

## Community Calendar

### Weatherization Workshops

Tuesday, Oct. 2, from 6 p.m. to 8 p.m., the Community Energy Project will host free educational workshops to self-weatherize your home, at the East Portland Community Center, 740 S.E. 106 Ave.; qualifying participants will receive a free weatherizing kit. Free weatherization is available for seniors. Call 503-284-6827 to register.

### African American Council

You're invited on the third Tuesday of each month from 5:30 p.m. to 6:30 p.m. when the African American Advisory Council meets at the King Facility, 4815 N.E. Seventh Ave. Call 503-823-0000.

### Literacy Volunteers Needed

The Volunteer Literacy Program at PCC-Cascade needs volunteer tutors to provide free individualized instruction in basic literacy, English language, and math skills. Contact 503-244-3898 or visit oregonliteracy.org.

### World Farm Animals Day

Saturday, Sept. 29, join thousands of walkers from across America in support of compassion for farm animals. Contact 503-778-0223 or visit walkforanimals.com for more information.

### Hispanic Heritage Month

In honor of National Hispanic Heritage Month (Sept. 15-Oct. 15), Multnomah County libraries will celebrate the culture and traditions of Spanish-speaking nations with bilingual programs and special events. Visit multcolib.org/events/hispanic for a complete listing of events.

### Parenting Classes

Newborns don't come with instruction manuals but parents and parents-to-be can attend classes through Providence Health Systems to learn about a variety of topics from pain and childbirth to breastfeeding to infant CPR and much more. For a schedule of events, call 503-574-6595 or visit: providence.org/classes.

### Fall Swimming Lessons

The Portland Parks will be offering fall swimming lessons for ages 6 months to adults, at various pools throughout the Portland metro area. For rates, registration, and information contact 503-823-5130.

### Food Bank Seeks Volunteers

The Oregon Food Bank seeks volunteers, to sort and repack perishable foods. Call 503-282-0555, extension 272 or visit Oregonfoodbank.org.

### Tax Help in Rockwood

VITA tax aide for low-income families will begin to assist clients at the Rockwood Community office, 18709 S.E. Stark. Clients are seen by appointment only. Appointments will be made on Wednesdays only from 1 p.m. to 5 p.m., by calling 503-816-1530.

### Craftsman Workshops

The Northwest Woodworking Studio is registering participants for fall workshops, classes, and lectures. Explore wood craftsmanship and learn the art. Visit northwestwoodworking.com or call 503-284-1644.

### Diabetes Support Group

Legacy Emanuel Hospital hosts a diabetes support group the first and third Thursdays of every month, from 7 p.m. to 8 p.m., in Room 1027.

### Volunteer for Crisis Line

Want to make a difference in your community? Volunteers and advocates are needed for the Portland Women's Crisis Line. The needs include on-call advocates to respond in person or over the phone, outreach and educational efforts, and fundraising and administrative duties. Call 503-232-4176 for more information.

### Neighborhood Farm Stand

Locally grown vegetables and bouquets of fresh flowers will be available to the public, from 10 a.m. to 2 p.m. every Sunday, at the Redeemer Lutheran Church, NE 20th and Killingsworth. The stand supports local refugees and immigrant farmers.

### Women in Community Service

Volunteer female mentors are being sought by Women in Community Service to work with incarcerated women at the Coffee Creek Correctional Facility. The women provide support and encouragement for inmates transitioning from prison back into the community. For information, call 503-570-6614.

### Vancouver Outdoors Market

Saturdays and Sundays, through Oct. 27, the Vancouver Outdoor Market will feature fresh produce, food, and arts and crafts. Hours are from 9 a.m. to 3 p.m. on Saturdays and 10 a.m. to 3 p.m. on Sundays.

### Community Support

The African American Health Coalition, a non-profit that touches the lives of millions of African Americans each year, reminds you to support your community organization. All donations, grants, and gifts are tax deductible. For more information, visit aaahc-portland.org.

### Help Loaves & Fishes

The Two Rivers Loaves & Fishes Center, 9009 N. Foss St., needs volunteer drivers for meals-on-wheels to ensure that homebound seniors in St. Johns receive nutritional meals and a bit of companionship. Call 503-988-4088.

### Bradley-Angle House

The Bradley-Angle House needs volunteers to help its outreach against domestic violence. Women of color and bilingual women are encouraged to call. For more information, call 503-282-9940.

### Work against Abuse

Community Advocates invites those interested in protecting children from abuse to become an event volunteer, event outreach, technology expert, graphic artists or office support team member. For information, call 503-280-1388.

### Stroller Class for Moms

Are you a new mom or have a toddler? Get some exercise and meet other moms at the free Stroller Strides class, 9 a.m. to 10 a.m. Tuesdays and Thursday at Peninsula Park. All you need is a stroller, water, a mat or towel and comfortable shoes. Call Helen at 503-260-5018 for more information.

### Relationship Transformation

Peace-Making, a local group based on non-violent communication and conscious awareness, hosts a seminar that includes information how to have better relationships both personally and professionally. For more information, call 503-228-7256.

## Conference to Challenge Jefferson

A conference designed to mobilize Jefferson High School students, school staff, business professionals and community partners will engage in a dialogue that aims to affirm and empower students to be more successful as lifelong learners and emerging leaders.

Speakers and workshops will cover topics involving academic achievement, discipline disparities, race, culture, parent and community engagement, personal devel-

opment and leadership. The conference will also address how the community, parents and teachers can better support students at Jefferson.

REAP Inc. (Reaching and Empowering All People) has partnered with Jefferson to host the conference, scheduled for the entire school day of Friday, Oct. 5 from 8:15 a.m. to 3:15 p.m., on the school's campus, 5210 N. Kerby.

For more information, contact Mark Jackson, 503-341-6161.

## Ethnic Restaurant Invites 'All to Come'

*continued* ▲ from A5

Damtew also cooks it down with ginger, shallots and four other secret ingredients before skimming it for purity.

With all the food cooked to order, Damtew will graciously substitute olive oil for this delicacy if a customer expresses a dietary preference. Fresh mini loaves of bread act as the bridge to dip into a flavorful fava-bean dish traditional among peasants.

Damtew's father helped manage

Mobil Oil's interests in Eritrea, taking them far from any sort of life as a peasant family. But, while wearing customary kidan habesha dress for a recent family occasion, Damtew reflected on how her journey through life has taken her far away from her earlier preconceived notions.

"If I make money, I'd like to see a lot of that go back to the community," she says. "I was very privileged, so it took coming all the way over here to learn where I came from."

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