

Hank

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Portland Exposition Center, Consultant, Legal Assistant to State Representative Michael Fahey Sr. and Animal Control Director. In 2000, Hank returned to Spokane as the City Manager and Interim City Administrator. In an attempt to retire, he returned to Portland, however, everyone

In 1981, Hank brought all of his energy and ideals to Portland

who knew Hank knows that didn’t happen. He became a mortgage broker for Discover Mortgage for several years before finally retiring (again).

His retirement however, consisted of very little gardening. He continued to be a force in the community by contributing his time and talents to many organizations for which

he served on the Board of Directors. He never tired, especially if it was something that he believed in. He always gave 150 percent, touching many lives through various organizations, including The Center for Airway Science, Oregon Assembly for Black Affairs, Project Pooch, Multco Credit Union, Board of Bar Governor’s, Oregon State Bar, Rosemont School, Mainstream Youth Program Inc, Garlington Center, Federal Judicial Council, Multnomah County Citizens Budget Advisory Committee, Treasure for Blacks in Government, Oregon Adult Prison Authority, American Civil Liberties Union, Independent Police Review, Oregon Youth Prison Authority, Citizens Review Committee (CRC) and the Oregon Affiliate Representative for the ACLU.

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Talks

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event brings together an array of significant Civil Rights milestones that all happened in quick succession over the past few weeks: The U.S. Supreme Court’s strike-down of Section 5 of the Voting Rights Act of 1965; the Court’s nullification of the Defense of Marriage Act, paving the way for same-sex marriage around the United States; and Zimmerman’s acquittal in Martin’s death.

The Tuesday night event poses these questions:

What are the connections between these seemingly separate events? Why should these setbacks in our quest for justice matter to Oregonians? How do we channel our confusion, frustration, passion, and even anger into a broad movement for social change? “A lot of our allies might think African Americans are the people who are primarily

affected by the Voting Rights Act,” she said. “We wanted to raise it up because we think it is a critical rail of foundation for all our rights as citizens in America.

“The right to vote, to vote for democratic

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

ideals, the right to exercise your participation, your civic engagement, in crafting and working towards the country we all deserve — we didn’t think it was elevated enough,” she says.

“And truthfully, it came just after the appropriate striking down of the Defense of

Marriage Act, where there was a lot of joy, jubilation, celebration, communities all over. And then came this striking down of the key underpinning of the Voting Rights and it stayed only for a moment in the pub-

lic’s attention.

“We want to talk about that and how we have to make ‘together’ be about unity.”

At the Portland schools Equity Department event Aug. 6 at Jefferson High School, local youth groups will feature prominently, including Self-Enhancement Inc., SEI;

EMBODI; the Robotics Program; the Youth Aviation Program and more.

Audience members will have a chance to discuss the topic in a safe environment under the guidance of small group dialogue facilitators provided by Uniting to Understand Racism, the City of Portland’s Inter-group Dialogue Program and Resolutions Northwest.

RACE TALKS 2 is an off-shoot of the highly acclaimed RACE TALKS: Uniting to Break the Chains of Racism, An Opportunity for Dialogue held monthly the second Tuesday of each month in the McMenamins Kennedy School Gym, from 7-9 p.m.

RACE TALKS 2, sponsored by Portland Public School’s Office of Equity, is held in Jefferson High School’s Cafeteria, 5210 N. Kerby Ave. between Killingsworth & Alberta in the Cafeteria, 6:30-8:30 p.m.



PHOTO BY THE SKANNER NEWS

Some 1,700 Willamette River-lovers grabbed inner-tubes and life vests and jumped in last Sunday for Big Float 3. The event is designed to encourage more recreational uses of the Willamette as water quality has improved after construction of the Big Pipe and bioswale street features around the city.

Body

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it doesn’t let me just stop learning,” says Blassingame. “It helps me grow as a trainer. When you specialize in one thing, I think your knowledge base kind of slows down.”

He grew up around body builders and began weight training and conditioning around the age of 15. His uncle had weights in the attic and he started working out as a fluke. He soon took a liking to it.

“That first time—Feeling that soreness turns a lot of people off but for some reason I kind of liked that feeling,” says Blassingame.

The early strength training and conditioning helped give him an advantage when he got into sports in high school. He noticed he was in better shape than his peers and that helped propel him to be a three sports star at Jefferson.

Blassingame went on to play basketball at Umpqua Community College and won co-defensive player of the year.

Although basketball was his favorite sport, he says he was more gifted in football and track in high school. However, he didn’t have anyone to steer him towards putting more of his efforts into either of those sports.

Blassingame notes that the climate around high school sports is different today. Back in his day, it was the thing to be a multi-sport athlete. Now, many more athletes spe-

cialize in a single sport.

For example, he says young basketball players play the equivalent of an NBA schedule because of the rise of the AAU scene.

One thing Blassingame has noticed with the increased specialization is that serious injuries are more prevalent today.

He says playing multiple sports helped prevent injuries and develop athletes’ bod-

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ies.

“You have more injuries now because women and guys specialize in one sport in which you’re continuously utilizing the same muscle groups and a lot of women and guys, they don’t do their homework as far as retraining the muscles that they’re breaking down,” he says.

It’s a tricky era for athletes, but Blassingame suggests finding someone to teach proper lifting form and technique. He

says first, you have to learn how to properly lift your own body weight. Then you can transition to properly lifting the bar and progress from there.

It also goes back to nutrition, he says.

As a body builder, he is required to stick to a strict meal regiment and pay careful attention to how he conditions. Blassingame thinks other athletes could learn a lot from body builders.

“I like to say, ‘Train like an athlete, but eat like a body builder and you’ll have less injuries,’” he says. “You’re only going to run or play as good as that fuel you put inside you. If you put a low grade of fuel inside yourself, you’re going to play at a low level.”

Despite the questionable eating habits that tend to go along with teenage life, Blassingame says many of the young athletes he works with are receptive to his mes-

sage.

Ultimately, his goal is to instill good habits in all of the young people he works with so they live healthier lives.

“My biggest message to a lot of kids is that it’s not that I’m trying to make you a better athlete,” says Blassingame. “I’m trying to make you a better, healthier human being after high school, after college so you at least have this knowledge to fall back on.

“A lot of kids respect me because I practice what I preach.”

Blassingame trains twice a day. To perform well, he says body builders need to have 5-7 meals a day, portioned out by grams depending on their size.

Since he began competing, he had to stop playing basketball. High impact cardio, which includes interval running, eats at the muscles in the long run, so he and body building peers do low impact workouts like walking on the treadmill, the StairMaster and the elliptical machine.

“What I’m doing now is lifesaving,” says Blassingame. “I’m preserving my body with all the work that I’m putting in versus taking that constant pounding every day.”

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