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# The Portland Observer 46

'City of Roses'



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President Barack Obama calls on Americans to find common ground in support of racial equity and justice at a memorial Tuesday in Dallas for the five police officers killed last week in an apparent revenge killing during a protest of police killings of black men in Louisiana and Minnesota.

## Finding Common Ground

(AP) — At a memorial for slain police officers, President Barack Obama declared Tuesday that a week of deeply troubling violence has seemed to expose “the deepest fault lines of our democracy.” But he insisted the nation is not as divided as it seems and called on Americans to find common ground in support of racial equity and justice.

Obama acknowledged that Americans are unsettled by another mass shooting and are seeking answers to the violence that has sparked protests in cities and highlighted the nation’s persistent racial divide.

Five Dallas officers were killed last Thursday while standing guard as hundreds of people protested the police killings of black men in Louisiana and Minnesota earlier in the week.

“It’s hard not to think sometimes that the center might not hold, that things might get

### Obama pays tribute to officers; calls for racial healing

worse,” Obama said. “We must reject such despair.”

He joined politicians, police officers and families of the fallen in the wake of the shocking slayings by a black man who said he wanted revenge for the killings of blacks by police.

“The soul of our city was pierced,” Dallas Mayor Mike Rawlings said as he welcomed Obama to the memorial service. It was organized to help combat “a common disease” of violence and honor those who fight it, “our men and women in blue, our peacemakers in blue.”

Rawlings spoke steps from five empty

chairs and portraits of the dead officers.

A call for national unity and solidarity was reinforced by several speakers at the interfaith service, including former President George W. Bush, a Dallas resident, who attended with his wife, Laura.

“At times it feels like the forces pulling us apart are stronger than the forces binding us together,” Bush said. “Too often we judge other groups by their worst examples, while judging ourselves by our best intentions. And this has strained our bonds of understanding and common purpose.”

“We want the unity of hope, affection and higher purpose,” he said.

Obama has denounced the shooting as a “vicious, calculated and despicable attack on law enforcement” by a “demented” individual. And he has argued that, despite the heated public outcry of the past week, the country is not as divided as it may seem.

Obama’s choice of traveling companions underscored the theme. Republican Sen. Ted Cruz of Texas and House Democratic Leader Nancy Pelosi of California joined Obama on Air Force One for the flight to Dallas. Republican Sen. John Cornyn of Texas spoke at the service but did not travel with the president. He said the attack was deeply personal.

“Being a Texan doesn’t describe where you’re from, it describes who your family is,” the senator said.

The White House said the president worked late into the night writing his speech and consulting scripture for inspiration.





Sponsored by Nike and modeled after the company's orange shoe box, Biketown is Portland's new bike share system for the inner city and downtown, launching on Tuesday, July 19, with 1,000 bikes available to ride from one point to another for a small fee.

## Bike Share System Debut

1,000 rental bikes to dot inner city

Biketown, Portland's new bike share system is ready to launch with 1,000 bright orange rental bikes dotting downtown and close-in neighborhoods.

Starting on Tuesday, July 19, customers who sign up for the service will be able to check out a bike using a smartphone, a com-

puter, a member card, or by typing in their member number and PIN into a keypad.

The Portland Bureau of Transportation, in cooperation with the Nike-sponsored Biketown organization, a company operated by Motivate, the world's leading bike share operator, has installed 100 inner city stations where the bikes will be available. The system was designed for quick trips with convenience in mind, as well as a fun and affordable way to get around.

Annual memberships for Biketown will cost \$12 per month, and include 90 minutes of riding time each day. Single-ride passes for \$2.50 and 24-hour passes for \$12 will also be available for those who want to use the program more occasionally, including tourists.

Nike designed Biketown's standard bike, which is modeled after the Nike orange shoe box. For a map and more information about the rental bike service, visit [biketownpdx.com](http://biketownpdx.com).

## The Week in Review

### Lead Poisoning Determined Home-Based

The Multnomah County Health Department reported Tuesday that of 519 students tested for lead poisoning at Creston and Rose City Park last month, the two students with positive test results weren't poisoned from drinking water at school. Health officers say the poisoning came from on a home-based threat, like paint or toys containing lead.

### Shaky Ground for Portland School Buildings

As if lead in the drinking water wasn't enough to already worry about, at least 20 of Portland's schools will crumble in the event of a major earthquake. A report last week described the schools as either entirely made of unreinforced masonry or have a gymnasium or other building on campus with materials at risk of failure during a major quake.

### Portland Community College Teacher Fraud Case

Brent Fuller, an automotive technology instructor at Portland Community College Sylvania is accused of stealing over \$100,000 from PCC by making private purchases with a school-issued bank card. He faces multiple criminal counts of first degree theft, KOIN TV reported last week.

### Bernie Sanders Endorses Hillary Clinton for President

Bernie Sanders ended the Democratic Party rivalry between Hillary Clinton and himself Tuesday by announcing his official endorsement of her presidential campaign. "I intend to do everything I can to make certain she will be the next president of the United States," said Sanders.

