CALENDAR OF EVENTS

November 2008

COMMUNITY LIFE

By Don Snedecor The Southwest Portland Post

1 Agatha Christie's "The Mousetrap" returns to Wilson High School this month. The long-running hit play is about a group of strangers stranded in a boarding house during a snowstorm, one of whom is a murderer. The play will be performed November 1, 7, 8 with shows starting at 7:00 p.m. and November 2, 9 matinees beginning at 2:00 p.m. Tickets are \$10 for general admission, \$5 for students/faculty on sale at the door. Cosgrove Auditorium, Wilson High School. Call (503) 916-5280 for more information.

Election Day Prayer Vigil Join your neighbors in a time of quiet prayer and meditation for the future of our neighborhood and nation. Feel free to come and go as you wish. The vigil takes place on Tuesday, November 4, 11 a.m. to 1: p.m. and 5 p.m. to 7 p.m. at Hillsdale Community Church, 6948 SW Capitol Hwy (between Texas and California streets). Call (503) 246-5764 for more information.

5 Maintaining Sports and Health Performance Throughout Life is the title of a lecture presented by Dr. Kerry Kuehl, M.D., Ph.D. who is associated professor of medicine (health promotion and sports medicine) at OHSU. The lecture will be held Wednesday, November 5 from 7-8 p.m. at the OHSU Center for Health & Healing, 3303 SW Bond Ave, third floor. FREE. This is one of five in the "Ask the Health Experts" lecture series for November. To register or for more information visit www. ohsuhealth.com/seminar or call (503) 494-1122.

Loaves & Fishes Homecoming Dance Southwest Loaves & Fishes Center is holding a homecoming dance for area senior citizens on Wednesday, November 5 from 1:30 to 3:30 p.m. The event will feature tunes from the 1940s to present spun by DJ Tim Veach from "A Time to Dance." Suggested donation is \$2.75. Seniors are encouraged to wear their letterman jackets and bring finger food to share. Special guests will be high school seniors from Oregon Episcopal School who will be available for dancing or conversation. The dance will be held at the Multnomah Center, 7688 SW Capitol Hwy. For more information, contact Donna Trilli at (503) 244-3873.

Pageturners engage in stimulating conversation about books, exchange perspectives about characters and plot, and get to know your neighbors. Read "My Montana: A History and Memoir, 1930-1950" by Jewel Beck Lansing. Meet the author! Lansing makes a special appearance on Thursday, November 6, 1:30-2:30 p.m. at the Capitol Hill Library, 10723 SW Capitol Hwy, (503) 988-5385.

Stormwater Retrofit Workshop The City of Portland holds free workshops to show ratepayers how to manage stormwater on their property. The next workshop in Southwest will be held Thursday, November 6 from 6:30 to 8:30 p.m. at the Multnomah Center, 7688 SW

Capitol Hwy. Get more information at www. CleanRiverRewards.com or call 503-823-1371.

11 Portland Japanese Garden will be hosting their fall Free Admission Day on Veteran's Day, Tuesday, November 11, from 10 a.m. to 4 p.m. The garden is above Washington Park at 611 SW Kingston Drive. Sponsored by the PGE Foundation, the event will also benefit the Oregon Food Bank through collections

of food donations at the gate. Please bring non-perishable items, canned, plastic or boxed. For more information visit www.japanesegarden.com or call 503-328-0050.

12 Multnomah Neighborhood Association will meet at a special time this month due to closure of the Multnomah Center for Veteran's Day. The group will meet Wednesday, November 12 at 7:00 p.m. at the center, 7688 SW Capitol Hwy. Nominations for new officers, and an update on the Sears Armory are among the agenda items scheduled. For more information call the Southwest Neighborhood office at (503) 823-4592 or contact Randy Bonella via e-mail rmbonella@addmm.com.

13 Marshall Park Habitat Management & Trail Plan Emily Roth, Portland Parks and Recreation senior planner/project manager will discuss the draft plan at the Marshall Park



High schoolers Adrian de Forest, Derek Herman, and Jennifer Rowe text each other in "Speech & Debate" playing now through November 23 at Artists Repertory Theater. (*Photo by Owen Carey*)

Neighborhood Association meeting on Thursday, November 13, 6:00 p.m. at Capitol Hill Elementary School library. Online survey results and project updates are posted online: go to www. portlandparks.org and select "Projects/ Natural Area Projects/Marshall Park." For more information, contact Roth at emily.roth@ci.portland.or.us or call (503) 823-9225.

15 Read to the Dogs Improve your reading skills by reading aloud to therapy dogs from the DoveLewis Animal Assisted Therapy Program. For kids and teens. Saturday, November 15 and Saturday, November 22, 11 a.m. to 1 p.m. at the Hillsdale Library, 1525 SW Sunset Blvd. Registration required; call (503) 988-5388.

18 Historic Preservation Needs Assessment The Bosco-Milligan Foundation with support from the (Continued on Page 7)



Thrita Medical Center NATURAL MEDICINE 7825 SW 35th Ave Portland, OR 97219

Naturopathic Medicine

Colon Hydrotherapy

Natural Cancer Treatment

Botanical Medicine (Custom Formulations)

Physical Medicine (Body Adjustments)

Traditional Chinese Medicine

Nutritional Counseling

■ Natural Options for Depression

Much More!

Call Us Today!

(503) 235-HEAL (4325)

GRAND OPENING Now accepting patients! 20% off your initial visit with a

Naturopathic Physician!

www.ThritaMed.com