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'City of Roses'

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Committed to Cultural Diversity

De La Salle Updates Plans

Model shows future school at St. Charles

See story, page 2



Building Skills in Medicine

Ivy League grad enrolls in high demand program

See Metro, page 6



Coronavirus Threat Grows

Stores see impact as people stock supplies

BY BEVERLY CORBELL
THE PORTLAND OBSERVER

As people became more aware of the threat of coronavirus, also called COVID-19, Portland area grocery stores saw toilet paper and other supplies sell out and leave shelves virtually empty. An employee of the Stadium Fred Meyer store on West Burnside Street, where only a few boxes of tissues or stacks of toilet paper remained on the shelves Saturday, said the store has been out of hand sanitizer for weeks and didn't know when more would come in.

By Monday, other stores, including Natural Grocers and Walgreens, both on Northeast Martin Luther King Jr. Boulevard, also saw empty spaces on toilet paper aisles and with no hand sanitizer for sale.

As she shopped for bathroom tissue at Walgreens, Levlie Okammor said she is worried about the possibility of a pandemic sweeping the country.

"This is going to be big, and I'm worried that people are not taking it seriously," she said. "We've just gotten to be a country that is not informed, but I'm not listening to anything that's coming out of Washington. I heard the head of the CDC (Centers for Disease Control and Prevention) say it's not a matter of 'if,' but 'when.'"

Okammor said she has been following the coronavirus epidemic from the beginning.

"When I heard there was a case in Washington State, I thought, 'This is it,'" she said. "We are not prepared and we are not an educated country anymore."

As of Tuesday, As of Tuesday, nine people in Washington State have died of the disease, eight from King County and one from

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PHOTO BY BEVERLY CORBELL/THE PORTLAND OBSERVER

In light of the coronavirus epidemic, Portland resident Levlie Okammor shops for toilet paper and other supplies at the Walgreens on Northeast Martin Luther King Jr. Boulevard Monday, saying she is worried that some people aren't taking the outbreak seriously enough.

Candidate Takes Aim at Incumbent Blumenauer

Says 24 years in office is enough

BY BEVERLY CORBELL
THE PORTLAND OBSERVER

Albert Lee, an active member of Portland's African American community and a former college dean, is running for Congress in Oregon's Third Congressional District by challenging longtime incumbent Earl Blumenauer for the Democratic Party nomination.

Lee said he resigned his em-



ployment as head of the business and computing division at Portland Community College's Sylvania campus to have the time to mount

PHOTO BY BEVERLY CORBELL/
THE PORTLAND OBSERVER
Albert Lee is challenging incumbent U.S. Rep. Earl Blumenauer for the Democratic nomination in Oregon's Third Congressional District, covering most of Portland and Multnomah County.

a serious campaign for the May Primary race. In an interview with the Portland Observer, he called out Blumenauer for being in the job for too long and accused him of being an ineffective representative for the people of Portland and Multnomah County which comprise the district.

Lee said climate change, was one example, citing Blumenauer as a hypocrite for being a supporter of the Green New Deal promoting green jobs for the disadvantaged and

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New Case Against 'TriMet' Abuser

Follows attack on Emanuel hospital employee

A Portland man who was banned from TriMet after dozens of sex crimes now faces four new charges stemming from a sexual attack against an employee at Emanuel Hospital in north Portland.

Jared Walter, 33, was arrested last Wednesday a few hours after police were called to the hospital to investigate. He is accused of following the female worker and reaching his hand past her skirt towards her buttocks. The woman also reported finding a substance he left on her clothing and in her hair that appeared to be a bodily fluid, according to court documents.

Walter has been convicted,



Jared Walter

charged or implicated in dozens of prior incident where touched women's hair or made offensive physical and sexual contact, incidents that led him to be called "The TriMet Barber."

Police located and arrested Walter in downtown Portland a few hours after investigating the latest case. When contacted by police, he admitted to being at Legacy Emanuel Medical Center that day, according to court documents.



An artist's rendering shows a new courtyard and buildings for the future De La Salle North Catholic High School at St. Charles Parish in the Cully Neighborhood near Northeast 42nd and Killingsworth. The former St. Charles School is on the right and proposed new buildings for the high school are on the left.

De La Salle Updates Plans

Catholic high school raising capital for move

De La Salle North Catholic High School opened in the former Kenton Elementary School in north Portland in 2001 to provide a rigorous, faith-based education to diverse students from the Portland area who would not otherwise have access to a reliable college-preparatory education.

After losing its lease from Portland Public Schools, the pri-

ate school is updating its plans to build a permanent home at St. Charles Parish near the corner of Northeast 42nd and Killingsworth. It has hired Bora Architects to design the new school and has announced a capital campaign which has raised about 83 percent of its goal of \$21.7 million to make the move possible.

The new school will include state-of-the-art science labs, a visual arts center and a high school competition size gym.

De La Salle North doesn't look like most Portland-area private schools: 39% of its enrollment is Hispanic, 34% is African Amer-

ican, and 11% is multiracial; just 7% is Caucasian. It has been identified as Oregon's most diverse private school. Additionally, 92% of students receive financial aid, and 71% of students qualify for the Federal Free and/or Reduced Lunch Program.

Yet an average of 98% of graduating seniors at De La Salle North have been accepted to college, more than two times the rate of peers with similar backgrounds and demographics. In 2019, 100% of the graduating class was accepted to college, with 74% receiving merit-based scholarships that totaled over \$5.8 million.

The Week in Review

Washington Ballots in Mail

Official ballots for the March 10 presidential primary in Washington have gone out to all registered voters in Vancouver and Clark County. A voters' guide and sample ballot is available online at clarkvotes.org.



