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Fight for Benson

Supporters
rally to save
school sports

See Local News, page 3



Connecting to the River

Canoe paddles
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See Metro, page 9

Portland Observer

Volume XLVI • Number 27



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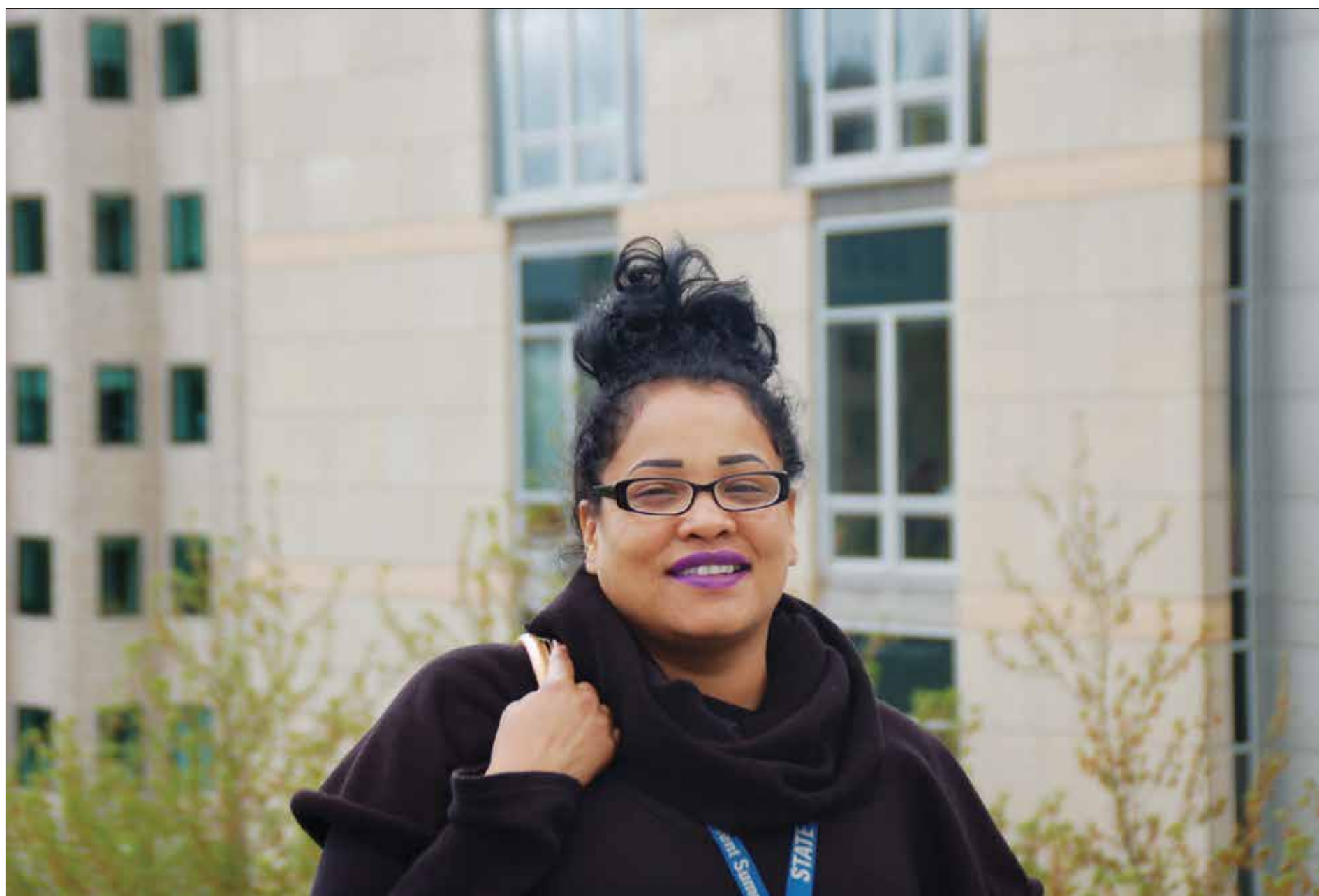


PHOTO BY ZACHARY SENN/THE PORTLAND OBSERVER

O'Nesha Cochran prepares for her shift as a peer-recovery counselor to those suffering from opioid addiction at the Oregon Health and Science University's Marquam Hill campus in southwest Portland.

On the Front Lines

Peer-recovery counselors battle opioid epidemic

BY ZACHARY SENN
THE PORTLAND OBSERVER

A unique, collaborative approach to addiction care at Oregon Health and Science University is helping to tackle the opioid epidemic.

As the struggle against heroine and the abuse of prescription opiates continues to escalate across America,

Northwestern states such as Oregon, Washington and Alaska have been hit especially hard by drug overdose deaths and related hospitalizations.

Dr. Honora Englander, who serves as an associate professor of medicine at OHSU, first began to notice the influx of hospitalizations caused by complications from opioid addiction while working in the school's hospital. More patients, for example, were being hospitalized after experiencing an overdose, being diagnosed with Substance Abuse Disorder, or from contracting a blood or bone infection from using impure substances or improperly sterilized

equipment

"As a health system and hospital, we were very well positioned to manage people's medical needs and surgical needs," Englander told the Portland Observer, "But really did not have any systems to support their addiction needs."

By assessing the unique needs presented by the opioid epidemic in the Portland area, Englander and her colleagues developed the framework for what is now the Improving Addiction Care Team, or Project IMPACT. The

CONTINUED ON PAGE 4

RETIREMENT LIVING



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The Week in Review

Minimum Wage Increase

The minimum wage increased by \$1.50 per hour in the Portland metro area Saturday and by 50 cents per hour in the rest of the state. An estimated 301,000 jobs — about one in seven jobs in the state — was expected to see the pay increase which was enacted by the Legislature last year to take effect July 1, according to the Oregon Employment Department.

Supporting Net Neutrality

City Commissioner Dan Saltzman joined Mayor Ted Wheeler, Oregon U.S. Sen. Ron Wyden and other advocates Friday in support of a proposed city resolution denouncing the Trump administration's proposal to repeal Obama-era rules protecting the freedom of the Internet. "Net neutrality is a pocket book issue for American households," said Wheeler.



Strip Club Owners Sentenced

A federal judge last week sentenced Kandace Desmarais, 65, and her brother, Gilbert "Mace" Desmarais, 52, to two years in prison for their roles promoting prostitution at a former Cully neighborhood strip club in northeast Portland and nine other area strip clubs and adult video stores. They also were charged with conspiring to evade more than

\$728,000 in federal income taxes from \$2.6 million in revenues from strip shows and prostitution.

