

PHOTO BY TONY WASHINGTON/THE PORTLAND OBSERVER

Block Party Reunites

Vicki and Jerome Ivory find strength in battling substance abuse at the annual Volunteers of America recovery and drug treatment block party in northeast Portland. The recent family event at the Volunteers of America center on Martin Luther King Jr. Boulevard, included food, music and dancing.

Buggy Butterflies Draw Crowd

Summer exhibit extended by popular demand

The Oregon Zoo has decided to give visitors exactly what they want—more butterflies! The zoo has extended a summer butterfly exhibit through Sept. 14.

"Visitors are really enjoying the butterflies, calling it the most interactive exhibit they've visited," said Tony Vecchio, Oregon Zoo director. "Since attendance has been strong and September is historically a good weather month, we thought we should leave it open for two more weeks."

In mid-July the zoo added ten new species of vibrant exotic butterflies, the first exotics to visit the zoo in its 116-year history. Winged Wonders, sponsored by Meier & Frank, already contained more than 20 North American species.

Some of the new butterflies include the glittering blue Morpho from Nicaragua, the orange-polka-dotted Grecian Shoemaker from southern Brazil, and the brilliant Royal Blue from Mexico. Other butterflies are native to Costa Rica, Ecuador, Columbia, and the Amazon Basin.

"The new butterflies are larger and even more vibrant than the North American varieties!" said Tony Vecchio, zoo director. "Visitors are always surprised



Jenny Jantarasi

to be completely immersed in butterflies; it is a wonderful experience."

Exhibit designers created Winged Wonders to be appealing to both butterflies and humans. Benches are scattered around the lush gardens for those who want to rest and perhaps experience becoming a butterfly's chosen perch.

An interactive display within the exhibit describes the life cycle of these wild butterflies and then explains what the zoo is doing to raise these rare creatures in captivity.

Volunteer Cited for Community Service

Volunteers of America Oregon has selected Sho Dozono as the 2004 recipient of the DePreist Award for Excellence.

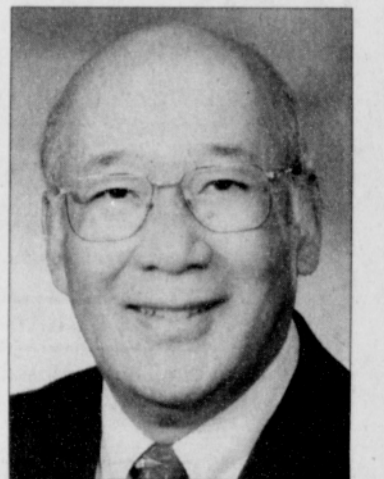
"The award was created to recognize individuals who exceed expectations and whose leadership has helped to build our community, leaving a legacy for our city," said Kay Toran, Volunteers of America Oregon president and chief executive officer.

A special tribute dinner is planned for Jan. 29 at the Oregon Convention Center.

"His community leadership reflects the same values as those that

form the foundation of Volunteers of America Oregon—building vibrant, compassionate communities, changing lives and leaving an inspiring legacy," said Toran.

Dozono is a past president of the Portland Oregon Visitors Association as well as past chair of the Japan America Society of Oregon. In his capacity as board member of the Portland Schools Foundation, Dozono spearheaded the mobilization of 30,000 citizens to participate in the March for our Schools which succeeded in raising more than \$11 million to save teaching positions in the public schools.



Sho Dozono

Nickle Increase Begins on TriMet

Monday began a new nickel increase for most fares on TriMet.

The cost of one and two-zone bus fares increases from \$1.25 to \$1.30, while most monthly passes are \$2 higher.

The all-zone fare is now \$1.60. The small increase also impacts students. A monthly pass for youth fares increases by \$1.

Single youth fares cost \$1, with books of 10 tickets costing \$9.50. A school pass increases 50 cents

to \$16.50. The added costs are needed to help keep pace with inflation, officials with the public transit agency said.

Honored citizen and LIFT fares did not change.

Uncovering Northwest Style

continued from Metro radar.

For the thrifty, Gray plans to feature a segment called The Look For Less, tipping the viewer off on copying runway fare and assembling recycled clothing in a fashionable way.

"What's old is new now," she said. "We want to provide a shopping directory, educating them on how to shop vintage."