### North Portland Rollover Crash Takes Life

A two car crash in north Portland Saturday morning claimed the life of 58-year-old Diana Miller-Dixon. Investigators blame the crash on speeding, and arrested the other driver, Rayna Johnson, 21, for manslaughter, assault and reckless endangerment.

### Pokémon Go Player Attacked on Walk to Store

A 22-year-old male in Forest Grove was stabbed while playing Pokémon Go on his walk to a local convenience store Sunday. Police said he seemed unfazed and refused medical treatment while buying chips and beer before continuing to play the interactive game.

### Inmate Takes Down Guards in Michigan

Amid the despair of recent shootings, an inmate in a Michigan jail somehow managed to obtain an officer's gun on Monday, killing two bailiffs and injuring two others before he himself was shot dead by officers. It's believed his motive was to escape

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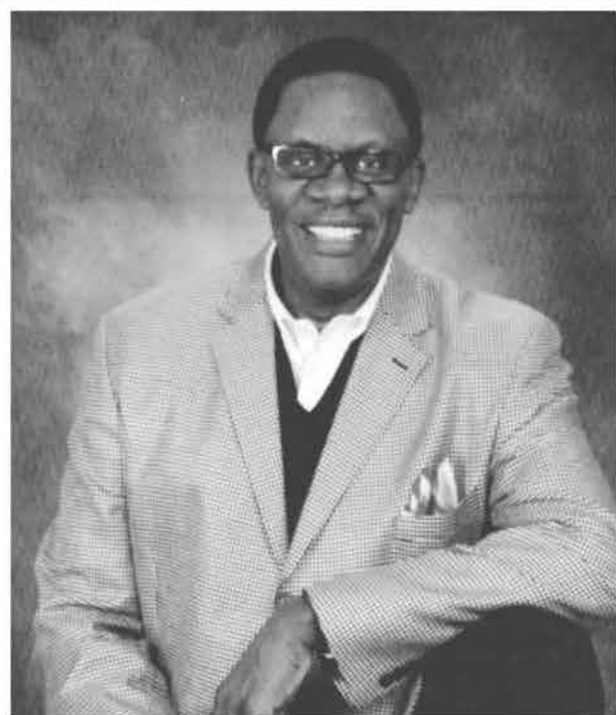
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## LOCAL NEWS



PHOTO BY CLIFFORD KING

Alton Sterling and Philando Castile, two black men killed by police in Minnesota and Louisiana, are remembered during a protest Thursday in downtown Portland.

## Protests and Vigils

### Community and police respond to shootings

BY CERVANTE POPE  
THE PORTLAND OBSERVER

Portland joined protests and vigils all around the country in the wake of last week's apparent revenge shooting of five police officers in Dallas, Texas, and the deaths of two black men at the hands of police a few days earlier in Minnesota and Louisiana.

A sweeping march in downtown Portland on Thursday took

place after the officer-involved shootings, but before the Dallas violence. The protest temporarily closed the Morrison Bridge as an estimated 1,000 people gathered to demand police reforms. Activist groups Black Lives Matter and Don't Shoot Portland were at the forefront of the demonstration.

In an attempt to keep the peace between the police and the community, Portland Mayor Charlie Hales issued a statement that the Portland Police Bureau would respond with as little force as possible. He also pledged to continue city investment in young people and work to keep guns out of the

hands of young people by lobbying the Legislature and Congress for stricter gun control.

The protest was somewhat interrupted by a videographer, Michael Strickland, who was caught brandishing a Glock handgun during a dispute with protesters. Police arrested him on charges of disorderly conduct and menacing.

Marches to demand police reforms in the wake of officer-involved shootings continued all weekend across the country. Police departments across the nation also held gatherings in honor of

**CONTINUED ON PAGE 5**

## Lead Worries Grow with Testing

### Jefferson tests finds highest levels yet

A problem with water faucets containing lead continues to grow as testing increasingly is finding harmful levels of lead at Portland's public schools, city parks and other public buildings.

Tests released this week for Jefferson High School in north Portland, for example, show 198 water fixtures with elevated lead levels, including two drinking

fountains with lead levels 22 higher than the Environment Protection Agency's action level.

A sink faucet at Jefferson was tested at 9070 ppb, the highest result found in a public water system in Oregon, according to Kari Salis, a technical services manager for the Oregon Health Authority. New tests also show elevated lead levels at Beach, Creston and Sunnyside elementary schools.

In addition, Portland Public Schools has now reported dangerous lead paint debris on the playground at Alameda Elemen-

tary in northeast Portland, showing the district has failed to remedy a problem in lead dust from paint found in 2013.

The school district sealed off a portion of the Alameda playground Monday to prevent exposure and issued a statement to families saying a firm will clean up the contaminated areas as soon as possible.

Health authorities say there is no safe level of lead in the blood for kids. The Multnomah County Health Department will continue providing free lead screening clinics all summer.



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The Northwest Community Gospel Choir will be auditioning for sopranos, altos and tenors on Saturday, August 6, 2016. The choir performs three Gospel Christmas concerts with the Oregon Symphony each December at the Arlene Schnitzer Concert Hall. Audition materials will be provided. Rehearsals begin on October 8. The ability to sight read is preferred, but is not essential.