War on Sanctuary Cities

House Republicans joined President Donald Trump on Thursday in declaring war on sanctuary cities -- passing legislation targeting the cities' funding while hammering a message of the dangers posed by undocumented immigrants. The bill would also increase maximum penalties for undocumented immigrants who repeatedly enter the country illegally after deportation.

Bus Driver Assault Arrests

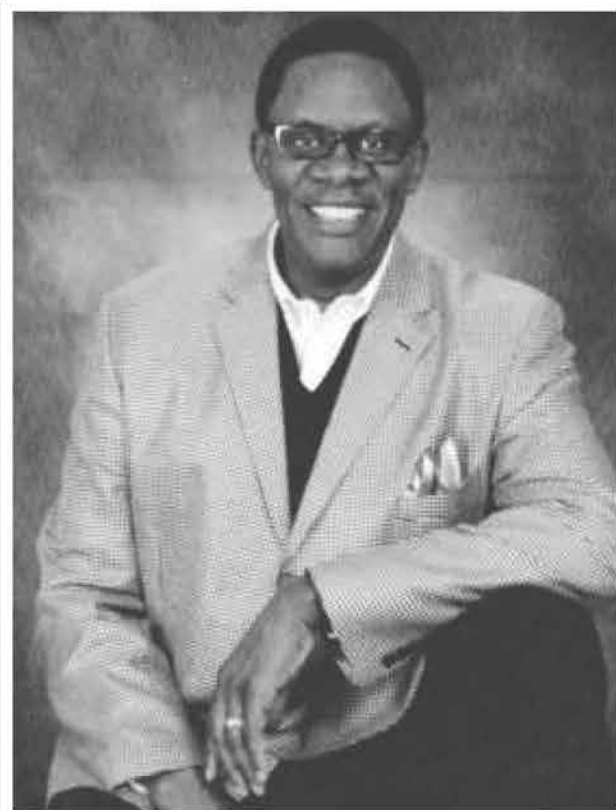
Three teenage girls were arrested last week after the public helped identify them for assaulting a TriMet bus driver. Portland Police arrested 18-year-old Jada Thompson, a 14-year-old girl and a 17-year-old girl for the June 9 attack. Officials allege the girls spit on and pepper sprayed a TriMet bus driver in the area of Northeast 42nd Avenue and Holman Street.

Vatican Cardinal Charged

A high ranking leader of the Catholic Church said on Thursday he will take a leave of absence from his post after Australian authorities charged him with multiple counts of sexual assault. Victoria state police summoned Cardinal George Pell, 76, the Vatican treasurer, to appear in Australian court to face what they are calling "historical sexual assault offenses."

Confederate Flag Lawsuit

A black Mississippi citizen is taking his case against the state's Confederate-themed flag to the U.S. Supreme Court. In papers filed last week, attorneys for Carlos Moore argue that the flag is a symbol of white supremacy that harms him and his young daughter by violating the Constitution's guarantee of equal protection to all citizens.



Dr. Billy R. Flowers

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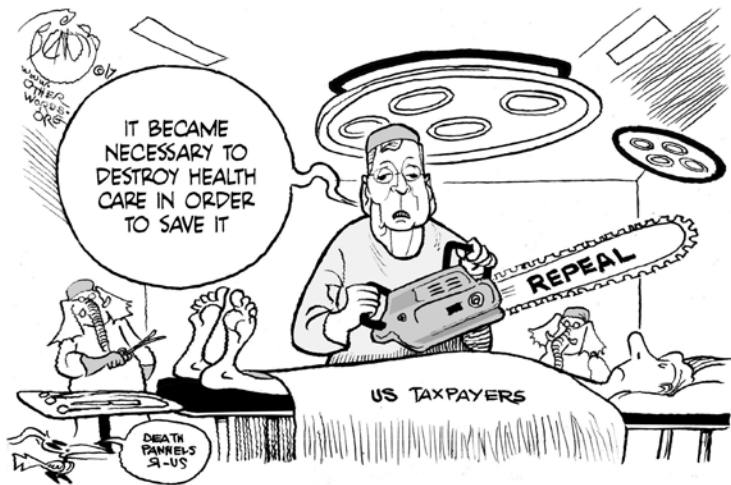


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The INSIDE

The Week in Review

page 2



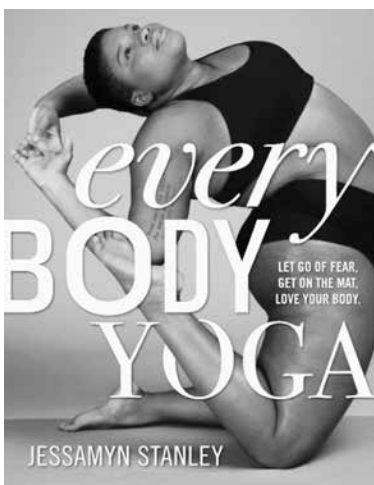
OPINION

pages 6-7



METRO

page 9



Arts & ENTERTAINMENT

pages 8-12

CLASSIFIEDS

pages 14

CALENDAR

page 15

This page
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PHOTO BY ZACHARY SENN/THE PORTLAND OBSERVER

Supporters of Benson High School rally to save sports programs from budget cuts. The alumni group was led by former Benson coach and graduate John Slaughter (pictured from left) and Rob Johns, president of the Benson High Alumni Association.

Fighting for Benson

Supporters rally to save school sports programs

BY ZACHARY SENN
THE PORTLAND OBSERVER

Students and alumni of Benson High School are keeping pressure on Portland Public Schools to continue to fund athletic programs at one of the district's most diverse schools. A group of students and community members gathered in front of the northeast Portland school last week to show their support for school sports. It followed a protest one week earlier before the Portland School Board.

John Slaughter, a Benson alumnus who has coached football and held a number of positions at the high school since his graduation in 1994, says that robust sports pro-

grams are essential to maintaining the school's elevated graduation rates. Benson currently boasts PPS' third-highest graduation rate, following only Lincoln and Wilson.

"We all know that kids love sports. It's one of the reasons why many stay in school," Slaughter told the Portland Observer. "It's ludicrous for us to be talking about cutting sports."

More than 70 percent of Benson students are on free or reduced lunch programs, meaning that they come from low-income households. Slaughter said that the school shouldn't have to be fighting for funding to keep its programming in place.

Benson's athletic programs were first threatened in 2014, when proposed budget cuts would have chopped the school's sports teams. That was when Slaughter

first began to publicly advocate and organize for the programs.

