

Events & Announcements

PHOTO BY SUSAN FRIED

From Tha Hood to Tha Hood

A group of kids dance during the "From Tha Hood 2 Tha Hood: A Day of Healing, Atonement and Reconciliation" event, which took place Sept. 3 at Powell Barnett Park. The event was designed to promote community awareness and people were asked to bring canned food and clothes to donate. There were spoken word performances, food, free school supplies and free haircuts.

Briefs cont'd from pg 4

Portland Parks & Recreation Joins Partners for National Eating Disorders Association Walk Sept. 17

Portland Parks & Recreation (PP&R) and PP&R's Citywide Teen Services Team are proud to be partnering with the National Eating Disorders Association (NEDA) for the 2016 NEDA Walk.

What: Portland's National Eating Disorders Walk

Where: Peninsula Park, 700 N Rosa Parks Way

When: Saturday, September 17, 2016

Why: Help PP&R and NEDA support those on the path to recovery!

On social media: #WHYINEDAWALK

The Portland NEDA walk aims to raise both awareness and funds around helping people impacted by eating disorders. National data show that many of the people who struggle with the potentially life-threatening conditions are young people.

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), 95% of people afflicted by eating disorders are between the ages of 12 and 25.

For more information, contact National NEDA Walk Manager Jessica Hickman at walks@nationaleatingdisorders.org or 212-575-6200; or visit <http://nedawalk.org/portlandor2016>

You are also welcome to contact Madalyn Bach, Portland Parks & Recreation Teen Services Youth Outreach Coordinator, at Madalyn.Bach@portlandoregon.gov or 503-823-5970.

Seattle News Briefs**Mayor Unveils New Strategic Plan for City's Community Centers**

Last week Mayor Ed Murray was joined by Seattle Parks and Recreation Director Jesús Aguirre and South Park community members to unveil a strategic plan calling for new investments in the City's community centers to reduce barriers and expand access in underserved areas of Seattle. The investments will be a part of Murray's 2017 proposed budget to City Council this September.

The strategic plan touches each community center in the city, including reduced programming costs and increased hours and staffing in centers where residents have fewer resources to pay for programming and fewer recreational options.

The City will provide free programming at five community centers: Bitter Lake, Garfield, Rainier Beach, Van Asselt, and South Park. The proposal also calls for Parks and Recreation to eliminate drop-in fees for activities such as toddler gyms and basketball at all

community centers.

As part of this process, Parks will undertake a comprehensive long-term planning process in 2017-2018 for the entire Parks and Recreation system. This system-level plan will consider how to best use all assets, including community centers, pools, parks, and trails, to serve the Seattle community.

Last year, Mayor Murray announced \$47 million in Seattle Park District funding to invest in major improvements to community centers, open spaces, and facilities across the Seattle Park and Recreation system. Today's announcement builds off last year's investment by identifying specific proposals to develop innovative, accessible, and culturally relevant programming in the City's community centers.

Seattle Public Library Presents World Cultures Book Group

The Seattle Public Library invites readers to the 2016 Arts Gumbo Book Chats, an annual community book group. This year, the group will read and discuss books about African-American immigrants from 7 p.m. to 8 p.m. Thursdays, Sept. 8, Oct. 13 and Nov. 10 at the Rainier Arts Center, 3515 S. Alaska St., 206-725-7517.

Library events and programs are free and everyone is welcome. Registration is not required. Free parking is available at the Rainier Arts Center. Copies of each of the featured monthly books are available for pick up at the Columbia Branch, 4721 Rainier Ave. S., 206-386-1908.

Times, dates and book titles for discussion are:

- 7 p.m. to 8 p.m. Thursday, Sept. 8 - "All Our Names" by Dinaw Mengestu
- 7 p.m. to 8 p.m. Thursday, Oct. 13 - "We Need New Names" by NoViolet Bulawayo
- 7 p.m. to 8 p.m. Thursday, Nov. 10 - "Americanah" by Chimamanda Ngozi Adichie

Each fall, Arts Gumbo presents the sights, sounds and flavors of world cultures during September, October and November. Local and regional performers from diverse cultures are featured, as well as cultural dinners and audience participation events. For more information, visit www.rainierartscenter.org/artsgumbo.

Community Calendar 2016

cont'd from pg 4

sneakers and bring a water bottle. 6 p.m. - 8 p.m., Rav-Eck, 6535 Ravenna Ave. NE.

SATURDAY, SEPTEMBER 10

2016 9/11 HEROES RUN: Run, volunteer, donate, cheer! But most of all Honor! The 9/11 Heroes Run activates & unites communities to honor the sacrifices of those heroes from Sept. 11, and the wars since to include Veterans, Active Duty, First Responders and families of the fallen. 10 a.m., Luther Burbank Park, 2040 84th Ave. SE, Mercer Island.

UHEIGHTS SUMMER MUSIC SERIES: UHrights presents its summer music series featuring a diverse array of local artists during the U District Farmer's Market. FREE! 11 a.m. - 1 p.m. University Heights Center, 5031 University Way NE.

SUNDAY, SEPTEMBER 11

LIVE ALOHA HAWAIIAN CULTURAL FESTIVAL: The 9th Annual Live Aloha Hawaiian Festival enlivens the Seattle Center. Share history through live performances of the Hula and Mele as well as historical exhibits, films, craft workshops, food and much more! 11 a.m. - 7 p.m., Seattle City Center, 516 Harrison St.

SATURDAY, SEPTEMBER 17

COMMUNITY KIDS DAY: Lakewood Gardens Annual Community Kids Day features a wide variety of entertainment and activities for kids of all ages. Arts and crafts, raffle drawings, a passport to adventure to enjoy the gardens and much more! Cost is \$1.00. 10 a.m. - 2 p.m., Lakewood Gardens, 12317 Gravelly Lake Dr. SW, Lakewood.

The Arts Gumbo Book Chats are presented in partnership with SeedArts.

For more information about the Arts Gumbo book group, call the Library at 206-386-1908 or visit <https://www.spl.org/using-the-library/get-help/ask-a-librarian>.

Seattle Public Library Presents Cooking Demo at the Lake City Farmers Market Sept. 8

Learn how to home-brew kombucha from a Seattle Tilth certified instructor from 4 p.m. to 5:30 p.m. Thursday, Sept. 8 at the Lake City Farmers Market on N.E. 125th St. and 28th Ave. N.E.

The program is free and open to the public. No registration is required. Free parking is available in the underground garage.

Kombucha is a fermented beverage made from tea, sugar and a starter culture. Ellie Cohan, a Seattle Tilth certified instructor, will demonstrate how to make kombucha at home and show other creative ways to use the beverage. Starter cultures will be available for class attendees to take home.

This class that is presented in partnership with the Library.

For more information, call the Lake City Branch at 206-684-7518 or visit <https://www.spl.org/using-the-library/get-help/ask-a-librarian>.

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