

# CANNON'S

RIB EXPRESS

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Catering & Take-Out

OUR SPECIALTY:

**REAL HICKORY SMOKED BAR-B-Q**

- Sandwiches • Salads
- Chicken • Pork Ribs
- Beef Ribs

HOURS:

Monday 11:00 - 9:00  
 Tuesday CLOSED  
 Wed. & Thurs. 11:00 - 9:00  
 Fri. & Sat. 11:00 - 10:00  
 Sunday 11:00 - 8:00

CATERING ALLEVENTS

**Low Carb Special:** (1 carb) Chopped Pork w/side sm. greens **\$5.00**

\*\*\* NEW LOCATION \*\*\*  
**5410 N.E. 33RD 503-288-3836**

# Art, Music and Side Salad



Abbey Cafe owners Todd and Stefanie Fisher (from left) with cafe staff, Ron Kaufman, Deborah Waggoner and Rene Kaufman, restaurant manager.

PHOTO BY TONY WASHINGTON/ THE PORTLAND OBSERVER

**THE ABBEY CAFE** CATERING AVAILABLE

Espresso Coffee Tea Juices  
 Breakfast Lunch Pastries

**MUSIC EVENTS Every Saturday 4:30pm - 6:30pm**

**MONTHLY ART DISPLAYS**

**WE DELIVER**

441 N. Killingsworth St., Portland, OR, 97217  
 Phone & Fax: (503) 286-4847

## New Cafe going strong on North Killingsworth

A colorful, corner coffee shop and cafe is open for business after a major remodel to

their building on the corner of Killingsworth Street and Commercial Avenue.

Abbey Cafe, 441 N. Killingsworth, serves hot and cold sandwiches, soups, salads, deserts, coffee drinks, organic juices, ice cream treats and a list of daily specials.

A "to go" and delivery menu is available for corporate catering.

Abbey Cafe's atmosphere, just down from the Cascade Campus of Portland Community College and across the street from the North Portland Library, is rich with local art and music,

currently exhibiting the photos of Julian Appleton. Musicians entertain guests on Saturdays from 4:30 to 6:30 p.m.

The traditional music of Zimbabwewe fills the cafe with Njuzu, on Saturday, Feb. 21.

For questions or to book a show, call 503-286-4847.

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### Black History Films

Radical Women celebrates Black women's activism with a showing of the film "Passion for Justice" at 7 p.m. Wednesday, Feb. 25 at the Bread and Roses Center, 819 N. Killingsworth. Donation is \$3. For more information, call 503-240-4462.

### New Vaudeville

Nomadic Theatre presents gut-splitting comedy, juggling, clowning, magic and acrobatics with "Two Clowns Flex," benefiting Clowns without Borders, at 7:30 p.m. Saturday, Feb. 28 at the Winingstad Theater, 111 S.W. Broadway. Tickets range from \$10 to \$20. For tickets, call 503-248-0557.

### Break the Cycle

Yogi educator Ravi Singh will teach sessions at the Multnomah Athletic Club, 1849 S.W. Salmon St., on Feb. 13 and 14. Singh teaches how to break cycles of pain through yoga training. For reservations and more information, call 503-223-6251 ext. 307 or 282.

### Oklahoma! in Oregon!

Rodgers and Hammerstein's beloved musical Oklahoma! comes to Keller Auditorium, Southwest Third Ave. and Clay, from Feb. 17 to 22. Tickets range from \$23 to \$63 and can be purchased by calling 503-241-1802.

### Film Series Continues

The Freedom Socialist Party hosts a Black History Month viewing of

### ENTERTAINMENT GUIDE

"A. Philip Randolph: For Jobs and Freedom" at 7 p.m. Feb. 21 at the Bread and Roses Center, 819 N. Killingsworth. Dinner is available at 6 p.m. for \$7. For more information, call 503-240-4462.

### Larger Than Life-sized

OMSI's big-screen OMNIMAX theater is showing "Pulse: A Stomp Odyssey" through February, "Coral Reef Adventure" through March, "Lewis and Clark: Great Journey West" through June and "Jane Goodall's Wild Chimpanzees" through May. For more information, call 503-797-4588.

