

Chair Gives Up Seat to Interim Leader

Jeff Cogen resigned as head of Multnomah County government Friday, weeks after he admitted that he'd had a long term affair with a county health department executive.

"People want to move on from this distraction," Cogen said. "They deserve to."

Marissa Madrigal, Cogen's chief of staff, will take over as chair until the May election.

On July 16, Cogen, 51, acknowledged that he'd had a long-term affair



Jeff Cogen

with Sonia Manhas, county health department director of policy and planning. The four other commissioners called on him to quit, but he defiantly refused.

On Friday, he said that, after reflection, keeping the job was counter to the standards he'd espoused in his seven years as an elected official in Oregon's most populous county.

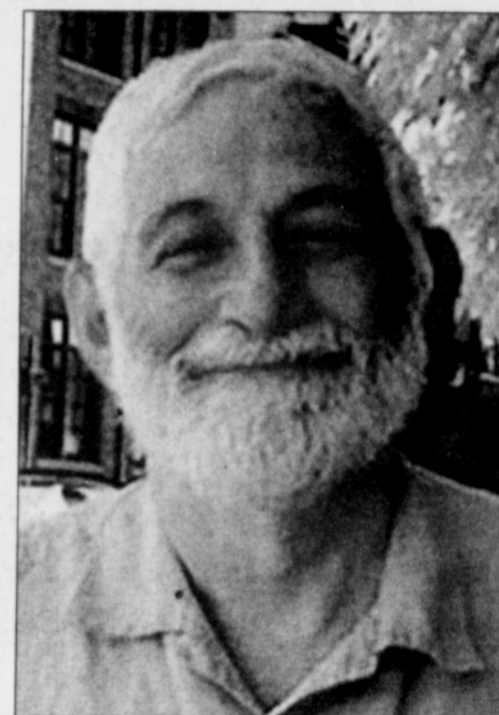
"Leadership is about more than a set of accomplishments. It is also about accountability," Cogen said.

Lee Perlman Public Memorial

The community is invited to attend a remembrance and memorial event for Lee Perlman on Sunday, Sept. 15 at 4 p.m.

Perlman was a longtime community journalist and activist who died last month at the age of 64.

The memorial will be held at the Lorenzen Conference Center at Legacy Emanuel Hospital in north Portland, a site which Perlman attended frequently for neighborhood meetings. Afterwards, folks will move to the Willy Webb Lodge at 6 N. Tillamook where there will be more room for socializing and sharing stories. Music, food offerings and a no-host bar are planned.



Lee Perlman

Northwest VEG presents the 9th Annual

Portland VegFest

@NORTHWESTVEG
 @NORTHWESTVEG
 PORTLANDVEGFEST



SPEAKERS

including
Dr. John McDougall
nutrition expert



Brenda Davis
Dietitian/co-author of
Becoming Vegan and
Becoming Raw



Karyn Calabrese
chef and author, seen on
"The Oprah Winfrey Show"



FILM SCREENING

Turlock
biggest rescue story
in California history

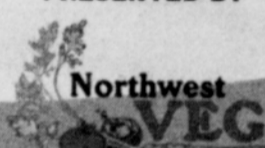
**SATURDAY & SUNDAY
SEPTEMBER 21 & 22
OREGON CONVENTION CENTER
10AM - 6PM**

\$8/DAY (regular admission)
\$5/DAY (students/seniors)
kids 12 & under free

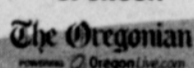
**\$1 OFF
REGULAR ADMISSION**
with this ad

**FREE FOOD SAMPLES
100+ EXHIBITORS
RESTAURANTS
ASK THE EXPERTS
FAMILY ACTIVITIES
TEEN ACTIVITIES
NONPROFITS**

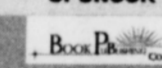
PRESENTED BY



PLATINUM PRINT
SPONSOR



GOLDEN CARROT
SPONSOR



www.PortlandVegFest.org

Free admission for volunteers! Contact volunteer@nwveg.org

OB-2

Restoring 'Lost' History

continued ▲ from page 3

Captain Robert Gray and the sloop Lady Washington's 1778 landing at Tillamook Bay. In the text of the sign, it mentioned that the captain and his crew "hastily departed from the bay area after a fight with the Indians in which one of Gray's crew and several Indians were killed."

