



The SOUTHEAST EXAMINER

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Potential Seismic Shift Comes to SEUL with New Leadership

BY MIDGE PIERCE

Under new leadership, Portland's Office of Neighborhood Involvement (ONI) is steering its seven neighborhood coalitions that include SE Uplift (SEUL) to look beyond neighborhood self-interest toward support of citywide goals of equality and social justice.

During a presentation at SEUL (which has its own new director and expanded board), new ONI director Suk Rhee called on neighborhood associations (NAs) to ensure they are inclusive of marginalized communities such as the disabled, people of color, renters, the houseless and New Portlanders.

Calling for greater engagement and cooperation, Rhee suggested redefining what it means to be a Portlander by replacing the word resident with the more inclusive term citizen to help "lift up and prioritize" principals that "accelerate change".

She said that NAs need to bring democracy – "those good, loving standards" – to everyone by doing something region-wide that results in "desired change as it relates to relocation ordinances, divestment and environmental pieces. What do we collectively think?" she queried.

"Some neighborhoods are already leading the way," she told the SEUL board, while others may be slow to reform. She and Commissioner Chloe Eudaly's policy advisor Polly Anne Birge referenced the Overlook NA's reluctance to add houseless campers to its board. ONI posits that all neighbors, including those experiencing houselessness, should have a voice at the table.

Later, in an interview, Rhee said her goals are still non-specific broad strokes as she learns more about neighborhoods. As for SEUL, she praised it for the addition of some dozen members from at-large and

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Transportation Bill Partially Funds Congestion Relief

BY DON MACGILLIVRAY

Gov. Kate Brown's signed the new state \$5.3 billion road-and-bridge funding bill that will provide "congestion relief" at The Rose Quarter, where the state plans a \$450 million project adding lanes to I-5 to reconstruct the I-84 interchange, funded in part by new tolls authorized by the bill.

The project will conduct planning, engineering, and environmental studies for the improvements on the connection between I-84 and I-5, as well as the access to the Lloyd District.

It will be necessary to acquire addi-

tional right-of-ways to begin construction of the various safety and operational improvements at a cost of \$450 million.

The "No More Freeways" coalition made up of OPAL (Organizing People/Activating Leaders), Environmental Justice Oregon, the Community Cycling Center, Neighbors for Clean Air, the NAACP, and the Audubon Society believe this is the wrong project at the wrong time.

They believe that freeway expansions won't solve the congestion problems and will not significantly improve traffic safety. It would, however, provide excessively costly infrastructure that is both outdated and unnecessary. Even city staffers agree that the benefits will not be worth the cost.

These advocates believe this major project should not be initiated until "road pricing" is implemented and the results evaluated. Road pricing has the potential to solve many of Portland's transportation issues without costly road improvements.

Road pricing is another term for congestion pricing which is, in effect, a road toll. Conservatives have long been against this concept simply because it is a new tax, but there needs to be more funding for transportation.

Congestion pricing not only provides needed funding, but it encourages fewer cars to use the roads.

One of the big arguments against congestion pricing is that it is unfair to the poor and low income citizens. Of course this is true, but when you consider that the roads are free then one realizes that this encourages their excessive use.

It is the middle and upper income citizens that are most likely to take advantage of this free commodity. Those that need to

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Shopping at Kids at Heart with Mom

Kids At Heart Toys — Celebrating 30 Years on Hawthorne

BY JACK RUBINGER

Elizabeth Campbell from Kids at Heart Toys is celebrating her store's 30th year on Hawthorne Blvd.

"Thirty years on Hawthorne sure went fast," she said. "My son was three months old when we began and now he's 30."

Campbell now has customers that shopped at the store as children bringing their own kids to Kids at Heart and has hired former kid customers in the past and present.

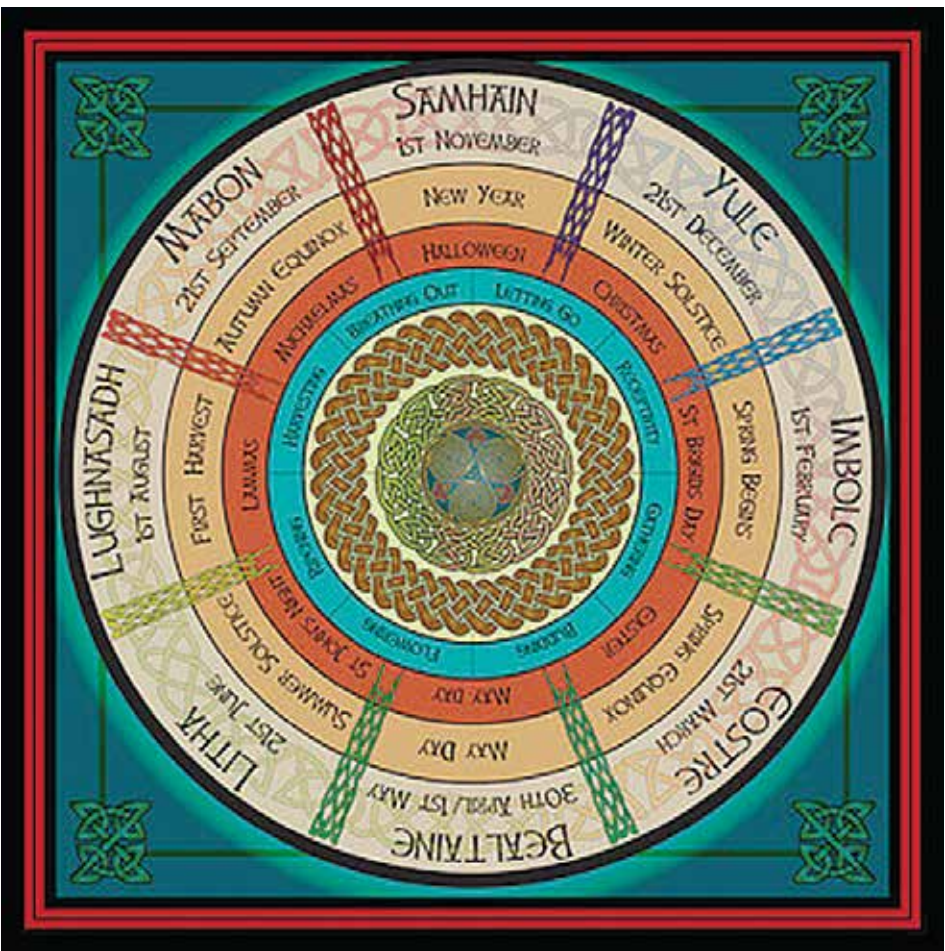
She has always given to her community through volunteering at schools, teaching English at SE Works and

through Kids at Heart Toys. The store is known as a happy, safe space where parents can come together to share experiences and learn from each other.

Campbell, like many Hawthorne Blvd. veterans, has seen stores come and go. She's witnessed the famed Hawthorne Renaissance which took place in the 70s and 80s and attributes tenacity and good budgeting to her longevity. She's evolved from selling used items and having more than one store.

While she believes kids haven't really changed over the years, she does see a downside to the amount of screen time kids and their families rely on more and

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Equinox Celebrations

BY RIGHT REV. ROLAND LAKEY

Most of us know that at some time in September, we have what is called an equinox. Many know that translates, from

the Latin, as "equal night" meaning equal day and night. Still, how many of us know the history and folklore behind what is really a pagan festival?

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The political machine triumphs because it is a united minority acting against a divided majority.
Will Durant

Sidestreet Gallery celebrates the end of an era

By MICHELLE FROST

Hiding in plain sight at the corner of SE 28th and Ash streets is Sidestreet Gallery. Part gallery, part eclectic gifts, the gallery was established 13 years ago by owner and artist Reta Larson.

By all outward appearances, this is a small corner shop tucked into the lower level of a vine-covered building with residential space above but the gallery fills 2,000 square feet on the main floor. A curious customer will find every corner turns into another room filled with small wonders, corners and hallways leading far into a back space expansive with displays that sparkle and charm, including original art, holiday decor, toys and dolls, jewelry, greeting cards and much more.

"I retired 13 years ago from Pratt & Larson, the tile company," explains Larson who co-owned Pratt & Larson with her husband Michael Pratt. "At that time I bought half of a container of blow molds with my friend Greg and I thought I might just sell them out of the garage here on weekends."



Reta Larson

Blow molds are semi-rigid plastics, such as holiday yard decor that plugs-in and lights up.

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LE Letters to the Editor

Dear Editor:

Like you, I've seen much lamenting of the "loss" of the Gorge and its beauty. I too mourn the landscape I've come to know. However, I've also been reminded that these places are special because of fire. Fire is a natural disruption here; such is the

nature of our amazing temperate rain forests. They are born in fire; they need fire for renewal.

The Gorge will be lush and beautiful for future generations to enjoy because of the fire. To help rebuild recreation access to this dynamic place, sign up to volunteer with Trail Keepers of Oregon or the Mazamas.

I'm grateful to Bark for educating me about fires. In recent days I've found an old film about the Biscuit fire, which was 10+ years ago in southern Oregon, interesting to look at. It warns of post-fire destruction by "salvage logging."

In the news this week, I heard several of Oregon's prominent decision makers calling to increase logging for "fuels reduction"—not heeding the science that shows that weather, not fuel, dictates fire behavior, and that logging releases more carbon than fires while also decreasing the forest's capacity to store carbon.

Don't let Oregon's leadership be science deniers! Take a moment to urge state

Senator Michael Dembrow and Governor Kate Brown to use science about fire, climate change, and logging to inform their policy decisions.

We need our leaders to work to build resilient communities, not advocating for false solutions that may sound good on paper, but have no basis in science and ecology.

Millions struggle daily against the global injustice that is climate change with less resources and greater impacts while bearing less responsibility for its origins than me.

In the coming years we'll have the privilege to watch the wondrous regenerative ecosystem that is a forest after fire. We'll also have the responsibility to help make sure that these natural processes are allowed to unfold without profit-driven disruptions and to be vigilant in urging our decision-makers to advocate for climate justice.

Sincerely,
David Osborn
Bark's Meeting Facilitator

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Solutions for Homeless Remain Elusive

By Don MacGillivray

For developers and landlords it is the best of times. For low income renters and the homeless it is the worst of times. In spite of 30 years of work, the problems of the homeless are as prevalent as ever, even with more resources and many positive improvements. There are just too many issues that don't have answers.

The homeless problems in Laurelhurst have gotten increasingly worse in the past few years. Neighbors are upset and the neighborhood association is calling for action. Urination, defecation, needles, sleeping on the sidewalks, garbage and bad behavior has made neighbors afraid for their children and concerned about everyone's safety.

This summer has also been difficult for the Hawthorne District. Businesses and neighbors have seen an increase in crime, trash, bad behavior, and vagrancy due to an increase in the homeless population.

Mayor Wheeler's response has been much like Mayor Hale's – we will work with you. The city has committed additional resources to the issue, but the problems are never solved, they just move elsewhere.

Montavilla has had its trials and tribulations with the homeless population too. The neighborhood association asked the city to stop the sweeps of the homeless people there, but there are loud and frequent objections from many of the residents of Montavilla.

The mayor's office appreciated the neighborhood support, but the city needs to respond appropriately at locations where there are a large number of complaints from businesses and residents.

