



Welcome New Professionals
Say Hey NW!
builds connections

Diversity in the Workplace

See Section B



TriMet's Fred Hansen Puts People First

Construction Camp
Students earn money and learn trade



The Portland Observer

'City of Roses'

Volume XXXVII, Number 32

Established in 1970
Committed to Cultural Diversity

www.portlandobserver.com
Wednesday • August 15, 2007

Week in The Review

Another Toy Recall

Mattel Inc. issued recalls Tuesday for about 9 million Chinese-made toys that contain magnets children can swallow or which could have lead paint. Meanwhile, a group of Portland agencies are pooling resources to test toys for lead and test the blood of children for signs of the toxin. See stories, page A2.

Hurricane to Brush Hawaii

Hurricane Flossie roared on course to brush Hawaii's Big Island on Tuesday hours after guarded residents were rattled by a 5.4 magnitude earthquake. Forecasters said Flossie would bring strong winds, up to 10 inches of rain and waves up to 20 feet. The earthquake 25 miles south of Hilo on Monday night caused a small landslide.

Extremists Wage Attacks

Four suicide bombers struck a Kurdish sect in northwestern Iraq Tuesday, killing at least 175 people and wounding 200 more as extremists across Iraq staged other bold attacks: leveling a key bridge and abducting five officials from an Oil Ministry compound.

Peace Department Wanted

Portland's City Council voted last week to support the creation of a U.S. Department of Peace. The cabinet-level department would balance the Department of Defense by actively seeking nonviolent solutions to international conflict and addressing arms control and human rights.

Deal on O.J. Book

A literary agent for the family of stabbing victim Ronald Goldman has made a deal to repackage and publish O.J. Simpson's canceled "If I Did It" book about the slayings of Goldman and Simpson's ex-wife, a spokesman for the agent said Monday.

Clown-Faced Bandit

Portland police say an armed man who was wearing a clown wig robbed the Lombard branch of U.S. Bank Tuesday morning. The suspect was dressed in a multi-color wig, an orange coat, purple latex medical gloves and sunglasses.

37
years of
community service

OREGON NEWSPAPER PROJECT
Knight Library
University of Oregon
Eugene, OR 97403-1299

PRESORT STD
US POSTAGE
PAID
PORTLAND OR
PERMIT
NO. 1610

Diabetes: Closer to a Cure

Local African Americans provide living proof

BY RAYMOND RENDELMAN
THE PORTLAND OBSERVER

Most people pass by the nondescript building on Northeast Seventh and Hancock dozens of times without ever knowing that it is a dialysis center.

But patients who receive its services must focus on it, spending three days a week there having a machine clean out their blood because their kidneys have failed to remove bodily toxins.

While their fate is shrouded in this obscure building, they are not alone: Diabetes is the most common cause of kidney failure in the developed world.

The dialysis center also serves a majority-black clientele. After a doctor referred him there a few years ago, Levan Johnson became another one of the 3.2 million African Americans (13.3 percent of adults) who have diabetes.

