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Year



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# The SOUTHEAST EXAMINER

NOV  
2017

southeastexaminer.com

"Your Neighborhood News Source"

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## RIP Follows the Money: Splits Southeast

BY MIDGE PIERCE

A shift in proposed housing densification from vast tracts east of I-205 inward to more neighborhoods in inner SE and NE is a significant change to Portland's Residential Infill Project (RIP).

As planners pitch the RIP amendments released last month, they say the rationale for revising housing overlay boundaries is to steer growth closer to inner City amenities. Subtracting parcels in Portland's outermost reaches limits displacement, officials claim, of vulnerable populations caught in potential redevelopment.

While most growth is intended to land along commercial strips, side-streets in Buckman, Kerns, Richmond, Sunnyside, across Laurelhurst, into the Tabors and down through Sellwood and even Eastmoreland, (plus others on the inner Eastside) are expected to absorb the heaviest load of multi-unit residential infill that essentially eliminates single family neighborhoods.

At a RIP reveal event, Chief City Planner Joe Zehnder described the plan as a way to ensure prosperous, healthy, equitable growth through initiatives such as "middle housing" units revised to fit the scale of existing homes. The City contends densification is needed for a 35% population increase by 2035.

In addition to compressing more growth into the City's inner ring and allowing additional living units on single family lots, key plan points include rezoning some historically narrow lots from R5 to R2.5, clarifying allowable lot-splits, providing incentives for internal conversions of historic properties and adjusting design elements such as setback alignments.

Planners tout a "visitability" feature that requires easy access entrances (fewer steps and obstructions) to at least

some accessory dwelling units (ADUs). Questions about infrastructure stresses, traffic congestion and parking shortages linger. Parking for narrow lots, for instance, is allowed but not required.

In the quadrant that stretches up to I-84, the most dramatic change will be to R-5 lots, the lion's share of area zoning.

"Make no mistake. The bulk of densification lands squarely on the Eastside within 3 miles of downtown," says citizen-analyst John Liu. "RIP doubles allowable density without a citizen vote."

After the meeting, an observer pointed to the new map showing disproportionate infill distribution on the inner Eastside. He questioned if the new boundary would undermine City promises to make improvements farther East; an area with large yards, less congestion, massive parking lots and affordability, but lacks sidewalks and services.

A few blocks away at a roundish coffeshop table, Infill wonks parsed how RIP could play out with duplexes plus 2 ADUs, corner lots featuring triplexes with 1 ADU and clusters of cottages with an ADU each. In some cases, they determine, 8 per lot units of 538 square feet each could be allowed.

"Residents won't understand the impact of the Residential Infill proposal until it hits their neighborhood," warned Michael Molinaro, a disillusioned participant in a citizen's advisory committee (RIPSAC) that reviewed infill concepts.

Builders build what sells, not what's needed, he said. "Supporters are drinking the Koolaid of affordability. Developers are not their friends. Build what sells, not what is needed."

At a time when fewer than half of Portland can afford single family homes with minimum prices approaching \$400K, project proponents claim driving density close to downtown and public

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Even parking lots are beautiful in the fall

## Density and Design Around the Nation

BY DON MACGILLIVRAY

The City of Portland is experiencing a housing boom and crisis happening simultaneously. In spite of herculean efforts by government and the not for profit sectors, the for profit interests rule the day. It is not just about affordability. The current building boom affects many of aspects of Portland's economic, social, and environmental life.

Most of the new housing is multi-family buildings that are four or more stories in height, greater than fifty units in size, and priced at luxury or market-rate rents.

Many critics of the newly-built housing cite the damage done to the existing fabric of area neighborhoods and communities. Almost all ethnic groups with average incomes for their group are priced out of the housing market both for new homes and for new rental apartments throughout the entire city.

The character of Portland's neighborhoods is one of the most attractive features of the city and beloved by everyone, yet big, new modern style buildings replace older and often serviceable structures that were part of the surrounding traditional urban context.

These large and often tall buildings hurt the neighborhoods where they are built in many ways. They are thought by some to be the answer to increased density, but one big building in a low density neighborhood does not serve the interests of either old or new residents.

The best neighborhoods have a homogeneous character where the new development is only slightly higher than the neighboring buildings. Many of the densest neighborhoods have these low scale apartments and condos. An example of this is Georgetown in Washington D.C. which is 22 units per acre. This type of neighborhood keeps its charm by being compact, walkable, and low rise. Another example of this is the French Quarter in New Orleans with 38 units per acre. Portland has many inner city neighborhoods where density meets the newly-desired standard.

In 1950, the population of Washington D. C. was 800,000 and today it is 625,000. It would seem that the existing housing could accommodate an additional

175,000 residents with the redevelopment of the 30,000 vacant or abandoned lots that are available within the city.

Low-rise buildings also maintain affordable housing. The less expensive and most profitable buildings are those that are already built and are without a mortgage. Generally speaking the cost per square foot of any building is higher as the height increases.

Another factor is that high-rise apartments and condos generally are not conducive to families with children. Often this housing is made up of relatively small studio, one bedroom, and two bedroom apartments without enough room for a family with several middle-aged children.

Distinctiveness with compatibility should be a key concept of new economic development. Creating a sense of place within a given neighborhood intended for humans must be a prime concern. This would include consideration given to the visual, cultural, social, and environmental factors of any location. Those involved with development are too focused on the numbers such as units per acre, cars per hour, and floors per building, not to mention profit rather than the values and characteristics that make a place appreciated and loved.

Diversity, vitality, and vibrancy is found in mixed commercial areas made up of small shops and services, in charming residential neighborhoods with warm homes and beautiful gardens connected by pleasant streets with wide sidewalks. These communities play an important part in encouraging social, economic, and cultural vitality.

In the book *The Death and Life of Great American Cities* by Jane Jacobs, her opinion is that demolition and replacement of small buildings with new larger ones disturbs the vitality and desirability of the surrounding community. Often this is because older buildings are established with shops, restaurants, and entertainment venues owned and operated by local residents.

New development brings with it more expensive shops and restaurants operated by large corporations that do not have a connection to the community and the local patrons. Older businesses in neighborhoods have 40 percent more jobs

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## SE Updates

An inevitable by-product of Portland densification is the loss of local landmarks. This is a tale of Two City Sites with very different outcomes.

### SE 50th & Hawthorne Blvd.

First, an update on the East Portland Eagles. Rumors of the demise of the Lodge at Hawthorne and 50th Ave. were premature.

The Aerie has restored its suspended status and apparently rebuffed a proposed sale to a developer in order to continue as a haven of hope, refuge and pride for members that stepped forward to save it from the wrecking ball.

It will stand, at least for the near future, as a symbol of how Portland residents can save what they cherish. Even the Goodwill truck that recently moved from the parking lot will likely return once the Aerie's future is certain.

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# Ceramic painting = hours of fun

By MICHELLE FROST

Hiding in plain sight, Pottery Fun is nestled between antiques, beer, yoga, and movies at 7821 SE Stark St., across from Flying Pie Pizza.

"People come in all the time and say 'I didn't know you were here! I drive past every day!'," says owner Mark Moore.

A former teacher, Moore moved to Portland with his wife about ten years ago, ready for a new adventure. Shortly after relocating, he got involved in pottery and decided to open his own shop. His grand opening was October 2, 2010, introducing Pottery Fun, a new kind of entertainment, to the Montavilla neighborhood.

Moore held out for a storefront on Stark Street. "I knew I wanted to be on Stark and in this neighborhood," he explains. "Everything about Montavilla was stroller stroller stroller," he chuckles. "This neighborhood is geared to young families and kids are our main focus, our main clientele."

A small staff of part-time, on-call, and seasonal employees help with running the business. Laura has a ceramics background and hails from Chicago. Karlene is an artist and neighbor who paints, hikes and works at the studio on-call. Right now everyone is busy unpacking new merchandise for the holidays, in addition to daily customer service and facilitating parties.

"All ornaments roll-out on November 1st," Moore says, "We have about 100 styles to choose from this year."

Additional display units will be ready with the new ornament selection in plenty of time for holiday shopping.

"Buy 4 ornaments, get the 5th free." Another special feature will be old-fashioned Christmas trees with tiny lights, just like your grandmother's.

The process is easy for Pottery Fun: 1) Pick an item to paint, 2) Choose your colors and decor, 3) Paint and decorate, 4) Bake in the kiln at 1,850 degrees for 22 hours, 5) Pick up a few days later, 6) Take home and enjoy!

It wasn't always so easy. The first use of functional pottery



Mark Moore holds iconic Christmas tree

vessels for storing water and food is thought to be around 9000 or 10,000 BC, according to the American Ceramic Society.

The potter's wheel was invented in Mesopotamia sometime between 6,000 and 4,000 BC, revolutionizing pottery production.

For beginners and masters alike, there is something for everyone. An impressive selection of gnomes, vases, mugs, plates, tiles and trivets, for example,

ranges in price from \$6 to \$75.

The birthday party room seats eighteen with a countertop for birthday cake and snacks you are welcome to bring.

To reserve a pottery party today call 503.253.8070 or book online at [potteryfunpdx.com](http://potteryfunpdx.com). Kids, neighbors, relatives, old friends, are welcome for a creative break. An event for Adults Only is Margarita Night, twice a month. "You paint, we pour!"



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# Progressives Push; Montavilla Pivots

BY MIDGE PIERCE

Montavilla has become a flashpoint in recent debates over social justice and the use of police force. Last month’s neighborhood association board elections ushered in new faces with activist leanings to replace a board focused more on safety and status quo.

Amid accusations that both sides were infiltrated and influenced by outside forces from left and right, one new appointee stood out: Micah Fletcher, a bonafide hero who survived last May’s white supremacist attack on a Max train. He issued an impassioned plea for neighbors to come together in peace, unity and compassion.

In Montavilla, the issue splitting the community has largely spun around the issue of opposing homeless sweeps – or not. Those against the sweeps, labeled the left-leaning Portland Assembly, generally prevailed in a contentious election that

followed resignations this summer of more middle of the road board members.

Ben Kerensa, for instance, says the drama became too much after an influx of new members in May. His hope is that the imbalance between groups heavily into political ideology vs. neighbors concerned about livability can be resolved.

“The new group is more into social justice issues like running shelters, feeding the homeless,” he said. “Typically not neighborhood board business.”

Former NA board officer Michael Sonnleitner, who resigned to work on the PCC election campaign, says he sees “good energy” from the eight new board members given their compassion for helping those in greatest need.

He agrees with those opposing sweeps, but he warns of future missteps if the new board fails to reach out to other points of view. “I believe those who disagree with me, deserve representation too.”

Sonnleitner cites two areas of prime concern: First is the question of whether the NA should be more politically active on social issues such as houselessness or not.

The other is transparency in board deliberations. Some residents were outraged by what they consider secret meetings and a rigged election. SE Uplift reviewed the votes and declared the election legitimate.

In a blog post, the new board has indicated it would like to continue to engage the community in “some controversial topics that affect us all”.

Going forward, Sonnleitner says input should come from a wide range of residents in the neighborhood – one of SE’s most diverse – to include the “houseless, homeowners, renters, young, old, those who moved in during the last month and those who have been here for 40 years.

The politically connected have a unique opportunity to reach out to those who are not. He says upcoming NA meetings are an opportunity to “show that the board is trying to find common benefits for everyone.”

At a follow-up meeting to elect officers, David Linn, who had served on the board in the early 2000s, was elected chair. Observers say he is well-suited to navigate among the different community perspectives.

## Correction:

In our October 2017 issue, *The Southeast Examiner* transposed the words of ONI director Suk Rhee in the article Potential Seismic Shift Comes to SEUL. The following sentence should read: “Calling for greater engagement and cooperation, Rhee suggested redefining what it means to be a Portlander by replacing the word *citizen* with the more inclusive term *resident* to help “lift up and prioritize” principals that “accelerate change”. We regret the mix-up.

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“Sterling silver jewelry and other stuff.”

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# Rs

## Representatively Speaking

By REPRESENTATIVE ROB NOSSE

### Healthcare

One of my roles in the Oregon legislature is serving as vice-chair of the House Health Care Committee. That means a lot of my work in Salem focuses on issues like licensure for practicing medical professionals; scope of practice issues and who gets to do what with patients, and overall healthcare costs; the last one being a hot topic these days. (Actually when has the cost of healthcare not been a hot topic?)

In light of a chaotic situation at the federal level, I thought I would offer a preview of what topics we are likely to see in the healthcare space in the legislature in the upcoming session in February of 2018. (Yes we are already planning for 2018.)

My personal project is around the high cost of prescription drugs. Last session I attempted to pass an aggressive bill that would have required that insurer plans keep the cost of co-pays and co-insurance for medications reasonable, while at the same time creating a state fund for drug manufacturers to pay into that would keep insurance rates down. In 2018, I will be working on a scaled back version of that bill, which we can hopefully build on in future sessions.

This new bill will be based on California's recent passage of Senate Bill 17, and focuses mainly on drug pricing transparency. When I was working on my bill in the last session, I often heard that the high costs were justified by expansive R&D costs, and that the savings in hospital costs outweighed the cost to the consumer for these drugs.

The fact of the matter is there's not much transparency in how these prices are set or why they increase. This new bill I'm working on would require explanations for why there was a dramatic price increase, similar to how insurers must justify their rates to the state. I think this is a good starting point, and will create a foundation for future legislation in this space.

My friend and colleague Representative Mitch Greenlick is also working on something called the HOPE Amendment. This would ultimately be referred to the voters, but if it passed, it would enshrine in our state constitution that our government has a responsibility to take care of citizens' health, effectively moving us towards healthcare as a human right. As a long-time proponent of universal healthcare, I strongly support this effort. I think it moves us closer to that goal.

