



“Change,” a two-person exhibit of paintings and illustrations by Caitlynn Abdo and new mixed media installations by Quire, will be on view at the Multnomah Arts Center Gallery beginning July 7.

COMMUNITY LIFE

By KC Cowan
The Southwest Portland Post

7 Mixed Media: Artists Caitlynn Abdo and Quire display paintings, illustrations and new mixed media work this month at the Multnomah Arts Center Gallery. Abdo’s work highlights folklore, ritual and changing seasons of the solar year. Quire’s installation art features filmed interviews of people combined with paintings and mixed media. Opening reception is Friday, July 7, 7–9 p.m. at the Multnomah Arts Center, 7688 SW Capitol Hwy. The show runs through Aug. 1.

Out of This World: When Kreton, an alien, attempts to time travel to Earth to see the Civil War, he miscalculates his arrival by 100 years. But the world has even more war-making devices now, and Kreton decides to start his own war. “Visit to a Small Planet” runs from July 7 to Aug. 13 at the Lakewood Theatre, 368 S. State St., Lake Oswego. For more information, call the Box Office at 503-635-3901.

8 Two Bridges Hike: The July hike led by Southwest Urban Trails will carpool to the Willamette Park and explore a loop over the Sellwood Bridge and back over the Tillicum Bridge. It’s a 7.5 mile hike, but you can turn back at any time if it’s too long. Meet behind the bleachers at 9 a.m. on Saturday, July 8, at Wilson High School, Sunset Boulevard and Capitol Highway. For more information

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9 American Red Cross Blood Drive: The need for blood rises in the summer as regular donors take off for vacations. You can help fill the gap with your donation. Two local drives will be held on July 9, 9 a.m. to 2 p.m. at the Mittleman Jewish Community Center, 6651 SW Capitol Hwy; 10 a.m. to 3 p.m. at the Burlingame Fred Meyer, 7555 SW Barbur Blvd.

27 Rock Mandala: Explore the power of focused creativity by creating a mandala on the surface of a rock, and learn how it is not only an art project, but also a meditation method. Sunday, July 23, 2–4 p.m. at Capitol Hill Library, 10723 S.W. Capitol Hwy., 503-988-5123. Free, however, registration is required; register online, in the library or by calling 503-988-5123.

26 Mothers’ Wisdom: Join Rabbi Eve Posen for an interactive look at her recently published book entitled, *Pirkei Imahot: The Wisdom of Mothers, the Voices of Wisdom*. The evening will look at original Jewish text and modern wisdom we live by. Wednesday, July 26, 6:00 p.m. at the Hillsdale Library, 1525 SW Sunset

Blvd. Free. For more information, call 503-988-5123.

families. For more information, contact Elaine Shreve, 503-246-5879.

30 History and Ice Cream meet in Garden Home: Enjoy ice cream at the July 30 Community Ice Cream Social sponsored by the Garden Home History Project. Meet friends and neighbors, view historical displays, and enjoy ice cream! Sunday, July 30 from 1–3 p.m. at the Garden Home Recreation Center, 7475 SW Oleson Road. Free and a great event for

Aug. 1 National Night Out at Dewitt Park: Sponsored by the Hillsdale Neighborhood Association, you’re invited to bring a potluck dish on Tuesday, Aug. 1, 6–9 p.m. at Dewitt Park, 1805 SW Dewitt St., across from the Hillsdale Library. Get to know your neighbors, make new friends, enjoy live music and activities for children, and much more.



The Alpenrose Velodrome Challenge takes place on July 14,15, and 16. This free three-day event will be a thrill for all spectators. Races include elite men and women, masters 30+ and masters 50+. See competitive track cyclists, national and international athletes, Olympians and the best local riders competing for track records and cash prizes up to \$2,000. Also, come enjoy great food and take advantage of the opportunity to shop for heavily discounted cycling attire. Alpenrose Dairy is located at 6149 SW Shattuck Road in Portland. For more information, visit www.alpenrosechallenge.com. (2013 photo by Leonard Johnson, courtesy OBRA)

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Hans J Manseth – Certified Financial Planner™
503.227.4817 / hans@hjamfinancial.com

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