In a letter sent to the Benson High School community, PPS stated that there are currently no plans to make cuts to the school's athletics division, though did not rule out the possibility for future cuts.

"There is an ongoing process to evaluate these programs," the letter reads. "When the district moves closer to a decision in the coming months, the public will have an opportunity to offer input."

Slaughter, however, isn't waiting to provide the district with his input.

"Instead of just sitting and waiting for those proposals, we want to be proactive," said Slaughter. "There's a threat that the district wants to impose some policy that will take away our sports. Enough is enough."

City Sues Trump Over Sanctuary Cities

Portland has joined Seattle in going to court to challenge President Donald Trump's executive order on "sanctuary cities."

"It's not merely that our cities' values are under attack, it's that these attacks are against the law," Mayor Ted Wheeler said Friday, in announcing the lawsuit. "Together, we are standing up for our values and the Constitution."

The order threatens to strip fed-

eral funding from cities that refuse to assist the federal government in immigration enforcement.

In an amended complaint filed last week in the Western District of Washington, Portland and Seattle seek a declaration that they are acting consistently with federal law and that the U.S. Constitution precludes application of the executive order to deny them federal funds to which they are otherwise entitled.

"We are pleased to have the City of Portland join in Seattle's suit to protect our shared values," Seattle City Attorney Pete Holmes said.

Meanwhile, the Republican Congress last week passed legislation to back up the threats against sanctuary cities as well as crack down on illegal immigration, but Senate passage of the bills was unclear.

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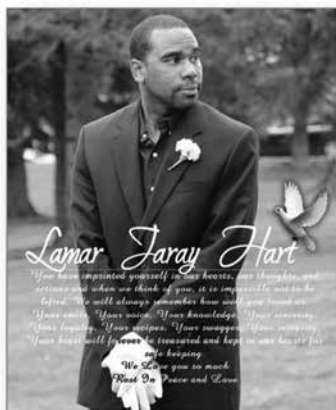
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On the Front Lines

CONTINUED FROM FRONT

effort brings together clinicians, social workers, mental health professionals and peer counselors to assist those struggling with chronic opioid addiction and successfully reintegrate into society.

One of the most unique aspects of the program is its use of peer-recovery counselors, who have struggled with addiction in the past. Their life experiences help them to relate to and understand the needs of those currently suffering from a SUD.

O'Nesha Cochran is one of the peer counselors working with Project IMPACT. She is employed by the Mental Health Association of Oregon, which is contracted by OHSU to provide peer support. Cochran suffered from an addiction to crack cocaine for more than 20 years, and has been in recovery since 2012.

"I don't think a lot of people really know what it's like to be an addict," Cochran said, explaining that many SUD sufferers who are coming off of a high can be confused and disoriented. "They don't want to talk about treatment, and they don't want to talk about whether they have a warrant."

Many clinical environments can be intimidating to SUD pa-

tients, and Cochran adds that having a peer in the room can help alleviate tensions between patients and care providers.

"You have this room fill up with all of these people who are highly professional and come from really privileged backgrounds," Cochran said. "While their hearts are filled with compassion, and they want to help this person, it's very hard to hit them with that."

Having undergone similar life experiences helps the peer mentors connect with their patients.

"When I, as a peer, come in there, I can say, 'I remember what it's like, being homeless and turning tricks to get high and not having anything to eat or not taking a shower for 10 days,'" Cochran said. "They then see me blending in with this professional crowd, so it gives them a little bit of hope."

Citing the strict rules of conduct associated with many in-patient addiction counseling programs, Cochran says that peer support is essential to successful treatment.

"We have to teach them behavior skills. The skills I have right now, I did not receive from therapists, counselors or a treatment center. I got them from my peers," Cochran said. "I got them from other drug addicts."

While peer mentors are a sig-

nificant part of Project IMPACTS success, Englander says that the program's implementation of a multi-disciplinary approach has helped the successful treatment of patients. The program has served 500 individuals since it began in July 2015.

"The power is in the inter-professional nature of the team," Englander said. "It's not just the peers, but it's the peers, the physicians and the social workers."

Both Cochran and Englander say that federal, state and local resources allocated toward dealing with the opioid epidemic are insufficient. They stress the importance of creating more in-patient care options for SUD sufferers.

"With all of our passion and with all of our different connections, we could search for a bed for one person for a whole work day," Cochran said. "We still may have to scrape up the money from a different agency to put them in a hotel for a couple of days, and hope and pray that they can come up with safe place to go on their own."

Englander echoes her sentiment, and adds that in many cases, the stigma associated with receiving addiction treatments can deter patients from seeking the help that they need.

"Education is key," Cochran said. "I wish that more people knew that addiction was a disease. I wish that more people knew that it isn't a moral issue."



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Vancouver Avenue First Baptist Church, the historic African American congregation serving north and northeast Portland, is getting help from Portland's economic development agency to develop the first permanent museum dedicated to Portland's black history.

Revitalizing Cultural Roots

Grants support black history museum, other projects

BY ZACHARY SENN
THE PORTLAND OBSERVER

Prosper Portland, the city's renowned economic development agency, is awarding a series of grants to help revitalize and expand north and northeast Portland establishments that represent the rich history and culture of Portland's historically black neighborhoods.

The new Community Livability Grants represent projects in the agency's North Interstate Avenue Corridor, which includes a big chunk of inner north and northeast Portland, aim to preserve the area's diversity and promote the

health of minority-owned businesses.

The Vancouver Avenue First Baptist Church received a grant of \$62,500 that it will use toward expanding its square footage from 6,000 to 10,000 square feet. With the additional space, the church will be increasing its non-religious programming, and is beginning the process of developing Portland's first permanent museum dedicated to the city's black history.

The Billy Webb Elks Lodge also received \$62,500, which it will use to upgrade its kitchen and increase its exterior signage.

Alberta Main Street is the recipient of a \$20,000 grant that will allow the organization to design, fabricate and install cultural and historical markers showcasing Alberta Street's black heritage and rich cultural background.

Recipients of the grants are ex-

pected to contract with State of Oregon-certified minority-owned, women-owned or disadvantaged small businesses to complete any capital additions or improvements.

In a statement, Prosper Portland Executive Director Kimberly Branam said that the grants will help the organization to better serve communities that have been shut out from the economic benefits of development in the past.

"We believe these successful proposals will advance our goals to enhance partnerships and support thriving, vibrant neighborhoods," Branam said.