For more information and to schedule an audition time call **503-416-6303**

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The 50-unit Brough Apartments, downtown, celebrates a grand reopening as a home to elderly and disabled residents living on fixed incomes.

## Downtown Housing Saved

### REACH celebrates reopening

On Friday, July 15, REACH Community Development will celebrate the grand re-opening of the Brough Apartments, a three story, 50-unit historic apartment building located in downtown Portland.

In order to preserve and maintain much-needed affordable homes for seniors and disabled residents on fixed incomes,

REACH purchased the building in 2013 and oversaw a substantial renovation, including a seismic upgrade to bring it up to current code.

Built in 1905, the Brough is listed on the historic registry and was last renovated in 1982. The building has been carefully renovated with modern comforts, while retaining and restoring its elegant, historic character.

With an expiring Section 8 contract and hot real estate market, the Brough was at risk of being converted to market rate apartments, displacing its senior and

disabled residents. REACH purchased the building to preserve the housing for the residents, several of whom have lived in the building for over 20 years.

Funding for the project was provided by the Portland Housing Bureau, Oregon Housing & Community Services, Bank of America Merrill Lynch, Network for Oregon Affordable Housing, and the U S Dept. of Housing & Urban Development. The development team included Walsh Construction Co., Carleton Hart Architecture, and the Housing Development Center.

## Protests and Vigils

CONTINUED FROM PAGE 3

the fallen Dallas officers, with Portland's taking place this past Sunday at the Police Memorial at Tom McCall Waterfront Park.

Detective Nathan Sheppard, attended the event, calling for a positive solution to the tension between cops and African Americans.

"Returning violence multiplies violence," Sheppard said. "Hate

cannot drive out hate. Only love can."

The president of Portland's Police Officers Union Daryl Turner echoed these sentiments, expressing the need to build a good relationship between police and the community.

"This is not the time to take the 'us vs. them' mentality," Turner said.

Memorials and calls for justice were also held Sunday at Augus-

tana Lutheran Church, a diverse congregation in northeast Portland, and AME Zion Church, a historically black church at North Vancouver and Skidmore.

At a press conference Monday, Dallas Police Chief David Brown offered a symbiotic solution to the problems of trust between the black community and police.

"We're hiring," Police Chief Brown said. "We'll put you in your neighborhood, and we will help you resolve some of the problems you're protesting about."



A large group of young people, ages 16-24, gather at the Oregon Historical Society to celebrate SummerWorks, the sixth year Multnomah County has joined Worksystems and other organizations to provide summer employment opportunities.

# Summer Jobs Program Expands

1,000 teens and young adults participate in SummerWorks

One thousand teens and young adults are finding employment opportunities this summer, a new record for SummerWorks, the sixth year for Multnomah County's

summer jobs program.

"It's a milestone my friends and I have been striving for a long, long time," said Worksystems Executive Director Andrew McGough. The youth will work as interns for organizations like Boeing and Elemental Technologies, as well as Multnomah County.

The city of Portland and several other organizations also work to make SummerWorks possible.

The program pays for the wages of its young participants, 93 percent of whom are low-income; 76 percent are youth of color.

County Commissioner Loretta Smith has been a major backer of the program and its expansion over the years. During a SummerWorks kick-off July 1 at the Oregon Historical Society she talked about her first job out of college as a receptionist for U.S. Sen. Ron Wyden, who was then a member


of the U.S. House. Wyden, who gave a speech at the event, was someone who encouraged Smith to run for county commissioner back in 2010.

Portland Mayor Charlie Hales also spoke at the event. He pointed out that these summer internships could open doors for the kids they didn't know were there. He explained how a job in construction eventually led to his position as the mayor of Portland. "You never

know where that first job will lead you," he said.

The keynote speaker was Ian Williams, the African-American founder of a sneaker culture-inspired coffee shop in northwest Portland.

"Use this opportunity. This is really real. This is a lot of work," he said to the young people in the audience, pausing for a few moments. "Make sure you give back."



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## OPINION

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# A Step Backwards for Police Diversity

Command shuffle leaves out African-Americans



BY DR. LEROY HAYNES JR. AND DR. T. ALLEN BETHEL

The recent developments with the investigation and retirement of Police Chief Larry O'Dea, the demotion of the assistant chiefs, and particularly Kevin Modica, plus the appointment of a new chief of Police Mike Marshman can either turn us backwards or propel us forward in transforming the Portland Police Bureau into a 21st Century community policing era.

More than 12 years of constant struggle by the Albina Ministerial Alliance Coalition for Justice and Police Reform has propelled us to the intervention of the U. S. Department of Justice and the "settlement agreement" accepted by Judge Michael Simon.

The implementation of the agreement has been far from perfect. Obstacles, hindrances, detours, resistance, as well as success in a few key vital areas have made a bumpy ride the first two years of implementation.

The future success or failure of the settlement agreement in transforming the Portland Police Bureau and creating 21st Century community policing is critically dependent on the kind of leadership we have from the chief of police to the assistant chiefs, to the command staff, as well as supervisors.

We need leadership in the police bureau, in city government and in the community who will

embrace the vision of community policing that will be effective and relevant as well as implementing the settlement agreement.

