



## House Demolished for Hotel

Economic forces transforming historic black neighborhood

See story inside, page 3



## Helping Residents Stay Housed

Volunteers tackle housing crises by making free home repairs

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# Portland Observer

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Committed to Cultural Diversity

## Back to School

School bus safety gets focus as class bells ring

PHOTOS BY DANNY PETERSON/  
THE PORTLAND OBSERVER  
Jaheim Adrien, 7, demonstrates a safety best practice by exiting the school bus while using a handrail.



BY DANNY PETERSON  
THE PORTLAND OBSERVER

School bus safety is the focus of Mike Hamel, general manager for the bus company First Student, as students, parents, and motorists alike prepare to adjust to the ring of the class bell bringing more buses on the road and students walking to bus stops and school.

Hamel told The Portland Observer his important message for kids, drivers, and pedestrians alike is to keep in mind that riding a school bus is the safest way for children to get to and from school.

"Studies show that children who ride on a school

CONTINUED ON PAGE 4



First Student Area Manager Mike Hamel gets the word out about school bus safety tips for students, their parents, and motorists in preparation of the school year. He manages the bus barn at 6755 N.E. Columbia Blvd.



A still frame from KATU video shows fire crews responding to a 4-alarm fire late Monday afternoon in the Madison South neighborhood.

## Inferno Erupts from Dry Grass

Smoke, flames damage nearby homes, businesses

A fire that erupted in dry grass late Monday afternoon at an abandoned golf driving range on Northeast 82nd Avenue across from Madison High School was intentionally set, fire investigators determined Tuesday.

The inferno spread flames to homes and businesses in the Rocky Butte area of northeast Portland, destroying at least two commercial buildings and damaging at least two townhomes.

The Portland Fire Bureau said they know the fire was started by a person, but they are still investigating whether it was malicious.

When the fire broke out about 5:20 p.m. Monday a thick column of smoke bellowed throughout the area and could be seen for miles. It soon registered four alarms. About 120 firefighters led by Portland Fire and Rescue fought back the flames.

Dozens of people had to evacuate their residences and homes not impacted nearby were told to keep their windows and doors closed to keep dangerous smoke at bay. Grand Avenue Boxing Club owner Waldo Rojas believed

CONTINUED ON PAGE 4



# Cops Want School Kids to be Safe

The Portland Police Bureau wants kids to be safe as they return to school this week and throughout the year.

As part of its "Back to School" safety campaign, officers from the Traffic Division and Youth Ser-

vices Division are out welcoming students on the opening days of school and highlighting traffic safety around schools.

The Portland Police Bureau Youth Services Division, Traffic Division and precinct patrol offi-

cers will provide a highly visible police presence in and around local schools in the next few days and weeks to enforce traffic laws to reduce the number of crashes in school zones and to create a safe environment for students returning to school.

Emphasis will be placed on traffic safety and traffic education for the students, bicyclists and drivers of motorized vehicles during the morning hours when students arrive at their schools and in the afternoon hours when the schools dismiss their students.

Please remember if you're driving, obey the 20 mph speed limit in school zones; be vigilant about children crossing the street and remind kids to be aware of their surroundings and never walk while texting, with headphones on, or talking on the phone.



PHOTO COURTESY OF PORTLAND POLICE BUREAU.  
Sgt. Israel Hill of the Portland Police Bureau's North Precinct gets a fist bump from a young resident on his way to school.

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## The Week in Review



### Homeless Shelter Opens

The Oregon Harbor of Hope navigation center, a new homeless shelter on Naito Parkway at the Broadway Bridge, celebrated its grand opening Monday. Taking an empty plot of land and turning it into a shelter and resource center to rehabilitate people living on the streets was a project led by Portland business leader Homer Williams. "We have in our own city our own humanitarian crisis," he said.

### Amazon Expands Workforce

Amazon says it will double the size of its Portland operations by adding 400 jobs. The giant online retailer has added 3,500 jobs in Oregon this decade, most of them in warehouses, since it paid \$296 million for the Portland startup Elementary Technology in 2015.

### Arrested for Fires on Bluff

A 38-year-old woman was arrested last week after authorities say she set four brush fires on the bluff just below the University of Portland in north Portland. No one was injured in the fires and flames were about 50 feet away from the closest university building, according to Portland Fire & Rescue.



