



QR code for  
Portland Observer  
Online



## Food Goes Further

*Eat healthier for cheaper with your SNAP benefits*

See page 5



## Olympic Loss

*The Williams sisters are disappointed by their loss*

See Sports, page 8

# The Portland Observer 46

'City of Roses'



Volume XLV  
Number 32



www.portlandobserver.com  
Wednesday • August 10, 2016



Established in 1970  
Committed to Cultural Diversity

46 years of  
community service



Argay/Parkrose NET Team Leader Michael Schilmoeller emphasizes the day's game plan with other NET volunteers and leaders during a team exercise. NETs routinely hold mock disaster exercises to ensure team members are fully prepared when an actual disaster strikes.

# Empowered for Disasters

## Residential response teams form to protect us from the big one

BY CERVANTE POPE

THE PORTLAND OBSERVER

Portland's Neighborhood Emergency Team (NET) program could save your life in the event of a natural disaster. Modeled after community emergency response teams in Los Angeles and San Francisco, the teams are made up of community residents who are trained to help their neighbors when a major earthquake or other

national disaster occurs.

"We know that pretty consistently around the world, in any natural disaster be it an earthquake, tsunami or whatever, 92 to 95 percent of all the people saved are rescued by their neighbors, not by professional emergency responders," says Portland's NET Program Coordinator Jeremy Van Keuren.

The NET curriculum allows

for people to volunteer as emergency responders so they can carry out search and rescue operations effectively, but also just as importantly, safely, Van Keuren says.

"I think where you find community resilience is a good community to be in during a disaster," says Van Keuren. "One thing that data does show is that communities that have a stronger fiber tend

to bounce back from a disaster better and quicker than communities that don't."

NET volunteers go through 30 hours of training in areas like disaster preparedness, search and rescue, patient triage and disaster psychology among other areas. Basic NET training is usually but not always instructed by members of Portland Fire and Rescue.

The disaster preparation

comes from the prediction that Portland will face a devastating Cascadia Subduction Zone earthquake sometime in the future.

"It makes it really easy to throw your hands up and say 'it's such a big thing that I can't do anything about it' and I detect that a lot of people fall into despair or indifference about it. People don't

CONTINUED ON PAGE 4



## The Portland Observer

Established 1970 USPS 959 680  
4747 NE Martin Luther King, Jr. Blvd.,  
Portland, OR 97211

The Portland Observer welcomes freelance submissions. Manuscripts and photographs should be clearly labeled and will be returned if accompanied by a self addressed envelope. All created design display ads become the sole property of the newspaper and cannot be used in other publications or personal usage without the written consent of the general manager, unless the client has purchased the composition of such ad. © 2008 THE PORTLAND OBSERVER. ALL RIGHTS RESERVED, REPRODUCTION IN WHOLE OR IN PART WITHOUT PERMISSION IS PROHIBITED. The Portland Observer--Oregon's Oldest Multicultural Publication--is a member of the National Newspaper Association--Founded in 1885, and The National Advertising Representative Amalgamated Publishers, Inc, New York, NY, and The West Coast Black Publishers Association

PUBLISHER: *Mark Washington, Sr.*

EDITOR: *Michael Leighton*

EXECUTIVE DIRECTOR:

*Rakeem Washington*

ADVERTISING MANAGER: *Leonard Latin*

Office Manager/Classifieds:

*Lucinda Baldwin*

CREATIVE DIRECTOR: *Paul Neufeldt*

PUBLIC RELATIONS:

*Mark Washington, Jr.*



**AAC**  
AFRICAN AMERICAN CHAMBER  
Empowering, Enhancing and Educating  
AN AFFILIATE OF OREGON BUSINESS NETWORK

CALL 503-288-0033

FAX 503-288-0015

news@portlandobserver.com

ads@portlandobserver.com

subscription@portlandobserver.com

Postmaster: Send address changes to  
**Portland Observer, PO Box 3137,  
Portland, OR 97208**



# Dishman Pool Closure

## Remodeling sees pool closed for rest of summer

Matt Dishman Community Center's indoor pool and spa will be closed for eight weeks starting August 13 for remodeling and repairs.

The project, funded by the Parks Replacement Bond, will

*Matt Dishman Community Center indoor pool (courtesy of Portland Parks and Recreation).*

start as part of the community center's annual two week maintenance shutdown and will include resurfacing the pool and fully replacing the leaking spa, which seeps about 1,000 gallons of water a day according to Portland Parks and Recreation press release.

Matt Dishman Community Center will reopen after two weeks, though the pool is expected to reopen sometime in mid-October.

## The Week in Review

### Obama Commutes Inmates

In a bold and unprecedented move, President Obama granted clemency to 214 inmates on Wednesday, setting a record for the most inmates freed in one day. The effort is part of the administration's attempts to abate unjustly harsh prison terms for federal inmates.

### Lotus Cardroom Closing

The historic Lotus Cardroom and Café announced Wednesday that it will be closing August 20 after 92 years of business. Taking its place will be a boutique hotel. An auction of the cardroom's décor will be held on the last business day with proceeds going to the Oregon Historic Society. The Lotus will not be reopening at another location.

### Startup on the Moon

A breakthrough decision by the U.S. government Wednesday has granted permission for a non-government body to land on the moon. Private startup company Moon Express plans

to make the trip in 2017 with a small spaceship carrying commercial cargo and experiments.

### Trump Coming to PDX

News broke Thursday that Donald Trump will be stopping in Portland in late August as part of a fundraising tour along the West Coast. He'll be making stops in California before coming through town on his way to Seattle August 29-31. Reports claim Trump is adamant about winning Oregon.

### Comedian Running Hood to Coast

Funnyman and now movie star Kevin Hart announced on his YouTube channel Friday that he will be running in Oregon's Hood to Coast relay race. The 198-mile run spans from the active volcano Mt. Hood all the way out to the coastline. The race begins August 26.

### Weekend of Shootings

Four shootings took place in East Portland Saturday and Sunday, all of which are still

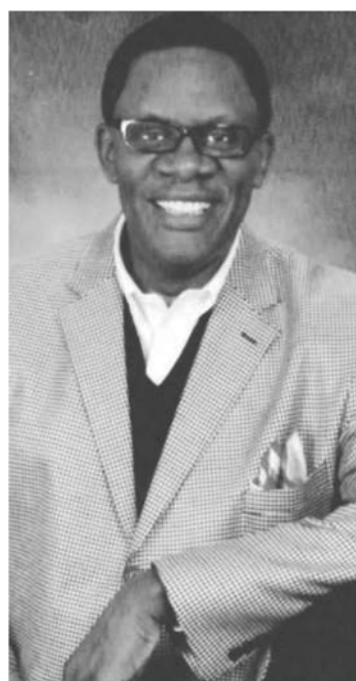
under investigation. Police responded to multiple gunshots fired at NE 9th and Holman around midnight Saturday, then again around 3:20 a.m. at NE 22nd and Glisan. East Precinct officers also arrested a man for firing shots just after 4 a.m. at Mr. Hookah café at 14919 SE Stark, and a homicide by gunfire also occurred late Sunday on NE 81st.

### PPS Hid Lead

Emails released Monday show that Portland Public Schools, well aware of the lead tainted water in their buildings as early as 2012, decided not to put warning signs up on water fixtures in schools for fear that people would panic. A district communications employee at the time tried to label the sinks, but was told by top officials not to do so.

### NoPo Motel Death

Motel staff discovered a man in his 50's dead inside a room at the Super Value Inn located off North Interstate and Killingsworth Monday afternoon. Sgt. Pete Simpson said the death is suspicious and that homicide detectives will investigate.



Dr. Billy R. Flowers

**Q:** What age groups can a chiropractor help most?  
**A:** This is like asking which age groups benefit most from good health. And yet, each age group has specific problems for which your chiropractor has specific answers.

### Infant and Young Children

Other mothers are often amazed

## THE SPINAL COLUMN™

An ongoing series of questions and answers about America's natural healing profession.

### Part 36. Healing Time

to see a mother carrying her infant out of the adjusting room. And yet, since the delivery process itself causes a high percentage of subluxations, infants to need chiropractic care.

Obviously, children and infants are treated differently than adults. There are new, highly sophisticated methods of adjusting children and infants to insure the best possible results with the least possible discomfort. Though young children can't tell you they're in pain, their irritability is often a sign of the need to be checked.

### Young Adults and Teenagers

More and more young adults and teenagers are getting involved in active sports. As a result, more and more of them are getting injured, requiring prompt chiropractic care.

Obviously half of the girls in our society develop scoliosis (curvature of the spine) during puberty. Left untreated, scoliosis keeps getting worse over time. However, it can almost always be corrected when chiropractic care is initiated in time.

Needless to say, every teenage girl should be checked regularly for scoliosis and all teenagers and young adults should see their chiropractor regularly to make sure their newly active sports lives aren't creating spinal problems they'll have to live with the rest of their lives.

