

METRO Life

The Portland Observer

SECTION B

"Bridging Portland's Communities"

Community Calendar

Oregon Humane Society

The Oregon Humane Society is hosting an adoption outreach event to bring companion pets who are ready for a new home into the community Stop by Tigard PetsMart on Sunday, Aug. 11, located at 12375 S.W. Walker Rd. You'll meet some great animals looking for a loving family to call their own. The adoption outreach event is open from 11 a.m. until 3 p.m.

BikeSummer

BikeSummer is a celebration of bicycling, community and creativity — a World's Fair of bicycling. This year, it will be held in Portland, where thousands of people will participate in pro-cycling events throughout the month of August. Events will include performances, rides, a film festival, educational workshops and more. For more information, go online to www.bikesummer.org.

Blue Lake Park

Wednesdays are special this summer at Metro's Blue Lake Regional Park when Naturally for Kids offers young visitors lots of things to do. Spend the day at the park beginning with nature crafts from 10–11 a.m. at the Clatsop picnic shelter. On Aug. 14, kids can learn about the dazzling dance and music of Mexico, Brazil and Cuba. For more information, go online to www.metro-region.org.

Neighborhood Walking Tour

Portland is well known for its walkable, livable streets. Participants can tour the southeast area on Aug. 17, starting at the Crossroads Plaza on S.E. 92nd and Foster. Take a walk around the Lents neighborhood that's growing and changing. Explore the many new developments and walking amenities in the area. Call 503-823-5266 or go online to www.portlandtransportation.org.

Portland Parks & Recreation

Join Portland Parks & Recreation's staff and neighborhood kids outdoors for a week of "Icky, Slimy & Goopy" crafts and games brought aboard the mobile Rec 'n' Roll Tri-Met bus. Don't miss really disgusting and repulsive recipes and potions that are safe and simple to concoct. The bus will be at the Salmon St. Fountain from 11 a.m. – 2 p.m. and at the Woodlawn park from 2:30 – 5:30 p.m. on Aug. 9.

Summer Jazz Concert

A free summer jazz concert will be held on Sunday, Aug. 18, from 3–5 p.m. at Patton Park, adjacent to the Interstate Firehouse Cultural Center, 5340 N. Interstate Ave. Guest performers are Ron Steen on drums, Dan Balmer, bass, Shirley Nanette, vocals. Opening act will be the Portland Community College's Jazz Band.

Smith and Bybee Lake

Take a relaxing evening walk at Smith and Bybee Lakes Wildlife Area to take advantage of those long summer days and get a chance to unwind after work. Dusk is the best time to see wildlife. All ages are welcome through Aug. 20, from 6:30 – 8:30 p.m. Advance registration required. Call 503-797-1850, option 4.

Augustana Lutheran Church

Celebrate the wonderful diversity in the heart of the city at the 11th annual Summer in the City hosted by Augustana Lutheran Church on Sunday, Aug. 11, from 4–7 p.m. This event is free. There will be great food, jazz on the lawn and games for kids. The church is located at 2710 N.E. 14th Ave., on the corner of N.E. 15th and Knott.



Doris Dean is saying goodbye to a loyal customer base.

PHOTO BY DAVID PLECHL/
THE PORTLAND OBSERVER

Doris' Café Calls it Quits

Russell Street fixture for good eats is closing down

BY MUSTAFA MUHAMMAD
THE PORTLAND OBSERVER

A popular eating establishment and black-owned business in northeast Portland is sadly closing.

Doris Dean, known for having the best barbecue in Portland, is closing Doris' Café on Northeast Russell Street, just off Martin Luther King Jr. Boulevard, to pursue other interests.

"I worked so hard to build this res-

taurant up, it's good I did something right," Dean told the Portland Observer, last week.

"I've got mixed emotions," she said. "I'm sad that I'm closing, but it's a hard job and I spend all my time here. I want to get out and do other things that I like to do."

Dean said she has enjoyed serving a delicious menu of soul food dishes to a large customer base that was rich in cultural diversity.

"Since I've been open, customers from all over Portland and Vancouver come here to eat and that makes our area grow," she said.

Among all the favorite dishes the restaurant has to offer, the one meal that she said she liked the most was the catfish and vegetables.

Things don't always go right in any business, but Dean always keeps a positive attitude.

"When things go bad, all you have

to do is scream in the basement, then come back to work and start over again. But there aren't too many times when I have to do that," she said.

Even though the café on Russell is closing, there is another Doris Café in the Rose Garden that is run by Dean's son and may stay open.

But after 15 years of satisfied customers, the community, I'm sure agrees with me when I say, Doris' Café is gonna be missed.

