Interstate Farmers Market Opening

North Portland's Interstate Farmers Market opening bell of the season will ring at 3 p.m. on Wednesday, May 16. The mid-week market, known for its variety of quality fresh local produce, baked goods, cut flowers, artisan cheese, meat and fish, is located on North Fremont Avenue, just off Interstate Avenue between Overlook Park and the Interstate Kaiser Permanente Campus.

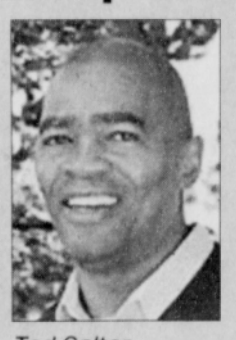
"One of the things that I'm really excited about is our new wireless debit system," says returning market manager Kevin McGovney.

Made possible by a generous donation from New Seasons Market's own Pacific Village line of products, this system will make the market even more accessible, especially to those folks with Oregon Trail cards.

Working behind the scene is the new Interstate Farmers Market Community Board. Initially sponsored and still hosted by Kaiser Permanente, it was always the intention for the market to become community-governed.

The Interstate Farmers Market is held each Wednesday through Sept. 26 from 3 to 7 p.m.

Home Ownership Exec Promoted


Ted Salter

The nonprofit housing group HOST Development has promoted Ted Salter to the position of deputy director.

Salter joined HOST in 2003, helping the organization secure financial backing to establish itself as Portland's leading affordable homeownership provider.

Last month, HOST unveiled its Building Blocks campaign, an unprecedented program to create 1,000 new homeowners by 2017. In addition, the campaign will capture and preserve 2,000 children for Portland Public Schools.

"The growth and success of HOST is directly linked to the quality and dedication of our employees and partners," said Ted Gilbert, chairman of HOST's board of directors.

As deputy director, Salter will continue to fundraise in addition to his new areas of responsibility, including marketing, community relations, communications and capacity building.

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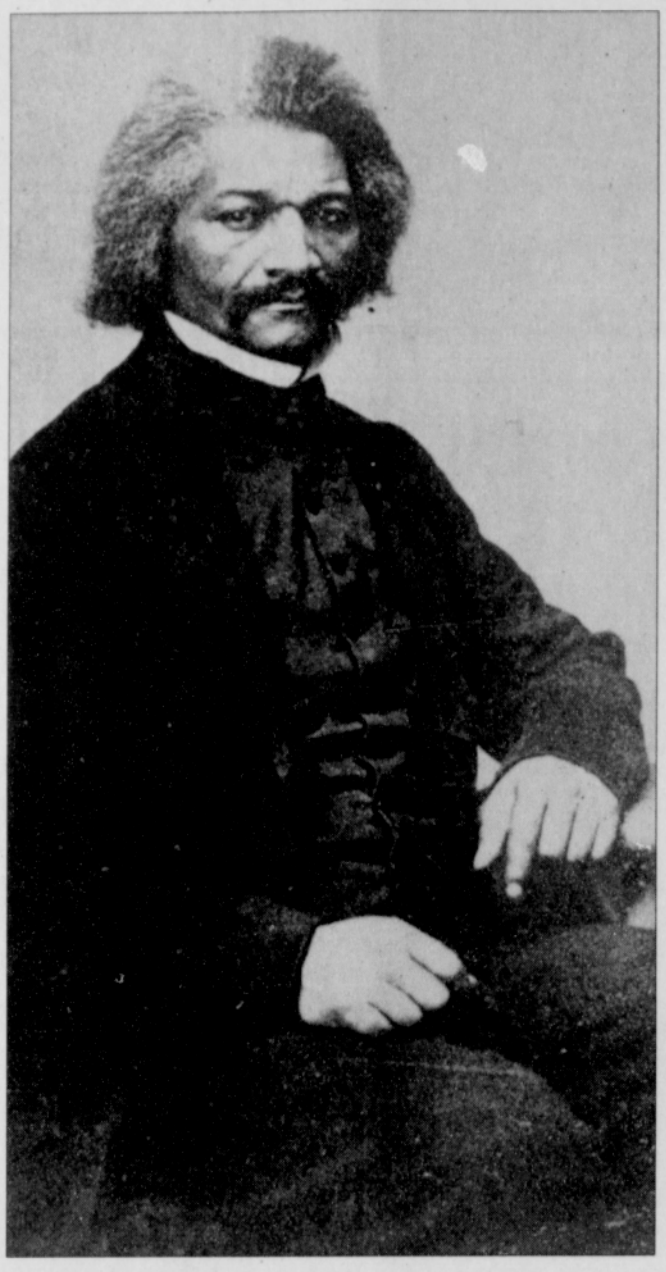
Frederick Douglass

MEN OF COLOR

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This is our golden moment! The Government of the United States calls for every Able-bodied Colored Man to enter the Army for the

Three Years' Service!