### Adults

The world today is experiencing a terrible level of stress. Long work weeks, seemingly impossible deadlines and economic woes create incredible pressures. In addition,

most adults breathe in polluted air, drink chemically treated water and consume an average of nine pounds of food additives and chemical preservatives in a year, putting even more stress on their bodies. One sure way to keep the stress level from causing potentially dangerous subluxations is with regular chiropractic checkups.

### Senior Citizens

Retirement age for many people has become just plain tiresome. Aches and pins, often the result of untreated subluxations, abound. Yet it hardly seems fair that having to suffer with pain or being drugged into numbness are fair rewards for all the years of hard work.

Depending on the degree of subluxations degeneration, your chiropractor can often provide help.

For senior citizens who've been fortunate enough to suffer minimal trauma in their lives, virtually complete spinal recovery should be almost as easy as it would be for younger people.

For those who have suffered needlessly for years, your chiropractor can often slow or stop the degeneration, making life more comfortable. It is certainly worth the effort so that our senior citizens get the dignity of health care they deserve.

### Something for Everyone

As you can see, there are practically as many reasons to have regular chiropractic checkups as there are people. Make an appointment for yourself and your loved ones soon.

**Flowers Chiropractic Office**  
2124 NE Hancock  
Portland, Oregon 97212  
Phone: (503) 287-5504

### Flowers' Chiropractic Office

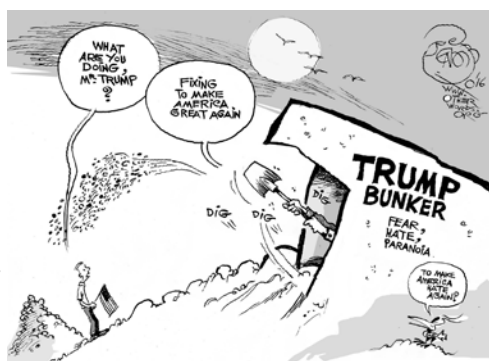
2124 NE Hancock, Portland Oregon 97212  
Phone: (503) 287-5504



# The INSIDE

The Week in Review page 2

pages 6-7  
**OPINION**



**SPORTS**



page 8



**Arts & ENTERTAINMENT**  
pages 10-13

**CLASSIFIEDS**

page 14

**CALENDAR**

page 15

page 16  
**FOOD**



This page  
Sponsored by:

**Fred Meyer**

What's on your list today?

## LOCAL NEWS



A camp along the Springwater Corridor suggests false security, though the Mayor's proposal of sanctioned encampments will make more secure outside shelters a reality. Photo by Mark Washington, Jr.

## Mayor Wants Sanctioned Camps

### New policy puts added scrutiny on homeless campers

BY CERVANTE POPE  
THE PORTLAND OBSERVER

Guidelines that allowed homeless persons to pitch tents on public properties overnight as long as they packed up by morning as well as other parts of a declared housing emergency have been rolled back in new directives by Mayor Charlie Hales.

The biggest immediate adjust-

ment comes in the now defunct Safe Sleep Guidelines that caused made many houseless individuals to believe camping was legal, said the mayor's communications director Sara Hottman.

A second significant change means that only sanctioned camps, where a non-profit takes the lead in providing certain services, will be allowed.

It means that the camping along the Springwater Corridor in southeast Portland will be swept clean and popup encampments like Hazelnut Grove, sandwiched between North Interstate and Greeley Avenues, will eventually be moved, Hottman says.

"There are still plans to move

**CONTINUED ON PAGE 4**

## Protestor Indicted

A local grand jury presented Michael Strickland, the 36-year-old videographer who brandished a gun at a Don't Shoot PDX rally in July, with 21-count indictment on Thursday.

The indictment charges Strickland with 10 counts of menacing, 10 counts of unlawful use of a weapon and one for disorderly conduct.

Each of Strickland's charges specifically cites him for instilling fear of injury in another per-

son and possession with intent to harm another person, with all of his unlawful use charges being Class C felonies and each menacing charge counting as misdemeanors.

Strickland pulled a Glock on fellow protestors and a regularly dressed Portland police officer at a Don't Shoot PDX demonstration on July 7, protesting against the deaths of two black men by police officers in Louisiana and Minnesota.



Michael Strickland

His arraignment was scheduled for August 5, with a settlement conference set for October 13.

**CORRECTION:** Last week's edition of the Portland Observer stated in the Page 2 article "Help Manage Mortgage Debt" that the foreclosure prevention and home preservation event hosted by Wells Fargo Home Mortgage and Hacienda Community Development Corp. is to take place on Sunday, August 10. The event is actually taking place on Wednesday, August 10 from 9 a.m. to 4 p.m. at the Hacienda Community Development offices, 6700 NE Killingsworth. We are sorry for any inconvenience.



Advertise  
with diversity  
in

The Portland  
Observer

Call 503-288-0033

or email  
ads@portlandobserver.com

# Tribal Liaison Appointed

The position  
marks a first for  
Portland

Mayor Charlie Hales disclosed Thursday that Patricia Davis Gibson will be the first ever Tribal Liaison for the City of Portland.

The Tribal Liaison position will work out of the Mayor's office on relationship and policy development with Native American nations and governments, as well as



Patricia Davis Gibson

with internal staff. Davis Gibson will be the leading point person for contact between City officials, bureaus and members of the tribal public.

Davis Gibson has immense tribal expertise, having held positions in Indian Country as a tribal attorney, Juvenile Justice Policy Liaison and Chief Judge. She is of the Comanche Tribe of Oklahoma, a direct descendant of Chief Ten Bears, and is also of the Seminole Nation of Oklahoma and the Muskogee Creek Nation.

"This position is long-overdue for the City of Portland, and we could not have found a better candidate to serve as our first Tribal Liaison," Mayor Hales stated in a press release.

"Ms. Davis Gibson has an incredible record of representing Native American interests across the state. With her expertise, Portland will be able to better collaborate with tribal nations and the tribal public."

Davis Gibson will start as Tribal Liaison on August 15.

Providing Insurance and Financial Services  
Home Office, Bloomington, Illinois 61710

**Ernest J. Hill, Jr.** Agent

4946 N. Vancouver Avenue,  
Portland, OR 97217  
503 286 1103 Fax 503 286 1146  
ernie.hill.h5mb@statefarm.com  
24 Hour Good Neighbor Service®

State Farm®



## Mayor Wants Sanctioned Camps

CONTINUED FROM PAGE 3

Hazelnut Grove from its current site, because the site is extremely difficult for sanitation services to access in order to empty dumpsters, portable toilets, and needle containers," says Hottman.

Officials and housing advocates want to identify a more serviceable site, and re-establish Hazelnut Grove under a nonprofit manager, per the city's "Home for Everyone" framework, she says.

Citywide, only one property out of 120 scouted sites has been

identified as a potential sanctioned camping site that could meet the new requirements and that's the Kalbrenner property, located at southeast 104th and Reedway.

Hoffman says the city is working on preparing the property, including removing vegetation and contaminated soil, installing water and electricity infrastructure and establishing a nonprofit site manager. Depending on zoning, it could hold 100 to 200 campers.

In addition to existing shelters, like one in Westmoreland that of-

fers 150 beds and the new 200-bed Hanson Shelter that just opened with the transfer of sheriff's offices in east Portland, Hottman says about 200 more shelter beds are on the way.

For the inevitable hundreds of houseless persons that won't end up with a shelter bed following the pending camp sweeps, where they will end up is still a question Hottman can't answer.

"That's a big question and that's a tough question. It'll be up to them to find hopefully a discreet place to get by."

Are you a **retailer** in  
**Multnomah County** that  
sells **tobacco** and/or  
**nicotine products**?

If so, did you know:

- Starting July 1, 2016, you are required to have a license to sell tobacco and nicotine products.
- Applications available now at:  
**mchealthinspect.org**

For more information please contact:

hlth.tobacco.prevention@multco.us or 503-988-4163



## Empowered for Disasters

CONTINUED FROM FRONT

really have a concept of it," Van Keuren says.

Despite general apathy, the program has seen an increase in interest. Applications for the program are on the rise but the diversity of those enrolled falls short of reflecting Portland's population.

"We're really trying to improve diversity in the program. It's been challenging," says Van Keuren.

At present, only 10 percent of Portland NET members classify themselves as non-white, which is a stat both Van Keuren and the NET board are hoping to change through reaching out to local organizations that work with communities of color.

"It makes a huge difference when you're actually working with those community leaders on an ongoing basis, especially when there's not a crisis or a problem to solve. Just hanging out with them and getting to know them is very important and frankly I don't think we've done that very well in our bureau."

Van Keuren says the NET teams should see themselves not so much as the people that are going to be responding to every

single problem after a disaster happens, but more like a force multiplier to the effort by public safety officials.

"We see very consistently in disasters all around the world that people come out of the woodwork and want to help. We call them Spontaneous Unaffiliated Volunteers (SUVs). They can either very greatly enhance the capacity of your response or they can really diminish it, depending on how well you manage them."

