

PreSERVE cont'd from pg 1

Americans 55 and older in the Portland area, particularly in the area of brain health.

The first event, which will take place from 4 to 6 p.m. Aug. 26, is called "Focus on Family" and participants are invited to bring grandchildren. Free haircuts will be pro-

At the August event, Grandparents Raising Grandchildren will make homemade granola for the "taste" portion of the program.

"We encourage everyone to come and bring a friend to care for themselves or a loved one," PreSERVE cofounder

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vided for the first 10 children who show up (with a limit of two per family). The event will also include, healthy snacks, balloons – and organizers will distribute current health information.

In September, PreSERVE will host "Stress and Mindfulness," an event with a Tai Chi

Tiffany Kirkpatrick told *The Skanner News*.

PreSERVE was founded in 2007 to provide education and outreach for older African Americans, particularly in the areas of brain and memory health, with attention to the link between hypertension and diabetes – which are overrepre-

“We encourage everyone to come and bring a friend to care for themselves or a loved one

demonstration and discussions on stress management, meditation and mindfulness practice from experts. That event takes place from 2 to 4 p.m. Sept. 24.

In October, PreSERVE will collaborate with the Alzheimer's Association, Oregon Chapter, and OHSU's SHARP program to host "Tips for Healthy Aging" to present healthy habits for brain and body. The program will include a dance demonstration and information about historical neighborhood walking routes to try.

All events are free of charge and include healthy snacks, and a healthy soul food recipe.

sented in African American populations – and dementia. Past events have included socialization, physical exercise, healthy eating, and the expressive arts. Examples might include theatrical play, poetry, painting, life history writing, walking programs, gardening, and cooking workshops.

The group has held several Aging and Memory Conferences, and has also regularly organizes culturally relevant social events intended to reach seniors – as well as people in their 50s who may not consider themselves "seniors" yet – to lead healthy, engaged lifestyles.

Baltimore cont'd from pg 1

community are not mutually exclusive endeavors. We don't have to choose one or the other. We're choosing both. It's 2016," Davis said.

The commissioner and Mayor Stephanie Rawlings-Blake promised the report would serve as a blueprint for sweeping changes.

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The court-enforceable consent decree will force the police agency to commit to improving its procedures to avoid a lawsuit. The decree likely will not be finalized for many months, Gupta said.

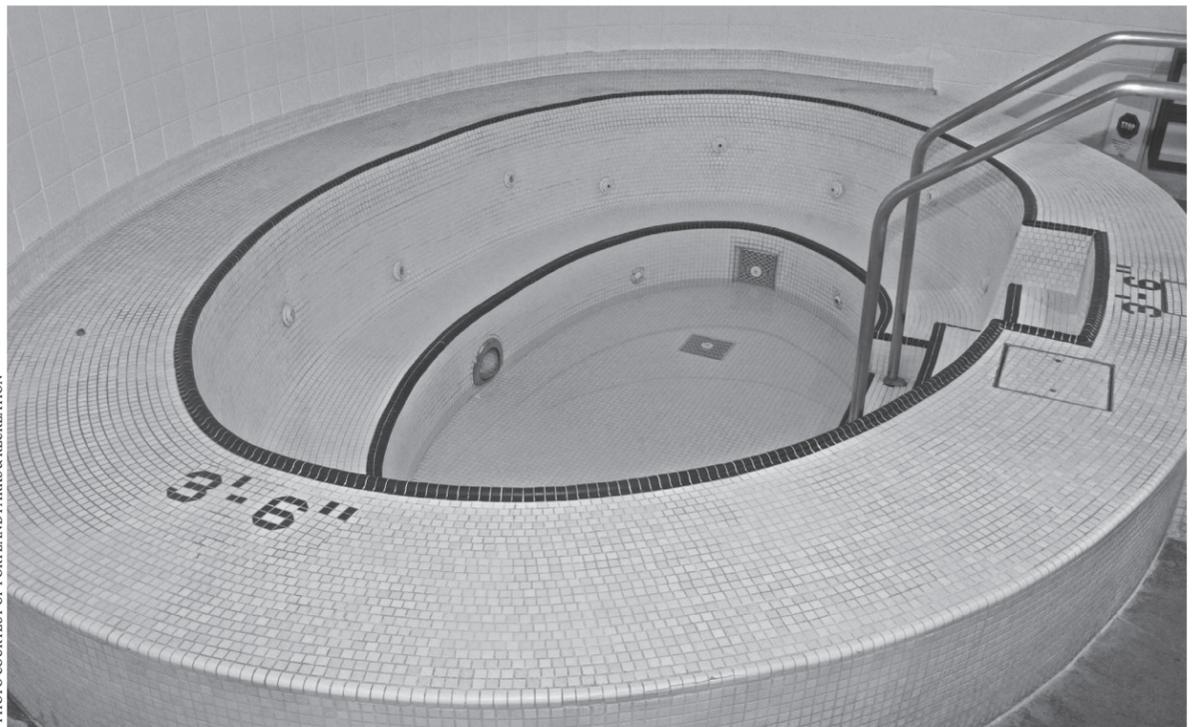
The Justice Department has undertaken similar wide-reaching investigations into the police in Chicago, Cleveland, Albuquerque and Ferguson, Missouri, among other cities.

