



The SOUTHEAST EXAMINER

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Council Ponders URM Retrofits

By GABRIEL FRAYNE JR.

The city-wide dilemma concerning how to mandate seismic retrofits for Portland's nearly two thousand unreinforced masonry buildings (URMs) without forcing their demise will take a step towards a policy resolution when the issue comes before the city council later this month.

This phase of a nearly three-year long process follows the release of a final report by the URM Policy Committee who makes a series of recommendations for retrofitting different categories of buildings depending on their use.

The council will be hearing from a variety of community stakeholders, which includes URM building owners. Whatever mandate eventually results from the council's action will only relate to commercial buildings, churches, schools and other public buildings and multi-family apartment buildings. Single-family residences will not be affected.

URM refers to older brick and masonry buildings built before the 1960s, when city codes began to require steel-reinforced construction for larger buildings. Fifty years on, the designation has come to symbolize many of the remnants of Portland's early history, including Union Station, the Crystal Ballroom, Rejuvenation Hardware, St. Stephen's Catholic Church, and the Historic Belmont Firehouse – the latter three in SE.

The fact that these buildings pose a potential danger to the public in the event of a major earthquake has been the underlying reality of the Bureau of Emergency Management's (BEM) attempt to reach a compromise with URM building owners (including public agencies) over building code changes.

"The standard that the policy committee ultimately proposed for many of the buildings is better than doing nothing, but it's not so high a standard that we can guarantee that the buildings will be functioning after an earthquake," says Dan Douthit,

public information officer for BEM.

That standard is known as "collapse risk reduction," which would require the majority of URM owners to brace parapets (sections of exterior wall that rise above the roof line), cornices and chimneys, and attach roofs and floors to the walls within a fifteen-year time line. A higher standard of retrofit would be required for "essential" buildings such as utilities, schools and hospitals.

Although the standard falls short of the "life safety" standard for all URMs the BEM had advocated for previously, the recommendations remain problematic for many URM owners.

According to Kathy Rogers, co-chair of Save Portland Buildings (and, with her husband Marc, the owner of the Morlee Court apartments on Hawthorne Blvd.), "Our stance is that we want to have the safest buildings possible, but we have to be able to do something that is financially tenable."

Of course, financially tenable means different things to different owners. Rogers estimates that under current building code 24.85, she will spend approximately 300 thousand dollars to retrofit her building when she replaces the roof sometime within the next five years. "It's no small piece of change, but it's something that's doable," she says.

It seems the main point of contention between Save Portland Buildings and the BEM is the proposed requirement to attach roofs and floors to the walls, which is both expensive and disruptive.

While the current building code might suffice to reduce the risk of debris falling on passersby, the collapse risk reduction aims to limit the risk of buildings pancaking down and killing or injuring the occupants inside.

In any event, nobody seems to know exactly where the funding for this massive citywide mandate will come from.

SB 311, enacted by the state legislature last fall, allows municipalities to give partial property tax exemptions to building owners for the purpose of seismic retrofits, but few URM owners believe this will be adequate to support contracts that could run over a million dollars. The funding problem is even more onerous for school districts and hospitals, which would need to retrofit to a higher standard.

For URM owners without deep pockets, the only alternative may be selling their buildings at a discount to real estate developers, which would in all likelihood mean demolition.

Douthit notes that many California cities "have gotten rid of all these buildings" as a result of similar mandates, though Portland would have a considerably longer timeline.

The politics of seismic risk reduction remain somewhat murky as the City Council prepares to hear testimony. While some claim that URM owners are protecting a vested interest, others point out that an exorbitantly expensive mandate would create a bonanza for the real estate development industry.

The council itself has been tight-

turn to page 21



Larry Kirby on his elliptical bike

Around the World on the Streets of Portland

By NANCY TANNER

Just as we are waking up, we sometimes catch a glimpse of our neighbor Larry Kirby returning from his daily exercise – riding his elliptical bike. On February 24 of this year, he hit 24,901 miles. In other words, he rode around the world. Kirby has been riding for 2,031 days logging 2,084 hours. Way to go Larry!

Larry is the fourth of six children who grew up in Fossil, Oregon. His parents were from Hood River where his mother's family were some of the first pioneers. When he was a baby, his dad got transferred to Fossil. They thought it would only be for a year, but the place got a hold on them and they ended up staying for forty years.