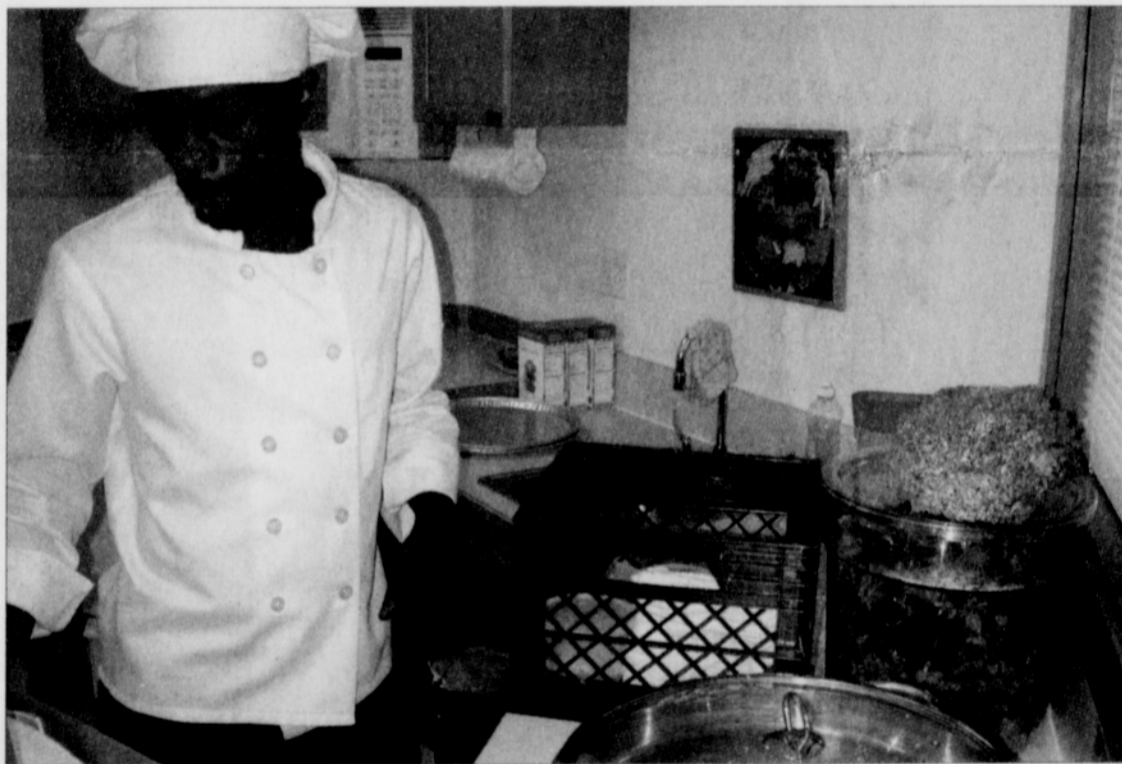
Cases like Johnson's have always been considered tragic, but only recently have health experts also deemed them completely preventable through lifestyle changes.

Wearing a McDonald's hat that he won for being a loyal fast-food customer, Johnson has an attitude toward nutrition that



PHOTO BY RAYMOND RENDELMAN/THE PORTLAND OBSERVER

Levan Johnson's blood filters through a machine for four and a half hours three times a week. Lucy Bentea, a technician at Northeast Dialysis Services, oversees the procedure that is needed for kidney damage, a complication of diabetes.



New Seasons Market employee Jarod Sleet demonstrates healthy soul-food cooking at a North-east Fremont Street apartment complex as part of the African-American Health Coalition's efforts to change eating habits in the community.

has long been seen as hopeless when it comes to the onset of diabetes.

"It's so easy not to eat healthy," says Johnson, who kept up on his exercise as a Port of Portland longshoreman for 25 years. "You just stop by for some hamburger and grease for three dollars."

Many studies have gone so far as to declare that overweight people could not be counted on to control their diabetes with diet and exercise.

As a result, rather than aggressively counseling patients to change their habits, resources have poured into expensive medications with dangerous side-effects.

But the tide may be turning as two local agencies prepare to fully release studies this summer. The African-American

Health Coalition and Kaiser Permanente have both independently found that the best cure for diabetes is the promotion of healthy lifestyles.

These agencies are giving notice to hardcore fast-food addicts like Johnson that a change in eating patterns is vitally important when confronted with the alternative.

"If I could start all over again, I think I'd tighten up on a few things," Johnson says.

An independent evaluation of AAHC's exercise programs shows that participating African Americans were much less likely to contract diabetes. The data, released in a report to the national Centers for Disease Control, details a quickly growing group of over a thousand

continued ▼ on page A8

Dinner and a Movie - 'Au Naturel'

First outdoor cinema targets community

BY JASON FLOYD
THE PORTLAND OBSERVER

North and northeast Portland have seen many changes in recent years, and on Friday, Aug. 24 a change for the better will take place when University Park hosts the first Park Theatre, an outdoor cinema celebration for the local community.

Northeast Portland native Marquise Stoudamire, 29, an ex-naval recruit and co-author of a poetry compilation called "Round Midnight," and proprietor of Abstract Vision promotions is the event's mastermind.