Unfortunately There are some bad ideas coming forward,



too.

After a bipartisan group of legislators worked with stakeholders all across the healthcare industry to prop up the Oregon Health Plan and save healthcare benefits for 1 million Oregonians, Representative Julie Parrish is working to undo that work by referring it to the ballot. It might not seem intuitive but the correct vote on the soon to be Ballot Measure 101 is a "yes" vote. It is crucial that this ballot measure passes and we protect the rights of Oregonians to have access to affordable healthcare.

If this measure fails, we're looking at Oregon's own personal "repeal without replace." That kind of step backwards was defeated at the federal level, and we must stop it here.

## Let's Get Small

By DEIRDRE SHEPHERD

Got plans for the Saturday following Thanksgiving? What if you could start your holiday shopping, support the small, local businesses that make this city unique, and have fun while doing it? You are hereby invited to bundle up warm, grab your raincoat and come out to Small Business Saturday at a neighborhood near you.

Small Business Saturday is an annual event held on the day after 'Black Friday'. Think of it as a happy pause between the crowds and craziness of Black Friday and the cold efficiency of Cyber Monday. By contrast, the event encourages holiday shoppers to patronize small and local brick and mortar businesses.

Small Business Saturday was originally launched on November 27, 2010 by American Express. The company still takes an active role in supporting the event. They provide encouragement to entrepreneurs to use the day in ways that suit their businesses. They help promote event participants with free, personalized ads that appear millions of times across the web. By 2012, all 50 states were taking part in Small Business Saturday. In 2015, 95 million people went shopping on Small Business Saturday at independent retailers and restaurants.

The event celebrates a greater nationwide movement dedicated to uniting communities and supporting all kinds of small businesses – from corner

stores to food trucks to online boutiques. Each year on the Saturday after Thanksgiving, shoppers, business owners and organizations come together to Shop Small, celebrate and share the places they love with the people they love.

Oh, and did I mention the bit about having fun? The businesses and neighborhoods that take part in Small Business Saturday offer a variety of attractions and amusements. Depending upon where you shop, there could be bands, carolers, displays of holiday lights, beer, coffee, hot cider and/or sausages. You might receive a 'swag bag', get a handful of generous and potentially very useful coupons, or have a chance to enter a raffle for unique prizes.

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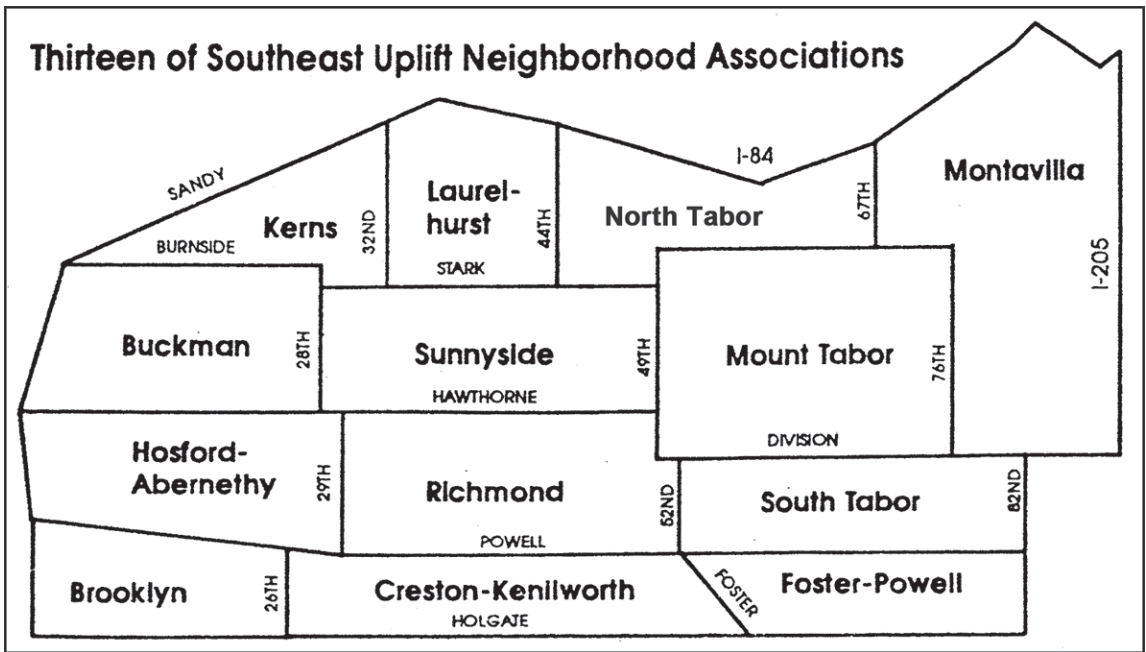
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# N Neighborhood Notes



## South Tabor

By Sandra Hay Magdaleno

Our October STNA meeting opened with an introduction to a book about one of our most esteemed neighbors, an artist, historian, effective and generous leader by the name of Mary Louise Ott. The book is titled *Three Husbands and a Lover*. I've enjoyed reading the first half of the book comprised of stories and adventures of her life intertwined with a deeper meaning to life in general. They were written by Mary Louise over the years and compiled by her husband, Gary.

Ute Munger was voted in for Treasurer to finish the current term and hopefully beyond. We're glad to have her back as Treasurer. Welcome and Thank You Ute.

Harvest Fest 2017 was a great success with around 400 attendees. We're asking for suggestions to improve and grow the event. Of course, accolades are welcome too! Email [HarvestFest@southtabor.org](mailto:HarvestFest@southtabor.org). The straw bales for benches and decorations were donated to Trinity to help winterize the Community Gardens and we're looking for ways to recycle most everything we use going forward. Thank you, Duane and Tina, for organizing and all who attended, neighbors, friends, vendors, artists and all. Mark your calendars for 2018 – Sunday, September 16, 2018, noon – 4 pm.

We want to thank Jade District for their great International Night Market east August. STNA shared a booth with Foster Powell NA and plan to do so again next year.

There was discussion and reporting on the NET – Neighborhood Emergency Teams and what each of us individually can do. See [portlandprepares.org](http://portlandprepares.org) for more information. Calling for any Ham Radio operators in our neighborhood to become BEACON trained. The tip for the month by Duane Hanson, was to fill up tubs, sinks and as many containers as possible with water if you have any warning of an imminent disaster. Also, make sure your water heater is secure and that you have a short hose next to the base of the water heater to be able to use as an additional source of water. As a renter, know where the water heater is as well.

There are phone apps for ICE (In Case of Emergency) on your phones that can be used to help locate and/or inform your relatives of your whereabouts. Have hand wipes in storage for sanitary use. Get a case of canned goods, that you'll actually eat cold if needed. More next month.

The Laurelhurst Safe Zone Ordinance Proposal is a request for a city ordinance to provide safety and livability zones in areas where kids congregate in public parks, to keep those areas clean and safe and yet provide for the needs of the homeless in portions of public areas. STNA will do more research and take a vote regarding the proposed letter at the November 2017 meeting.

The 7 Dees property on SE 62nd and SE Powell Blvd – By delivery time of this edition, STNA members will have met again with the developer, and the City should have received the final proposal for the slated storage facility. Self-service storage is an allowed use in the property's current CG zone and its new CE zone designation, which goes into effect 1/1/2018.

The Code Reconciliation Project (CRP) is intended to reconcile approved zoning changes with other

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Division/Clinton Celebrates

# Small

Win prizes for Shopping Small on Small Business Saturday. Shop at any two participating businesses and collect prizes at our Pop Up Shop at OP Wurst, located at **3384 SE Division St.** OP Wurst and the Division Clinton Business Association will be hosting a holiday party in honor of Small Business Saturday with food and drink specials, live music, games and more!

**11AM to 6PM on Saturday, November 25**  
More details at [divisionclinton.com](http://divisionclinton.com)

## Happy Thanksgiving

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CN

# Community News

## Promoting Civil Discourse – A Dialogue

The League of Women Voters of Portland offers a dialogue on free speech and civil discourse with Mat dos Santos (Portland ACLU) and Michael Mills (Portland State University’s National Policy Consensus Center). The program will be Tuesday, November 14, from 7 to 9 pm in the Multnomah County Board Room, 501 SE Hawthorne Blvd.

This civic education program is just in time for Thanksgiving.

If you are dreading holiday dinner conversations in this era of politically volatile issues compounded by social media, consider attending this Civic Education panel on *Promoting Civil Discourse*. You won’t come away with formulaic answers, but our panelists will give you food for thought in this dialogue about the interplay of our Constitutional right to free speech and our desire to create civil discourse.

The program is free and open to the public. Doors open at 6:30 pm. Parking is available on the street. Multnomah County Building is easily accessed by public transportation. Trimet options include bus lines 4, 6, 10, 14, 15 and the Portland Streetcar.

The forum will be recorded by MetroEast Community Media for rebroadcast and online streaming from lwvpdx.org.

For more information contact Marion McNamara at [civiced@lwvpdx.org](mailto:civiced@lwvpdx.org).

## Recycling tip for November

By BONITA DAVIS, MASTER RECYCLER AND SUNNYSIDE RESIDENT

You may have noticed that options to recycle “beyond the curb” at several local Portland locations have dwindled. In some cases, local markets that accepted clean clamshells and other plastics will no longer take them. Farwest Recycling has seriously restricted the plastics they accept. What’s going on?

Markets for post-consumer paper and plastic are changing. The US imports a huge number of goods from China, and over time, a market was established to fill empty ships returning to China with bales of recyclable paper, plastic and other materials, to be processed into new consumer goods.

Several shifts in the market have occurred. Recently, lower petroleum prices have reduced the profitability of using recycled plastic. It might be just as profitable to use new resins. Shipping, sorting, dealing with contaminated bales (mixed materials) has made recycling bundles less attractive to buyers, and has resulted in a restricted market for our plastic bales.

Read all about how this contamination (placing non-recyclable plastics in with those that are acceptable) has affected FarWest Recycling, our local recycler, at Oregon Live: [tinyurl.com/y8m6qxe3](http://tinyurl.com/y8m6qxe3).

A recycling business that has a cargo load of recyclables rejected due to poor sorting will be charged the full price of paying for bales to be transported back to the US, only to have the materials landfilled. This is a loss few recycling businesses can absorb.

What are our options if it becomes even more difficult to recycle our plastics?

First, be extra diligent when recycling. Know what can be taken and resist the urge to “wisecycle” what you think “should” be taken. You can always call the Portland Curbsider Hotline at 503.823.7202 or the Metro Recycling Hotline at 503.234.3000. Another handy resource is at Oregon Metro’s site: [tinyurl.com/zera5cy](http://tinyurl.com/zera5cy).

You might want to store plastic in hopes the market returns, or better yet, reduce your use of plastics by saying “no” to one-time-use plastics, like water bottles and white “paper” coffee cups.

Consider becoming more active about plastics and waste reduction joining an organization such as RecyclingAdvocates.org, 5gryes.org, and lonelywhale.org.

Bring along your mug or durable water bottle instead. Bring your own, or do without all the plastic bags around fruit and vegetable you buy.

Buy bulk. Use durable tableware during gatherings and the holidays. Buy well-made furnishings that will last a long time and still be in good shape to pass on. Take care of your stuff and repair it as necessary. Write or call manufacturers when you find your purchases packaged in materials you can’t recycle.

Get inspired. Check out a copy of Beth Terry’s *Plastic Free, How I Kicked the Plastic Habit and How You Can Too*, Skyhorse Publishing (available at bookstores.)

## Blood donors

With the busy holiday season approaching, the American Red Cross encourages donors to give blood now to help ensure a sufficient supply for patients this winter.

Between Thanksgiving and New Year’s Day, many regular donors delay giving due to holiday activities and travel. This often decreases the amount of donated blood available for patients.

More donations are needed in the weeks leading up to the holidays to help stock the shelves. Give patients in need another reason to be thankful and make an appointment to give blood.

Download the free Red Cross Blood Donor App, visit [redcrossblood.org](http://redcrossblood.org) or call them at 800.733.2767.

November 1: 3 to 8 pm., LDS Colonial Heights Building, 2931 SE Harrison St.

November 7: 10 am to 3:30 pm at TriMet Eastside Portland, 4012 SE 17th Ave.

November 12: 11 am to 4 pm, Belmont Library, 1038 SE Cesar E Chavez Blvd.

Nov. 15: 8 am to 1 pm, Fred Meyer, Inc, 3800 SE 22nd Ave.

## Fix It Fair

Why buy a new one, when you can fix yours for free?

Repair PDX offers a fun way to save money and use what you already have.

Don’t throw away your malfunctioning vacuum cleaner or toss that pair of pants with the broken zipper.

This fall, let the volunteers at your local Repair PDX help you repair still loved and usable goods.

Pick from a series of upcoming free events that bring together volunteers who like to fix things with people who have items that need repair – like small appliances, bikes and garments.

They’ve been known to tackle power mowers and chain saws too.

Repair PDX formed in to bring repair events to Portland. Inspired by the Netherlands Repair Cafes, this group of dedicated volunteers held Portland’s first Repair Cafe in May 2013. Since that time, they’ve been holding repair events about once a month.

Repair PDX is part of the BPS Fix-It Fairs again this year. Saturday, November 18, 10:30 am – 1:30 pm at Ron Russel Middle School, 3955 SE 112th Ave. Find out more at [repairpdx.org](http://repairpdx.org)

## Nestlé still wants Cascade Locks’ water

Join Crag Law Center, Bark, and Food and Water Watch of Oregon for free beer, pizza and updates from Crag Law Center and the community activists leading the fight against Nestlé’s proposed water bottling plant in Cascade Locks.