Residents interested in joining a neighborhood NET faction or that have questions or concerns regarding natural disasters, are urged to visit the Portland Bureau of Emergency Management website [portlandoregon.gov/pbem](http://portlandoregon.gov/pbem).

"It's scary, but you can empower yourself and it does make a difference. You can make a decision for yourself of how you're going to be in the event of an earthquake," Van Keuren says.

"You just have to decide whether you're going to be the person that's unprepared and needs help from everybody, or if you're going to empower yourself and be ready for it. If you empower yourself, which doesn't really take a lot of effort, you don't have to be afraid."



# Making Food Benefits Go Further

People who receive Supplemental Nutrition Assistance Program (SNAP) benefits in Oregon will see their money go twice as far with a new Double Up Food Bucks program.

The U.S. Department of Agriculture is aiming to see more fruits and vegetables in the hands of disadvantaged households by matching up to \$10 worth of food stamp benefit money when it's used to purchase produce at local farmers' markets.

"It's helping to increase access to fresh fruits and vegetables for families who are working a little harder to put food on the table," says Katie Furia, Double Up Bucks program manager. "Also, it's helpful for farmers."

Over 50 farmers markets in Oregon participate in the Double Up Food Bucks program, serving Oregon's more than 700,000 residents that receive SNAP benefits, officials said.

To receive the food bucks, recipients must go to their farmers' market info tent where they'll swipe their Oregon Trail Card in exchange tokens for the SNAP qualified food and Double Up match.

Fresh cut herbs, legumes and beans, vegetables, mushrooms and fruits all fall under what can be covered by food bucks, and recipients can still use their SNAP benefits like usual for other food items at the markets like breads, cheeses, meats and eggs.



Double Up Food Bucks is matching SNAP benefits at more than 50 participating farmers' markets in Oregon. (Photo by Mack Male/Flickr)

## Pet Station Opens at PDX

As part of ongoing efforts to provide a top-notch customer service experience, Portland International Airport has opened a pet relief area on the south end of the Concourse Connector, which connects the north and south sides of the airport.

The space allows a convenient post-security location that is not immediately adjacent to any shops, restaurants or waiting areas, ensuring a pleasant experience for all travelers—those with animals and those without, airport officials said.

While designed and intended for

service animals, the station may also be used by the many people traveling through the airports with their pets. In the interest of pet safety and passenger comfort, non-service animals should remain in their carriers at all times while in the terminal.

Changes and improvements at the airport continue as the airport undertakes a suite of major airport improvement projects aimed at providing award-winning comfort and convenience for travelers, operational efficiency, and safety

and security. In 2016, PDX won Travel + Leisure's "America's Best Airport" award for the fourth consecutive year.



PHOTO COURTESY PORT OF PORTLAND

Oregon Guide Dogs for the Blind trainers LaCrisha Kaufman (left) and LaniJo Bachmann bring their canine companions to check out the new pet relief area at Portland International Airport.

Advertise with diversity  
in  
The Portland Observer  
Call 503-288-0033  
email [ads@portlandobserver.com](mailto:ads@portlandobserver.com)

### Portland's 16th Annual DIVERSITY EMPLOYMENT DAY CAREER FAIR

Wednesday, August 24, 2016 11am - 3pm  
The Ambridge Events Center  
1333 NE MLK JR. Blvd, Portland OR 97232

Meet with the Portland TOP  
75+ Employers  
Hundreds of Jobs and Careers!  
Admission is FREE!

#### Current Employers Recruiters

State of Oregon, Comcast Oregon, Kaiser Permanente, Balfour Beatty Construction, Washington County, Providence Health & Services, OHSU, Sherwin Williams Co, National Geospace, Clark College, Entercom Portland, Q13, Oregon National Guard, Fred Meyer, PeaceHealth, Oregon Department of Transportation and many more!!

FastTrack: Don't wait in line!

Send your resume to [fasttrack@citycareerfair.com](mailto:fasttrack@citycareerfair.com)  
with **PORTLAND** in the subject line.

Open to the public. Business attire and resumes required. Ages 18+ Only  
**Please share with your Network & Friends**

  
City Career Fair  
productions

Employers: It's not too late!  
[info@citycareerfair.com](mailto:info@citycareerfair.com)

 DIVERSITY  
RECRUITERS  
NETWORK

[www.CityCareerFair.com](http://www.CityCareerFair.com)



# OPINION

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](mailto:news@portlandobserver.com).

## Progress Means Changing the Status Quo

### Defending the Preschool Promise

BY SWATI ADARKAR

Two pieces published recently in the Portland Observer ("Preschool Promise Conflict" and "Well Intended but with Devastating Consequences," July 20 issue) raise concerns about Oregon's new preschool program, Preschool Promise. The program will begin providing high-quality preschool for three- and four-year-old children from low-income families this September.

The legislation behind Preschool Promise is driven by a commitment to provide high-quality early learning environments for children across the state — a proven strategy to reduce both health and education disparities before kindergarten.

"High-quality" is not a catch phrase. It has a specific meaning



built upon the best practices and research that have yielded results for early learners, including children of color and dual language learners. Preschool Promise lifts early learning standards, increases funding to qualified providers to support equitable teacher pay with kindergarten teachers, provides full-day classes, maintains a 1:10 adult-child ratio, and calls for lead teachers with bachelor's degrees in early childhood education or a related field.

The article and opinion piece published by the Portland Observer suggest that the bachelor's degree requirement for teachers in Preschool Promise may isolate kids of color and have "devastating consequences" by reducing the number of teachers of color serving those children. They also suggest that there is no connection between a bachelor's degree and teacher quality.

Children's Institute understands these legitimate concerns about how Preschool Promise will address the need for a diverse

workforce to serve children of color. We know that creating quality goes beyond having teachers with bachelor's degrees. Preschool Promise allows for a range of education levels in the classroom; it emphasizes that family and community engagement and involvement is critical to quality early learning.

We have been truly inspired to see many examples in Oregon where parents start as classroom volunteers, get energized by the work, and further their education to become classroom assistants and beyond. This is supported and encouraged in Preschool Promise and does not undermine existing professional development programs.

Children's Institute has learned much by working with diverse families and children at our Early Works site at Earl Boyles Elementary School in southeast Portland. Families from that community have been our teachers and partners in understanding the fierce obstacles facing low-income children and families of color to achieve early school success. This

model of involvement and participation has helped shape our understanding of quality early learning and effective implementation.

Preschool Promise raises the bar for teacher education and quality in Oregon. Raising education requirements and recognizing the importance of classroom experience and training for preschool teachers has clearly demonstrated that it increases preschool quality. Research also continues to confirm that intentionally structured, high-quality preschool supports optimal development for children during their earliest years, a crucial period about which there is little disagreement: Brain development is unparalleled in the years before kindergarten and stimulating learning during this time is absolutely essential.

Further, the National Academies of Sciences, Engineering, and Medicine recently published an extensive report on transforming the early childhood workforce. Among the core recommendations is clear support for a bachelor's degree with "specialized knowledge and competencies" for early

educators working with children from birth through age eight. Federal trends and programs, including Head Start, are also moving toward requiring more lead preschool teachers to hold a bachelor's degree.

These findings and trends represent movement toward high-quality early learning systems. Oregon does not have one yet, but Children's Institute has a vision of what that system can be and what it can accomplish. As Preschool Promise launches, it serves as a call to action for Oregon: The quality of a preschool program is dependent upon the quality of its teachers. It recognizes that better educated early childhood teachers offer significantly higher quality learning environments. It's based on research that tells us well-educated teachers give children more stimulating and developmentally appropriate curricula, improved cognitive and social gains, and more responsive interactions with children that activate learning. It also recognizes that high-quality

CONTINUED ON PAGE 14

## Thinking Much About What's Healthy Eating

### My food identity dilemma

BY AVA RICHARDSON

Why do we eat what we eat?

Many of us eat foods that are familiar, convenient, and that simply taste good, without thinking much about why we make the choices we do.



For others — myself included — there's a constant struggle to determine what's healthy, both for ourselves and for the planet. The dietary habits we maintain become part of our identities.

But thanks to conflicting information, evolving norms, and endless confusion about what counts as "healthy," it's getting harder to settle comfortably into our choices.

I call it my food identity dilemma. And believe me, it's been a long journey.

I've cycled through both veganism and vegetarianism. I dabbled for a time in pescatarianism (eating fish, eggs, and dairy, but no other meats), raw foodism (consuming only raw fruits, vegetables, and legumes), and hardcore locavorism (buying only food grown within a 3-5 hour driving distance), among other diets.

The most challenging — and most rewarding — diet I tried was raw-food veganism. Benefits included clearer skin, a better mood, and a healthier weight, at least for me. But learning to prepare raw vegan food was difficult. So was the fact that virtually all of my friends were omnivores. On social occasions, it was often either "eat before you go" or go hungry.

