

METRO

The Portland Observer

Community Calendar

There Goes the Neighborhood

Reacquaint yourself with the blossoming, diverse community surrounding Interstate Avenue at the Inaugural Interstate Avenue Fair from 9 a.m. to 5 p.m. Saturday, Aug. 16 and noon to 4 p.m., Sunday, Aug. 17.

Race for the Cure

The Susan G. Komen Breast Cancer Foundation Oregon and Southwest Washington celebrates the Komen Portland Race for the Cure on Sunday, Sept. 14 at Waterfront Park. If you would like to volunteer for the event, visit www.raceforthe cure-pdx.org or call 503-553-3676.

Living Legend

Living legend Don Ho performs island sounds at the Oregon Zoo Friday, Aug. 8 at 7 p.m. Tickets are \$16. For more information, call 503-226-1561 or visit www.oregonzoo.org.

Wild Oats Health Workshops

Wild Oats Wellness Center presents free workshops at 3535 N.E. 15th Ave. (at Fremont) in upstairs studio 1. The benefits of cloth diapering takes place Saturday, Aug. 9 at 3 p.m. A lecture on healing from depression and anxiety is Aug. 13 at 7:30 p.m. and a lecture on integrating your heart in your work is Aug. 20 at 7:30 p.m. A lecture on detoxing is at 5 p.m. on Aug. 24, and a session on developing self-esteem is at 7:30 p.m. Aug. 27. Pre-register at 503-281-3262.

Wellness Within Reach

Wellness Within REACH Walk will draw more than 500 people to the streets of northeast Portland at 8 a.m. Saturday, Sept. 6. The fundraiser organized by the African American Health Coalition encourages you to register by sending a \$15 check to 2800 N. Vancouver Ave, Ste. 100. For more information, call 503-413-1850.

Transportation with Style

Tri-met introduces public art at the IFCC Gallery between Aug. 8 and Sept. 25. Intersections: TriMet Interstate MAX Light Rail Community History Project will be showcased at a summer festival in Patton Park from 9 a.m. to 5 p.m. Saturday, Aug. 16 and Sunday, Aug. 17.

D'Feet ALS Disease

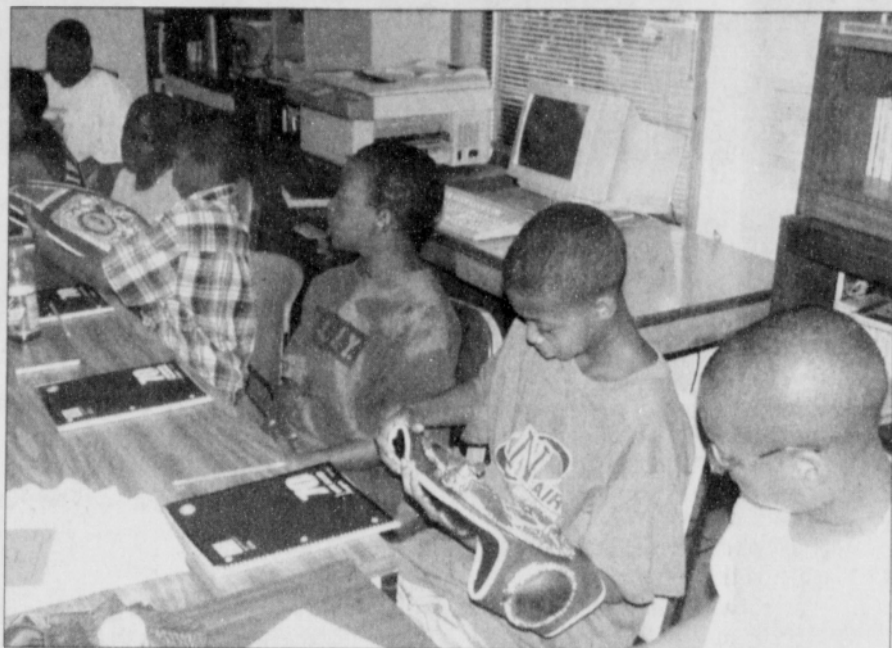
The Walk to D'Feet ALS (Lou Gehrig's Disease) begins at 10 a.m. Sunday, Sept. 7. For details, visit www.alsa-or.org or call 503-238-5559.

