

# Carter, Brown Hold Places in History

*Portland women take leadership posts*

Oregon history was made when members of the Oregon Senate voted on leadership positions for the 2005 session.

For the first time, the Senate has an African American President Pro Tempore and a woman Majority Leader.

In a unanimous vote, senators chose Portland Democrat Margaret Carter

as the first African American President Pro-Tempore of the Oregon Senate. A lawmaker representing north and northeast Portland, Carter is only the second African American woman in United States history



Sen. Kate Brown



Sen. Margaret Carter

to hold the position.

As President Pro Tem, she will help preside over the Senate. If the office of Senate president becomes vacant, she would become president until a new president is elected.

Carter has made Oregon history before: In 1984, she became the first African American woman elected to the state House of Representatives.

"My colleagues have honored me, and in doing so have honored

Oregon as a pace setter, "pioneer" once again in our nation," Carter said. "Oregon has long been a 'trail blazer' in so many areas, innovations, and public policies. May we always hold that distinction and may our spirit always be as beautiful as our land."

Senators also voted to make Kate Brown the first woman Senate Majority Leader in Oregon history. Brown, representing southeast Portland and Milwaukie, has served as the Senate Democratic Leader since 1999.

"Oregon has a strong tradition of electing women to leadership positions—in the Legislature and statewide," Brown said. "I think it reflects how independent and principled Oregonians are, and I'm proud to be a part of that tradition."

## Ask Deanna!



**Real People, Real Advice**  
An advice column known for its fearless approach to reality-based subjects!

I try and date someone else, she constantly comes to mind. I would really like to just sit down and talk with her, no strings attached and see if we have anything in common. --My Will; Dallas, Texas

**Dear My Will:**

Life is too short to be fantasizing over this woman. It's a good sign you're both in church and a better sign that she indicates she's single. Pray for confidence, pull up your boot straps and invite her to lunch. You'll never know if you have anything in common if you're afraid. Make your move in faith and good intentions so if you're rejected, you'll be okay. If this woman who triggers your emotions in such a fashion is from God, you'll know.

**Dear Deanna!**

I just so happen to be fat, chunky and overweight but I have a cute face and I dress according to my size. My best friend is always dogging me because she's slim and tries to make me feel bad because of my weight. I'm happy, I can pull the men and I don't have any health problems so I'm not dieting. How do I get her off my back about being skinny? That's not on my agenda. --Keisha; Orlando, Fla.

**Dear Keisha:**

Go on Big Girl with your bad self! If you're happy and healthy, keep toting your weight and wear it well. As for your friend, sounds as if she's ugly with issues and is jealous of your looks. Next time she gets on the weight kick, tell her your problem can be solved with a diet and hers can't be helped. If you really want her off your back, sprinkle some ketchup on her and swallow her whole.

**Dear Deanna!**

I'm an older man that just so happens to like really young women. With my age, I prefer women that are at least 20 to 25 years younger than me. Why does society and other women give me such a hard time about my dating preference? I don't feel as if I'm doing anything wrong. --Paul; Rock Hill, S.C.

**Dear Paul:**

I hope and pray you're at least 50 years old or more. If not, your R. Kelly impression is pretty bad and you're going to get thrown under the jail and they'll melt the key. Considering the grief you get over this, it's obvious you're mismatched with these women. Do yourself a favor and date within your league. If you still choose to rob the cradle, keep your business to yourself and suck it up because you're the one putting yourself in this situation.

**Dear Deanna!**

I'm interested in a lady at church. I approached her two years ago and she told me she was dating someone. Whenever the pastor asks the single ladies to rise, she now stands up. We make eye contact and no matter where we're sitting, I can sense her presence. I have never felt this way about a woman before in my life, not even my ex-wife. When

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# Lawmaker Honors African-Americans

*MLK salute to Clara Peoples, Pauline Bradford and Rev. John H. Jackson*

State Rep. Chip Shields, beginning his first term in the Oregon House, honored three long-time Portland civil rights activists on the floor of the House on Monday, Jan. 17 in honor of Martin Luther King, Jr. Day.

Shields, a Democrat from northeast Portland, recognized the lifetime commitment to justice and civil rights of longtime community leaders Clara Peoples, Pauline Bradford, and Reverend John H. Jackson.

"It is with pride and humility that I recognize... Rev. Jackson,



Rep. Chip Shields

Ms. Bradford, and Ms. Peoples," Shields said. "We recognize them in the spirit of Dr. Martin Luther

King, Jr., and in spirit of all the unsung civil rights heroes and heroines throughout Oregon's history."

Clara Peoples has worked for over 40 years with Bethel AME Church in NE Portland, feeding the hungry. In recent years she also led the movement in Oregon to commemorate Juneteenth, the celebration of the end of slavery in the United States.

Shields also recognized the work of the late Rev. Jackson, past-pastor of Mount Olivet Baptist Church and leader of the Albina Ministerial Alliance. A pioneer and leader in

the civil rights movement in Oregon, Rev. Jackson continued to work tirelessly to advance the cause of justice and civil rights in Oregon until his death in 1994.

Pauline Bradford worked for over 50 years on behalf of low-income citizens and people of color to ensure that urban renewal in northeast Portland did not leave them behind. Commenting on the honor that Shields gave her in his speech, Bradford said, "I just try to ensure that people are treated fairly... and that we all try to live by the Golden Rule."