In total, \$300,000 worth of Community Livability Grants were awarded by Prosper Portland. The organization expects that the grants will leverage an estimated \$1.1 million in additional funds toward north and northeast Portland communities.

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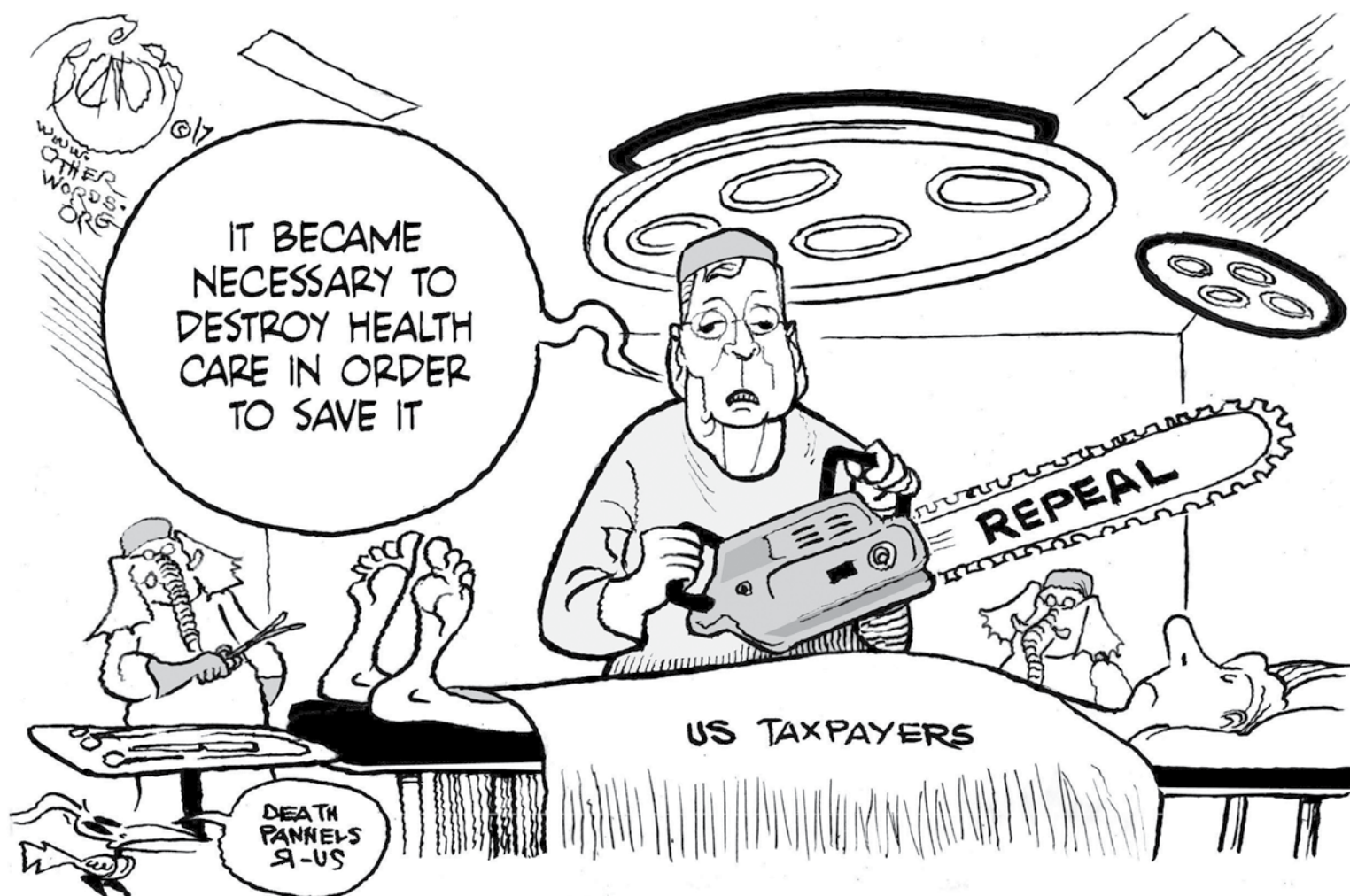
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OPINION



Health Care Proposal Built on Inequality

Epitomizes
separate and
unequal

BY MARJORIE INNOCENT

In 1954, Thurgood Marshall and a team of NAACP attorneys argued the landmark civil rights case, *Brown v. Board*, before the Supreme Court. They demonstrated to the Justices that segregated schools violated the Fourteenth Amendment's Equal Protection Clause -- that separate was and would always be unequal.

Our representatives are on the brink of instating a health care plan that epitomizes separate and unequal. Thirteen U.S. Senators -- all white men -- sat behind closed doors in Washington, D.C. and crafted a replacement to the Affordable Care Act.

Their proposed bill, the Better Care Reconciliation Act, based off of the House's American Health Care Act, would only benefit people like themselves -- healthy, wealthy white men -- and quarantine the rest of the country into the confines of high cost, low quality health care.

The Senate's inequitable protection plan would disproportionately hurt the sick, the poor, the elderly, women, and people of color. It would make healthcare more expensive for seniors and people

who are already sick, increase out-of-pocket costs for doctor's visits, slash subsidies to help low-income people pay for health insurance, and cut Medicaid support to states by three-quarters of a trillion dollars.

In more than 20 years as a health and social policy professional, I have witnessed the dire consequences of African Americans living without health care, and I have watched the ACA repair some of the most egregious inequities in our health care system. If the Senate bill passes, the impact will be devastating, and, in many cases, lethal.

The current version of the Senate's health care plan is projected to cause some 22 million people to lose their coverage by 2026, including 15 million next year. It also proposes to cut more than \$772 billion from the Medicaid program over ten years and phase out additional funding for its expansion. At the same time, the bill proposes tax cuts of \$700 billion that will largely benefit high-income individuals and big businesses -- especially profiting the top one percent of earners. In effect, cuts to Medicaid for the poor and to premium subsidies for low-income people will serve to refund the rich.

The plan grants several allowances to states that hold the potential for serious harm. It permits states to opt out of providing es-

sential health benefits that made coverage under the ACA more comprehensive, such as maternity and mental health care. States that opt out of providing these essential benefits would receive their share of \$112 billion over 10 years to help offset the states' cost for covering those who need care most and likely set up high-risk insurance groupings. This provision would incentivize states to mark up the cost of coverage for people with certain needs, ostracizing them to their own costly risk pool.

