

Events & Announcements

Community Calendar 2017

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SATURDAY, AUGUST 5

BACK TO SCHOOL PARTY: Heritage Church is hosting a Back to School Party for kids in the community. There will be inflatables, a barbecue, face painting and even Putt-Putt. This event is free of charge and will be a lot of fun for the whole family. 10 a.m. – 6 p.m., Heritage Church, 8805 NE 76th St., Vancouver.

PORTLAND IRANIAN FESTIVAL: This year's celebration will include: Live music, dance performances, delicious and local Iranian food and desserts, traditional arts and crafts, fun activities for children and adults and much more. 11 a.m. – 4 p.m., South Park Blocks, PSU Downtown Portland.

SUNDAY, AUGUST 6

KYRON'S CAR SHOW: Kyron's Car Show is an annual community event. The goal of the show is to bring everyone together for some good old fashioned fun while continuing to promote awareness for missing children. Free face painting, balloons, bounce houses, video game truck and much more. 100 percent of fees, donations and proceeds go the Kryon Horman Foundation. 10 a.m. – 3 p.m., Liberty High School, 21945 NW Wagon Ave., Hillsboro.

SUMMER IN THE CITY: Augustana Lutheran Church is hosting its 25th annual Summer in the City neighborhood party. All are welcome to this free outdoor event, celebrating the diversity of our city. The event will feature a BBQ, a book sale, children's games, and music. 4 p.m. – 7 p.m., Augustana Lutheran Church, on the corner of NE Knott and 15th St.

23rd ANNUAL COLUMBIA SLOUGH REGATTA: Regatta celebrates recreation opportunities on Portland's hidden gem of local waterways. Participants can visit with local environmental and water-based organizations and much more! To register call (503) 281-1132. Suggested donation \$10 per person/ \$25 per family. 10 a.m. – 2 p.m., Multnomah County Drainage District Launch, 1880 NE Elrod Dr.

SATURDAY, AUGUST 12

PAN-AFRICAN FESTIVAL 2017: Experience the culture, food and activities, live music, fashion show and much more. Free admission for all. Noon – 8:30 p.m., Pioneer Courthouse Square, Downtown Portland.

VALLEY VIEW AIR SHOW & CONCERTS: Join us for the 20th annual Valley View Air Show & Concerts show. Hot air balloons will take off at day break, car show, remote controlled aircraft, horse and wagon rides, kids games and so much more. Activities and concerts are free and open to the public. Food available for purchase. Your donation of canned food will support the food banks and are greatly appreciated. 8 a.m. – 9 p.m., Rock of Ages/Valley View Retirement Community, 15600 SW Rock of Ages Rd., McMinnville.

Seattle Bulletin

WEDNESDAY, AUGUST 2

THE BUBBLE MAN: See bubbles as big as cars or the millions of bubbles made with special recycled contraptions. A little music, a little magic and a whole lot of bubbles. Each show is \$5 per family (up to 4). 11 a.m. – noon, Laurelhurst Community Center, 4554 NE 41st St.

FRIDAY, AUGUST 4

SEATTLE CHILDREN'S MUSEUM ACTIVITIES AT WEST LAKE PARK: Free kids activities led by Seattle's Children Museum. Varying museum activities! 10 a.m. – noon, West Lake Park, 401 Pine St.

SATURDAY, AUGUST 5

KID'S FEST: Face painting, gymnastics, bounce houses, juggling, karate and so much more. In short, everything to help the children in your life lead a healthy and active lifestyle. 11 a.m., Civic Field Complex, 1355 Civic Field Way, Bellingham.

KIDS' DAY OUT: Kids' Day Out in Paradise. There will be a special guest from 11 a.m. – 1 p.m., along with lots of activities, live per-

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PHOTO COURTESY OF PORTLAND PARKS & RECREATION

Parks & Rec Adjusts Summer Programs

Portland Parks and Recreation will continue summer programs this week, with some adjustments and cancellations due to excessive temperatures. Some Summer Free For All concerts or movies in the park may be canceled. Free lunch and play programs are expected to continue, but may end early or be held indoors. Groups with permits for athletic fields will be provided refunds if they wish to cancel; all fields made with synthetic turf will be closed through Friday. For more information on specific events and closures, as well as public pool schedules, a list of splash pads and information about air-conditioned community centers visit www.portlandoregon.gov/parks/.