### Store Cleared of Rodents

A Dollar Tree store in northeast Portland was temporarily closed last week because of a rodent infestation. KGW found ripped food packaging, chewed food labels, rodent feces on shelves

and even a dead mouse inside the Lloyd district store. Store managers closed the business to clean up the property and said most, if not all the food inventory will be thrown out.

### Support for Grocery Workers

Community members and worker advocates delivered thousands of petition signatures to Fred Meyer's corporate headquarters in Portland Friday as part of an AFL-CIO campaign to fix the wage gap between women and men. The advocates say women are currently twice as likely to be placed onto a lower paying schedule than men upon hire at Fred Meyer stores.

### Rape Kit Leads to Arrest

A grand jury last week indicted Donnie Michael Willis Jr., 52, for allegedly raping and sexually abusing a 31 year old female in 2007. It was the ninth case to be prosecuted under the Multnomah County District Attorney's Sexual Assault Kit Backlog Elimination Project.



Good in the Hood 501(c) (3) is awarding five \$1,000 academic scholarships to college students. Applications should be submitted by August 31, 2019. Recipients will be notified via phone call and email by September 17, 2019.

### SCHOLARSHIP CRITERIA

1. Applicants MUST fill out the essay scholarship application by August 31, 2019. Scholarship recipients will be notified by September 17, 2019. Apply Online: [goodinthehood.org](http://goodinthehood.org)
2. High school students who just recently graduated and will be attending college this fall qualifies for this scholarship.
3. Current college students who will be attending college this fall qualifies for this scholarship.



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## FOOD



# LOCAL NEWS



PHOTO COURTESY THE ReBUILDING CENTER

A reclaimed sink from the ReBuilding Center is prepared to be installed by a volunteer at a home in north Portland, helping a long time resident make needed repairs and stay housed. The Day of Service event was sponsored by the community organization and the African American Alliance for Home Ownership, another nonprofit.

## Fighting Displacement

### Volunteers help residents stay housed

The ReBuilding Center teamed up with the African American Alliance for Home Ownership Saturday to tackle the housing crisis by providing home

repairs for low-income and struggling long-time homeowners in Portland who may be in danger of losing their homes because of maintenance issues that risk code violations.

The 2019 Day of Service provided home re-

CONTINUED ON PAGE 10



U.S. Sen. Cory Booker bought his presidential campaign to Portland Sunday for a meet-and-greet fundraiser, the end of a week-long West Coast tour. (KGW photo)

## Booker Campaigns in Portland

As he continues his long-shot bid in the Democrat presidential race, Sen. Cory Booker came to Portland Sunday and hinted that that Oregon would be more of a player in this year's national race. Booker said the lengthy primary season gives a more weight to states like Oregon and his own

state of New Jersey, which have later primaries, and that might help tip the scales.

According to KGW, Booker's fundraiser at the Riveter in southeast Portland was all but sold out, and in his speech, as he addressed homelessness, he recalled his own family's struggles with racism

when they tried to buy a home. But he says he has a plan -- using a new kind of tax credit -- to help prevent homelessness. The government should also put more money toward solving problems of homeless veterans and people

CONTINUED ON PAGE 10





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# Back to School

CONTINUED FROM FRONT

bus are going to be about 70 times safer than if they were to ride in a passenger car and 10 times safer than if they were walking to school," Hamel said.

Even with the many safety features a bus has, like its signature iconic yellow paint which has been around since 1939 and its warning lights, those features mean nothing if motorists don't take heed.

"Yellow flashing lights mean slow down, the bus is about to stop. The red flashing lights on a school bus means we're stopped, students are either loading or unloading, pay attention...just be patient and look out for the students."

Hamel said drivers should also know the laws; know when you're supposed to stop and to

stay about 20 feet behind a bus.

Though a crossing gate feature allows increased visibility of students who are about to load or disembark, it's also important the students themselves maintain an awareness of their surroundings.

"Pay attention to the bus driver," Hamel advised. "We're going to give you a thumbs up when it's safe to come to the bus and until that happens, stay about 10 feet away from the bus."

Once students embark on the bus, they should use handrails to keep balance from heavy bookbags or wetness from rain. After they're seated, Hamel recommends students to sit with their feet flat on the ground and their backs against the back of their seat. The seats are also designed for safety, with heavy duty padding and high back seats creat-

ing a protective area that absorbs and disperses an impact—known as "compartmentalization."