But the sick are not the only ones that the Senate plan puts at risk: under the new bill, low-income families and individuals would also be significantly hurt by the cuts to Medicaid. Proposed changes to Medicaid would make it more likely that states will reduce much-needed services or cut back enrollment. The resulting increased cost of care would be hurtful to elderly Americans, most of whom experience a decline in income, but they would be especially crippling to African-American seniors, who experience poverty at twice the rate of their white counterparts.

The ACA cut the uninsured rate for African-American adults by almost half between 2010 to 2015 and eliminated the inequity in uninsured rates between African-American and white children. For the first time in history, thanks to the ACA, a black child is no

longer more likely to be uninsured than a white child.

The new bill threatens to undo all of this progress. Suddenly, health care and insurance will once again be out of reach for many African Americans, nearly a quarter of whom were living below the poverty line in 2015.

Further, the GOP-led plan is an assault on the health of women of all races. The bill would prevent Planned Parenthood from receiving federal funding for at least one year, including Medicaid and Title X, despite its status as a source of care for services that women need, such as contraception and screenings for cancers and STDs.

Our nation does not need a new health reform law. The ACA is the most comprehensive legislative effort to improve and democratize health care access in our nation's history. We need to bolster the ACA's promises of progress, not regress to conditions that were unacceptable then and are indefensible now. We need Congress to develop policies that help prevent illness, better manage disease, and facilitate health and well-being in our society overall. Our government's focus should be on repairing and strengthening the ACA, not replacing it--much less with a dangerous, divisive alternative. It is time to put all of America first.

Marjorie Innocent is senior director for NAACP Health Programs.

Opinion articles do not necessarily represent the views of the Portland Observer. We welcome reader essays, photos and story ideas. Submit to news@portlandobserver.com.

OPINION

Prisons, Poverty and the Price of Freedom

Jay-Z gesture bring focus to justice reforms

BY MARC H. MORIAL

Hip-hop legend Jay-Z recently celebrated Father's Day by allowing incarcerated fathers to spend the day with their families.

Pick any day of the week in America and an estimated 700,000 people are populating our nation's local city and county jails. Of those behind bars, 60 percent, nearly half a million people—many of them black and Hispanic—will remain in jail, not because they have been convicted of any crime, but because they are guilty of the unpardonable crime of poverty and cannot afford the court-stipulated price tag placed on their freedom.

Pretrial incarceration can look very different based on race and socio-economic status. A Bureau of Justice study found that African



Americans are 66 percent more likely to remain incarcerated before trial and Hispanic defendants were 91 percent more likely to remain trapped behind bars, in comparison to white defendants.

If a defendant cannot afford bail (nationally, 61 percent of defendants are required to post bail for pretrial release), he or she will stay behind bars until trial. It is in that purgatory of being presumed legally innocent, but locked away from your family, your job and support networks that Black and Hispanic communities are further traumatized and shattered.

For decades, activists and social justice groups have fought against this destructive facet of mass criminalization and incarceration. This year, the movement to reform our criminal justice system's current application of pretrial incarceration added the platform, power and philanthropy of a high-profile ally to its unceasing work: Jay-Z.

The rapper, entrepreneur—not

a businessman, but a business, man—and now proud father of three, donated to Southerners on New Ground and Color of Change to free and reunite incarcerated fathers with their families on Father's Day—the continuation of an earlier campaign to bail out mothers of color for Mother's Day.

To put the impact of incarceration on communities of color in context, it is important to note that today one in nine Black children living in America has an incarcerated parent in jail. In an essay for Time magazine explaining why he was taking on the "exploitative" bail industry, Jay-Z was personal and poignant:

If you're from neighborhoods like the Brooklyn one I grew up in, if you're unable to afford a private attorney, then you can be disappeared into our jail system simply because you can't afford bail. Millions of people are separated from their families for months at a time — not because they are convicted of committing a crime, but because they are accused of com-

mitting a crime. [...] When black and brown people are over-policed and arrested and accused of crimes at higher rates than others, and then forced to pay for their freedom before they ever see trial, big bail companies prosper. This pre-incarceration conundrum is devastating to families.

The cost of being imprisoned as if you are guilty while you are legally innocent is high and the damage extends well beyond jail-house bars. From the separation of family members to jeopardizing current—and future—housing, benefits and work, studies have also consistently found that in comparison to defendants who were released before trial, defendants who remained incarcerated were three times more likely to be sentenced to prison, tended to receive longer sentences, and are more likely to reoffend the longer they are incarcerated. Because the inability to pay bail is both an impediment to freedom and a major cause of pretrial incarceration, people are essentially being punished for being poor.

Like so many other misguided criminal justice actions, pretrial incarceration makes us less safe and poorer. As a nation, we are collectively footing a monstrous \$9 billion dollar annual bill to incarcerate people who have not been convicted of a crime, while the ballooning bail bond industry continues to profit off the poverty and desperation of vulnerable communities.

Many solutions to the problem of pretrial incarceration have been proposed, from limiting the use of pretrial incarceration to individuals who pose a threat to society to implementing alternative forms of bail besides cash bail—or forcing defendants to use bail bond companies that put profits before people and engage in predatory lending practices. We must reform this two-tiered system of injustice urgently—to save lives, families, communities, and restore our faith in our badly damaged criminal justice system.

Marc H. Morial is president and chief executive officer of the National Urban League.

Training and Connecting People to Employment

Budgets reflect priorities and values

BY JAMES PAULSON

As the chair of Worksystems, the Portland Metro Workforce Development Board, the Trump Administration's new focus on workforce development sounds promising and signals a recognition that improving the skills of American workers is key to advancing and sustaining the greatness of the nation. However, the President's proposed budget plan includes a 40 percent cut in the primary resources used by the public workforce development system to train and connect people to employment.

Funding for workforce development has already been reduced by \$1 billion since 2010. Cutting further is counterintuitive and would be devastating to millions of job seekers around the country. Here at home, a cut of that magnitude would mean nearly 24,000 fewer people will be trained and placed in jobs. As is often the case, many of those impacted would be



our most vulnerable, at-risk, and underrepresented citizens.

The President is focusing his jobs training message and dollars on the apprenticeship model. We support promoting apprenticeships as a workforce strategy - it is a highly successful model that needs to be expanded. We have worked hard to advance this approach locally, among other proven programs, for many years.

We completely disagree with the Administration's claim that the federally funded workforce system is inefficient. What is needed is better alignment of job training resources with the public workforce system and increased coordination of programs targeting job seekers with barriers to employment.