That crew member was Markus Lopeus. She knew this from being vice chair of the organization Oregon Black Pioneers and had often recounted this story in various presentations for the group. She quickly turned her dismay into action. Following her trip, Carr placed some calls within the heritage community to see about updating the sign. Annie Von Domitz at Oregon Travel Experience was referred to her.

Domitz told her in order to make the change she would have to become part of the volunteer group; she joined without hesitation.

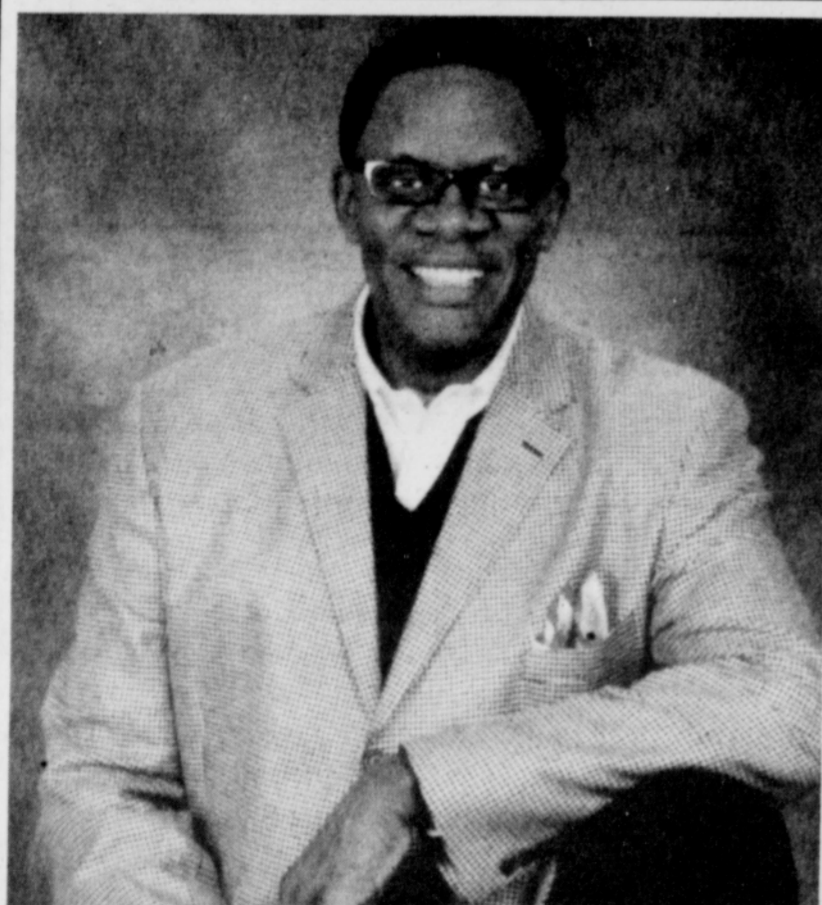
Almost as if fated to happen, that very Tillamook marker had broken off from the ground in a

violent storm just months after she had placed the initial call. As a result the sign was in need of updating even sooner.

She learned all she could about Markus Lopeus and leaving no fact up for debate, Carr went as far as submitting research from African-American history professor Dr. Darrell Millner at Portland State University to the Oregon Historical Marker Committee to prove the validity of Lopeus' legacy. Her work paid off.

On Thursday, Sept 12, the travel experience group will celebrate the Oregon Historical Marker Committee's restoration of the Captain Robert Gray marker with a formal dedication on the site. The text will now include information about Lopeus.

"We are pleased that this important piece of Oregon's history has been added to the historical maker. It commemorates the earliest documented instance of a person of African descent being in Oregon and serves as a memorial for those who came before and after; whose names and circumstances will never be known."



Dr. Billy R. Flowers

THE SPINAL COLUMN™

An ongoing series of questions and answers about America's natural healing profession.

Part 34. Osteoporosis and Bone Loss Reversal

Q: Could my golf swing hurt my back?

A: People who exercise regularly and perform stretching and strengthening exercise are less likely to injure their backs. Their supporting muscles, such as their stomach, hamstrings, and gluteals are stronger and more flexible from regular conditioning.

However, people who play golf or racquet sports are more prone to injuries because of the frequent twisting and bending motions. And casual athletes could be more at risk for injuries as well; depending on their level of

fitness. Most injuries of these types respond well to conservative chiropractic treatments. A chiropractor can show you how to prevent these injuries with proper conditioning and technique.

Flowers' Chiropractic Office

2124NE Hancock, Portland Oregon 97212 • Phone: (503) 287-5504