when there weren't so many rules for eastside anglers, who once had a thriving community of houseboats and shanties where Interstate 5 now abuts the river.

"The fishing was better back then, but we didn't know any better," he says.

## Post Imus, Some Rappers are Cleaning Up Lyrics

Others still remain defiant

(AP) -- Rap's critics have been complaining for years, only to watch the music become even more profane—and more popular. But now it seems as if Don Imus may be accomplishing what a generation of detractors could not.

Four months after outrage over Imus' sexist and racial comments led to intense scrutiny of rap's negative imagery, and as the genre's sales continue to plummet, some artists are publicly abandoning offensive language.

The platinum-seller Chamillionaire recently announced that his new album, "Ultimate Victory," would be cuss- and N-word free. Numerous lesser-known rappers are promoting themselves as alternatives to misogynistic gangsta rap. The handlers behind 17-year-old sensation Sean Kingston are touting him as PG-rated. And the veteran gangsta Master P also declared that he would make clean music (though the "Dancing With the Stars" contestant's hitmaking days now seem long gone).

Still, others remain defiant amid increasing pressure from the public and corporations. They vow to remain, in the words of rap's raunch king Uncle Luke, as nasty as they wanna be.

"It would have to pay something real strong to make me change the way I do my music," said Twista,



Platinum-selling rapper Chamillionaire says his upcoming album, 'Ultimate Victory,' would be cuss- and N-word free. (AP photo)

whose explicit lyrics got him dropped from a McDonald's-sponsored concert last week. "I'm gonna keep saying it because I know I'm just making good music."

Chamillionaire figured he could still make good music—just without the rough language. The rapper, who won a Grammy this year for his socially charged smash "Ridin,'" says he never cursed all that much in his music anyway. The N-word was a different story: "I've always used the N-word."

But after the success of his last album, he went out on tour and saw mostly white faces lip-synching the epithet along with his lyrics. Now Chamillionaire has had a change of heart for his new album, due in September on Universal Music Group, a unit of General Electric Co.

"I was like, 'You know what? I'm not going to say the N-word on this one because when I go back on the

road, and I start performing, I don't want them to be saying it, like me teaching them,'" he told The Associated Press.

Chamillionaire insists his conversion is a moral issue and not due to the Imus backlash: "There are a lot of people who are opportunists ... I'm definitely not that." But more opportunities may arise for rappers with clean lyrics in the wake of Imus' firing for calling the Rutgers University women's basketball team "nappy-headed hos" on his radio broadcast.

The Imus outrage was soon redirected toward equally misogynistic references in rap, as many questioned whether there was a double standard. Then came calls from everyone from civil rights leaders to rap pioneer Russell Simmons for corporations and radio stations to more closely censor profanity and racial epithets.

## Ask Deanna!



Real People, Real Advice

An advice column known for reality based subjects!

**Dear Deanna!**

I have been designated as the babysitter and caregiver for my younger brothers and sisters. My mother started having kids again after I turned 13. Now I'm in college and I can't get my homework completed. I stay tired all the time. I try to talk to my mother but she is always fussing about her boyfriends, my siblings' fathers and money. I don't want to quit college or ruin my relationship but it looks as if that's where things are heading. What can I do? --Tamyra Jackson; On-Line Reader

**Dear Tamyra:**

Families stick together no matter what and in your case, you have to be the glue. You may not see it, but your mother is doing the best she can with what she has. All you can do is hang in there, help the best you can and push yourself harder to become better and achieve. You should work out a schedule with your mother, college and the kids and be sure to rest and stay focused. You will get your reward in the end after you've done the right thing.

**Dear Deanna!**

I want more out of my current relationship but I think my past is causing negativity between us. I have been known to have more than one boyfriend and play the field but I've changed. I'm ready to settle down but my past seems to haunt me on a regular basis. My boyfriend tells me he would commit but he's afraid he can't trust me. What can I do to prove that I've changed and can be trusted? --Anonymous; Charlotte, N.C.

**Dear Anonymous:**

People believe that once you're a cheat, you will always be a cheat.

Your lack of care for your morals is giving you a dose of reality that you can't seem to swallow right now. You've shown your boyfriend quite a few things when you thought he and others were not looking. The only thing you can do is stay on the straight and narrow path in your relationship, meet his expectations and demonstrate to him that you're on his team seeking longevity and a future.

**Dear Deanna!**

My cousin has betrayed me by getting with my ex-boyfriend. We had a break-up but I felt there was always hope to get back together. I'm having a hard time because of the family issue and now they're having a baby together. I'm trying to control myself and keep it together because he was seeing her when he was with me. I was doing fine and moving on until he called wanting to have a fling. I'm torn between seeing him and telling my cousin. What do I do? --Miserable But Holding On; Denver

**Dear Miserable:**

If you think things are bad now, go ahead and get with him and you'll have a living nightmare on your hands. Whether he's with your cousin, a friend or a stranger, you had your chance, it didn't work out and now he's onto someone else. You have enough time to hold on to your sanity and find a relationship that's good for you. Hold your head high and let the past be the past and although your cousin has him, realize that he's cheating on her but it's not with you.

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