At other times I tried out the paleo fad, intermittent fasting, high-carb diets, low-carb diets, and so many more. My changing diets have been part of an ever-shifting understanding of what it takes to achieve optimal health while supporting a more sustainable food system.

For more casual eaters, just figuring out what counts as "healthy" is tough enough. I'm always trying to stay updated on the latest research, and even I struggle with it.

In a recent New York Times survey, for instance, 71 percent of Americans viewed the ubiquitous granola bar as healthy, compared to just 21 percent of nutritionists. Similar gaps existed for regular granola and foods like frozen yogurt, with the public perceiving them as much healthier than the nutritionists.

Here's what the nutritionists know that the rest of us may not:

All those foods contain lots of added sugars, which new research suggests are much more problematic than the fats we used to fret about (and which many eaters still do). In fact, many fats are now considered okay in moderation, while others — such as coconut oil or fats from nuts — are even touted as "super foods."

Even the government, which stuck to the old "food pyramid" for decades, is revisiting its regulations.

The Food and Drug Administration recently announced an update of its years-old nutrition

labels to emphasize added sugars and to clarify serving sizes, among other changes. And the agency is cracking down on companies that throw around the term "healthy" for snack foods like those granola bars.

Still there are debates, like the never-ending quarrel over carbs: the good carbs, the bad carbs, and the unmentionable. Naturally, different diet fads offer conflicting advice about how to include carbs in a healthy, balanced diet.

At times, I have to admit, I became rather pretentious in my quest for a healthy, well-balanced diet. I started thinking my food habits were far superior to those of my peers.

But now I've come to appreciate how much we still have to learn about nutrition — me and everyone else. It's helped me learn to be humble. In the end, my food identity may remain as ever-changing as our understanding of the relationship between food and health.

It's enlightening, in a way. And occasionally delicious.

Ava Richardson is a New Economy Maryland fellow at the Institute for Policy Studies. Distributed by OtherWords.org.

### The Law Offices of Patrick John Sweeney, P.C.

Patrick John Sweeney  
Attorney at Law

1549 SE Ladd, Portland, Oregon

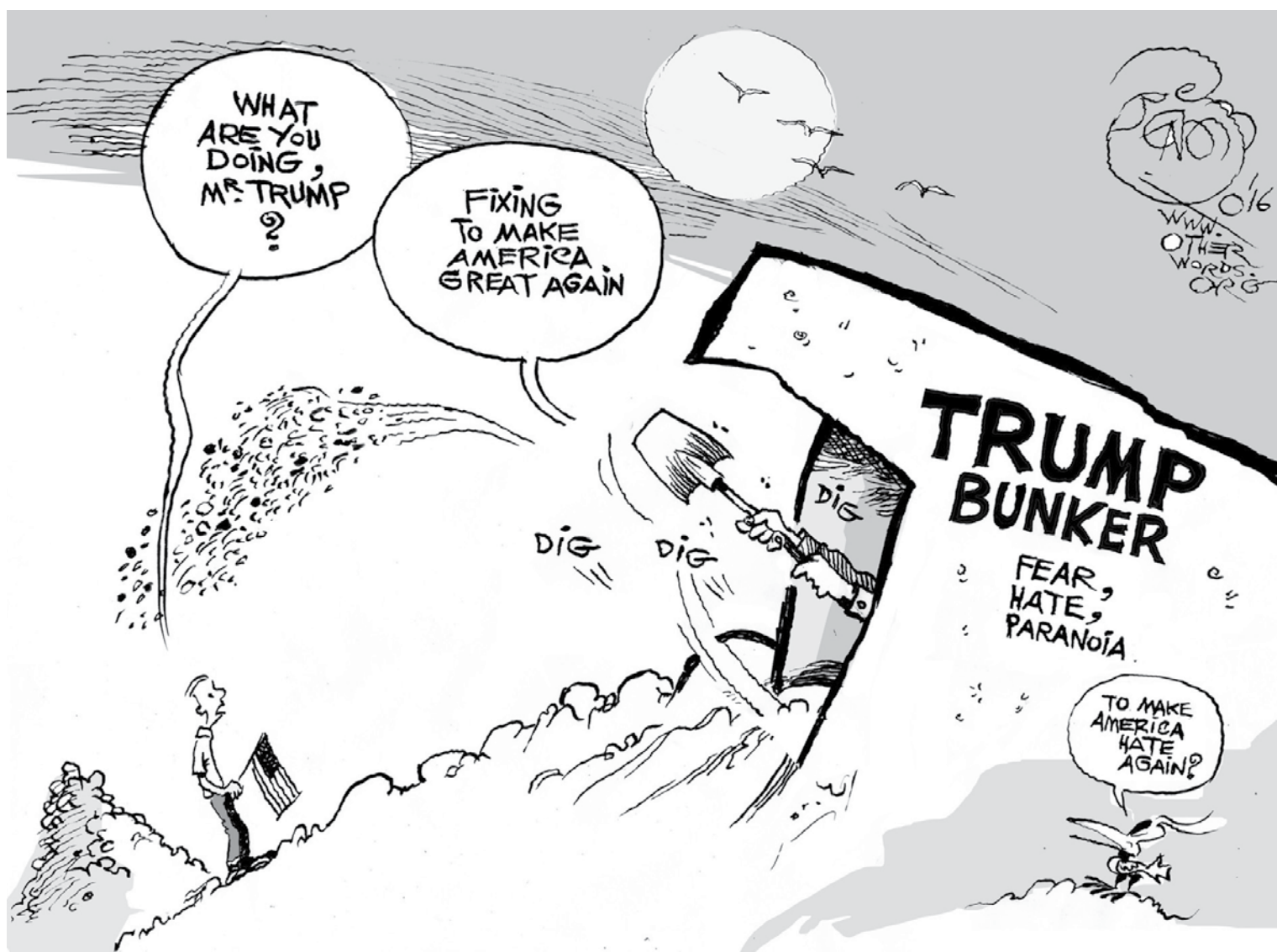
Portland: (503) 244-2080

Hillsboro: (503) 244-2081

Facsimile: (503) 244-2084

Email: [Sweeney@PDXLawyer.com](mailto:Sweeney@PDXLawyer.com)

## OPINION



## Sacrifice Muslim Soldier Shouldn't Have Had to Make

## Clinton's record is much bloodier

BY PETER CERTO

It was impossible not to be moved as Khizr and Ghazala Khan, two Muslim immigrants from Pakistan, stood before the Democratic National Convention and mourned their son Humayun, a U.S. soldier who'd been killed in Iraq.

Humayun, his grieving father recalled, was "the best of America." Yet if it were up to Donald Trump, Khan said, the slain soldier "never would have been in America." It was a compelling rebuke to the GOP nominee's unrepentant calls to banish Muslims and immigrants alike.

Trump, in his fashion, responded poorly. The billionaire insisted that, like the Khans, he's "made a lot of sacrifices." He sneered that perhaps the bereaved Ghazala had remained silent on stage because "she wasn't allowed" to talk.



It was sad and ugly. But amid the word salad was a kernel of truth: "Hillary voted for the Iraq war," Trump cried, "not me!"

There at least, he wasn't wrong.

As a senator from New York, Clinton not only voted for the war, but was among its most vocal supporters in either party, eagerly rehashing the Bush administration's claims that Saddam Hussein was developing weapons of mass destruction.

"I stand by the vote," Clinton told the Council on Foreign Relations in late 2003, when those weapons had failed to materialize. Six months later, Humayun Khan was killed by a car bomb in Iraq. He was one of 4,424 U.S. soldiers to die in that war — along with perhaps up to a million Iraqi civilians.

The war in which Khan gave his life has been a political football for so long that it's become hard to appreciate just what an enormous catastrophe it was — and remains. The invasion exploded sectarian tensions across the Middle East and led directly to the rise of ISIS.

As the worst refugee cri-

sis since World War II unfolds across the Middle East and Europe — and as ISIS terrorists murder innocents from Baghdad to Belgium to San Bernardino — the gaping wound we opened in Iraq sits beneath it all like a black hole, eviscerating human lives at a ferocious speed even 13 years later.

Yet as late as her first presidential bid, Clinton refused to apologize for supporting the invasion. If you're looking for "someone who did not cast that vote or has said his vote was a mistake," she told Democratic voters in 2007, "there are others to choose from."

As her polling numbers soured, Clinton eventually did cop to making a "mistake" on Iraq. But that didn't stop her, once she joined Obama's administration, from supporting escalation in Afghanistan, deeper involvement in Syria, and intervention in Libya's civil war, which also ended disastrously.

As a presidential candidate this year, Clinton remains committed to launching a "no-fly zone" in Syria. What could go wrong?

Well, in Iraq, a no-fly zone gave way to a full-scale invasion. In Libya, it gave way to regime change and a civil war. Both countries became basket cases and ISIS strongholds, leading the Obama administration to launch new wars in each afterward — most recently with a huge U.S. bombing raid on Sirte, Libya.

Is there any reason to expect Syria to turn out better?

