# **COMMUNITY**

Sita Symonette

Licensed Acupuncturist

seasymonettea@gmail.com



#### "A Dragon Lives Here"

Currently on display (Tue-Sun), 10am-5pm, Wing Luke Museum of the Asian Pacific American Experience (719 S King St, Seattle). Learn about Bruce Lee at "Do You Know Bruce?" Part four of the display — "A Dragon Lives Here" — explores his Seattle roots and the fact that Seattle, now known as a city for innovation, technology, and entrepreneurs, also played a key role in shaping Bruce Lee and his groundbreaking approach. For info, call (206) 623-5124 or visit <www.wingluke.org>.

#### Free citizenship classes

Through Sep 30, 12:30-3:30pm, Rockwood Library (17917 SE Stark St, Portland). Learn about the process of becoming a U.S. citizen and prepare for the citizenship interview at free classes taught in English by a volunteer from SOAR Legal. Participants learn about U.S. history and government. For info, call (503) 577-9984 or visit <events.multcolib.org>.

# "Oshu Nippo: Artifacts from Portland's Japanese Language Newspaper, 1909-1951"

Through Nov 4, 11am-3pm (Tue-Sat), noon-3pm (Sun), Oregon Nikkei Legacy Center (121 NW Second Ave, Portland). View "Oshu Nippo: Artifacts from Portland's Japanese Language Newspaper, 1909-1951," a display that reveals the history behind the newspaper that provided news and information to Japanese men working on farms and railroads in Oregon. Admission on Saturday, September 22 is free with a downloadable Museum Day ticket; free tickets are available at <www.smithsonian.com/ museumday>. For info, call (503) 224-1458 or visit <www.oregon nikkei.org>.

#### "Blast Off to Beyond"

Through Jan 6 (Tue-Sun), 10am-5pm, Wing Luke Museum of the Asian Pacific American Experience, KidPLACE (719 S King St, Seattle). View "Blast Off to Beyond," an exhibit that explores the field of aerospace, Asian Pacific Americans who played a role in space exploration and technology, and more. For info, call (206) 623-5124 or visit <www.wingluke.org>.

# Free dental, vision & medical care in Seattle

Sep 20-23, 5am (tickets distributed), 6:30am (doors), Seattle Center, KeyArena (305 Harrison St, Seattle). People in need of dental, vision, and medical care - including dental fillings and extractions, comprehensive eye exams, prescription eyeglasses, physical exams, mammograms, EKGs, lab tests, flu vaccines, acupuncture, and more - are invited to receive free services at the "Seattle/King County Clinic at KeyArena." Services are provided on a first-come, first-served basis and patients are not asked to show identification, proof of citizenship, health insurance, or any other eligibility documentation. Registration is available onsite each day of the four-day event. At 5:00am each morning, a limited amount of admission numbers are distributed for the current day at Seattle Center Fisher Pavilion, located at the corner of Second Ave North and Thomas Street. The doors of KeyArena open at 6:30am. Free parking is available each day of the clinic in the 1st Avenue North and Mercer Street Garages. For info, call (206) 684-7200 or visit <www.seattle center.com>

#### **Repair Fair**

Sep 22, 10am-1pm, Robinwood Station (3706 Cedaroak Dr, West Linn, Ore.). Do you have clothing, jewelry, small appliances, a bicycle, or other items that need fixed? If you do, bring them to the free Repair Fair, an event at which volunteers share their expertise and knowledge to help diagnose and fix a variety of common household items. For info, to learn more about items that can be brought, or to volunteer, call (503) 742-4463 or e-mail <sludington@clackamas.us>.

#### Multi-Sport RiverFest

Sep 23, Riverfront Park (116 Marion St NE, Salem, Ore.).

must be an Oregon resident, a citizen of the United States, and at least 17 years of age. To learn how to register, visit <www.sos.state.or.us/elections> or go to your county elections office.

#### Senior table-tennis tournament

Sep 29, 10am, Elsie Stuhr Center (5550 SW Hall Blvd, Beaverton, Ore.). Seniors age 55 and older are invited to join a table-tennis tournament. The competition features doubles for recreational and advanced players and singles for advanced players. The registration fee is \$5 per person, per event. For info, call (503) 747-6259.

