

MLK Dream Run Goes Virtual

This year's annual MLK Dream Run to elevate Black lives in Portland's African American community is an extended virtual event in which participants started running or walking 5k, 10k and 15k courses over the weekend and have until Oct. 31 to submit the result.

For the 9th year in a row, the Soul District Business Association is the main sponsor for the Dream Run, but due to COVID-19 and the social distancing parameters set by the national Centers for Disease Control, the event shifted to the virtual format.

The proceeds raised benefit the Soul District's small business and youth entrepreneur training programs, including programs geared to underserved, Black youth, and aspiring entrepreneurs, ages 16-24.

Participants receive official race results, a reusable Nike water bottle and amp; training towel, additional swag from participating sponsors, and one raffle ticket.

For more information on how to participate or to make a donation for the cause, visit MLKDreamRun.org or call 503-841-5032.



Last year's MLK Dream Run brought participants to the starting line at Portland Community College's Cascade Campus. This year's event has gone virtual with participants having until Saturday, Oct. 31 to complete a running or walking course of the person's choosing and to submit the result.

REACH Mask Up Challenge

Photo by August de Richelieu from Pexels

Why I wear a face mask

1. Family

I want to do my part in helping keep my family as healthy as possible.

2. Community

I want to help local businesses stay open by following the statewide face mask mandate.

3. Prevention

I want to do what I can to help slow the spread of COVID-19.

#MaskUpChallenge #BlackHealth

The Week in Review

COVID-19 Upward Spread

Oregon Health officials announced Monday that face-covering requirements are being expanded to include all private and public work spaces, outdoor markets and colleges because COVID-19 transmission rates have increased recently at an alarming rate. The state already required people to wear masks at indoor public spaces and outside when they cannot maintain 6 feet of space between others.



Statute Toppled at Mt. Tabor

A statue of Harvey Scott was found torn down from its perch on Mt. Tabor Tuesday. Scott was editor of The Oregonian for 40 years and a well-known conservative who opposed his sister, Abigail Scott Duniway, on women's suffrage. He died in 1910. Protesters in Portland felled statues of Theodore Roosevelt and Abraham Lincoln earlier this month and previously brought down statues of Thomas Jefferson and George Washington.

Distance Learning Extended

Portland Public Schools announced last week that the district will extend distance learning through Jan. 28 because of increasing cases of COVID-19. This follows an announcement from the Beaverton School District which won't return to in-person classes until at least February because of the virus.

Protesters Set Billboard Afire

A group of protesters marched from Arbor Lodge Park to the Portland Police Association building on North Lombard Street Monday night and a billboard was set on fire after a long standoff with police. Some individuals also climbed on top of some nearby business' roofs, police said.

Hall of Famer Remembered

Joe Morgan, a Hall of Fame second baseman from the Cincinnati Reds, died last week at the age of 77. Morgan was a two-time NL Most Valuable Player,



a 10-time All-Star and won five Gold Gloves. A dynamo known for flapping his left elbow at the plate, Little Joe could hit a home run, steal a base and disrupt any game with his daring.