The framework for this increased alignment and coordination is outlined in the Workforce Innovation and Opportunity Act (WIOA), passed with overwhelming, bi-partisan support in July 2014. Implementation is just getting underway and needs to be allowed to continue.

Locally, Worksystems is working with our network of partners to coordinate and align resources to support the training and em-

ployment needs of job seekers and employers in the Portland region.

Each year, 60,000+ people visit one of our five WorkSource centers to receive assistance - many of whom are low-income with barriers to entering the workforce. Our resources provide a broad range of services that enables job seekers to develop new skills and to advance in their career. We close the skills gap and put people to work every day while providing local employers with the skilled workers they need to compete and grow.

Budgets reflect our nation's priorities and values. The smart way to make America great again is to support our entire workforce so that everyone can maximize their potential and contribute to our economy. Investing in our workforce is the best investment that government can make. We need more funding to do this important work, not the devastating cuts proposed by the Trump Administration.

Worksystems is a non-profit agency that accelerates economic growth in the City of Portland, Multnomah and Washington counties by pursuing and investing resources to improve the quality of the workforce. We design and coordinate workforce devel-

opment programs and services delivered through a network of local partners to help people get the skills, training and education they

need to go to work or to advance in their careers.

James Paulson is chair of Worksystems.

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A popular annual community event, the Mississippi Street Fair, returns Saturday, July 8 along Mississippi Avenue in the Boise Neighborhood of north Portland.

All Set for Mississippi Street Fair

Mark your calendars for Saturday, July 8, for the 16th annual Mississippi Street Fair. The popular event for the whole family takes place along North Mississippi Avenue between Skidmore and Freemont Streets, kicking

off at 10 a.m. with all the fun lasting through 9 p.m.

This year's fair is benefitting the Boise Business Youth Unity Project – fostering a stronger community through internships for teens.

Over 200 vendors will offer up all sorts of irresistible good along with five live music stages. There will also be the popular Art Hub, Grandfather's Rib Off and a dunk tank. Admission is free.

First Muslim Cultural Festival

The community is invited to enjoy the best of Muslim cultural traditions at the first annual Portland International Muslim Cultural Festival on Saturday at Director Park, downtown.

The festival, the first of its kind

in the Pacific Northwest, aims to promote awareness of Muslim cultures and will take place between 11 a.m. and 5 p.m. at the park, located at 877 S.W. Taylor St. The event is sponsored by the Muslim Education Trust and community organiza-

tions including Portland's Office of Neighborhood Involvement.

Activities will include cultural performances and music, food from around the world, an international market, arts, crafts, henna and Islamic calligraphy.

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Free guided big canoe excursions along the lower Columbia River and its tributaries keep the public informed on efforts to restore and protect habitat, improve water quality and reduce pollution.

Connecting to the River

Free canoe paddles for environmental focus

Free guided big canoe excursions along the lower Columbia River and its tributaries started up last week and will continue all summer as a non-profit works to keep the public informed on efforts to restore and protect habitat, improve water quality and reduce pollution.

The Lower Columbia Estuary Partnership

was established in 1995 by the Governors of Washington and Oregon and the U.S. Environmental Protection Agency to provide regional coordination on environmental concerns, advance science, and get on-the-ground results in the lower Columbia River and estuary.

The paddle tours give riders a unique perspective on the water. Binoculars are provided to view birds and other wildlife. Professional environmental educators lead the group outings and provide interpretation.

Participants help paddle one of two stable

29-foot canoes, each seating up to 14 people. The paddles are ideal for beginners and no experience is necessary. Trips are family-friendly and suitable for all ages 5 and older. The Estuary Partnership provides paddles and personal flotation devices in standard sizes.

The tours run through Sept. 6 and are quite popular, according to officials, with reservations already taken through the month of July. Reserved space is available on a first come, first served basis. For more details and to register, visit estuarypartnership.org.

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ENTERTAINMENT GUIDE



Summer Reading and More -- Kids of all ages can sign up for the Multnomah County Library's 2017 Summer Reading Program at any branch. Participants will also find engaging storytimes, crafts, classes and camps. Signing up for the program gives participants (or their parents) a gameboard to engage in literacy-building activities. As they complete levels, participants earn books, free passes, restaurant coupons and other prizes.

Pompeii Exhibit at OMSI -- Preserved bodies cast by volcanic debris in the eruption of Mt. Vesuvius and nearly 200 other artifacts on loan from the unparalleled collection of the Naples National Archaeological Museum in Italy are part of the new OMSI exhibit, Pompeii: The Exhibition. Now showing through Oct. 22.



Norman Sylvester -- 'Boogie Cat' Norman Sylvester plays Saturday, July 8 at 5:45 p.m. at the Mississippi Street Fair, and at 9 p.m. at the Spare Room; Friday, July 14 at 6 p.m. at the Gresham Arts Festival; Sunday, July 16 at 6 p.m. at the Vancouver Sunday Sounds Concert Series; and Wednesday, July 19 at 8 p.m. at Billy Blues in Vancouver.



Life of an Iconic President -- One hundred years after his birth, John Fitzgerald Kennedy remains a subject of endless fascination for millions of Americans. The Oregon Historical Society's current exhibition "High Hopes: The Journey of John F. Kennedy" explores Kennedy's early life, his road to the presidency, and the changes he effected during his time in office. Runs through Nov. 12.

Superhero Run/Walk -- Runners, walkers, villains and superheroes will channel their inner batman or wonder woman and unite on Saturday, July 8 at Cook Park in Tigard for the 5th Annual Superhero 5K run/walk to benefit Candlelighters For Children With Cancer. The 5k kicks off at 8:30 a.m. with a 1 mile "Superhero in Training" kid's run at 9:30 a.m.

History Hub -- Oregon Historical Society exhibit for young people explores the topic of diversity with interactive objects and pictures that tell the stories of the people of Oregon, past and present. With puzzles, touch screen activities and board games, History Hub asks students to consider questions like "Who is an Oregonian?," "How has discrimination and segregation affected people who live in Oregon?," and "How can you make Oregon a great place for everyone?"



Discount Tickets -- Low income families and individuals can purchase \$5 tickets to classical musical performances in Portland as part of a unique program called Music for All. Participating organizations include the Oregon Symphony, Portland Opera, Oregon Ballet Theater, Chamber Music Northwest, Portland Youth Philharmonic, Portland Baroque Orchestra, Friends of Chamber Music, Portland Chamber Orchestra, Portland Piano International, Portland Symphonic Choir, Cappella Romana and Portland Vocal Consort.