Scaley Friends at OMSI

OMSI prepares for the 19th Annual Reptile and Amphibian Show from Aug. 30 through Sept. 1. The largest educational reptile gathering in the Northwest will include a 14-foot long Burmese python, on-site experts and a Kid's Zone. The show is free with paid OMSI admission. 1945 S.E. Water Ave. 503-797-4588.

Hop Aboard Streetcar Party

BridgePort Brewing Co is all hopped up for the inaugural Rails and Ales: Portland streetcar Second Anniversary Celebration from noon to 8 p.m., Aug. 16 at Jamison Square Park, 810 N.W. 11th Ave. Free. The event will benefit the Oregon Food Bank and Start Making A Reader Today. Non-perishable food donations are welcomed.



BY JAYMEE R. CUTI
THE PORTLAND OBSERVER

Two Pound isn't the most intimidating nickname for a boxer, but Steve Forbes won't let something as tiny as a name break his focus.

Forbes, called Two Pound after his birth weight, will attempt to reclaim his title, Junior Lightweight World Champion, in a brawl against Carlos Fernandez at the Staples Center in Los Angeles in October.

He lost that title last August after months of inactivity.

"I've got the fastest hands in the whole division. I've beaten guys better than (Fernandez)," said a confident Forbes, about his upcoming fight.

But last week, Forbes traded his game face for a mentor's cap, meeting with kids at Successful Choices summer program in northeast Portland.

"When I was growing up, I had a lot of



PHOTOS BY TONY WASHINGTON/THE PORTLAND OBSERVER
Portland boxer Steve Forbes (above) put on his mentor's hat to work with students at the Successful Choices program in northeast Portland.

Weighty Words

Champion boxer encourages local kids to fight for their dreams

mentors and guys I looked up to," said Forbes, naming Muhammad Ali and Sugar Ray Leonard.

Forbes, 26, is a Portland native. "He's a role model in the community and we want him to talk to the kids about a career in boxing," said LeVon Van, program director for Successful Choices.

Forbes intrigued his nine-to-14-year-old audience by discussing determination, discipline, and his record of six knockouts in his

professional career. The audience pawed eagerly at his gold championship belts.

After his discussion, many kids followed Forbes to the Matt Dishman Community Center in northeast Portland to check out his powerful punch and sparring moves.

Successful Choices has after school and summer programs, teaching kids through basketball clinics, Bible study, anger management, American history and more.

Neighborhood Grocer Expands Business Interests

Interstate Bar and Grill serves multicultural clientele

BY SEAN P. NELSON
THE PORTLAND OBSERVER

Customers at the Interstate Bar and Grill, located at 4234 N. Interstate will find it a pleasant place to eat, drink and relax under the new ownership of Korean-American businessman Jack Chung.

A long-time community leader, Chung is already a familiar face to northeast residents for his Alberta Street Market. He was one of the developers of Harry Jackson Plaza on Alberta and Martin Luther King Jr. Boulevard where Adidas sited a store, and serves in the Korean American Grocery Association of Oregon as well as other organizations.

One of the hallmarks of a successful restaurant is the location. Chung thinks the Interstate Bar and Grill will thrive with the opening of TriMet's light rail system, the proximity to Kaiser Permanente and the Swan Island shipyards, where many people work.

Prices are reasonable and the restaurant is open 7 days a week.

"All the food is made from scratch. The

previous owners used to use a lot of frozen food but we make everything from scratch," Chung said.

Lunch items include a French dip sandwich made with prime rib on a hoagie roll served with horseradish sauce and au jus. It came with a salad full of crisp vegetables for only \$7. Both were delicious. Eggs benedict on the breakfast menu features an English muffin topped with ham, poached egg and

This corner has always been a negative corner. Now it's going to be a positive corner.

— Jack Chung, owner of the Interstate Bar and Grill

hollandaise. It is served with choice of fried red potatoes or grits for \$6.75.