Patagonia Portland  
1106 W Burnside St

Thursday, November 9 at 7 pm

Nestlé has been trying to tap into Oregon’s Oxbow Springs for almost 10 years. Crag Law Center has been elbow deep in that fight since 2012, representing Bark and Food & Water Watch to challenge Nestlé’s efforts to tap the springs.

In 2015, a group of Hood River County residents formed the Local Water Alliance to pursue a strategy to foreclose any efforts to privatize public water sources for corporate profits by proposing and supporting Measure 14-55, a precedent setting ballot measure prohibiting commercial bottled water production and transport in the county. Voters approved it by a landslide, but despite this victory, the City of Cascade Locks has made clear that it will ignore the will of Hood River County residents and the ballot measure to push the Nestlé proposal forward. These groups will be there to protect the water sources that belong to all Oregonians and to defend Measure 14-55.

The evening features updates from community activists leading the fight against Nestlé’s proposed water bottling plant. They will show a short video and then hear from staff attorney Maura Fahey and local organizers and activists from Food & Water Watch, Bark, and Local Water Alliance. Find out more about Nestlé’s plans and the local organizations efforts to combat it at [crag.org](http://crag.org).

Be Informed. Take Action. Learn how you can help win the fight against Nestlé. See [bark-out.org/event/no-nestlé-gorge](http://bark-out.org/event/no-nestlé-gorge).

## Ski Team Ski Swap Fundraiser

The Eastside PDX High Schools Ski Team’s annual Ski Swap is their main fundraiser and will be held this year on November 10 – 12, at 1606 NE 37th Ave.

Revenues from the event cover a significant portion of the team’s annual expenses for coaching staff and transportation to on-mountain training. As a result, all racers and their families benefit from a successful Swap and they are all expected to help with the event.

The Swap is a great opportunity to buy new or used gear or to sell old equipment. Anyone from within or outside the team can shop at the Swap or consign their items for sale.

The team keeps a percentage of the sales price of all items. Visitors can expect to get some great deals and team members get a chance to shop before the event officially opens.

You’ll find anything from gently used kids ski gear and clothing to new high-end racing skis and boots.

Consignments will be accepted on Friday, November 10, 6:30-9 pm and again on Saturday morning, November 11, starting at 9 am.

Sale hours will be 11 am – 4 pm on Saturday 10 am – 2 pm on Sunday. Proceeds from items sold and unsold consignment items must be picked up Sunday, 2 to 4 pm.

## Heavy Metals in Garden Soils

Multnomah Master Gardeners Speaker Series:

with Sam Angima, Oregon State University

November 14, 7 pm

TaborSpace, 5441 SE Belmont St.

503.445.4608,

Free event. All welcome.

In 2016, the subject of heavy metals, especially in the Portland metro area, emerged as an area of concern for many homeowners. The words “heavy metals”, as they relate to health, always cause anxiety, especially for parents with young children.

Should we be concerned? What is a heavy metal? Is it possible there could be some benefits from ingesting some types of heavy metals? These are questions to which many people seek answers.

Join the Multnomah County Master Gardeners Speaker Series as Sam Angima, Oregon State University, talks about heavy metals in our gardening and landscape spaces.

See [multnomahmastergardeners.org/speakerseries](http://multnomahmastergardeners.org/speakerseries)



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# Community News

## Population, Health, Environment

The local non-profit Investments for Developing Communities (IDC) held a film screening and discussion entitled, We Are All Connected—Families Forests and Resources at People's Co-op.

Partnering with IDC at last month's event were representatives from the following national and local organizations: Population Connection, Center for Biological Diversity and Health in Harmony.

Two short films produced by the Washington DC-based Wilson Center were shown and profiled successful efforts of two international communities to address the environmental and health issues threatening their sustainability and well-being.

PHE is a community-based approach to tackling these seemingly disparate issues. PHE ("Population, Health and Environment") seeks a balance between the health of both people and the environment.

IDC plans events on topics such as consumption and wildlife, growth, wildland conservation, and family planning among others.

IDC founder Lisa Whitridge, explains her organization: [our] "hope is to bring awareness to the often overlooked need to absolutely include population growth in the discussion about the environment.

"We have to realize that when we talk about global population growth we are talking about numbers, yes, but we are also talking about proportionate impact.

"The effects of both are felt both here and abroad. We can't forget that we are all connected."

IDC is committed to spotlighting the connection between global population growth and the environment through ongoing educational events in Portland.

IDC's additional program offerings include educational scholarships to girls and micro loans to women in international communities as well as in-school youth garden education in Clackamas County.

*For more information con IDC, call 971.400.2181 or see idcempowers.org*

**THE ANNUAL HOLIDAY CRAFT DIY FESTIVAL** – December 3 at Tabor Heights Methodist Church, 6161 SE Stark. There's a chili lunch upstairs at 12:30 pm, then head downstairs to make holiday crafts for all ages. Crafts include candles, swags, tree ornaments, and other gifts. All materials provided and experienced craft teachers available. This is a real community affair, and it is free. For more information, email church@taborheightschurch.org.

**MT. HOOD MODEL ENGINEERS 39TH ANNUAL OPEN HOUSE** – This event takes place on November 4, 11, 18 and Nov. 25, from 12 noon – 5 pm at 5500 SE Belmont St., basement level. MHME members would enjoy showing you the newest improvements of the layout that features Oregon railroading in HO gauge operated by Digital Command Control with sound MHME is a forty year old club with 1200 sq. feet of model railroading. Admission \$3 suggested donation. mthoodmodelengineers.org

**62ND ANNUAL ALL SAINTS HOLIDAY BAZAAR** – Saturday Nov. 11, 9 am – 4 pm at 3847 NE Glisan St. Over 40 local artisans and crafters showcasing amazing handmade goods for perfect holiday gifts. The Treasure Table is brimming with antiques and collectibles. Children can holiday shop with nickels and dimes in our kid-friendly shopping room. Homemade baked goods will be for sale and the Cafe offers fresh coffee, pastries and a full lunch menu. \$1 raffle tickets – win many prizes. Contact the parish office for information and raffle tickets. There's something for everyone. 503.232.4305 allsaintsportland.org.

**17TH ANNUAL PRETTY KITTY HANDMADE HOLIDAY CRAFT BAZAAR** – November 11, from 10 am – 4 pm. House of Dreams No-kill Cat Shelter's (HoD) popular, fun bazaar features hand-crafted gifts for people and pets, many using recycled content. Cat-themed items too. There is a silent auction, raffle, Second Time Around gently-used holiday décor, home and garden items, photo booth, treats and baked goods – vegan too. All proceeds go directly to the care of the cats at House of Dreams – an all-volunteer non-profit organization. HoD provides shelter and care for abandoned and homeless cats, many of them seniors, with the goal of finding them permanent homes or providing them a lifetime home in our shelter. Family-friendly, free admission. Taborspace, 5441 SE Belmont St. See kittydreams.org.

**GRACE BAPTIST CHURCH** at 200 SE 76th Ave is hosting a community Christmas tree lighting on Saturday Dec. 2, from 5 pm to 7 pm. The event will include the outdoor tree lighting, carol singing, hot chocolate and cookies and opportunity for children to visit with Santa.

**PORTLAND SINGS!** A Community sing-along in a casual, fun group-singing opportunity for anyone wanting more singing in their life. Sunday, November 19 from 1:30 - 3:30 pm at TaborSpace, 5441 SE Belmont St. Sing folk, pop, blues, country, Motown, soul, and anything else that strikes your fancy. For a free digital lyric book go to PortlandSings.com. Sliding scale \$5-10.

**THE 3RD ANNUAL PORTLAND FILL YOUR PANTRY** will take place on Sunday, Dec. 3 from 11 am – 3 pm at The Redd on Salmon St. This is a one-day community bulk buying event and is a great opportunity to meet and support your local farmers and ranchers. In advance of this event, you'll be able to pre-order bulk quantities of storage items like locally grown winter squash, onions, garlic, cabbage, frozen pasture-raised meats, honey, beans, grains and much more. Stay tuned to FriendsOfFamilyFarmers.org/FYP information and details on bulk pre-ordering.

**HAWTHORNE DIABETES GROUP** – Blood Sugar Testing: How to Test, When to Test, What the Numbers Mean - Thursday, November 17, 7 -8:30 pm, 2828 SE Stephens St. Discuss how and why to check your blood sugar. Learn to interpret the results and incorporate your readings into your lifestyle decisions. This includes what to do when the numbers are very high or very low. Find out the importance of removing the value judgment from the numbers; you are not "bad" if your numbers are high. Bring your meter and strips if you have them. If not, you can check your blood sugar during the session free of charge. This group will be led by Julia Hanfling, host of the Hawthorne Diabetes Group. \$10 donation requested. No one will be turned away for lack of funds. RSVP through meetup.com/Hawthorne-Diabetes-Group or by contacting Julia Hanfling at julia@3peachesnutrition.com / 503.504.5050.

**LEAD POISONING PREVENTION WORKSHOP**, Sunday, November 12, 1 to 2:30 pm Community Energy Project, 2900 SE Stark Suite A. Attend this free workshop and learn how to prevent lead exposure in your home. Great for households with children or pregnant women, especially those living in homes built before 1978. **Lead-Safe Home Projects Workshop.** Sunday, November 12, 3 – 4:30 pm, Community Energy Project, 2900 SE Stark Suite A. Before any demo, scraping, sanding, or remodeling in pre-1978 housing, check out this class. Great for anyone who is looking to complete a small project that may involve exposure to lead paint, such as sanding down an old window frame, repurposing an older door with potential lead paint, or any other small construction project in an older home. **DIY Weatherization Workshop**, Thursday, November 16, Hinson Memorial Baptist Church 1137 SE 20th Ave. This free workshop teaches participants how to weatherize a flat attic. Topics covered include safety, air sealing, ventilation, installing insulation, and incentives to help cover the cost of your project. Learn more and register for the workshops at communityenergyproject.org or call 503.284.6827 x108

**THE OREGON CELL PHONE LAW** has been tightened up. If you need to use a phone or other electronic device in a vehicle, the new law requires that you: Park safely at the side of a street or in a parking spot, or use a hands-free or built-in device (only for people ages 18 or older), or be requesting medical help only if no one else in the vehicle can make the call. The penalties have also been changed for holding/using an electronic device. More details at: oregon.gov/ODOT/Safety/Pages.

## BB BUSINESS BEAT

**VENT**, 3320 SE Division St. "Curated to be unapologetic." Sterling silver jewelry and accessories that are the opposite of local. All our designers are not found in Portland. Karlea, the owner and jewelry addict, was born and raised here though. The shop has an industrial vibe with very unique pieces; plus, the best shop dog in town. 503.810.3030



**HELLO INDIA PARTY ROOM**, 3500 SE Hawthorne Blvd., a family business serving authentic Indian cuisine, has opened their private dining room and now it's available for wedding receptions, showers, parties, meetings, etc. The space is elegant and spacious with a comfortable seating capacity for up to 35 people. Contact 503.232.7860 or helloindiapdx.com

**UNIQUE BOUTIQUE** – Meals on Wheels People operates a small thrift store in the Tabor Square Multicultural Center at 4610 SE Belmont St. Please consider donating your unwanted clothing or small items for a tax deduction, or come in shop and support a good cause. Store hours: Tues – Fri, 10 am – 1 pm.

**LA LENÁ**, 1864 SE Hawthorne Blvd. launched a new lunch sandwich called Sanguches (Sandwiches) for lunches on Tuesday – Thursday from 12 to 4 pm. The most classic sandwich is the Chicharron featuring pork shoulder, braised then fried crispy, served over sweet potato with La Lena's spicy salsa criollo and aji verde. Vegetarian and vegan options include the Hongos Saltado, mushrooms stir fried with tomatoes, onions, ahi amarillo and fries.

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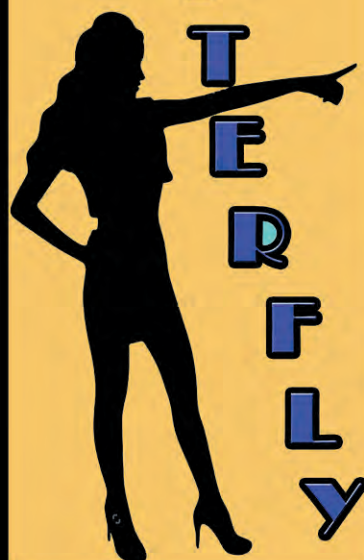
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## Grassroots Group Grapples Crime

BY MIDGE PIERCE

Caught between crime and compassion, residents along the commercial corridors and tree-lined streets of SE are in a quandary about how to solve problems the City can't: namely crime and safety. To seek solutions, community members are reaching out to City officials to attend a mid-month Town Hall.

Local commerce is on the front lines. Hilda Stevens, president of the Hawthorne Boulevard Business Association, has experienced a recent break-in at her home, plus two at her Hawthorne Business and an attack from an unleashed dog owned by a vagrant.

As owner of Bazi Bierbrasserie, a Belgian-inspired beer and soccer pub at SE 32nd and Hawthorne, Stevens joins the ranks of too many other entrepreneurs and residents who feel they live in a "culture of lawlessness".

That culture has threatened passers-by with machetes, staged an armed robbery at the popular Gold Dust Meridian, broken into the Hawthorne Goodwill and vandalized multiple small businesses and homes that bind together the community.

HBBA has hired a part-time private security company paid for by small businesses on thin margins to make the street safer during daytime hours. Sunnyside residents have formed a foot patrol that collects reports for the PDX Reporter app (pdxreporter.org) about graffiti, detritus, squatters in empty buildings and homeless camps, one walker labels "Wheelervilles".

Neither effort is enough. Stevens says business in the area is down 15 to 20 percent.