The neighborhood association considers the homeless living there neighbors and they believe that the cities money for sweeping the homeless would be better spent on long term solutions to homelessness.

Old Town is fighting a proposed 200 bed shelter in this central city location. It will not be open for

months, but the neighborhood does not want another shelter. They are claiming that a 30 year old agreement about the distribution of homeless facilities in the central city will be violated.

Portland's "housing crisis" trumps this agreement, except that a similar concept is in the draft 2035 Central City Plan. For practical reasons, this is a good location for a new homeless shelter because it is needed. The area will grow greatly over the next 20 years and the real estate cliché "highest and best use" will make all poverty-related land uses disappear.

Portland tourists and shoppers already complain about the dangers and unsightliness of the homeless in their midst.

The homeless count taken last February found that there has been a drop of 12 percent in people living on the street. The bad news is that there are at least 4,177 people without permanent shelter in Multnomah County which is a 10 percent increase over the 2015 count.

For the last year, the City and County have been adding shelter space for the homeless but even as the number of shelter beds has doubled, it is still not enough. Some don't like shelters and would prefer to live outside. However, with winter just around the corner getting people off the streets and into shelters is critical.

Homeless camps are another double-edged sword. They seem to be popping up in residential areas in spite of neighborhood objections. While they are a good solution in many respects, there are too few places where they are welcomed.

With these enclosed places to sleep and additional services and supervision, they can work without serious problems even if it does unsettle the neighbors.

Dignity Village and Right Two Dream 2 are good examples and more tiny houses are being build for the homeless population without places to put them.

Good work is being done by

caring, competent staff although too many chronic homeless do not want to leave their problematic life styles and become citizens. The issues need more resources.

Every city suffers from homelessness. It is expensive and many would be helped if the homeless were able to be rehabilitated and become contributing citizens again. Even so, homelessness will grow because of the constantly changing economy and the impact of 10,000 people that move to the City of Portland each year.

The current federal administration is very likely to cut the funding and programs that are so necessary to ameliorate homeless situations around the country, including Portland.

There is a national shortage of 7.4 million homes for low income people including the 25,000 needed in Portland. Many only have the options to pay excessive rents, to double up with relatives or friends, or to go to the street. The backlog would require \$40 billion and this figure grows by \$4.3 billion each year.

It seems ironic that the federal government is likely to provide over \$100 billion for hurricane relief in Texas and Florida while continuing to underfund the ongoing national crisis of chronic homelessness.

Today one in four low-income people need financial assistance if they are to have a minimally adequate lifestyle.

Middle class homeowners benefit from four significant tax incentives that reduce the federal budget by \$136 billion annually. These include the mortgage interest deduction; itemized state and local property tax deductions; and the exclusion of capital gains on the sale of a principal residence. Three quarters of these deductions go to taxpayers earning over \$100 thousand a year.

If \$20 billion were diverted from the mortgage interest deduction toward ending homelessness each year, the homeless problem might be solved within a few years.



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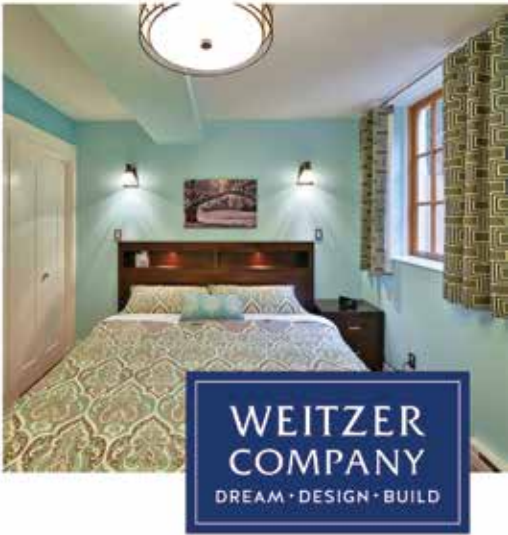
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Mt. Tabor Long Block Gets Makeover

BY MIDGE PIERCE

The results of a 10 year process to improve sub-standard building and working conditions at the Mt. Tabor Central Maintenance Yard will be available for public review and comment at Warner Pacific College on October 24.

Project components include transition of Mt. Tabor Park's so-called Long Block back to its designated horticulture use and construction of a long-sought southerly park entrance.

Just west of Mt. Tabor's community garden, a storage area for potted plants displaced by the new Maintenance Yard building will be installed. This area of the Park north of 60th between Harrison and Lincoln – formerly home to the Parks Bureau tree nursery – was designated horticulture space when the Mt. Tabor Park Master plan was updated in 2008.

The project and new construction are funded by a Parks bond passed by Portlanders in 2014. The Parks Department has promised to add formal park signage at Lincoln and 60th, originally intended as the grand entrance when Mt. Tabor Park was designed a century ago.

The proposed south-facing entry to the park and a pathway along SE 64th from Division St. will provide direct access for bikes and pedestrians entering from neighborhoods to the South. This part of the project, funded separately by System Development Charges, will include public art.

Citizen committee member John Laursen says that extensive neighborhood input has gone into making sure that plant storage will be an aesthetically pleasing asset, with appropriate fencing and screening, and with no glaring lights or idling vehicles.

He says the citizen group is continuing its work with the intention of incorporating edible landscaping and perhaps more community garden space.

He is relieved the Long Block will now be visibly designated as part of Mt. Tabor Park, allaying the longstanding apprehension of the community that Parks might declare the property surplus and sell it for development.

Community open house: Tuesday, October 24, at Warner Pacific College, in Egtvedt Hall room 203. The open house will run from 6 to 8 pm. A presentation will start at 6:30.



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Neighborhood Notes

North Tabor

By Cathy Riddell

Providence Portland Medical Center’s annual meeting with neighbors in North Tabor and Laurelhurst is scheduled for Wednesday, October 11, 7 pm at the Providence Cancer Center Amphitheater, 4805 NE Glisan St. Put on by the Providence-Laurelhurst-North Tabor Good Neighbor Agreement committee, the GNA committee works on joint issues of the hospital and surrounding neighborhoods.

Topics to be covered this year include an update on Transportation Demand Management, information from the City on the residential parking permit program, the hospital’s emergency and winter preparedness plans and Q&A .

North Tabor Neighborhood Association’s annual meeting is scheduled for Tuesday, October 17 at 4837 NE Couch St. Highlighting the meeting will be a visit from Mayor Ted Wheeler and North Tabor board elections. The regular NTNA business meeting will be at 6:30. Mayor Wheeler will speak at 7.

Following a break, board elections will be held at 8 pm. Board positions are for one year and all positions are up for election. As outlined in the bylaws, election to the board requires membership in the neighborhood association, attending monthly neighborhood meetings, and ongoing participation and oversight of neighborhood association business including special and emergency meetings, as well as work on areas of individual interest including communications, land use, emergency preparedness, Neighborhood Watch and planning activities such as recycling events and Neighborhood Night Out.

North Tabor will be partnering with Mt. Tabor Neighborhood Association to co-sponsor a neighborhood recycling event Saturday, April 28 at Mt. Tabor Middle School, 5800 SE Ash. Volunteers will be needed the day of the event onsite and to help with transporting items. More information to follow.

NTNA meets the third Tuesday of the month, 6:30 pm, at 4837 NE Couch, Community of Christ Church. The website is northtabor.org and its Facebook page is @NorthTaborNews. The board can be reached at board@north-tabor.org or c/o SE Uplift, 3534 SE Main St., Portland, OR 97214. Phone messages may be left at 503.928.4655.

Montavilla

By Robyn Head

Neighbors are encouraged to attend the Montavilla Neighborhood Association board election meeting in October. All eleven positions on the Board of Directors are up for election, including 1 and 2 year terms. Membership includes anyone living within (and/or owning a business within) the Montavilla Neighborhood boundaries, who has attended and signed in at any MTNA meeting during the previous 3 years.

MTNA holds a General Membership Meeting from 6:30-7 pm, prior to the election for neighbors who are uncertain of their membership status or would like to affirm membership prior to the Election Meeting at 7 pm.

Members can nominate a member, or self-nominate for a board position prior to the election and on election night. Each person running for a board position will have two minutes to speak about themselves, and address why they are interested in running for a MTNA board position. With all positions open, there is a need for neighbors to get involved and contribute their skills.

The Elections Committee is working with the board, SEUL and ONI to ensure a fair and inclusive election night. Volunteers are needed. MTNA election night is Monday, October 9, from 7-8 pm at Montavilla United Methodist Church, 232 SE 80th Ave.

Visit montavillapdx.org to learn more about the board, neighborhood boundaries, and other information on membership eligibility. For more information email hello@montavillapdx.org.

South Tabor

By Ute Munger

The recent 8th annual Harvest Fest was another success with various vendors representing other neighborhoods and diverse handcrafted wares as well as opportunities for small businesses having their information ready to distribute.

A big ‘thank you’ to Trinity Fellowship for again offering their green space, parking and open house; also to all contributors of gifts for the raffle, the fabulous musicians and last but not least the incredible volunteers, who had been amply fed with sweet rolls, freshly pressed cider and pizza. It may sound schmaltzy, but it is true that it couldn’t happen if it wasn’t for the goodwill of all to come together.

As in past years, the Jade International Night Market took place on two consecutive Saturdays in September at the SE PCC campus. It too has become increasingly popular and more vendors and outstanding entertainment, as well as an enormous variety of food vendors and a beergarden kept visitors busy and elated.

South Tabor (STNA) and Foster Powell (Fo/PoNA) Neighborhood Associations staffed a booth to inform visitors and neighbors of the functions and importance of their Neighborhood Association and suggested how to become involved for the purpose of getting to know their neighbors better for a closer and eventually safer place of living.

Most neighborhoods usually receive a visit from their district police officer at their monthly meetings to get a current report on changes, crimes and a brief Q&A session. Sadly, with sparse staffing and cutbacks of officers, STNA has not had any recent visits, though crimes of stolen, broken into, or damaged vehicles and properties seem to be on the rise. Remember, to report non-emergency problems call 503.823.3333.

The Tabor Yard committee will meet again October 24 from 6 – 8 pm on the Warner Pacific campus off of SE Division and 67th Ave. at Egtvedt Hall #203. Current topic, among others, is the planned development of the Long Block off of SE 60th, between Harrison and Lincoln, which currently holds a thriving community garden. Neighbors and interested parties are welcome to attend.

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Community News

Oregon's Biggest Used Book Sale

Friends of the Multnomah County Library's
Fall Used Book Sale
Friday - Monday, October 6 - 9
Lloyd Center DoubleTree Hotel Exhibit Hall
1000 NE Multnomah St.

Join the Friends of the Multnomah County Library at the annual Fall Used Book Sale, Oregon's biggest used book sale. Proceeds from the sale benefit the Multnomah County Library.

- Friday, October 6, 6 pm - 9 pm, Members Only Pre-sale + Collector's Corner
- Saturday, October 7, 9 am - 9 pm, Literary Trivia Contest 6 - 9 pm (with no host bar) + Collector's Corner
- Sunday, October 8, 11 am - 5 pm - Educators get 50% off with school ID
- Monday, October 9, 9 am - 3 pm - 50% off EVERYTHING

This sale features over 30,000 items at great prices. Hardcover and quality trade paperbacks start at \$2, mass market paperbacks and children's books at 50 cents and \$1, CDs at \$1, and DVDs at \$2.