The demotion of Assistant Chief Modica and the lack of African-American presence on the command staff or the assistant chiefs is a "step backward" to creating a leadership team that will meet these goals.

We are living in a critical time in Portland and our nation. A time in which cities across America, as well as the city of Portland are "crying out" for police accountability. Uprisings have erupted through major cities; gang violence has intensified particular in

black communities. The failure to have an experienced, relevant African-American voice at an assistant chief or command level is a detriment to the welfare of the city.

"Where do we go from here?" Dr. Martin Luther King, Jr. asked at the crossroads of the modern Civil-Rights Movement. Is it backward or forward?

A costly price has been already paid in blood, sweat and tears. Let us move forward to create a new and fresh model for the city of Portland and the nation.

*Dr. LeRoy Haynes Jr. and Dr. T. Allen Bethel are chair and co-chair of the AMA Coalition for Justice and Police Reform.*

# To Stop 'Bomb Trains,' I Honeymooned in Jail

Facing down a locomotive in Vancouver

BY DAPHNE WYSHAM

It was a few days after my wedding. I was supposed to be honeymooning at a nearby winery with my newly minted husband, celebrating our unlikely marriage at age 55.



Instead, I was sitting on the railroad tracks in the pouring rain. Along with 20 other brave souls, some weeping, some singing, I was facing down a locomotive in a town — Vancouver, Wash. — that many fear will be forced to accept the largest oil-by-rail terminal in the country.

Why would anyone do something like that?

Because a few short days before, we'd watched in horror as a mile-long train filled with Bakken crude derailed in Mosier, Ore., and burst into towering flames.

We call these oil trains "bomb trains" because we know, with one tiny loose bolt, they can erupt into an inferno, scorching everything for miles. It happened in Lac-Megantic, Canada in 2013. Forty-seven people were killed in a matter of minutes, the town leveled when a train's brakes failed.

In the aftermath of the Mosier derailment, local fire chief Jim Appleton, who was originally unwilling to condemn oil trains, was beginning to sound more



and more like one of us: "I think it's insane" to ship oil by rail, he told a reporter. "Shareholder value doesn't outweigh the lives and happiness of our community."

And yet shareholder value is outweighing the lives and happiness of communities all over the world. I live in the "blast zone" less than a mile from tracks that ply this dangerous cargo here in

the Pacific Northwest. And millions of people, most of them on the other side of the world, are already feeling the heat.

More bomb trains, after all, mean more climate change. Rising temperatures mean dangerous weather patterns, like the floods that recently killed hundreds in Pakistan and China.

Meanwhile, ExxonMobil,

whose scientists knew as early as the 1960s that catastrophic climate change would ensue if they didn't change course, has invested in climate denial in order to maximize their shareholder value, counting on us to not connect the dots.

I grew up in India. I can see the faces of friends and loved ones on Facebook enduring record heat and flooding there. So if the

trains wouldn't stop coming, I figured, I'd put my body on the line in Vancouver. If I went to jail, I hoped my husband would forgive me for skipping out on our first big date as newlyweds.

The riot police were beginning to gather, and the railroad's private police were issuing their warnings while hundreds chanted nearby. Not wanting to lose valuables in jail, I gave my wallet, cell phone, and wedding ring to a friend.

Then they hauled us off, one by one, in plastic handcuffs like tiny angel's wings behind each protestor's back. They put the 13 women — as young as 21 and as old as 85 — in one cell and the eight men in the other.

Seven hours later, as we were released from our windowless cage into the beautiful summer evening, I felt an unspeakable gratitude to my cellmates and those who awaited us outside.

Should we go to trial, many of us will be arguing we did this out of necessity, in order to prevent a far greater looming evil — of being incinerated in our sleep, of doing nothing to stop this deadly fossil fuel cargo while hundreds of thousands of people die each year from floods, disease, malnutrition, and heat stress due to climate change.

Call me crazy, but we might just win this one. And in so doing, we'll send a very strong message to the oil companies that threaten us all that they must end this madness.

*Daphne Wysham is the director of the Center for Sustainable Economy's climate and energy program in Portland. Distributed by OtherWords.org.*



# OPINION



## Earning Mega Millions in Overdraft Income

A squeeze that pays off at the top

BY SAM PIZZIGATI

Almost two-thirds of Americans today — 63 percent — don't have enough savings to cover an unexpected \$500 expense. Anything from an emergency brake job to a refrigerator on the fritz could zero out their bank accounts.

Most American households, in other words, are living on the financial edge. And that suits America's biggest bank CEOs just fine. They love to see Americans desperately juggling credit cards and checking accounts to keep bills paid.

With all that juggling, our banksters know, something will inevitably get dropped. A checking account will be slightly overdrawn. A debit card transaction will overstep a limit. And that's

when the banks start to really clean up — through overdraft fees.

"Over the years," Consumer Financial Protection Bureau director Richard Cordray has testified, "overdraft programs have become a significant source of industry revenues."

How significant? Over the first three months of this year, Bank of America collected \$393 million in overdraft fees, up from \$371 million in the first quarter of 2015. Wells Fargo pulled in even more, with \$411 million — a 16 percent increase from the same period last year.