Group Fights Lead Poisoning Danger

Ongoing workshops offer help to make our homes safer

BY JOY RAMOS
THE PORTLAND OBSERVER

Based on a recent study, over 70 percent of Portland homes contain dangerous levels of lead-based paint. More specifically, any home or apartment constructed before 1978 may be contaminated with lead within the plumbing, soil

project coordinator for the Community Energy Project that educates the public about lead poisoning.

Children 6-years-old and younger are at greater risk than other populations of getting sick from lead exposure.

A recent statistic provided by the Center for Disease Control cites that about

potentially at risk of getting lead poisoning.

The threat of lead poisoning is prevalent, so therefore, prevention is key.

Addressing these health concerns is the Community Energy Project, Inc., located at 422 N.E. Alberta. The nonprofit organization holds free ongoing workshops to raise awareness and offer resources



Stella Stadtherr uses a free lead prevention kit consisting of rubber gloves, non-toxic cleaner and rag to clean a windowsill.

or even by common household products.

These facts raise some serious health issues about the permanent damage caused by the toxic element, where symptoms can vary from learning disabilities to anemia and slowed growth.

"What we do know about the risk of lead poisoning in north and northeast Portland is that a majority of the homes have deteriorating lead-based paint which can poison any children staying in these houses," explained Stella Stadtherr,

890,000 children nationwide are known to have lead poisoning. A larger number who have yet to be tested, may also be suffering from exposure to lead.

To further complicate the matter, even pregnant mothers can pass lead on to their babies.

Adults are prone to the condition on the job, but it takes more lead exposure to cause health problems. Anyone doing work at firing ranges, steel mills, recycling stations, foundries and smelters are po-

The goal of the program is to educate and empower moderate to low-income Portland residents to prevent lead poisoning in their homes.

—Stella Stadtherr, Community Energy Project.

PHOTO BY
MARIAM
POSNER

about lead poisoning. Participants can receive a prevention kit containing cleaning supplies, Lead Check test swabs, flower seeds and a surprise for the kids.

"The goal of the program is to educate and empower moderate to low-income Portland residents to prevent lead poisoning in their homes," expressed Stadtherr.

Another valuable resource for lead poisoning prevention is the Multnomah County Health Department. They offer free childhood blood lead screening and tap water testing. Their Leadline number is 503-988-4000.

For more information about the Community Energy Project, Inc., call 503-284-4962. They also offer workshops on self-help weatherization and water conservation.

North Portland Job Office Hosts Fair

The north Portland office of the Oregon State Employment Department will hold its 22nd Job Opportunity Fair on Thursday, Aug. 8, from 10 a.m. – 1 p.m. There is no charge for the public to attend.

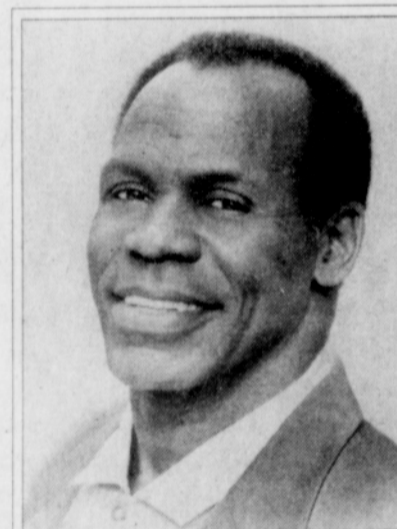
The employment office is located at

30 N Webster St., just north of Alberta and Williams and Vancouver.

Job opportunity fairs offer the chance for employers to meet dozens of potential employees in an informal setting at no cost to them. Job seekers can network with several potential employ-

ers, interview, leave resumes, and learn about career opportunities.

It is recommended that those attending the fair come dressed appropriately to meet employers. A copy machine will be available to make copies of your resume.



Danny Glover

Danny Glover Joins Portland's AIDS Walk

Danny Glover, Portland resident and renowned Hollywood figure, has been named Portland's AIDS Walk 02 honorary chairman by the Cascade AIDS Project.

Glover will preside over the more than 5,000 youth and adults expected to attend the 16th annual fundraiser on Saturday, Sept. 21 at Pioneer Court-house Square.

The goal is to raise \$200,000 for HIV prevention education, services and advocacy programs in Oregon and southwest Washington.

AIDS Walk 02 is presented by Portland General Electric.

"Danny's commitment and enthusiasm to support social causes make him an ideal honorary chairman for the Walk and advocate for AIDS programs," said Kregg Arntson, AIDS Walk 02 co-chairman. "We hope that Danny's presence will help energize and encourage others to come out and participate."

Glover, who is known best for his role in the "Lethal Weapon" movies, will appear in AIDS Walk 02 public service announcements. He will also lead participants in the 5K walk as they wind through the streets of downtown.