Plus comic books, audio books, LPs, video games, pamphlets, sheet music, and maps - all sorted and in excellent condition.

Library member, visit friends-library.org or call 503.224.9176.

Changes to Depot Recycling

By BONITA DAVIS, MASTER
RECYCLER AND SUNNYSIDE RESIDENT

For all in Sunnyside who have enjoyed being able to recycle "beyond the curb" at our nearby FarWest Recycling at 4930 SE 26th Ave., big changes have occurred.

The following is a notice outlining changes from the City of Portland, Bureau of Planning and Sustainability.

Changes became effective September 12, 2017.

- Plastics accepted in Depots: #1 plastic bottles, #2 plastic bottles (Please separate)

Items removed from the yes list today:

- Commingled plastics with a number; Bulky plastic; Plastic film/bags

Other options?

- Decide to store materials that were removed to see if they get added back in.

- Visit oregonmetro.gov/findarecycler to identify an alternative company that may take some of these materials.

- Throw materials that were removed in the garbage.

- Grocery stores all still take plastic bags. There is a good viable market for this material.

Why are these changes happening?

The market has changed. China is increasing restrictions of materials that they allow for import for recycling.

RIP Is Back

By MIDGE PIERCE

The City projects that some 123,000 new dwellings are needed in coming decades. Anticipating that most new households will be without children, planners believe smaller, less expensive, denser dwellings are the preferred norm.

To address these projected demographic changes, the City's Bureau of Planning and Sustainability has been revising plans for the Residential Infill Project (RIP) that proposes adding multi-housing units in what are currently single family neighborhoods.

Amendments to the project, conceptually greenlit by Council last year, will be released at a public meeting on Tuesday October 10. Housing scale, types, and the treatment of narrow lots are key topics.

If the plan proceeds as expected, SE Portland will absorb the bulk of residential Infill.

BPS says that RIP is a response to Portlanders concerns about the size and cost of new houses. Critics, including some members of RIP's citizen advisory group, say the plan was largely driven by greedy developers who misguided housing activists into supporting the proposal.

Controversial aspects of Infill include the rapidity of densification, the demolition of existing neighborhoods, infrastructure stresses, loss of liveability and social engineering that steers (rather than responds) to demographic changes.

For instance, if you don't build for families with children, they will not come. Families, critics believe, are bedrock for a sustainable society.

Density, affordability and preservation are also topics this month of a seminar by nationally recognized authority on smart growth, Ed McMahon. He will discuss how best to balance affordable housing with other considerations such as design and neighborhood cohesion.

October 3: McMahon talk, sponsored by the University of Oregon Historic Preservation Program, 70 NW Couch St. (in the White Stag Building).

RIP Kick-off Meeting - Tuesday, Oct 10 at the Portland Building Auditorium, 1120 SW 5th.

Staff will be available to answer questions and distribute reports at 5 pm. Presentation on the proposals is at 6:30 pm.

Put your extra used goods to work

By BONITA DAVIS, MASTER
RECYCLER AND SUNNYSIDE RESIDENT

Recently, we have become increasingly aware of what happens when people lose their homes and have to start over. Hurricanes Harvey and Irma and the fires in the Columbia Gorge are reminders of how suddenly this can happen and how difficult recovery can be.

That also applies to life changing events such as divorce, illness, job loss, or discharge from a treatment program. Finding shelter is one thing, creating a home with a place to sit, sleep, cook, and feel comfortable is another.

In Portland, we are fortunate to have The Community Warehouse, located at 3969 NE Martin Luther King Jr. Blvd, is a furniture bank that connects donated furnishings to neighbors in need. Generous donors put their "used goods to good use" and make having a home possible for someone else in the community supply the program.

Thinking of decluttering, downsizing and letting go of household items you've held onto? This is a place where your donations can make a huge difference.

Volunteers and staff at the Community Warehouse believe "there are enough beds, blankets, pots and pans and other home furnishings for everyone."

Last year, some 3269 mattresses, 5904 sets of dishes, and 997 dining tables were distributed to people in need turning a space into a home. These items are made available to people who are referred through partner programs you might recognize, such as The Red Cross, Self Enhancement, Inc., The Salvation Army, 211info, Human Solutions, Central City Concern, and over 200 more.

A great way to start donating to this program is through their current drive to collect over 1000 pillows before the end of October.

"Every person in our community should have a place to rest their head at night. Go to communitywarehouse.org/homemaker-pillow-drive to learn how you can help them meet their goal of 1000 pillows before the end of October.

To find out what type of household goods they can use, read success stories, volunteer, or access services, go to communitywarehouse.org or call 503.235.8786.

Bb

BUSINESS BEAT

CALLIGRAPHY WORKSHOP presented by Artist & Craftsman Supply, 3393 SE 21st Ave., takes place Saturday October 21 from 9:30 to 12:30 pm. It's a hands-on introduction to the calligraphic arts. Bonnie Ward Strauss of Rock Paper Calligraphy will introduce you to the basic techniques of Italic lettering and guide you through exercises to enhance your skills. Pre-paid \$80 registration is required. All materials are available for purchase for \$20. Call Bonnie at 503.432.1021 for more information and to register.

TALARICO'S PRODUCE is a new, family-operated outdoor produce market supplying the community with fresh fruits and vegetables, sourced locally from farms throughout the Northwest, in addition to working with wholesale companies to supply specialty items. They fill bulk orders for canning, pickling, and business needs and are open year-round, 7 days per week. In the parking lot of Grand Central Bakery, at the intersection of SE 22nd Ave. and Hawthorne Blvd. 503.504.6837

BIRDS & BEES NURSERY, formerly located on SE Gladstone St. has moved to 3327 SE 50th Ave. and carry a wide variety of native and climate hardy plants, gardening supplies, fruit and vegetables, houseplants and terrariums, decorative pottery, cards and gifts, soils and amendments, wild bird seed and supplies. Open Mon-Sat 10 am - 6 pm and Sundays 11 am - 6 pm. 503.788.6088, birdsandbeesnursery@live.com, birdsandbeespdx.com, Facebook.com/NW.Natives

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Equinox observation

from cover

Our ancestors were old hands at following the movements of celestial bodies, most obviously the Sun. Why? Because their very livelihoods depended on that knowledge.

The vast majority of the world’s populations were agrarian. They lived off the land; eating and trading what they could grow and hunt. Without the local weather forecaster on “News at 6”, they had to keep careful track of the weather and seasons themselves.

They lived by what today is referred to as “the Wheel of the Year”. This is still used by many Western Tradition pagans, such as Wiccans, Druids, and Asatru, to mark festivals and holidays.

Picture, if you will, a large circle inscribed on a wall. At the top, 12 o’clock, is the winter solstice, Yule, the shortest day of the year. Opposite, at 6 o’clock is the summer solstice, the longest day of the year.

Now these, of course, are in the northern hemisphere. They are opposite below the equator, which explains a great deal about Aussies!

Back to our wheel or ‘clock’ – on either side are the two equinox, the vernal or spring equinox at 3 o’clock and the fall or autumnal at 9. That is where we are now. These four high holidays are collectively known as the “Quarter Festivals” and vary according to when the Sun crosses the “celestial equator.”

This celestial equator is an imaginary line around Earth above the equator. Due to differences between the Gregorian calendar year and the tropical year, the September equinox can occur at any time between September 21 and 24. This year it was at 1:01 pm on September 22 here in Portland. The Sun is literally heading south for the winter.

One quick note on the Wheel of the Year, there are four other high holidays on it called the “Cross Quarters” or “Fire Quarters” because they are usually celebrated with bonfires.

These are fixed dates again based on important times in the agricultural year. The one we know best is Samhain, or Halloween to the uninitiated.

Autumn Equinox is when we pass from the ‘light’ half of the year, (more daylight than dark), to the ‘dark’ half, the opposite. The darkness gets longer every night until Yule.



The ancients had three harvest festivals, beginning with the 1st of August, equinox the middle and Samhain the last. Equinox meant that it was time to get serious about bringing in all the crops. Remember, agrarians lived off the land. Winters could be long, cold and hungry. No Costco or Visa cards back then.

Interestingly, in many Christian churches, this is the time of Harvest Sunday, the Cornucopia of Plenty. They may be more ‘pagan’ than you think. On the Western Tradition Tree Calendar, September is called the Apple or Vine month – cider or wine anyone?

Both equinoxes are claimed to be times of balance, since darkness and light are balanced. Hence the idea that it is easier to balance an egg on its end. Some say it can only be done if you are at the equator.

Not to burst anyone’s bubble, but it can be just as easily (or not) done any day, especially if you spill a little salt on the table.

It is also supposed to be a time of change – jobs, partners, apartments or whatever you want to change. Now this appears, in this old druid’s observation, closer to the truth. Perhaps we can see the approaching winter and want to make it easier than the last. Certainly we will be changing our clothes, and what better excuse for buying a new wardrobe?

One last thing: remember that this is the Wheel of the Year. It never stops turning and soon the light will start growing again. The ‘dark’ half of the year has lots of great and fun things to enjoy.

Catch up on those household chores in the “honey do” jar, curl up with a loved one or a good book. Sit and watch the snowflakes silently fall or when invited to a seasonal party, go!

May your gods go with you!

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 that perfect gift for the holidays. 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 to win many prizes. Contact the parish office for information and raffle tickets. For information: 503.232.4305 allsaintsportland.org

WE ARE ALL CONNECTED: FAMILIES, FORESTS, RESOURCES – Investments for Developing Communities in conjunction with Population Connection, The Center for Biological Diversity and Health in Harmony hosts a film screening and discussion on Friday, October 13 from 6 - 8 pm. Two short films will be shown which speak to the connections between population growth, health, and the environment. Both films were produced by the Wilson Center and highlight community-led development efforts in Tanzania and Nepal. Attendees will themselves grapple with what it means to live in an increasingly interconnected world while discussing the importance of family planning in protecting biodiversity and conserving resources for generations to come. Admission is free; RSVP lisa@idcempowers.org or by phone/text 971.400.2181.

SMART GROWTH PRESENTATION – Portland struggles to balance the need for more affordable housing with the desire of city residents for better-designed new development that people will want to preserve decades hence. While some see affordability, good design, and historic preservation as being in conflict, others believe that advocates for these goals can and should work together. Ed McMahon, the Urban Land Institute’s Senior Resident Fellow for Sustainable Development and a nationally renowned authority on sustainability, urban design, and historic preservation, will discuss density and affordability in “hot market” cities like Portland. The talk will be Tuesday October 3, 6 - 8 pm, 70 NW Couch Street, (UO-Portland, White Stag Block) Free admission, but pre-registration is recommended. To register online: go to tinyurl.com/yca65rwj. This talk is sponsored by the University of Oregon Historic Preservation Program, with co-sponsorship from the Architectural Heritage Center, Restore Oregon, and *The NW Examiner*.

THE HONEY HARVESTS –The stickiest time of year! Honeybees have toiled tirelessly all spring and summer, and their hard work has paid off in the form of beautiful combs full of honey. After determining how much bees need to comfortably survive the winter, the excess honey. is removed.. and then what? In this workshop from Bee and Bloom, you will find favorite ways to turn that honeycomb into people-friendly products: cut comb honey, jarred honey and clean beeswax than can be used in candles, body products and more. They will explore honeybee biology and discuss how honey and beeswax are made, and what roles they play in the honeybee lifecycle. Each attendee will leave with a 2 oz jar of honey from the B&B apiary!. Note: As foundationless beekeepers, they do subscribe to the “crush & strain” method of honey harvesting, and will be demonstrating that method in this workshop. October 11, 6 to 8 pm, Global Homestead Garage, 416 SE Oak St., emma@beeandbloom.com. Cost is \$40. For more information see beeandbloom.com/bee-keeping-101.

