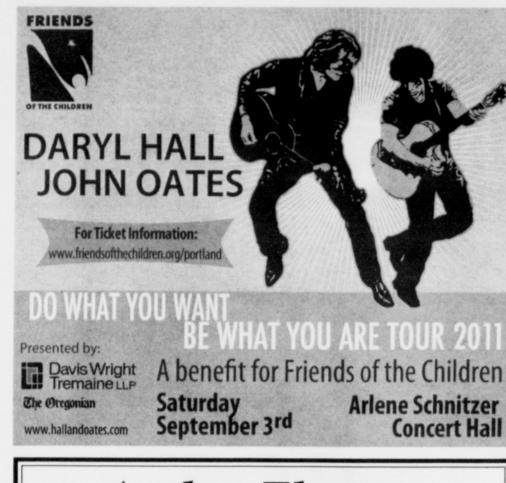
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### The Fortland Observer\_

August 10, 2011



# **Avalon Flowers**

520 SW 3rd Ave., Portland, OR 97204 • 503-796-9250



Cori Stewart--

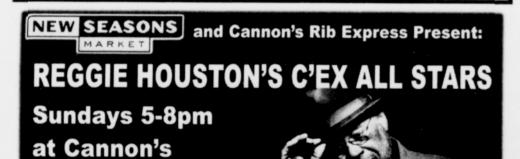
**Owner**, **Operator** 

#### A full service flower experience

- Birthdays Anniversaries
- Funerals Weddings

#### Open: Mon.-Fri. 7:30am til 5:30pm Saturday 9am til 2pm.

Website: avalonflowerspdx.com email: avalonflowers@msn.com We Offer Wire Services







The Broadway Bridge across the Willamette River, downtown, becomes a crossing just for bicycles and foot traffic for the annual Providence Bridge Pedal returning for its 16th year on Sunday, Aug. 16.

# Bikes, Bridges and Wellness Expo

### Providence Bridge Pedal takes off Sunday

Bikes, bridges and a bonus event are in store for the 16th annual Providence Bridge Pedal and Providence Bridge Stride on Sunday, Aug. 16.

The event ends this year on the lush green turf at Jeld-Wen Field, Fremont and Broadway bridges. the renovated downtown soccer stadium. After cycling and walking the majestic Willamette River Transportation Alliance will offer bridges, participants will continue valet bike parking so cyclists can

of the Portland Timbers with the largest Providence Bridge Pedal Health and Wellness Expo to date.

The entire event celebrates 16 years of gearing up by giving cyclists car-free access to - and stunning views from – the tops of the this year. Fremont and Marquam bridges. For those who prefer to walk, Providence Bridge Stride offers a fivemile alternative that includes the

Each course ends near Lincoln High School where the Bicycle

on Jeld-Wen Field.

Providence Bridge Pedal is the second-largest community bicycle ride in the country and the third largest in the world. More than 18,000 cyclists are expected to participate

A portion of the proceeds helps boost Providence Heart and Vascular Institute's efforts to save the lives of people suffering heart attacks or other cardiac events.

Day of event registration will be held from 7 a.m. to 8 a.m. at Southwest Salmon and 16th Avenue. Online registration and registration

#### **Rib Express** 5410 NE 33rd Ave

(Next to New Seasons)

Sunshine, BBQ and a FREE, all-ages, outdoor show by a New **Orleans' sax legend, Grammy** nominated pianist JANICE SCROGGINS, bass virtuoso **BEN JONES & a rotating cast** of Portland's hottest percussionists each week.

What could be better?

... Well, you never know what amazing, surprise guest musician will sit in!



July 24 July 31 Aug 7 Aug 14 Aug 21 Aug 28 Sept 4 Sept 11 Sept 18 Sept 25

June 5

June 12

June 19

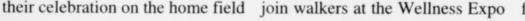
July 10

July 17

July 3

#### reggiehouston.com

**EBTCash-Benefit CARDS ACCEPTED HERE** (Does NOT include Food-Stamp benefit account; Food -Stamp benefits are not accepted here)



# The Javier **Nero Quintet**

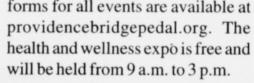
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Javier Nero, Recent Winner of the International Trombone Competition

@AFRIQUE BISTRO EVERY WEDS, 7-10pm 102 NE RUSSELL.

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## **Comedy Theater Movie Insanity**

Curious Comedy Theater, 5225 N.E. Martin Luther King Jr. Blvd., presents the Neutrino Project, an improvised movie in which three groups are each given a camera, cast and runner. They go off and shoot scenes inspired by audience suggestions, the runners run them back to the theater and you watch the movie while it's still being shot.

Promoters say the resulting video footage is absolutely insane and something you have to see to believe.

The movies will be created each Friday and Saturday night during the month of August. Doors open at 7:30 p.m. and the show starts at 8 p.m. Admission is \$12 advance or \$15 at the door.

For more information, call 503-477-9477.