Clinton's rhetoric on the Muslim world might be friendlier than Trump's, but her record is much bloodier. Even while she condemns Trump's erratic statements on foreign policy, there's no evidence she sees any need to redraw her own hawkish playbook.

The Humayun Khans of America, who freely offer their lives to protect their country, deserve a better approach — one based on diplomacy and human rights. And so do the millions of people of the Middle East, Muslim and otherwise.

*OtherWords.org editor Peter Certo writes about foreign policy for the Institute for Policy Studies.*



**Your Carpet  
Best Cleaning  
Choice**

## Martin Cleaning Service

**Carpet & Upholstery  
Cleaning  
Residential &  
Commercial Services**  
Minimum Service CHG.  
\$45.00

A small distance/travel  
charge may be applied

### CARPET CLEANING

**2 Cleaning Areas or  
more \$30.00 Each Area**

**Pre-Spray Traffic Areas**  
(Includes: 1 small Hallway)

**1 Cleaning Area (only)**  
\$40.00

Includes Pre-Spray Traffic Area  
(Hallway Extra)

**Stairs (12-16 stairs - With  
Other Services): \$25.00**

**Area/Oriental Rugs:**  
\$25.00 Minimum

**Area/Oriental Rugs (Wool):**  
\$40.00 Minimum

**Heavily Soiled Area:**  
Additional \$10.00 each area  
(Requiring Extensive Pre-Spraying)

### UPHOLSTERY CLEANING

Sofa: \$69.00

Loveseat: \$49.00

Sectional: \$109 - \$139

Chair or Recliner: \$25 - \$49

Throw Pillows (Wash & Dry)  
Other Services): \$5.00

### ADDITIONAL SERVICES

- Area & Oriental Rug Cleaning
- Auto/Boat/RV Cleaning
- Deodorizing & Pet Odor Treatment
- Spot & Stain Removal Service
- Scotchguard Protection
- Minor Water Damage Services



**SEE CURRENT FLYER  
FOR ADDITIONAL  
PRICES & SERVICES**  
**Call for Appointment**  
**(503) 281-3949**



# SPORTS

## Williams Sister Olympic Loss First time loss in the doubles tennis match

Serena and Venus Williams never had lost an Olympic doubles match until Sunday night, going 15-0 and earning three gold medals together.

Their first-round opponents at the Rio de Janeiro Games, the Czech Republic's Lucie Safarova and Barbora Strycova, never had won any sort of match as a pair, at any event. And they had zero wins between them in Olympic doubles competition, going a combined 0-3 with other partners.

So it was rather stunning, to say the least, when the Williams sisters were beaten 6-3, 6-4 by Safarova and Strycova in the first round in Rio.

"We played terrible," Serena said, "and it showed in the results."

The American duo was seeded No. 1 and coming off a 14th Grand Slam championship together at Wimbledon a month ago.

The Czechs, meanwhile, are unseeded. And get this: They weren't even supposed to be playing together at the Olympics. Strycova was a late replacement for Karolina Pliskova, who withdrew from the tournament.

Indeed, Strycova and Safarova only had played one match as a team before Sunday — and they lost that, in a Fed Cup match last year.

"That's true, but we are really good friends. We know each other's games," said Strycova, never better than a doubles semifinalist at a Grand Slam tournament. "I know what I have to do on the court, and she knows what she has to do."

Safarova is a strong doubles player, and she won two major titles in 2015 with Bethanie Mat-



CHARLES KRUPA/AP

Venus Williams, right, discusses their point loss with sister Serena in the doubles match against Czech Republic players Barbora Strycova and Lucie Safarova.

tek-Sands of the United States.

When the Czechs found out who they'd be facing to start things off in Brazil, Safarova said their reaction was: "The draw could be better."

And then she and Strycova started laughing.

"But it was a challenge," Safarova continued, "and we love challenges. We had nothing to lose. We stepped out there today and played a great game and deserved to win."

This was the 34-year-old Serena's second match of the day: The 22-time major singles champion won her first-rounder in that event earlier Sunday. The 36-year-old

Venus, meanwhile, now has two first-round exits at the Rio Olympics, because she was beaten in singles on Saturday night.

After that defeat, Venus did not meet with reporters, but U.S. women's Olympic tennis coach Mary Joe Fernandez said that the seven-time major singles champion had been sick since before she arrived in Brazil. Fernandez also said Venus was dealing with cramping, dehydration and an upset stomach after Saturday's loss.

In the doubles, played under the lights, when occasional chants of "USA!" would rise from some

CONTINUED ON PAGE 14

**LoribyDesignn**  
www.loribydesignn.com

•Lori A. Martin•  
Custom Memorial Keepsakes  
971.888.4099  
Memorial Folders  
Video Presentations  
Web Designs

*Honoring the Home-Going  
Mary Lee Lewis*

*I have fought a good fight, I have finished my course.  
I have kept the faith. Henceforth there is laid up for me a crown of  
righteousness, which the Lord, the righteous judge, shall give me at that  
day: and not only to me, but to all those who love his appearing.*  
— II Timothy 4:7-8

**I@RNVAULT**  
LEGAL SERVICES

**EFREM LAWRENCE, ESQ.**  
Attorney at Law

efrem@iarnvault.com  
503-293-3550

Child Support & Custody  
■  
Motor Vehicle Accidents

## Little League World Series Alpenrose Dairy Hosts youth softball players play Portland for 23rd consecutive time

Beginning August 9, young softball players will travel to Portland from around the world to play the Little League Softball World Series, hosted again by Alpenrose Dairy.

There are 31 games in the series featuring four world teams from Africa/Europe, Latin America, Asia Pacific and Canada, with the United States represented by the East, West, Southwest, Southeast, Central, and Oregon District 4 teams.

An opening ceremony will be held on August 9 with games beginning on August 10 and running through the August 17 World Championship. There will be 4-5 games each day taking place between 10:00 a.m. and 7:00 p.m., with a few games on the 16th and 17th broadcasting on ESPN 2.

Admission to the Little League Softball World Series is free and held on the Alpenrose Dairy premises, located at 6149 Southwest Shattuck Road.





Mississippi  
Alberta  
North Portland

Vancouver  
East County  
Beaverton




# Rhythms of Africa

Gerald Ramsey stars as Mufasa in Disney's *The Lion King*, now playing at Keller Auditorium through Sept. 4. Fusing popular music and the distinctive sounds and rhythms of Africa, the *Lion King* has been one of the most popular stage musicals in the world since its Broadway premiere in 1997. For tickets, call 503-241-1802, visit [broadwayinportland.com](http://broadwayinportland.com) or any TicketsWest location.



Arts & ENTERTAINMENT



**REGGIE HOUSTON'S C'EX ALL STAR COMING SOON...**

6/5 Summer Time  
6/19 Happy Father's Day  
7/3 Happy Blue's Festival  
7/17 Janice's Birthday Dedication  
7/31 Hot Fun in the Summer time  
8/14 Family Fun Day  
8/28 BBQ Sauce Day  
9/11 Early Autumn  
9/25 Wayne's Birthday Bash

**Cannon Rib's Express presents**

**REGGIE HOUSTON'S C'EX ALL STAR**

Sunday 5pm - 8pm

5401 NE 33<sup>rd</sup> Ave, Portland OR 97211  
503-288-3836



Legendary saxophonist Chico Freeman.

ASHLAND 2016



**HOT SUMMER NIGHTS**

ELEVEN PLAYS IN THREE THEATRES • FEBRUARY 19-OCTOBER 30  
Twelfth Night • Great Expectations • The River Bride • Roe • Timon of Athens  
• The Yeomen of the Guard • Vietgone • Richard II • Hamlet • The Wiz • The Winter's Tale

*The Wiz: Yvette Monique Clark and Ensemble* Call 800-219-8161 or visit [osfashland.org](http://osfashland.org)

Oregon Shakespeare Festival

Live at Jimmy Mak's

PDX Jazz is bringing Chicago's legendary saxophonist Chico Freeman to Portland for two shows, Friday, Aug. 12 at Jimmy Mak's, downtown.

The son of famous hard bop sax player Von Freeman, Chico has carved out his own niche in the world of jazz over the course of his 40 plus year career. In 1976, he released his first full length as a bandleader and has gone on to release over 30 albums as well as collaborating with McCoy Tyner, Jack DeJohnette, Wynton Marsalis, Kenny Barron, George Cables, Branford Marsalis, Cecil McBee, and Elvin Jones over the years among others.

His newest project, Chico Freeman Plus+tet, a band that features Luke Carlos O'Reilly (piano), Kenny Davis (bass) and Michael Baker (drums) is a force to be reckoned with as he explores rich melodies framed within a diverse array of musical styles including hip hop, funk, bebop, post-bop, and the blues.

Alberta Street Fair Saturday

An eclectic mix of activities and events that best showcase what could only be found on Alberta Street will highlight the Alberta Street Fair, presented by Legacy-GoHealth Urgent Care.

