

The
City of Roses

Portland Observer

'City of Roses'

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Week in The Review

Russia Orders Halt to War

Russia ordered a halt to its war on Georgia Tuesday, after five days of air and land attacks that sent Georgia's army into headlong retreat and left towns, military bases and homes smoldering. But Georgia insisted that Russian forces were still bombing and shelling.

Tre Arrow Gets Prison Term

Tre Arrow, the radical environmentalist formerly known as Michael J. Scarpitti, 34, was sentenced Tuesday to 6 1/2 years in prison for his part in setting arson fires to cement-mixing and logging trucks to protest a logging sale in 2001. The court also ordered Arrow and his co-defendants to pay restitution of \$154,557.

Fred Meyer Meat Recall

Local Fred Meyer stores have joined the list of grocery stores pulling ground beef from the shelves and offering refunds. The recall involves family packs of beef with 20 percent fat that may have come in contact with contaminated meat from Nebraska beef. The sell-by dates are between June 6 and Aug. 11.

Sisters Win at Olympics

Even by the lofty standards of the Williams sisters, three victories at the Olympics is a good day's work. Venus and Serena



won in singles and doubles Tuesday and could meet in Saturday's singles final.

Hispanic Station #1

KRYP-FM, a radio station known as "El Ray" is drawing 6.4 percent of the Portland listening audience, making it the number one rated station in the Portland area market and the first Spanish language station to ever hold the #1 post.

Oregon Jobless Grows

A new report shows Oregon lost another 3,600 jobs on a seasonally adjusted basis in July and saw its unemployment rate jump a half percentage point to 6 percent.

Sheehan Makes Election Ballot

Cindy Sheehan, an icon of America's anti-war movement, has qualified to challenge House Speaker Nancy Pelosi for her seat in Congress. Sheehan, 51, says Pelosi failed to persuade her party to end funding for the Iraq war.

Katrina Victims Win Suit

State Farm Insurance will reopen some claims and agree to pay more than \$74 million to other Hurricane Katrina damage victims in Mississippi, state attorney general Jim Hood announced in a lawsuit settlement.

38
years of
community service

Health Walk's Big Loser Reality TV star shed the pounds

BY MICHAEL LEIGHTON
THE PORTLAND OBSERVER

An all-star achiever for better health will serve as inspiration for this Saturday's annual Health Walk by the local African American Health Coalition.

Ken Coleman was put on a journey of losing some 200 pounds when he answered a casting call to become a contestant on the NBC reality show, "The Biggest Loser."

At over 410 pounds, Coleman was in seriously poor physical condition. Once a fit member of the military who served in the Persian Gulf War, he had suffered major setbacks due to injuries, including his back, shoulder and knee.

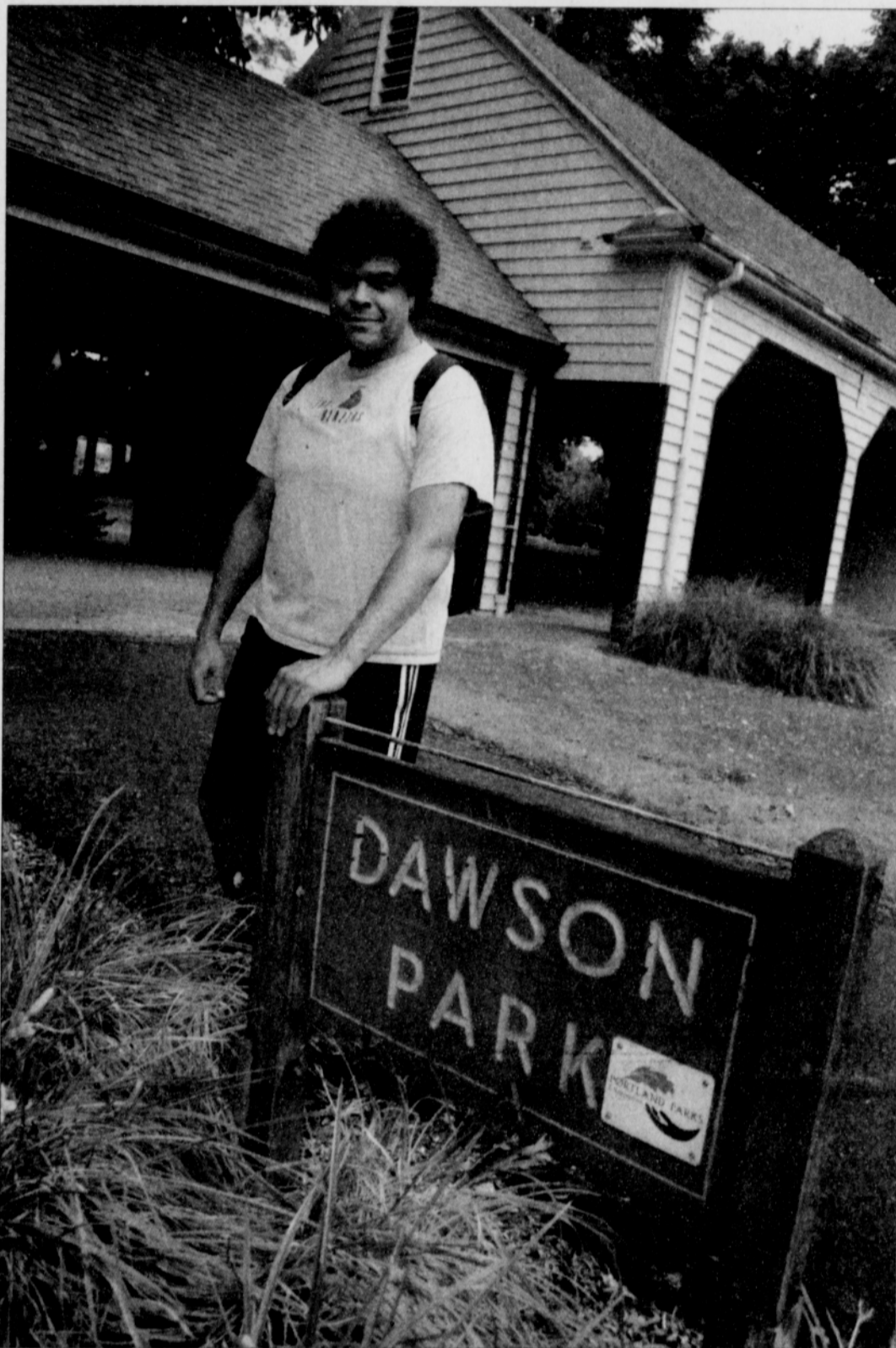
He became more and more disabled to the point where at one time he was bound to a wheelchair.