And join in Fighting the Battles of Liberty and the Union. A new era is open to us. For generations we have suffered under the horrors of slavery, outrage and wrong; our manhood has been denied, our citizenship blotted out, our souls seared and burned, our spirits cowed and crushed, and the hopes of the future of our race involved in doubt and darkness. But now our relations to the white race are changed. Now, therefore, is our most precious moment. Let us rush to arms!

FAIL NOW, & OUR RACE IS DOOMED

ARE FREEMEN LESS BRAVE THAN SLAVES

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A Meeting in furtherance of the above named object will be held

And will be Addressed by

U. S. Steam-Power Book and Job Printing Establishment, Ledger Buildings, Third and Chestnut Streets, Philadelphia

Frederick Douglass adds his name to a Civil War era plea to recruit men of color to join the U. S. Army.

Vancouver School Hosts Exhibit

"Frederick Douglass from Slavery to Freedom: the Journey to New York City," an exhibit that traces Douglass' life under slavery and his daring journey to freedom, takes place this month at Alki Middle School, 1800 N.W. Bliss Rd. in Vancouver.

Created and funded by the Gilder Lehrman Institute of American History, the panel exhibit highlights the role of literacy in enabling Douglass to resist bondage and, once free, to champion civil rights for all Americans.

United States History classes at the school will be studying the exhibit as a part of their coursework. The exhibit can be viewed free-of-charge by the public from 9 a.m. to 3:30 p.m. on weekdays.

All visitors must check in at the office before gaining access to the school. For more information, contact Enid Axtell at 360-313-3200 or Enid.Axtell @vansd.org.

Ask Deanna!

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

Dear Deanna!
I'm having a challenge with my new girlfriend. She is adorable, nice and sweet but her hygiene and housekeeping habits are horrible. She can cook, but she leaves dishes in the kitchen for a week, never vacuums and her cat walks around the house. I always thought I could handle most things in this relationship but this is a bit much. We make love in a dirty bed, cat hair is everywhere and there's never any clean dishes. How do I gently handle this issue? *--Clean Man; On-Line Reader*

Dear Clean Man:
Your girlfriend is a slob and it'll take an infection or food poisoning to get her to see the light. If you want to drink out of a dirty class and have cat hair in your throat hang in there with it. If this cramps your style, surprise your girlfriend with a few visits from a cleaning service and hope she gets the hint. If this doesn't help then tell her to clean her house and keep it clean or you're gone. If she chooses dirt over you, say goodbye and keep it moving.

Dear Deanna!
My uncle is newly divorced and he's driving me crazy. He always wants to go to the club, hang out and drink. I don't mind going out with him every now and then but he comes over every day, eating dinner and begging me to go out. At first, my girlfriend was okay, but now she's forcing me to turn him away, not take his phone calls and avoid him. He's my favorite uncle and I don't want to hurt him but I don't want to hurt my girlfriend either. What do I do? *--Nephew John; Pasadena, Calif.*

Dear Nephew John:
Apparently your uncle doesn't know much about responsibility, thus his divorce. Although you have an obligation to put family first, you must never sacrifice your relationship for nonsense. Have a talk with your uncle and tell him that you want your relationship to work and you can only go out with him on a conservative basis. If he doesn't understand then he's selfish and deserves to go out alone.

Dear Deanna!
I have gained a lot of weight and I feel that my husband is falling out of love with me. He's not intimate with me, we don't cuddle and he always acts as if I'm annoying him. I am trying to diet but it is so stressful sitting by watching and feeling that I'm losing my husband. He claims that he still loves me but his actions are extremely different from the words he says. What can I do to recapture the fire and energy in my marriage? *--Overweight Wife; Toledo, Ohio*

Dear Overweight:
If you're having these feelings there's no sense denying there's some truth to what's going on. The best way to tell if your husband is slipping is for you to lose weight. You need to be happy with good self-esteem. Once you get back into your zone, measure your husband's activity and behavior towards you. If things don't change, you have a problem that goes beyond weight. Be prepared for a discussion and seek honest answers regarding your relationship.

Ask Deanna is written by Deanna M. Write Ask Deanna! Email: askdeanna1@yahoo.com or 264 S. LaCienega Blvd. Suite 1283 Beverly Hills, CA 90211. Website: www.askdeanna.com

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