Womxn's Rally and March

Hundreds gathered downtown Sunday for the annual "Womxn's Rally and March For Our Future." Diverse organizers promoted the event as a way to build social, political, organizational and economic power.



Bloody Sunday March

Civil rights icon and US Democratic Rep. John Lewis of Georgia made a surprise appearance Sunday at this year's "Bloody Sunday" commemorative march in Selma, Ala. where he delivered an impassioned plea to voters to use the ballot box as "a nonviolent instrument or tool to redeem the soul of America."

Lewis, who had his skull broken by white police officers during the 1965 march across the Edmund Pettus Bridge in Selma, was diagnosed with stage 4 pancreatic cancer in December.

Clash with Hardesty

A city parks employee was reported under investigation last week for allegedly harassing City Commissioner Jo Ann Hardesty during a Feb. 29 rally by right-wing protesters, downtown. Mayor Ted Wheeler described it as "disturbing" and said the investigation would check whether any policies were violated.

Vote for Homeless Services

Regional government Metro voted last week to refer a roughly \$250 million-a-year measure for homeless services to the May ballot. If approved by voters, it would raise taxes on the wealthiest 10 percent of households in the three-county Portland region, as well as hike taxes on big businesses.

Lynching Crime Bill Passes

A bill to make lynching a hate crime under federal law passed the House last week and is poised to make its way through Congress after more than 120 years of failed attempts. The Emmett Till Anti-lynching Act is an ode to the 14-year-old who was kidnapped, beaten and lynched in 1955 after he was accused of whistling at a white woman.

Deaths by Extremists

Right-wing extremists, including white supremacists, were responsible for the majority of extremist-related murders in the U.S. last year, according to data collected by the anti-hate advocacy group Anti-Defamation League. It follows a disturbing 10 year trend, according to the group.



DATI

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Senior Assistant Attorney General,
Oregon Department of Justice

Come Join Us:

May 2, 2020
12:00pm-2:00pm
Parkrose Middle School
11800 NE Shaver St, Portland, OR 97220
Tickets: \$30
For More Information:
Call or Email
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313.510.9968
datiinstitute2016@gmail.com

WWW.DATI2016.ORG • DATIINSTITUTE2016@GMAIL.COM

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FOOD



LOCAL NEWS

Community Leaders Honored

Commission for Women announce awards

Oregon Supreme Court Justice Adrienne Nelson and long time social justice leader Sharon Gary-Smith, two members of Portland's African American community, are part of a group of four women being recognized by the Oregon Commission for Women for outstanding leadership in promoting equity and diversity.

Nelson and Gary-Smith join Belinda Carroll, a stand-up comedian and LGBTQ activist, and Andrea Paluso, co-founder of a nonprofit building economic and political power for mothers and caregivers, as the commission's 2019 Women of Achievement winners. The honorees will receive their awards on Tuesday, March 10 as part of a Women's History Month proclamation signing ceremony by Oregon Gov. Kate Brown.

Nelson was appointed to the Oregon Supreme Court in 2018, making her the first African American to sit on the state's highest court and on any appellate state court. Her election during the same year to a six-year term made her the first African American woman elected statewide in Oregon. She previously served as a trial judge on the Multnomah County Circuit Court.

Over the years, Judge Nelson



Sharon Gary-Smith



Adrienne Nelson

has been a tireless advocate and mentor for others, helping people succeed by living their best lives. She is a frequent speaker on several topics including diversity, inclusion, equity, leadership and professional development. She sits on the Reed College Board of Trustees, chairs the Self-Enhancement, Inc. (SEI) Board of Directors, and serves on the Girl Scouts Beyond Bars Advisory Board.

Sharon Gary-Smith is a native-born Oregonian, a second-generation racial and social justice activist and community leader. She served as the first national director of self-help programs for the National Black Women's Health Project in Atlanta, was a vice president for the Austin Area Urban League in Texas, and was

a special advisor to the late Texas Gov. Anne Richards. Recently she led the MRG Foundation, Oregon's leading social justice fund for more than five years, retiring in 2016.

Belinda Carroll is a writer, stand-up comedian, actor and activist. She was awarded a Queer Hero award by the Gay and Lesbian History Archives of the Pacific Northwest in 2018. Andrea Paluso has led campaigns for paid family and medical leave, affordable child care, equal pay, increasing the minimum wage, paid sick time, pregnancy accommodation, protections against workplace discrimination, reproductive health care access, and more. She is co-founder and Executive Director of Family Forward Oregon and Family Forward Action.

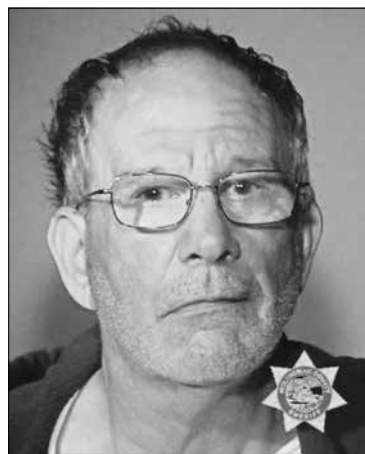
Neighbor Apologizes for Hate Crime

Admits gun threat on innocent teen

A white Gresham man was sentenced to three years probation last week after a judge found him guilty of intentionally threatening an African American teen with a gun because of the victim's race.

Michael Black, 65, was convicted of intimidation and menacing for threatening to shoot the 14-year-old and his friends last May, "simply because they walked by his house and he didn't like that and because of the victim's race," said Multnomah County Deputy District Attorney B.J. Park.

If Black fails to comply with terms of his probation, including 150 hours of community service and completing an anger management course or diversity-sen-



Michael Black

sitivity training, or if he violates any laws during his probation, he could face additional sanctions, including up to a year in jail.

The investigation started when the victim and his friends were walking home from school around 7:30 p.m. in the 19400 block of Northeast Glisan Street and the teen rode his bicycle into

a cul-de-sac.