The 19th annual event takes place Saturday, Aug. 13 all along Northeast Alberta from Martin Luther King Jr. Boulevard to

Northeast 33rd Avenue, featuring entertainment, music, vendors, food and drink for people of all ages.

Hosted by Alberta Main Street, the fair continues to be one of Portland's most beloved neighborhood street festivals, drawing more than 25,000 people annually.

**Subscribe!** *The Portland Observer*

503-288-0033 Fill Out & Send To:

Attn: Subscriptions, PO Box 3137, Portland OR 97208  
\$45.00 for 3 months • \$80.00 for 6 mo. • \$125.00 for 1 year  
(please include check with this subscription form)

Name: \_\_\_\_\_  
Telephone: \_\_\_\_\_  
Address: \_\_\_\_\_  
or email [subscriptions@portlandobserver.com](mailto:subscriptions@portlandobserver.com)

Upholstery Cleaning • Sofa/Loveseat • Pet Stains • Flood Restorations



**A1regon**  
CARPET CLEANING & STEAMER

503-705-2587

Ph.: (503) 705-2587 [www.a1regon.com](http://www.a1regon.com)  
Grout Cleaning

**2 Rooms + Hall**  
**\$59<sup>95</sup>**

**Complete House**  
**\$109<sup>95</sup>**  
With Free Deoderizer

**We Also Do Janitorial Services**

**Licensed • Bonded • Insured**

**Carpet Cleaning**

Spot/Stain Removal • 24 Hour Flood Service  
Upholstery Cleaning • Area Rug Cleaning • Dry Time 2-4 Hours  
Free Estimates • Available Weekends



# Arts & ENTERTAINMENT

## International Foods and Crafts



Entertainment, food and craft vendors from around the world draw people to the Beaverton Night Market, returning Friday, Aug. 13 from 6 p.m. to 10 p.m.

Envisioned as a vibrant, intercultural event reminiscent of night markets around the world, the Beaverton Night Market will return on Saturday, Aug. 13 from 6 to 10 p.m. at The Round, located just off the Beaverton Central MAX stop.

Exhibitors will share hand-made crafts and goods from their cultures. Visitors can sample delicacies from East Africa, Lebanon, Mexico, India, Korea and more.

Featured performances will include Japanese Taiko drumming, Native American dance, popular 2015 headliner Mbrascatu, and more.

"It's amazing to see how the market brings our community together," said Monica Estrella, Diversity Advisory Board and night market planning committee member. "The Beaverton Night Market demonstrates that together all cultures make a greater future. I feel that I'm helping our city get stronger."



**Showdogs** is a full service salon. We do baths, all over hair cuts, tooth brushing, nail trims, soft claws, flea treatments, mud baths, and ear cleaning. We also have health care and grooming products to keep your pet clean in between visits.

### Show Dogs Grooming Salon & Boutique

926 N. Lombard  
Portland, OR 97217  
**503-283-1177**

**Tuesday-Saturday** 9am-7pm  
**Monday** 10am-4pm

*Yo dawg is gonna look like a show dawg  
and your kitty will be pretty.*

## 1480 KBMS

**Take Us To Work, Home Or Play**

Listen Live At [Portlandmedium.com](http://Portlandmedium.com)  
(Click On KBMS icon)

### MONDAY - FRIDAY

12 Midnight - 3 A.M.  
MIKE SHANNON

3 A.M. - 7 A.M.  
TOM JOYNER

7 A.M. - 10 A.M.  
TONI TERRELL

10 A.M. - 1 P.M.  
REV. AL SHARPTON  
(KEEPING IT REAL)

1 P.M. - 3 P.M.  
KENNY SMOOV

3 P.M. - 7 P.M.  
D.L. HUGHLEY

7 P.M. - 9 P.M.  
PAPA SMURF

9 P.M. - 12 Midnight  
MIKE SHANNON

### SUNDAY

12 Midnight - 3 A.M.  
MIKE SHANNON

3 A.M. - 6 A.M.  
TOYA BEASLEY

6 A.M. - 12 NOON  
SUNDAY MORNING GOSPEL  
W/ANGELA

12 NOON - 1 P.M.  
HIGHLAND C.C. LIVE  
BROADCAST

1 P.M. - 4 P.M.  
PAPA SMURF

4 P.M. - 12 Midnight  
DOUGLAS WILLIAMS



Rev. Al Sharpton  
10am - 1pm



D. L. Hughley  
3pm - 7pm



Tom Joyner  
3am - 7am

**KBMS Radio**  
**1480 AM**  
Portland's best music station



# BUSINESS Guide



**\$5.00 TEES**

CLUBS  
FAMILY REUNIONS  
SCHOOL CLUBS  
BUSINESSES  
SCREEN PRINTING

**503-762-6042**

**971-570-8214**

## Double J Tires

New & Used Tires

### Overstock & Used Tires

\$20 & up Priced To Sell  
All tires mounted & balanced  
on the car, out the door – no  
additives.

Free stock wheels w/ purchase of  
any new or used tire

*limited to stock on hand 30 years  
in business*

2 locations to Serve You

6841 NE MLK, Portland  
503-283-9437

4510 SE 52<sup>nd</sup> & Holgate  
503-771-1834

**A.G. WARDS**

**Auto Body**

agwards@gmail.com



**Free Estimates**

810 N. Rosa Parks Way, Portland, OR 97217  
**503 719 5907 503 544-0947**

*Kim's International  
Auto Repair Inc.*

HOT DEAL!

**10%**

**Discount on**

**Brake Jobs!**

–With this coupon–

7510 NE Glisan St.

503.253.9548



## PLATINUM FADE SALON

**Sherman Jackson**  
cell 503-891-5905

**M-F 9:00am-9:00pm**  
**Sat 8:00am-9:00pm**  
**Sun 11:00am-6:00pm**

**5010 NE 9th, Unit A**  
**Portland, Oregon 97211**  
**503-284-2989**

**PETER CLARKE**



Broker Licensed in Oregon  
503-333-5809

peter@livingroomre.com



**LIVING ROOM  
REALTY**

Advertise  
with diversity  
in

The Portland  
Observer

**BUSINESS  
GUIDE**

Call 503-288-0033

ads@portlandobserver.com

# Arts & ENTERTAINMENT

## ENTERTAINMENT GUIDE

### Music Millennium Free

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



**Providence Bridge Pedal --** It's the one time of the year cyclists can enjoy the view from the decks of Portland's tallest bridges without cars, including the new Sellwood Bridge. The 21st annual Providence Bridge Pedal takes place Sunday, Aug. 14. There's a 37-mile ride for cycling enthusiasts; shorter family-friendly routes; and a walk for those who don't pedal. Register, view the routes and learn more at providencebridgepedal.org.



**'Jesus Christ Superstar' Rock Out --** The spectacular musical Jesus Christ Superstar is now playing at Post 5 Theatre, 1666 S.E. Lambert in Sellwood. Performances start at 8 p.m. each Thursday through Sunday until Saturday, Aug. 20. Tickets will be available at the door or may be purchased at boxofficeickets.com.

**World War II Heroes Honored --** You're invited to join a "Spirit of '45 Day" ceremony of honor, gratitude and remembrance to recognize the incredible contributions of the World War II generation, on Sunday, Aug. 14 at 11 a.m. at Willamette National Cemetery in southeast Portland. The event will include full military honors, color guard, patriotic music, and traditional salute of 21 guns and taps.

### Soulful Line Dance

**Workout --** Join Sistahs4Life for a Soulful Line Dance Workout each Wednesday 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

**Summer Story Time --** Parents and children of all ages are invited to drop in for 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.

**Norman Sylvester --** Boogie Cat Norman Sylvester and his band play Saturday, Aug. 13 at 3 p.m. at Bantu Island for the Alberta Street Fair, and at 9 p.m. at the Spare Room; Sunday, Aug. 14 at 4 p.m. at the Elephant Garlic Festival in North Plains; Friday, Aug. 26 at 9 p.m. at Clyde's; Sunday, Aug. 28 at 6 p.m. at Lake Oswego's Millennium Park; and Wednesday, Aug. 31 at 6:30 p.m. at Ball-Michel Park in Milwaukie.



**Blast Off to Space Exploration --** The Oregon Museum of Science and Industry (OMSI) takes 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.

**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.

**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 feed and clothe Portland one person at a time. For more information, call Nydia Campbell-Pullom at 503-317-1089.

## PORTLAND PIONEERS OF COLOR WALKING TOURS (on FaceBook)

**FREE**

**Saturday, August 20th at 10:30am**

**"ALBINA COMMUNITY DISPLACEMENT TOUR BY MEMORIAL COLISEUM"**  
10:30am tour will meet on corner of N. Broadway & Larrabee underneath Coliseum sign

**1PM – "EARLY PIONEERS DOWNTOWN TOUR, 1859-1900"**

Downtown tour, \$5 per adult.

