

35
years of
community service

Community Calendar

NAACP Women Meeting with Mayor Potter

The Portland Unit of Women in the NAACP will host a forum with Mayor Tom Potter on Saturday, Aug. 27 at the Mallory Avenue Christian Church on 126 NE Alberta Street. The forum will be held from noon to 1:15 p.m. and an ice cream social fund-raiser will take place from 1:15 to 3:30 p.m. All community members are welcome.

Oregon State Fair

Come celebrate the 140th annual event down in Salem, Ore. starting on Friday, Aug. 26 through Sept. 5. The fair will open at 11 a.m. Some new highlights this year include a performance by Pepe and The Bottle Blondes. Eclectic music, fine arts and crafts, and a public art project will also be featured. For more information visit www.fun-oregon.com/fair/index.html.

City Offers Guided Bike Commute Rides

On Aug. 30 and Sept. 6, the city is urging you to simply show up with a helmet ready to bike ride from Mt. Tabor Middle School or Franklin High School. Riders will have a chance to ask questions about the best routes, riding techniques and anything related to commuting by bike. For more information visit www.portlandtransportation.org/trains.ci.portland.or.us/bicycles.

Breast Cancer Conference

Specifically catering to the African-American females, this conference is to educate fellow sisters about a disease that fatally hurts us the most. The Zeta Phi Beta Sorority, Pi Alpha Zeta Chapter is sponsoring this event on Sept. 3 from 11-3p.m. at the SEI Center on 3920 N Kerby Ave. This event will include speakers from the Komen Foundation, OHSU Cancer Institute and the African-American Health Coalition.

Oxbow Campfire Program

On Friday, Sept. 2 or Saturday, Sept. 3, come to Oxbow Regional Park to come out and be entertained by various artists at the outdoor forest amphitheater. Even though the park closes at dusk those wishing to stay afterwards can be let out by the rangers. Park in the designated area near the boat ramp. Program is free with a \$4 vehicle entry. For more information call Metro at 503-797-1850.

Katsumi Sugita

Japanese artist will be selling and showing his work at the Japanese Garden. This exhibit starts on Aug. 25 and lasts thru Aug. 28 from 10 to 6p.m. Both prints and originals will be available. The Japanese Garden is located at 611 SW Kingston Ave. For more information call 503-223-1321 or visit www.japanesegarden.com.

Native American Literature Celebration

A celebration will be held at the Collins Gallery located on the third floor at the Central Library, 801 SW 10th Avenue. A lecture and reading by Debra Magpie will be on Saturday, Aug. 27 from 2 to 3:30 p.m. The exhibit goes until Sept. 29. For more information visit www.multcolib.org/event/collins.

Loaves & Fishes Seeks Drivers

The Meals-On-Wheels People is seeking volunteer drivers to ensure homebound seniors receive healthy meals and a bit of companionship this Labor Day Weekend. For more information on how you can help contact Caroline Henry at 503-988-6223 or 988-5566.



Brooke Brandsmith applies hot stones on the back of her client while using her opposite arm to move a hot stone around the neck and shoulder area.

PHOTO BY ALI STABENOW

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SECTION B
The Portland Observer

Peace of Mind and Body

Graduates in business with 'Serenity'

BY NICOLE HOOPER
THE PORTLAND OBSERVER

Brooke Brandsmith and Ali Stabenow were massage students at East West College on Southeast Belmont Street, but they never had a class together. After graduation, they ended up working at the same spa and became friends. Months later, bored of the 'spa scene' they decided to take a chance and go into business for themselves.

Opening a business in Oregon is scary because of the down economy.

"Local business owners in addition to my friends and family have been very supportive. I haven't gotten any negative feedback," said Stabenow.

Brandsmith is originally from Utah and once moving to Portland she was unable to find a spa that she liked. She went to school to not only learn how to do it herself but to serve as a resource for others wanting a massage.

Stabenow is from Illinois and found that there wasn't a good school for massage in her state. After researching, she narrowed down her choice to move over 2,000 miles away to attend East West College.

The two women opened Serenity one month ago and business is growing.

It was a little scary for the duo to open the massage studio with no formal business experience, but they do enjoy the control over the atmosphere and the look of their studio. Serenity is located in a large red building next to a café; even walking up the many stairs to the studio is relaxing as the smell of incense fill the air.

Serenity is decorated with soothing colors and Indian inspired rugs. Decorative leaves stretch across the ceiling and soft Hindu music plays in the background. The two owners are successful at putting clients into a serene and chic atmosphere.

Since massage isn't covered in most health insurance plans, there is a stigma that a massage isn't a necessity but instead a guilty pleasure.

"It's good for people with chronic muscle pain and pregnant

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Garden Complete at Rigler School

Provides space for learning and community use

Community leaders, elected and appointed officials, and ordinary citizens of the Portland community will come together to celebrate the five-year metamorphosis of an overflow school parking lot transformed into the Rigler Community Garden.

The Garden project began in June 2000 and is the product of collaboration between children and adults.



Four years ago, the site for the Rigler Community Garden was a barren space used for overflow school parking.



◀ The new garden at Rigler School serves as both a learning environment for children and a community gathering space.

The site at 5401 N.E. Prescott St. creates a premier learning environment for children and is a new community gathering space for a "park-deficient" neighborhood.

Area residents are invited to join students and garden supporters for a dedication and Grand Opening ceremony on Sept. 14 at 1 p.m.

The Rigler garden is regarded as the premier community garden in the Northwest. Its centerpiece is an "upside-down," rain-har-

vesting gazebo.

The gazebo roof is inverted to collect rain water and to capture children's curiosity. The "harvested" water is collected in an underground tank and retrieved by a hand pump and then used to water plants in the Garden.

The designer of the artistic front entrance collaborated with Rigler students, who provided drawings of garden objects as inspiration. The Garden's spaces were designed

with outdoor learning in mind, creating numerous outdoor teaching areas.

Additionally, the Garden is fully handicap accessible, future plans call for installation of state-of-the-art, handicap-accessible, raised beds to serve the neighborhood's senior and special-needs populations.

Garden space is divided by three groups as follows: 35 percent to Rigler, 15 percent for handicap accessibility (targeted to the Porthaven Nursing Home - across the street

from the garden) and 50 percent to community members.

The Garden has had a major impact on the community by creating an active community space in an otherwise park deficient neighborhood. The Cully Neighborhood in northeast Portland is one of the poorest and most underserved in the city. Although Cully is one of the largest neighborhoods in the city, there is not one public city park in the neighborhood.