If kids get too loud or rowdy, it's customary for the bus to pull over until the students calm themselves and stay still so the driver can concentrate on the road.

"It's always fun to be first, everybody wants to be the first one off the bus. But you can't move until the bus is stopped. And that's for your safety."

When kids do move on the bus, they should walk, not run, Hamel said.

As for parents, Hamel recommends showing their child the bus stops and introducing their child to the bus driver.

"The bus driver is the first person you're going to see before you go to school and it's the last person you're going to see before you go home. So introduce them to that person."

First Student contracts with multiple school districts in Multnomah County and their buses

are equipped with GPS trackers. Some of the newer buses added to the fleet this year also have onboard sensors that gives a warning to "please sit down" if it detects a student—or unauthorized person—standing up on the bus for too long and an alarm sound rings until they are seated.

School bus drivers are also some of the most highly-trained, tested and scrutinized drivers on the road, with First Student drivers typically taking part in at least 50 hours of rigorous training and extensive background checks before taking the helm of the reinforced steel buses that weigh about the weight of two elephants, Hamel said.

"One of our best safety features are the drivers."

Nationally, First Student transports about 26 million passengers daily across 1,100 contracted school districts, which is more passengers-per-day than that of commercial airline flights, Hamel said.

## Inferno Erupts from Dry Grass

CONTINUED FROM FRONT

his gym had burned, and by Tuesday morning, fire officials confirmed the building was destroyed. A nearby bike park suffered some

smoke and water damage, but was still intact.

The cause of the fire was not known and under investigation. Neighbors reported hearing explosions during the fire, but officials

said the sounds could have been from burning tires exploding. 50 cars in a storage lot caught fire and were destroyed.

The Red Cross set up a disaster center at Mannahouse Church in northeast Portland to give people a place to evacuate from the flames and get water.

Tuesday, the Portland area continued to be under an extreme Red Flag fire danger warning, combined with an extreme heat advisory, prime conditions for fire to spread quickly. Temperatures were expected to reach in the high 90s through Wednesday before moderating to the 80s later in the week.



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# House Demolished for Hotel

Economic forces transforming neighborhood

BY MICHAEL LEIGHTON  
PORTLAND OBSERVER EDITOR

The demolition of a house used for office space to make room for a new 5-unit hotel is a clear sign of the economic forces and gentrification changing the characteristics of historic black neighborhoods in inner north and northeast Portland.

Located in the Humboldt Neighborhood at North Vancouver and Alberta Street, a once majority black neighborhood that has lost a big chunk of its diversity over the past couple of decades, the former 2-story structure came tumbling down last week, just 14 years after it was built and became an office for the black-owned Ernest J. Hill Jr. Insurance Agency which has moved to another location.

The incoming new three-story hotel will also include office space and rise above an existing commercially-zoned lot of just 1,788 square feet, less than half the size of a standard residential lot, records from the Portland Bureau of Development Services show.



PHOTO BY DANNY PETERSON/THE PORTLAND OBSERVER

A two-story house at North Vancouver Avenue and Alberta Street that was constructed just 14 years ago but ended up providing office space for the Ernest J. Hill Jr. Insurance Agency was demolished last week to make room for a new 5-unit hotel.

The hotel is estimated to cost \$1.1 million to build. The contractor is YK (Yorke and Curtis) Building Excellence, a builder of new modern apartment buildings in other parts of the city, including a 34 unit complex at Northeast 19th and Alberta.

While located in a historic residential block, and also facing a state Employment office across the street, the commercial zone allows some of the greatest flexibility on building plans with no parking requirements under city code.

The property was purchased for \$450,000 for redevelopment in 2018 by Aaron and Meghan Saito of Lake Oswego. The previous sale price for the property was \$239,000 after the former home on the site was constructed in 2005.

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Lauren Steele of Portland portrays 13 different characters in the West Coast premiere of *'Queens Girl in the World,'* a coming-of-age story about a young black girl in the 1960s.

# Coming of Age in the Tumultuous 1960s

## Portland native stars in one woman show

The West Coast premiere of a charming and funny one-woman show featuring Portland native Lauren Steele is a semi-autobiographical coming-of-age story about a young black girl in the 1960s.