Authorities said Black was sitting in his garage when he saw the victim and proceeded to yell out "this is private property" and immediately used a racial slur. When the victim brushed off the remarks, Black yelled "I'll blow your head off," stood up and went inside his house, prosecutors said. The teens fled fearing he would come back out with a gun.

When questioned by police, Black told them he would have only shot at the victim had the victim attempted to come on his property but he could not provide any reason as to why he believed the teen – who was approximately 50 feet away from him – was going to enter his home.

At his sentencing hearing, Black expressed remorse for his actions and apologized directly to the teen's mother.

THE SPINA COLUMN™

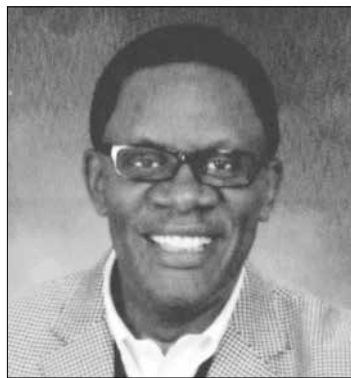
An ongoing series of questions and answers about America's natural healing profession.

Part 31

Is my leg pain related to my recent back injury?

Sharp pain radiating from you back down one leg can be a result of a pinched nerve in the spine. Herniated discs and bone spurs are two of the most pinched nerve in the spine. Disc in the spine function like shock absorbers; and they can become damaged from an injury or normal use.

Your leg pain is likely related to a problem in your lumbar spine, although it is hard to pinpoint exactly what triggered your pain. You might have had a pre-existing condition made worse by a recent injury. The good news is this type of pain often resolves on its own or with chiropractic treatment. If the pain lasts



Dr. Billy R. Flowers

longer than a few weeks, or if you have noticeable weakness in your leg or foot, talk to a doctor about getting an MRI.

To find out how Chiropractic might be able to help you or for answers to any questions you might have about your health, please feel free to call us at the phone number shown below.

Flowers' Chiropractic Office
2027 Lloyd Center Mall,
Portland Oregon 97232
Phone: (503) 287-5504

Scores of International Films to See

The 43rd Portland International Film Festival (PIFF) opens Friday, March 6, and runs through March 15. The festival runs a full week shorter than in prior years, but with more mid-day screenings, so if your schedule is flexible enough, you still have the opportunity to see scores of films during the festival run. I'll squeeze in 30 films from all over the world when it's all said and done.

I've caught three films in pre-views. The best is "The Cordillera of Dreams," the final film in a stunning trilogy by documentary filmmaker Patricio Guzman, who has lived and worked in exile from his native Chile since the beginning of Pinochet's violent coup in 1973. Since then Guzman has made more than 40 films about Chile; in this trilogy, the elements and Chile's dramatic landscape are enlisted to support a spiritual investigation into the country's troubled and unresolved history. In "Nostalgia for the Light" (2010), archeological investigation of the Atacama Desert and astrological investigation of the night sky become parallel entry points into the search for the disappeared in Chile; in "The Pearl Button" (2015), the water that surrounds Chile, with its unusually long coastline, contains the memories of violence that began with colonizers and slavers who changed everything forever, and its tides have washed away evidence

OPINIONATED JUDGE

BY
DARLEEN ORTEGA



PHOTO COURTESY ICARUS FILMS

Acclaimed Chilean filmmaker Patricio Guzmán takes on the world's longest mountain range, the peaks that delineate the Chile-Argentina border, in a new documentary about the victims of the late Augusto Pinochet's brutal dictatorship, as well as protests that shake Chile today. "The Cordillera of Dreams," is one of the top films screening at the Portland International Film Festival.

of their crimes. Here, Guzman's point of investigation is the Andes mountains, the largely impassable Cordillera (the mountain range to the south that towers over Santiago

and accounts for the majority of the country's land mass). Guzman, who again narrates this personal film,

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Get help with health insurance

Stop by for face-to-face help with your CareOregon health insurance at a Connect to Care event. We'll connect you to the care you need. Not enrolled? We'll see if you're eligible for the Oregon Health Plan (OHP). If you are, we'll get you enrolled, set up appointments and more.

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ALL locations



CLACKAMAS

Beavercreek Clinic Free Food Market
110 Beavercreek Rd, Oregon City
Tuesday, March 3, 2020
9:30-11 a.m.

Clackamas Service Center
8800 SE 80th Ave, Portland
Tuesday, March 10, 2020
10 a.m.-12 p.m.

A Safe Place Family Justice Center
256 Warner Milne Rd, Oregon City
Tuesday, March 17, 2020
10 a.m.-1 p.m.

Orchid Health Clinic
535 NE Sixth Ave, Estacada
Friday, March 20, 2020
10 a.m.-12 p.m.

Make getting health care
simpler with Connect to Care,
formerly goMobile.

careoregon.org/connect-to-care

MULTNOMAH

Department of Human Services:
Alberta Office
30 N Webster St, Portland
Tuesday, March 3, 2020
10 a.m.-12 p.m.

CareOregon Open Hours
315 SW Fifth Ave, Portland
Wednesday, March 4, 2020
12-3 p.m.

Department of Human Services:
East County Office
11826 NE Glisan St, Portland
Friday, March 6, 2020
11 a.m.-2 p.m.

Community Conversations
with the Mayor
Multnomah Arts Center Gymnasium
7688 SW Capitol Hwy, Portland
Saturday, March 7, 2020
9 a.m.-12 p.m.

PSU Free Food Market
PSU Park Blocks, Portland
Monday, March 9, 2020
11:30 a.m.-1 p.m.

MULTNOMAH

Department of Human Services:
SE Malden Office
8129 SE Malden St, Portland
Tuesday, March 10, 2020
1:30-3:30 p.m.