#### SOLVE Beach & Riverside Cleanup

Sep 29, 10am-1pm, Oregon Coast and inland rivers. Join fellow Oregonians for the annual SOLVE Beach & Riverside Cleanup. Volunteers are needed to clean Oregon's beaches and inland riversides from the Washington to the California border. Participants are asked to check in at one of more than 115 meeting sites and clean up the coastline and riverbanks for wildlife and visitors. Sturdy shoes, weather-appropriate clothing, a reusable container for drinking water, a reusable bag or bucket for collecting trash, and gloves are suggested. Volunteers are also encouraged to carpool or use public transportation where possible, pack a "trash-free" lunch, and bring an old colander to beach cleanup sites to sift the tide lines for harmful, bite-sized bits of plastic. For info, or to register, call 1-800-333-SOLV (7658) or (503) 844-9571, or visit <www.solve oregon.org>.

## Vancouver Waterfront Park grand opening

Sep 29, 11am-3pm, Vancouver Waterfront Park (Columbia Way between Grant & Esther Streets, Vancouver, Wash.). Attend the grand opening event of the new Vancouver Waterfront Park, a celebration that features guest speakers, a ribbon cutting, live entertainment, activities for children, and more. Opening remarks take place at 11:30am, followed by the ribbon cutting at the pier at 12:15pm. The project, located on the Columbia waterfront west of the I-5 bridge, is a public/private partnership to transform the 7.3-acre City of Vancouver Waterfront Park adjacent to a 32-acre, high-density, mixed-use urban redevelopment project. For info, call (503) 245-1976 or visit <</p>

#### Mahjong group

Oct 2, 9, 16, 23 & 30, 1-4pm, Gresham Library (385 NW Miller Ave, Gresham, Ore.). Players of all skill levels are invited to join a *mahjong* group. A coach is available to teach new players. For info, call (503) 988-5123 or visit <events.multcolib.org>.

#### Free ESL classes

Oct 4, 11, 18 & 25, 1-2:30pm, Holgate Library (7905 SE Holgate Blvd, Portland). Attend free English-as-a-Second-Language (ESL) classes offered at Holgate Library. All levels are welcome and no registration is required. For info, call (503) 577-9984 or visit <events.multcolib.org>.

#### Gresham Repair Café

Oct 6, 10am-noon, Gresham Library (385 NW Miller Ave, Gresham, Ore.). Attend the Gresham Repair Café to have your broken items repaired for free instead of sending them to the dump. The City of Gresham and the Coalition of Gresham Neighborhood Associations sponsor the repair café three times per year. The event brings together people with repair skills and neighbors who need help fixing their broken items. Types of items to bring include bicycles, chains, and tires; torn clothing, missing buttons, and other fabric repairs; clocks, fans, and small kitchen appliances; VCRs, DVD or CD players, printers, calculators, gameboys, and remote controls; and more. Volunteer fixers do their best to repair items, but some repairs may be too complicated or require resources not available at the event. For info, call (503) 988-5123 or visit <events.multcolib.org>.

#### Talk Time at Midland Library

Oct 6, 13, 20 & 27, 3:30-5pm, Midland Library (805 SE 122nd Ave, Portland). Join other non-native English speakers at an informal conversation circle for people who want to practice speaking English. Talk Time is not a class, but an opportunity to meet new people, share culture, and have fun. Only English is spoken. For info, call (503) 988-5123 or visit <events.multco lib.org>.

#### Free citizenship classes

Oct 8-Nov 12 (Mon), 5:45-7:45pm, Holgate Library (7905 SE Holgate Blvd, Portland). Learn about the process of becoming a U.S. citizen and prepare for the citizenship interview at free classes taught in English by library volunteers. Participants learn about U.S. history and government. For info, or to register (required), call (503) 988-5123 or visit <events.multcolib. org>.

