

METRO

The Portland Observer



Marvin Gaye: What's Going On

Legend profiled in American Masters documentary
See Arts and Entertainment, inside



Hoops for Obama

Candidate's brother-in-law referees local voter registration event
See page B7

SECTION B

Community Calendar

Courthouse Tours

Wednesday, April 30 from 9 a.m. to 3 p.m., the public is invited to a free tour of the Multnomah County Courthouse and Justice Center, 1120 S.W. Third Ave. The tours are made available as part of Community Law Week.

Mayoral Candidates

Wednesday, April 30, from 5:30 p.m. to 9 p.m., Reflections Coffeehouse and Bookstore, 446 N.E. Killingsworth, will host a Red Beans & Rice dinner as an opportunity to meet Portland's mayoral candidates. For more information, call 503-445-1321 or 503-267-8713.

Chosen Generation Concert

Friday, May 2, Chosen Generation at 7 p.m. will be undergoing their first live recording at the Crossroads Community Church, 7708 N.E. 78th St. in Vancouver. All are invited to attend. For more information, call 503-577-9239.

Garden Clean-Up Party

Saturday, May 3 from 9 a.m. to 11:30 a.m., the Portland Parks & Recreation's community gardens project will sponsor the spring clean-up of the Cully Community Garden at Northeast 42nd Avenue and Killingsworth Street. To volunteer, call 503-823-1612.

Gardens Children's Day

Sunday, May 4 from noon to 4 p.m., the Portland Japanese Gardens, 611 S.W. Kingston Dr., invites families to enjoy the beauty of the gardens for children's day. For more information call 503-542-0280.

May Day Celebration

Sunday, May 4, at 1 p.m., the Freedom Socialist Party and the Bread & Roses Center, 819 N. Killingsworth St., will host a lunch (\$8) and discussion of "Viva la Raza: A History of Chicano Identity and Resistance," with the author and activist Mega Cornish.

OHS Doggie Dash

Saturday, May 10 at 9:15 a.m., the annual Oregon Humane Society two-mile fun run/walk for everyone and their dog begins at Naito Parkway continuing along Waterfront Park. The event is followed by a day of fun for all.

Cosmic Catastrophes

The Planetarium Sky Theater at Mt. Hood Community College - Gresham Campus, will explore the mysteries of Cosmic Catastrophes, on Monday May 12 at 7 and 8 p.m.; \$1 admission.

Educate, Empower, Engage

Thursday, May 15, the Portland NAACP Branch Freedom Fund Dinner will take place at the Sheraton Portland Airport Hotel, 8235 N.E. Airport Way; doors open at 6 p.m., and dinner is at 7 p.m. Tickets must be purchased by May 7. Visit Pdxnaacp.org for more information.

Bicyclists: Know Your Legal Rights

Wednesday, May 14 from 6 to 7:30 p.m., join the free vehicle-law class sponsored by the Bicycle Transportation Alliance at 233 N.W. 5th Ave. To register, call 503-226-0676.

Great Slough Clean Up

Saturday, May 17 from 9 a.m. to noon, volunteers will enjoy a morning paddle while searching for and removing litter from a two-mile stretch of the Columbia Slough. To get involved, call 503-281-1132.

Remodeling Seminars

Saturday, May 10, beginning at 9:30 a.m., Neil Kelly Showrooms at 804 N. Alberta St., and 15573 S.W. Bangy Road in Lake Oswego, will host free kitchen and bath remodeling seminars. For more information, visit Neilkelly.com or call 503-335-9204.

Growing Gifts

Friends of Trees, is currently offering the opportunity to give the gift of trees; for more information, visit the web at FriendsOfTrees.org.

Homebuyer Programs

PDC's homebuyer-assistance programs address the gap in home ownership rates between whites and communities of color. For information about the new and expanded homebuyers' assistance programs, visit Pdc.us/nhp or call 503-823-3400.