"Fossil was a great place to grow up in," Kirby said. That's where he got his first refurbished bike with a brand new seatcover he thought was "pretty cool". The town

and the country were his to explore and he did just that until high school when riding bikes wasn't so cool.

His older brothers both went to Mt. Angel seminary for high school partly because the local priest of their parish was a recruiter for the seminary. The brothers both told Larry he would like it there since he was the intellectual type, so he ended up attending Mt. Angel too.

Cycling with a friend in 1982, they decided to go on a bike trip from the Dalles to Bend across the Cascades, to Lincoln City, up the coast to Astoria, west on Highway 30 and across the St. John's Bridge.

"We rode 700 miles and if I wasn't in shape at the start of the ride, I sure was by the end," he beamed. What made the journey even more amazing than all the sights he said, was that he travelled it all on his own steam.

turn to page 23

SE Updates

By MIDGE PIERCE

No Easy Answers for Renters

Briefcases borne by the well-dressed, on one side of an eastside gym last month sat in Fellini-like contrast to those burdened with financial and in some cases, physical challenges as they waited to contest rental policies they claim make it difficult to find housing.

Portland is considering new regulations on rental screening and security deposit criteria. In public testimony before the Rental Services Commission, both sides made heartfelt and compelling appeals and no easy answers emerged.

Participants in wheelchairs, several of who had experienced lengthy periods

of institutional living, spoke of the obstacles they face in securing housing.

Without a rental history or a savings account to cover the steep deposit requirements, or references to counter restrictive screening policies, it's virtually impossible.

Housing advocates spoke of the fine line between the rent-challenged and the homeless. They decried practices in which landlords turn away potential tenants or failed to return security deposits.

Landlords spoke of the necessity of security deposits to offset damage and the importance of walk-throughs to ensure tenants understood their responsibilities to leave property they way they found it.

turn to page 22

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Vision Zero Has Miles to Go



20 MPH IS PORTLAND'S NEW SPEED LIMIT ON RESIDENTIAL STREETS

- The new speed limit takes effect April 1, 2018 and PBOT will be installing signs to reflect the change.
- Slower driving speeds help prevent crashes and, when crashes occur, reduce the harm that results.

20 IS PLENTY

VISION ZERO PORTLAND

SPEED LIMIT 20

BY DON MACGILLIVRAY

In 2016 Portland adopted the Vision Zero program. The accomplishments in its first year are impressive.

Vision Zero's intent is to end all roads related deaths and serious injuries in Portland by 2025.

Reaching zero will take a concerted, aggressive, creative, and collaborative action.

It is a fact that slower driving speeds help prevent crashes, and when crashes occur, the harm that results will be less. The correlation between excessive speed and serious injury or death is clear.

The strategy of Portland's Vision Zero Action Plan is to lower posted speed limits, improve design of the streets, to post reader boards, increase automated enforcement, and to provide multi-cultural traffic safety education.

Redesigning streets to

achieve safe driving speeds is the core action of Vision Zero. The plan calls for street design changes paired with posted speed reductions on four to six streets each year.

The first annual report says that despite initial efforts, 2017 was the most deadly traffic year since 2003. Even with the good beginning progress it will take a while to see positive results. In 2017, the Oregon State legislature passed a \$5.3 billion statewide transportation funding package that will include investments in safety for Portland's High Crash Network.

There will be a strong focus on investing in low-income neighborhoods and communities of color.

A pedestrian is twice as likely to die when hit by a car moving at 25 mph as compared with 20 mph. Almost 600 people are killed or severely injured each year in the Metro area. It is obvious that slower driving speeds will help prevent crashes and reduce injuries.

By changing posted speeds, hopefully driver's behavior will improve. In 2017 you may have noticed changes such as the reduction of the residential speed limit from 25 to 20 miles per hour on over 70 percent of Portland's streets. Posted speeds were re-

duced on 26 residential streets and eight arterials. The City will continue to make speed reductions where it is appropriate.

A two-year pilot program is underway for automated speed and safety cameras on four high crash corridors. There has been a decrease in speeding by 59 percent averaged over the SE corridors.

Speed safety cameras are important part of advancing equity goals because they enforce the speeding laws without any racial profiling. There are now pole mounted automated camera technology at red lights and elsewhere so citations can be issued for both speeding and running red lights.

