

Meet the Neighbors: Gluten-Free Downtown Dining

Dining in Downtown Albany is diverse and welcoming, even for those who need gluten-free options. Most of our restaurants offer GF choices with chefs ready to meet all of your dietary needs. Here are three you shouldn't miss.

Sybaris Bistro
442 1st Ave. W - (541) 928-8157

You likely know Sybaris has a new menu each month, but did you know they are one of Albany's leaders in gluten-free cooking?

"As I create our menu, I make sure to include a good selection of gluten-free options every month," said Matt Bennett, co-owner and chef.



Sybaris Bistro

Previewing the August menu, 14 items of 20 across the menu were gluten-free from appetizers and salads to main courses and desserts. Consider The Tomato Sampler, Chilled Curried Peach Soup, Salad of the '80s, Olive Oil & Citrus Roasted Cod and their signature Sybaris Chocolate Hazelnut Cake!

While each month is different and features seasonal local ingredients, gluten-free guests will always find an ample selection of tasty options.

Homegrown Oregon Foods
212 1st Ave. E - (541) 971-7174

Step into Albany's only dedicated gluten-free restaurant where you can enjoy a full menu of breakfast and lunch options for dine-in, take-out and delivery. To make your busy life easier, their freezer is full of Freezer Meal Prep meals and pizza.

"Our food is made with healthy, fresh ingredients at an affordable price," says Shawna Turkins-Dugger, owner. "Stop in for breakfast or lunch or sign up for one of our weekly meal plans and let us do the cooking for your entire week!"

Homegrown Oregon Food is Linn County's only 100% gluten-free kitchen – meaning flours, wheat or even products containing wheat or gluten are not even allowed through the door!

"We follow all Gluten-Free certification requirements, all the way down to our cleaning supplies," added Shawna.



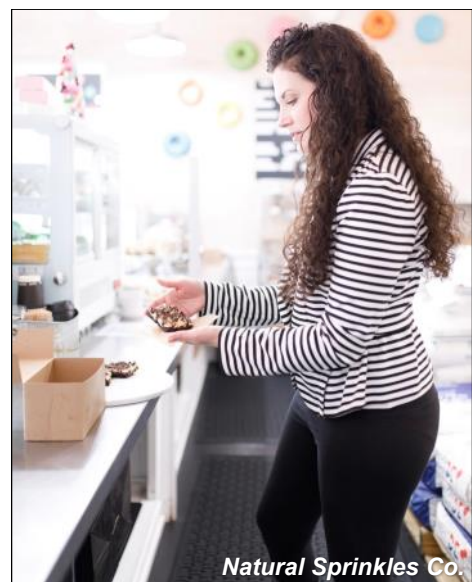
Homegrown Oregon Foods

Natural Sprinkles Co.
202 2nd Ave. SW - 541-704-0445

It all started with sprinkles, made of natural ingredients, many straight from the Albany Farmers' Market. In 2018, Jolene Wilson, owner and baker, expanded, opening her bakery Downtown.

Natural Sprinkles offers cupcakes in a variety of flavors and all of their cupcakes are gluten-free, with options for vegan and dairy-free.

"We have a GF/DF/VG chocolate peanut butter sandwich cookie and all of our brownies are GF and mostly DF," shared Jolene. "We also have six flavors of macarons."



Natural Sprinkles Co.

These are just three of the 30 wonderful food establishments in Downtown Albany. Pick up a copy of our Dine & Unwind brochure at our office or visit our website at www.albanydowntown.com.



Volunteer Spotlight: Aileen Alvarado

Each year we welcome interns from West Albany High School's CTE accounting program. This year we were delighted to have sophomore Aileen Alvarado help with tree lights, office projects and events.

Thank you, Aileen, for volunteering after school and even some this summer. We look forward to seeing you again in the fall!



It's now easier to see the parking spaces around Downtown. Thank you to the City of Albany for repainting the yellow curbs, including these at Emma Downtown on 1st Ave.



Each month, ParkWise awards a month of free parking to a leased space or permit holder.