Meaningful Care Conference
Portland Airport Sheraton
8235 NE Airport Way, Portland
Wednesday, March 11, 2020
8 a.m.-3 p.m.

CareOregon Open Hours
315 SW Fifth Ave, Portland
Wednesday, March 11, 2020
9 a.m.-12 p.m.

Portland Rescue Mission
Burnside Shelter
111 W Burnside, Portland
Friday, March 13, 2020
8-10 a.m.

CareOregon Open Hours
315 SW Fifth Ave, Portland
Wednesday, March 18, 2020
9 a.m.-12 p.m.

Department of Human Services:
East County Office
11826 NE Glisan St, Portland
Thursday, March 19, 2020
9 a.m.-12 p.m.

MULTNOMAH

Union Gospel Mission
3 NW Third Ave, Portland
Tuesday, March 24, 2020
2-4 p.m.

Wallace Medical Concern
124 NE 181st Ave, Portland
Tuesday, March 24, 2020
9 a.m.-12 p.m.

CareOregon Open Hours
315 SW Fifth Ave, Portland
Wednesday, March 25, 2020
9 a.m.-12 p.m.

WASHINGTON

Beaverton City Library
12375 SW Fifth St, Beaverton
Thursday, March 5, 2020
12-2 p.m.

Department of Human Services:
Hillsboro Office
5300 NE Elam Young Pkwy, Hillsboro
Thursday, March 5, 2020
9-11 a.m.



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Coronavirus Threat Grows

CONTINUED FROM FRONT

Snohomish County, state health officials said. Across the U.S., 118 people have been diagnosed with the disease.

Monday, King County Executive Dow Constantine issued an emergency declaration for what has become the epicenter of a coronavirus outbreak in Washington state, where there are now a total of 18 cases: 14 in King County and another four in Snohomish County. Constantine said the county is buying a local motel where patients with mild symptoms, or those who require isolation pending confirmation, can be housed and free up space at hospitals for more critical patients. Workers will also set up modular housing to house people throughout the county, he said.

Oregon's first presumptive case of coronavirus was an adult who worked at Forest Hills Elementary in Lake Oswego and may have exposed students and staff at the school. The person has been isolated and is being treated in a local hospital and the school will reopen later this week after being closed for deep cleaning.

A second case reported involved a Washington County adult who was a 'household contact' with the first person with coronavirus. The adult did not require medical attention and is isolated at home, authorities said.

The third presumptive case of exposure involves a casino worker who attended a youth basketball game at a middle school



PHOTO BY BEVERLY CORBELL/THE PORTLAND OBSERVER

Near empty shelves of toilet paper are seen Monday at the Natural Grocers on Northeast Martin Luther King Jr. Boulevard as shortages of everyday supplies are becoming common sights at Portland area stores as people prepare to stay at home if they get sick or find the spread of the coronavirus gets much worse.

in Umatilla County, the Oregonian reported, and quoted Dr. Dean Sidelinger, the state's health officer, as saying that while

the virus will continue to spread in Oregon, the health system is prepared.

Others are making preparations at the

local level, and on Monday, just before the start of a Meals on Wheels lunch at the Urban League of Portland's Multicultural Senior Center on Martin Luther King Jr. Boulevard, staff member Kashea Kilson Anderson gave safety tips on how to prevent exposure to COVID-19.

"People are generally concerned but not too worried," he said, as he told about 50 seniors of precautions that are becoming common knowledge, "to wash your hands often, to not touch your face, stay home if you feel sick, and call your doctor if you have symptoms."

Portland Public Schools also lists precautions to take that include washing your hands often with warm water and soap, and covering your mouth with a tissue, sleeve, or elbow (not hands) when you cough or sneeze, and then to wash your hands. If you or someone in your household is sick, you should stay home and follow the guidance of your healthcare provider. Keep your immune system strong by eating a healthy diet, getting enough sleep and regular exercise, and by taking care of underlying health conditions.

Other tips, including how to deep clean and when to wear a mask, are offered on the Multnomah County website at multco.us/novel-coronavirus-covid-19.

As the country watches to see how the epidemic plays out – or whether it becomes a pandemic – Okamnor said she is particularly worried that young people like her 21-year-old son are not showing enough concern and are unprepared for what comes next. "As a Christian, I'm not looking for another Renaissance, but I'm in survival mode," she said. "I have my faith and I pray."

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PHOTO COURTESY PORTLAND COMMUNITY COLLEGE

Allia Smith is an Ivy League grad who is enrolled in a Portland Community College program to develop a medical lab career.

Building Skills in Medicine

High demand
medical labs
program a
career builder

Allia Smith has a doctorate in microbiology and immunology from Dartmouth College, and she's a student in Portland Community College's Medical Laboratory Technology Program at the Cascade Cam-

pus in north Portland.

"The nice thing about the program is that it doesn't matter what my academic background is," Smith said of people who may think her PhD overshadows her studies at a community college. "What's important is that you have the necessary prerequisites to enter the program and can build upon those skills."

Medical lab technicians are the healthcare professionals who perform test procedures in the hospital clinical laboratory and are trained to work on complex lab instruments and information systems. Technicians play an increasingly important role in

healthcare, running clinical tests required by physicians to make life-affecting decisions in patient care.

The move makes sense for Smith and many who are looking to train in this profession. The healthcare industry is experiencing a deficiency of trained medical lab personnel as job growth is expected to increase by 11 percent in the coming decade.

"We're facing a critical shortage of workers," said Dr. Teresa Wolfe, who serves as the chair of the program. "We need to replace the current workforce. In Oregon, there are always openings and a huge need that is just going to get worse."