A two-year test program is in place on Marine Drive. The City of Portland typically sees about a 30 percent crash reduction from such projects. It will be evaluated in 2018 and expanded in 2019 by using a data-driven process to reorganize and expand the red light safety camera system.

Portland's Safe Routes to School program explores a partnership with youth leadership at one or two middle or high schools. The idea is to promote safe transportation in communities with a focus on engaging schools that have a racially and economically diverse student body.

There is the Safe Ride Home program, a prevention program for those who Drive Under the Influence of Intoxicants (DUI). The program provides discounts for safe travel alternatives on holidays when drivers have been drinking and has distributed 4,000 coupons to potential drivers who may become inebriated and need help getting home.

turn to page 9



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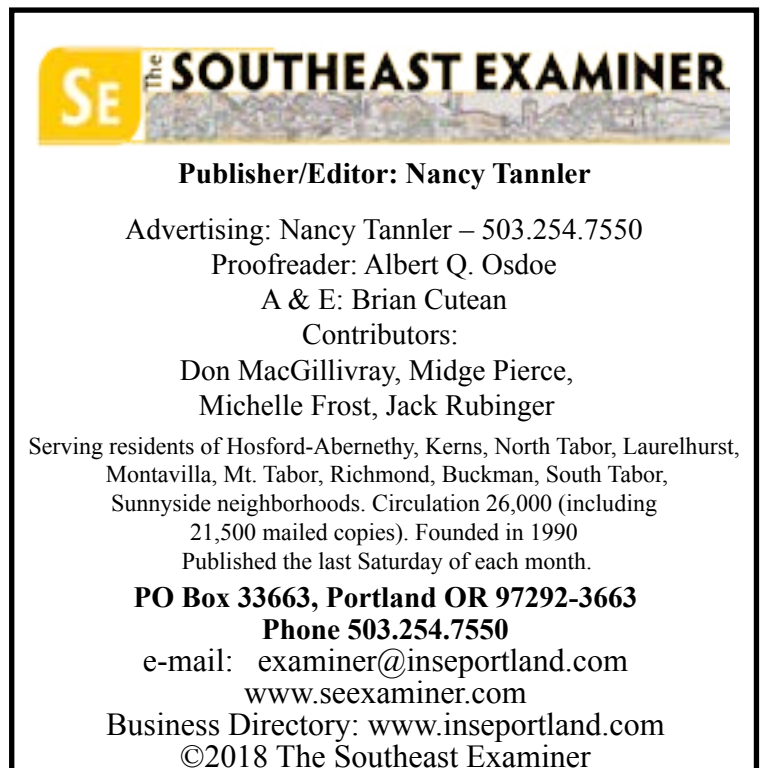
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Caring for your pets

By Nancy Tannler

All the canine/feline and pet lovers of SE Portland will be happy to know there's a new vet in town. Dr. Val Johnson recently opened the Buckman Veterinary Clinic in the cheery marigold colored building at 740 SE 11th near 11th & SE Morrison St.

In celebration of this, the clinic's Grand Opening will be held April 8, from 10 am – 2 pm, with trivia challenges, a tour of the facility, raffle and local pet rescues.

Becoming a veterinarian was something it seems like Johnson was born to do. "I was always into animals and feel fortunate to have become a veterinarian," she said.

After college, she went on to receive her Doctorate of Veterinary Medicine from the University of Wisconsin and then certification from the American Board of Veterinary Practitioners (ABVP).

The certification shows a vet has knowledge and expertise above and beyond what is required to practice veterinary medicine. They've earned the privilege to specialize in the treatment of one or more categories of animals.

Johnson's focus is general wellness of canines and felines, but she also sees other animals.

After apprenticing in Michigan for a year the doctor and her husband moved to Portland where she has been a veterinarian for the past thirteen years.

She decided on this SE location because she lives in Sunnyside and had a vision for this area to have its own neighborhood veterinary clinic.

The waiting room is airy and bright and very dog and cat friendly. The snacks and toys keep the pets calm while they're waiting, segregated by type. "The idea is for the patients not to know they are at the vet's," Johnson said.

Another calming effort in the office is having different exam rooms for cat and dogs and a comfy couch and space for the doctor to meet a pet on equal footing; that is, down on the floor.

Recovery rooms with kennels keep cats and dogs separate and comforted while they recuperate from surgery.



Dr. Val Johnson holding a rescue pup in the mini pet store

A room devoted to pet food, treats and toys is available for shopping convenience too.

