

# Good with MLK and Alberta BUSINESS Guide

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Portland area.

"The values Portlanders embrace around fresh, local food; resource conservation; and community involvement are perfectly aligned with the business model we've had in place since my parents founded the company nearly 60 years ago," said Kemper Isely, Natural Grocers co-president.

Beyond a place to buy healthy food, the new store brings many additional benefits to the community, including: an on-site credentialed nutritional health coach, provided at no charge, to answer questions, help with meal planning and provide one-on-one nutrition counseling, along with other free nutrition education

options like cooking classes and demonstrations, and lectures on topics of interest to the community.

"We work hard to make healthy options affordable so that customers feel empowered in our stores," Isely added. "We are deeply committed to our neighbors and we look forward to being part of the Portland community for years to come."

Preliminary design work will start in early September. In addition to Natural Grocers, the development, when complete, will include commercial and retail space to house between four and 10 businesses.

A community benefits agreement and elements of the project design will be developed by a project working group. The group will include representatives from nearby neigh-

borhood, business and community associations and will be formed in the next few weeks. Their work will inform the overall project design and development.

Colas Construction of Portland was selected in January as project general contractor. "I grew up and now reside in north Portland and I am honored to have Colas Construction lead a project that will deliver real jobs, real amenities and real opportunities for neighborhood residents," said Andrew Colas, president of Colas Construction. "I want to thank Majestic Realty for the commitment to us, to this neighborhood and to this project. I am so excited to break ground."

Work on the project is expected to begin in late fall.



**Mid-Autumn Festival --** The Lan Su Chinese Garden in Old Town will celebrate one of the most important festivals in Chinese culture, the Mid-Autumn Festival, a celebration of family and the bountiful harvest. A full weekend of events is planned for Friday, Sept. 5 and Saturday, Sept. 6. For more information, visit [lansugarden.org](http://lansugarden.org).

**WSU Vancouver Celebration --** In honor of its 25th anniversary, Washington State University Vancouver will host a Community Celebration on the Quad to say thank you to the community for its support on Saturday, Sept. 6 from 3 p.m. to 8 p.m. Free and open to the public, the event includes food, music, art and historical exhibits, kids activities and more.

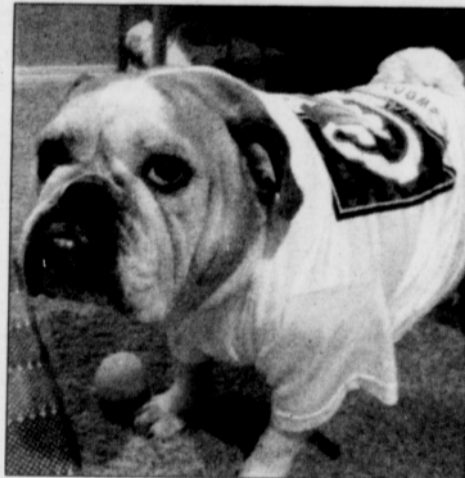
**Cannon's Summer Music --** Reggie Houston performs for the Cannon's Rib Express summer music program, a free event each first and third Sunday of the month from 5 p.m. to 8 p.m. on the Cannon's patio at 5410 N.E. 33rd Ave. Bring your family and friends to celebrate great music and outstanding barbeque! For more information, call Cannon's at 503-288-3836.

**Norman Sylvester --** Boogie Cat Norman Sylvester and his band play Friday, Sept. 5 at Restaurant 503 in West Linn; Friday, Sept. 12 at Prime Time in Forest Grove; and Saturday, Sept. 13 at the Spare Room.



**Doggie Dress Up Contest --**

The Beaverton Downtown Association invites the public to bring their pooches to a "Doggie Dress-Up" event on Friday, Sept. 5 as part of the Beaverton First Friday series. The contest will be held on Wash-



ington Avenue between Second and Third streets. The event is free and will have several contests with prize ribbons for our four-legged winners.

**Battle at the Mountain --** Spirit Mountain Casino in Grand Ronde teams up with the Portland Full Contact Fighting Federation for Battle at the Mountain on Saturday, Sept. 6, a high-stakes ultimate fighting card featuring top talent in Mixed Martial Arts. Tickets start at \$15. Doors open at 7 p.m. Visit [spiritleague.com](http://spiritleague.com).

## ENTERTAINMENT GUIDE

**The Soulful Showcase --**

Blacque Butterfly presents spoken word, live music and featured artists on the second and fourth Thursdays of each month at 8 p.m. at E'Njoni Café, African-Mediterranean cuisine at 910 N. Killingsworth St.

**Chicago Steppin' Classes --** Learn the fastest growing urban dance at the Billy Webb Elks Lodge, 6 N. Tillamook St. each Friday at 6:30 p.m. Classes also at 7 p.m. on the first, second and third Mondays of the month at the Rockwood Community Center, 124 N.E. 181st. No partner is needed. Your first two lessons are free. For more information, call Denise Johnson, 503-819-4576.

**Fourth Sunday Jam Night --** A friends and family variety comedy show in a Saturday Night Live format with local recording and performing artists, bands, dance crews, poets, and drama groups, takes place each fourth Sunday of the month at 7 p.m. at Celebration Tabernacle, 8131 N. Denver Ave. The free event is open to the community.

**Traveling Lantern on Sundays --** Creating opportunity for young audiences, Artists Rep continues its partnership with the long-established and well-reputed Traveling Lantern Theatre Company to present \$5 performances for children in its Alder Lobby. The interactive theatre performances are now being performed every Sunday morning at 11 a.m., a change from the Saturday morning shows held last fall and winter. For more information, visit [artistsrep.org](http://artistsrep.org).

**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](http://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.

**Humor Night --** Awesome comedians perform stand-up, sketch, and more at the weekly Recurring Humor Night every Wednesday night at Tonic Lounge, 3100 N.E. Sandy Blvd. Pay as you wish, \$3-5 donation suggested. Show is 21+.

**Afrique Bistro Benefit --** Afrique Bistro, 102 N.E. Russell St., opens its doors each last Saturday of the month to raise donations for the African Women's Coalition. Great Caribbean and African music along with good drinks and fun people, 9 p.m. to 2:30 a.m. \$10 at the door.

**Oregon Black History --** The Black Museum of Oregon group meets every Saturday, from 6 p.m. to 8 p.m. at 420 N.E. Mason St. For more information, call 503-284-0617.

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