Responses to surveys conducted by PCC over the past few years indicate that employment placement for graduates has been robust. Forty-three percent of the graduates who responded to the survey said they had job offers within one month of graduation. At six months, 68 percent of graduates had employment options, and at nine months, 79 percent of graduates were weighing job offers.

The program attracts a variety of people, from parents and older students to recent high school graduates. Smith, a parent

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Arts & ENTERTAINMENT

Punching Above Their Weight

'Premature' has pulse on a generation

BY DWIGHT BROWN

They are just kids. They think they're grown. But they're just punching above their weight.

Yanni (Zora Howard), a 17-year-old Harlem resident, has dreams. It's summertime. College is around the corner. She's hanging out with her badass girlfriends and biding her time. Then, a tall, handsome outsider named Isaiah (Joshua Boone) comes into the picture. He pursues her, she plays hard to get, for about a minute. Next thing you know, the lives and bodies of a thoughtful young woman and a fledgling music producer are intertwined.

Judging by the images on the screen and the characters on view, writer/director Rashaad Ernesto Green and writer/actress Zora Howard have got their fingers on the pulse of this generation in "Premature" their new film.

The story presents adolescents with attitudes, crass language, an urban sensibility and a spunky kind of hubris that gives them enough confidence to survive in the city. It's all happening in that slim window of time between high school and college. They're growing up, growing apart and starting to encounter adult problems.

On the surface this is a love story. But the intro-



Joshua Boone (left) and Zora Howard star in the new film "Premature," a love story about a thoughtful young woman and a fledgling music producer.

spective examination of black life, women's issues and parenting concerns reflects on the state of things today and is a testament to the co-writers' intelligence and social consciousness.

The jazzy musical score by Patrick Cannell and Stefan Swanson, though beguiling, almost doesn't make sense.

Premature, as a film, is a tight indie art piece. However, with these characters, their stories, the director's skills and the writer's so-modern sensibility, this project would make an ideal Netflix series. That way its fans could stick with the characters as they continue experiencing growing pains.

Dwight Brown is a film critic for the National Newspapers Publishers Association, the Black Press.

Children's Theatre Promotes Leader



Marci Crowson

Following a national search, Oregon Children's Theatre, a nonprofit professional theater for young audiences, has promoted Marci Crowson as its next artistic director.

Crowson was first hired by OCT in 2006, when she was charged with shaping and growing a new partnership with Kaiser Permanente, a unique collaboration using theater as a tool to prompt thought and dialogue about the everyday decisions that shape the quality of our health and our lives.

In 2016, Crowson stepped into a

newly created associate artistic director role, where she guided the development of new plays for young audiences, assisted in season planning, directed productions, and supported the artistic and community work of the company.



PHOTO BY KOTIVALO/WIKIPEDIA COMMONS

A LED bulb inside a white shade gives off a warm glow.

Knowing the Color of LED Bulbs

BY KAY NEWELL

One of the biggest problems with LED bulbs is knowing what color the bulbs produce. At Sunlan Lighting you will find a hands-on display to learn how the colors of the LED impact you.

The colors of light are given numerical names based on the Kelvin scale. 27K or 2700 is the color of early morning sunshine. The color becomes whiter as the day takes hold at 30K or 3000 Kelvin and even whiter at 35K or 3500 Kelvin. The sun changes color all day long until the moon takes over with her own soft light. Descriptions like soft white, warm white, day light and natural light have been common with the older fluorescent lights. The same words used by differ-

ent LED companies may refer to different Kelvins. The key is to look for the Kelvin number to be sure you are getting the color of light you want.

By another measurement, the Color Rendering Index for daylight was 80 CRI for fluorescent bulbs, but LED bulbs range from 70 to 90 CRI. To enjoy seeing the colors that look as they would in full daylight, choose a bulb that is 90 CRI. You can usually find all the information you need on the box. But if the information is not printed, it is not one of the features of the bulb. In our next column, we will look at the characteristics of the 5000 Kelvin LED bulb.

Visit me at Sunlan Lighting at 3901 N. Mississippi Ave.

FREE COMMUNITY EVENT

SAFE HOMES! HEALTHY HOMES!

Friday, March 13th, 2020

2:00 - 5:00PM

714 NE Alberta St.

- ▲ **FUN** outdoors events!
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- ▲ **WATER SAFETY**
- ▲ Special offers for **COSTCO** memberships!
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north by northeast
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METROPOLITAN YOUTH SYMPHONY PRESENTS

AN EVENING WITH REGINA CARTER

David Schiff's '4 Sisters' | MYS Symphony Orchestra
Jazz Selections | MYS Jazz Ensemble

March 8 @ 7:30 pm | Arlene Schnitzer Concert Hall



"Regina's impeccable pitch, lovely grace notes and delicately bent pitches remind listeners of why she... has become a symbol of jazz violin in our times."
-The Chicago Tribune

raúl gómez
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Playmys.org | 503-239-4566



Arts & ENTERTAINMENT

Kaepernick Writes on Activism

Says new memoir meant to inspire

(AP) -- Colin Kaepernick, the NFL quarterback who knelt during the national anthem to protest racial injustice and police brutality is writing a memoir and audio book through his own publishing company.

Kaepernick led the San Francisco 49ers to the Super Bowl in 2013, where they lost to the Baltimore Ravens. He knelt during the anthem in 2016 and dozens of players initially joined him. It created a national debate and drew taunts from President Trump.

The 32-year-old Kaepernick has been out of a job in the NFL the last three years. He filed a grievance against the league, contending teams colluded to keep him out. The sides reached an undisclosed settlement.

Kaepernick will write about that experience and what prompted his activism. Lately, he's been reach-



Former NFL football quarterback Colin Kaepernick is writing a memoir. (AP photo)

ing audiences around the country through the Know Your Rights Camp, which he founded. It instructs youths on understanding their rights, education and interacting with law enforcement.