Dr. Johnson was happy to rent this space with a landlord vested in keeping some of Portland's old buildings. "We invested in the expansion, make-over, remodel and URM retrofit because we plan to be here as a neighborhood vet for a long time."

At Buckman Veterinary Clinic, Dr. Johnson treats animals for routine wellness, skin and tummy problems, as well as neutering and spaying, soft tissue surgery and dental work.

"One thing that is on the rise here in the northwest is parasites," she said, "so we check all pets for heartworms." This is due to warming conditions we are experiencing everywhere. Over the past several years ticks have been found on Mt. Hood, something we have never had before.

Dr. Johnson comes highly recommended by the founder of My Way Home Dog Rescue, Cheryl Yoshioka.

"Dr. Johnson has treated over 350 dogs in this program and the outcome has been very successful. She's smart and makes

a good diagnosis that is usually correct. This saves us time and money," Yoshioka said.

Some of these dogs are in pretty diminished condition and are often saved from being euthanized.

My Way Home Dog Rescue was created by a group of people who are committed to improving the quality of dogs' lives. They focus on a few dogs at a time by pulling them from overcrowded

turn to page 9

NEW NEIGHBORHOOD VETERINARY CLINIC

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Shopping for the fashionistas in the hood

By MICHELLE FROST

The buzz in fashion this spring is a new mix-up of streetwear and art. Whether it's shoes, casual wear or evening gowns, people are ready for styles that pronounce individualism.

Croghan + Kraft is a brand-new collaboration of two artists who are creating more unique styles, bringing together the fashion design of dressmaker Suzanne Kraft with the art designs of painter and musician Hall of Famer Sean Croghan, Portland native and former pizza cook at Atlas Pizza, which is where this story begins.

"When I first met Suzanne, she had little kids working in a sweatshop," Croghan laughs. "It was a kids' sewing class," Kraft adds. "I was a pizza cook working next door at Atlas Pizza and she was over here sewing clothes."

Kraft was born in Washington, D.C. and moved to Portland in 1997. Her education in art, painting and later, fashion design included studies at Syracuse and then London College of Fashion.

"After graduation, I decided to try Portland for a year, before I would live and work in New York. I moved to Portland in '97 and lived on NW 23rd. It was just too easy," she smiles, "so I stayed!"

Kraft opened donna & toots, a dress shop and fabric store on NE Alberta St. in 2001. It relocated to 3574 SE Division St. seven years ago. donna & toots is a cozy shop, approx. 800 square feet, offering custom fabrics and designs, notions and accessories, and classes for all ages including children 8 and older.

Croghan and Kraft bring different skills to their partnership. "I rely on his popularity to help

get the word out," Kraft explains. From Croghan: "Suzanne has already invested so much into building her business, I want to bring what I can to help make it a success."

"Like with my band's collaboration in making music, where I can jump around and be loosey-goosey because the percussion and rhythm keep a structure going, it's the same working with Suzanne's more organized and structured design," he explained.

Croghan paints fabric in his home studio, inspired by anything and everything with no pre-set design ideas. Then he returns the fabric to Kraft and she begins creating her new designs of wallets, cushions, and clothing.

"Their philosophy is innovative and inclusive. "From t-shirts to one-of-a-kind dresses, we strive to create men and women's fashions that are original, and capture the spirit of Portland," says Croghan. See croghankraft.com.

There's more spring fashion news from Sarah at Fyberworks:
turn to page 21



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Neighborhood Notes

South Tabor

By Sandra Hay Magdaleno

At the March 2018 STNA meeting Julia Percel with the Adult Basic Education (ABE) Program at PCC spoke and encouraged all to attend or reach out to people of all ages who could benefit from Adult Basic Education. 66% of future jobs will require education beyond high school. The State of Oregon has a mandate of 40/40/20 by 2025 where 100% of adults of all ages and nationalities are educated with 40% BA or better, 40% AA or some higher education and the remaining 20% graduates of high school level. Our Oregon high school graduation rate is 77% and the goal is to be above 90%. The ABE program has a wide range of classes in many different subjects. There are the core classes on math, reading and writing as well as many other subjects including science, social studies and more. If someone is on OHP, SNAP or the dislocated worker program, classes are free. If not, classes are very affordable ranging from \$35 to \$135 per quarter.