IMPERFECT PRODUCE PRESENTS JUST EAT IT – Tuesday, Oct 3, 7 pm, Clinton Street Theater, 2522 SE Clinton St. Panel discussion post-screening and an opportunity for you to become of part of the No-waste Revolution. As a society, we devour countless cooking shows, culinary magazines and foodie blogs. So how could we possibly be throwing nearly 50% of it in the trash? Filmmakers and food lovers Jen and Grant dive into the issue of waste from farm, through retail, all the way to the back of their own fridge. After catching a glimpse of the billions of dollars of good food tossed each year in North America, they pledge to quit grocery shopping and survive only on discarded food. What they find is truly shocking. \$7-10 sliding scale. cstpdx.org

TRUE NATURE CLASSES IN MT. TABOR PARK BEGIN OCT. 3. Registration is now open for Portland Parks & Recreation’s True Nature, a program that promotes deep nature connection as a means of self-development for mentors and children while building healthy, resilient community connections for all. Children ages 3-12 commit to attending weekly classes for 7-8 weeks. True Nature is intergenerational, requiring an adult close to the child (parent/relative/nanny/friend) to be involved. See portlandoregon.gov/parks/ee for the details.

VIKING PANCAKE BREAKFAST OCTOBER 8 – Bring the family to this Pancake Breakfast and start your day with delicious all-you-can-eat Viking pancakes, scrambled eggs, sausage, fresh fruit, strawberry compote, lingonberries, orange juice and coffee or tea served in our charming Bergen Dining Room at Norse Hall. 8:30 am to 12:30 pm. Adults \$8, Children ages 5-12 \$4, Children under age 5 are free. 111 NE 11th Ave. Parking is free.

RESIDENTIAL INFILL PROJECT preliminary code and map amendments to begin in October. Since City Council’s adoption of the Concept Report in December 2016, project staff have been developing code and map changes to implement the adopted concepts for the project’s three topic areas: scale of houses, housing opportunity and narrow lots. The Discussion Draft Report and accompanying Map App – an interactive online map that shows how the proposals will affect each specific property – will be available the first week in October. The Project Kick-off Meeting will be Tuesday, Oct 10 at the Portland Building Auditorium, 1120 SW 5th Ave. Staff will be available to answer questions and distribute reports starting at 5 pm; presentation on the proposals at 6:30 pm. For more information contact Morgan Tracy, Project Manager, morgan.tracy@portlandoregon.gov, 503.823.6879 or Julia Gisler, Public Involvement, julia.gisler@portlandoregon.gov, 503.823.7624. For general information about the project, visit the website at portlandoregon.gov/bps/infill.

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Sidestreet transforming

from page 2

Another passion as a collage artist, she began collecting unique items from estate sales and bringing crafts back from Mexico, where Pratt and Larson reside a few months of the year.

"I had all of this stuff and then the shop space became available and Sidestreet Gallery just sort of happened." The team of artists running the gallery consists of Reta Larson, Michael Pratt, Lisa Leverton, and Andrew Constantine.

Lisa Leverton, Reta's friend, colleague, and fellow artist, has been with Sidestreet for 11 years and is integral to its operation. "I met Reta in the neighborhood, coming into the shop and we became friends. I had all of these things going on, with the Laurelhurst Art Walk, and my own art, et cetera, but she asked if I wanted to help at the gallery and I just never left," Leverton says with a smile.

Michael Pratt is a painter, assists with operations, and hangs all of the art. Andrew Constantine, sculptor, painter and mixed media artist, manages social media for the gallery and coordinates with resident artists.

"About 5 years in, we added art shows," Larson explains, "open invitational shows, 2 to 3 artists at a time, collecting a group of artists. We then invited 9 resident artists to join us."

The neighborhood makes themselves at home in the shop and customers request specific items for purchase. "School kids come in (we have a candy jar) and we give out dog treats," Leverton smiles. "They eat, drink, and use the bathroom. We give lots of 'mom' advice," Larson and Leverton laugh in agreement.

They enjoy their regular customers and so it is with heavy hearts they announce the upcoming changes: Larson has decided it's time to retire, again. Sidestreet Gallery, as it exists today, will close on November 30. The gift shop will be transformed into art space, and a new collective of 12 resident artists will become Sidestreet Arts, with a remodel in January and re-opening to the public in February or March.

"We are shooting for a Valentine's Day opening," says Constantine, who will be managing the new artist collective – same location, slightly different name.



Sidestreet Gallery - 140 SE 28th



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Climate Change, Gorge Fires and Volunteer Actions

By MIDGE PIERCE

Climatologists, foresters and other experts – one of whom calls the recent Gorge conflagration “a postcard from the future” – have advice for Portlanders anxious to help restore fire-ravaged forests:

Be pro-active in your own neighborhoods to save local yard and street trees, mitigate fossil fuel use and lobby for better air quality.

As ash, smoke and despair fell on Portland, Gorge National Scenic Area spokesperson Rachel Pawlitz urged patience until the area is deemed safe to enter. The human-caused fires compounded by weather patterns that broke records have resulted in unstable soils, falling debris and loss of the massive walls of moss that held rocks together.

“Understand that it will be quite a while before even trained volunteers can dive in,” she said. “Potential landslides make this a dangerous situation, still.”

In the interim, City Forester Jenn Cairo urged Portlanders to appreciate and care for the large trees in their own neighborhoods that provide a cooling canopy, clean pollutants from the air we breathe and protect against damaging heat islands.

“If the fires have pulled at your heartstrings,” she urged, “act on what you can by preventing the removal of healthy trees in neighborhoods.”

She called for pro-active maintenance, assessment and pruning of existing trees. “Keep what you have healthy. We are fortunate to have big trees that give back big services.”

Trees are a first defense against global warming. They mitigate summer heat islands by 2 to 4 degrees, reduce the need for AC in summer and buffet temperature spikes caused by winter winds, according to Cairo.

They also offer flood control, provide wildlife habitat, link communities, and help the healing process of those who are ill. For property owners, trees can increase home and land values by as much as 10 percent.

Those who don’t have trees are urged “to plant the right tree in the right place”. Even developers can redesign a building or road to avoid tree removal, Cairo explained. If a tree is targeted to be felled in your neighborhood, make sure permits have been pulled.

The fallout from 2017 is a grim reminder of the physical and psychological toll of tree loss. Tim Lynch of the city-county Climate Action Plan fears 2017 may only be the beginning of future infernos.

He told the Richmond Neighborhood Association: “Impacts we thought we’d see in 20 years, we’re seeing now.” He indicated that hotter, dryer summers will be followed by more intense weather patterns that bring the same amount of rain in shorter downpours.

The urban/forest wildfire interface is one of many challenges being addressed in the climate plan that includes 171 action items such as reducing reliance on coal, cars and high traffic corridors.

Lynch cited diesel particulate from unregulated, older trucks and equipment as a key contributor to poor air quality.

Richmond residents upset by the newly approved state Transportation Plan to widen I-5 through the Rose Corridor were encouraged to lobby Salem with their concerns.

Lynch called road widening “induced demand” that does nothing to deter traffic or reduce traffic jams. “Build it and they will come,” he lamented, expressing particular dismay over efforts by a Washington state lawmaker to block tolls on roads they utilize.

He called on residents to look at the problem through a justice and equity lens. Those with the lowest incomes who drive the least may be impacted the most by treeless, high transit heat islands, he explained.

On the positive side of the climate equation, Lynch expressed optimism that the City would meet its commitment for electricity to come from 100% renewables by 2050.

“The good news is that we’re on a great trajectory.” Electricity use per person is 21% below 1990 levels. With the population influx, however, overall usage is likely to mount.

As the discussion went in myriad directions from the value of preserving the energy embedded in existing buildings to the location of new construction, the Richmond NA indicated it would request additional presentations on specific aspects of climate change.

For Gorge Volunteer Restoration information, go to bit.ly/2xts4Ct.

Sidestreet Gallery

140 SE 28th Portland
503 233 1204 www.sidestreetgalleryportland.com



Sidestreet Gallery is having a giant

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Sidestreet Gallery’s September and October art show is **Monster Mash!** a group show of Portland artists



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In order for a new idea to become a good idea it’s often a matter of timing. That’s what partners Jim Vesal and Lia Loukas had going for them when they opened their first plant-based pizza and ice cream restaurant, Virtuous Pie in Vancouver B.C. in 2016 (and recently opened here in Portland). Their vision to serve favorite foods in a way that is good for you while supporting a healthy planet is proving to be just what people want and are ready for.

With the abundance of information about good farming practices and sustainability, progressive people are beginning to take responsibility for ways to help preserve our sweet old planet. One of the ways is to be aware of our eating habits and how our choices affect the environment.

Jim Vesal is the chef and he found that there weren’t many places in Vancouver that catered to people on a completely plant-based diet. That’s when he and Lia decided to open a restaurant. After experimenting for months in his apartment, he created pizzas, cheeses, sauces and ice creams that are available in their restaurants today. The challenge was to make plant-based substitutions as delicious as what people expect when eating pizza or ice cream.

The manager of Virtuous Pie, Chelsea Boyer, said if people started to eat even one or two meals a week that were plant-based, it will make a difference.

The Southeast Examiner got to taste Chelsea’s favorite, the Ultra Violet-walnut pesto, cashew mozzarella, oven-dried tomatoes, purple kale, caramelized onion and pine nuts. In a few words, it was delicious, satisfying and filling and we didn’t miss the dairy at all.

Along with the assortment of housemade pizzas to choose from you can build your own from a variety wit different bases, faux meatballs, vegetables and nut cheeses that include: tofu feta, cashew mozzarella, almond ricotta, lemon chevre and blue cheese



tahini. The crust is gluten free and there is a selection of dipping sauces that keeps everything tasty down to the last bite.

Virtuous Pie has an espresso bar that opens at 8 am serving local Heart Roasters’ coffee and pastries from Shoofly Bakery. Saturday and Sunday brunch serves breakfast pizza, tater tots, tofu scramble, maple breakfast sausage, breakfast bowl, and a breakfast sandwich with chorizo patty, scrambled tofu, jack cheese, cashew hollandaise, chipotle aioli, and oven dried tomatoes on a house-made brioche bun, served with a side of cajun tater tots.

The small batch ice cream is 100 percent plant-based using

ations in designing the interior of the Virtuous Pie was to create a welcoming community space. “We want people to feel like they can linger or gather with family, friends or even meet new people,” said Chelsea.

There’s an upstairs lounge area and counter and table seating downstairs overlooking the sparkly kitchen and warm oven. The ambiance complements Portland’s love of the great outdoors. The floors and wallpaper replicates checkered picnic tablecloths, and the repurposed wood, lots of plants and great daylight brings the outside in.

Virtuous Pie supports thirty + employees here in Portland who arrive early each day where they



Lia Loukas and Jim Vesal

seasonal ingredients. It’s served in a housemade waffle cone, scoop, affogato, icecream sandwich, and is available in floats and by the pint to take home. Check the website for the flavor of the day.