1pm tour will meet on corner of SW 1st and Ankeny,  
next to Portland Saturday Market

portlandpioneersofcolortours@yahoo.com



# Arts & ENTERTAINMENT



'Noodle Luge' a popular Japanese pastime, will make its debut Sunday, Aug. 14 at the King Portland Farmers Market in northeast Portland.

## Noodle Games at King Market

Blending food and fun, the King Portland Farmers Market is teaming up with Umi Organic to host an appetizing take on an Olympic game and popular Japanese pastime.

Nagashi Somen translates into "Noodle Luge," which is a yummy incarnation of a traditional athletic sport that rewards players with healthy, organic and locally produced meals.

Participants of all ages can line

up along a bamboo flume filled with running water. Using a bowl and chopsticks, the players then try to catch as many Umi Organic ramen noodles as they can as the noodles flow down the flume. The next leg of the competition involves adding Umi Organic sauce and an array of fresh and local vegetables at the salad bar, hosted by the farmers market and its numerous vendors.

The Umi Organic Noodle Luge will be held at the King Portland Farmers Market at the corner of Northeast Wygant Street and 7th Avenue on Sunday, August 14.

## SECURITY MONITORING SYSTEMS

**Now Available!**

**Monitor Home, Apartments/Business from the convenience of your Cell phone & More!!! Interested?**

Call Ruth Pitts-London – (503) 908-0335, or (360) 723-8497 or visit <https://www.247helpalert.com/5258> & download app. and complete the online application to apply:

- Credit Scores required; Financing possible,
- Churches, Nonprofits, and Seniors encouraged to apply,
- Applications accepted beginning: Wednesday, 8/15 by phone, Thursday, 8/16, Walk-ins & Calls welcome. Walk-ins accepted on Tuesdays, Wednesdays, & Thursdays ONLY Starting Tuesday, 8/14/2016; 10 A.M. – 12:00 Noon & 1– 5 P.M. ALL other days by Appointment ONLY during the month of August ONLY
- Agents/Associates/Recruiters Needed!!!

- Regular Met & Greet held every Tuesday at 7:15 P.M.,
  - 8800 SE Sunnyside Road, Clackamas Promenade Bldg., Suite 313-S, 3rd Floor,
  - Portland , Oregon 97015 24/7 Security Home Guard opportunity,
- Sponsored by Elite Realty Services(ERS).



Cori Stewart--  
Owner, Operator

## Avalon Flowers

520 SW 3rd Ave., Portland,  
OR 97204 • 503-796-9250

*A full service flower experience*

- Birthdays • Anniversaries
- Funerals • Weddings

**Open: Mon.-Fri. 7:30am til 5:30pm**

**Saturday 9am til 2pm.**

Website: [avalonflowerspdx.com](http://avalonflowerspdx.com)

email: [avalonflowers@msn.com](mailto:avalonflowers@msn.com)

We Offer Wire Services

[WWW.BOWEIVEL.COM](http://WWW.BOWEIVEL.COM)

# Boweivel

CLASSIC CUTS & LAWN CARE MAINTENANCE

For free estimates call  
Owner James Wimbish at:

**503-890-4826**



Mowing, Edging & Trimming • Pruning, Tilling, & Gardening  
Clean-Up & Hauling • Leaf & Debris Removal • Composting  
Yard Maintenance • Bark Dusting • Power- Washing • & More!

Commercial & Residential Services

"Your satisfaction is my guarantee"



"Dedicated to providing excellent service  
and superior care of your loved one"

**Funerals • Memorial Services • Cremation • Preplanning**

**[www.terryfamilyfuneralhome.com](http://www.terryfamilyfuneralhome.com)**

*Funeral Home staff available 24 hours*

**503-249-1788**

2337 N Williams Ave  
Portland, Or 97227



Bring in ad to redeem for a FREE  
"Putting My House In Order"  
Pre-planning guide.



# CLASSIFIED/BIDS

## The Portland Observer Newspaper

need's a driver for delivery of paper...

Wednesday's only.

Must have car and Insurance.

If interested email: [ads@portlandobserver.com](mailto:ads@portlandobserver.com)

or call **503 288-0033**

### SUB BIDS REQUESTED

#### Multnomah County Central Courthouse

Portland, Oregon

#### BidPackage:Walls/Ceilings/MillworkTradePartners

Proposals Due: **August 16 2:00pm**

Bid Documents: [www.hoffmancorp.com/subcontractors](http://www.hoffmancorp.com/subcontractors)



805 SW Broadway, Suite 2100, Portland, OR 97205  
Phone (503) 221-8811 • Bid Fax (503) 221-8888

BIDS@hoffmancorp.com

Hoffman is an equal opportunity employer and requests sub-bids from all interested firms including disadvantaged, minority, women, disabled veterans and emerging small business enterprises

OR CCB#28417 / LIC HOFFMCC164NC

### Drivers: Local, Home Nightly!

Portland Refer &  
Hillsboro Flatbed.  
Great Pay, Benefits!  
CDL-A, 1yr Exp. Req.  
Estenson Logistics  
Apply [www.goelc.com](http://www.goelc.com)  
1-855-420-1374



Metro operates the Oregon Convention Center, Oregon Zoo, Portland's Centers for the Arts and Expo Center and provides transportation planning, recycling, natural area and other services to the region.

Visit [www.oregonmetro.gov/jobs](http://www.oregonmetro.gov/jobs) for current openings and a link to our online hiring center.

Metro is an Affirmative Action /  
Equal Opportunity Employer



**Audio Visual Production Supervisor**, Oregon Convention Center, \$52,490.00 - \$76,111.00 annually. Deadline: 08/12/2016

These opportunities are open to First Opportunity Target Area (FOTA) residents: This area includes the following zip codes located primarily in N, NE and a small portion of SE Portland: 97024, 97030, 97203, 97211, 97212, 97213, 97216, 97217, 97218, 97220, 97227, 97230, 97233, 97236, and 97266, whose total annual income was less than \$47,000 for a household of up to two individuals or less than \$65,000 for a household of three or more.

To apply: visit our web site at: [www.oregonmetro.gov/jobs](http://www.oregonmetro.gov/jobs) for the complete job announcement and a link to our online hiring center or visit our lobby kiosk at Metro, 600 NE Grand Ave, Portland.

Metro is an Affirmative Action /  
Equal Opportunity Employer

### Security Officer/Vehicle Operator

Troutdale, Oregon

Must have High School Diploma or GED; 2 yrs experience or combination education & experience; obtain OR Dept of Public Safety Standards Training (DPSST) certification within 10 days of hire; CDL permit & medical certification within 90 days. Training provided. \$14.16 hr + benefits. For job description or to apply go to <http://www.chugach.com/careers>. #OR010062. Women, veterans, minorities encouraged to apply. We are an Equal Opportunity Employer!

### Academic Instructors

PIVOT Job Corps Center, located in Northwest Portland, has 2 openings for year 'round instructors. Teach academics to youth ages 16-24 to enable them to obtain their GED and/or H.S. Diploma. Valid Oregon Teaching License required. Math Endorsement and 1 year teaching exp. preferred. Job #8678BR

### Medical Office Support Instructor

Prepare students for careers in the Medical Office Support field. Professional certification in the medical office field and computer proficiency required. 1 year instructional exp. preferred. Job #8695BR

### Apply at:

[www.mtcjobs.com](http://www.mtcjobs.com). Women, veterans, minority, persons with disabilities encouraged to apply. We are an Equal Opportunity Employer! \$43,704.96 + benefits package. Open until filled.

## Subscribe!

503-288-0033

Fill Out & Send To:

The Portland Observer

Attn: Subscriptions,  
PO Box 3137,  
Portland OR 97208  
\$45.00 for 3 months  
\$80.00 for 6 mo.  
\$125.00 for 1 year  
(please include  
check with this  
subscription form)

Name: \_\_\_\_\_

Telephone: \_\_\_\_\_

Address: \_\_\_\_\_

or email [subscriptions@portlandobserver.com](mailto:subscriptions@portlandobserver.com)

## Progress Means Changing the Status Quo

### CONTINUED FROM PAGE 6

early childhood education requires specialized skills and training, and that teachers with those attributes should be compensated on the same scale as their K-12 peers.

Preschool Promise is part of a crucial effort to help Oregon change the status quo, to truly change the trajectory for our most vulnerable children and families. It will elevate the early learning workforce, pay teachers equitably, and prepare educators to deliver high-quality preschool. And it will help the state bolster its commitment to high-quality programming that will unequivocally change lives.

But Preschool Promise is merely at its starting point. We need to push to support what we've set in motion to strengthen early learning and improve education and health outcomes for our disadvantaged children and families. The vision for Preschool Promise will only be met if advocates and state leaders pull together and commit to supporting high-quality implementation and ensuring there are pathways to education and training. They also have to support the funding to back it.

To serve more low-income children, Oregon needs to invest more. In this coming legislative session, we will push for increased fund-

ing for Preschool Promise, more support for professional development, and a focus on implementation and evaluation to support improvement and measure child outcomes. We will also push for more opportunities and financial support for culturally, ethnically, and linguistically diverse teachers to increase their education.

