



CALLING A 1,000+ RUNNERS, WALKERS & VOLUNTEERS
 The Spirit of Portland
 Award Winning
 MLK DREAM RUN 14
 www.MLKDreamrun.org
 503 841 5032

Location: The Corner of NE MLK & Alberta Street, Portland, Oregon 97211

Event Dates/Times:
 Saturday August 2, 2014: 5pm-9pm
 "Taste of the Dream" Pre Race Kickoff

- VIP & Community Celebration
- FREE ADMISSION * Music Headliners: Saxophonist Eldon T Jones and N Touch, Singer Tamara Stephens and more....
- Activities, Food and Bev Tasting
- Widmer beer garden

Sunday August 3, 2014:
 The MLK Dream Run-5k, 10k & 15K- Geoff Hollister Tribute Race 7am staggered start

- Honoring D. King's "I Have A Dream" speech
- Winners packages, raffle prizes, Tillamook grilled cheese
- Benefitting Youth Development and Empowerment
 - The "I Have A Dream" Foundation & The NNEBA Youth Fellows Internship program also The NNE Community Health Clinic



Arts & ENTERTAINMENT



The Chinyakare Ensemble brings the dance, music and rituals of Zimbabwe and southern Africa to American audiences. The group, and Portland-based performer Loveness Wesa will perform Tuesday, July 29 at 7 p.m. at Catlin Gable School's Cabell Theater, 8825 S.W. Barnes Rd. \$15-\$20 sliding scale with kids 12 and under free.

Cafe at Miracles in The Miracles Club Bldg.



"Real Southern Cooking"

4200 NE MLK Jr. Blvd.

971-200-7227

Music, Cultural and Rituals

Upcoming Portland performance a nod to ancient traditions

Chinyakare Ensemble presents an electrifying performance of traditional dance, music, culture and rituals of Zimbabwe and southern Africa during a special performance, Tuesday, July 29, at 7 p.m. at Catlin Gable School's Cabell Theater, 8825 S. W. Barnes Rd.

Julia Tsitsi Chigamba, the ensemble's artistic director, grew up in a dynasty of traditional musicians and dancers who are well-respected in Zimbabwe. Now based in the Los Angeles area, she brings her art to the U.S. while staying true to her family's ancient traditions.

This show will be a feast for the eyes as well as the ears when beautifully costumed male and female dancers move to the sounds of marimbas, drums, mbiras and shakers (sometimes attached the to the



Loveness Wesa

dancer's ankles).

You will hear the exotic sounds of the chipendani (musical mouth bow), an instrument rarely heard outside of Zimbabwe. We will also be treated to authentic traditional marimba arrangements songs from the Shona, Ndebele and Venda tribes of southern Africa.

Opening for Chinyakare is Port-

land-based Loveness Wesa and the Bantus, who play traditional and popular music from Zimbabwe and South Africa on marimba, traps, electric guitar, bass and keyboard, shakers.

Lead vocalist, Loveness Wesa is a powerful singer and entertainer who always gets the crowd moving and grooving.