One of the main consider-

begin making all the food from scratch. They choose local wineries and breweries for the alcohol they serve as well as many of the non-alcoholic beverages.

Their commitment is to be a part of the movement towards more mindful eating one slice at a time.

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Angeline Perla and Adam Warren

For the less traveled among us, it's easy to assume all South American food is the same. After sampling the food at La Leña, I learned that nothing could be farther from the truth. Angeline Perla and her husband Adam Warren recently opened their Peruvian restaurant on Hawthorne Blvd. sharing their family recipes with local diners.

Adam says the food is more a representation of the food of Lima, Peru. "We serve a lot of traditional dishes but these traditions can vary depending upon what part of the country you are from."

There are several different ethnicities that have influenced the cuisine of Lima. The indigenous people, Spanish, Italian, Japanese and Chinese have added to this culinary repertoire and subtleties of flavor and textures are a refreshing experience for newcomers to the cuisine.

Angeline was born in Lima but came to New Jersey when she was very young. There is a very vital Latin community there so her family was never without the ingredients to make their favorite Peruvian foods. Even now some of the more exotic ingredients they use in their menus come from Peru through New Jersey.

She met Adam here in Portland while working in a restaurant and attending nursing school. Adam has been a chef in Portland for a long time. Before they opened La Leña, he worked for seven years at Navarre on 28th. The idea of opening a restaurant had been percolating in his mind for some time, but just what type of restaurant it would be was the question.

In the food industry these days, there is the question of cultural appropriation, how does a white guy cook authentic Peruvian food? For Adam, the ability to learn to make the food of Lima was spurred along by his father-in-law's recipes and their numerous trips to the city of Lima sampling different prepared dishes. It is Adam's opinion that the textures and flavors of Peru

rival any cuisine in the world.

In menu planning, they decided the most approachable way to introduce Americans to Peruvian food was to use traditional family favorites. "We chose what we thought were the very best dishes of the country prepared in my family's way" Angeline said.

Both corn and potatoes are native to Peru so they are often included in the menu choices. *The Southeast Examiner* got to sample the Papa Rellena – a crispy fried potato puree with your choice of beef or mushroom picadello served with salsa criollo (sliced red onions, ammarillos and lime juice). It was savory, textural and comforting.

The Lorca de Zapallo is squash, potato and corn stew prepared with Ali, Amarillo and huacatony (black mint), quest fresco and garlic rice. One of the chicken dishes is made in a Peruvian wood-fired rotisserie. This is one of the kid's favorites.

The first Peruvian food Angeline cooked for Adam when they were courting was Anticuchos – marinated beef heart skewer served with spicy salsa de rococo sauce and Papa a la Huancaína-yellow potatoes topped with savory cheese sauce

served with hard boiled egg, Botija olives and a spices de rococo sauce.

Adam loved these dishes and learned the intricacies of preparing them from his father-in-law when he would stay with them. Many of the restaurant recipes are his.

A beverage they serve is Chicha Morada, a spiced purple corn drink sweetened with fruit juice. This flavor is used in one of their desserts, Mazamorra Morada. Other traditional desserts are the dulce de leche sandwich cookies, and orroz con leche (Peruvian rice pudding). Also served are beer, wine and cocktails.

La Leña is a family-friendly restaurant. They have kept menu choices to a minimum and will expand entrees over time. There are a variety of sides offered and many are kid-friendly. Within a few weeks they will be serving sanguches – a Peruvian sandwich roll stuffed with different meat and vegetable mixtures for the lunch hour.

There is a good amount of choices for the vegetarian, vegan and gluten free eaters.

For a South American food adventure La Leña is the place to begin.



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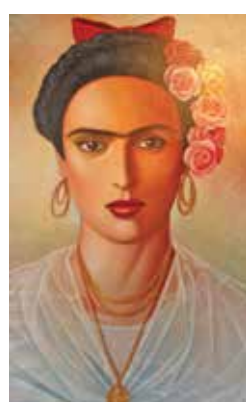
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Longtime Portland bookseller enjoys
community support after move.

By JUDY WAYNE

In 1977, when Andrea Drinard opened her now iconic secondhand bookstore Paper Moon, she started with a paltry 200 books.

“I really wasn’t sure what I was doing back then. I just loved reading,” says Drinard. “I was selling books in my previous antique dealing business and through Books for Sale listings in periodicals. My success was encouraging. I started to live and dream books.”

“In the 1970’s books were extremely popular and rents relatively cheap, so I acted on my instincts and opened a bookstore. Next thing I knew, people were taking books off the shelves and handing me money for them. It was the oddest thing. I couldn’t believe it. It really just kept growing from there.”

Today, Drinard is a highly-regarded well-established member of Portland’s book community, who in addition to dealing, conducts appraisal services for private citizens, estates, historical societies and other businesses. Paper Moon Bookstore, now located on SE 47th and Belmont, carries fiction, poetry, non-fiction, philosophy, children’s, art, politics, women’s studies, religion, and history.

Drinard has many options to fulfill her favorite pastime of reading as she is surrounded daily by literally thousands of titles.

Secondhand book dealers are part of a tight-knit community of Portland literary enthusiasts, who form a web of impressive book knowledge beyond the block-long, three-story tourist favorite, Powell’s City of Books. In addition to established storeowners like Drinard, other types of book dealers might bring their wares to flea markets, conduct their business from a mini-shop at an antique mall, or specialize in a subject and sell directly from their homes to a narrow clientele.

It’s a challenge for book dealers to maintain brick-and-mortar shops in Portland’s booming real estate market with its ever-rising rents and Drinard is no exception. The first Paper Moon opened in a transformed former United States Post Office on SE 35th and Hawthorne, and the store has occupied five other locations since: four in the Hawthorne/Belmont area, and one downtown, during a brief stint across from the public library.

In May, 2017, an unforeseen rent hike pushed Drinard out of an expansive space on Belmont and 47th and into a smaller, less ideal location directly across the street, and she began the herculean task of moving Paper Moon’s roughly 40,000 books.

Still adjusting to her new location, she faces an unusual new task: paring down her inventory. Even though she has less room and

is already overstocked, it is difficult for her to stop buying books, and she encourages customers to bring in and sell.

“I always take a look because you never know what you’ll find. I buy books that are in good condition and most salable. It is hard to explain to the general public what I need in the store. Best-sellers have generally saturated the market. I stick to classics in literature and older books that are hard-to-find. I am also interested in scholarly subjects. I have to rely on spotting books instinctively which might not stick out to the uninformed eye.”

Drinard enjoys the luck-of-the-draw approach to acquiring inventory, the hunt for the diamond in the rough. “It keeps things exciting. Some of the best books on my shelves are brought in from someone’s grandmother’s collection.”

Although she has yet to put much signage up to attract customers, a sandwich board on the sidewalk brings in neighbors and passersby, who stop in to express relief that she is still in business. Drinard, unapologetically enjoying the clutter, stations herself in the front at an antique wooden desk that is covered with a disarray of books, postcards and papers.

Well-established customers, who have evolved into friends after years of patronage, stop in to say hi and chat. Some bring in fruits and vegetables from their gardens, others have books to sell. Quieter patrons walk in and are engrossed for long periods, slowly digesting all the options, then emerging with special finds at the front counter, cash in hand.


The copiously cluttered shelves of the Paper Moon are perused by local literary giants such as Chuck Palahniuk and Lidia Yuknavitch, by high profile Pacific Northwest celebrity artists like Dale Chihuly, and by local graphic designers who come in to gain vintage inspiration for their craft.

The most uttered phrase that one hears in Paper Moon is, “I love your store.”

It is clear that community members believe Paper Moon personifies the area’s grassroots, neighborhood spirit, and are comforted by its low-tech presence amongst newer, higher profile, businesses that have moved in on quickly gentrifying Belmont Street.

While modern devices like the Kindle may have created a “novel” approach to purchasing and storing our literature, they also serve to remind us that the calculated efficiency of an electronic device is no substitute for the tactile, visceral pleasure of the book object itself.


The public’s love of books and the need for connection and community will keep our favorite independent bookstores, like Paper Moon, alive in Portland.



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Neighborhood Notes

from page 5

The Land Use Chair reports of a meeting with architects of a planned complex at 8116 SE Woodward scheduled to hold 19 living units on a 50'x100' lot. It is zoned Commercial and due to its smaller size does not trigger parking or traffic analysis.

The sale of the 7 Dee's Nursery property at SE Powell and 62nd Ave. was recently publicly announced with a 40% off sale on all inventory. It is planned to be replaced with a 900 unit storage facility. The developers and the City of Portland are working out details regarding entry/exit, storefront and various design requirements. Neighbors of STNA and Fo/PoNA have voiced their concerns with letters to the City's Office of Design and hope to have shown strong interest and detailed concerns to be validated.

Franklin High school has opened its doors for the 2017-18 school year with a showcase of a modern new complex. Parking issues have arisen at the Taggart Court and Clinton St. areas, making parking for residents difficult. A free flowing, paved walking path from Woodward to Division should be open during daylight hours and operated with automatic closing gates at night, but is not yet functioning.

STNA resident, Gary Howarth, husband of Mary Louise Ott, has written a book about her life in South Tabor, away from it and her return to it. She was a long time resident, neighborhood activist, artist, poet, historian, soft spoken, continual scholar, and friend to all. Sadly she died in December 2015.

A copy of the book will be available for your perusal from STNA. Contact Oota (Ute) at welcome@south-tabor.org. For a copy, contact Gary Howarth at hfsllc@gmail.com. The title of the book is: Three Husbands and a Lover. If that doesn't get your attention, you may need help.

The next Land Use meeting is scheduled for Tuesday, October 17 and the general Board meeting for Thursday, October 19. Both are from 7 to 8:30 pm at Trinity Fellowship, 2700 SE 67th with entry from the parking lot in back. All are welcome.

Meanwhile enjoy the early Fall days and get ready for the ghoulish end of the month. Ahh, yes, more candy!

Richmond

By Rob Mumford

The Richmond Neighborhood Association held its monthly meeting on September 11 at Waverly Heights Church at SE 33rd and Woodward St. RNA meetings are held in the church basement; enter from the east-side door. The RNA's website is richmondpx.org.

Guest speaker Tim Lynch of Multnomah County Office of Sustainability presented the City of Portland's Climate Action Plan. The discussion skimmed the surface of a plan that's large in scale with many moving parts. Thus, RNA is looking into breaking up the presentation over the coming months into smaller refined topics. This is to allow more time to learn and discuss the many facets to combatting climate change at our regional level. For more information, check out portlandoregon.gov/bps/49989.

Board member Susan Beal and neighbor Jennifer Johnson presented to the RNA board with a request for a letter of support to ask PBOT to help address auto traffic exhibiting dangerous driving behavior around the areas close to Clinton and SE 32nd. Traffic calming measures were suggested such as additional signage and painting "STOP" at stop signs. The board is in the process of drafting a letter of support.

Board member Adam Meltzer has taken a leadership role in the RNA official sub-committee for graffiti removal known as Tag Busters. Volunteer for a couple hours and help remove graffiti and stickers from building and street poles. The tag buster crew meets up once a month for a two-hour period on a Saturday or Sunday in front of Safeway at SE 27th & Hawthorne.

