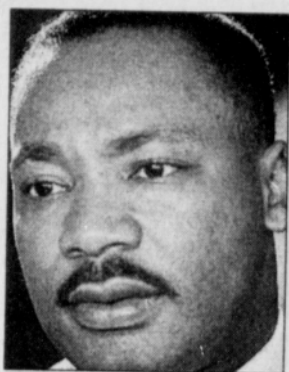


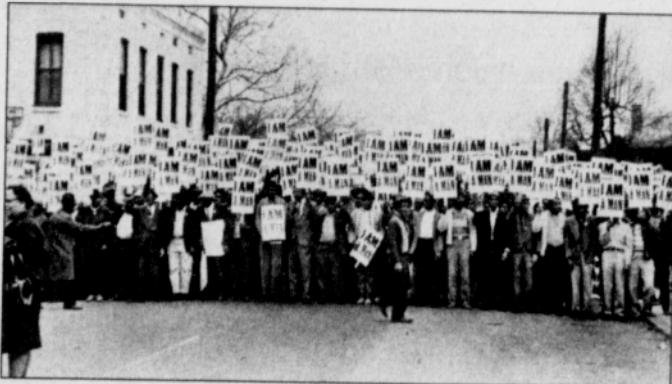
ENTERTAINMENT  
GUIDE

**MLK Dream Run** -- The second annual event will take place Sunday, Aug. 4 with participants assembling at Northeast Martin Luther King Jr. Boulevard and Alberta Street at 7 a.m. for 5, 10 and 15 kilometer runs. Sponsored by the North-Northeast Business Association, this year's MLK Dream Run will honor the 50th anniversary of the civil rights movement's March on Washington and Martin Luther King's I Have a Dream speech.



**Dekum Firehouse Social** -- The Firehouse Restaurant, celebrates the 100th birthday of their historic Firehouse 29 building at 711 N.E. Dekum, with a community social and benefit on Sunday, Aug. 4. Festivities will begin at 2 p.m. and include pony rides, dancing, dunk tank, all-day live music, cotton candy, jenga games, sack races, tee shirt printing and more.

**For All the World to See** -- A compelling assortment of photographs, television clips, art posters and other historic artifacts trace how images and media transformed the modern civil rights movement and jolted Americans out of a state of denial or complacency. The national touring exhibit runs through Sunday, Aug. 11 at the Oregon History Museum, 1200 S.W. Park Ave.



**Mel Brown Live** -- Portland jazz giant Mel Brown performs at Salty's on the Columbia every Friday and Saturday night. Known as the "Gentleman of Jazz," Brown has a career spanning over 40 years.

**Fire and Ice** -- Uncover fossils, draw prehistoric reptiles, and much more at the nation's first exhibit focused on dinosaur habitation for children "Dinosaurs: Land of Fire and Ice." Located at the Portland Children's Museum, 4015 S.W. Canyon Rd., the exhibit continues through Sept. 22.



**Norman Sylvester** -- Boogie Cat Norman Sylvester and his band play Thursday, Aug. 1 at Carnegie Park in Oregon City; Friday, Aug. 2 at Tillicum's; Thursday, Aug. 8 at Esther Short Park in Vancouver; Friday, Aug. 9 at Halibut's; Saturday, Aug. 10 at Restaurant 503 in West Linn; and Sunday, Aug. 11 at the Garlic Fest in North Plains.

**Oregon Voices** -- Oregon Voices tells Oregon's fascinating history through the eyes and ears of the people who lived it. The new Oregon Historical Society exhibit dives into a diverse range of subjects, from the displacement of minority populations from urban development, to cycles of boom and bust.



**The Soulful Showcase** -- Blacque Butterfly presents spoken word, live music and featured artists on the second and fourth Thursdays of each month at 8 p.m. at E'Njoni Café, African-Mediterranean cuisine at 910 N. Killingsworth St.

**Afrique Bistro Benefit** -- Afrique Bistro, 102 N.E. Russell St., opens its doors each last Saturday of the month to raise donations for the African Women's Coalition. Great Caribbean and African music along with good drinks and fun people, 9 p.m. to 2:30 a.m. \$10 at the door.

**Oregon Black History** -- The Black Museum of Oregon group meets every Saturday, from 6 p.m. to 8 p.m. at 420 N.E. Mason. For more information, call 503-284-0617.

**Open Mic** -- Curious Comedy, 5225 N.E. Martin Luther King Jr. Blvd., hosts a free night of stand-up comedy every 2nd and 4th Sunday. Open mic comics get three minutes, and audience members get a free sneak peak at Portland's up and coming talent. Signups start at 8:30 p.m. Show starts at 9 p.m.

**Live Jazz** -- Every Friday and Saturday from 8 p.m. to 11 p.m., the Third Degrees Lounge at the River Place Hotel, 1510 S.W. Harbor Way. No cover or minimum purchase. For more information, visit pdxjazz.com.

**Music Millennium Free Shows** -- The Music Millennium, 3158 E. Burnside, hosts in-house live performances. Enjoy free music and the opportunity to meet artists. Call 503-231-8926 for a schedule.

# Dream in the Making

continued ▲ from page 9

The Skills Park course includes beginning and advanced areas for people of all skill levels. The outside perimeter of the track contains looser turns and wider board rides for people at a beginning skill level.

The beginner's loop also offers fun obstacles, like log rolls and a rock garden, giving people experience with uneven grade. The interior of the track contains tighter turns and narrower board rides, boulder pinch points, advanced berms with tighter turns, and a teeter-totter obstacle for those that want to work on more advanced skill sets.

Depending on the age and skill level of the participants, the program instruction at the Bike Skills Park includes several features:

**Safety** -- appropriate clothing and equipment to wear on the track; rules for the track.

**Basic bicycle balance** -- ability to ride without falling; cycling dexterity and agility.

**Proper pedaling and breaking techniques** -- building momentum and coming to a slow, controlled stop without skidding.

**Proper turning and steering techniques** -- ability to execute a tight radius turn in both directions.

**Advanced bicycle balance** -- standing high in the saddle and

balancing while moving at slow speeds.

**Multiple task functions** -- ability to brake, signal, balance, and turn at the same time.

**Emergency maneuvers** -- safe breaking techniques and avoidance of natural obstacles and hazards.

"I feel very connected to it because I feel that it's already a big deal with the [Bike Repair] Hub and the soccer field," says Doug Campbell, a We All Can Ride member. "The Skills Park will enlarge the place like a big magnet for kids and adults. I love the setting. These big Doug Fir and Sycamore trees towering over the park as if to say this is heaven on Earth."

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