Federal investigators spent more than a year interviewing Baltimore residents, police officers, prosecutors, public defenders and elected officials, as well as riding along with officers on duty and reviewing documents and complaints.

"Nearly everyone who spoke to us ...

agreed the Baltimore Police Department needs sustainable reform," Gupta said.

Among the findings: Black residents account for roughly 84 percent of stops, though they represent just 63 percent of the city's population. Likewise, African Americans make up 95 percent of the 410 people stopped at least 10 times by officers from 2010-15.



Matt Dishman Pool

The Matt Dishman Community Center will hold its annual community appreciation event and block party from noon to 4 p.m. Saturday at 77 NE Knott St. Improvements are coming to the indoor pool and spa this fall, thanks to the Parks Replacement Bond. The work will begin during Matt Dishman Community Center's annual maintenance shutdown for two weeks beginning August 13. The pool will remain closed up to an additional six weeks after the community center re-opens to complete the work, with an expected pool re-opening in mid-October.

CRC cont'd from pg 3

having closed meetings is that it doesn't matter how well intentioned the group is, when you go behind closed doors, it is easy for people to get pressured ..., especially when there are people of authority in the room, such as many police officers," Chambers said.

Currently the CRC can appeal the findings of police command staff after a complaint has been investigated by the Independent Police Review or Police Internal affairs. The 11-member volunteer committee gathers community concerns and publicly reports its findings.

In the new model the CRC would be involved at the beginning of a police complaint instead of an appeal. The CRC would also be able to hear deadly use-of-force complaints. The combined board would have more citizens than police officials as voting members.

The city council will vote on the proposed changes Sept. 7.

These changes are being considered so that complaint cases are decided within 180 days, a condition of the U.S. Department of Justice settlement agreement. In a memo to the Citizen Review

plaints taking too long to be resolved," Portland Copwatch wrote. "Getting rid of public appeal hearings on misconduct cases thwarts the will of the people."

The town hall provided over an

“The CRC opposes, in the strongest terms, any change to the process that decreases transparency and public access to the complaint and appeal process

Committee, Portland Auditor Mary Hull Caballero wrote that it took a median of 149 days for a complaint to move through the appeal process.

In response Portland Copwatch listed reasons why CRC appeals took a longer time. These reasons included asking for more investigation, Portland Police Bureau disputing the recommendations of the CRC and scheduling conflicts from appellants.

"The proposal doesn't solve the problem of misconduct com-

hour for community testimony and more than 20 people signed up to speak.

Nearly every person who testified urged the council to keep public meetings.

People were also very critical of the public outreach of the meeting and of the proposed plan. When announcing the town hall meeting online, the release read "Portland Police Discipline System: What Works? What Doesn't?"

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During the same time period, officers stopped 34 black residents 20 times, and seven African Americans 30 times or more. No individuals of any other race were stopped more than 12 times.

One man who spoke to investigators said he was stopped 30 times in less than four years.

At least 15 of those stops, he said, were to check for outstanding warrants. None of the stops resulted in charges.

In addition to pat-downs, Baltimore officers perform unconstitutional public strip searches, including searches of people who aren't under arrest.



In this July 27, 2016, file photo, with a mural depicting Freddie Gray in the background, Baltimore State's Attorney Marilyn Mosby, center, speaks during a news conference after her office dropped remaining charges against the three Baltimore police officers who were still awaiting trial in Freddie Gray' death in Baltimore.

Officers routinely use unreasonable and excessive force, including against juveniles and citizens who aren't dangerous or posing an immediate threat, the report said.