Responding to Rising Food Costs

Local markets shift products, strategies

BY RAYMOND RENDLEMAN
THE PORTLAND OBSERVER

Even if you don't drive, the ever-climbing cost of oil will hit your wallet in the supermarket.

A shopping basket filled with 16 basic food items asked 8 percent more from consumers on average in March than in December, according to the American Farm Bureau Federation. The organization expects the trend to continue as the reliably higher price of gas during the summer contributes to packaging and transportation expenditures.

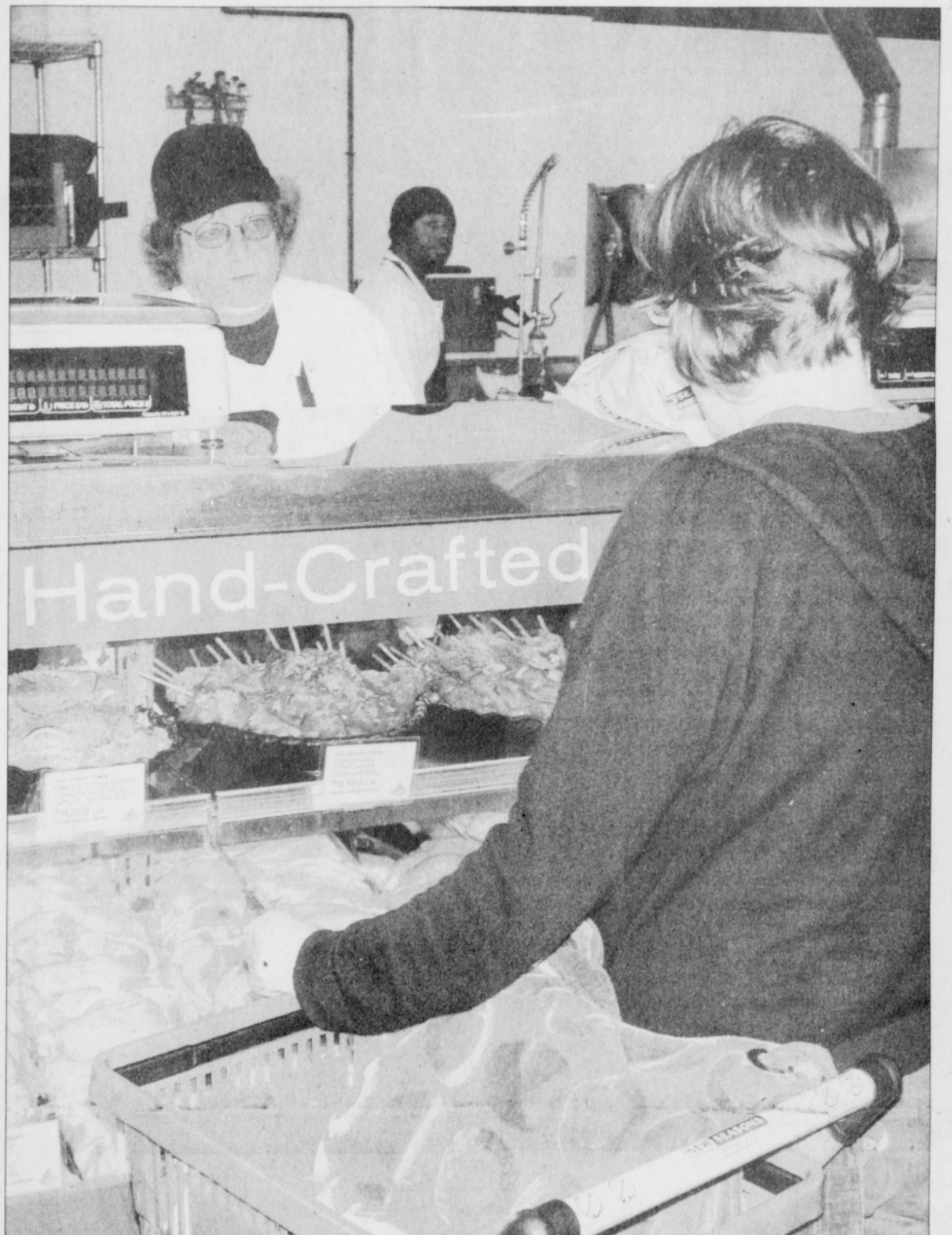
Looking for ways around these expenses, more Portlanders have been crowding farmers markets and buying in bulk.