### Roseland Presents

Roseland Theater welcomes Dada and special guests at 8 p.m. on Tuesday, Feb. 17; and Buddy Guy, Jerry Cantrell, Living Colour, Double Trouble, Indigenous, Paul Rodgers, Mich Mitchell and Billy Cox from the Jimi Hendrix Experience at 8 p.m. on Tuesday, Feb. 24. Tickets are available by calling 503-224-8499.

### Stack 'Em Up

Adult Lego enthusiasts will love the 2004 BrickFest Expo at the Oregon Convention Center. The exhibit will have themed displays and mosaics from 11 a.m. to 4 p.m. on Sunday, Feb. 15. Tickets are \$5 per person or \$20 max per family. For more information, call 503-297-5090.

### Trippin' through Town

Take a trip through time to find the hottest poetry, hip-hop and soul influencing Portland Wednesdays at the Ohm. \$7 cover. 31 N.W. First Ave.



## African American Health Coalition, Inc.

Presents for your health,

### Wellness Within REACH Activity Calendar

#### Aerobics

**Mallory Ave. Christian Church**  
 Mon, Wed, Fri, 6-7am, Pierce • 5:30-6:20pm, Granville • 6:30-7:30pm, Nickerson

**Humboldt Elementary**  
 Tue, Thu, 6-7pm, Keller

#### Low Impact Aerobics

**Daniel's Memorial Church**  
 Tue, 7:15-8:15pm, Granville

#### Water Aerobics (Contact AAHC)

**Salvation Army**  
**Matt Dishman**

#### African Dance

**Matt Dishman**  
 Sat, 10-11am, Addo

#### Body Conditioning

**Wild Oats Market**  
 Sat, 9:30-10:30am, Nickerson

#### Salsa

**Salvation Army**  
 Mon, 6:30-7:30pm, Henry

#### Stretching/Body Sculpting

**Matt Dishman**  
 Tue, Thu, 7-8am, Lois

#### Tai Chi

**Salvation Army**  
 Wed, 6:30-7:30pm, Lyles

#### Walking Group

**Peninsula Park**  
 Sat, 12:30pm, Woods

#### Weight Mgmt./Conditioning

**U. of Portland Indoor Track**  
 Tue, Thu, 9-10am, Hasan

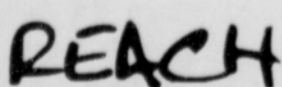
#### Yoga

**Wild Oats Market**  
 Tue, Thu, 7:30-8:30pm, O'Rourke

Daniel's Memorial Church, 1234 NE Killingsworth (12th & Killingsworth)  
 Humboldt Elementary, 4915 N Gantenbein  
 Mallory Avenue Christian Church (Gym), 126 NE Alberta

Matt Dishman, 77 NE Knott  
 Peninsula Park, 700 N Portland  
 Salvation Army, 5325 N Williams  
 U. of Portland Indoor Track, 500 N Willamette  
 Wild Oats Market, 3535 NE 15th

\*\*Must be 21 or older to participate. Please contact AAHC before showing up to the first class and for more information at 503-413-1850 or kdempsey@aahc-portland.org. Please receive approval from your doctor before beginning exercise class.



Racial and Ethnic Approaches to Community Health  
 A Program of the African American Health Coalition, Inc.  
 Sponsored by the Centers for Disease Control and Prevention (CDC)



Contact AAHC at 503-413-1850 or visit our web site at [www.aahc-portland.org](http://www.aahc-portland.org)

## 'Killingsworth Station' Eyed for Intersection

*continued* ▲ *from Metro*  
 May 1.

Preliminary plans, pending further discussions with neighborhood representatives and City zoning officials, calls for 56 affordable one- and two-bedroom rental units with rents below 60 percent of median family income and 6,400 square feet of ground floor commercial space.

In addition, there would be 45

loft-style condominiums with average sale prices of \$125,000, and an additional 6,400 square feet of ground floor commercial; and 7 three-bedroom townhomes for sale targeted to families at or below 100 percent of median family income.

Approximately 12,800 square feet of ground floor retail/office space would front Killingsworth and Interstate, providing possible ownership opportunities for small

local businesses. Two levels of structured parking would contain approximately 80 spaces.

"Our intention is to create a project that the neighborhood can be proud of - a project that provides opportunities to benefit the local community," says lead developer Tom Kemper.

The development team plans to start construction in spring, 2005 and complete the project by mid-2006

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