"Queens Girl in the World" follows Jacqueline Marie Butler as she moves from the safety of her sheltered Queens neighborhood in New York to

a new school across town in Greenwich Village, where she is one of only four black students and race suddenly matters.

Steele plays 13 characters, including her Caribbean father, imperious mother, boyfriends and bullies.

Running Thursday, Sept. 5 through Sept. 29 at Clackamas Community College in Oregon City, the Clackamas Repertory Theater production will be directed by Damaris Webb, co-founder and director of The Vanport Mosaic, a community-driven, artist-led non-profit dedicated to presenting, celebrating and preserving the si-

lenced histories of the Pacific Northwest.

To enhance the audience's experience and provide insight into the black experience in 1960s Portland, Clackamas Rep will offer pre- and post-show lectures by Percy Hampton, a founding member of the Portland Chapter of the Black Panthers; Dr. Maude Hines, professor of English and Black Studies at Portland State University; and Dr. Pancho Savery, professor of English and

Tickets may be purchased at [clackamasrep.org](http://clackamasrep.org) or by calling 503-594-6047.



# Arts & ENTERTAINMENT



Swiggle Mandela

## Best of Portland Hip Hop

Thirteen Portland-based hip hop artists will come together on Friday, Aug. 30 for a hip hop show highlighting a group of Portland's most prominent rap performers.

The "Prominence 2" show at the Bit House Saloon, 727 S.E. Grand Ave., is organized by Portland musician and rapper Swiggle

Mandela and will include a performance by Cool Nutz, the Rose City's most well-known hip hop figure for over 20 years.

In June, Mandela, Cool Nutz and another Portland-based rapper, Figure 8, released the song "Busy Busy Busy," just before the first iteration of "Prominence,"



Cool Nutz

which included Mic Capes, another Portland hip hop star.

The upcoming show will include performances by Bocha, RC Spitta, Sour Deez, CEG, Timmi HendriXXX, Jasey Cordeta, Jetes, Avery, Figure 8, Ellisinth810 and Caleb Wildcard.



## Roudy Blues- Rocking Band

Gospel-trained powerhouse A.J. Haynes fronts *The Seratones*, a rowdy blues-rocking band from Shreveport, Louisiana, making a concert date in southeast Portland on Sunday, Sept. 1 at the Bunk Bar.

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## Charles Jordan Birthday Tribute

Portland Parks & Recreation throws a community birthday party on Saturday, Aug. 31 for Charles Jordan to honor and recognize the late African American community leader for his lifelong passions of helping children, families and the environment, while bringing people together as a city and community.

The celebration will take at the Charles Jordan Community Center, 9009 N. Foss Ave., from noon to 3 p.m. Jordan, the first black community member elected to the Portland City Council and a former parks commissioner, died in 2014.

"My father's passing left our family and our entire city with a tremendous void," said Dion Jordan, Charles' son, who will serve as the event emcee.

All ages are welcome for an afternoon of free activities - fitness, games, plantings, arts and crafts, a building tour, health and wellness checks, music, birthday cake and refreshments, and partner activities, information and resources.

*A community celebration on Saturday will honor the late Charles Jordan, one of Portland's most influential leaders.*




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## Night Market Celebrates Diversity

PHOTO COURTESY  
JADE DISTRICT  
NIGHT MARKET



The Jade International Night Market celebrates and reflects the diversity of Portland's Asian Pacific American roots and makes it return to the Southeast Portland Community College Campus on Saturday, Aug. 31, from 5 p.m. to 10 p.m.

The Jade District of southeast Portland, the Asian Pacific American Network of Oregon, and Portland Community College will host the second installment of this year's Jade International Night Market, celebrating and reflecting the diversity of Portland's Asian Pacific American roots, on Saturday, Aug. 31 from 5 p.m. to 10 p.m. on the PCC Southeast Campus, located at


2305 S.E. 82nd Ave.

Free to attend, the market last year attracted over 25,000 visitors. And once again this year, vendors from diverse cultures will be represented, presenting international cuisine from the local community, goods and services from other retailers and non-profits, family friendly entertainment, and a beer garden featuring microbrews.


