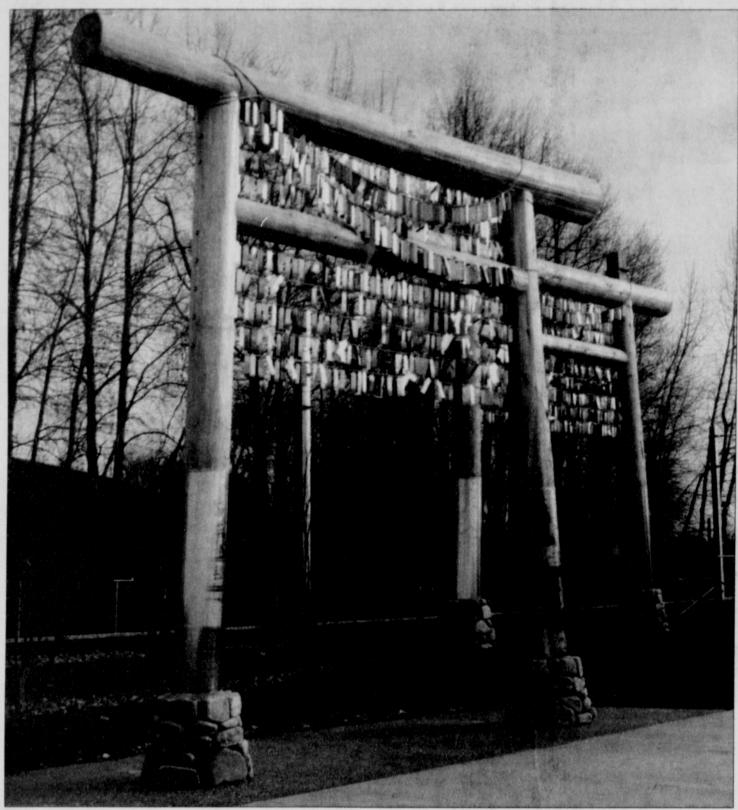
TriMet Art Gets National Recognition



Artist Valerie Otani's Timber gates at the Expo Center Station mark the entrance to the site where Japanese Americans were held during World War II. Metal tags are strung from the gates to represent each of the 3,676 people incarcerated at the center.



The nine-foot tall bronze light towers by artist Fernanda D'Agostino make the Overlook Park Max Station an instant landmark.

Artwork at Overlook Park and the Expo Center stations on the new Interstate Max Yellow Line in north Portland have been recognized by two prestigious annual reviews.

Fernanda D'Agostino's towers at Overlook Park Station were featured in the Americans for the Arts yearly public art review.

towers have colored glass windows printed with photos of community members, overlaid with images of nature. The publication highlights the most successful, innovative and exciting public art projects in the United States

The second display of creativity titled, Voices of remembrance by Valerie Otani's timber gates at the Expo Center Station and was selected by editors of Art in America for their annual art review.

Inspired by traditional Japanese Tori, the gates mark the entrance to the site where Japanese Americans were held during the summer of The two, 9-foot high bronze light 1942. Metal tags strung from the gates represent each of the 3,676 people incarcerated at the center.

> Artwork was incorporated into all 10 Interstate Max Yellow Line stations along the 5.8-mile route.

Local Support for First Black Senator

nois Senate Candidate Barack in the future. Obama will soon become the only black Senator in the Congress and only the third black Senator since the Reconstruction period in the

late 1800's. Longtime friend Lee Farmer has made a commitment to raise \$1 million with his Back in the Black Senate fundraisers for Barack Obama. He believes that supporting Obama will inspire other quality black

It is likely that Democratic Illi- elected officials to run for Senator taurant in Vancouver at the South

would be 13 black Senators in the Congress," said Farmer. "One only needs to know the power of a single U.S. Senator to understand how 13 black U.S. Senators would change this country for

will take place at Bacchus Res- 241-1414.