"My protest was the culmination of years of thought and experiences, of learning and unlearning," Kaepernick said in a statement. "I want to tell the story of my evo-

lution, and the events that led me to protest systemic oppression, in hopes that it will inspire others to rise in action."

Kaepernick says he still wants to play football. A chaotic NFL workout he had last November in Atlanta was moved to another location after Kaepernick was unhappy with the rules the league placed on the session. That resulted in no job offers.



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OPINION

There's No Denying We've Defied the Odds

Black excellence is about who we have become

BY TRACEY L. ROGERS

Across the country, Black History Month came and went with little celebration due to coverage of the impeachment trial and 2020 presidential primaries. As disappointing as this has been, it did have one surprising highlight: a video and print campaign (which included the Portland Observer) compiled by Google celebrating black history makers who received the most online searches in the history of the internet.

Dr. Maya Angelou, for example, was the most searched female poet. Serena Williams was the most searched tennis player. Oprah Winfrey was the most



searched talk show host, while Malcolm X was the most searched autobiography.

Their recognition was significant; these four black Americans were the most searched individuals, without race as a qualifier. Beyoncé, for example, had the most searched "performance" on Google, not the most searched "African American" performance.

The short month of February is never enough time to adequately capture just how much black people have done for this country, and how much we have contributed to American society.

Black History Month is not just a time to replay the speeches of civil rights leaders like Martin Luther King, Jr. We must also remember a movement that saw legions of black people overcome America's original sin.

It is through our perseverance

and contributions that black communities have coined the phrase "black excellence," a phrase that defines the hardships black people have defied, and the accomplishments black people have achieved.

The meaning behind black excellence is extensive, dating back to a time when black Americans, as a writer for Essence put it, "pushed back against racist caricatures of Blackness as not only ignorant, but incapable of true leadership."

Such caricatures are why black people have been raised with the narrative that in order to reach success and be offered a seat at the table, we must work twice as hard.

In many ways, this narrative has been harmful to the black community, perpetuating the myth that our acceptance in American society is contingent on how hard we work. But it is also a narrative that instilled in us an innate determination to push through adversi-

ty, beating the odds that are forever stacked against us.

Just as black history can't be reversed in only 28 or 29 days, black excellence is not solely attributed to those extraordinary individuals, athletes, poets, and artists who have reached celebrity status. Black excellence happens every day.

It is in the way black organizers and activists continue the fight for criminal justice reform in a country where the rate of incarceration for blacks is five times more than that of whites. It is in the insistence that black lives matter when the risk for being killed by police is more pronounced for black men. It is through our cultural contributions — music, fashion, the arts — too often appropriated for their excellence.

That we are still able to thrive in a country with racist ideas encoded into its rule of law, and where median white wealth

is still 41 times median black wealth, is all symbolic of black excellence.

After 246 years of slavery and another 89 years of segregation and Jim Crow, we have only had 66 years of formal civil liberties and protections. Even these remain under threat in 2020.

And yet, as Dr. Maya Angelou said in the title of one of her most famous poems, "Still, I'll rise."

Black excellence isn't just about what black people have achieved. It is who we have become as a result.

That's why I'm proud to be Black, and I do not need a month on the calendar to remind me of my excellence. The legacy of black people — our humanity and resistance to oppression — will always be worthy of celebration.

Tracey L. Rogers is an entrepreneur and activist living in Philadelphia. Distributed by OtherWords.org.

Chilling ICE Arrest

ICE (Immigration and Customs Enforcement) took its cruelty to a new low, sending a chilling message to families last week when they separated a father from his children, detaining him at a school bus stop in Washington County - in front of a school bus full of children.

We should all be outraged by these heartless and terrifying tactics that fly in the face of Oregon's values. Our children deserve to go to school without fear of having their families torn apart by Trump's immigration enforcement machine. Instead, we are seeing cruel family separation right in our own backyard. These attacks inflict trauma on our children, and instill fear an entire community that believed our schools - and by extension, school bus stops - were safe.

At the Latino Network, we believe access to a quality education is one of the most fundamental human rights, and we encourage parents to be active partners in their children's schooling. We stand in solidarity and resilience with our community, and we refuse to allow our families to be pushed further into the shadows.

We applaud the Tigard-Tualatin School District for their support of the impacted families and their advocacy for greater protections for all children. We join them and our local elected leaders in calling for immediate legislative action to prohibit ICE enforcement at school bus stops.

The Latino Network is committed to providing support and wrap-around services. If you or someone you know is going through an immigration-related emergency, reach out to us at 503-283-6881.

Sadie Feibel, director of the Early Childhood Division at the Latino Network.

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Building Skills in Medicine

CONTINUED FROM PAGE 6

herself, chose PCC's program because it's the only one of its kind in the state, and students have a 100-percent pass rate for the board licensing exam.

"It just kind of all fits together really nicely," Smith said of the program benefits. "I can get more of a solid base of training here, and hopefully merge my two knowledge sets from my PhD and this program into an awesome career."

In 2004, just shy of her 18th birthday, Smith and her two older sisters made the journey from the Caribbean island of Jamaica to the United States to take advantage of the American educational system. With a student visa secured, she was on her way to earning a bachelor's degree in Microbiology at Agnes Scott College in Decatur, Ga., after flirting with a career in pharmacy.

After finishing at Agnes Scott, Smith enrolled at Dartmouth to study Microbiology and Immunology at the graduate level. Af-

ter earning her doctorate, life offered another twist to her journey. Her husband, a process engineer, found a job in Oregon with Intel, and they moved to Portland where they welcomed the birth of their daughter a few years later. But Smith wanted to continue with her career.

Smith discovered the field of Medical Laboratory Technology as she searched for training options. In the fall of 2018, she enrolled at PCC and has rocketed through the program where she sports a perfect 4.0 grade point average.