"For two years, we've been hearing that police are understaffed," says Stevens. "Local businesses that can ill afford to pay for private security are having to compensate for police not doing their job. I would like the City to enforce the policies it has in place."

When businesses that already pay taxes and operational fees have to seek outside security, they end up paying twice, she says. Those costs are eventually passed along to customers.

"Most of us work hard and abide by the laws. We have a right to conduct business and feel safe."

Wary residents say the City is ignoring a sharp increase in serious incidents. Discontent is not limited to SE either. Nearly one third of residents have considered leaving town according to a survey first reported in *The Portland Tribune*.

Stevens understands the anger burning through neighbors who find needles in parks and school grounds, strangers camped on doorsteps, fires in garbage cans and vagrants gathered en masse who intimidate passers-by, knowing the paucity of police presence and enforcement.

Online posts complain that the City is soft on crime, listening only to the squeakiest wheels.

"A very small group – some just our usual local "anarchist hobbyists – have seized the ear of the mayor's office and are only too ready to criticize police," says Alice from South Tabor.

If others went to every council meeting with safety concerns, policies would change, she says. "But we have jobs and homes and kids and stuff, so it's usually people without those things who have the time to storm meetings."

Other postings call for understanding causes of crime, drug abuse and the heartbreak of homelessness. Stevens respects the position. "The City absolutely must help its most needy. But the commercial community needs support too. It's like a slap on the head when we don't feel safe."

*The November 16 grassroots meeting with representatives from the Mayor's office and the Central Precinct will be held at Taborspace at SE 55th and Belmont, from 6:30 - 8:30 pm. Neighborhood Associations are being asked to share their top three concerns.*

## Sidestreet Gallery

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# Neighborhood Notes

from page 5

parts of the code they affect. STNA voted in support of submitting written testimony that addresses limiting self-service storage in commercial zones, retaining some protections of the existing buffer overlay zone, and limiting commercial parking in the new CE zone.

Go to southtabor.org as well as our Facebook page for updated information on the Rapid Transit Project on SE Division, the Yard/Mt Tabor Project with the SE 60th St. entrance to the park and the 64th and Division entrance to the park, the Infill project and more. Search portlandoregon.gov, for updates and timelines on these land use issues, emergency preparedness and much more.

Our next and final meeting for the year is Thursday, November 16 at 7 pm at Trinity Fellowship, 2700 SE 67th with entrance from the parking in the rear. Our Land Use Committee, Communications and Sustainability Committees will meet Tuesday, November 14 at 7 pm at Trinity. Mark your calendars.

## Richmond

By Susan Beal

The Richmond Neighborhood Association held its monthly meeting on October 9 from 7-9 pm at Waverly Heights Church, SE 33rd and Woodward Street. Meetings are normally held in the church basement with an entry door on the east side. Additional info can be found at richmondpx.org.

RNA board member Rob Mumford reported that the new edition of the Richmond Neighborhood News will be delivered throughout the neighborhood by volunteers as of mid-October.

Brenda Martin of Tri-Met gave an update on the new Division Rapid Transit service for the 4 line, the first in Portland. Longer articulated buses will hold 60% more passengers, with multiple doors, and save time by easier entry/exit. Stops have been selected after resident and business input and community meetings will be held in early November in inner SE, outer SE, and Gresham.

Sara Wright of BPS presented on the Neighborhood Contact Project – improving how residents and others are informed about projects such as demolitions and fossil fuel terminals. She described the initial concept and process from draft to legislative planning project. There will be a meeting with SE Uplift on Nov. 7, and the draft will be available in November/December.

After several recent worrying events on sidewalks, streets, and in parks, residents have concerns about public safety both in our neighborhood and throughout Portland. Neighbor Cynthia Eckersley announced that she is organizing a Southeast-only community meeting with Portland Police Bureau on November 16 from 6:30-8:30, held in the dining room at Taborspace: This will be a meeting to discuss the issues of crime and safety as they affect the citizens of Southeast Portland. Neighborhood associations, SE Uplift, and ONI have been asked to attend. Please come ready to listen and participate in conversation about what concerns you have and to share what ideas you have to resolve the issues with the resources available to us.

Richmond Neighborhood Association voted to convene a future session to address concerns on this topic more fully, and also to reach out to PPB asking them for enhanced patrol and to enforce the camping ordinance at Sewallcrest Park.

Richmond Ready announced that new online community emergency preparedness content will be ready in January, as well as hosting public quarterly forums. The first topic of the meetings will be water storage.

Land Use and Transportation: RNA approved a letter discouraging the city from allowing large self-storage facilities on transit hubs and corridors in the Richmond neighborhood.

The Graffiti Task Force continues its monthly meetings on the 4th Tuesday of each month from 7-8:30 pm at the D Street Village. Volunteers interested in helping keep our neighborhood clean can contact Adam Meltzer at richmondgrtf@gmail.com.†

The next RNA meeting will be Monday, November 13, 7-9 pm at the Waverly Heights Church.

## Mt. Tabor

By Laura Smith

The proposed traffic diverters at SE 50th and Lincoln continue to be a concern of residents in the Mt. Tabor neighborhood. To bring more neighbors into the conversation, the MTNA is holding a community meeting about them on Thursday, November 2 from 7-8:30 pm at Warner Pacific’s Egtvedt Hall, Room 203.

Portland Bureau of Transportation (PBOT) will be holding two open house events on the proposed traffic diverters, which are part of the Lincoln Neighborhood Greenway Project. The first one is on November 8 from 5-7 pm at St. Philip Neri Church (2408 SE 16th Ave.), and will be held in conjunction with TriMet who will be providing information about their Inner Division Transit Project. The second open house will be on December 5 from 6-7:30 pm at Atkinson Elementary School, 5800 SE Division St.

For more information, PBOT’s webpage for the Lincoln Neighborhood Greenway project and you can see their current project proposal, open house dates, times and locations, and take an online survey. Go to: portlandoregon.gov/transportation/75123

Taborspace’s fundraiser to help save the historic Mt. Tabor Presbyterian Church building will take place Saturday, November 18, from 5:30-9 pm. There will be live music, great food, games, prizes, auctions, raffles and more. To get more info and purchase tickets, visit taborspace.com/Nov 18.

Montavilla Food Co-op is getting very close to opening a storefront, but they need to grow their membership and raise more funds. One of their annual fundraising events is a craft sale, just in time for the holiday season. Wix Insurance, 8037 SE Stark St., is hosting the sale on Small Business Saturday, November 25 from 11 am-4 pm. For more info about Montavilla Food Co-op, go to montavilla.coop.

MTNA’s annual neighborhood cleanup will be a joint event with the North Tabor Neighborhood Association and will be held on Saturday, April 28, 2018. More details will be made available as the date approaches – watch this space.

The next meeting of the MTNA will be Wednesday, November 15, at 7 pm at Mt Tabor Presbyterian Church at SE 54th and Belmont, with social time and homemade cookies starting 6:50 pm. For more information, visit mttaborpx.org.

## North Tabor

By Cathy Riddell

North Tabor Neighborhood Association’s annual meeting drew an audience of about 80 on a week-night to meet with Mayor Ted Wheeler and, it was hoped, participate in board elections.

The meeting was heavily advertised, including with a mailing to every residence and business in the neighborhood, investment in new yard signs, and postings on social media. Due to fears that people might be turned away, the venue was changed to the gymnasium at Community of Christ, 4837 NE Couch, where Pastor Val Walker and her staff have generously provided NTNA with a variety of meeting spaces. The entrance to the meeting was indicated by Chuck Tubens’ handmade sandwich board sign, lit up and sitting atop his Studebaker wagon at the entrance.

turn to page 21



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# Helping hands ease loneliness

By Don MacGillivray

In recent years, the concept of loneliness and social isolation has become an important issue that affects us all. It has always been with us, but its impact and health effects are not well known.

Generally speaking, life changes that result in loss are the major cause of loneliness and isolation. For senior citizens this can be the loss of a family member or a friend, the worsening of a medical condition, a change of

residence, loss of income, or a reduction in their quality of life.

It is now clear that this psychological issue can become a serious health issue. It is one of the five “giant evils” as defined by the landmark 1942 Beveridge Report in Great Britain. These are the ever present social concerns of poverty, ignorance, misfortune, joblessness and disease.

Loneliness can affect a person at any stage of life, but young people and senior citizens are the most vulnerable.

One might think that modern society has improved to such an extent that this should not be a problem. Social media and the internet are ways to connect with others, but these do not provide the same sense of contact and feelings of closeness provided by an in-person encounter.

People have different reasons for being lonely. Some may not feel that anyone loves them, some may have a low self worth, and some may have medical or life problems that they can’t overcome.

These three questions can often be used to assess loneliness of an individual. How often do you feel that you lack companionship? How often do you feel left out? How often do you feel isolated from others?

Greater awareness of community programs available for older adults at senior centers, with local transportation options can increase one’s activities. However, if this is not adequate, one may need the assistance of social

or health care organizations.

As they age, seniors tend to be separated from their families, leave the nest, and live independently and need to adjust their income and lifestyle appropriately.

Their social networks may get smaller and they need to create new relationships. Many have health issues that can reduce their mobility. Familiar ways of doing things change as technology and their community changes around them.

As life partners and friends pass away, similar relationships are almost impossible to replace. Most senior citizens will adjust to these changes fine, but anyone in any circumstances can have difficulties that can result in isolation, loneliness, and possibly depression. If financial, family, and social resources are not adequate, they are more likely to need assistance.

Loneliness is subjective and can be difficult to notice. It is, after all, a feeling that may be invisible or just episodic. Some lonely people make themselves known while others hide their feelings. Some stay away from public view and are unable or unwilling to address the issue themselves.

It is difficult to diagnose and treat loneliness appropriately. When extreme, it is serious and can be life-threatening.

The brain experiences the effect of loneliness in a similar way as it experiences pain. Those suffering may have a shorter life expectancy and are more likely to have a stroke or heart attack. It

can induce or exacerbate alcoholism, drug addiction, heart problems, mental disorders, which can lead to suicide. The risk of dementia is increased by 64 percent.

Loneliness is more than just feelings. The first step is accepting and understanding the problem in the given situation and then helping people connect to the community where they live.

A community development approach with staff support seems to have a major impact. Neighborhood action within resilient communities is also important.

Various governmental departments, local organizations such as schools, housing services, the justice system, and voluntary organizations can help to find and reduce social isolation for people of all ages.

Citizen action can be effective and relatively inexpensive, but there must be an organization with good facilitation and patience.

Community-led initiatives and neighborhood organizations led by senior citizens have been successful in helping to overcome social isolation. The well-being of an aging population lies with health professionals, dedicated charities, and a strong social community.

The United States is behind Great Britain in the study of loneliness and more research is needed before it will be addressed adequately.

In the United Kingdom en-

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# Beaujolais

Beaujolais is a wine producing region in the southern end of France’s Burgundy region just northwest of the city of Lyon and exclusively employing the Gamay Noir grape variety for their red wines. While that part is pretty straight forward, what is not is the styles which confuses many consumers.

Wines produced in Beaujolais can run the gamut from Nouveau Beaujolais (the young wine produced to celebrate the harvest) to simple Beaujolais and Beaujolais Villages, to wines from one of the nine designated Grand Crus that can put many of the best Oregon Pinot Noirs to shame.

Let’s start with the Beaujolais Nouveau, a wine traditionally released each year on the third Thursday of November, produced directly from the fermentation vat from that year’s harvest and shipped via air-freight all over the globe.

The wine is young, relatively low in alcohol, tart, fruity and often served chilled. Best to be consumed within the first 2-3 months of release, Nouveau Beaujolais is extremely drinker-friendly and released at the perfect time to be enjoyed in this country with Thanksgiving dinner. While many producers produce a version of Nouveau, most stay in Europe. The one most readily available in the states in almost every supermarket is produced by George Duboeuf.

Many wine connoisseurs consider the Nouveau as a pariah of the wine world; the next levels labeled as Beaujolais, Beaujolais Villages or as one of the Grand Crus which, confusingly, rarely have the word Beaujolais on the label – a whole other matter.

A wine labeled as a simple Beaujolais (rarely seen state-side) or a Beaujolais Villages is more akin to what we here in Oregon would equate with a mid-price Pinot Noir. Beaujolais Villages must come from a designated area or village that the French government has deemed to produce wine of higher quality. This quality

level can vary dramatically and the best rule is to find a small producer or importer you can trust. These wines are usually best consumed over the first 2-6 years from the vintage.

The best wines of Beaujolais, however, are from the ten ‘cru’ areas where the finest wines are produced. These are Brouilly, Chenas, Chiroubles, Cote de Brouilly, Fleurie, Julienas, Morgon, Moulin a Vent, Regnie, Morgon and Saint Amour. Wine produced from these tiny areas do not display Beaujolais on the label, only the name of the Cru.

A good ‘Cru’ Beaujolais from a quality area can be quite profound and easily compare to many of the top shelf Gamay Noir or Pinot Noirs produced in the northwest. A Grand Cru Beaujolais from a good vintage can easily cellar and improve for a decade or more.

You should be able to find a selection of Beaujolais Villages or Grand Crus at most fine wine shops. For the Beaujolais Nouveau level, your best bet is probably a grocery store.

