

METRO *Life*

The Portland Observer

SECTION B

Community Calendar

The Salmon Festival

Salmon watching is a unique Northwest activity and the Salmon Festival on Saturday and Sunday, October 14 and 15, will offer guided salmon viewing tours at Metro's Oxbow Regional Park. Children games and activities, exhibits, arts, musical entertainment, horse-drawn wagon rides and great food round out the festival each day from 10:30 a.m. to 5 p.m. Call 797-1850.

First Annual Autumn Equinox Festival

Revel in the vibrancy of fall on Thursday, September 21, at the first annual Grand Lodge Autumn Equinox Festival. Come out with friends and family between 4 p.m. and 10 p.m. for seasonal food and drink specials, live entertainment, and lots of fun. Admission is free. The grand lodge is located in the heart of Forest Grove at 3505 Pacific Ave. in Forest Grove, Oregon. Call 503/992-9533.

Wintering-In Harvest Festival

The Oregon Historical Society will be presenting its annual Wintering-In Harvest Festival on the ground of the historic Bybee House at Metro's Howell Territorial Park on Sauvie Island. A Northwest tradition for more than 30 years, the festival celebrates the transition from summer to fall, when Native Americans and pioneers finished harvesting and storing food for the winter months. Suggested donation is \$3 for adults and \$2 for children. Call 503/222-1741.

How New Beliefs Can Double Your Sales

Join a personal success coach to help double your sales. You will learn such things as converting limitations and fears into achieving your goals and aspirations; overcome fears and disempowering beliefs which disrupt and cease forward motion; discover the driving force behind human behavior and systemically utilize it for constant improvement and much more! The event will be held at the Oregon Convention Center on September 27. The cost is \$99. Call 503/471-2954.

Volunteer Tutors Needed!

Portsmouth Community School, located at 5103 N. Willis, is launching a new Homework/Leadership Club (HLC) which offers an after-school opportunity for Portsmouth Middle School students who want a place to study and improve study skills and to learn how to be positive leaders in their school. Tutors will be volunteers of Portland Parks & Recreation upon completing an application, criminal background check, and in interview. Call Curtis Scott at 916-2919.

2nd Annual Westie Walk to Benefit Dove Lewis

Dove Lewis, Portland's only non-emergency/critical care animal hospital will have its 2nd Westie Walk on Sunday, September 24 at 10 a.m. Loyal owners of Westie terriers will meet in the parking lot of Stitches, which is located at 25 NW 23rd Place in the Uptown Shopping Center. The entry fee is \$12. For more information, call 503/228-8480.

Friends of Wednesday's Children

Fundraiser for Jeff Gianola's "Friends of Wednesday's Children," a foundation to help children enjoy and participate in after school activities will be celebrating its 15th anniversary on September 23 at 7 p.m. The event is being held at the Salon Nyla, The Day Spa, located at 327 SW Pine. Activities include casino night, silent auctions, raffles, and balloons filled with prizes. Dress casually. For more information, call 503/228-0389.

Alberta Street Fair 2000



Fred Trachsel of Oregon City's Rocking Horse Ranch provides free carefree rides down the heart of the Alberta business district.



Desiree LeFrancois likes the body paint from artist Raina Imig at Indus Books



The music and dancing is great at just one of the many Alberta Street Fair entertainment venues.

Dates Set for Annual Wellness Village

October Community Events to Promote Health Still Need Volunteers

Across the county, African Americans are faced with an alarming rate of Diabetes and Diabetes-related deaths relative to the White population. In Portland, our African American Community is not immune to this health disparity.

This year, the African American Health Coalition along with its many sponsors will present the 5th Annual Wellness

Village on October 21 from 9:00 a.m. - 5:00 p.m. at SEI, Inc.

Other events include an African American Women's Tea on Saturday, Oct 15 from 4:00 p.m. - 7:30 p.m. at Lorenzen Center at Legacy Emanuel and African American Men's Prayer Breakfast on Sat. Oct. 21 at the Mt. Olivet Baptist Church at 7:30 a.m.

All of these free community events

will focus on Diabetes health screening, education and awareness.

Volunteers are also needed.

The Mission of AAHC is to promote and improve wellness among African Americans, early prevention steps as lifestyle changes and health screening. Our Vision is to be the healthiest African American community in the nation. The

African American community is small enough that such a vision is attainable. Of the 58,000 African Americans in Oregon, approximately 80 percent live in the Portland metropolitan area. There is no reason for African Americans to be in poor health while other Americans live healthier and longer lives.

For more information, call 413-1850.