

Modern MAX Trains Added

Yellow Line changes also coming soon

TriMet's new sleek Type 4 MAX trains have begun service and north Portland's Yellow Line will soon take a new route downtown.

Six of the 22 new generation trains took to the tracks last week after finishing a rigorous 1,000-mile testing and burn-in phase. The new trains were purchased as part of the MAX Green Line that opens Sept. 12, but will operate throughout the MAX system.

The Type 4 has a modern sleek look featuring four more seats per vehicle for a total of 136 seats per two-car train.

The trains also have a little more standing room with a design capacity of 344 passengers for a two-car consist compared to 332 for the existing Type 3 trains. The models also have one operator cab per car compared to two cabs on existing MAX trains.

There is a rearview camera system to enhance the vision for operators and offer in-



A new modern style of light rail trains will give MAX commuters a few more seats and a bit more standing room.

creased visibility at night. The cars are manufactured by Siemens Transportation Systems, Inc. in Sacramento, Calif. Each Type 4 vehicle costs about \$3.75 million. Each two-car train is seven feet longer than existing light rail vehicles but weighs 11,000 pounds less.

Another change coming to Max occurs on Aug. 30 when the Yellow Line begins operating downtown on the Port-

land Mall along Fifth and Sixth Avenues instead of the tracks used for the Red and Blue Lines.

The grand opening for the Green Line on Sept. 12 will include free rides starting at 11:30 a.m., and special ceremonies at Clackamas Town Center Transit Center and the Portland State University Urban Plaza. Events will also be held at a handful of stops along the Green Line, in-

cluding Pioneer Courthouse Square and Clackamas Town Center.

TriMet's fifth MAX line will add 8.3-miles of light rail between Gateway Transit Center and Clackamas Town Center, and to Fifth and Sixth Avenues in downtown Portland between Union Station and Portland State University. It is the first light rail extension into Clackamas County.

Tabernacle Pastor Remembered

Tyrone Sampson

Pastor Tyrone Sampson, Celebration Tabernacle's evangelism pastor, passed away on July 11, 2009 due to a rare double brainstem stroke. A member of the north Portland church for 20

years, he shared his gifts and talents through leading praise and worship, singing with E.D. Mondaime and Belief, intercessory prayer, and love of people.

Sampson and his wife, Minister Deborah, worked tirelessly with the tabernacle's PROPER organization and its park festivals for many years with a de-

sire to bring people and resources together. His joy, love, and laughter will be sorely missed!

A memorial fund has been set up at US Bank; all donations are appreciated and will benefit the family. Cards may be sent to PO Box 17475, Portland, OR 97217.

'Fresh Choices' are Healthy Foods

continued from Front

the director of Oregon's Department of Human Services, dietician Suzie Bruels, and Cileia Howe, a recipient of the program, judged the event.

WIC has just expanded the list of foods available to families who use it to supplement their diets. The "Fresh Choices" option will provide vouchers for fresh and frozen vegetables, whole grain breads, and other healthy foods.

Sue Woodbury, the director of Oregon's WIC program, explained that the expansion reflects the healthier eating habits Americans are adopting as well as the tastes of an increasingly diverse country.

"When WIC was founded in the 1970s it was supported by physicians who saw too many malnourished children," said Woodbury, who added that this is the first time the program has been revised since its inception.

The program used to offer only cereal, milk, eggs, peanut butter, and other staples. But now, WIC recipients, which includes women who are pregnant or have children under five, can get vouchers for fresh or frozen fruits and vegetables, whole wheat bread, brown rice, canned salmon, and soy milk.

Eligibility is based on income, with the cutoff level being at 185 percent of the federal poverty level, which is about \$40,000 a year for a family of four.

"This event is about a much broader issue," said Kulongoski before the compe-

titition kicked off. The Democratic governor, whose team adopted the name "Sizzlers," touted the accomplishments of the last legislative session, which included an expansion of healthcare for children in the state, in addition to the WIC program. "We need to see it in its totality."

He then taunted the other teams -- Carter's the "Hot Linkers" and Kaden's "Blue Lightning," pointing out that one of the judges, Goldberg, worked for him.

"No trash talking," jokingly responded Goldberg, who added that he may answer to the governor, but gets funding from legislators like Carter.

As soon as the clock began ticking each team scrambled

over to a table containing bowls of mushrooms, peppers, cheese, broccoli, beans, zucchini, and other veggies and quickly hurried back to cook them on black skilletes.

"Popcorn is my specialty," joked Kulongoski while frying a quesadilla loaded with mushrooms and broccoli.

As the 30 minutes on the clock began ticking down each team hastily applied sour cream and salsa to their quesadillas before presenting them to the judges.

After nibbling on each, the panel of judges presented an award Blue Lightning for being extra neat while cooking, an award to Hot Linkers for team work, and the grand prize to the Sizzlers.

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Late Night Musical 10:00 pm at the Embassy Suites featuring Portland's Finest Gospel Artist Wilder Ward Jrs., God in Charge, Grace & Mercy, New Testament COGIC, St. Paul MBC and from Seattle WA, Silent Praise Ministries

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