

# The INSIDE

HEALTH  
pages 4-5



OPINION  
pages 6-7

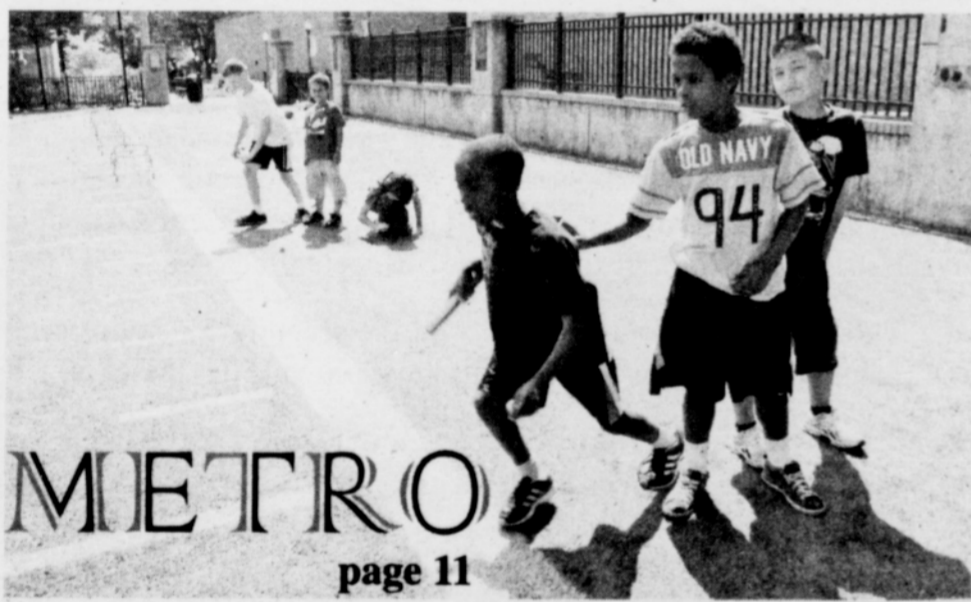


CALENDAR  
page 8



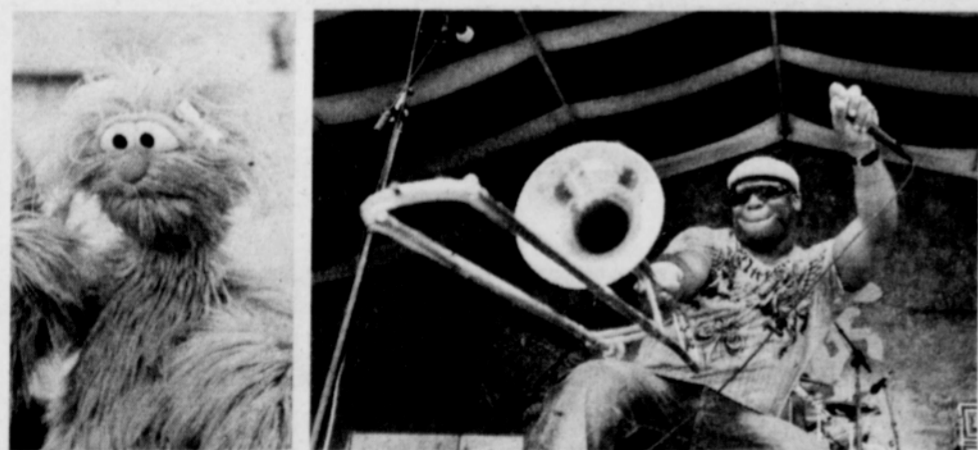
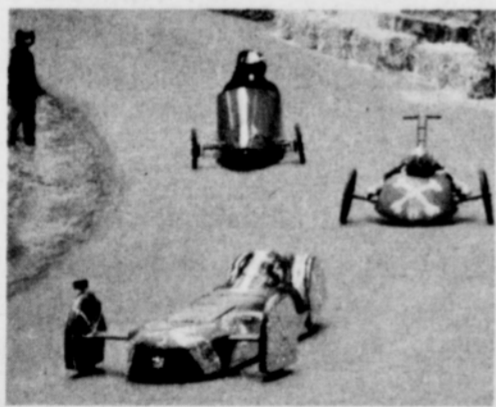
FOOD

page 10



METRO  
page 11

SUMMER  
FUN GUIDE  
page 12



Arts & ENTERTAINMENT  
pages 13-17

CLASSIFIEDS

page 18

This page  
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# Fred Meyer

What's on your list today?

## LOCAL NEWS

### Bridge Bike Counter a First

A crowd of people gathered on the Hawthorne Bridge last Wednesday to see Portland's first-in-the-U.S. visual bicycle counter.

Cycle Oregon donated the counter as a tool to collect data on the number of bikes in a location over a period of time and display the data in real-time for the public to see.

Bike counters are used in cities worldwide working to raise awareness of the positive impact bicycling has on traffic congestion, air quality and personal health.

Increasing the number of people who bicycle is a long-range goal of the city to reduce congestion and air pollution, improve personal health and save Portlanders money by making a low-cost transportation option attractive and safe.

A visual bike counter raises public awareness of these goals and highlights the city's progress in reaching them, officials said.



A bicycle counter donated by Cycle Oregon will visibly show the number of people on bikes who ride past it on the Hawthorne Bridge.

### Temps to Soar Near 100

Forecasters expect temperatures to hit near 100 degrees this week during an extended period of hot weather.

The National Weather Service on Tuesday forecast a high of 99 degrees on both Thursday and Friday, before lowering to about 85 on Saturday with a chance of thunderstorms late in the day.

Unless prepared, the health of many residents, especially the ail-

ing, elderly or very young, could suffer during heat spells. Staying cool and making simple changes in activities, fluid intake and clothing choices can help everyone remain safe.

Multnomah County Aging and Disability Services and the Portland Bureau of Emergency Management are encouraging residents to follow these tips: Drink plenty of fluids and avoid liquids that contain alcohol or

large amounts of sugar; wear appropriate clothing and sunscreen; schedule outdoor activities carefully and pace yourself if you are working or exercising; and do not leave children or pets in cars.

Strenuous activities on a hot day, spending too much time in the sun or staying too long in an overheated place can cause heat-related illnesses.

### Ceasefire Gun Turn-in Saturday

An annual Gun Turn-In will take place on Saturday, Aug. 18, from 10 a.m. to 2 p.m., at the Memorial Coliseum, North Benton Parking Lot.

Mayor Sam Adams, the Portland Police Bureau, the Office of Neighborhood Involvement, and the Ceasefire Oregon Education Foun-

ation are sponsors of the event, which has resulted in 7,564 guns being turned in since 1994.

For each workable gun, the donor will receive a \$75 Fred Meyer gift certificate (limit of three Fred Meyer certificates per person, while supplies last). No questions asked. For

each inoperable gun, BB gun, or pellet gun, you will receive a \$5 gift certificate to Burgerville, while supplies last.

Ceasefire offers the following reasons to turn in a firearm:

continued ▼ on page 20