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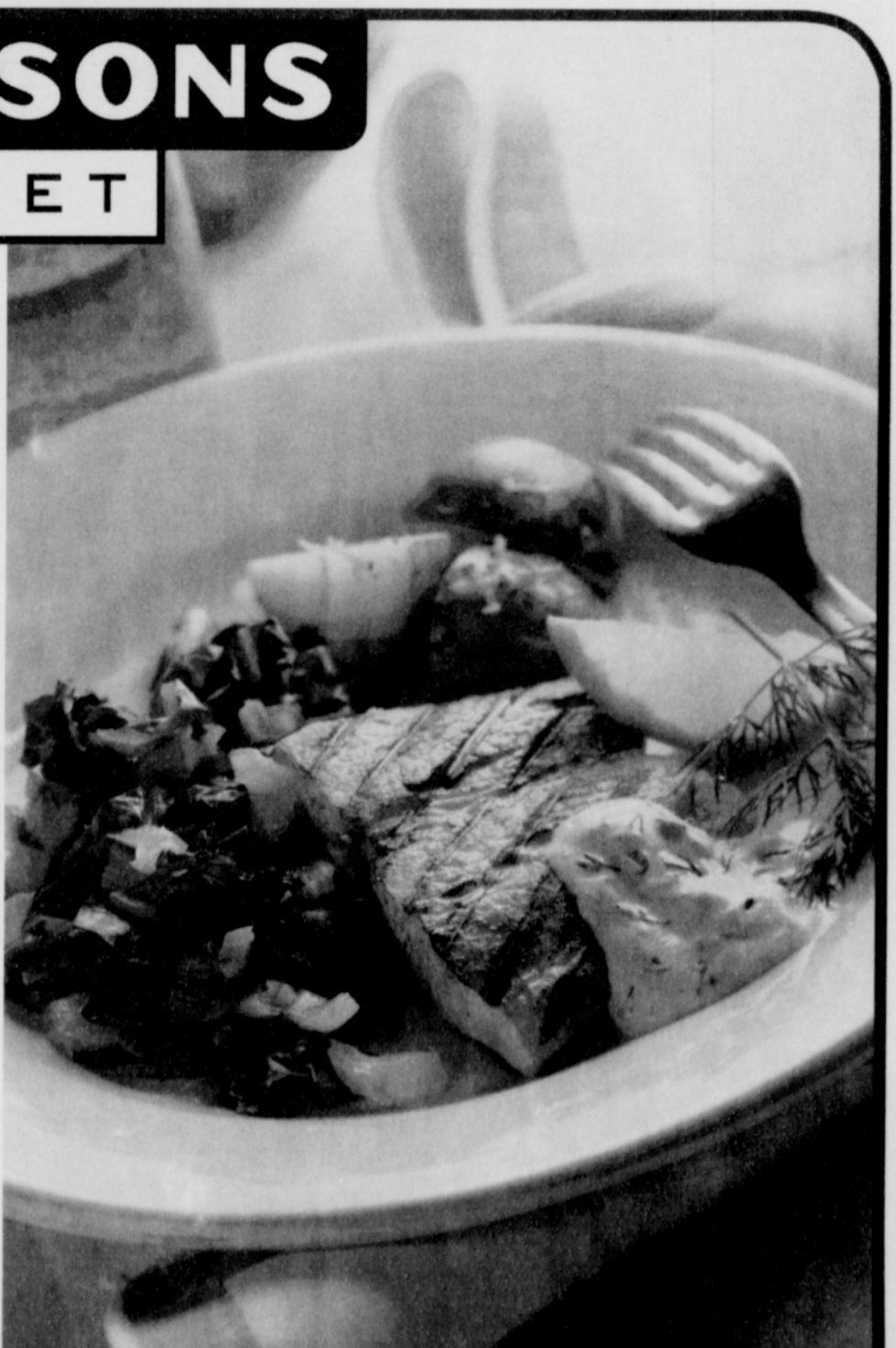
*Go green!*  
GREENS TASTING THIS WEEKEND

Did you know the world of leafy green vegetables stretches far beyond iceberg and Romaine lettuce? It's true that greens may not be as diverse in color and shape as peppers and mushrooms, but they definitely make up for it in flavor and nutrition.

Most people think greens have a bitter flavor. Some do but others are sweet, pungent, and even sour, and can add amazing flavors to salads and cooked dishes.

Need another reason to eat more greens? These vibrant vegetables pack a powerful, nutritional punch, including vitamin A, beta-carotene, calcium, magnesium, iron, folic acid, and chlorophyll. Greens are also a great source of fiber and are full of plant compounds that offer a variety of health benefits. Remember the greens with the darkest, most vivid hues tend to contain the highest levels of nutrients.

Join us this weekend as we introduce you to the lively world of leafy greens. We'll be sharing tastes of our favorites: bok choy, curly mustard, green, red and rainbow kale, dandelion, beet, spinach, and a special braising greens. Our demo staff will also be whipping up some of their favorite recipes to showcase greens' flavors and textures – and will send you home with the recipes. Join us Saturday and Sunday, 11am to 5pm.



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