Stoudamire is attempting to initiate a new tradition of community for local neighborhoods and reverse trends of neglect. He feels that Portland parks are under utilized as community spaces.

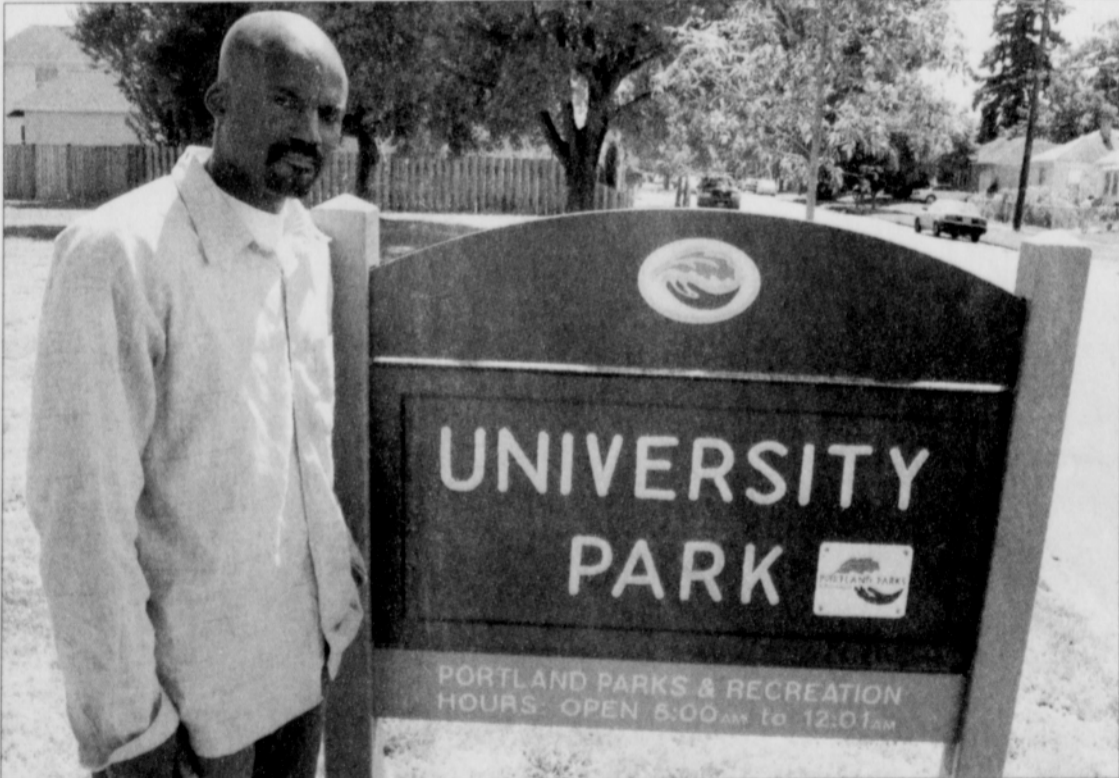


PHOTO BY MARK WASHINGTON/THE PORTLAND OBSERVER

Attempting to initiate a new tradition of community in north and northeast Portland neighborhoods, Marquise Stoudamire hopes to reverse trends of neglect.

"The point of the gathering is community morale," he said.

The inspiration hit Stoudamire while spending

time in New Columbia at McCoy Park. Wasting no time,

he contacted Karen Birt, supervisor of Portland Parks and

Recreation for authorization,

and also contacted a group known as NICHE to receive support from people who have

been hosting concerts, seminars and movies in southeast Portland and Tualatin parks.

After receiving permission and building partnerships, Stoudamire went about producing a power-point presentation to shop around to possible sponsors.

He explained that most local events in area parks do not relate to the community the parks are in, and this event is going to rectify that.

If you aren't a movie buff, don't fret; there will still be something for you. The event will be laden with vendors and their wares and Point Z entertainment is supplying the DJ and the spins.

Stoudamire is hoping for accommodations for the whole family, from ice cream for the kids to dominos for the grown folks.

Spike Lee's 1994 film "Crooklyn" will top the evening

continued ▼ on page A8