A letter of support was approved with two abstentions for the Lenny D Initiative, more formally called, the Portland Climate Action Community Benefits Initiative. To summarize, the Initiative request a 1% tax on very large retailers with the money going towards renewable energy and training workers in Oregon to do the work. This initiative will be on the fall 2018 ballot. Please go to: <https://www.portlandoregon.gov/auditor/article/669995> for specific details.

More neighbors are preparing for things like a big quake through the NET (Neighborhood Emergency Teams.) The City of Portland has great videos and training programs. For more information go to: <https://www.portlandoregon.gov/pbem/31667>. Also look for the American Red Cross training programs. They are awesome too.

Mark your calendars:

Street Clean-up scheduled for May 19, 2018 from 10am to 2pm with more details to come in the May Issue.

Celebrate the life of Dave Etchpare, the 7 Dees manager of 27 years, on July 8, 2018. He was a great neighbor who regularly supported STNA and other neighborhood organizations in many ways. Details will be published as they become known.

Updates from the STNA Land Use Committee:

STNA approved unanimously a letter to City Council in support of the Code Reconciliation Project Recommended Draft, specifically the changes to the Self-Service Storage zoning code. To read more, go to <https://www.portlandoregon.gov/bps/article/627699>.

We discussed the Design Commission's tentative decision from earlier in the day (3/15) to deny STNA's appeal of the design review approval of the proposed 900-unit self-service storage building at SE 62nd and SE Powell (former 7 Dees nursery site). The commission added a number of conditions of approval, including directing truck traffic exiting the facility to turn right towards SE Powell and requiring an additional setback on the west side along the bordering residential zone. A hearing is set for 4/19/18 for the Design Commission to render its final decision. Any appeal of that decision would go before the Land Use Board of Appeals. We will continue to update you as more information becomes available.

Also, Portland for Everyone (<https://portlandforeveryone.org/>) presented to our land use committee their case in support of the Residential Infill Project (<https://www.portlandoregon.gov/bps/67728>).

All neighbors are invited to our next neighborhood association meetings:

Land Use Meeting, Tuesday, 4/17/18 and STNA Meeting, Thursday, 4/19/18, both at 7:00pm at Trinity Fellowship, 2700 SE 67th, with entrance from the parking in the rear. See you there.

Mt Tabor

By Laura Smith

The joint Mt. Tabor/North Tabor neighborhood cleanup will be Saturday, April 28 at Mt. Tabor Middle
turn to page 17



City of Portland (OR) Archives
Reservoir 6 and surrounding areas. A200B-009, 1894.

Help us tell the stories of the Mt. Tabor Reservoirs

Join us for an open house exploring ideas for interpretive displays about the historic reservoirs and Portland's water system.

Saturday, April 14, 2018 10 a.m.-noon

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Community News

Stride for Seniors Charity Walk

Meals on Wheels People host their first annual Stride for Seniors Charity Walk, Sunday April 22, from 10 am -1 pm at Portland International Raceway. The noncompetitive 3K walk will raise both awareness and funds for Meals on Wheels People. The Walk Village opens at 10 am, registration is until 11:30 am and the walk begins at noon. There’ll be live music, a Kids Zone, food, entertainment and a Walkers Village with vendor booths

Teams and individuals are encouraged to register for the event at strideforseniors.org. The goal for the event is to raise \$575,000. Contact Robin Gao, Robin.gao@mealsonwheelspeople.org for more.

Recycling tip for April

By BONITA DAVIS, MASTER RECYCLER AND SUNNYSIDE RESIDENT

Blooms welcome the annual celebration of Earth Day, an event observed throughout April. Special activities and volunteer opportunities offer a chance to pitch in and give attention to our environment.

Recent market changes have led to a shift from recycling “as much as possible” to recycling correctly, reducing what we consume and reusing what we have.

Why not make one new change in April? Make a huge impact by focusing on food and drinks. A lot of boxes, clamshells and containers for takeout foods are no longer recyclable. Here are some ideas to make less trash:

Brush up on how-to-recycle. Go to Portland Recycles online at tinyurl.com/y8sd8y4p; or farwestrecycling.com.

Call The Metro Recycling Hotline at 503.234.3000. Learn what is happening in recycling from a sustainability point of view from New Seasons Market: newseasonsmarket.com/recyclingchanges.

Those who practice Zero Waste are at zerowastewisdom.com.

Switch to using a refillable water bottle. Bring Your Own Cup (BYOC) or travel mug for coffee. Order “for here” and use a ceramic mug (recyclingadvocates.org). Same with dining in – use

durables.