Preschool Promise is a smart, strategic public investment for Oregon. But the work has just begun. Preschool Promise can only deliver if we sufficiently invest and support a quality workforce.

We engage in this work fully aware of the significant challenges facing low-income families and children of color. But we also believe we can succeed in changing life outcomes with coordinated efforts by families, advocates, schools, community members, and state leaders. Together we must remove obstacles and fulfill the vision that all children, no matter their income or race, will be able to achieve school and life success.

*Swati Adarkar is president and chief executive officer of the Children's Institute, a Portland-based nonprofit that is committed to all children being prepared for success in school and life, promoting cost-effective public and private investment in our children pre-birth through third grade.*

## Williams Sister Olympic Loss

### CONTINUED FROM PAGE 8

spectators, other members of the crowd would respond with boos.

Safarova and Strycova did their best to keep hitting shots toward Venus when she was at the baseline, while Serena was left to stand near the net and watch those exchanges.

"I wasn't playing the way I needed to play," Serena said. "I wasn't crossing the way I need to cross."

The Williams sisters appeared

to be getting back into the match in the second set, which was even at 4-all.

But Venus got broken there, allowing Strycova to serve out the surprising victory.

"Lucie was playing unbelievable from the baseline," Strycova said. "She was hitting amazing winners, returns."

At that point, Safarova interjected: "And Barbora was a magician at the net."

*-The Associated Press*

## LEGAL NOTICES



Need to publish a court document or notice? Need an affidavit of publication quickly and efficiently? Please fax or e-mail your notice for a free price quote!

Fax: **503-288-0015** e-mail: [classifieds@portlandobserver.com](mailto:classifieds@portlandobserver.com)  
The Portland Observer

Advertise with diversity  
in The Portland Observer

Call 503-288-0033 or email [ads@portlandobserver.com](mailto:ads@portlandobserver.com)



# Allen Temple Plans to Rebuild

The Allen Temple C.M.E. Church will be unveiling their plans for rebuilding their church this Saturday, August 13, from 10:00 a.m. to 11:30 a.m. at the church site, 4236 NE 8th Avenue. An electrical fire set the church ablaze in February of last year, causing church services to relocate to the Maranatha Church on Northeast 12th until further notice.

Months of fundraising have finally afforded the church to rebuild and the event Saturday will be celebrating that. First Lady Nancy Hales, Rep. Lew Frederick and Commissioner Nick Fish are all slated to attend the ceremony, where they will be turning dirt and displaying the church's architectural plans. A community block party with food and refreshments will be held following the event from noon to 3 p.m.



Firefighters did what they could to quell the fire that devastated the Allen Temple C.M.E. Church in February of last year.



# It Does Good Things™

*This page is sponsored by Oregon Lottery®*

## CALENDAR August 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div>8</div> <p><i>The US dollar was created in 1786</i> <i>Thomas Edison received mimeograph patent, 1876</i></p>	<div>9</div> <p><i>Betty Boop Created, 1930</i> <i>Smokey Bear's Birthday (1944)</i></p>	<div>10</div> <p><i>Herbert Hoover Born in 1874, in West Branch, Iowa</i></p>	<div>11</div> <p><i>Hulk Hogan Born in 1953</i> <i>Play in the Sand Day</i></p>	<div>12</div> <p><i>IBM PC Announced in 1981</i> <i>Middle Children's Day</i> <i>Hawaii Annexed to the U.S. (1898)</i></p>	<div>13</div> <p><i>International Left-Hander's Day</i> <i>Fall of the Aztec Empire, 1512</i></p>	<div>14</div> <p><i>Alice Provensen born, 1917</i> <i>Japan Surrendered in World War II, 1945</i></p>
<div>15</div> <p><i>National Relaxation Day</i> <i>Transcontinental Railroad completed, 1869</i></p>	<div>16</div> <p><i>National Tell a Joke Day</i> <i>Roller Coaster Day</i></p>	<div>17</div> <p><i>Myra Cohn Livingston born, 1926</i> <i>Davy Crockett born, 1786</i></p>	<div>18</div> <p><i>Louis Fatio born, 1904</i> <i>Bad Poetry Day</i> <i>Wizard of Oz Premiered, 1939</i></p>	<div>19</div> <p><i>National Aviation Day</i> <i>Orville Wright born, 1871</i> <i>Potato Day</i></p>	<div>20</div> <p><i>International Homeless Animals Day</i> <i>National Radio Day</i></p>	<div>21</div> <p><i>Wilt Chamberlain Born in 1936 in Philadelphia, PA.</i> <i>First Lincoln-Douglas Debate, 1858</i></p>
<div>22</div> <p><i>Be An Angel Day</i> <i>Ann Franklin's Birthday (1762)</i> <i>First female newspaper editor</i></p>	<div>23</div> <p><i>First Photograph of Earth From the Moon Taken, 1966.</i></p>	<div>24</div> <p><i>International Strange Music Day</i> <i>In 1932, Amelia Earhart flew across the U.S</i></p>	<div>25</div> <p><i>Kiss and Make Up Day</i> <i>National Park Service Established, 1916</i></p>	<div>26</div> <p><i>Women's Equality Day--women get the right to vote; signing of 19th Amendment, 1920</i></p>	<div>27</div> <p><i>Mother Teresa Born, 1910</i></p>	<div>28</div> <p><b>Dream Day--MLK Jr. gave 'I Have a Dream' speech, 1963</b></p>
<div>29</div> <p><i>First Scout Camp Opened, 1934</i> <i>Michael Jackson born, 1958</i></p>	<div>30</div> <p><i>Thurgood Marshall took a seat on the Supreme Court, 1967</i></p>	<div>31</div> <p><i>National Trail Mix Day</i> <i>Educator Maria Montessori's birthday, 1870</i></p>				



## Aramark Giacometti Partners LTD Job Fair



**August 16-17, 2016  
10:00am-3:00pm**

**Location: Oregon Convention Center  
777 NE Martin Luther King Blvd. Portland, OR 97232  
Room D 129-130**

**Interested in joining our Food Service team at either  
the Oregon Convention Center,  
Portland Exposition Center or Portland5 Centers for the Arts**

### Job Titles Posted on our Website:

- **Oregon Convention Center:** Barista, Stand Worker, Concession Runner, Prep Cook, Banquet Line Cook, Concession Cook, Steward, Banquet Server
- **Portland Expo Center:** Stand Worker, Warehouse Runner, Restaurant Cook, Restaurant Server
- **Portland5 Centers for the Arts:** Restaurant Host, Restaurant Bartender, Prep Cook, Steward, Stand Worker

**Apply online prior to attending the job fair! By submitting your application in advance, you will be able to check in at the job fair and go directly through the interview process. Follow these simple directions:**

1. Access the website [www.aramark.com](http://www.aramark.com)
2. Click on **Careers**
3. Search by keyword (job title) and location of Portland, Oregon.
4. Submit your application and resume for the job title of interest.

*All positions are part time; schedule is event based to include weekends and evenings.  
All food service workers are required to have a valid food handler card. Restaurant Server,  
Bartender, Stand workers are required to have a valid OLCC Card.*

# FOOD



## Spaghetti Napolitan

### Ingredients:

- 200g spaghetti
- 3-4 smoked sausages, small
- 1/2 brown onion
- 1/4 green pepper
- 1 Tbsp oil
- 4-5 Tbsp ketchup
- salt
- parsley
- Parmesan cheese, grated

### Instructions:

1. Cook spaghetti in boiling water with salt according to the package.
2. Cut sausage into bite size pieces and slice onion and green pepper thinly.
3. Heat a frying pan at medium high heat and add oil. Add sausage pieces, onion and peppers, and cook for a minute or two. Add cooked spaghetti and stir-fry for a minute, then add ketchup. Season with a little salt.
4. Divide pasta in bowls and top with parsley and cheese if you wish.



## Zucchini Parmesan Crisps

### Ingredients:

- Cooking spray
- 2 medium zucchini (about 1 pound total)
- 1 tablespoon olive oil
- 1/4 cup freshly grated Parmesan (3/4-ounce)
- 1/4 cup plain dry bread crumbs
- 1/8 teaspoon salt
- Freshly ground black pepper

### Directions:

1. Preheat the oven to 450 degrees F. Coat a baking sheet with cooking spray.
2. Slice the zucchini into 1/4-inch thick rounds. In a medium bowl, toss the zucchini with the oil. In a small bowl, combine the Parmesan, bread crumbs, salt, and a few turns of pepper. Dip each round into the Parmesan mixture, coating it evenly on both sides, pressing the coating on to stick, and place in a single layer on the prepared baking sheet.
3. Bake the zucchini rounds until browned and crisp, 25 to 30 minutes. Remove with spatula. Serve immediately.



**Anyone  
can become  
addicted  
to pain pills...  
Anyone.**



**Anyonepdx.org  
800.923.HELP**