She credits the hands-on simulation lab and the onsite clinical training with healthcare partners as being invaluable to her training. Eventually, she'd like to run her own medical lab operation.

"All of the teachers here have been great, and they all have clinical experience," added Smith, who plans to graduate this spring. "There's this clear understanding that regardless of what your background is, we're all on equal footing when we start."

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Bids due 2:00pm PST March 11th, 2020

Bids may be delivered by email to Robert.Means@jedunn.com. Any Bid received after the specified date and time will not be considered.

A non-mandatory Pre-Bid Conference will be located at the Portland International Airport in the Multnomah Conference Room on Tuesday, March 3rd, 2020 at 1:00pm for the purpose of answering any questions from prospective Bidders. Attendance is strongly encouraged. No other Pre-Bid Conference will be held.

RCC TI has Small Business participation goals of 15% for construction.



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Scores of International Films to See

CONTINUED FROM PAGE 4

employs gorgeous cinematography by Samuel Lahu to reflect on what these mountains have seen, as economic development has been built on the edifice of a brutal dictatorship whose atrocities have never truly been accounted for. Guzman employs interviews with Chileans who have stayed, especially a writer and a cameraman, Pablo Salas, who has dedicated his life to amassing footage of the government's public response to protestors, which he acknowledges is a tiny fraction of the denied and hidden story of government action. A tiny though significant fraction of Salas's store of footage offers windows here into what these mountains have seen in recent decades, as Guzman and his guests reflect on what it means for the country to carry this ignored his-

tory in the way it does, and on the significance of the courage it takes to hold on to the truth in Chile. Guzman's meditative work is rich with spiritual insight, and will play on March 9 and 11.

"Martin Eden" benefits from a riveting lead performance by Luca Martinelli, who is absolutely going places. The film transplants a Jack London novel originally set in Oakland, Calif. in the early 1900s to Italy during unspecified but apparently later times during the 20th century. Apparently London's novel, with its focus on class struggle, has retained its popularity in Europe; in this retelling, an uneducated, working class sailor meets a beautiful, upper-class woman, falls hard for her, and becomes obsessed with becoming a writer himself. There are some compelling scenes here, especially one in which Martin calls

out his girlfriend's snooty relatives and friends for purporting to believe in market forces while insisting on manipulating those forces only to benefit themselves. Overall, the politics and storytelling get a little muddled, but the film, interspersed with documentary footage of the downtrodden, still manages to be mostly engaging. You can see it on March 11 and 13.

I can't convey the same enthusiasm for "Swarm Season," the first feature-length documentary by director Sarah Christman. She seeks to suggest the patterns between three very loose stories set in Hawaii: The painstaking efforts of a girl and her mother to collect and care for wild bees in order to breed disease-resistant colonies; the efforts of the girl's father and other indigenous activists to shut down construction of a telescope on a sacred mountain; and the

emergence of six NASA astronauts from six months of simulated life on Mars. The cinematography is ravishing, and director Christman sees profound connections between the three stories of survival and preservation, but doesn't manage to illuminate them well, so you are left to guess what is happening and why it is important. The meaning you find is what you bring to it. The film will play March 9 and 11 at Cinemagic.

A pass is the best way to really take advantage of the vast array of PIFF offerings; passes and individual tickets are available on the festival website, cinemaunbound.org, and are best purchased ahead of time.

Darleen Ortega is a judge on the Oregon Court of Appeals and the first woman of color to serve in that capacity. Her movie and theater review column Opinionated Judge appears regularly in The Portland Observer. Find her review blog at opinionatedjudge.blogspot.com.

Candidate Takes Aim at Incumbent

CONTINUED FROM FRONT

preserving natural resources, but having a large, personal financial stake in the fossil fuel industry.

"Many look at him as a climate change champion, but he owns millions in fossil fuel stocks, particularly with Northwest Natural Gas," Lee said. "You can't, on one hand, say you're a proponent for the climate but on the other hand, are really profiting on extractive resources – fossil fuels – and what I see as lip service progressivism."

Blumenauer's financial disclosure report for the clerk of the House of Representatives lists assets of between \$1-5 million of common stock of Northwest Natural and between \$100,000 and \$250,000 in retirement dividends. Blumenauer's wife, Margaret Kirkpatrick, is senior vice president and general counsel for Northwest Natural.

Lee says that although Blumenauer claims to be against Citizens United, the Supreme Court case that gave corporations more political power by lifting restrictions on campaign donations, about 65 percent of his funding comes from corporations.

"It's lip-service progressivism, telling you what you want to hear, but he doing the exact opposite," Lee said.

The candidate also takes issue with Blumenauer's reputation as a strong liberal by pointing out his vote to support the 1996 Defense of Marriage Act that said marriage could only be between a man and a woman. Blumenauer has said in the past he long regretted the vote, calling it a compromise with Republicans and one of his biggest mistakes in Congress. The law was found unconstitutional and repealed in 2013. Since then, Blumenauer has been a consistent supporter of LGBTQ rights.

Lee also objects to Blumenauer's support of the Fosta-Sesta Act, which was intended to protect sex trafficking victims. But Lee says the 2019 bill actually pushed sex work and child trafficking on the Internet further underground and made the crimes harder to detect.

Lee faults Blumenauer's rising net worth since taking office 24 years ago as making him out of touch with his constituents. The incumbent reported assets with the House clerk at just over \$500,000 in 1996, but according to an article last fall from USA Today, Blumenauer's current net worth is approximately \$4.5 million.

"When I look at the last 24 years, a lot of us are hurting in a situation with vast wealth disparity," Lee said. "It only takes on car accident or one medical bill to lead to an eviction, and folks can find themselves homeless."