Strategy meetings are held at the D Street Building, 3050 SE Division, on the 2nd floor conference room. These strategy meetings are scheduled for the 4th Tuesday of the month at 7pm. For more information or to join the email list, contact Volunteer Outreach Coordinator Nina Silberstein at nswriter@hotmail.com.

The next RNA meeting will be Monday, October 9 at Waverly Heights Congregational Church (basement), 3300 SE Woodward St., from 7-9 pm.

Mt. Tabor

By Laura Smith

Proposed traffic diverters generated a lot of conversation at the September meeting of the Mt. Tabor Neighborhood Association (MTNA). After hearing feedback from attendees at the July MTNA meeting and receiving communication from concerned neighbors, Portland Bureau of Transportation (PBOT) offered another option for proposed barriers at SE 50th Avenue and SE Lincoln, as part of the SE Ladd/Harrison/Lincoln, Clay to 64th Neighborhood Greenway Projects.

Sheila Parrott, Program Specialist at PBOT, provided a diagram of a "slightly different diversion device" at SE 50th/Lincoln that is like the diverter at SE Cesar E. Chavez/Lincoln.

Neighbors suggest the need for traffic studies to be done at SE 50th and Lincoln. Another idea was leaving the intersection as is, but changing the light cycles so bikes go first. PBOT will be holding an open house on this project during the second week of November. A date for the meeting hasn't been set yet. In the meantime, send questions, suggestions and comments to Sheila.Parrott@portlandoregon.gov.

Mt. Tabor Reservoirs Preservation Project has started preparations for replacing the fence along the dam face in Mt. Tabor Park between Reservoirs 5 and 6. The contract is currently being written for the restoration of Reservoir 1, with work to begin in late fall/early winter. A website for the reservoirs preservation project will soon go live. For now, get info at portlandoregon.gov/water/64097.

Tar 'n' Trail Benefit Run takes place in Mt. Tabor Park on October 1, with all proceeds going to Friends of Mt. Tabor Park. The grand staircase railing project is on hold because there are budget issues that need resolution. The new bathrooms are now open at the summit of the park. Check the FMTP website for more info: taborfriends.org.

Mark your calendars: MTNA's annual neighborhood cleanup will be a joint event with the North Tabor Neighborhood Association and will take place on Saturday, April 28, 2018.

The next meeting of the MTNA will be Wednesday, October 18, 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, see mttaborpx.org.

HAND

By Jill Riebesehl

Over the summer the Hosford-Abernethy neighborhood (HAND) welcomed several new members to the board; had a blast representing the neighborhood at the Division-Clinton Business Association's street fair; and treated neighbors to cones in Piccolo Park (as part of National Night Out celebrations) where residents picnicked, children played in the large sprinklers and all of us, including visiting city ranger, police officers and firefighters, lapped up ice cream donated by New Seasons Market.

On the business side, the HAND board weighed in with analysis and written responses to a new Portland Transportation Systems Plan noting our concerns about proposals for reclassifying SE 20 and 21st Avenues for emergency response. The board joined other neighborhoods in urging Tri-Met to consider battery-operated electric buses for the proposed Division Transit Corridor. We heard from the Portland Bureau of Transportation about plans for the SE Harrison/Lincoln Greenway.

Juliana Lukasik, acting executive director of the Central Eastside Industrial Council, presented CEID's plan for an Enhanced Service District, of which there are two in Portland: downtown and Lloyd District.

Good news came from Tri-Met that money is now available to replace the bridge over the UP Railroad tracks that was eliminated when the MAX Orange line was built. Dubbed the Gideon bridge, it will help pedestrians and cyclists safely negotiate the complex RR crossings.

September was a full month for HAND. Testimony on the Central City 2035 plan was submitted in written form and in person before the City Council. The board voted to lend its support to the Portland Just Energy Transition Initiative, which would tax large national retailers doing business in the city to provide energy efficiency upgrades and job training for residents below or near the poverty line.

And last but not least, on a lovely cloudy/sunny day, HAND – hoping to establish a new tradition – held a neighborhood fall cleanup event at the Cleveland High parking lot Sept. 23. Spielman Bagels donated coffee and bagels for the volunteer workers.



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Going Out

arts & performance

Thirty SE Artists in 2017 Portland Open Studios



by Babette Harvey

Sherri Aytche, Amy Fields, Carol Greiwe, and Babette Harvey are just a few of the 100+ artists inviting you to visit their studios during the 19th Portland Open Studios this month. 30 SE Portland neighbor artists are juried into the Open Studios Tour this year. It's the city's largest annual art studio tour and it takes place October 14-15 and 21-22, open each day from 10 am - 5 pm.

Aytche, Fields, and Harvey all work in clay, each with distinctive styles. Fields' translucent porcelain mugs, Aytche's bonsai pots, Harvey's animal and bird sculptures and Greiwe's expressive jewelry (on cover) detailed with handmade stones are all part of the show at Stark Street Studios and Gallery, 2809 SE Stark St. (stark-streetstudios.weebly.com).

Artists are organized into neighborhoods and there are eight communities: West Linn/Oregon City, Lake Oswego, Far West - Beaverton, Forest Park, etc.); Downtown/Pearl; North Portland/St. Johns; NE Portland; SE Portland; and Sellwood/Milwaukie. Each year, the artists open their studios to the public and showcase their work, and process.

It's free to the public and there's an app available visitors can download showing addresses and maps of all the participating artists. A complete Tour Guide is available through portlandopenstudios.com.



Amy Field's porcelain

Nous, on va Danser

A triptych of autobiographical works, *Nous, on va Danser*, choreographed and performed by Nancy Ellis, is presented October 27 - 29 at New Expressive Works (N.E.W.), 810 SE Belmont St. Friday and Saturday at 8 pm, Sunday at 2 pm.

Ellis has performed regionally, nationally and internationally and locally with Hand2Mouth Theatre, Tahni Holt, Dawn Stoppiello and others.

Ellis said "Before I started this trilogy, I had danced professionally and collaborated with choreographers for over 20 years, but never choreographed my own work... I started to explore how I came to dance, long before I moved to New York to pursue a career in dance, before I moved to Portland, before I became a parent. I didn't know it would become a three-part performance. I didn't know how much my personal life would change in the process. I didn't know that I was making an evening of dance about moving through fear, about living."

Tickets are \$20 (at the door) | \$15-\$18 (in advance, nousonvadanser.bpt.me)

2017 Oregon Music Hall Of Fame Awards

By J. MICHAEL KEARSEY

The 11th Annual Oregon Music Hall of Fame (OMHOF) Induction concert is set for Saturday, October 14, 7 pm at the Aladdin Theater, 3017 SE Milwaukie Ave. Tickets at aladdin-theater.com.

This year's concert features Floater; a tribute to Jimmy Boyer featuring the Freak Mountain Ramblers, Fernando, Bingo Richey, Turtle VanDemarr and Pete Krebs; and the Louis Pain All-Star Band with Andy Stokes, LaRhonda Steele, Peter Dammann and Dan Balmer.

Musical inductees this year include:

• **Jimmy Boyer** - Usually on time for any Freak Mountain Rambler performance, Boyer was the 'heart of the band' according to FMR's Turtle VanDemarr. Originally from Cleveland, Ohio, Boyer moved to Portland in 1989. Performing with Jeffery Fredericks' Clamtones, and his own Glowing Corn, he formed FMR with Kevin 'Bingo' Richey, bassist Dave Reisch and Paul Bassett. He recorded six CD's with them and two on his own: *Trestle* and *Time Spent*. He passed on January 21, 2016 at age 47.

• **Louis Pain** - A treasure to the Portland music scene, 'King Louis' is Portland's King of the B-3 Hammond organ. He's racked up numerous credits as a sideman for Paul deLay, Mel Brown, Linda Hornbuckle, Lloyd Jones, Curtis Salgado and Soul Vaccination. Co-leading the group, **King Louie & LaRhonda Steele**, their CD was one of the Best Albums of 2016 in *Downbeat* magazine.

• **Floater** - This Portland trio has made its international mark with eleven albums and an original mix of alternative rock, psychedelia, reggae, pop and even a bit of jazz. Bassist Robert Wynia, drummer Peter Cornet and guitarist David Amador broke out of Eugene in 1993. Their recent album is titled *Wake*.

• **Mickey Newbury** - Moving to Oregon in 1975, he recorded 25 albums of very original songs. He's had 1500+ covers recorded of them by others in many genres. Escaping Nashville for a quieter life, he died from emphysema complications in 2002 at his home in Springfield, Oregon.

A live auction of guitars autographed by Ry Cooder, Sharon Jones & The Dap-Kings, Steve Miller and others will support OMHOF's music education and scholarship programs.

See omhof.org for more.



Photo by Skorpka

The Better Halves

The **Better Halves** are an Austin, Texas-based husband-wife musical duo. Jimmy Joe and Chrissie Natoli write Texas swing, bluegrass and Brazilian flavored tunes, sing sweet vocal harmonies and tour from Alaska to Mexico. They play with four hands on one guitar while laughing and their music is energetic, inspiring and entertaining.

After two Better Halves recordings, they've just released a CD called *Playing in the Dirt* under the name of their children's performer alter egos, Mr. Bus Driver Man Sir and Her.

Chrissie has performed on A Prairie Home Companion and Jimmy Joe has had a song on Car Talk and they're playing live Sunday October 8 at Café Artichoke, 2001 SE Powell Blvd. at 7 pm. Get a preview at thebetterhalves-music.com.

Other Café Artichoke concerts this month: **Anne Weiss**, Saturday, October 14, 8 pm; **Spook Handy**, Sunday, October 15, 7 pm; **Mary Flower**, Saturday, October 21, 8 pm and **Dick Weissman**, Sunday, October 22, 7 pm. Get advance tickets for them all at artichokemusic.org

Unbecoming at Gallery 114



"Forgotten" by Mary Jo Mann

A showcase of new work of Mary Jo Mann and Horatio Hung-Yan Law, two artists from the SE HAND neighborhood examining what it means when individuals suffer the loss of home, community and security. It opens at Gallery 114 at 1100 NW Glisan St., October 5 from 6 to 9 pm and continues through October 28. A show preview is on Oct. 4, at 6:30 pm.

Staff from Central City Concern will describe how their programs help end homelessness and support self-sufficiency in Portland. An artist talk takes place at 3 pm on October 21.

Mann presents a body of work entitled *Un-Becoming*, investigating the conceptual intersection between garden outcasts that we call "weeds," and fellow humans who live on the outside of our communities under bridges and overpasses.

The series of mixed-media paintings evolved from studies of botanical forms into more complex compositions that incorporate abstracted imagery of Portland's homeless camps.

Hung-Yan Law presents two series of mixed-media portraits of Syrian refugee children. The portraits are printed on origami paper and folded into butterflies. The gallery is open Thursday through Sunday or information see gallery114pdx.com



Insignificance

by Terry Johnson, is presented by Defunkt Theatre Thursdays - Sundays, Oct 13-November 18 at Back Door Theater, 4321 SE Hawthorne Blvd. (in Common Grounds Coffee Shop). Curtain is at 7:30 pm.

The play imagines a 1950's hotel room in which The Scientist and The Actress (who look like Albert Einstein and Marilyn Monroe) meet and discuss the universe, regret and the meaning of life.