Banks play all sorts of games to maximize these mega millions in overdraft income. They particularly enjoy "reordering" the purchases consumers make. Banks that "reorder" process a day's biggest charge or check first, even if smaller charges or checks came earlier in the day.

What difference does this reordering make? A great deal more than you might think.

Say you start the day with \$80

in your account and you charge three \$25 items — and then find yourself having to shell out another \$100 later in the day. If the bank processes these charges in chronological order, you'll pay only one overdraft fee when the \$100 charge pushes you over your limit.

But if the bank processes the \$100 charge first, ahead of the three smaller purchases, you'll end up paying four overdraft fees for the exact same day's worth of charges.

Who's benefiting from this sort of chicanery? Not bank branch managers. They're only averaging \$54,820 a year, calculates PayScale. And certainly not bank tellers. The typical American teller last year earned just \$12.70 an hour, about \$26,410 a year, says the U.S. Bureau of Labor Statistics.

Bank CEOs, on the other hand, are living spectacularly high on the hog. Last year, the 10 most lavishly compensated of these top execs averaged over \$15.5 million each, with the CEO of overdraft fee king Wells Fargo

coming in at over \$19.3 million.

Overdraft fees make these over-the-top CEO rewards possible. But let's keep in mind an even more important point: Sky-high rewards for CEOs make overdraft chicanery inevitable. They give banking execs a powerful incentive to maximize overdraft income from reordering and all sorts of other tricks of the banking industry trade.

The federal government's Consumer Financial Protection Bureau is trying to clamp down on these tricks and has already made some progress. But as overdraft revenues continue to rise, bank execs simply have no incentive to turn off the spigot.

If we want to see real reform in the financial industry, we can't just put some limits on how much banks can grab from overdrafts. Maybe we need to start talking about limiting how much pay can go to the executives who run our biggest banks.

Sam Pizzigati, an Institute for Policy Studies associate fellow, co-edits *Inequality.org*. Distributed by *OtherWords.org*.



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# SPORTS



The Beaumont Junior Girls Softball team from northeast Portland celebrates a state championship.

## Beaumont Girls Repeat Champs to represent Oregon in Arizona

Congratulations to the Beaumont Junior Girls Softball Team from northeast Portland who has won a state champion for a second year in a row. The team is welcoming any donations to help its ex-

penses as it heads to Arizona on Friday to advance to the regional tournament.

Team leaders say the goal is raise \$15,000. A pay pal account has been set up to accept contributions on the league website [beaumontsoftball.org](http://beaumontsoftball.org).

With only 10 players, the team has had overcome several struggles with illnesses, injuries, and other factors this year. Five of the girls played on last year's championship

team and five new players are joining them in Arizona.

"We received so many compliments from other teams on our girls and their sportsmanship," team officials said, about last year's regional playoff experience which was held in California. "Teams were cheering for us, people in the town of Tulelake, and they all believed our girls are what softball is about. We are very excited to go to Arizona and represent Oregon."

## Spurs Star Duncan Retires

(AP) San Antonio Spurs star Tim Duncan is finally calling it a career.

Duncan announced his retirement on Monday after 19 seasons, five championships, two MVP awards and 15 All-Star appearances. It marks the end of an era for the Spurs and the NBA.

Duncan was the No. 1 overall pick out of Wake Forest in 1997 and teamed with Gregg Popovich, Tony Parker and Manu Ginobili to make the Spurs the most enduring success story in modern American sports.

Duncan was a three-time NBA Finals MVP and was named to the All-NBA First Team 10 times in his career.



Tim Duncan





Portland business owner LaShannette Starks and her team at Commercial Cleaning Investment are awarded a contract by Legacy Health to provide janitorial services for six buildings.

# Powered by Diversity

## Outreach expands business relationships

Legacy Health attracted a couple dozen businesses for a “speed” dating diversity supplier event this spring at Emanuel Hospital’s Lorenzen Conference Center in north Portland. Those seeking a business relationship with the health care organization spent several minutes chatting with folks and asking plenty of questions to get to know Legacy Health.

“Our goal is to create the appropriate

business relationships to support and reflect the communities we serve,” says Al Casanova, director of Legacy Health’s Supply Chain Management. “Minority, women, veteran and LGBT owned businesses all fall within the supplier diversity

ensures that the organization remains vigilant to the changing community demographics.

LaShanette Starks, the Portland owner of Commercial Cleaning Investment, recently signed with Legacy to provide jan-

*“The creation of these business relationships expands Legacy Health’s vendor base needed to supply the organization with quality products and services.”*

program.”

The creation of these business relationships expands Legacy Health’s vendor base needed to supply the organization with quality products and services. Casanova also says seeking diverse businesses

itorial services for six buildings. “We are a woman-owned, black-owned business founded last year with a few employees,” says Starks. “We are devoted to providing Legacy with good customer service and a clean environment.”

Legacy Health has partnered with the Oregon Association of Minority Entrepreneurs (OAME) for many years.

“Legacy Health’s partnership and leadership in diversity in the supply chain sets a standard for our broader business community,” says Sam Brooks, chief executive officer of S. Brooks and Associates and founder of OAME. “To grow our northeast Portland and Oregon community, we must grow all facets of our business community, including minority, women and emerging small businesses.”