The effects of the unusually rapid rise in prices have become evident in more than the numbers at the New Seasons Market on Northeast 33rd Avenue. The store's butchers have begun stocking more pork and chicken as demand increases for types of meat that will fill the fryer at the old costs.

continued ▼ on page B4



Don Jones, New Seasons Market manager for the Concordia store at Northeast 33rd Avenue and Killingsworth Street, considers worker effectiveness and customers' satisfaction as first priorities.



PHOTOS BY RAYMOND RENDLEMAN/THE PORTLAND OBSERVER

New Seasons Market butchers in northeast Portland are among those making changes in response to the rising cost of food.

A Manager's Passion

New Seasons Concordia store manager Don Jones believes there is no magic formula for his mission to create an environment that allows employees to give the best service to customers possible.

Jones does have a lot of tricks up his sleeve, from his knowledge of produce's percentage of intake to his ability to find five types of shredded coconut in less than 15 seconds. Deeper into conversation, he will

argue that the keys to successful management lie in communication and flexibility.

For example, Jones is happy to let any employee try out many different roles in the store:

"As clichéd as it may sound, I really do believe in empowering people, training employees, and in giving

continued ▼ on page B4

Principal Tackles Child Obesity

Portsmouth recognized for innovative techniques

BY RAYMOND RENDLEMAN
THE PORTLAND OBSERVER

Healthy habits for students and their families have become a crusade for the principal of Portsmouth School in north Portland.

To target child obesity, Antonio Lopez has developed regular after-school workshops that teach parents about the importance of physical routines through dance, cooking and healthy grocery shopping on a budget. He even hired a second physical education teacher to increase Portsmouth students' time in the gym to at least 50 minutes twice a week, which the district has frowned upon because many schools have cut PE due to financial constraints.

Lopez argues that extra concentration on PE is essential to sustaining comprehensive wellness education, in addition to aiding students' psyche while in other classes. Citing the help of dedicated group of about 40 parent volunteers, he knows he couldn't maintain the movement toward health in schools without active community support.



PHOTO BY RAYMOND RENDLEMAN/THE PORTLAND OBSERVER

Portsmouth School Principal Antonio Lopez makes each student walk through a salad bar at lunch as only the beginning of a comprehensive set of programs that target child obesity.

A rapid increase in obesity in neighborhood kids and in students across the nation has been hard on Lopez, seeing diseases like type two diabetes much more often in youth. "So it has been one of my passions that it is not only the educational wellbeing that I'm in charge of... but also how we can support the physical

wellbeing," he says.

It all started when Lopez decided to bring fruits and vegetables rather than fried snacks to a parent-teacher meeting. The Multnomah County Health Department on April 10 presented him with this year's Public Health Hero award for community leadership.

In Portsmouth's PE class for 6th and 7th graders, the goal is to produce sweat. Students wear athletic uniforms, which is not the case at many public schools, in order to erase worries about dirtying personal clothing and to increase active participation with a sense of unity.

Lopez sees a need for focus in the Hispanic community that makes up half of Portsmouth's approximately 550 students, with another 20 percent from each of the black and white populations.

Many of the school's families recently immigrated and have taken to eating fast food as they lose the cooking routines of their countries of origin. Also, they often had accustomed to walking everywhere in their compact communities, and America's car culture comes as a shock to their bodies.

All of the fliers advertising the classes, including the words on the outside marquee, list notices first in English, then in Spanish.

While some schools in the district struggle with declining enrollment, Portsmouth's major problem consists of too many students for the number of classrooms available. The K-8 school will have to send its sixth graders to George Middle

continued ▼ on page B4