# Black Pearl Acupuncture

#### Acupuncture and Herbal Medicine are great for:

- Acute/Chronic Pain (i.e. neck, back,
- sciatica & shoulder)
- Treating & Preventing the flu and colds - Stress Relief
- Headaches/Migraines

Learn more at:

www.blackpearlacupuncture.com

Call to schedule an appointment: (503) 308-9363 505 N.W. Ninth Ave., Portland, OR 97209

# Nourishment. Connection. Dignity.

Volunteer to **help** Portland area seniors get the groceries they **need.** 



StoretoDoorofOregon.org/volunteer/



GRASS-FED & GRASS-FINISHED BEEF

Farm-raised in Newberg, Oregon Beef available as:

 $\square$  Quarter cow  $\square$  Half cow  $\square$  Whole cow

Beef is processed by a Portland butcher. Pickup available in October at N.E. Sandy Blvd. location.

# Space available at North Portland "full service" food cart pod

Our food cart pod has a beautiful, urban neighborhood setting with roses and rhododendrons. It is located on the MAX Yellow Line on Killingsworth Street, one block east of N. Interstate Avenue.

#### POD HIGHLIGHTS:

- \* Owner-operated property
- \* Very strong smoothie/vegan customer base
- \* Yoga studio next door
- \* Free pool table, board games, and sports TV
- \* Ice cold beer & wine

Attend Salem's Multi-Sport RiverFest, an event featuring health and wellness booths, music, food, volunteer opportunities, and eight race options for participants of all ages. In addition to promoting active lifestyles, RiverFest also raises funds for local nonprofits and international humanitarian projects. For info, call (503) 510-6876 or visit <www.rotaryriverfestsalem. org>.

# Sunday Parkways: Northeast Portland

Sep 23, 11am-4pm, Woodlawn, Alberta, Fernhill, and K'unamokwst Parks (Northeast Portland). Walk, bike, rollerblade, skateboard, and more through outer northeast Portland neighborhoods and parks without motor traffic during a Sunday Parkways event. Entertainment, concerts, bike education and repair, activities for both adults and children, and more take place in the parks and along the eight-mile, two-way route, which has no start or finish. For info, call (503) 823-7599 or visit <www.portlandsundayparkways.org>.

# Talk Time at Gregory Heights

Sep 23 & 30, 12:30-2pm, Gregory Heights Library (7921 NE Sandy Blvd, Portland). Join other non-native English speakers at an informal conversation circle for people who want to practice speaking English. Talk Time is not a class, but an opportunity to meet new people, share culture, and have fun. Only English is spoken. For info, call (503) 988-5123 or visit <events.multco lib.org>.

## **National Voter Registration Day**

Sep 24. Encourage fellow citizens to register to vote on September 24, which is National Voter Registration Day. To be eligible to register to vote in the state of Oregon, a potential voter

## Free citizenship classes

Oct 14-Dec 30 (Sun), 12:30-3:30pm, Rockwood Library (17917 SE Stark St, Portland). Learn about the process of becoming a U.S. citizen and prepare for the citizenship interview at a 12-session series of free classes taught in English by a volunteer from SOAR Legal. Participants learn about U.S. history and government. For info, call (503) 988-5123 or visit <events. multcolib.org>.



- \* Live music events
- \* Covered and open seating areas with propane-fuelled heaters and fire pit
- \* POD is anchored by Southern Barbecue from Bark City BBQ, which was recently awarded third place in the Best Food Cart in Portland category by Willamette Week
- \* The #1 rated authentic Oaxacan Mexican cuisine food cart in Portland, Tehuana Oaxacan Cuisine, is located in our pod

#### POD AMENITIES:

- \* A real bathroom (not a porta-potty!)
- \* Direct-to-sewer grey water with grease interceptor, no daily on-site water removal costs
- \* All utilities included, 50-amp electrical hook-up, yard hydrant water, garbage, recycling, fryer oil recycling, Wi-Fi. Propane not included.
- \* Security cameras and lights
- \* Re-usable dishes and silverware
- \* Loading zone
- \* Located in the Overlook neighborhood

To learn more, visit www.killingsworthstationfoodcartpod.com. For more information, call (503) 550-5992 or e-mail killingsworthstation97217@gmail.com.