Starks says she’s excited to have a contract with Legacy and offers words of advice to others. “Be steady, be wise ... and think of every move possible before you take action in any aspect of business. We’re invested in our services and our relationship with Legacy.”

Casanova says he plans to hold another supplier diversity event in September. However, businesses interested in working with Legacy can contact Pamela Altheimer, senior supplier business coordinator via email at [paltheimer@lhs.org](mailto:paltheimer@lhs.org) or visit [legacyhealth.org/supplier](http://legacyhealth.org/supplier).



# Arts & ENTERTAINMENT



Rangeela - The Dance Show was a presentation of Indian dance styles in a benefit to build houses for impoverished people in India.

## Indian Dance for a Good Cause

"Rangeela - The Dance Show" - was a unique effort by the Indian community of Portland to raise funds to build houses for impoverished people in the

city of Chennai and its outskirts in India who were severely affected by flooding.

The benefit involved different dance

forms of India such as Bharatanatyam, Mohiniattam, Bangra, Bollywood, Bengali as well international dance forms such as Hip Hop and Flamenco.

Close to 100 passionate dancers from the local community and more than 500 people attended the June 18 show at Lakeridge High School.

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# Arts & ENTERTAINMENT



A demonstration of medieval and renaissance fighting techniques is one of several programs this summer at Beaverton City Library's 'Staycation' for adults series.



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Library.

From Wednesday, July 20 through Thursday, July 28, Beaverton's main library at 12375 S.W. Fifth St. hosts six programs to encourage adults to kick back,

relax and have fun during the summer.

These programs are free and open to the public. For more information, visit BeavertonLibrary.org or call 503-644-2197.

## When Thoughts Attack

Writer, actor and comedian Kelly Kinsella brings her one woman show about anxiety, "When Thoughts Attack" to Portland's Coho Summerfest.

Hailing from New York City, Kinsella earns praise for being a raw and unique storyteller who has produced an honest and funny show.

When Thoughts Attack centers on a woman who walks into a restaurant to order lunch and is sucked into a whirlpool of anxiety. Clinging to her sense of humor and an emergency Xanax, she teeters between the salmon or a complete nervous breakdown. The act of ordering lunch has never been so



Kelly Kinsella

entertaining. Four shows play at CoHo Pro-

ductions, 2257 N.W. Raleigh St., at 7:30 p.m. Thursday, July 14, though Sunday, July 17. Tickets are \$20. Visit cohoproductions.org.

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# Arts & ENTERTAINMENT

## ENTERTAINMENT GUIDE

### Music

**Free Shows --** The Music Millennium, 3158 E. Burnside, hosts a series of in-house live performances. Enjoy free music and the opportunity to meet artists. Call 503-231-8926 for a schedule.

**Soulful Line Dance Workout --** Join Sistahs4Life for a Soulful Line Dance Workout each Wednesdays at Holladay Park this summer through Aug. 31 from 6:30 p.m. – 7:30 p.m. For more information, visit sistahs4life.com or call 971-319-3745



**Blast Off to Space Exploration --** The Oregon Museum of Science and Industry (OMSI) take guests through an out-of-this-world experience with Journey to Space: The Exhibition, featuring hands-on experiences that will give visitors an up-close look at what it takes to live, work, and survive in the extraordinary environment of space. The Exhibition runs through Jan. 8. To learn more visit omsi.edu.

**Summer Story Time --** Children of all ages and their parents are invited to drop in for a free summer story time at Concordia University in northeast Portland. The events are scheduled each Saturday through the month of August from 10:30 a.m. to 11:30 a.m. at Concordia's George R. White Library and Learning Center.

**Clothing Closet --** Each first Saturday of the month,

a complimentary breakfast and clothing drive takes place at First AME Zion Church, 4304 N. Vancouver Ave. The goal is to clothe and feed Portland one person at a time. For more information, call Nydia Campbell-Pullom at 503-317-1089.

**Fourth Sunday Jam Night --** A friends and family variety comedy show in a Saturday Night Live format with local recording and performing artists, bands, dance crews, poets, and drama groups, takes place each fourth Sunday of the month at 7 p.m. at Celebration Tabernacle, 8131 N. Denver Ave. The free event is open to the community.

**Discount Tickets --** Local 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.

**Norman Sylvester --** Boogie Cat Norman Sylvester and his band play Thursday, July 14 at 6 p.m. at Columbia View Park in St. Helens for 13 Nights on the River; Norman is guest with Curtis Salgado at Jimmy Mak's on Friday, July 15 at 8 p.m.; Norman and his band play Friday, July 22 at Clyde's; and Norman is a guest with the BB King Tribute at the Estacada Summer Celebration, Saturday, July 23 at 8 p.m.

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# Arts & ENTERTAINMENT



Young activists capture counterculture stories ignored by mainstream media using the brand new medium of portable video in 1969. The Northwest Film Center presents a documentary charting the path of this underground video collective.

## Explore the Roots of Alternative Media

Today's mobile media world, in which everyone has a camera in their pocket, started with the introduction of Sony's Portapak five decades ago.