Gray says that diversity plays a role in Portland's unique style. As the first African American television show host and producer, Gray

says she wants to help all Portlanders break out of the haunts and hoods they usually frequent, and explore other parts of the city.

"We want to be a resource for what's going on in Portland. If they're used to going to the Pearl, get them to Alberta. If they've usually on Alberta, go to Hawthorne," she said.

Gray is hardly new to the local media biz. She has assisted her mother, Lanita Duke, in making non-profit videos about gangs, domestic violence and gentrification in Portland.

Duke, a community activist and

video producer, funds and edits "Portland Style."

Gray wants her show to reach people who could benefit from her legwork, investigating the most chic picks that the city has to offer, and to help outsiders and Portland newbies get an introduction to how hip the city already is.

She said, "Portlanders will see a palate of different style, and from that palate, they are going to be able to choose what they want to incorporate into their style."

Gray would like to hear from the city's diverse talents. For information, call 503-310-1017.

The Trouble With Toothbrushing

When the dentist told Tina Valek that her gums were eroding near her back teeth, the news came as a surprise to the 33-year-old. After a lifetime of perfect dental checkups without a single cavity, Tina thought she was doing all the right things. So what was the problem? She was overbrushing—applying too much pressure and brushing longer than necessary.

"You're not doing your teeth and gums any favors by brushing too hard or too long," said Scott Navarro, an oral health advisor for Delta Dental Plans Association. "Over time, improper brushing can damage gums and wear down teeth."

Brushing too vigorously erodes tooth structure and causes gums to recede, leading to sensitive teeth and exposure of the root area. Se-

verely receded gumlines may require gum grafts or other procedures to repair damage caused by long-term overbrushing.

"Talk to your dentist or hygienist, especially if you begin to experience any pain or tooth sensitivity," said Dr. Navarro. "He or she can check out your technique and let you know if you're applying the right amount of pressure."



Giving our best.



Proud to be a Sponsor of the 2003 Safeway Classic!

<p>Attention SENIORS</p> <p>Safeway Senior Shuttle Service!</p> <p>Introducing a great new service for our neighborhood senior citizens. FREE grocery shopping "shuttle service" to your nearby Ainsworth & MLK Blvd Safeway Food & Drug... TWICE a Month!</p> <p>On or around the 4th and 15th of each month. This Service is FREE to seniors age 60 and over.</p> <p><small>Please Seniors: Grandchildren and others WILL NOT BE PERMITTED on the shuttle at any time.</small></p> <p>LOOK FOR OUR SPECIAL "RAZ TRANSPORTATION" TROLLEY SERVICE SCHEDULE FLYER AT YOUR MLK BLVD SAFEWAY FOR COMPLETE DETAILS!</p> <p>Sponsored by:</p>  <p>AFRICAN AMERICAN CHAMBER OF COMMERCE OF OREGON</p> <p>For More Information Call: 503-572-0812</p>	 <p>Rancher's Reserve Angus Beef Chuck 7-Bone or Blade Steak</p> <p>Bone-in. Any size package. SAVE up to \$3.19 on 2</p> <p>BUY ONE GET ONE FREE</p> <p><small>OF EQUAL OR LESSER VALUE LIKE ITEM ONLY</small></p> <p>Safeway Club Price</p>	 <p>Fresh Asparagus</p> <p>Steam and butter. SAVE up to \$1.70 lb.</p> <p>1.49 lb.</p> <p>Safeway Club Price</p>	 <p>Minute Maid Orange Juice</p> <p>64-oz. Chilled. Selected varieties. Card price: \$2.00 ea. SAVE up to \$3.38 on 2</p> <p>2 for \$4</p> <p>Safeway Club Price</p>	 <p>Safeway Northwest Grain Breads</p> <p>24-oz. Selected varieties. SAVE up to 60¢</p> <p>99¢</p> <p>Safeway Club Price</p>
---	--	---	---	---

Now the savings are in the Card!

ALL LIMITS ARE PER HOUSEHOLD PER DAY!

PRICES EFFECTIVE SEPTEMBER 2003

Sun	Mon	Tue	Wed	Thur	Fri	Sat
7	8	9	3	4	5	6

Prices in dollars. All prices are in dollars unless otherwise noted. Some prices may vary by store. ©2003 Safeway Stores, Inc.