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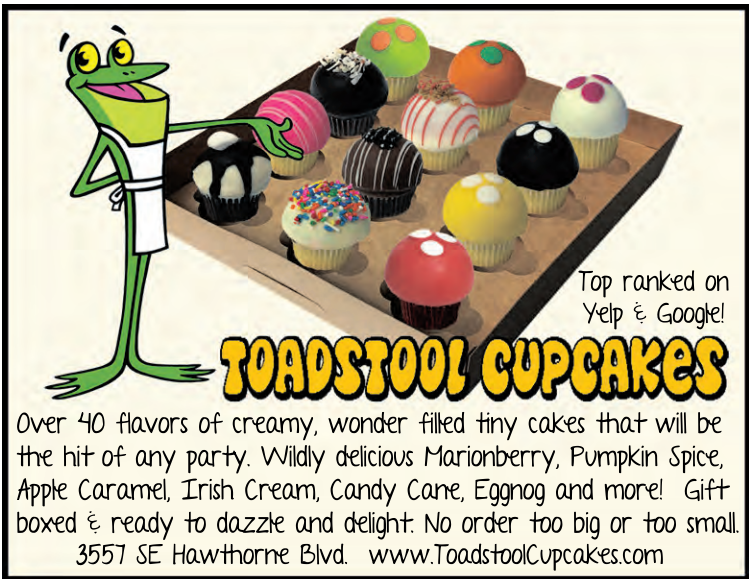
## Restaurants

By Nancy Tannler

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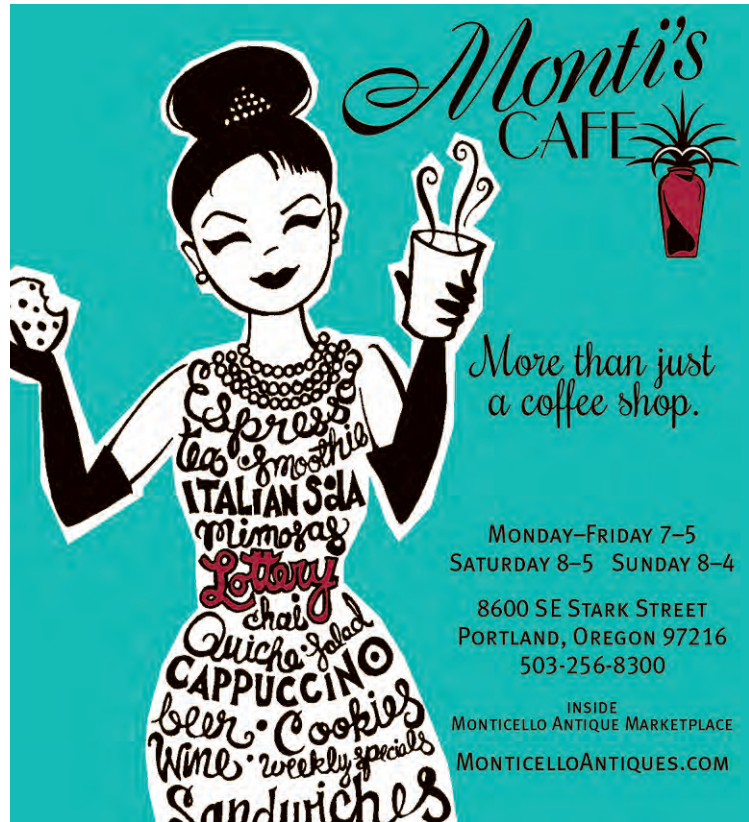
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Kelli, Jodie and some of the staff with new pastry case

If you haven't made the time to visit Monticello and/or eaten at Monti's Cafe, you've missed a good thing. Kelli Vinther had the idea to open the antique mall in 1999 and began negotiations to obtain the building. She was the new kid on the block but she had a vision of how promoting antiques could be done differently. After years of hard work, she found enough dealers with her aesthetics and ideas about presentation, sale worthy items and fair pricing to make the mall take shape.

Now seventeen years later, Monticello features eighty-four vendors, with special events held throughout the year. "My hobby for hunting and gathering antiques became my career so I don't have much time for that now," Kelli said. That doesn't slow this entrepreneur's effervescent enthusiasm for promoting antiques and collectibles though. She gets her thrill through her vendors who have become like family after so many years.

The restaurant came into being twelve years ago when Kelli decided to lease the space to independent coffeshop businesses. They never quite met her expectation of a compliment to the mall. "I knew the idea was right but it wasn't the food and drink I wanted to provide our customers." Five years ago her cousin Jodie Simpson went from being the bookkeeper to taking on the management of Monti's Cafe.

"I had no training in the food industry other than my Taco Bell experience in my teens," Jodie said. That, and cooking for her sons. Some people have a natural knack for things and Jodie surprised even herself with her abilities in the kitchen. Kelli thought it was the influence of their grandma who Jodie was very close to as a child. She owned a restaurant over on McLaughlin Blvd., and lived in this neighborhood while they were growing up. Montavilla is one of Jodie's familiar childhood remembrances.

Monti's went from being a regular coffeshop to a cafe serving homemade breakfasts and lunches. "It's been challenging to learn how to do this, but I jumped in and did it. My main learning curve came from the feedback we got from our customers," Jodie said.

If they commented the biscotti was too dry or there was quiche left over she would adjust the recipes accordingly. A recent kitchen expansion that includes a new freezer and refrigerator, made it possible for everything to be made in-house and provides space for the kitchen staff to work without bumping into one another. This came at just the right time as Monti's is becoming a staple of the neighborhood as well as to their antique customers.

According to Kelli, they've chosen the menu to appeal to the morning and afternoon crowd. They offer the gamut of coffee drinks, chai, tea, hot chocolate, steamers, smoothies plus everything can be made with alternative milks. Every morning there's a fresh meat and veggie quiche available, breakfast sandwich, scrambled eggs, oatmeal, yogurt parfait, bagels and cream cheese and biscuits and gravy.

The pastry chef begins baking at 6 am and, by the time Monti's opens at 7 am, the brand new counter is filled with tantalizing muffins, biscotti, breads, cakes, cupcakes, scones (both sweet and savory) and a variety of other choices baked fresh daily. Lunch includes Jodie's now famous homemade soups, salads, sandwiches and quesadillas. To top off the perfect lunch or just for fun they serve mimosas to sip while you shop.

Kelli said, "The biscuits and gravy are to die for and I usually have a small sample everyday." Another one of her favorites is the hearty chili and cornbread. Jodie doesn't really have a favorite since it's her job to taste test everything being served to make sure it's all delicious.

"Brenna and Jill do the baking, but it takes the "Monti's crew" as a team, to keep up with all of the food prep and keep the cafe running smoothly," Jodie said. Even with all hands on deck, Jodie moves like a hummingbird from task to task making sure everything is first rate.

Monticello and Monti's Cafe is a wonderful place to while away a few hours doing some of the things we love best, eating and shopping.




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# Going Out Restaurants

By NANCY TANNER

## Stella Taco

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Texas natives Matthew Fields and Rebecca (Becky) and Ian Atkins know tacos well because growing up, that was one of their staple foods. The Atkins were successful restaurant owners in El Paso, and this is where their friendship

with Matthew began. He was working in the food industry for nine years and eventually decided to head north to follow a friend to Oregon. It was in the early days when the conversation around starting a restaurant together began.

When the Atkins decided to migrate north, the three of them decided to start their restaurant business and they knew exactly what kind it would be. The first Stella Taco opened on Alberta Street eight years ago and the success of the first one encouraged them to expand into the new business opportunities on Division St. in 2014 creating a slightly smaller version of Stella Taco here.

El Paso is about eighteen miles from Mexico and twenty to New Mexico. Before all the drug wars started, people migrated back and forth all the time. "We had a big family with a mixed heritage and it was not uncommon to cross the border on Sundays for a family brunch," Matthew said. "Or for any occasion since it was safe to do so."

The ease of this back and forth mingled the two cultures in a natural way. The sharing of food and languages was a big part of this exchange.

In this part of the southwest, tacos are sold everywhere – at the local coffee shop, the 7 Eleven, street stands and in restaurants. "People eat them for breakfast lunch and dinner," Matthew said. Tacos have become more elaborate over time but sometimes they would consist of just a corn or flour shell,

beans or meat, cilantro, radish and a squeeze of lime. He describes the perfect taco as a combination of chewy and tangy with bright notes of flavor.

In creating the menu at Stella Taco, they've gathered their best recipes to create a variety of tacos to choose from. Their tacos showcase proteins using beans, beef, chicken fish, eggs, seafood and pork; prepared in all different ways and served with vegetables and toppings that give each choice a distinct flavor. The prices are very reasonable with the intention that the diner will try a variety of them.

For vegetarians and vegans there's the hand-battered fried avocado, spice roasted mushrooms with mole and several bean filled tacos. The fish tacos use lightly battered wild-caught Alaskan cod. For the meat lovers, there are tantalizing selections like the housemade chorizo (pork sausage), pollo asado (grilled chicken), carnitas (pork), steak; pulled pork and chopped beef, each served with a complimentary sauce and sides.

The atmosphere at Stella Taco is family and kid-friendly.

"We wanted to create a place where kids have things to do while the parents enjoy their food or a drink," Matthew said, "and for it to feel comfortable to all walks of life." There are lots of games and kids activities as well as a board game night once a week.

They serve Dear Mom wine, gently warmed, other wine and beer, a large variety of margaritas and a full bar and soft drinks, like Jarritos and Topo Chico. The Jarritos are fruit flavored sodas, and Topo Chico is carbonated water. Taco Tuesday serves up the chefs one of a kind creations. Other specials are served up daily. Stella Taco is open everyday.

Matthew, Becky and Ian preserve the days of their youth in El Paso and the friendliness of their multi-cultural experience by sharing the foods of this culture and having a space that encourages family and community. Stella is Becky's grandmother's name. She was someone with a foot in both worlds and an inspiration to her granddaughter.

Stella Taco's self-serve makes food happen quickly, reasonably and tasty – a great combination for a taco meal.



Matthew Fields



## Sushi



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# The Opioid Epidemic

By Don MacGillivray

Recent reports say that Oregon has one of the worst overall drug problems in the United States based on per capita consumption. According to a recent report by WalletHub, Oregon has the sixth worst drug problem in the United States.

In Oregon and across the nation, there has been a dramatic increase in overdose deaths and hospitalizations due to prescription opioid pain medications. An average of three Oregonians die every week from a prescription opioid overdose. Four in five users of illegal drugs start with prescription drugs and become hooked.

Since 2000, a steep increase in prescribing opioids for pain has paralleled this increase in deaths and hospitalizations. More people have started using these powerful medications to treat chronic, non-cancer pain, such as back pain or osteo-arthritis.

This is now a public health epidemic in the same league as cancer and heart disease. Oregon has more drug-related deaths that involve prescription opioids than those related to alcohol, methamphetamines, heroin or cocaine. Those that work with the homeless including the Portland Police Bureau say that the misuse of all opioid drugs are a serious problem here in Portland.

Due to the nationwide concerns, along with greater media coverage, opioids are now pre-

scribed less often due to their serious side-effects and because other treatments for pain are taking their place. This is especially true in the Willamette Valley, but the most serious drug abuse is in rural Oregon.

Sometimes when doctors reduce or end opioid medications the long-term pain patients will buy heroin. This has lead to a high rate of non-medical opioid use by young adults and senior citizens.

Taking too much pain medication can stop a person's breathing and lead to death. Taking opioids together with alcohol or other sedatives increases this risk. There is a serious problem with unused medications being misused in the home. People who take them, even for short-term acute pain management, can develop an opioid use disorder. Using this type of pain medication can lead to a lifelong struggle with misuse and dependency that will impact a person's relationships in his employment, family, and in the community.

Since the 1990s doctors have been prescribing opioids as a high reward, low risk pain medication and this led to the situation we are in today. Someone who is given an opioid prescription for 30 days has almost a 50 percent chance of becoming addicted. Most drug users start with prescription drugs. If the doctor refuses to continue the narcotic medication, a patient may choose to use heroin and find that it is both cheaper and easier to get

than prescription pain killers. The habit slowly requires more of the drug to get the same effect. A 25-dollar a day habit can double in a short period of time and the illegal drug user does not know the quality or the potency of the drugs purchased.

In the last year, two new drugs have made problems much worse. Fentanyl and Carfentanil have significantly increased the danger of using illegal drugs. The drug Fentanyl is 100 times stronger than morphine and Carfentanil is 100 times stronger than Fentanyl and overdoses are slowly rising because these drugs are being combined with heroin. These are synthetic drugs that are produced in large quantities in China and they can be purchased online and delivered by the United States mail.

Many people will be able to get help through the Affordable Care Act, but if the program is reduced or eliminated, these people may not be able to access the drug rehabilitation they need. Even so, treatment options are expensive, greatly underfunded, and over capacity making timely treatment difficult if not impossible.

Treatment for opioid addiction are long, difficult, and often unsuccessful. It is similar to trying to give up smoking. A weeklong detox treatment is not enough. What is needed is a three month supervised treatment program with long term follow-up. For the homeless, there are few

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## Going Out

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## Just Tea



High and Low Gallery's (936 SE 34th Ave.) new show on First Friday November 3, 6 pm is **Suspended Moments** – an exhibition of artworks by **Nathan Seay**. The showcase of oil paintings and charcoal drawings document his experience living at a South Korean Buddhist temple. The show is up through Nov. 30.

After 6 weeks in the temple, the Abbot welcomed Seay for tea. "He embodied perfect concentration. It was as if nothing existed other than the teapot, the water, the cup. Once tea had been prepared, he then focused the same sincere attention to me. Living day-to-day and focusing on the task at hand freed me more than any idea ever could. "When walking, just walk. When listening, just listen. When painting, just paint," he said. There is nothing else, Just Tea." See [nathanseay.com](http://nathanseay.com) for more.

## Michelle Alany &amp; The Mystics



**Michelle Alany's** captivating fiddle-driven caravan of Klezmer, Balkan, Sephardic, and Jazz Manouche are spiced up with a southern fiddle twist and her otherworldly originals. Along with her ensemble **The Mystics** – seasoned jazz, classical and globally astute musicians – her upcoming concert at Café Artichoke is a harvest full of fiery music with metres and melodies way different than most radio and television music these days. All this and belly dancing too! Read more on page 17.