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# OPINION

## 'Blessings of Liberty' Only for White People

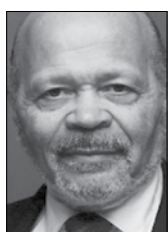
### Trump's gatekeeper closes doors to people of color

BY OSCAR H. BLAYTON

There is a sickening stench about Ken Cuccinelli.

Ken Cuccinelli is Donald Trump's newly appointed acting director of the U.S. Citizenship and Immigration Services, and his type of stench is not one that assaults the nose, rather it is a noxious affront that assaults one's dignity.

Cuccinelli's main function in his new position is to act as Donald Trump's gatekeeper to bar America's doors to people of color. His job description requires a belief in the notion that America is a land for white prosperity and



Statue of Liberty welcomes "your tired, your poor, your huddled masses yearning to breathe free." Oblivious to the meaning of the words of the poem inscribed on the plaque at the base of the great statue, Cuccinelli insisted that their intent was "Give me your tired and your poor who can stand on their own two feet, and who will not become a public charge."

When asked to explain his revised version of the famous poem, Cuccinelli said, in essence, the poem was meant for white people. In his words: "That poem was referring back to people coming from Europe..."

Cuccinelli's remark gives proof to the fact that white supremacy can only flourish when fertilized with the manure of bigoted ignorance.

The Statue of Liberty was conceived by Édouard René de Laboulaye of France to com-

memorate the end of slavery in the United States. The original concept was to have Lady Liberty holding a broken shackle and chain in her left hand. But due to powerful Americans objecting to this reference to slavery, the final version of the statue replaced the chains with a tablet inscribed with "July IV MDCCLXXVI," the date of the signing of the Declaration of Independence, and placed the broken chains beneath her feet.

Despite Cuccinelli's assertions, Ellis Island did not officially open as an immigration station until Jan. 1, 1892. And the words of Emma Lazarus' famous poem were not placed on the base of the statue until 1903 – 17 years after the Statue of Liberty was unveiled.

Given the history of this country, it is not difficult to understand why Cuccinelli believes America is reserved for white people and the Statue of Liberty was meant only for them. But we must al-

ways keep in mind that people like Ken Cuccinelli drag this nation further into the mire of despotism as they seek the "blessings of liberty" only for themselves and those who look like them.

Cuccinelli's political path includes election to the Virginia state senate beginning in 2002 and as Virginia attorney general in 2009. During his career, he tried to eliminate birthright citizenship, proposed making it a firing offense to speak Spanish on the job and distributed lapel pins to his staff at the Attorney General's Office that were decorated with a state seal adopted by Virginia and used on Confederate battle flags after the state seceded from the Union in 1861.

The stench of bigotry envel-

oping Ken Cuccinelli is so strong that, according to reports, U.S. Senate Majority Leader Mitch McConnell advised Donald Trump not to nominate him for any post that requires Senate confirmation. To this day, Cuccinelli remains acting director of the U.S. Citizenship and Immigration Services, holding that office without Senate confirmation.

I have been exposed to the stench of racism and bigotry all my life, and as a Virginian, I have endured Ken Cuccinelli's stench for almost two decades. Now, thanks to Donald Trump, all America is experiencing that stench as well.

Oscar H. Blayton is a former Marine Corps combat pilot and human rights activist who practices law in Virginia.

*Given the history of this country, it is not difficult to understand why Cuccinelli believes America is reserved for white people and the Statue of Liberty was meant only for them. But we must always keep in mind that people like Ken Cuccinelli drag this nation further into the mire of despotism as they seek the "blessings of liberty" only for themselves and those who look like them.*

any non-white presence – if not of service to white supremacy – is a trespass.

The Trump Administration recently came under fire when Cuccinelli announced that it would implement its "public-charge rule," declaring that anyone seeking immigration to the United States would be deemed undesirable if they could not satisfactorily prove their self-sufficiency – the effect being to bar poor people.

Some commentators have described this rule as Draconian and point out that it would have barred Cuccinelli's poor ancestors from entering America as well. And one reporter reminded him that the

memorate the end of slavery in the United States. The original concept was to have Lady Liberty holding a broken shackle and chain in her left hand. But due to powerful Americans objecting to this reference to slavery, the final version of the statue replaced the chains with a tablet inscribed with "July IV MDCCLXXVI," the date of the signing of the Declaration of Independence, and placed the broken chains beneath her feet.

