

Arts & ENTERTAINMENT

ENTERTAINMENT GUIDE

King Farmers Market --

The King Farmers Market is back each Sunday from 10 a.m. to 2 p.m. through Oct. 31 at Northeast Seventh Avenue and Wygant Street, adjacent to King School Park. Food stamp users can receive up to \$10 in matching tokens.



Celebrating Urban Farming -- A "Soulful Celebration of Sustainable Living" with live music, food, beer and wine, is the theme to this year's Muddy Boot Organic Festival, Friday, Sept. 10 through Sunday, Sept. 12 on the grounds of St. Philip Neri Catholic Church, 2408 S.E. 16th Ave.

St. Johns Farmers Market -- The St. Johns Farmers Market takes place each Saturday from 9 a.m. to 1 p.m. at St. Johns Plaza through Sept. 25. About 24 vendors sell fruits, vegetables, meat, dairy, honey and more.

Community Fun -- The next family-friendly and multicultural PROPER Festival is held Saturday, Sept. 11, from 12 p.m. to 4 p.m. at Kenton Park in north Portland. Activities include a bike and car show, healthy living exhibits, live art and entertainment, networking booths, a puppet show and free food.

Slabtown Community Festival -- Friday and Saturday, Sept. 10 & 11, corner of Northwest 23rd and Savier Street. Annual event highlights a component of the neighborhood's past with music, art, theater and literary heritage and is partnered with Musicfest NW to stage some great musical acts.

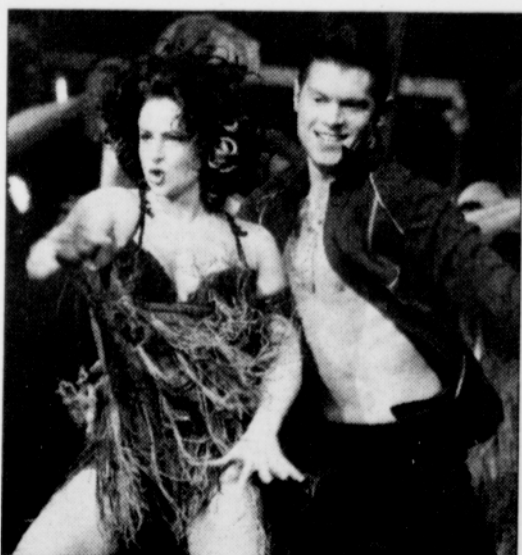


Mel Brown Live -- Portland jazz giant Mel Brown performs at Salty's on the Columbia every Friday and Saturday night. Known as the "Gentleman of Jazz,"

Brown has a career spanning over 40 years.

Zinesters Talking -- The North Portland Library, 512 N. Killingsworth St., welcomes women of color making zines, the name for self-published works. If you currently publish a zine or have always dreamed of making one, learn more and network with other zinesters on Tuesday, Sept. 14 at 6:30 p.m.

Electrifying Ballroom Dance -- Performances by Latin and ballroom dance sensation Burn the Floor continue through Sunday, Sept. 12 at Keller Auditorium. The toe-tapping journey takes audiences through the passion and history of ballroom dance



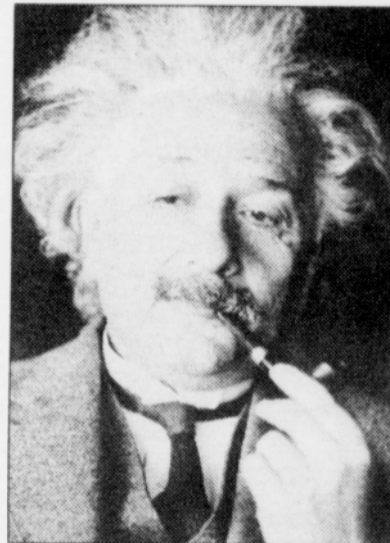
with precision and polish.

Mexican Equestrian Culture --

The Oregon History Museum presents its newest exhibit Arte en la Charrería: The Artisanry of the Mexican Equestrian Culture. Over 300 stunning objects, many dating from the late 1800s, offer a unique view of the culture surrounding the charro or Mexican cowboy.

Norman Sylvester Band -- Boogie Cat Norman Sylvester and his band perform Thursday, Sept. 9 at Kennedy School; Friday, Sept. 10 at the Candlelight; Saturday, Sept. 11 at Clyde's; and Saturday, Sept. 18 at Domenic's.

Einstein Exhibit -- Explore the mysteries of space and time and journey inside the mind of Albert Einstein, one of the greatest scientists the world has ever known, in the new exhibit Einstein, at the Oregon Museum of Science and Industry.



Road to Equality Exhibit

-- Clark County Historic Museum presents the exhibit, Road to Equality: the Struggle for Women's Rights in the Northwest. The museum is located at 1511 Main St. in Vancouver. For more information, call 360-993-5679.

Prehistoric Predators -- Enormous dinosaurs with lifelike ferocity are represented in an exhibit that continues through Labor Day at the Oregon Zoo. Visitors will follow a trail through an ancient rain forest, surrounded by the realistic animatronic creatures that roar, snarl and move.

Live Jazz -- Every Friday and Saturday from 8 p.m. to 11 p.m., the Third Degrees Lounge at the River Place Hotel, 1510 S.W. Harbor Way. No cover or minimum purchase. For more information, visit pdxjazz.com.

Music Millennium Free Shows -- The Music Millennium, 3158 E. Burnside, hosts in-house live performances. Enjoy free music and the opportunity to meet artists. Call 503-231-8926 for a schedule.

Antiques and Collectibles -- The Portland Antique & Collectible Show returns to the Expo Center, Oct. 30 and 31. The show features hundreds of exhibitor booths with turn-of-the-century furniture, antique toys, Victorian décor, vintage clothing, garden antiques, wacky memorabilia, estate jewelry and more.

Samson the T. Rex -- A magnificent -foot-long Tyrannosaurus rex skeleton, one of the most fearsome carnivores ever to walk the face of the earth is on display at OMSI. The 66-million-year-old fossil known as Samson is one of the most complete Tyrannosaurus rex specimens in existence.

Discount Admission -- OMSI visitors pay only \$2 per person for general admission on the first Sunday of each month as well as discounted admission of \$5 to the Planetarium, OMIMAX Theater and USS Blueback submarine.

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Do I need a counselor?

We all have life stressors, especially in today's complex world. Balancing your home, work, and spiritual life can be overwhelming.

Internal coping skills can get us through a crisis or change; however, we may not have the resources to overcome in the most effective way.

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