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MOVIE MADNESS

By MIDGE PIERCE

One of the joys of Portland living is being able to spend hours immersed in film and film paraphernalia at Movie Madness, 4320 SE Belmont St. It's been a Portland institution since 1991 with its neon-lit marquee, collection of 90,000 or so titles, costumes and props like Fu Dog from Citizen Kane, Ingrid Bergman's chair from Casablanca, and the knife from Psycho.

Now, as owner Mike Clark retires, a kickstarter campaign has all but ensured that the institution's classic, cult and out-of-print films will be available to another generation as the business transitions to new ownership under the local Hollywood Theatre. In its first week, the campaign netted nearly \$225K toward the \$250K that Clark and Hollywood Theatre owner Dan Halsted negotiated for the transfer.

Calling the response overwhelming, Halsted says the campaign will remain open for a stretch goal of another \$100K needed for sound proofing, and seats and projection for a planned on-site screening room.

He seeks to transform Movie Madness into a community-focused, member-supported non-profit. Memberships would include crossover discounts and perks between the theater and the movie archives as well as special screenings and access to refurbished DVDs for viewing.

The history of Movie Madness is as colorful as its founder. Clark, a former Hollywood post production coordinator, says his position gave him unique access to films at Hollywood auctions.

The first costume he purchased was a Diane Keaton dress from Godfather II, a best picture winner in 1975. "I just love Diane Keaton," he said, along with Elizabeth Taylor, Julie Andrews, Faye Dunaway, Drew Barrymore and a host of other stars whose attire adorns the Movie Madness displays.

Clark will continue to own the building and stay involved with the customer base he loves. "I plan to offer tours of the collections," he promises. "It warms my heart that so many have stepped up to support the shop. Portland is the right place to have this exhibit."

The fundraising campaign runs through November 10. Find out how to participate at [hollywoodtheatre.org/moviemadness](http://hollywoodtheatre.org/moviemadness).

Four Artists at TaborSpace

The Four Artists Art Show and Sale is Friday November 3 at 7 pm and Saturday November 4 from 10 am to 4 pm at TaborSpace Annex, 5441 SE Belmont St.

Featured artists this year are Annette Boswell (collage and acrylics at left); Glori Jarvi (multimedia, jewelry); Marilyn Russell (metal artist); and Pertti Laine (wood artist at right). All are welcome and cider and snacks will be available at the reception.



David Barsamian at Clinton Street

Journalist, author and activist David Barsamian altered the media landscape with the premiere of his Alternative Radio nearly 30 years ago. He continues his work to this day and his talks with Noam Chomsky, Howard Zinn, Arundhati Roy, Vandana Shiva, Edward Said and many others have been broadcast worldwide.

Barsamian presents an evening entitled Resistance In The Age Of Trump at Clinton Street Theatre, 2522 SE Clinton St., Sunday, November 12 at 7 pm.

Barsamian speaks about how the broad coalition in opposition to the Trump Administration continues to grow and includes progressive Democrats, concerned Republicans, women's groups, environmentalists, pro-diplomacy policy organizations, ecumenical and interfaith religious groups, immigrant rights organizations, civil rights organizations and LGBTQ communities.

Tickets are \$10 - \$20 sliding scale with no one turned away for lack of funds. Tickets at [cst.pdx.com](http://cst.pdx.com), [facebook.com/events/119292162094234](http://facebook.com/events/119292162094234)



The piece pictured above is "Bishop's Cap Cheese Board", a porcelain piece by Adrienne Stacey. She's inviting the public to her annual Homeshow, Saturday and Sunday December 2 and 3, noon to 4 pm at 3434 SE Brooklyn St.

Stacey's high fired porcelain and stoneware clays "with a natural bent" are finished in a Minnesota Flat Top gas-fired kiln built on location at her home. The kiln will be opened Saturday at noon and she invites you to bring your gloves and help.

"My first home was on the banks of the Coweeman River close to Kelso, Washington. I fell in love with the land, the river, and the fireplace. I fell in love with clay in art class, seventh grade. Art in the schools is so very important. Clay has shaped me, strengthened me, helped me to share with others; given me solitude and great sorrows and joys. Forty five years later, I still love and live with the land, water and fire."

See more of her work at [AdrienneStaceypottery.com](http://AdrienneStaceypottery.com).

Portland Storytellers Guild's November showcase is called "Pioneer Tales: Choose Your Own Adventure" and takes place Saturday, November 4, 7:30 pm at the Clinton Street Theater, 2522 SE Clinton St.

Holly Robison, Patrick Gannon and Avery Hill share stories and songs of people who were willing to take a risk on the Oregon Trail. Their stories include personal, family and historical narratives with characters ranging from suffragettes to suffering stepfathers from County Mayo in Ireland to Independence Rock in Oregon. Tickets are \$12 in advance online at [tinyurl.com/ybyjhf6a](http://tinyurl.com/ybyjhf6a) or \$15 at the door. See [portlandstorytellers.org](http://portlandstorytellers.org)

New England chamber-folk duo Ari & Mia happen to be sisters who make music. They are featured at Abby Wisenbloom's SE house concert series, Sunday, November 5 at 7:30 pm.

The duo reference the styles of Southern and North-eastern fiddle music and the early American songbook and create a realm where their originals cross paths with older traditions. Honoring the sounds of Appalachian cottages, rural dance floors, and urban concert halls, they combine this with their songwriting.

They've toured across the U.S. and Australia and are both graduates of New England Conservatory's Contemporary Improvisation department. Two of their albums, Land on Shore and Unruly Heart, ranked high on the national folk radio charts. See [ariandmiamusic.com](http://ariandmiamusic.com).



Ari & Mia

RSVP to [abbiew@froggie.com](mailto:abbiew@froggie.com) for questions, address, and to reserve a spot as space is limited. Potluck is 6:30 and show at 7:30 pm. Suggested donation \$20 at the door. All income levels welcome.

TABORSPACE FUNDRAISER FOR HISTORIC BUILDING SATURDAY NOVEMBER 18 5:30-9PM



SAVE THE DATE! SAVE THE DATE! SAVE THE DATE!

Taborspace, 5441 SE Belmont St. is hosting a fundraiser to help save the historic Mt. Tabor Presbyterian Church building. This community and neighborhood space needs your help!

Taborspace is currently seeking donations of items for the silent auction, wine pull, and raffle. New items that can be used in creating gift baskets as well as items such as bottles of wine, event tickets, community services, artwork, and vacation rentals are especially appreciated.

Can't come to the auction?

Cash donations are very appreciated!

Event includes: live music, great food, games and prizes, auctions, raffles and much more

For more info, tickets, or to donate: [www.taborspace.org/nov18](http://www.taborspace.org/nov18)



Giulia Valle

Classic Piano continues its collaboration with PDXJazz performance series Tuesday November 7 at 7:30 pm with the Giulia Valle Trio: featuring Valle on upright bass; Aruan Ortiz on piano; and Kush Abadey on drums.

Composer/Bassist Valle was born in San Remo, Italy and began studying piano at eight years old. Finding jazz via Charles Mingus and Ahmad Jamal and deeply engaged with the upright bass, she studied at the conservatory in Liecu, at the Taller de Músics.

In 2008, her ensemble got into the Blue Note Jazz Festival, SFJAZZ Festival, Seattle's Earshot Jazz Festival, Vancouver International Jazz Festival, and the Montreal International Jazz Festival.

This is sure to be an evening of nuance and imaginative, unpredictable and powerful music. As a composer/performer, Valle's voice explores the deepest corners of lyricism and the experimental edge of rhythm, while allowing her own muse to guide the way.

Hear recordings at [soundcloud.com/giuliavalle](http://soundcloud.com/giuliavalle) and [giuliavalle.com](http://giuliavalle.com).

Classic Pianos is at 3003 SE Milwaukie Ave. Tickets are \$20-\$25, available online at [tinyurl.com/y8de7dae](http://tinyurl.com/y8de7dae).

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Go

## Going Out

arts &amp; performance

Michelle Alany & the Mystics,  
Tom May at Café Artichoke

Violinist vocalist and songwriter Michelle Alany is a dynamic performer and an internationally touring ambassador of world folk traditions, specializing in Sephardic, Mediterranean and Eastern music.

Just back from a busy summer tour performing in many European cities, **Michelle Alany & The Mystics**, perform Saturday November 4 at the newly-relocated Café Artichoke, 2007 SE Powell Blvd. The doors open at 7:30 and all ages are welcome.

Alany's fiddle-driven caravan of Klezmer, Balkan, Sephardic, Jazz Manouche and fiery, otherworldly originals is spiced with a southern fiddle twist and aided by globally astute co-creators.

The roster of accomplished musicians included in this show: Andrew Alikanov on clarinet; Kathy Fors on accordion; Michael Beach on percussion; Tom Goicoechea on drums and Albert McDonnell on upright bass. Who knows what guests will come by to color the music as well? Add Belly Dancers Danielle Elizabeth and Jewels Barrera and Artichoke may just levitate off its foundation. See michellealany.com.

Artichoke concerts begin at 8 pm and tickets are \$15. Tickets at artichokemusic.org.



Tom May

Also at Café Artichoke, Saturday November 18, at 8 pm is an evening with **Tom May and Doug Smith** – May is a songwriting treasure, who has performed across the United States, Canada and beyond. He's the founder of the annual Winterfolk concerts that benefit Sisters of the Road Café and hosts the syndicated radio show, River City Folk.

May's unforgettable voice, evocative melodies, and the history and romance in his songs are road tested, relevant and moving.

Doug Smith is a wizard of the 6 string acoustic guitar, and one of this area's best-known proponents of fingerstyle guitar.

Also 8 pm/\$15. See tommayfolk.com.

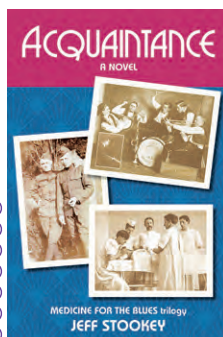


An Act of God, written by David Javerbaum, was a hit on Broadway. The comedy has its Oregon stage premiere, November 24 at The Sanctuary @ Sandy Plaza, 1785 NE Sandy Blvd.

The tongue in cheek press release says "The One with the first and last word on everything has finally arrived to set the record straight.

"After many millennia, and in just 90 minutes, God (assisted by devoted angels) answers some of the deepest questions that have plagued mankind since Creation."

Thursdays-Saturdays at 7:30 pm, Sunday matinees at 2 pm through December 16. All seats reserved. Ticket prices \$15 - \$35 Tickets/information at 503.239.5919 or trianglepro.org. Student and Group rates available upon request.



Local author Jeff Stookey's first novel, *Acquaintance* was released last month.

It's the first book of his *Medicine for the Blues* trilogy, set in Portland and Chicago in the 1920s. The book launches Saturday, November 4, 3-5 pm at the Q Center, 4115 N. Mississippi Ave. The event is free and open to the public.

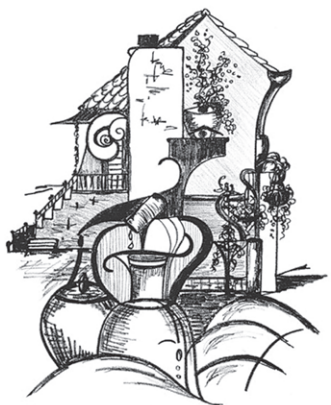
The novel revolves around a young surgeon who has experienced the horrors of World War I and the loss of his lover. After the war, he meets a young jazz musician he hopes will become a life companion.

Two more books of the trilogy will be released in 2018. See medicinefortheblues.com.

## Facial Expression Included

12x16gallery, 8235 SE 13th Ave. No. 5 is closing its doors in December. If you haven't been to visit them yet, don't wait.

November's show is **Beate Scheller's Facial Expression Included** and **Scheller's Friends in**



Hausfreund, by Beate Scheller

## Printmaking.

Scheller's new works and earlier prints depict moments in time to challenge the viewer to find faces, confronting the viewer to look at something or someone.

"Faces and eyes are alive and always worth looking at, being the connection to our surroundings and to our world and soul."

The accompanying group show features new work with an open theme. Scheller curated the show of artist-friends from around the globe – printmakers who've encouraged her to treasure prints in many media.

First Friday reception is November 3, 6 pm and Artists' Reception is Sunday November 5, 2 pm. See copperandstone.com and 12x16gallery.com.

## Musicality

Musicality Network has teachers all over town who travel to your home for music lessons with yourself or your children.

Lessons for all instruments and ages cost \$38 per 30 minute lesson and \$50 per 60 minute lesson. There is no extra charge to have lessons in your home and the first lesson is free. Call 503.822.6164 or email info@musicalitynetwork.com

The Network hosts two recitals in November.

- Kids student recital (up to 18 years old welcome) – Saturday November 11, 1-5 pm at Michelle's Pianos, 600 SE Stark St.

- Adult student recital – Monday November 13, 6:30-8:30 pm at The Waypost, 3120 N Williams Ave.

The public is welcome to attend. Teachers will be performing in addition to students. See musicalitynetwork.com.

## Network

Michael Allen Harrison  
Benefit Concert

with special guest **Julianne Johnson**

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**7:00 pm**



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Short takes  
...arts news of note

**SE ARTWALK CALL TO ARTISTS** – Interested artists and hosts apply at seareaartwalk.wordpress.com/application-process. Fill out the application and follow directions for payment. The SE Area ARTWalk is a free, self-guided walking tour. Visit studios, home workspaces, galleries, host homes and businesses within the walkable/bikeable/busable boundaries of SE 9th Ave, SE 41st, SE Powell and SE Hawthorne Blvd. March 3 and 4, 2018 Sat. & Sun. 10 am – 5 pm. Information for businesses and sponsors interested in participation at: seareaartwalk.wordpress.com/sponsor-info. seportlandartwalk.com.