After his father died of heart disease at age 58, the worry about his own mortality and quality of life exploded. He wanted to be alive to watch his children grow up, marry and begin their own lives.

Coleman seized the opportunity of a lifetime by auditioning for the weight loss reality show and became a cast member in the show's season three in 2006. He lost more than 60 pounds over about six weeks of broadcasts, but has continued to take the weight off since then, losing about 190 pounds in total.

He says he learned the importance of how to regain his health through nutrition and exercise as well as how to overcome mental roadblocks.

Today, the 6 foot 3 Coleman hits the scales at a healthy 210 to 215 pounds and he has be-



come a certified health fitness trainer, working at the Cascade Athletic Club in Gresham.

He inspires, motivates and challenges others to set their own life goals and change their lives for better.

"Keep on keeping on," is one of his life style change mottos.

The community is invited to join Coleman and State Rep. Chip Shields as honored guests at the sixth annual African American Health Coalition Health Walk, starting at 9 a.m. on Saturday at Dawson Park, located at North Vancouver Avenue and Stanton Street.

The event will include a 1.5 mile loop and 5K walk, along with music, food and fun to follow at Dawson Park. A \$20 registration fee includes an official AAHC Health Walk T-shirt. Group discounts are also available. Contact the AAHC at 503-413-1850 or visit aahc-portland.org

"Biggest Loser" reality TV star Ken Coleman, who embraced good nutrition and exercise to lose an incredible 200 pounds, will serve as honorary guest as this Saturday's Health Walk at Dawson Park, sponsored by the local African American Health Coalition.

PHOTO BY MARK WASHINGTON/
THE PORTLAND OBSERVER

Rooted in Cultural Understanding

Poet is keeper of Native American legends, folklore

BY LEE PERLMAN
THE PORTLAND OBSERVER

Much of the poetry by Ed Edmo is rooted from his own life and the ancient legends that were passed down by his father and grandfather. Now he has assumed the honored role of an elder himself, a keeper of Native American legends and folklore.

The tales "are our way, our traditional way, to teach children how to act and to give them lessons in life," Edmo told the Portland Observer.

Passed down from genera-

tion to generation, many of the stories survived despite the indoctrination of dogma from missionaries and a public education system. They have endured despite rules on some reservations that punished Native Americans for speaking their own languages.

A member of the Shoshone-Bannock tribe, Edmo was born in Owyhee, Nev., along the Nevada-Idaho border and raised in Celilo, Ore., upstream from The Dalles. There he experienced the "drowning" of Celilo Falls by The Dalles Dam in 1957, eliminating one of



Ed Edmo

the oldest and best known salmon fishing spots and disrupting economic and cultural traditions.

Edmo's poetry speaks to these times. It also speaks to what followed in his personal life.

His poems "Burnside Cowboy" and "West Coast Warrior '71" refer to his life as a skid road tramp, alcoholic and heroin addict. One untitled poem says, "An Indian in the city ain't worth much, you know."

His writings helped him to turn his life around.

"I used to write poems on Radio Cab note pads," he says. "There was a lady in Seattle who would give me a dollar for every poem I gave her. In 1969, in New York, Dwayne Knight gave me \$5 for a poem and I said, 'That's great.'"

Edmo's "Through Coyote's Eyes" earned him first prize in a contest for one-act plays put on by north Portland's Interstate Firehouse Cultural Center in 1984.

The following year, Craig Leslie included Edmo's work

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Remembering Two Giants of Talent

Isaac Hayes embodied soul music

(AP) -- With its riveting orchestration, definitive guitar play and signature sensual baritone vocals, Isaac Hayes' theme song for the 1971 movie "Shaft" not only became one of pop music's iconic songs, but also the defining work of Hayes' career.

Yet the "Theme from Shaft," which would earn both Grammys and an Oscar, was just a snippet of the groundbreaking music for which Hayes — who died Sunday at age 65 — was responsible.



Isaac Hayes

music," Collin Stanback, an A&R executive at Stax, told The Associated Press on Sunday. "When you think of soul music you think of Isaac Hayes — the expression ... the sound and the creativity that goes along with it."

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Bernie Mac connected with comedy

(AP) -- Bernie Mac blended style, humorists: Harpo Marx as well as Moms Mabley; squeaky-clean Red Skelton, but also the raw Redd Foxx. Mac died Saturday morning of complications from pneumonia in a Chicago-area hospital, his publicist, Danica Smith, said in a statement from Los Angeles.

Mac's daughter says her family had expected him to fully recover from the bout of pneumonia that put him in Chicago's Northwestern Memorial Hospital three weeks ago.

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Bernie Mac