Our August parking winner is...
Tabitha Blood
Downtown Resident

Downtown Events - August / Sept

Thursdays thru Aug 8 - River Rhythms

Back at Monteith Riverpark for 2024, the remaining River Rhythms concert series lineup is August 1 - Thompson Square and August 8 - Girl Named Tom. Brought to you by Albany Parks & Recreation. For info, visit www.riverrhythms.org.

Daily thru Friday, August 9 - Summer Passport Program

Discover new places, visit some of your favorite locations, learn about Albany and enter raffles to win prizes in the 2024 Albany Summer Passport Program! For info, visit the Albany Visitor Association's website, www.albanyvisitors.com or call (541) 928-0911.

Saturdays thru November - Albany Farmers' Market

Each week, head to the Albany Farmers' Market for fresh local produce, meats, baked goods, seafood, plants, flowers and more. Hours: 9 am-1 pm in the Albany City Hall parking lot (corner of 4th & Ellsworth). www.locallygrown.com

Friday, Aug 2 - 1st Friday in Historic Downtown Albany

Bring your friends Downtown for some 1st Friday fun! Look for sales, tastings, treats, music, artist reception, a special event at the Carousel and other fun. For more info, visit the ADA website www.albanydowntown.com/events. See story page 1

Friday, Aug 2 - Craft Brew Smackdown

At Craft Brew Smackdown sample beverages from 25 breweries, cider houses, wineries and distilleries at 22 Downtown businesses. 4-8 pm. Tickets available in advance and at the event. Fundraiser for ADA and Grater Rotary Club of Albany. See story page 1

Friday, Aug 2 - Gallery Calapooia Artist Reception

Gallery Calapooia featured artists this month are Bill Origer (photography) and Pat Spark (fiber arts). The artist reception is 6-8 pm. The show will display from July 30-August 24. For more info, call (541) 971-5701 or visit www.gallerycalapooia.com.

Friday, Aug 2 - Movie by Moonlight

Join us for a fun screening of Mamma Mia in Downtown Albany. The movie will be shown behind Vito's Trattoria on the wall of the Albany Eagles. The sing-along starts 8:30 pm and the movie at dusk, 9 pm. See story page 1

Wednesday, Aug 14 - History Bites: My Father Created D.B. Cooper

Albany Regional Museum presents Oregon's Traveling Historian, Darrell Jabin. He will cover the mystery behind the infamous D.B. Cooper hijacking. History Bites is free to attend. Admission to exhibits is now fee-based, but always free for members! 12-1 pm. Light refreshments provided. www.armuseum.com

Saturday, Aug 17 - Carnival at the Carousel

Step right up for the annual Carnival at the Carousel celebrating their 7th anniversary! There will be old-fashioned carnival games, crazy characters, face painting, balloon art and more! This is fun for the whole family, so come celebrate the Albany Carousel! 10 am-3 pm. For more information visit, www.albanycarousel.com. See story page 4.

Fridays & Saturdays, Aug 23, 24, 30 & 31 - Disney's The Little Mermaid Jr.

Albany Civic Theater's Youth Program presents Disney's The Little Mermaid Jr. For more information and tickets, visit www.albanycivic.org. See story page 4.

Saturday, Aug 31 - Albany Block Party

P.O.D., an American Christian nu metal band, will be the title act at the at the 3rd Annual Albany Block Party presented by Greyhound Tavern / Motive Entertainment. Large outside beer garden, kids area and food trucks, vendor booths and more. See story page 4.

Friday, Sept 6 - 1st Friday in Historic Downtown Albany: Art & Artists

Bring your friends Downtown for some 1st Friday fun! Look for sales, tasting, music, artist reception, a special event at the Carousel and other fun. For more info, visit the ADA website www.albanydowntown.com/events.

Saturday, Sept 7 - Antiques in the Streets & Classic Car Show

Shop for amazing treasures from over 50 street vendors and at the Albany Antique Mall sidewalk sale. Then, tour over 100 amazing cars. When you get hungry, have lunch at one of Downtown Albany's fabulous restaurants or go organic and visit the Albany Farmers' Market, all within walking distance! All proceeds from this event benefit the Albany Firefighter Community Assistance Fund. 8 am - 4 pm. Presented by Albany Antique Mall.