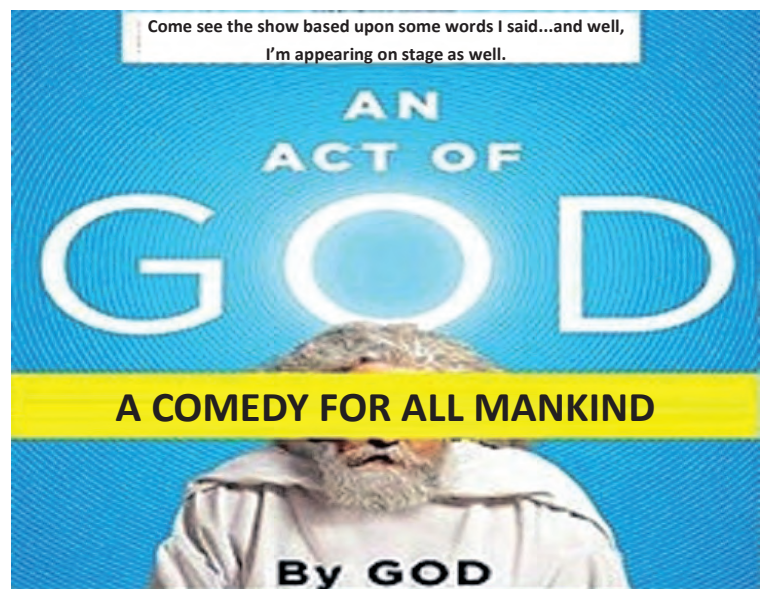
**HAMLET BY WILLIAM SHAKESPEARE** will be performed in Franklin High School's newly-constructed theater at 5405 SE Woodward, Fridays and Saturdays November 3, 4, and 10, 11 at 7 pm. Matinee Sunday November 5 at 2 pm. Tickets are \$5 students and seniors, \$10 for adults. May be purchased at the box office the day of the show.



**13TH ANNUAL DA VINCI ARTS FAIR** is Saturday, December 2, from 10 am to 4 pm at 2508 NE Everett St. Fine art, student art, handcrafted gifts, live music and food, holiday gifts from makers of crafts, ceramics, clothing, sculptures, paintings, pottery, photos, soaps and more. Admission is free. The event promotes and celebrates local and student artists while raising money for da Vinci Arts Middle School. Email davinciartsfairlove@gmail.com or see facebook.com/davinciartsfair.

**MT. TABOR ARTWALK'S CALL TO ARTISTS** – Details and online application available November 10 at MtTaborArtWalk.com. Application, fee, and images for jurying are due December 31, 2017 for Early Bird fee or January 10, 2018 final deadline. The Art Walk will be held May 19 and 20, 2018 and the juried event showcases artists living in the Mt. Tabor neighborhood and a limited number of guest artists.

**ALL HANDS ON DECK!** – A new 1940s period show presented by Portland Musical Theater Company (at Mister Theater, 1847 E. Burnside St. #101), continues Fridays and Saturdays November 3-10 at 7:30 pm. (Sunday matinees at 2 pm). An all-singing roadshow and radio broadcast reproduction filled with harmonies, theatre skits, period commercials, and 42 of the most enduring America-themed tunes. See portlandmusicaltheater.org/tickets or at 971.225.7469.



**Nov 24 - Dec 16**

**503-239-5919 or www.trianglepro.org**

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# Opioid Addiction Treatments

from page 14

options available and a week in detox may not be enough.

When someone overdoses an opioid, the pupils in their eyes become very small, they may throw up, they make snoring, gurgling or choking sounds, their breathing gets very slow or stops. They may turn a pale blue-gray and they may become unconscious and not respond to stimulation. This is the time to call 911. The drug naloxone, also called narcan, can quickly revive a person who is suffering from an opioid or heroin overdose.

Opioid use disorder can be successfully treated. If you or a loved one needs help to stop using opioids, talk to your health

care provider. The prescription opioid drugs include: heroin, morphine, oxycodone/ oxycontin/ percocet, oxymorphone/opana, methadone, hydrocodone/vicodin, codeine, and fentanyl.

If you know someone that might be at risk of a drug overdose, having naloxone on hand could save a life. More information is available from health-care providers and pharmacists about naloxone. Emergency care through 911 is still necessary as the effects of naloxone are temporary and they will still need medical care as soon as possible. Oregon law protects users from being arrested or prosecuted for drug-related charges based on information provided to emergency responders.

Living Well and other

workshops based on the Stanford Chronic Disease Self-Management Program are often effective and available in many Oregon counties. CDSMP workshops are designed to help people improve their ability to control their symptoms and inform them about their health problems. Small-group, interactive workshops are facilitated by leaders who are professionals that have experience with chronic disease.

*The Washington Post has recently published a series of articles about drug addiction in America and the September 2017 National Geographic has an excellent article called The Science of Addiction. Both are available via the Internet.*

## Reaching out, getting out alleviates loneliness

from page 10

terprises, such as Good-gym provide many needed resources by creating beneficial relationships among community members. Good-gym is a community of runners that, while running, stop off and support isolated older people with social visits and helping them with the tasks they can't do themselves.

Throughout England, Scot-

land and Ireland there are more than 300 Men's Sheds – a community-based approach to bring older men together in a familiar environment where they can work on projects or just have a cup of tea with friends.


In Central London Open Age runs some 400 activities each such as sewing circles, news discussions, book clubs and exercise classes, held at church halls, sport centers, housing projects.

Their employees visit people in their homes to encourage them to get them out and about.

Portland is rich in resources that can address the issue of loneliness. It is only necessary for people to reach out and connect.

Perhaps it is time for more people to help address the loneliness in the larger community by becoming more involved with the resources in Portland in ways that might help others.

### Business Association News . .

**DIVISION/CLINTON  
BUSINESS ASSOCIATION**

**DCBA Pres.: Jean Baker**  
**email [mjeanbaker@peoplepc.com](mailto:mjeanbaker@peoplepc.com)**  
**Meetings: 3rd Tuesday**  
**OHSU Family Medicine at Richmond**  
**7:30 am**  
**3930 SE Division**  
**[divisionclinton.com](http://divisionclinton.com)**


#### Division Clinton Celebrates SMALL

November 25 is Small Business Saturday and Division Clinton invites you to come celebrate with us. Division Clinton is teaming up with OP Wurst and Venture Portland to offer you an opportunity to visit many small businesses, take advantage of samples, demonstrations, sales and cents off coupons, and visit OP Wurst for food, live music, drink specials and prizes. Receipts showing two purchases can be redeemed for a number of prizes. Join us from 11 am to 5 pm. Remember 70% of every dollar you spend stays in the local economy.

Division Clinton has just over 400 small businesses. Some started here and grew such as New Seasons, Stumptown Coffee, and Pok Pok. It has businesses that have been on the street so long they are institutions like Clinton Street Theater, Langlitz Leather, and Division Hardware. It can now support specialty shops like Pinolo Gelato, Collage, and Fyn, which does alterations.

This is the perfect opportunity to walk along Division and Clinton Streets, check out all the interesting looking businesses, doing some holiday shopping, and ending at OP Wurst for food, drink, music and perhaps a prize. We look forward to seeing you.

Duane Sorenson will be opening Puff Coffee Company at 2376 SE 45th, behind the Woodsman Tavern and around the corner from Stumptown coffee. Tidbit is gone. It will be replaced by apartments, which we need, but we lost color and activity and options and new places to explore. At least two of the food carts have moved to 50th and division, just beyond the Plaid Pantry. There is a taqueria poised to open in the apartment building on the Northwest corner of 50th.

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**HBBA Pres.: Hilda Stevens, BAZI**  
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**[Facebook.com/hawthornepdx](https://www.facebook.com/hawthornepdx)**  
**Board meetings: Second Wednesdays at 8 am**  
**Western Seminary Buermann Hall, Room 201**  
**5511 SE Hawthorne Blvd.**

Holiday plans are in process! In addition to many opportunities at Boulevard Shops on Thanksgiving weekend including on Small Business Saturday, Hawthorne is planning some other neat opportunities for fun and participation. Merchants will be lighting their windows, dog owners are starting to create their dog's outfits for the Wag Your Swag Parade at 4:30 pm, Saturday, December 2. (Gathering at 4 at Kids at Heart.) The Parade will walk up Hawthorne to The Fernie Brae for singing, refreshments and the Tree Lighting at 5:30. "Sip and Shop" happens between 5 pm and 7 pm. Watch our Fb page for details.

The Boulevard's support group, HBBA, is currently asking our businesses and property owners to support District activities with dues and Sponsorships. We are pleased that US Bank has kicked off the 2018 Membership Drive with a Mt Jefferson level membership. More events are planned in 2018 that will involve Upper and Lower Hawthorne businesses.

We are still concerned about the over 40 "Mom and Pop" Hawthorne Boulevard building owners in danger of losing their livelihoods and retirement funds due to the proposed unfunded Unreinforced Masonry (URM) mandate being discussed by the City that is currently mandated (also unfunded) by the State. See [SavePortlandBuildings.com](http://SavePortlandBuildings.com) for details.

The businesses, residents and pedestrians near SE 36th continue to have issues with the activities in the area where the bicycle oasis was removed. Portland Police Bureau officers are working with the Board and the Safety Committee to make the area feel safe again. If anyone knows of a small food cart that might like to settle in that area, please let us know.

Thank you to article Sponsors: Hawthorne Vision Center and Rivermark Community Credit Union and to 2017 Benefactors: Jiffy Lube, Fred Meyer Hawthorne and New Seasons Market.



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**BELMONT AREA  
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**BABA President:**  
**Constance Ihrke**  
**Email: [cli825@msn.com](mailto:cli825@msn.com)**  
**Meetings: Second Thur. 9 am**  
**Historic Belmont Firehouse,**  
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**[belmontbusiness.org](http://belmontbusiness.org)**

**BELMONT PASSPORT:**  
Last month over \$1,000 in Prizes were distributed to Passport Contest Participants for the 2017 Belmont Passport Event. Thank you for supporting Belmont Businesses. For the first time this year, we hosted the "Taste of Belmont" for passport holders who collected stamps from all 15 locations. A special thanks to the 15 locations that participated and our main sponsors Car2Go and Rendez Vous off Belmont for helping make it happen.

November Belmont District Membership Drive: New to the area and own a business? Want to know what kind of support you would receive as a BABA member? Check out: [belmontdistrict.org/belmontdistrict-catalog](http://belmontdistrict.org/belmontdistrict-catalog) or contact us today.

**NETWORKING:** Are you our business neighbor? If so, be sure to come to a monthly BABA business meeting the second Thursday morning of the month 9-10:30 am at the Belmont Firehouse at 35th and Belmont St.

**BBB:** Belmont Business Beverage Social – Alternating morning and evening networking gatherings at different locations in the district the last week of most every month. Check out our home page announcements for locations and times. [belmontdistrict.org/belmont-area-association-blog](http://belmontdistrict.org/belmont-area-association-blog)

For more Information on joining and contributing to the district: contact Hillary Darling, Marketing and Communications Rep, at [info@belmontdistrict.org](mailto:info@belmontdistrict.org) or call her at 503.908.3777.

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Wellness Word

Editor's note: Wellness Word is an informational column which is not meant to replace a healthcare professional's diagnosis, treatment or medication.

Laser Tattoo Removal

Portland is a great city for tattoos. You can go almost anywhere in this city and see beautiful tattoos. What's more, people here are friendly and love to talk about their tattoos. It is not a stretch to say that Portland has some of the most technically-advanced and creative tattoo artists anywhere.

Over the last six years I have so enjoyed meeting some of the top tattoo artists and learning about the biz. My entry point was starting a tattoo removal clinic. Some people think the tattoo removal business is an adversary to the tattoo industry. Nothing could be further from the truth.

Most of my referrals come from tattoo artists. There are many reasons people want tattoo removal. I think the most common is that people who love tattoos started getting them early in life. As they progressed, the quality of their tattoos improved. Then some of the early tattoos don't look so good next to the high-quality art out there now. The good news is that lasers can fade the hard lines and dark spots so that the tattoo artist can do a spectacular cover-up.

What you need to know:

First, don't waste your money on tattoo fading creams or potions. If any of them worked, the owner would be world famous and the laser tattoo industry would be out of business. Medical lasers today are safe and effective. The most important factor is the training and experience of the operator. Go to clinics who have good equipment and who specialize in tattoo removal.

How laser tattoo removal works: When an artist injects ink into the dermis (deep) layer of the skin, it becomes trapped in molecules that are too large for the body to eliminate. This makes the ink permanent. Laser tattoo removal works by using a specific wavelength of light that will pass harmlessly through the skin and be absorbed by the color of the ink.

When the color of the ink, called a chromophore, absorbs the light energy it breaks the ink up into tiny pieces. These pieces are then eliminated through the lymphatic system that your body uses to eliminate bodily waste. The pulse coming from the laser is so quick it lasts only a few millionths of a second. This allows the ink to be super-heated while protecting the surrounding skin.

Different colors of ink require different lasers. Black ink absorbs all wavelengths of light and is the easiest to remove. Red will absorb its opposite so it needs to be treated with a green laser. Green ink must be treated with a red laser.

How many treatments? The answer depends on many things including what result the client is looking for. Obviously complete removal will take more treatments than just fading a tattoo for a cover-up. Other factors include: the health of the client, color of the ink, how old the ink is, the quality of the ink, how far the tattoo is from the heart and how much ink the artists used. Some tattoos literally come out in only two sessions while others can take as many as fifteen sessions.