By the time the statue was installed in New York Harbor in 1886, Reconstruction in the South was over, and America had turned its back on the plight of African Americans suffering from injus-



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## Fighting Displacement

CONTINUED FROM PAGE 3

pairs for nine homeowners in north and northeast Portland as ReBuilding Center staff members and community volunteers teamed up to carry out exterior and interior painting, yard clean-up, bathroom overhauls and repairs, electrical upgrades, and much more. The projects included fence, porch, and stair repairs, sink and lighting replacements, appliance installation, replacing interior doors and windows screens, and yard work.

Alexandra Ferrara of the nonprofit ReBuilding Center said this was the second year, for example, that Charlene, a north Portland resident of more than 44 years, got some needed help with her home repairs.

The homeowner reflected on how the changing neighborhood has affected her life.

"I can't afford to stay and I can't afford to leave. I am stuck, but I am very appreciative of the work the Day of Service provides. It makes it easier to stay," she said.

According to Ferrara, the Day of Service was also very helpful to Robert, who grew up in the Boise neighborhood and has been in his home for 33 years but was unable to make many of his own repairs anymore. Much of his home is now outfitted with ReBuilding Center materials to keep his home viable.

## Booker Campaigns in Portland

CONTINUED FROM PAGE 3

with special needs, he said.

Housing security has always been his concern, and Booker, 50, even started a non-profit right after law school to provide legal

services for low-income families. That gives him a unique perspective, he said.

"As a guy who's been dealing with this issue, who started his career as a housing rights lawyer, this is something I know distin-

guishes me in the field," Booker said.

Booker's recent tour began Aug. 21 in New Jersey, with several stops in the Los Angeles and San Francisco areas and culminating with the Portland reception.

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## Teens on Fringes of Society

Confronting sex, violence and their uncertain futures, Kacie Rogers, Montana Roesch and Alexis Raich portray high-school girls reconciling a rebellious youth with impending adulthood in "Low Low," a new award-winning debut feature film by Portland writer/director Nick Richey. Plays Monday, Sept. 2 at the Salem Cinema, Wednesday, Sept. 4 at Portland's Living Room Theaters and Thursday, Sept. 5 at the Kiggins Theater in Vancouver.

### Oregon State Fair –

The Oregon State Fair in Salem has opened its gates welcoming residents far and wide with new attractions to honor the roots of Oregon Industry and the state's competitive traditions. The fair also offers old favorites like the Fair Lift, Dog Town and Artisans Village.



**Catios Tour** – Cat lovers and advocates of wildlife are sponsoring a Sept. 7 tour of home cat patios, outdoor cat enclosures to keep cats safe from outdoor hazards while also protecting wildlife from cat predation. Funds support the Portland Audubon's and Feral Cat Coalition of Oregon's "Cats Safe at Home" campaign. To sign up for the tour, visit [CatsSafeAtHome.org](http://CatsSafeAtHome.org).

**Summer Free for All** – Portland Parks and Recreation's "Summer Free for All" series is back with amazing events all summer long for both kids and adults, including movies, concerts, free lunch and play events and more. For details, a guide is posted online at [portlandoregon.gov/parks](http://portlandoregon.gov/parks).

**Read for Fun and Prizes** – Multnomah County encourages kids to read for fun and prizes this summer. The annual Summer Reading program is in full swing at all branch libraries. To help grow interest, the library also offers dozens of free summer reading events, camps and classes to keep youth of all ages playing and learning.



### ENTERTAINMENT GUIDE

### Norman Sylvester Band –

The Norman Sylvester Band plays

Wednesday, Aug. 28 at Billy

Blues in Vancouver; Friday, Aug. 30 at the Half Penny in Salem; Saturday, Aug. 31 at the Vinyl Tap; Monday, Sept. 2 at noon for the AFL-CIO Labor Day Picnic at Oaks Park; Friday, Sept. 6 at Restaurant 503 in West Linn; and Saturday, Sept. 7 at Catfish Lou's in Beaverton.



### Summer at the Square –

This month Pioneer Courthouse Square, downtown, is offering free weekly summer events, including Noon Tunes concerts on Tuesdays, wellness activities on Wednesdays and Flicks on the Bricks movies on Friday evenings.