View Center, 3200 S.E. 164th Ave., "If all things were equal, there from 6 p.m. to 8:30 p.m. on Thursday, Aug. 26. Suggested donations of a \$100 or more per person is encouraged.

A conference call is being scheduled so that Obama may personally speak to his supporters. RSVP by email to community activist and As part of Farmer's campaign radio show host Opio Sokoni at drive, a special fundraising effort osokoni@yahoo.com or call 360-



Join us for the 2nd Annual Wellness Within REACH Walk Sat. September 4, 20041 Walk the 1.5 or 4-mile course.

Registration & event activities begin at 8:00 a.m. The Walk begins at 9:00 a.m.

For more information

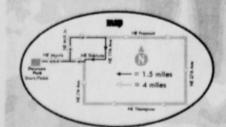
For more information about registration or to volunteer contact the African American Health Coalition, Inc. at 2800 N. Vancouver Ave., Suite 100 503-413-1850, or ayannas@aahc-portland.org

Start and finish at Dawson Park, located at N. Vancouver and Stanton in Portland, OR.

The purpose of the walk is to celebrate ou community's health and sustain ongoing free physical activity classes for African Americans in the Portland metro area.

Entry fee is \$15 per person. Pre-registration is highly encouraged! www.aahc-portland.org

Thanks is our spousor









Relief for Uninsured Americans

Kaiser gives \$1 million for medical care

Kaiser Permanente is giving \$1 million to the Multnomah County Health Department to help provide medical care for people without health insurance.

The health department will use the funds to help reduce the impact of planned budget cuts on health care services to uninsured and under-insured residents in the Portland area.

County health officials estimate the Kaiser Permanente grant will enable the health department to provide medical services to 3,000 uninsured people as well as keeping nine health care translators working with non-English speaking clients throughout the county. The funds will also help

increase capacity at six county health clinics

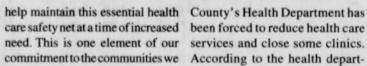
Speight, vice president of communications and external affairs for our community. Kaiser Permanente. "We want to

it doesn't cover losses in Medicaid revenue and an increase in "The health department has an uninsured patients," states outstanding record of service to Multnomah County Chair Diane Multnomah County's poor and M. Linn. "This significant grant vulnerable residents," says Barney will provide essential and vital health care for people in need in

Since the 1990s, Multnomah

The health department has an outstanding record of service to Multnomah County's poor and vulnerable residents.

- Barney Speight, Kalser Permanente vice president



ment a new clinical model that will to our clients, but unfortunately have increased by seven percent.

care safety net at a time of increased been forced to reduce health care need. This is one element of our services and close some clinics. ment, in the last year, medical "The county's income tax has visits to county health clinics by offset the county's cost to imple- helped maintain critical services people not covered by insurance



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

PART 11. EXERCISE: Does it help low back problems, or only make them worse?

a series of exercises designed to help her low back problems. Is it all right for me to use them, too?

A: It would be enlightening to know the number of people with qualified back problems (fixation on the spinal joints) who are told they only need to exercise. They are given a brief exam and a sheet of stretching exercises to follow. They are led to believe nothing else need to be done. This is only incomplete therapy, it is also therapy that could easily lead to very disastrous side ef-

muscles without removing the cause of the spasms, it actually done no exercising at all. In Chiroimportant part of health, but only the spinal fixations that caused the at the number below

: A friend of mine showed me | fects. When we exercise and stretch | problem in the first place. Then and only then can the spine be correctly stretched and strengthforces the body to degenerate enedwithout traumatizing muscles faster. You are better off to have and nerves. For a safe, gentle accurate assessment of your spinal practic, we know the exercise is an situation or for answers to any questions you might have about after Chiropractic care has removed your health please call our office

Flowers' Chiropractic Office

2124 N.E. Hancock Street Portland, Oregon 97212

Phone: (503) 287-5504