

Bicycle Commuting Grows at Cascade

College responds to increased demand

If you were at the Cascade Campus of Portland Community College on the first day of fall classes the sight was unavoidable – bike racks, jam packed with, well, bicycles.

And the racks have been jammed every day since.

Krystyna Solodenko is a student at the north Portland campus who rides to school and has been a participant in these daily jams.

"It was terrible finding a spot," she said. "I had to use a tree to lock my bike. I have never seen so many bikes on campus. It made me pretty happy at the same time. It was awesome."

Solodenko, who recently immigrated to the United States from Ukraine, just got her citizenship in the summer and is a student government outreach coordinator. The psychology major said that riding bikes is more normal back home in Ukraine than driving a car so it was second nature for her here to cycle to class.

"And it's a lot faster than taking the bus," she said.

Cascade is by far the most bike-oriented campus because of its inner city

location and proximity to TriMet bus and Max line routes. According to a PCC parking and transportation survey, 10 percent of students at the campus bike to class and 7 percent of staff and faculty bike. Overall, across the entire district, 3 percent of students and staff bike to PCC locations.

The crush of bikers has been so overwhelming that the Cascade Campus installed a line of new bike racks between Terrell Hall and the Student Services Building. The new rack has increased the bike-parking capacity by 40 bicycles and alleviates the shortage of spaces.

And if it isn't biking, it's the PCC Shuttle. According to fall term, year-over-year numbers, shuttle ridership has grown by 21 percent. The Rock Creek Campus in northwest Portland has surged the most – 48 percent.

At the Sylvania Campus in southwest Portland, staff and faculty enter biking competitions to bond, have some fun and spread the word about commuting on a bike. Kirke Johnson, a Technology Solutions Services specialist, is the captain



Bike racks are filled to capacity on the Cascade Campus of Portland Community College. The north Portland school has been installing more racks in recent days to meet a growing population of bicycle commuters.

of the Sylvania Campus team that participated in the Bicycle Commute Challenge, a friendly competition – workplace against workplace – organized by the Bicycle Transportation Alliance.

Cascade Campus Community Relations Manager Abe Proctor uses his bike and the shuttle for his transportation needs.

"I get here pretty early on most days, so I can usually find a place to lock up my bike," said Proctor, who has been a regular bike commuter for nearly three years. "But the spaces fill up really fast. It seems like more and more people are biking to Cascade all the time, so the extra rack space is really helpful."

Proctor said he appreciates bike commuting for a number of reasons, not the least of which is the amount of money he saves.

"When you burn zero gasoline during the week, it really adds up," he said. "If you're driving your car less, your monthly insurance bill decreases as well. And it's much cheaper than a gym membership. I arrive at campus alert, focused and ready to work."

Ask Deanna!



Real People,
Real Advice

An advice
column
known for
reality based
subjects!

Dear Deanna!

The last time I had a relationship was almost two years ago. I had a bad experience with a man that crushed my heart and I've had a hard time trusting again. I look at every guy as if they'll do the same thing. I was lied to, cheated on, used and everything else in between. I have myself together and I'm ready to get back into the dating scene but feel no man will want me. –Paulette; Winston Salem, N.C.

Dear Paulette:

Prepare yourself to be a wife looking for a husband instead of just another woman looking for a date. Elevate your morals, your faith and your confidence by looking in the mirror and seeing a woman that's special and deserves the best in life. You need to be patient and pray for what you want. You don't have to settle for less and you can do bad by yourself. It's best to be alone and happy than involved and miserable.

Dear Deanna!

When is it time to talk to a teenager about sex? I have a teen son and I want to talk with him about the birds and bees before he learns the wrong way from his friends and in the street. I don't know if I should try to tell him a story, show him pictures or what. How can I do this without embarrassing him but make sure he gets the point? --Stephanie; Chicago

Dear Stephanie:

If you have cable or a radio in your house, you son knows more than you think. Don't beat around the bush. Verbally break it down and let him know the function of the genitalia, how it works and how to stay safe from diseases and unplanned pregnancy. Teach him that true love waits until marriage to avoid fornication and if he has to go there, have plenty of condoms. So what if he's embarrassed. It's better to be embarrassed and educated than dumb with a bunch of babies or a sexually transmitted disease.

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

Managing Your Money

Preparing for your Estate

BY RICK L. LEE



Many of us know that one of the truly great African American NFL quarterbacks; Steve McNair was shot and killed last summer in Nashville, Tenn. While this is a tragedy in its self, the tragedy behind the tragedy is that, according to the information I have been able to obtain, Steve McNair died without having prepared before time his estate.

The estate tax in the United States is a tax imposed on the transfer of the "taxable estate" of a deceased person, whether such property is transferred via a will or according to the state laws of intestacy. The estate tax is one part of the Unified Gift and Estate Tax system in the United States. The other part of the system, the gift tax, imposes a tax on transfers of property during a person's life; the gift tax prevents avoidance of the estate tax should a person want to give away his/her estate just before dying. In addition to the federal government, many states also impose an estate tax, with the state version called either an estate tax or an inheritance tax.

According to the current Uni-

fied Federal Estate and Gift Tax Rates that would mean that if Mr. McNair's Estate were valued at \$1.5 million or more, then he would have to pay the highest federal estate tax rate of 45 percent, which would not include any possible state taxes.

