



## Antidote to Health Disparities

*continued* ▲ *from Metro*

bodybuilding replaced the need for a life of crime:

"There was something that was always in me about working very hard and staying focused," he says, holding the sword that he won for outshining the competition in the novice category of the Oregon State Natural championships held a few weeks ago.

Through extreme commitment to drug-free fitness, Thomas' trainer David Hardy overcame his share of troubles with 15 years of alcoholism and a nearly fatal car accident. Everyone considered him a lost cause, but he thinks something clicked inside his psyche to take on his troubles with bodybuilding.

"I like the challenge keeping me and my heart and my soul moving forward," Hardy says.

Julius Thomas turned his life around by training for bodybuilding competitions. He just won first place in the novice category of One on One Fitness' Oregon State Natural Championships.

## Summer Program Starts With PAL

The Police Activities League (PAL) of Greater Portland announces the start of a new summer program to complement its existing programs. The weekly themed PAL Morning Camp is open to youth ages eight to 13, Monday through Friday, July 9 to Aug. 17, from 7:30 a.m. to 10:30 a.m. at the PAL Youth Center, 424 N.E. 172<sup>nd</sup> Ave. Youth can register for a specific camp week or all six weeks for a five percent discount. Cost is \$25 per

week along with the yearly Youth Center membership fee of \$50, or \$25 for youth who qualify for free/reduced lunch. Camp fees must be paid in full the week prior to each camp session.

Following arrival at camp between 7:30 a.m. to 8:00 a.m. and breakfast is provided at no charge. Youth are organized into groups based on age and will rotate through a variety of recreational and enrichment activities throughout the morning.

Weekly themes include Around the World (July 9-13), Imagine That! (science-based, July 16-20), American Adventures (July 23-27), Sports Camp (July 30-Aug. 3), Zoo Week (Aug. 6-10), and Back to Basics (Aug. 13-17).

Applications for the PAL Morning Camp are available online at [www.palkids.org](http://www.palkids.org), at the PAL Youth Center or at your local school.

For questions or more information please call 503-256-3479.

## Advocate, Cookie Maker to Speak at Clark College Graduation

Businessman and literacy advocate Wally Amos will be the keynote speaker at Clark College's 2007 commencement ceremony. The ceremony will be held on Thursday, June 14 at 7 p.m. at the Clark County Amphitheater.

Clark College is the third largest community and technical college in Washington State. During the 2006-2007 academic year more than 925 Clark College students are expected to graduate with associate degrees and certificates.

Clark College Interim President Robert K. Knight noted, "While many people know him as the founder of 'Famous Amos' cookies, Wally Amos has used his fame to draw attention to an important cause: literacy. That issue is criti-



Wally Amos

cally important to our college and our community."

Amos dedicated his efforts to Literacy Volunteers of America

where he served as their National Spokesperson from 1979 to 2002. As a literacy advocate, he supports educational causes and serves on the Boards of the National Center for Family Literacy, Read to Me International and Communities in Schools, in addition to many others.

In 2005, Amos and his wife, Christine, founded the Chip & Cookie Read Aloud Foundation, a publicly supported 501(c)(3) organization, to promote reading aloud to children.

He is the recipient of many honors and awards including the President's Award for Entrepreneurial Excellence, the Horatio Alger Award and the National Literacy Honors Award.

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## Black Gay Pride

*continued* ▲ *from Metro*

"We are hoping to build on the momentum of the previous five years and on the attention and support we have gained at both the local and national level," Moch said.

For information or calendar events, go to [pdxblackpride.info](http://pdxblackpride.info) or [brotobropdx.org](http://brotobropdx.org).

## Pastor Honored for 23 Years' Service

Community A.M.E. Zion Church, 3605 E. 13th St. in Vancouver, will honor the Rev. Robert F. Kemp, a faithful shepherd at Community Zion for 23 years. Come help the church say thanks for his many years of dedicated service.

This special ceremony takes place Sunday, June 10 at 4 p.m. For more information, call 360-891-3999.

## New Leadership is Dancing Away Controversy

*continued* ▲ *from Metro*

percent of PSU's student body. Soto wants more than anything to "engage students that have been disengaged."

Other issues he plans to push include a textbook exchange program, library access after 11 pm,

lower TriMet rates for PSU students and a centralized information source for events on campus.

Sometime this week, PSU's administration hopes to find an interim replacement for Daniel Bernstine, the African-American president of the college due to leave

for Pennsylvania.

"Student government matters because it controls 12 million dollars in student fees," Soto says.

PSU earmarks much of this funding for athletics and core student services, but Soto will begin worrying about all this after the dancing is over.

PROJECT NO: 78,104

## ESCAPE.

Just west of Portland 1,700 acres of hilly forestland between HWY 26 and Vernonia is now protected as a state park. Constructed with funds from the Oregon Lottery, "Stub" Stewart State Park is Oregon's first new full service park in more than 30 years. It's less than 30 miles from Portland and it opens July 2007.

With 80 campsites, 15 miles of trails for hiking, horseback riding and mountain biking, a cabin village, a horse camp, a hike-in camp for backpackers, interpretive exhibits, a sheltered picnic ground and a hill-top observation tower for sightseeing and stargazing, Stub Stewart is an ideal place to escape into nature - whether you want to get away or just hear yourself think.

In 1998, Oregon's state parks were in trouble. There wasn't enough money to maintain them and some were in danger of closing, which is why Oregonians voted to use Lottery profits to support state parks. Today, Oregon is able to make investments in all of its parks and is buying and developing new park land across the state because of the Lottery funding.

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