

# 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.

The two, 9-foot high bronze light 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 Torii, the gates mark the entrance to the site where Japanese Americans were held during the summer of 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

It is likely that Democratic Illinois Senate Candidate Barack 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

elected officials to run for Senator in the future.

"If all things were equal, there 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 the better."

As part of Farmer's campaign drive, a special fundraising effort will take place at Bacchus Res-

taurant in Vancouver at the South View Center, 3200 S.E. 164<sup>th</sup> Ave., 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 radio show host Opio Sokoni at osokoni@yahoo.com or call 360-241-1414.

## 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 offset the county's cost to implement a new clinical model that will

increase capacity at six county health clinics.

"The health department has an outstanding record of service to Multnomah County's poor and vulnerable residents," says Barney Speight, vice president of communications and external affairs for Kaiser Permanente. "We want to

it doesn't cover losses in Medicaid revenue and an increase in uninsured patients," states Multnomah County Chair Diane M. Linn. "This significant grant will provide essential and vital health care for people in need in our community."

Since the 1990s, Multnomah

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

— Barney Speight, Kaiser Permanente vice president

help maintain this essential health care safety net at a time of increased need. This is one element of our commitment to the communities we serve."

"The county's income tax has helped maintain critical services to our clients, but unfortunately

County's Health Department has been forced to reduce health care services and close some clinics. According to the health department, in the last year, medical visits to county health clinics by people not covered by insurance have increased by seven percent.

**2nd Annual Wellness Within REACH Walk**

**September 4, 2004**

<p><b>What</b> Join us for the 2nd Annual Wellness Within REACH Walk Sat. September 4, 2004! Walk the 1.5 or 4-mile course.</p> <p><b>When</b> Registration &amp; event activities begin at 8:00 a.m. The Walk begins at 9:00 a.m.</p> <p><b>For more information</b> 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</p>	<p><b>Where</b> Start and finish at Dawson Park, located at N. Vancouver and Stanton in Portland, OR.</p> <p><b>Why</b> The purpose of the walk is to celebrate our community's health and sustain ongoing free physical activity classes for African Americans in the Portland metro area.</p> <p><b>Entry</b> Entry fee is \$15 per person. Pre-registration is highly encouraged! <a href="http://www.aahc-portland.org">www.aahc-portland.org</a></p>
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### PART 11. EXERCISE: Does it help low back problems, or only make them worse?

**Q:** A friend of mine showed me 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-

fects. When we exercise and stretch muscles without removing the cause of the spasms, it actually forces the body to degenerate faster. You are better off to have done no exercising at all. In Chiropractic, we know the exercise is an important part of health, but only after Chiropractic care has removed the spinal fixations that caused the

problem in the first place. Then and only then can the spine be correctly stretched and strengthened without traumatizing muscles and nerves. For a safe, gentle accurate assessment of your spinal situation or for answers to any questions you might have about your health please call our office at the number below

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