**Columbia Gorge Express** – The Oregon Department of Transportation's Columbia Gorge Express bus provides transportation to Rooster Rock State Park and Multnomah Falls. The bus has proven a convenient and popular way to visit the Gorge for tourists, local residents and regular transit riders. For more information, visit [columbiagorgeexpress.com](http://columbiagorgeexpress.com)

**Zoo for All** – The Oregon Zoo has launched "Zoo for All," a discount program that provides \$5 admission for low income individuals and families. Visitors may purchase up to six of the \$5 tickets by bringing a photo ID and documentation showing they participate in low income service, like the Oregon Trial Card, Medicaid, Section 8, Temporary Assistance for Needy Families, and Head Start.

**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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# FOOD

## Chicken and Cucumber Salad With Parsley Pesto

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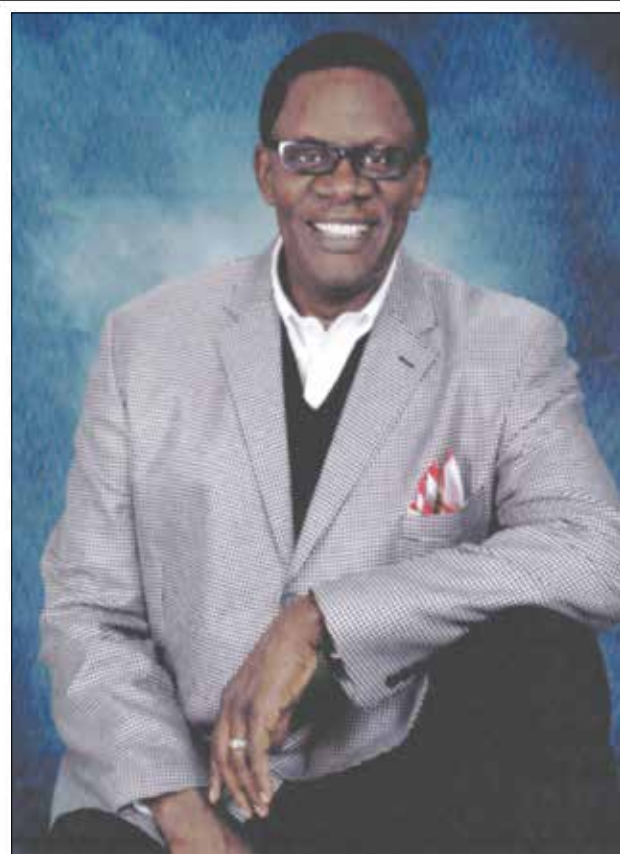


### Ingredients:

- 2 cups packed fresh flat-leaf parsley leaves (from 1 bunch)
- 1 cup fresh baby spinach
- 2 tablespoons fresh lemon juice
- 1 tablespoon toasted pine nuts
- 1 tablespoon grated Parmesan cheese
- 1 medium garlic clove, smashed
- 1 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/2 cup extra-virgin olive oil
- 4 cups shredded rotisserie chicken (from 1 chicken)
- 2 cups cooked shelled edamame
- 1 (15-oz.) can unsalted chickpeas, drained and rinsed
- 1 cup chopped English cucumber
- 4 cups loosely packed arugula

### Directions:

1. Combine parsley, spinach, lemon juice, pine nuts, cheese, garlic, salt, and pepper in bowl of a food processor; process until smooth, about 1 minute. With processor running, add oil; process until smooth, about 1 minute.
2. Stir together chicken, edamame, chickpeas, and cucumber in a large bowl. Add pesto; toss to combine.
3. Place 2/3 cup arugula in each of 6 bowls; top each with 1 cup chicken salad mixture. Serve immediately.



Dr. Billy R. Flowers

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**Q:** How can I tell if whiplash has happened to me?

**A:** Whiplash often exhibits symptoms such as a sore neck,

arm or shoulder, nausea, blurred vision and headaches. If not treated immediately, these problems can lead to other more severe ones. To complicate matters, it sometimes takes years before whiplash symptoms occur.

**Q:** What should I do if I've had a fall or a car accident?

**A:** Don't take any chances. Schedule a complete chiropractic

exam immediately. Our office specializes not only in relieving whiplash symptoms, but also in making sure those problems don't become bigger ones down the road. For diagnosis of possible whiplash, or answers to any questions you might have about your health, please call us at the number listed right below.

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