Dinner menu features include champagne chicken breast or prime chicken breast baked with champagne and topped with sautéed mushrooms and parmesan cheese. Entrees such as this are served with a steamed vegetable, bread, a choice of soup or salad

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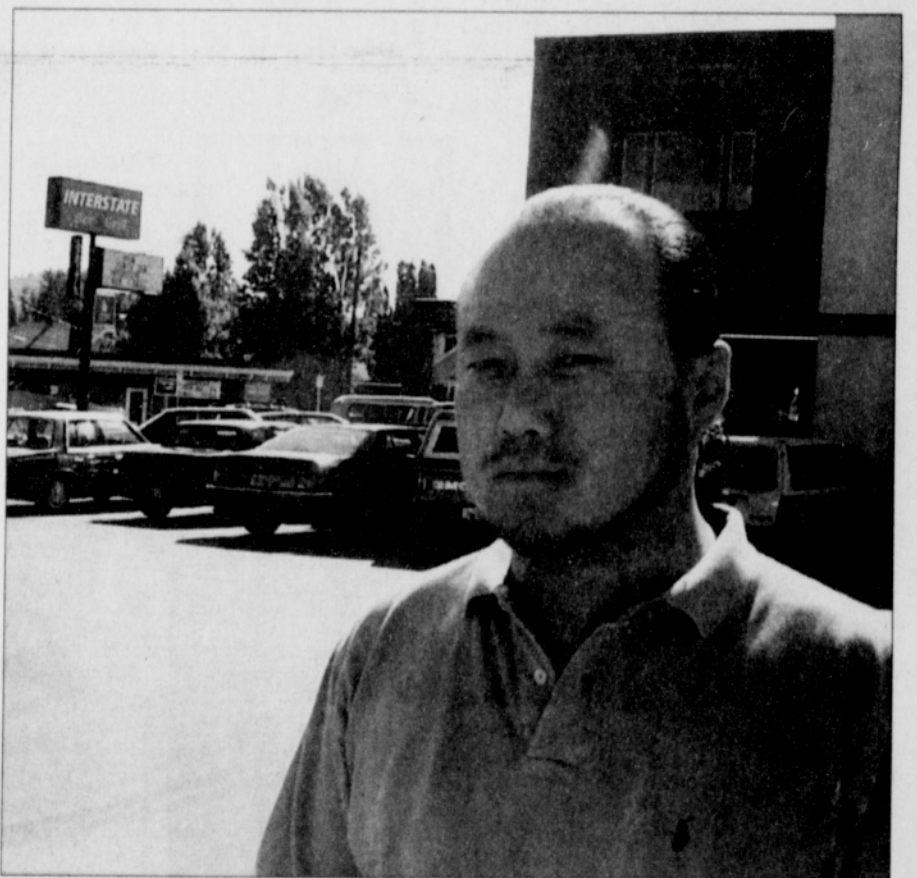


PHOTO BY MARK WASHINGTON/THE PORTLAND OBSERVER
North and northeast Portland entrepreneur Jack Chung expands his business interests by opening the Interstate Bar and Grill, formerly the Shamrock Restaurant on North Interstate and Skidmore.

Brains and Brawn Unite at Scholars Bowl

Upward Bound program gets results by keeping an eye on the prize

BY DAMARCUS REDEAU AND MARK PIMENTEL
THE PORTLAND OBSERVER

Free junk food, a dance and sports competitions sound like a Saturday well spent for any high-schooler. But participants in Upward Bound know that a little fun goes a long way to keeping kids in school and focusing their attention on higher education.

About 500 students from Portland and the entire Northwest, recently mixed summer fun with learning at the annual Upward Bound Scholars Bowl competition at the Portland State Campus.

Competitions were held in speech, general knowledge, chess, math, art, science, computer technology, spoken poetry and written poetry. Athletic events included, basketball, pingpong, volleyball, 100 meter dash, mile run and water balloon toss.



PHOTO BY TEARRA ROUNDS
A group of local high school students mix summer fun with learning at the annual Scholars Bowl competition on the Portland State University campus.

"Students participated fully and displayed spirit. I believe this was one of the best and certainly the largest Scholars Bowl

in the past 12 years," said Inez Freeman, organizer of the event.

Upward Bound is a federally-funded col-

lege preparatory program that offers assistance to low income and first generation high school students. It provides year-round tutoring, career exploration, a six week summer session and other academic and recreational activities.

The program has proved to be a productive and rewarding. Since 1980, 98 percent of participants graduate from high school; 90 percent of the students also enter college after high school. And 80 percent of all the high school graduates from Upward Bound since 1995 are still in college.

Results from the six-week summer session, saw a team from Portland State taking first place in the knowledge bowl competition, defeating a team from the University of Washington by one point. Students representing Evergreen State battled against two-time defending champion Portland State in basketball. The final game was decided in overtime.

After all events were over, the students gathered for an awards banquet. To conclude the night, radio station 95.5 hosted a dance, where students concluded their summer course of study with lots of smiles.