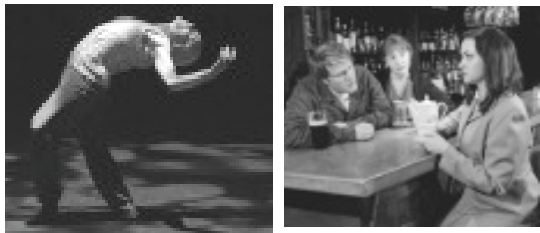


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LOCAL NEWS



PHOTO BY OLIVIA OLIVIA/THE PORTLAND OBSERVER

'Minority Retort' producers Jason Lamb (left) and Jeremy Eli prepare for the first show in their new people of color comedy series.

The Minority Retort

Series debut for comedians of color show

BY OLIVIA OLIVIA
THE PORTLAND OBSERVER

A new monthly showcase of comedians of color is coming to north-east Portland.

"Minority Retort" is set to open Friday, Jan. 23 at the Curious Com-

edy Theater at Northeast Martin Luther King Jr. Boulevard and Roselawn.

The producers, Jason Lamb and Jeremy Eli, have a line-up of comedians of color who have committed to participate, including such all-star performers as Crystal Davis, Katie Nguyen, David Mascorro, Anthony Lopez, and Nathan Brannon.

"The talent here is amazing," says Eli. "These are some of the funniest

people I've ever met and they're here in Portland, a place where some people might think it's so hard to find artists and comedians of color."

Lamb is ecstatic for the new series and especially eager to share comedy with members of the African-American community.

"I love comedians," he says. "And I admire their bravery and getting up there on stage, and being

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Vegetarian Meals for Homebound

Meals on Wheels People launched a daily vegetarian meal option for homebound seniors on Monday.

Vegetarian meals have been available at the organization's neighborhood dining centers for several years, but pre-plated meals for homebound contained more traditional protein sources.

"We are receiving more requests for a vegetable-based diet from our homebound clients," said Meals on Wheels People Executive Director

Suzanne Washington. "We deliver nearly 3,000 meals to homebound seniors daily and about 100 of those have requested an all-vegetarian diet."

Meals for homebound clients are created at the Meals on Wheels People Central Kitchen in Multnomah Village and shipped daily to the neighborhood centers where they are heated and sent out for delivery by volunteers. The number of requests for a vegetarian diet was not high

enough to warrant creating a special meal package until recently.

"Baby boomers, who are accustomed to a variety of different menu options, are driving this change," Suzanne said. "We anticipate that the number of clients requesting the vegetarian option will double within six months."

Current Meals on Wheels clients who are interested in switching to a vegetarian meal plan should call their center manager to request a change.