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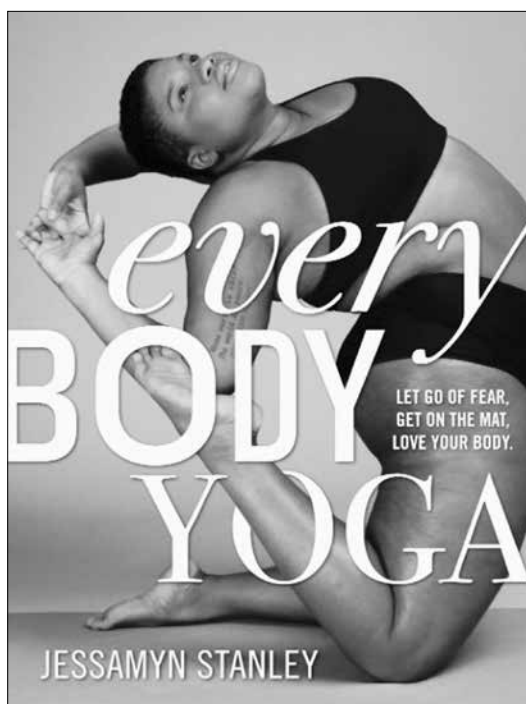
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Arts & ENTERTAINMENT



Jessamyn Stanley and her new book., *Every Body Yoga*.

Author Breaks Yoga Stereotypes

Search for the term yoga online—the results display an endless scroll of slender young white women. It's easy to see how someone who doesn't fit that mold might feel alienated.

That's how Jessamyn Stanley of Durham, N.C., felt when she first tried yoga. It was only through starting a home yoga practice and posting images of her progress on Insta-

gram that she found acceptance.

Today, Stanley is so much more than simply a yoga instructor. She is a pioneering body-positive activist who advocates for having room on the mat for bodies of all sizes, colors and gender expressions. And she is the author of "Every Body Yoga," a brilliant new yoga book that breaks all the stereotypes.

Stanley's approach to modern yoga centers on the truth that yoga isn't about how one looks, but how one feels. To that end, her own deeply personal memoir is woven throughout the easy-to-follow instructions to 50 basic yoga poses and 10 sequences to practice at home, all photographed in full color. Available at booksellers nationwide.



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Award-winning soul, blues and R&B vocalist, harmonica player and songwriter Curtis Salgado will kick off Vancouver's summer series of free concerts on Thursday, July 6 at Esther Short Park in downtown Vancouver.

Summer Concerts and Movies

Blues singer kicks off Vancouver series

The city of Vancouver presents another summer of free concerts and movies at locations throughout the city beginning this week.

Award-winning soul, blues and R&B vocalist, harmonica player and songwriter Curtis Salgado will kick off the Thursday night concert series "Six to Sunset" at Easter Short Park in downtown

Vancouver on Thursday, July 6 at 6 p.m.

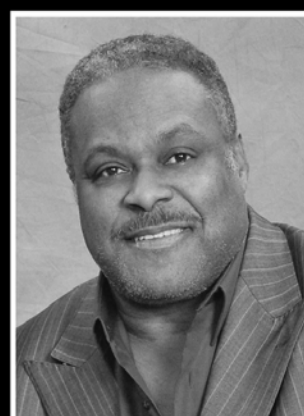
A series of Wednesday "Noon" concerts at Esther Short Park also debut this week and will take place each week at the same time through Aug. 9. In addition, "Sunday Sounds" concerts will take place each Sunday night, beginning July 9 and continuing through Aug. 13, from 6 p.m. to 8 p.m. at Columbia Tech Center Park at Southeast Sequoia Circle and Southeast Tech Center Drive.

"Friday Night Movies in the

Park" start Friday, July 7 and continue through Aug. 1 at various parks throughout Vancouver. The pre-movie activities start at 7 p.m. and the movies start at dusk.

Food vendors will offer a wide selection of meals, snacks and beverages at all the concerts and movies. Blankets and sand chairs are recommended. Barbeques, smoking and alcohol are prohibited, except in designated areas. Dogs on a leash are welcome.

For complete details on all the summer activities, visit cityofvancouver.us/events.



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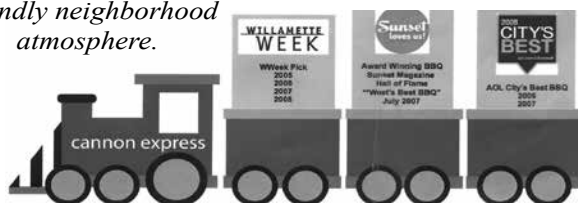


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Chinese culture is depicted in a lion dance performed by the Northwest Dragon and Lion Dance Association. The group will participate with other traditional ethnic dancers when Ten Tiny Dances, a free public event is held on Saturday, July 8 at City Park in Beaverton.

Ethic Dance Showcase

You're invited to enjoy a showcase of traditional ethnic dances when "Ten Tiny Dances" takes place Saturday, July 8, from 10 a.m. to noon at Beaverton City Park at Southwest Fifth Street and Hall Boule-

vard.

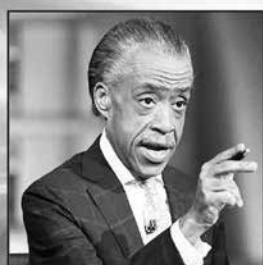
The free, public event sponsored by the city of Beaverton will feature a wide variety of dancers who represent modern, contemporary, and traditional ethnic dance forms.

Ten Tiny Dances presents the work of exemplary contemporary and traditional choreographers on a four-by-four-foot stage and highlights the artistic and cultural diversity of Beaverton.

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In Loving Memory

Willie Mae Hart



Willie Mae Hart was born in April 4, 1915 in Vicksburg, Miss., and died June 24, 2017.

She joined the Mt. Olivet Baptist Church shortly after relocating to Portland and graduated from St. Mary's Academy in 1932.

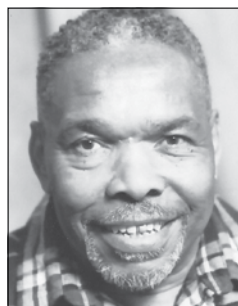
As an employee at the Kaiser Shipyards on Swan Island, she sold war bonds to help our men and women in uniform during World War II. During the Vanport Flood of 1948, she and her taxi business, Beacon Cab, the first African-American owned cab business in Oregon, helped rescue victims at no charge, and took in a family to live at her home until that family could get resettled several months later. She was among the first African-American women to graduate from Oregon Health Sciences University as a Licensed Practical Nurse.

