

THE SKANNER®

CHALLENGING PEOPLE TO SHAPE A BETTER FUTURE NOW



For The Skanner news alerts
Text "NEWS" to
503-715-0890 or
scan this QR code



The Skanner news alerts

Services for Hank Miggins

He served in many leadership roles at Multnomah County

Of The Skanner News

Henry Clay Miggins (known by all as Hank), passed away on July 18, 2013. Hank was born to Nathan Miggins and Hattie Mae Dennis on Nov. 20, 1934, in Canton Miss. Hank touched many lives and achieved many accomplishments throughout his 78 years.



Hank Miggins

Please join his family in celebrating Hank's life at a memorial service and reception being held at the Eagle Lodge #3426 on Aug. 5, at 3 p.m., 7711 N. Exeter Ave. (at North Lombard), in Portland. He will be buried with full military honors at The Willamette National Cemetery on Aug. 6 at 1 p.m.

He began his career in the United States Air force in 1954 as an accountant and auditor, retiring after serving 22 years. Settling down in Spokane, Wa., he held the office of Vice President of Financial Affairs at Fort Wright College. In 1981, Hank brought all of his energy and ideals to Portland, where he held the positions of Internal Auditor for Multnomah County, Deputy Multnomah County Auditor, Executive Assistant to the Chair of Multnomah County Commissioners, Interim County Chair for Multnomah County Commissioner, Interim Manager of

See HANK on page 3

TRAYVON



Community organizer Cameron Whitten takes his turn at the mic at a Tuesday forum looking at recent developments in Civil Rights across communities. A second event focusing on the Trayvon Martin killing come up next week at the Jefferson High School cafeteria.

Events Offer Public Discussion

The first links voting rights, the Zimmerman verdict and DOMA

Lisa Loving
Of The Skanner News

Two Portland forums this week offer locals a chance to talk about what the George Zimmerman acquittal in the Trayvon Martin killing means to them.

The first, tonight at Portland Community College Cascade Campus, is hosted by the Mackenzie River Gathering Foundation, a grant making organization that supports social justice and community

organizations around the state.

The event, July 30 at 7 p.m., is at Portland Community College, Cascade Campus, Terrell Hall, Room 122, and features Rep. Lew Frederick, social and racial justice activist Kathleen Saadat, Portland Black PFLAG organizer/activist Khalil Edwards.

Also, coming up Tuesday, Aug. 6, 6:30-8:30 p.m., in the Jefferson High School cafeteria, the Portland Public Schools Office of Equity and its new program RACE

TALKS 2 is holding "Trayvon Martin's Death: A Catalyst for Change."

Listen to community organizer Teresa Raiford talk about the Zimmerman verdict, and catch the first frames of her film-in-progress, "Respect My Gangstah," about her experiences connected to gangs, drugs, and attitudes about black on black crime.

The event is open to all ages, and is free of charge. Part of the presentation is about volunteering with local youth

programs, and participants can sign up to do that there.

RACE TALKS 2 held in Jefferson High School's Cafeteria, invites all ages, free of charge, to hear Community Organizer/Activist, Teresa

MRG Foundation Executive Director Sharon Gary-Smith says the event was nearly full.

"We saw that there was an important conversation that needed to be had – a critical conversation as community."

Gary-Smith says the MRG

See TALKS on page 3

INDEX

News	2,3
Opinion	4
Church	5
Auto.....	6
Bids/Classifieds	7
A & E	8

Want to Be a Body Builder? Eat Right

Neal Blassingame Jr. helps his clients get fit by stressing discipline

Bruce Poinsette
Of The Skanner News

As a body building champion, Neal Blassingame Jr. will be the first to tell you that the key to fitness is actually nutrition.

"The change starts in your diet, in the kitchen," says Blassingame. "A lot of guys want to bust through the door and start

working out. The change doesn't really happen here, the change happen away from here.

"We talk about working out a lot but nutrition is probably 80 percent of it. Your body can only take so much without refueling, repairing and that's where that comes into play."

The former Jefferson High standout and Oregon Ironman Masters Physique Champi-

on works as a personal trainer at Matt Dishman Community Center. He has also served as the strength and conditioning coach at Jefferson and Parkrose High and currently serves in the same role at Grant High. He trains everyone from middle school students to elders to professional athletes.

"I enjoy having that wide variety because

See BODY on page 3