Two Joes interrupt: The Senator and The Ballplayer (McCarthy and DiMaggio), with the menace and mayhem of the outside world.

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PORTLAND ARTISTS

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Photo by Russell J Young

Milagro Theatre's 22nd Day of the Dead espectáculo is called ÉXODO, and it marks the start of this venerable institution's 34th season.

ÉXODO asks the eternal question: How do you carry those you left behind?

The annual Día de Muertos production builds around the theme of diaspora to the Milagro stage. Inspired by the Egyptian Book of the Dead and the current refugee stories in the world, the story is a journey of the living and dead as they both seek safety and peace in a new home.

Guided and directed by Tracy Cameron Francis, Egyptian-American theatre director and interdisciplinary artist, and Milagro's Roy Antonio Arauz, the presentation collaborates with company members Patricia Alvitez, Robi Arce, Kushi Beauchamp, Jean-Luc Boucherot, Tonea Lolin, and Samson Syharath.

Milagro Theatre is located at 525 SE Stark St. and ÉXODO runs October 19 - November 12. Show times are Thursdays through Saturday evenings at 7:30 pm with Sunday matinees at 2. Advance tickets start at \$27 with discounts available for seniors, students, and groups at milagro.org, at 503.236.7253, or at 425 SE 6th Ave.



This is **Ruby's Search for the Suitable Suitor**, part of a new show from Judy Lee Vogland at 12x16 gallery, 8235 SE 13th Ave. No. 5 through-out October.

Vogland's series searches through found, fantasized, funky, and funny relationships within family. Through water-based mixed media and photos, Vogland calls on farfetched memories of Sunday rides in her family 1948 Chevy to see rich people's houses scattered around the Portland countryside.

Also featured is new work from Kelly Saxton. Saxton's recent drawings take note of the stillness and light of early morning, by fusing steel, paper, graphite, bee's wax and paint.

First Friday reception is October 6, 6 pm and both artists will be on hand Sunday October 8, 2 pm. 12x16gallery.com / 503.432.3513.

All Hands On Deck!

Portland Musical Theater Company presents All Hands On Deck! – a new 1940s period show presented at Mister Theater, 1847 E. Burnside St. #101, Fridays and Saturdays October 20 -28 and November 3-10 at 7:30 pm. (Sunday matinees at 2 pm)

Created by Jody Madaras and Quincy Marr and directed by Deanna Maio the show is a thank you to the “greatest generation” – the men and women who served our country during WWII and The Korean Conflict. Madaras used the Hollywood Victory Caravan – a group of famous film stars who toured America by train in 1942 selling war bonds as the setting.

Flashback to 1942 with an all-American, all-singing, roadshow and radio broadcast reproduction filled with big harmonies, theatre skits, period commercials, and 42 of the most enduring American tunes of all time including Sentimental Journey, Yankee Doodle Dandy, Chattanooga Choo-Choo, I've Got A Crush On You and By The Light Of The Silvery Moon.

Audience members are encouraged to dress in their favorite 1940s-inspired attire. The show runs 2 hours and is recommended for ages 8 and up.

Tickets are \$18 seniors, \$24 adults and \$12 students/children available online at portlandmusicaltheater.org/tickets or by phone at 971.225.7469.



Portland Folk Music Society presents a 'double-triple' of two trios with songs and stories, original, old timey and popular. The concert is Friday October 20 at Colonial Heights Presbyterian Church 2828 SE Stephens St. beginning at 7:30 pm.

Pictured is Fine Company (Bill Murlin, Jim Portillo and Ron Dalton) opening the evening with guitar, banjo and bass; an old timey feel, rich with vocal harmonies and new originals. The second set is by Three Together, Doug Smith, Don Mitchell and Judy Koch Smith. They blend voices and instruments in folk, pop and classics.

Tickets are \$18 general, \$15 PFS members, \$9 age 12+ under. available at portlandfolkmusic.org

E# plays Monk



Elliott Sharp is an American multi-instrumentalist, composer, and performer known for his signature percussive style of playing guitar. Working in the avant-garde and experimental music scene in New York City for over 30 years, Sharp has released more than eighty-five recordings ranging from orchestral music to blues, jazz, noise, no wave rock, and techno music.

He has pioneered ways of applying fractal geometry, chaos theory, and genetic metaphors to musical composition and interaction. His collaborators have included Jack DeJohnette, Oliver Lake, Sonny Sharrock, Deborah Harry, Ensemble Modern, Nusrat Fateh Ali Khan, Kronos Quartet and many others.

To help celebrate the centennial of celebrated pianist Thelonious Monk, Sharp has released a set of solo-acoustic guitar interpretations of Monk classics. He comes to Portland this month to perform his own unmistakable guitar take on several of Monk's timeless classics as well as original pieces inspired by him.

Tuesday October 17, Sharp Plays Monk at Classic Pianos, 3003 SE Milwaukie Ave. in a one of a kind show that begins at 7:30 pm. Tickets are \$20 in advance and \$25 day of show

Short takes
...arts news of note

CLINTON ST. THEATRE'S RESISTANCE SERIES continues this month with a special screening of 1933's **The Invisible Man**, Monday, Oct 23 at 7 pm. The film stars Claude Rains and Gloria Stuart. Admission is free tho donations are asked for the Series' non profit beneficiary: Portland Homeless Family Solutions, a housing first program that empowers families with children to get back into housing. See cstpdx.com.

THE FIFTH DIMENSION – *An Improvised Trip To The Twilight Zone* is a new presentation directed by Elena Afanasiev and Talon Bigelow. A cast of improvisers transport The Twilight Zone to the Deep End Theater stage at 211 SE 11th Ave. This part-improvised parody, part-loving homage will be performed with no props or scripts giving new meaning to “a dimension of imagination” presented Fridays and Saturdays October 20/21, 27/28 with a special Halloween show on Tuesday October 31 followed by *A Deep End Halloween*, Halloween's Eve party with tricks, treats, music, dancing, and a costume contest with prizes. Ticket for the Halloween performance includes party admission. All shows at 7:30 pm. Tickets: \$16 or- pay what you will. See deependtheater.com

PORTLAND SACRED HARP'S 26TH SINGING CONVENTION is Saturday, and Sunday October 14 -15, from 9 am-3 pm at The Laurelhurst Club, 3721 SE Ankeny St. Learn this early American folk-singing style known as shape-note singing, a 200-year-old American folk tradition of a-capella, four-part harmony community singing. The Sacred Harp refers to the human voice and there are no harps or other instruments involved. A free community event, open to all ages and no singing experience is required. Songbooks will be available to borrow for the day. PSH music-making is not affiliated with any religious or political organization, denomination or creed. All levels are welcome, including those with no music background. A free potluck dinner is provided at noon each day.

THE GLORIOUS SONS from Kingston, Ontario are five young guys fronted by Brett and Jay Emmons with a grunge pop sound anchored by guitar riffs, harmonies and punchy instrumentals. The music has imagination, tempo changes, dream sequences and more than a passing nod to the heavy rockers of yesteryear. They play the Hawthorne Theatre, 1507 SE 39th Ave. in a double bill with Greta Van Fleet, Monday October 23 at 7 pm. theglorioussons.com.

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

Three Conscious Breaths Can Change Your Life

Our breath is one of the greatest gifts that we have been given and our most powerful resource. It was given to us for free at our birth and waits for us to pay attention to it all of our lives. Our breath carries oxygen, consciousness and awareness to all of the cells of our body. Spiritual traditions all over the world have expounded on the power of the breath to transform your life on every level, the prerequisite being that we begin to pay attention to it.

We live in a world where many are overwhelmed and impacted by stress on a daily basis. When we are stressed, our body tenses and our breathing becomes shallow and more restricted. Often the diaphragm locks up and energy gets stuck in the chest. We can experience discomfort, overwhelm, anxiety and even panic as a result. This creates a negative feedback loop increasing the restriction of our breathing, causing us to engage in rapid shallow breath. We can prevent this cycle by beginning to practice conscious breathing.

On a physiological level, deep conscious breathing allows us to expand into the lower lobes of our lungs where there are serotonin receptors. When we take slow deep conscious breaths, our body gets a shot of serotonin, which is a feel good neurotransmitter. This is one of the reasons why runners often report feeling “high” after long runs. The great thing is, you don’t have to become a runner to experience this. You just have to learn how to breathe consciously.

Deep conscious breaths or belly breathing helps your body to down-regulate out of flight or fight and into a state of rest and digest. When we take slow deep breaths, we are helping our digestive, immune and circulatory systems function better. Not only do people feel more relaxed and connected to themselves, but their energy increases, their bowel movements often normalize and the body experiences less inflammation overall.

There are so many benefits to paying attention to and caring for your breath, these are only a few. I often recommend that people start with practicing three conscious breaths at a time several times a day to begin building breath awareness.

Start here: When you catch yourself agitated or you recognize that you have not been breathing fully, stop. Bring your awareness to just below your belly button and start to slowly inhale deeply feeling your abdomen expand. As you breath in count slowly to 4 on the inhale and then pause and slowly exhale to the count of 4. Repeat this three times. You can return to this practice as often as you feel called.

You will find that your breath becomes a sweet friend that you want to return to over and over again. As you begin to breathe more fully, your whole system starts to release tension and create a feeling of ease and expansiveness throughout your whole being. It will not only improve your own life but your relationships and your ability to connect beyond the “small limited world of me” to something much bigger and vaster. This is only the beginning.

Aiden Seraphim Lic.Ac. is Acupuncturist at Heart Center Transformational Acupuncture



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Demographics Change SE Uplift Leadership

from cover

community-based organizations. SEUL seems to be far along in the process of creating “beautiful missions” that add different perspectives, she said, adding that those who once were a majority, may be uncomfortable as they experience what it’s like to be marginalized.

For longtimers witnessing Portland’s seismic construction and densification, the new focus may be jolting. Yet, a former SEUL chair and self-described “oldtime” board member, Scott Valan, was encouraged by the call for greater unity. Critics need to remember that the board is comprised of volunteers, he said. Those who show up have the most say.

Whose say will dominate remains to be seen, given the Board’s shift away from stakeholders to special interest groups.

[The Southeast Examiner reported in the last issue, that outreach to a number of nonprofit and community organizations has resulted in a younger, more activist board that includes new members from under-represented groups such as ethnic minorities, renters and experts in community organizing.]

As SEUL Director Molly Mayo said, “There is a dire need

for community building.”

How to balance community building with community balance will be a litmus test. A member of an NA that is majority homeowners says seats at the table must include long-time stakeholders who have spent their lives investing in the City.

SEUL’s call for respect for differing views may be difficult in a City in which self-proclaimed pro-growth YIMBYs (Yes in My Backyard) are pointing accusatory fingers at those they characterize as NIMBYs (Not in My Backyard).

At-large board member Alan Kessler called NAs, “Megaphones for the privileged.” Rather than listening to the “landed gentry”, Kessler said the City should post “yellow sticky notes that this (document) is from six white dudes,” when they review comments from certain (unnamed) NAs.

By and large, the City’s progressive focus is reaping results. Birge cited the effectiveness of the City’s emergency rental policy that requires landlords to pay relocation costs for no-cause evictions or rent increases of more than 10%. The policy has reduced rent hikes and emboldened tenants to make complaints about sub-standard

living conditions, she said.