Funeral services will be held on Saturday, July 8 at 11 a.m. at Mt. Olivet Baptist Church, 8501 N. Chautauqua Blvd. Viewing will take place on Friday, July 7 from 4 p.m. to 7 p.m. at Terry Family Funeral Home, and again at Mt. Olivet prior to the Saturday's service from 10 a.m. to 10:45 a.m.

Left to cherish her memory, are her children Maurice Davis (Ann), David Hart (Catherine) and Sharon Hart.

Remembrance

I'm Free



Abe Rogers Jr.

Sunrise: April 17, 1947

Sunset: June 19, 2017

*Don't grieve for me, for now I'm free,
I'm following the path God laid for me.
I took his hand when I heard him call,
I turned my back and left it all,
I could not stay another day,
To laugh, to love, to work or play.
Tasks left undone must stay that way,
I found that place at the close of day.*

*If my parting has left a void,
Then fill it with remembered joy.
A friendship shared, a laugh, a kiss,
Ah yes, these things, I too will miss.
Be not burdened with times of sorrow,
I wish you the sunshine of tomorrow.*

*My life's been full, I savored much,
Good friends, good times, a loved one's touch.
Perhaps my time seems all too brief,
Don't lengthen it now with undue grief.
Lift up your heart and share with me.
God wanted me now, he set me free.*

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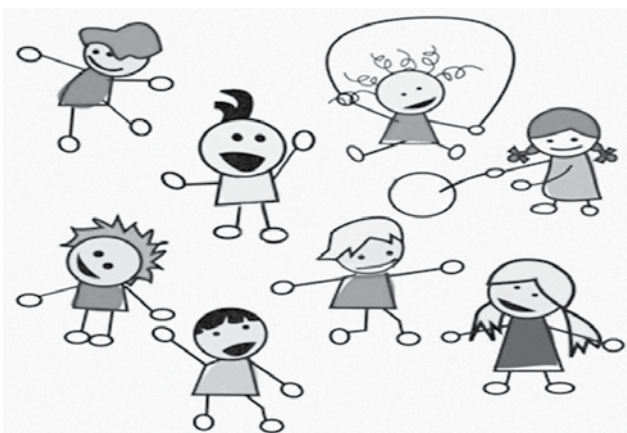
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PHOTO BY ZACHARY SENN/THE PORTLAND OBSERVER

Workers build Alberta Commons, a new retail site on the corner of Northeast Martin Luther King and Alberta Street. The property will include affordable commercial space for minority and other underrepresented businesses.

Affordable Commercial Space Incentives offer help to minority businesses

A new Affordable Commercial Tenancing Program by the city's economic development agency addresses a dramatic increase in retail rents and a decrease in vacancy rates which have resulted in the displacement of small businesses from urban neighborhoods.

Under the program, Prosper Portland seeks to assist underrepresented businesses, preserve the vitality of small businesses, provide business development opportunities that offer needed goods and services to the community, and advance the agency's goal to build an equitable economy.

"This new tenancing program offers small, diverse businesses access to affordable commercial space. It demonstrates our new approach to projects to ensure that we're generating equitable outcomes from our investments and contributing to shared prosperity throughout Portland," said Prosper Portland Executive Director

Kimberly Branam.

The program is currently available at two sites in Lents Town Center in southeast Portland. It will expand to include Alberta Commons in northeast Portland and a site in downtown Portland.

The program offers qualified businesses an equitable application process, access to space, and in some cases additional incentives designed to lower the barriers to entry for emerging and small businesses, such as reduced rent, tenant improvement contributions and technical assistance.

Priority businesses are those led by owners who are diverse in terms of race, gender and other demographics typically underrepresented in the business community, and who provide needed business services to the local community.

Applications to the program are now being accepted. The reviews of applications will begin on Aug. 1, followed by a rolling, first-come first-serve review process until all spaces are filled. For more information, contact program manager Leila Aman at amanl@prosper-portland.us or 503-823-3305.



Joyce Washington

Born: 1937 – 1996

*Joyce Washington Believed in this Community
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					<div>1</div> <div>Canada Day International Joke Day National Postal Worker Day</div>	<div>2</div> <div>Build a Scarecrow Day First Zeppelin Flight in 1900.</div>
<div>3</div> <div>CARICOM Day (Caribbean Day) Dog Days Begin</div>	<div>4</div> <div>Independence Day National Country Music Day</div>	<div>5</div> <div><i>P.T. Barnum born, 1810</i></div>	<div>6</div> <div>National Fried Chicken Day National Kissing Day</div>	<div>7</div> <div>Macaroni Day</div>	<div>8</div> <div>Liberty Bell Cracks In 1835 Video Games Day</div>	<div>9</div> <div>Barn Day, <i>Second Sunday in July.</i></div>
<div>10</div> <div><i>Martin Provensen born, 1916</i> Teddy Bear's Picnic Day</div>	<div>11</div> <div><i>E.B. White born, 1899</i> Cheer Up the Lonely Day</div>	<div>12</div> <div>Paper Bag Day</div>	<div>13</div> <div>Go West Day National French Fries Day</div>	<div>14</div> <div>Bastille Day</div>	<div>15</div> <div>Cow Appreciation Day</div>	<div>16</div> <div><i>Apollo 11 Lifts Off on it's voyage to the moon in 1969.</i></div>
<div>17</div> <div><i>Karla Kuskin born, 1932</i> <i>Disneyland Opens In 1955.</i></div>	<div>18</div> <div>National Caviar Day</div>	<div>19</div> <div>Stick Your Tongue Out Day</div>	<div>20</div> <div>Moon Day (<i>First landing on the moon.</i>) International Chess Day</div>	<div>21</div> <div></div>	<div>22</div> <div>Pied Piper of Hamelin Day</div>	<div>23</div> <div><i>Robert Quakenbush born, 1929</i></div>
<div>24</div> <div>Amelia Earhart Day <i>Marvin the Martian First debuted in cartoons in 1948.</i></div>	<div>25</div> <div>Thread the Needle Day</div>	<div>26</div> <div><i>Bert's Birthday (Sesame Street Character)</i></div>	<div>27</div> <div><i>Bugs Bunny First debuted in cartoons in 1940.</i></div>	<div>28</div> <div><i>Ernie's Birthday (Sesame Street) First Fingerprint taken</i></div>	<div>29</div> <div>NASA Established in 1958 National Lasagna Day</div>	<div>30</div> <div></div>
<div>31</div> <div><i>First US Patent Issued Granted to Samuel Hopkins in 1790.</i></div>						

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