While Mr. McNair established a foundation and gave generously to charities, he did not establish a vehicle/estate by which to eliminate or greatly reduce his estate tax liability. When it is our time to leave a legacy, we have assets we get to keep, or pass on to family members or friends, but there are also assets that are going to the United States Government's social programs,

i.e. Medicare, Social Security, etc. However, with a little planning, ahead of time you get to decide which social programs those assets you have to give away or be taxed are donated to, i.e. local church, boys and girls club, etc.

In estate planning, the simplest to complicated process goes in the following order, doing nothing, a simple will, marital deduction, trust, charitable planning, zero tax estate planning, and income tax savings. Doing nothing, simple will, marital deduction, and certain trusts are less complicated but you do pay more taxes, and are perceived to have more control. While, cer-

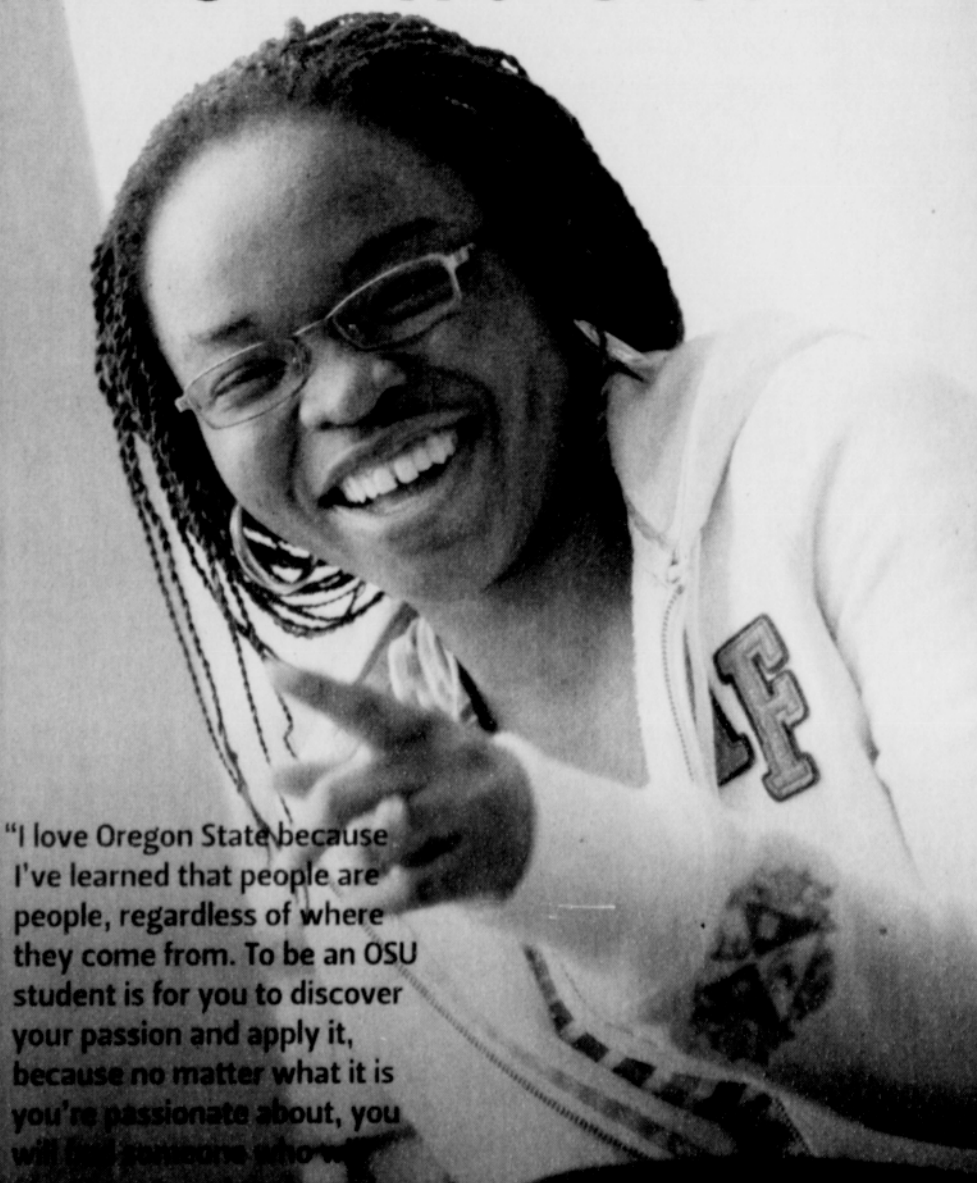
tain trusts, charitable planning, zero tax estate planning, and income tax savings are more complicated, however you pay less taxes and there's a perception of having less control.

In contrast, when the late entertainer Michael Jackson's will was read in court, he left everything to the "Jackson Family Trust". With a little knowledge and planning much fighting and ill feeling among family members will be avoided.

Professional & Wealth Management, LLC has a team of Estate Tax CPA's and Estate Attorneys to structure the estate plan that is right for you; after all, it is your legacy. For a free financial and/or estate plan consultation, contact Rick L. Lee.

Financial Advisor Rick L. Lee, CRPC, can be reached at 503-539-8994 or via email at pro_wealthmgt@wvi.com.

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The professional dance company known worldwide for their melding of stepping and traditional African dance takes the stage for a dynamic and entertaining performance to kick off PCC's Black History Month celebration. Please join us for an unforgettable evening!

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Doors open at 7pm, Dolores Winningstad Theatre

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Tickets available at Ticketmaster and the
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www.pcc.edu/black-history



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