Sunday, Sept 15 - Downtown Hanging Flower Basket Takedown Day

It's the end of summer and volunteers are need to take down baskets and others to empty them. Learn about volunteering at: <https://tinyurl.com/DowntownVolunteer>

For info on these and other events, visit AlbanyDowntown.com



ALBANY
DOWNTOWN
ASSOCIATION

Lise Grato

Executive Director
director@albanydowntown.com

Lilly Hanamoto

Front Office Admin
lilly@albanydowntown.com

www.AlbanyDowntown.com

Facebook.com/AlbanyDowntownAssociation
Instagram: AlbanyDowntown

Albany Downtown Association

126 Ferry Street SW
Albany, OR 97321
(541) 928-2469

ParkWise (541) 924-0576

Subscription: Email free. Mail \$6/yr.

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P.O.D. to Play at Albany Downtown Block Party on August 31

Have you heard? P.O.D. is coming to Downtown Albany. Albany Block Party is bringing this top talent to town for their 3rd annual event.

P.O.D. is an American Christian nu metal band formed in 1992 and based in



San Diego, California. The band's lineup consists of vocalist Paul Joshua "Sonny" Sandoval, bassist Mark "Traa" Daniels, lead guitarist Marcos Curiel, and drummer Noah "Wuv" Bernardo. They have sold over 12 million records worldwide.

"We are thrilled to continue our all-ages, free community event in the heart of Historic Downtown Albany on Saturday, August 31st," said Michelle Roth, Greyhound Tavern co-owner.

Following their success with country talent Nate Smith in 2022 and Everclear in 2023, this year there will be a large outside beer garden, kids area and more food trucks than last year.

2024 sponsors include McHenry's Interiors, McClinton Auto Collision, McClinton Painting, The Garage, Stutzman Excavating, Xtreme Grafx, AA Towing and ADA.

7th Annual Carousel Carnival set for Aug 17

Albany Historic Carousel & Museum will celebrate the 7th anniversary of the Carousel with its annual Carnival at the Carousel on Saturday, August 17, from 10 am to 3 pm.

The event will feature traditional game booths, quirky carnival characters, specialty food vendors, face painting, unique Carousel photo booths, and a cakewalk. Game tickets are priced at 25 cents each, with most games costing just two tickets to play.

The community is invited to meet the new carousel Executive Director Nicki Marazzani.

A discounted Family Fun Pack, which includes 60 carnival tickets and four ride tokens, is available for \$18 at the Carousel Gift Shop through August 18.

The Albany Carousel is located at 503 1st St. W. For more information, visit www.albanycarousel.com.



Disney's *The Little Mermaid Jr.* Opens Aug 23

Journey under the sea with Ariel and her aquatic friends when Albany Civic Theater presents Disney's *The Little Mermaid Jr.*

This year's ACT Youth Program play, directed by Rebecca Douglas, is adapted from Disney's Broadway production and the motion picture. Disney's *The Little Mermaid Jr.* is an enchanting look at the sacrifices we all make for love and acceptance.

The ACT Youth Program is a theater group for young people with an interest in performing arts. They conduct workshops and provide performance opportunities for youth.

This year's Youth Summer Camp is August 5-22. The Youth Theater per-

For more info, follow the Albany Downtown Block Party Facebook page and website, www.albanydowntownblockparty.com.

Oregon Main Street Managers Hold Meet Up in Reedsport

Each quarter, Oregon Main Street hosts a network meeting for Main Street managers and executive directors. On July 18 and 19, we met in Reedsport for two days of education and team building.



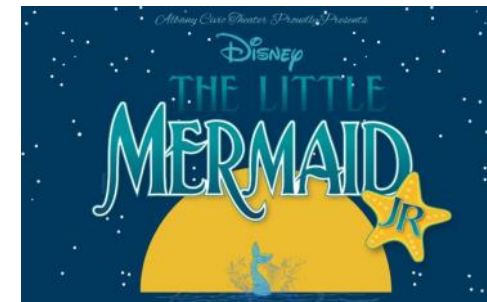
Organizational Planning, a key interactive session, was presented by speaker Kyrie Kellet, a National Association for Interpretation Certified Interpretive Planner with over 20 years of experience.