Portland News Briefs

Cooling Centers to Stay Open Through Monday

Multnomah County opened cooling centers Tuesday for those looking to escape the high temperatures predicted to last all week. The county-operated cooling centers will stay open until at least Aug. 7.

As of Wednesday afternoon, the following cooling centers were open:

Multnomah County Cooling Centers

- Multnomah County Walnut Park Building, 5325 N.E. Martin Luther King Jr. Blvd., Portland (Hours: Weekdays, 5 p.m. to 9 p.m., Weekends, 2 p.m. to 9 p.m.)
- Multnomah County East Building, 600 N.E. 8th St., Gresham (Hours: Weekdays, 5 p.m. to 9 p.m., Weekends, 2 p.m. to 9 p.m.)
- Hollywood Senior Center, 1820 N.E. 40th Ave., Portland (Hours: Weekdays, 5 p.m. to 9 p.m., Weekends, 2 p.m. to 9 p.m.; *CLOSED Saturday)
- Multnomah County Mead Building, 421 SW 5th Ave., Portland (Hours: Thursday and Friday, 5 p.m. to 9 p.m., Weekends, 2 p.m. to 9 p.m.)
- Elm Court Center, 1032 SW Main St., Portland (Hours: Thursday through Sunday, 2 p.m. to 9 p.m.)
- Portland Building (in partnership with the City of Portland), 1120 SW 5th Ave, Portland (Hours: Thursday, 2 p.m. to 9 p.m.)

Several other organizations and municipalities are operating cooling centers, including:

- American Legion Post 134, 2104 N.E. Alberta St., Portland (Hours: Tuesday through Thursday, 12 p.m. to 11 p.m.; Friday, 12 p.m. to 11 p.m.)
- Catholic Charities, 2740 S.E. Powell Boulevard, Portland (Hours: Tuesday through Friday, 8:30 a.m. to 4:30 p.m.)
- Fairview City Hall, 1300 NE Village St., Fairview. Restrictions: Open to seniors, people with disabilities and other health conditions (Hours: Tuesday through Friday, 2 p.m. to 8 p.m.)
- Friendly House, 1737 NW 26th Ave., (Hours: Friday, 7 a.m. to 9 p.m.; Saturday, 8 a.m. to 4 p.m.)
- City of Corbett, 35800 Historic Columbia River Hwy, Corbett (Hours: Wednesday through Friday, 2 p.m. to 8 p.m.)
- City of Troutdale, 234 SW Kendall Court, Troutdale (Hours: Wednesday and Thursday, 4 p.m. to 9 p.m.)



For more information, including an interactive map for the locations of cooling centers as well as cool spaces such as libraries and community centers, visit <https://multco.us/help-when-its-hot>. Visit 211info.org/emergency or call 211 for additional information. People in need of transportation also can call 211 to request a free ride to a cooling center location.

Multnomah County also includes resources for coping with excessive heat on its website. It includes the following advice for preventing and addressing heat exhaustion and heat stroke:

- Drink more water than usual and don't wait until you are thirsty. Talk to your doctor first if you are on water pills.
- Avoid alcohol and sugary drinks.
- Take a cool shower or bath.
- Use air conditioning or a fan.
- Don't use a fan to blow extremely hot air on yourself; use it create cross-ventilation.
- Wear lightweight and loose clothing.
- Avoid using your stove or oven.
- Check in on elders and vulnerable neighbors during warm weather, twice a day if possible.
- Never leave a person, child or a pet in a hot car. (It is now legal in Oregon to break car windows to aid a child or pet left in a hot car.)
- Check regularly on how babies and toddlers, seniors, people taking mental health medications and people with heart disease or high blood pressure are doing.
- Invite a friend to a splash pad, movie, a mall or museum.
- Limit your outdoor activity to morning and evening hours.
- Rest often in shady areas.
- Wear a wide-brimmed hat.
- Use sunscreen of SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels) and reapply as directed.
- Consider packing extra bottles of water – either for you and your family or for anyone who looks like they need to drink something.

PCC Board Refers Bond Renewal Measure to November Ballot

Portland Community College (PCC) board members approved a resolution Thursday night to put a measure on the November ballot to renew the college's existing bond.

If approved, the measure will not increase the tax rate, because it is a renewal of an expiring bond, passed by voters in 2000.

The bond monies would provide \$185 million in funding to be directed toward modernizing PCC's job training centers, increasing the lifespan of facilities,

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