

COMMUNITY NEWS BRIEFS

Free Vaccinations, Glaucoma Screenings, Blood Pressure Checks and More at Legacy

Legacy Emanuel's Healthy Living Celebration is Saturday, Aug. 10, from 10 a.m. – 1 p.m. at the Legacy Emanuel Medical Center's Atrium, 501 N. Graham, Portland.

The event offers free vaccinations for teens and adults while supplies last, including tetanus/diphtheria/pertussis (ages 12 and up); and pneumonia (ages 16 and up).

Free glaucoma screenings will be offered by Legacy Health's Devers Eye Institute; the process is painless and takes only a few minutes.

Helmet Fitting and Sale - Bicycle and multi-sport helmets for infants through adults can be purchased for \$6. A proper fitting helmet can reduce the risk of head injury by as much as 85 percent.

Other activities include: Blood pressure checks; cooking demonstration by Chef Katherine Yeoman with healthy eating tips provided by Legacy Health registered dietician Marci Reed; farm stand with fresh fruit and vegetables for sale; plants and seedlings for sale; tours of ambulances, fire engine, helicopter and more.

For info go to www.legacyhealth.org.

The Annual Alberta Street Fair Returns Saturday

The 16th Annual Alberta Street Fair is Saturday, Aug. 10, from 11 a.m. to 9:30 p.m. The free event features live music,

unique craft vendors, food and drink, family fun and entertainment for people of all ages.

Featuring 21 acts on three separate stages, the 2013 Alberta Street Fair will have music for everyone, from blues, country, and rock, to folk, bluegrass, and kid's acts. Highlights include Mark Pickerel of Bloodshot Records as well as up and coming artists Country Lips, Hollow Wood, Ravena Woods, Sama Dams, Renegade String Band and Catherine Feeny.

The fair will kick off with the Third Annual Kid's Parade, starting at 11 a.m. at NE 15th Ave. Children are invited to show up at 10:30 a.m. at the Alberta Co-op parking lot at NE 15th Ave. costumed and ready to march.

There will also be crafts for sale; food and beverages; a kids' corner filled with entertainment and crafts at NE 18th Avenue; three stages located at NE 11th Ave., 21st Ave. and 29th Avenues; and samples of 14 local brews at the Radio Room beer garden at NE 11th Ave from 12-9:30 p.m. For more go to www.albertamainst.org.

Providence Bridge Pedal and Providence Bridge Stride this Sunday

It's the only day of the year when cyclists can enjoy traffic-free routes with stunning views from all 10 of Portland's Willamette River bridges. Once again this year, riders can feast after pedaling all those miles with a free entry into The Bite of Oregon, Waterfront Park's premier food and music festival.

National Night Out

Thousands of local residents all over the city gathered for neighborhood parties to commemorate National Night Out Against Crime. In North Portland, PCC Cascade drew a crowd despite the blistering 90 degree-plus heat, offering ice cream, a clown, educational activities and more. Law enforcement professionals rubbed elbows with local families. At right, Jodell Wright, a parole and probation officer at Multnomah County, helped a youngster with her ice cream cone. Many more parties in North and Northeast parts of the city offered live music, food and fun.



PHOTO BY LISA LOVING

With bike routes from 13 to 36 miles, a ride just for kids and a five-mile walk – there's something for everyone at the 18th annual Providence Bridge Pedal.

Get up early, watch the sunrise, go fast! Cyclists who sign up for the Fremont Express have the opportunity to enjoy coffee, juice, breakfast rolls and the sunrise

from the top of the Fremont Bridge prior to the 6:45 a.m. start that offers a fast 36-mile ride ahead of the rest of Bridge Pedal participants.

The routes, registration and more: www.providencebridgepedal.org

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COMMUNITY CALENDAR

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If you have an event you want to share with the community, email it two weeks in advance to *The Skanner* at info@theskanner.com

Thursday August 8

ENJOY A NIGHT OUT WITH THE NEIGHBORS: Come by to enjoy music, art displays, and complimentary refreshments. 5 p.m. – 8 p.m. The community building event will be held in the parking lot of Big Als Bowling Alley, 194 SW Barrows Rd. Beaverton, OR

Thursday – Saturday August 8 – 10

SHOP TIL YOU DROP AT THE PINK ELEPHANT BAZAAR!

The annual community sale is put on by The Atkinson Memorial Church members. Preview sale 5 p.m. – 8 p.m. Thursday. Sale days 9 a.m. – 4 p.m. Friday and Saturday. Atkinson Memorial Church, 710 Sixth St. Oregon City, OR

Saturday August 10

RALLY IN THE VALLEY: Admission is free. This action packed day features live music and the Seattle Crossacks Stunt Riding Team. Plus food vendors and bikes galore. Spirit Mountain Casino, 27100 SW Salmon River Hwy. Willamina, OR 10 a.m. – 8 p.m.

JC PENNY'S KICKS OFF BACK-TO-SCHOOL IN STYLE: This is a fun filled afternoon for the whole family. Exciting activities also JC PENNY gift card giveaways. Noon - 2 p.m. Clackamas Town Center, 2000 SE 82nd Ave.

Wednesday August 14

SCIENCE IN THE PARK: MYSTERIOUS DINOSAURS: Science in the Park is a special learning treat awaiting families who enjoy before they attend the summertime Noon concert at Vancouver's Ester Short Park 11 a.m. – 1 p.m.

Monday August 15

WANTED: WONDER WEEDERS @PENINSULA PARK ROSE GARDEN: Please join Friends of Peninsula Park Rose Garden and a friendly crew of volunteer weeders. Come for an hour or stay longer. Please bring your own garden tool and gloves. 8 a.m. – Noon. Peninsula Park

Saturday August 17

SEAPORT CELEBRATION: you'll enjoy live music and entertainment, interactive displays and demonstrations, face painting and lots more. \$5.00 jet boat rides. 10 a.m. – 4 p.m. Port of Portland, Terminal 4, 11040 N. Lombard St.

MULTNOMAH DAYS: SW Portland's biggest community celebration is coming to Multnomah Village. Multnomah Days crowd – pleasing parade – attended by literally thousands at 10 a.m. so get you spot early. An all day street fair with lots of activities for all ages. 8 a.m. – 4 p.m. Multnomah Village, SW Capitol HWY. Portland.