In 1969, a CBS Television executive funded a group of young activists to capture counterculture stories that were being ignored by mainstream news, using the brand new medium of portable video.

The network ultimately rejected their radical pilot, but the group, who named themselves the Videofreex, stuck together.

The collective's work—from interviews with legendary activists like Fred Hampton and Abbie Hoffman, to reports on the Anti-War, Black Power, and Women's Movements, to the pirate TV station they founded in rural up-

state New York—blazed a trail for truly alternative media.

'Here Come the Videofreex' charts the path of this underground video collective as they attempt to harness the democratizing power of portable video. The film will screen on Sunday, July 17 at 7 p.m. at the Whitsell Auditorium, located in the Portland Art Museum.

## Reverberations of Historic Black Events

### Oregon

### Humanities hosts conversation at Alberta Rose

Join a conversation on the Great Migration of black families who fled the south for northern and western cities, the civil rights movement, and the reverberations

making her the first black woman in the history of American journalism to win a Pulitzer Prize and the first African American to win for individual reporting.

She spent 15 years researching her landmark book, *The Warmth of Other Suns: The Epic Story of America's Great Migration*, interviewing more than 1,200 people to tell the story of the nearly six million African Americans who, between 1915 and 1970, fled the

mission or \$25 for preferred seating, available at [albertarosetheatre.com](http://albertarosetheatre.com).



Isabel Wilkerson



Rukaiyah Adams

of these historic events in Oregon and the United States today.

Oregon Humanities brings its Think & Drink series to northeast Portland for a conversation between journalist Isabel Wilkerson and Rukaiyah Adams, chief investment officer of the Meyer Memorial Trust.

Wilkerson won the Pulitzer Prize for feature writing for her work with the New York Times,

South for northern and western cities in search of a better life.

Adams is a fourth-generation Oregonian whose family was part of the Great Migration.

Adams and Wilkerson will come together for a live, unrehearsed conversation at the Alberta Rose Theatre, 3000 N.E. Alberta St., on Wednesday, July 20. The event begins at 7 p.m. Tickets are \$15 for general ad-

## Obituary

### In Loving Memory

#### Alberta Moody

Alberta Moody of Portland died June 28, 2016. She was born June 14, 1929 in Hallsville, Texas to Ellen Davis Sloan and Columbus Coby.

In December of 1946 she met the love of her life Cubby Earl Moody. They were married on Jan. 16, 1947. Alberta gave birth to their first born son in 1948, and they moved to Portland and shared a life together for 53 years. To this union 10 more children were born.

Funeral services were held July 11 at Mt. Olivet Baptist Church.



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LifeWorks NW's Project Network site is a residential program with a focus on the African American community for women in recovery dealing with alcohol/drug issues who are with their small children. This particular program has these open positions: Day Care Teacher and Residential Care Facilitator.

For a list of these and other job openings and to apply, visit the LifeWorks NW website's Careers page at [www.lifeworksnw.org](http://www.lifeworksnw.org)

LifeWorks NW believes that diversity strengthens our workforce and empowers our community.

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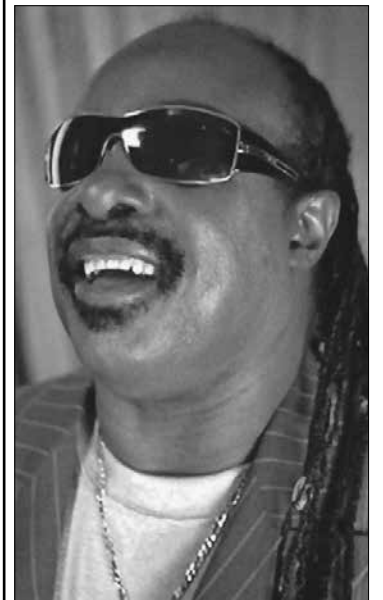
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## Arts & ENTERTAINMENT



Stevie Wonder

## Stevie Wonder: Choose 'Love over Hate'

(AP) - Stevie Wonder urged his fans to choose "love over hate" and expressed dismay over the troubles in the world at a concert devoted to one of his classic albums.

The legend performed Sunday in Hyde Park for the British Summer Time Festival. He opened his concert by telling fans he loved them all in these difficult times, and asked them to live in positivity.

"I encourage you to choose love over hate. It's just that simple. Choose love over hate, right over wrong, kind over meanness. Hope over no hope at all."

The 66-year-old's Grammy-winning, 1976 album "Songs in the Key of Life" was the focus of the concert; Wonder played the album in its entirety.

Before launching into the set Wonder went on to say that he was happy that the album was still significant almost 40 years on but also unhappy that "the songs and the words that we talk about, those conditions still exist in the world and that hurts my heart."

He also referenced the Black Lives Matter movement, telling the crowd: "all life does matter, but the reason that I say black lives matter is because we are the original people of this world. So in essence, everyone here has some black in you. You've all got some soul in you so stop denying your culture."