Another common question we get is, "Does it hurt?" Yes. Tattoos hurt and so does tattoo removal. Both are dealing with the layer of skin with nerve endings, but don't be afraid.

First, tattoo removal is very quick. A one inch by inch area can usually be treated in only a few seconds. Larger tattoos with more colors take longer but it is a hundred times faster than getting a tattoo. There are topicals, anesthetics and patches that can greatly reduce the pain. Most people find the pain very tolerable and do not require anesthetic medication.

There is so much to know about laser tattoo removal. For answers to all your questions, go to our Frequently Asked Question page at redimedisclinclin.com or call.

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# Neighborhood Notes

from page 9

The highlight was the listening session with Mayor Ted Wheeler moderated by board member Lars Kasch. The Mayor arrived early and made brief remarks including his awareness of polls showing general dissatisfaction with City government and his desire to turn that around. He added that he thought of himself as a transitional mayor because of the speed of changes happening in Portland and the larger world.

He mentioned that he too was finding himself learning new curse words while stuck in traffic. He wants to get partners from different sectors to work together on solutions. He gave as an example, cleanup along I-84 and needing to sit down with both the state, and the railroad, to figure out who owned the property.

Concerns from the audience included crime, density, homelessness and traffic. In answer to a question about homelessness and crime, he got applause stating the importance of separating homelessness and criminality, and that the problem of homelessness was largely due to both changes in the global economy eliminating manufacturing jobs and deinstitutionalization putting people requiring help back in the local community without resources to provide for them.

One of the solutions he mentioned for traffic congestion was to make buses and trains more attractive as commuting and travel options.

This board member was deeply encouraged by the Mayor's visit, that the Mayor would make it a priority to spend an hour and a half with a neighborhood group, listening to neighbors' concerns and suggestions. One comment overheard was that it felt good to see neighbors' suggestions written down.

A dozen NTNA members put their names on a signup sheet for the new board. It was proposed and approved to vote on the 12 nominees as a slate. The slate was proposed, seconded and unanimously approved by a show of hands. The board includes six continuing board members: current chair Joshua Carey, Sam Fuqua, Lisa Hersch, Lars Kasch, current secretary Sarah Mongue, and current vice chair Chuck Tubens.

New board members taking office at the November 21 meeting are Suzanne Gardner, former board chair Robert Jordan, Stephanie Kaza, Patty Lackaff, Dawn Madden, and Emma Stocker. NTNA is fortunate to begin its new board year with an even split of new and continuing board members.

A Friends of Trees planting is scheduled for Feb. 3, 2018 in North Tabor. Sign up by Monday, Jan. 1 to get your tree, with payment of \$35 per tree due Jan. 15. Browse available trees at [friendsoftrees.org](http://friendsoftrees.org). Contact Friends of Trees at NorthTabor@PlantItPortland.org or 503.595.0212 for further information.

The next board meeting will be Tuesday, Nov. 21 at 4837 NE Couch, Community of Christ, at 6:30 pm. To contact the board for information or with questions or concerns, send an email to [board@northtabor.org](mailto:board@northtabor.org) or call 503.928.4655. We have a website at [northtabor.org](http://northtabor.org) and are on facebook as NorthTaborNews.

## Hosford-Abernethy (HAND)

By Jill Riebesehl

Transportation issues dominated the October board meeting. We heard from a Union Pacific railroad representative; heard Tri-met's latest solution to the traffic tie-ups at the west end of Division due to intersecting with the tracks; and entertained a Pearl District proposal to extend Tri-Met's #10 bus line. We also chewed over the loss of 7-Dees Nursery on Powell to a large storage unit.

At HAND's invitation, Aaron Hunt, UP spokesman, attended the October meeting. He fielded questions including concerns about diesel pollution, noise and types of cargo; but talked mainly about one of the neighborhood's pressing concerns: finding a solution to traffic congestion at the western end of Division St. that results from crossing bars down at SE 11th and 12th Avenues.

UP suspects it can affect change in engine idling times during building of trains that trigger the crossing arms by converting from a manual switching system to an automated one. The railroad is seeking data and, with funding help for TriMet, expects the problem could be solved within 18 months to two years.

Brenda Martin of Tri-Met got down to specifics on a proposed solution to a particular traffic jam at Division and SE 11th. It involves creating a sheltered left turn lane in the west-bound lanes for a few blocks leading to SE 11th Avenue to allow buses and other vehicles to get around the cars waiting to turn south onto 11th when that street is blocked by idling freight cars.

In order to make room for the west-bound left turn lane, the left turn from east-bound Division onto 12th Avenue and Elliott St. would be disallowed. There will be an opportunity for comment during an open house TriMet has planned for November 8 at Carvlin Hall at St. Philip Neri at SE 16th and Division.

Reza Farhoodi of Pearl District Neighborhood Association told us they requested that Tri-Met extend the #10 bus line farther into NW Portland than it goes at present. It would provide service into a part of NW that is underserved and enhance service for residents, businesses and industry at both ends of the route. The request includes extending the hours of operation into weekend days and later in the evenings, benefiting the Pearl and Hosford-Abernethy neighborhoods. The HAND board supports the change.

While the 7-Dees Nursery site at SE 62nd Ave. and Powell Blvd. is not in the HAND neighborhood, a proposed six-story storage facility creates worries about the potential effect on neighborhood livability and safety. The HAND board will support a Richmond Neighborhood Association board letter regarding zoning and street level designs for such buildings with a similar letter.

The HAND board meetings are on the 3rd Tuesday of the month at 7 pm, with a Land-use Committee meeting at 6:30 when there are LU issues. Executive Committee meetings are on the 4th Tuesday at 7 pm. Our next meeting is November 22. There is no December meeting. We meet at Carvlin Hall on the St. Philip Neri Campus. The public is welcome to attend and encouraged to participate in discussions.

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# RIP Gains Some General Appeal

from cover

transportation is a way to lower living costs.

Critics counter that Infill follows the money developers can reap and fails to address affordability.

“Anyone who believes we’re doing this for the poor is wrong. RIP is for the rich,” economist Robert McCullough states.

Every caring Portlander agrees that affordable housing is crucial. The problem is how to achieve it. Few think that the current rash of one-on-one replacement of small homes with massive ones is the way to go.

Affordable housing advocates at Portland for Everyone call the reduction in square footage allotments a welcome “anti-McMansion” compromise. On R5 lots, the new proposal allows 50% coverage. That equates to an above-ground total up to 2500 square feet; 4500 square feet if factoring in basements and ADUs. While extensive, it is actually a reduction from the 6700 square feet currently allowed, but seldom realized.

Generally well-received aspects of RIP include reductions in scale of houses achieved by measuring height from the lowest rather than highest point of a building site. Incentives for adaptive re-use of historic properties and the “visitability” nod to advocates for the disabled.

At a largely receptive SE Uplift land use meeting, representatives suggested creative changes for larger backyards and allowances for uniquely Portland design elements like turrets.

If planners are the pied pipers of densification, developers are grand masters at pulling strings for how growth evolves. Close-in real estate is most valuable. This factor drives costs (and construction profits) skyward as developers replace existing homes with pricier houses. With few demolition deterrents, Portland profits from hefty permit fees that builders pass along in new build sales.

RIP does not stop demolition or reduce housing costs, according to Barbara Strunk of United Neighborhoods for Reform. “The time to comment on the future of Portland’s single family neighborhoods is now,” she urges.

McCullough charges Portland with abandoning good planning. Zoning designed for sustainability and intended to

protect nature, neighborhoods and solar access has been discarded in what he calls a turn to the right that hoodwinked the left into backing densification.

Population projections should be challenged, he adds. “No one checks the forecasts. They are amazingly inaccurate. Why would people move here with the pollution, homeless camps and ugly buildings?” (He cites Burnside’s Darth Vader behemoth as embodying the “abandonment” of progressive, sustainable planning values.)

“The City once endorsed a City Beautiful concept. This was the heritage from the Olmsted family that designed Portland’s storied parks) which can be seen today in our boulevards and greenspaces.”

Citizens who have staked their lives and livelihoods in Portland feel their influence slipping.

“It’s a done deal,” according to Molinaro. “RIP is only for people who don’t live here yet.”

As the City shops the plan and advocates blanket the town with support, Molinaro charges that many RIP proponents come from non-governmental organizations (NGOs) drawing salaries for their testimony and time.

He says the impact cuts through if infill stops being about RIP and starts being about how people live.

“It’s simple. The message should be Save our Neighborhoods,” he concludes.

*Comments on the discussion draft phase of the Residential Infill Project are due November 20. For more information go to portlandoregon.gov/bps.*

*Residents can see how their own property is impacted at portlandoregon.gov/bps/infill/mapapp.*

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# Cities, Density and Design

from cover

per square foot of floor area than the newer, larger buildings and new buildings often add to the gentrification of these neighborhoods.

In recent years, developers in New York City are building residential skyscrapers for the well-to-do. One of these is 432 Park Avenue, between 55th and 56th streets, only slightly shorter than One World Trade Center, making it the second tallest building in the city. It cost \$1.25 billion and its 147 units will reap \$3 billion for the owners. The average two bedroom condominium goes for \$9.7 million,

and the studios will often be purchased for their maids at over \$1.5 million. A personal, climate controlled wine cellar is \$300,000.

Other owners and developer are following their lead. Three more of these 1,000 foot buildings will change the skyline of New York and more are likely to follow. It is expected that these buildings will only be one-fourth full for many years. This is what happened to the Empire State Building in the 1930s when it was nicknamed the “Empty State Building.”

This does nothing to help with the housing crisis in New York. In fact it generally will lead to rent increases and infla-

tion of the housing market for all. It reduces the incentives to build workforce housing and it will be increasingly difficult to find housing for workers and low income people.

It is difficult for one big project to replace what it removes from a community and is likely to take years to recover. Small projects driven by community interests work together more synergistically to create places where residents want to be.

By adaptive reuse of the older buildings in the community, the buildings themselves continue to provide services to residents of Portland by adding vitality at a human scale and affordable price.

## SE Updates

from cover

### 6025 SE Powell Blvd.

Some 20+ blocks away, a nursery that once sported flats of greenery will soon be flattened to make way for a 900 unit, 10,000 square foot storage facility; a use few residents support in an era of critical housing shortages.

Ironically, the arrival of new transplants moving into apartments too small for their belongings has resulted in rising demand for self-storage.

Residents who have worked diligently in recent years to reduce crime, maintain nearby school safety and make the area more livable have responded to a survey about the property that indicates concern about a windowless building that could hide nefarious activities in what they call a storage “dead zone.”

The survey is largely symbolic since the City is obliged to approve uses allowed within current codes. The property is in a General Commercial Zone that allows storage according to

Cassie Ballew of City Planning.

She added, however, that the code requires the facility to go through a Design Review which may provide opportunity for public input. She says the review will be at the staff level. If the project is appealed within 14 days of the decision mail date, an appeal hearing before the Design Commission will be held.

The survey posted by neighborhood activist Albert Kaufman can be found: [tinyurl.com/7DeesSurvey](http://tinyurl.com/7DeesSurvey). MP

### The Brooklyn train yard

Aaron Hunt, with Union Pacific, attended a recent HAND board meeting to talk about the railroad and answer questions concerning traffic tie-ups at SE Division and 11th/12th and 8th Avenues where they intersect with the tracks.

Brooklyn Yard, with its 20 tracks, affects the HAND neighborhood.

Hunt, the public affairs director in Oregon, briefly gave a history of the railroad and

described its national network and the company’s concerns and goals. He said UP suspects its the manual switching system that is causing the freight trains to stall at the intersections and is exploring the idea of switching to power.

They expect their analysis, which includes meetings with TriMet, will take six more months, and after that rollout could take a year. JR

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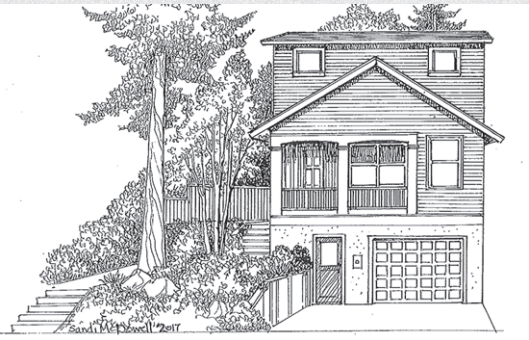
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Community Events Bulletin

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**November 17, 6:30pm – 10 pm**  
**Analog Café and Theatre**

Grab your dancing shoes and your favorite '70s concert tee and join us for a fun-filled evening of music in support of the Franklin community. Franklin student musicians will hit the stage at 6:45 and at 8:00 they'll turn it over to the 'Rents: a group of parents from the 'hood coming together to play your favorites. Tickets are just \$15 and 100% of sales benefit the Franklin High School PTSA.

**Winter Gear Swap**  
**November 10th, 11 and 12**  
**1606 NE 37th Ave. (Next to the Mountain Shop on Sandy)**

Join in the Winter Gear Swap supporting East PDX High Schools Ski Team! Drop off your used skis, boots, boards, helmets and apparel to sell on 11/10, 6:30 pm -9 pm and 11/11, 9 am to 12 pm. Shop new & used winter sports gear on 11/11, 11am to 4pm and 11/12, 10 am to 2 pm. Please call Caroline Easton for more information at 503-490-7636.

**Holiday Ale Festival**  
**November 29 – December 3**  
**Holidayale.com**

Held in the heart of downtown Portland, the Holiday Ale Festival keeps attendees warm and dry under a large clear top tent that covers Pioneer Courthouse Square while allowing for views of the city lights. More than 50 potent winter ales are featured at this year's event, all of which are created specifically to bring warmth and cheer to the holiday season.

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LEFT TO RIGHT: Chelsie Coon, Kevin Caplener, Caroline Easton, and Jan Caplener



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