Portland Tenants United Board member Soren Impey distributed petitions to extend the relocation policy beyond its current emergency designation and expand it across all Multnomah County. The state failed to pass meaningful tenant protections in the last legislative session, he said, “due to the power of the landlord lobby.”

Largely missing from the discussion were issues of crime, drug use, needles in parks and playgrounds, densification without infrastructure improvements, and preservation.

A group poised to oppose the City’s decision to build a \$350 million water filtration plant was shut down. New co-president and filtration proponent Terry Dublinski-Milton declared there was no time for nonboard member questions.

Whether this first meeting with the new board under new leadership represents a radical shift in direction or merely a change in style, the meeting began in a spirit of cooperation as Board members and guests were asked to declare their spirit animals.

At this writing, the SEUL board was heading into a retreat that Dublinski-Milton said would focus on advocacy training.

Kids at Heart–A Kidney for Elizabeth

from cover

more these days because there’s less human interaction.

“I strongly believe that children learn through play. Toys that cultivate mind, body and spirit give the next generation an inestimable head start,” she said.

Fortunately, classic board games and puzzles are still popular as well as items like Crazy Aaron’s Thinking Putty, sort of like silly putty but more fun, and requiring more creativity to manipulate and made in the US by people with disabilities.

Her team values people over money, and they strive every day to put the “heart” in Kids at Heart. Every year, her store donates money and toys to organizations on a local, national and international level. She has always believed in supporting the community that supports her.

Sharing all those puzzles, building blocks and stuffed animals with kids, parents and grandparents over the years has brought her great joy though this year is bittersweet for Campbell as she is suffering from end stage kidney disease and is now on home dialysis.

She needs a kidney transplant so she can live a long and normal life. Being on dialysis is very difficult and limits what she can do. She is on the transplant list at OHSU but that can take an average of 3 and 1/2 years or longer.

The better option would be if she had a living kidney donor. Living donor kidneys usually last twice as long. She is reaching out to her community now for help.

“I am looking for a kidney



Kids at Heart Toys owner Elizabeth Campbell

hero,” she said.

Campbell believes there are altruistic donors out there and has been absorbing news stories about people donating their kidney. She’s personally met someone who donated her kidney to a total stranger.

Typically a shy and modest person, she has come out of her shell to let people know what’s happening and has created a Facebook page called A Kidney for Elizabeth.


Elizabeth has been busy attending support groups and talking to friends, family and customers, but she’s reluctant to go too far away for fear that she might potentially miss getting a transplant.

Meanwhile, she waits, smiles a lot and talks up a storm. For more information about being a living kidney donor, visit

facebook.com/kidneyforelizabeth or email Elizabeth Campbell directly through elizabeth@kidsathearttoys.com.

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Evaluating Transportation Problems on I-5/I-84 Exchange

from cover

use the roads will do so even if there is a charge. Others that can do without a needless trip may decide to bundle their trips together.

Roads have a carrying capacity and they work fine until that capacity is reached. A few more cars can cause severe congestion and as the use increases, traffic becomes slower. Congestion pricing will encourage use at an appropriate level and there are a number of ways to reduce the cost to those that can't afford the fees such as lanes that are free or times when they are free.

When we consider the extreme cost of new road projects and their repair, it seems that paying for their use may be a better option than trying to expand them.

The cost of the land adjoining existing freeways as well the cost of construction are exorbitant. How many government or private sector commodities are based on free use and access?

London, Stockholm, Milan, and Singapore all have successfully used this method of reducing congestion and raising money for road maintenance and repair.

Commission Dan Saltzman,

who is in charge of the Portland Bureau of Transportation, is in favor of congestion pricing. He clearly states that before the I-5 / I-84 project breaks ground, this new proposal should be evaluated for its impact on congestion and its environment effects.

In fact, the recently passed Oregon House Bill 2017 state transportation funding package for the I-5/I-84 project, mandates that value pricing be implemented as part of this inner NE project.

People probably don't realize that the yearly cost of operating a new automobile is, on average, almost \$8,500 or just over \$700 per month according to the American Automobile Association.

This includes: depreciation, maintenance, repairs, insurance, and fuel costs. Trucks are the most expensive and small cars are less expensive. Electric cars cost more, but over time they are a better investment.

Highway congestion adds significantly to the carbon emissions. Cars idling or traveling at low speeds pollute more. Adding more lanes to overcrowded highways only stimulate an increase in driving without reducing congestion.

In California, environmental concerns with car usage are

undergoing great changes in regulations, subsidies, and performance standards. This involves the decarbonization of automobiles.

Their gross domestic product has grown by nearly \$5,000 per person, double the national average, while carbon emissions have dropped by 12 percent per capita.

This has created an employment bonanza. For every job lost in the fossil fuel industry 8.5 jobs have been created in the field of renewable energy. The gas guzzler will become a thing of the past and it will be replaced by electric cars. Soon this reality will migrate to other states like Oregon.

California's largest city, Los Angeles, is struggling with their Vision Zero attempt to eliminate all traffic deaths. Los Angeles has the highest number of traffic deaths in the United States, double that of New York City. They hope to end road deaths in eight years.

The major means will be to lower traffic speeds by redesigning roadways. Their traffic deaths cost the city \$300 million a year.

Bump outs on city streets and more traffic enforcement by police will be helpful in achieving this goal.

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Business Association News . .

DIVISION CLINTON BUSINESS ASSOCIATION
DIVISION/CLINTON BUSINESS ASSOCIATION

DCBA Pres.: Jean Baker
email mjeanbaker@peoplepc.com
Meetings: 3rd Tuesday
OHSU Family Medicine at Richmond
7:30 am
3930 SE Division
divisionclinton.com

During VEG Week, October 9 – 14, Division Clinton's vegetarian and vegan restaurants offer signature entrees at half price. Featured restaurants on Division are Aviv at 1125, Papa G's at 2314, Xico at 3715 and Night Light Lounge at 20th and Clinton.

Traditionally, Division Clinton donates a portion of its profits from the Street Fair to a local nonprofit. This year, we donated \$500 to the Richmond Elementary School Student Fund. Richmond has a Japanese Immersion Program. The students learn Japanese as well as English. 5th grade students travel to Japan where they stay with families, attend sister schools, visit historical landmarks, and participate in cultural and recreational activities with their hosts.

Community Vision is celebrating Big Reveal, the unveiling of their new accessible building at 20th and Division, at the Nines Hotel on October 19. Tickets and sponsorships are available at cvision.ejoinme.org/2017Ball. Community Vision's Seven Corners Collaborative is a universally-designed space that will house 5 nonprofits. The nonprofits serve people with disabilities throughout their life span. The building includes an assistive technology lab and an accessible kitchen.

Maripoll opened at 3080 SE Division, replacing Extend Barre. Maripoll is a woman's dress shop run by Chase Hunt and Dennis Mead. Clay's Smoke House has a sign up indicating they intend to move into 2865 SE Division, which had housed Loon and was once slated to be Kim Jong Grillin's Bhop Sang.

November is the beginning of holiday shopping season and Division Clinton is planning a special Small Business Saturday celebration on November 25. Look for details next month.

HAWTHORNE BLVD BUSINESS ASSOCIATION

HBBA Pres.: Hilda Stevens, BAZI
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. We'll print the 5th Annual Holiday Gift Guide, ask our businesses to create lighted window displays, have an Ugly Sweater Stroll for Dogs and their People and a tree-lighting at The Fernie Brae followed by early evening beverage tastings on Saturday, December 2. Details to follow.

A City of Portland Committee that included NO owners of Unreinforced Masonry (URM) buildings is proposing that over 1600 one to three story URM buildings be required to accomplish and pay for significant upgrades. Several of them are on Hawthorne and in nearby business districts. Some Districts will be decimated by the potential sales, demolition and construction of new, quite possibly, out of context structures. Go to Save Portland Buildings saveportlandbuildings.com.

Please read the information, attend the below meetings and write letters to the Commissioners.

Final Policy Committee Meeting - Public Testimony
 October 4 - 3 - 5 pm
 222 NW 5th Ave - Prosper Portland
 Voting on the mandate that they will propose to City Council

City Council Meeting - Public Testimony
 October 19 - 2 - 5 pm
 1221 SW 4th Ave - City Council Chambers
 Adoption (?) of recommendations from Oct. 4

Recently, SE Districts and Associations printed the Sustainable SE Map with dozens of businesses included. With that in mind, Cameron Holmes of Holman's Funeral Service, 2610 SE Hawthorne (the second oldest family business in Oregon – since 1854) announced they are now providing Environmentally Sensitive Funeral & Burial Options. To learn more about this service HolmansFuneralService.com or call 503.232.5131. Email info@HolmansFuneralService.com.

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.

BELMONT AREA BUSINESS ASSOCIATION

BABA President:
Constance Ihrke
Email: cli825@msn.com
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belmontbusiness.org

TRINKETS AND TREATS:
 Businesses from 33rd to 48th on Belmont will have candy and alternatives to candy for early trick or treating on Halloween 4-6 pm, Tuesday, October 31.

Hawthorne Gardens Senior Living, Twill, Advantis Credit Union, Go Green Tax, Bare Bones Café & Bar, Never Coffee, Cascadia Pilates CoreAlign, NextHome NW Realty, Belmont Eco Laundry, and many other Belmont businesses are facilitating the Halloween fun. The 2017 map will be posted online prior to the holiday. Look for Belmont pumpkin posters in the windows of participating businesses.

BELMONT STREET FAIR GRATITUDE: Thank you to everyone who came out and enjoyed the 22nd annual Belmont Street Fair last month. Special thanks to our main sponsors: Car2GO, Advantis Credit Union, Vandermeer Real Estate, Belmont Dairy, NextHome NW Realty, Laughing Planet, SERRA, Oregon Craft Beer, NW Seismic & Block Party PDX!

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

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3823 SE Woodward St. \$549,900
2003 Townhouse 3 BD, 2.5 BA
2018 Total Sq. Ft.

PENDING



3710 SE Rural St. \$839,900
1952 Mid-Century Modern 4 BD, 3 BA
4116 Total Sq. Ft.



3429 SE Grant Ct. \$575,000
1910 Bungalow 4 BD, 1 BA
2025 Total Sq. Ft.

Community Events Bulletin

The Wedge Cheese Festival
October 7th from 10am-5pm
Thewedgeportland.com

The Wedge is a Farmers Market-style festival celebrating cheese and everything that goes with it. Sample and purchase local, artisan cheese, specialty foods, beer, wine, and cider. Bring a cooler and stock up!

Portland Open Studios
October 14th & 15th, 21st & 22nd
Portlandopenstudios.com

This is a free, self-guided tour with visitors sharing the space of over 100 artists, witnessing the creative process and asking questions, experiencing different kinds of creativity, engaging with new media, seeing the tools, and maybe even making something themselves.

Free Pumpkins
October 28th 9am-12pm
5015 SE Hawthorne Blvd.

We are big fans of fall here at the Caplener Group and we'd like to celebrate the season by giving away free pumpkins to our friends and neighbors. Stop by our office on the corner of 50th & Hawthorne for yours!

Franklin High School's Hamlet
November 2nd -5th, 7:00 pm

Visit the newly renovated Franklin High school with the theater department's performance of William Shakespeare's Hamlet. You can purchase tickets at the FHS MainStage box office or online.

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