Lee said politicians like Blumenauer have become complacent after decades on the job, especially when they have only faced "token" challengers, while crises in Oregon and across the country festered and grew.

"The homeless crisis is super critical now, along with a lack of affordable housing and a lack of living wages, and that places a lot of us in the struggling class," Lee said.

Lee himself is struggling since he took a 75 percent pay cut when he left his job at PCC to run for office, and he's now doing shift work to support his family. Lee has pledged not to accept corporate donations to his campaign, but individual donors are invited to his website at albertlee2020.com.

"The country is on a path of fascism or a French revolution," he said. "If we don't get government that works for all us, then we're on that path. Right now we have an oligarchy by wealthy elite who do not

care about the concerns or cares of the rest of us."

Another concern of Lee's is that every one of Oregon's politicians in Washington is white when diversity is what is needed.

"If all our representatives are cut from the same cloth, we're not going to get a diversity of ideas, thoughts or opinions that will lead to workable solutions," he said. "They will have blind spots and won't be able to see those blind spots as everybody is looking from the same perspective."

Moreover, he says he'll get more accomplished than Blumenauer.

"Quite frankly, I think he should step down. He is radically ineffective and his seniority has gotten us nothing in the Third District," Lee said. "He's been on the Ways and Means Committee for 12 years, and I defy anybody to say what he's done for the district. He's just been coasting for years."

Lee earned two bachelor's degrees from Creighton University and a law degree from the George Washington University Law School. He also completed certificate work in International Human Rights Law at the University of Oxford. He volunteers for many local organizations and is a state advisory committee member for the U.S. Commission on Civil Rights as well as a board member and treasurer for the Asian Pacific American Network of Oregon.

Lee was born in South Korea to an African-American soldier father and a Korean mother, and, if elected, would be the first biracial representative from the state.

He said he became politically active as a volunteer in Bernie Sanders' presidential campaign back in 2015. He agrees with Sanders that Citizens United, which opened the door for corporations to contribute unfettered to political campaigns, should be repealed.

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FOOD

Sausage and Rice-Stuffed Acorn Squash

Ingredients:

- 4 small acorn or sweet dumpling squashes (about 10 ounces each)
- 2 (4-ounce) links sweet Italian sausage, casings removed
- 1 tablespoon canola oil
- 1 cup finely chopped onion
- 1/3 cup chopped celery
- 1 1/2 tablespoons minced garlic
- 1 1/2 cups cooked brown rice
- 1/3 cup dried cranberries
- 3 tablespoons chopped fresh chives
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 ounce Parmesan cheese, grated (about 1/4 cup)
- 1 ounce Swiss cheese, shredded (about 1/4 cup)



Directions:

1. Preheat oven to 425°.
2. Place whole squashes in a roasting pan. Bake at 425° for 30 minutes or until just tender. Let stand for 15 minutes. Halve squashes. Scoop out seeds; discard.
3. Preheat broiler to high.
4. Heat a large skillet over medium-high heat. Add Italian sausage to pan; sauté 5 minutes or until browned, stirring to crumble. Remove sausage from pan; drain on paper towels. Wipe drippings from pan with a paper towel.
5. Return pan to medium-high heat. Add oil; swirl to coat. Add onion; sauté 4 minutes, stirring occasionally. Add celery; sauté 3 minutes, stirring occasionally. Add garlic; sauté 1 minute, stirring constantly. Stir in sausage, rice, and next 5 ingredients (through Parmesan). Divide rice mixture evenly among squash halves. Sprinkle evenly with Swiss cheese. Arrange squash halves on a baking sheet; broil 4 minutes or until golden and cheese is melted.

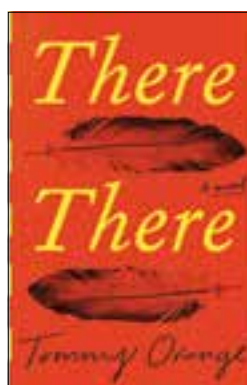
Norman Sylvester Band – “Boogie Cat”

Norman Sylvester and his band plays Saturday, March 7 at 3 p.m. for the Winter Blues Fest at the Milwaukie Elks Lodge, and at 8 p.m. at Catfish Lou's in Gresham; Friday, March 13 at the Vinyl Tap; and Saturday, March 14 at the Spare Room.

Jazz Band Winter Concert – On the heels of its annual Clark College Jazz Festival, the Clark College Jazz Band presents its Winter Concert on Saturday, March 7 in the Gaiser Student Center. Admission is free and open to the public.

Portland International Film Festival – PIFF, a 10-day showcase of new films and a celebration of international and regional storytelling runs March 5-15. A program of the Northwest Film Center at the Portland Art Museum, the festival draws thousands of film lovers and makers who represent film festivals, museums and distribution companies around the globe. For a complete schedule, visit nw-film.org.

Jazz Violinist of Her Generation – Renowned jazz violinist Regina Carter, considered one of the finest jazz violinists of her generation, will perform at the Arlene Schnitzer Concert Hall with the Metropolitan Youth Symphony Orchestra and Jazz Ensemble on Sunday, March 8. Tickets start at \$25. Visit playmys.org or call 503-239-4566.



Body Worlds – The Oregon Museum of Science and Industry kicks off the month of March with the Pacific Northwest debut of Gunther von Hagens' Body Worlds and the Cycle of Life, a new presentation

of the groundbreaking anatomical exhibition series that has been seen by more than 50 million people globally. In 2006, a Body Worlds exhibit at OMSI became the most popular exhibit in the museum's history.

Everybody Reads

– Multnomah County Library invites the community to participate in Everybody Reads 2020, featuring Tommy Orange's debut novel about the urban Native experience, “There There.” Free copies are available at library locations or download the e-book or audiobook from the library catalog.



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

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

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