The event was organized by Sheri Stuart, Oregon Main Street Coordinator, and Cam Amabile, CIT & CIG, Technical Resources Coordinator with Oregon Heritage, Oregon Parks and Recreation Department.

The OMS network includes 102 Main Street communities - six Accredited (including Albany), eight Designated, 28 Affiliated and 60 Connected - plus two Rural Regional Hubs in Eastern Oregon.

For more about Oregon Main Street, visit www.oregonmainstreet.org.

formances of Disney's *The Little Mermaid Jr.* are Fridays and Saturdays, August 23 and 24 and August 30 and 31. On Saturdays, there is also a 2:30 pm matinee. Live streaming is available for each performance.



The box office opens 45 minutes before performances. Tickets are available at www.albanycivic.org.



DOWNTOWN ALBANY

August 2024

Downtown Window Makeovers Feature Picturesque Scenes

Two new Downtown window makeovers were completed recently joining the 2023 Boda Furniture project. Inspired by the Oregon Main Street technical grant awarded to ADA, our Economic Vitality Committee selected projects that would provide visual interest for visitors and privacy for the business owners.

The first project was the makeover of the doorway, showroom and storage windows at No-D-Lay Shoe Shop at 339 2nd Ave. SW. A new door graphic and banners were added on the showroom and images of Three Fingered Jack and Mt. Thielsen, owners April and Adam Rud's favorite spots, on the storage windows.

The other project was Albany Computer Services at 205 2nd Ave. SW. Here Downtown photos taken by owner Arnold Williams now grace the windows and lower portion of the doorway.

For more about our Eco Committee, visit www.albanydowntown.com.

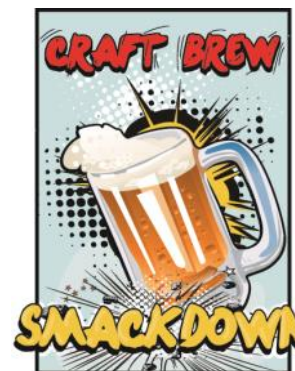


Friday, August 2, Offers a Downtown Triple Header Full of Fun

With brews, music, sales and a movie there is something for everyone on Friday, August 2, in Downtown Albany.

Pre-sale at www.craftbrewsmackdown.com. For event day tickets, visit The Garage, Loafers and The Squeaky Cork. Participants are invited to the After Party from 6-10 pm at The Squeaky Cork.

Movie by Moonlight - 8:30-11 pm
Join us for Mamma Mia projected on the wall of the Albany Eagles.



Craft Brew Smackdown - 4-8 pm

Sample beverages from 25 breweries, cider houses, wineries and distilleries and enjoy great appetizers at 22 Downtown businesses.

For just \$20 you will receive 10 tasting tickets, an event glass and a passport for your chance to win \$200 in Downtown Gift Certificates.

Thank you to our sponsors:
Presenting sponsor: TNT Builders
Swag Sponsor: No Dinx
Passport: Grazing Oregon Charcuteries
Wristband: Jessica Pankratz - Connected Real Estate Group
Wine: Brian Oare - Oare & Associates Realty

The event is a fundraiser for the Albany Downtown Association and the Greater Albany Rotary Club.

1st Friday in Historic Downtown Albany

Bring your friends Downtown for some 1st Friday fun! Look for sales, specials, tasting, music, Gallery Calapooia's artist reception, a special event at the Carousel and other fun. See the location list online and on the event handout.



The sing-along will start at 8:30 pm, and the Mid-Valley Musical Theater cast of Mamma Mia will lead the fun.

The movie starts at dusk, 9 pm.

Visit the "Craft Brew Smackdown," "Movies at Monteith" and ADA Facebook pages and websites for updates, www.albanydowntown.com.