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## CALENDAR July 2016

MONDAY   TUESDAY   WEDNESDAY   THURSDAY   FRIDAY   SATURDAY   SUNDAY

		1 Canada Day International Joke Day National Postal Worker Day	2 <i>First Zeppelin Flight in 1900</i>	3 Build a Scarecrow Day Dog Days Begin		
4 ● CARICOM Day (Caribbean Day) <b>Independence Day</b>	5 <i>Eid al-Fitr, Muslim Holiday (6th in North America)</i> <i>P.T. Barnum born, 1810</i>	6 <i>First Picture Postcard Made</i> National Fried Chicken Day National Kissing Day	7 Macaroni Day	8 <i>Liberty Bell Cracks In 1835</i> Video Games Day	9 National Sugar Cookie Day	10 Barn Day <i>Martin Provensen born, 1916</i> Teddy Bear's Picnic Day
11 ◐ <i>E.B. White born, 1899</i> Cheer Up the Lonely Day	12 Battle of the Boyne Paper Bag Day <i>(paper bag manufacturing machine patented)</i>	13 Go West Day National French Fries Day	14 Bastille Day	15 Cow Appreciation Day <i>First Boeing 707 Flew In 1954</i>	16 <i>Apollo 11 Lifts Off on it's voyage to the moon in 1969</i>	17 <i>Karla Kuskin born, 1932</i> <i>Disneyland Opens In 1955</i>
18 National Caviar Day	19 ○ Stick Your Tongue Out Day	20 <i>Moon Day (First landing on the moon.)</i> International Chess Day	21 National Junk Food Day	22 Pied Piper of Hamelin Day	23 <i>Robert Quakenbush born, 1929</i> Ice Cream Cone Introduced In 1904	24 Amelia Earhart Day <i>Marvin the Martian First debuted in cartoons in 1948</i>
25 Thread the Needle Day	26 ◑ <i>Bert's Birthday (Sesame Street Character)</i> <i>Jan Berenstain born, 1923</i>	27 <i>Scott Corbett born, 1913</i> <i>Bugs Bunny First debuted in cartoons in 1940</i>	28 <i>Ernie's Birthday (Sesame Street Character)</i> <i>First Fingerprint taken</i>	29 <i>NASA Established in 1958</i> National Lasagna Day	30 National Cheesecake Day	31 <i>First US Patent Issued Granted to Samuel Hopkins in 1790</i>



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# FOOD



## Salad sans Lettuce

### Make Your Own Super Salad Without Lettuce

#### STEP 1 - Choose Veggies

**How:** Pick at least 3 different kinds of vegetables

**Why:** Utilizing more than 1 kind of vegetable keeps things interesting and provides variety of nutrients.

**Examples:** broccoli, cauliflower, bell peppers, tomatoes, cucumber, hearts of palm, artichokes, mushrooms, carrots, onions, squash, potatoes.

**Note:** Leftover veggies work great, use the ones you've already grilled or roasted. Try pre-cut and washed veggies too.

#### STEP 2 - Select a Whole Grain

**How:** Pick at least 1 whole grain.

**Why:** Whole grains provide a variety of energy-boosting nutrients and supply filling fiber.

**Examples:** quinoa, bulgur, amaranth, millet and brown rice

**Note:** The above grains cook relatively quick, so they won't take much time to prepare. Make a big batch and freeze extra for your next Super Salad.

#### STEP 3 - Add a Bean, Nut or Seed

**How:** Pick at least 1 kind of bean and/or one kind of nut and/or one kind of seed.

**Why:** Beans, nuts and seeds add more satisfaction to your salad in the way of vegetarian protein. And nuts and seeds provide healthy fats to boost that satisfaction.

**Examples:** garbanzo beans, black beans, lentils, kidney beans, cannellini beans; almonds, walnuts, peanuts, cashews, pecans, pistachios; flax seeds, chia seeds, sunflower seeds, pumpkin seeds and sesame seeds.

**Note:** Use canned beans, but drain and rinse first to remove some of the sodium.

#### STEP 4 - Pick a Protein

**How:** Pick a cheese, a meat, fish, tempeh or tofu

**Why:** We're making this Super

Salad a meal, so why not add protein and flavor to the mix?

**Examples:** Small amounts of flavorful cheeses such as feta, goat, sharp cheddar and blue cheese; fish such as light tuna, sardines, and salmon; lean meats such as chicken and turkey; tempeh, tofu or seitan.

**Note:** Buy pre-cooked or canned meats and seafood. Look for low-sodium or no-salt added varieties.

#### STEP 5 - Pick a Salad Dressing and Mix it all Up

**How:** This one is easy, just pick a salad dressing.

**Why:** Your salad needs some moisture and flavor. The dressing ties it all together!

**Examples:** Italian or vinegar and olive oil-based dressings are clean and simple and work well for many Super Salads. Or try a lemon vinaigrette or even a yogurt-based dressing.

**Note:** Use the dressing you already have! Thin it with a little water, vinegar or plain yogurt to make it stretch.

## PASTOR APPRECIATION



**Fellowship MBC Celebrates**  
Pastor Johnny Pack IV and Sis Angela Pack  
with their 29th Appreciation  
July 17th @ 3:00pm.  
4009 N. MISSOURI AVE

Guest Speaker: **Bishop Garry Tyson,**  
Pastor of Goodwill Baptist Church, Seattle, WA

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