

Portland and SW Washington

S P O T L I G H T S

Tuesday Morning Swim



PHOTO BY STEVE BLOCH

River lovers from the Human Access Project Tuesday kicked off a new twice-weekly 'Inaugural River Hugger Swim,' Tuesdays and Thursdays at 7 a.m., swimming one lap across the river and back between the Water Avenue dock and Tom McCall Waterfront Park. The group will meet on Tuesday and Thursday mornings at 7 a.m. at Cooper's Coffee, 1515 SE Water Ave., then swim in a "pod" – all together – at a skill level described as "intermediate" but a paddler in an inflatable boat rows alongside in case of trouble. Human Access Project founder Willie Levenson says it takes about 45 minutes to swim across and back. Above, Sam Drevo, Damon Hess, Willie Levenson, Cindy Werhane, Sean Keener and Dean Hall were part of the first group of splashers.

All volunteers are welcome! Children 14 and under may volunteer with parent or guardian supervision and teens under 16 with parent or guardian permission. Snacks and tools are provided. Please wear sturdy, close-toed shoes and appropriate outdoor work clothing. Walk-in's are welcome, but pre-sign up is encouraged.

For more information or to sign up, email volunteer@columbiasprings.org, call 360-882-0936 ext. 230 or go to www.columbiasprings.org.

Nominations for Oregon Nurse of the Year

Nominations for the Fourth Annual Nurse of the Year Awards are now open. This year, March of Dimes will honor nominated nurse caregivers and award 17 of these nurses for their constant care of and compassion for patients.

Nominations may be submitted online at www.marchofdimes.com/oregon through Aug. 19. There is no fee to submit a nomination and you may submit multiple nominations.

For more information visit marchofdimes.com/oregon.

Seniors Need Fans to Keep Cool in Hot Weather

As the temperature climbs outside, many homebound seniors are struggling to keep cool in houses that have no fans or air conditioning. Each year citizens from throughout the greater Portland-Vancouver area respond to this need by donating fans to help keep frail elderly neighbors comfortable during the summer heat.

Meals on Wheels People is again asking for donations of fans to help keep homebound seniors cool and health as temperatures are expected to exceed 90 degrees this week.

Fans can be brought to our headquarters at 7710 SW 31st Avenue in Portland or to any of our 34 meal sites in Multnomah, Washington and Clark counties. For information on the center nearest you, call our switchboard at 503.736.6325.

About Meals on Wheels People: Since 1970 the Meals on Wheels People has provided a nutritional and social lifeline for seniors through 34 meal sites in Multnomah, Washington and Clark counties and Meals on Wheels delivery to homebound seniors. With the help of more than 8,550 volunteers, the nonprofit organization now serves 5,000 meals daily and 1.2 million meals each year. Visit: www.mealsonwheelspeople.org.

Classes for Kids

Community Upgrade provides youth safety instruction including the popular Babysitter Training and At Home Alone courses. The group offers classes that target every stage of child and youth development. A total of 15 courses offered cover everything from internet safety, as well as internet etiquette, social skills, bullying, conflict resolution, stranger safety and first aid.

Classes are held regularly at Kemba Shannon Dance Center, 2017 N. Kilpatrick St. Private classes are also available for groups of six or more and can be held at a location that is convenient for the group. View class offerings at

www.communityupgradeclasses.eventbrite.com or call 971-400-9128.

Volunteer and Help Protect a Rare Species

Volunteer with Columbia Springs as we preserve our piece of northwest forest and the endangered Western Wahoo. Learn about invasive plants, local ecology, and a rare shrub species found at Columbia Grove. Then help us to remove invasive English Ivy that threatens to overwhelm this special shrub. We will conclude the day with a fun nature activity.

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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 July 10

SUPERBOWL CHAMPIONS SEATTLE SEAHAWKS HOSR FIELD DAY FOR PORTLAND BOYS & GIRLS CLUBS.

The celebration will kick-off with a formal program followed by interactive field activities and a family BBQ. Reception starts at 5:30 p.m. Program, activities & BBQ 6 – 7:30 p.m. Margaret Scott Elementary School, 14700 NE Sacramento St.

SIX TO SUNSET CONCERT. Stone in Love performs for faithful renditions of the classic hits from one of the most beloved rock groups of all time...

Journey, free concert in the park. 6 p.m. Esther Short Park, 605 Esther St. Vancouver.

FREE SUMMER CONCERTS AT THE OREGON CONVENTION CENTER PLAZA. See a great band every Thursday night this summer for free! Enjoy beverages, good music and delicious food. Great fun for the whole family. Curtis Salgado will be the band for the opening night 5:30 – 7:30 p.m.

50TH ANNIVERSARY OF THE PASSAGE OF THE CIVIL RIGHTS ACT OF 1964. The Civil Rights Section of the Oregon State Bar Assoc. is hosting a public forum. The presenter is PSU Professor Walidah Imarisha and is titled, "Why Aren't There More Black People in Oregon? A Hidden History." 7:15 p.m. at Matt Dishman Community Center, 77 NE Knott St. Free of charge.

Friday – Saturday July 11 – 12

MEALS ON WHEELS PEOPLE HOLDS PARKING LOT RUMMAGE SALE. Goods available include china, plasticware, home items you name it will be there. Friday hours are 9 a.m. – 6 p.m. Saturday hours are 9 a.m. – 5 p.m. Meals on Wheels People Headquarters, 7710 SW 31st Ave. Saturday July 12

13TH ANNUAL MISSISSIPPI STREET FAIR. The

Mississippi Ave. Street Fair is a community building event that celebrates the residents, business and organizations from N. Fremont to N. Skidmore on Mississippi Ave. There will be 200+ vendors, 40+ bands and much more. 10 a.m. – 9 p.m.

SISTERS NETWORK OR & SW WASHINGTON CHAPTER AFRICAN AMERICAN WOMEN BREAST CANCER SURVIVORSHIP GROUP MEETING. This meeting is held the second Saturday of each month for survivors only. 9 a.m. – 10 a.m. June Key Delta Community Center, 5940 N. Albina St. For more information please call 503-206-8575.

Sunday July 13

WORLD CUP FINAL COMING TO PIONEER COURTHOUSE SQUARE. Portland soccer fans are invited to a public viewing party of the FIFA World Cup final match at Pioneer Courthouse Square. The party kicks-off at 10 a.m.

Monday – Wednesday July 14 – 16

ALLEN TEMPLE C.M.E. CHURCH HOSTS 48TH ANNUAL CONFERENCE – ALASKA PACIFIC REGION. Monday July 14, Communion Service, 4236 NE 8th Ave. 7:30 p.m. Tuesday July 15, 10:15 a.m. – 2 p.m. Teaching session. Wednesday, July 16, 10:15 a.m. – 2 p.m. another teaching session. For more information and locations please call 503-287-0261.