

Rose Festival's Walk for Life

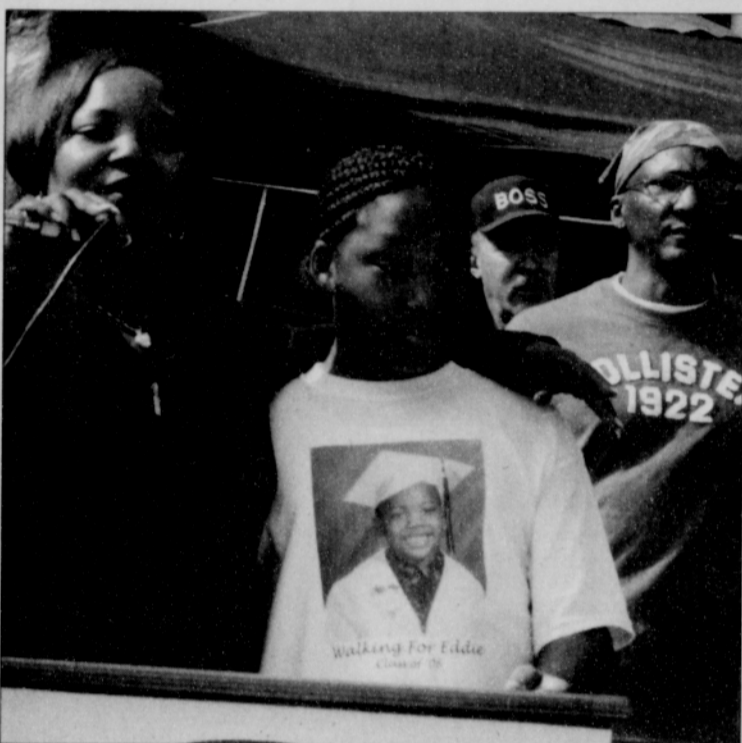
An inaugural weekend of Rose Festival Events kicked off early Saturday, June 3 with the Eddie Barnett Jr. Foundation Walk for Life, a benefit for the local non-profit organization formed to make a difference for young people diagnosed with Hypertrophic Cardiomyopathy, the form of heart disease that eventually took Barnett's life in 2005.

Barnett's mother, Christeen Johnson, organized the 3.8-mile walk beginning at Jefferson High School on North Commercial and Killingsworth, and ending at Grant High School at Northeast 33rd and Thompson.

Almost 100 people participated in the event, raising \$1,100 but falling short of total expenses. You can still help by making donations by calling the foundation at 503-756-8541.



The Humboldt Elementary Chargeettes provide a dance routine for participants before the Walk for Life at Jefferson High School.



Christeen Johnson and her daughter Julisa Lowe rally participants before the Eddie Barnett Jr. Foundation Walk for Life Saturday, honoring the son she lost last year to heart disease.

PHOTOS BY MARK WASHINGTON/THE PORTLAND OBSERVER

Cycle Portland

BY SARAH BLOUNT

Fix a Flat and Forget It

I know how to fix a flat tire, and have done so several times. The problem is I absolutely hate it. I derive no satisfaction from the laborious act of prying a tire off its rim (ouch), locating the intruding nail, piece of glass, etc., or replacing the tube, and finishing off the act by perfectly matching all three elements—tube, tire and rim—together again and back onto the bike (the process being exponentially harder if the flat is on the back wheel).

So I've always taken advantage of my brother the bike mechanic, who fixes flats for me, and I manage to retain some self-sufficiency by engaging in less painful bike maintenance: I practice truing my wheels, replacing my brakes, cables and housing, and making other general repairs that don't leave me cursing at the walls.

But there's a tiny voice inside my head that says fixing flats isn't all that bad, and that relying on the generosity of my brother is some sort of a copout. I've finally decided I'd be better off mastering this tedious but necessary skill, learning to swear less with every tube I replace.

If you too have a fix-a-flat phobia, and aren't blessed with bike mechanic relatives or too cheap to pay someone 10 bucks, take the matter into your own hands! Learn quickly! Because summer is here and broken glass lurks everywhere.

A special North Portland BikeWorks women and transgender bike maintenance class will hold flat fixing demos, among other repair issues, Sunday, June 11 from 10:30 a.m. to 2:30 p.m. The benefit for the non-profit will accept donations of \$10 or more.

The Bike Gallery regularly hosts Flat Repair Clinics for all adults, at various locations. The next one happens Wednesday, June 28 from 7 p.m. to 8:30 p.m. at their Hollywood location, 5329 N.E. Sandy Blvd.

If you want to learn and practice on your own, visit Bike N' Hike's website, www.bikenhike.com and plug "fix a flat" into their search engine. You'll find a step-by-step process with pop-up windows. Bike N' Hike claims flat repair is not only easy, but also fun. Maybe someday I'll agree.

Sarah Blount is a reporter for the Portland Observer.



Author Lends Support

Renowned author and playwright J. California Cooper, will show her support for a local youth advocacy group during an appearance Sunday, June 11 at Reflections Talking Drum Bookstore, 446 N.E. Killingsworth.

The author of 11 books of short stories and novels, including her newest release "Wild Stars Seeking Midnight Suns," invites area residents to join her for a catered reception and reading from 3 p.m. to 4:30 p.m. Tickets are \$25 with tax deductible donations supporting Sisters in Action at 503-331-1244 or Talking Drum Bookstore at 503-288-4106.



J. California Cooper

follow the reception from 5 p.m. to 6 p.m. and is open to the public.

Cooper is a recent émigré to the Portland area. Her latest work of short stories has been reviewed in current issues of Essence and People magazines.

Sisters in Action for Power addresses pressing community issues and empowers young people by providing new options, skills and tools that lead to higher education.

For more information or to purchase tickets for the reception, call Sisters in Action at 503-331-1244 or Talking Drum Bookstore at 503-288-4106.

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	1.99 ea CLUB PRICE	Dulcinea Seedless Mini Watermelon SAVE up to \$3.00 ea.		9.99 ea CLUB PRICE	Butcher's Cut Hickory Smoked Thick Sliced Bacon Sold in a 7.5-lb. package. SAVE up to \$10.00 ea.
	FREE CLUB PRICE	4-ct. Tomatoes SAVE up to \$1.99 on 2		9.99 lb CLUB PRICE	Extra Jumbo Cooked Shrimp 21 to 25-ct. Tail-on. Frozen/thawed. SAVE up to \$4.00 lb.
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