Take two minutes to open a BottleDrop account at return stations inside most groceries and get your money back on the 10 cent deposits.

Purchase fresh, whole foods when possible, and avoid packaging. Let fruits and vegetables snuggle up in your reuseable tote for the trip home, or bring your own produce bags.

Ask your favorite food cart if there is waste-free serving option. Check out goboxpdx.com.

Bring your own container for leftovers when dining out. You may have to transfer the food at your table.

Buy in bulk. Find out from the store how to safely bring your own containers and mark the tare weight of the container before filling. Try out a local Food Co-Op.

Get ready for the growing season by exploring the opening of a Farmer’s Market near you. Look at a subscription-based CSA (Community Supported Agriculture), produce boxes, and even ugly fruit.

Cook at home and save time and money when you cook in batches and make enough to freeze for future meals.

Doing one or more of these will make much less go out in your garbage and recycling rollcarts.

Be sure and celebrate the month by connecting in nature.

Poop power

Much of our waste is denounced as worthless. Those that study know that real power lies within our heaps of garbage.

An example of this is within the Portland Bureau of Environmental Services (BES). For two years they have worked to complete a chemical plant that processes Portland’s sewage by turning it into methane, using it either to produce electricity or to run cars and trucks.

They have coined the phrase “Poop to Power.”

This not only gets rid a smelly waste product, but it does so in a way useful to the city providing a financial gain as well as using this waste as a resource.

Every year BES processes 28 billion gallons of wastewater and through this treatment process, the city will replace over one million gallons of dirty diesel fuel with clean natural gas.

This will eliminate 21,000 tons of greenhouse gases that would otherwise pollute the atmosphere and will generate over \$3 million worth of electricity each year at the same time.

Trucks running on natural gas cut smog-producing pollutants by as much as 90 percent and climate change emissions by almost to 30 percent. This is a locally produced, clean fuel recaptured from waste – not fossil fuels.

The Poop to Power project was approved by City Council on April 22, 2017 and completed at the end of the year; a fitting tribute to Earth Day that is commemorated April 22.

It is a joint project of the Bureau of Environmental Services and the Bureau of Planning and Sustainability. *.DM*

NEIGHBORHOOD SMALL GRANTS CELEBRATION
April 5, 7 – 8:30 pm
SE Uplift, 3534 SE Main St.

SE Uplift awarded \$25,520.50 in Neighborhood Small Grants to 11 Community Projects for 2018.

Now in its 11th year, the program funds small powerful community efforts aimed at increasing the number and diversity of people engaged in the civic sphere.

Funded projects range from Latinx youth leadership trainings to bikeway street art, forums connecting housed and unhoused neighbors, a student volunteer fair, new citizen voter education, a multicultural festival, and more.

Candidate Forums for May Voters

Nonpartisan Candidate Forums
Multnomah County Board Room, 501 SE Hawthorne Blvd.

April 10 – 6 to 9 pm
Metro President, 6 – 6:20 pm
Multnomah County Auditor, 6:30 – 7 pm
County Chair & Commissioner District 2, 7:10 – 9 pm

April 24 – 6 to 9 pm
Portland Commissioner Positions 2 and 3, 6 – 7:25 pm
Metro Councilor Districts 2 and 4, 7:35 – 9 pm

Other nonpartisan information to inform your vote can be found at lwvpdx.org

Budget Cuts Threaten Closures

Three hundred concerned citizens rallied together at the Sellwood Community Center on St. Patrick’s Day to protest the potential closure Portland Parks & Recreation community centers.

Participants expressed their concerns further by signing a petition and writing postcards to the mayor and city commissioners. Almost 200 petition signatures and 500 postcards were collected during the 2 hour event.

“The budget process and closure threats come at the same time that preschool registrations, fundraisers to support the Centers, volunteer based improvement projects should be in full swing. When these closure threats come almost every year, we just don’t have the stability we need to grow.” – Gail Hoffnagle, Chair of Friends of the Sellwood Community Center

Dawn Haecker, Chair of the Friends of Woodstock Community Center, questions sustainability plans for new

facilities as well. “Thanks to funds coming from development fees, there is plenty of money to build new facilities, but there doesn’t seem to be any plan for maintaining them over the long term. What happens to these new facilities in 30 years when they need upkeep and the budget doesn’t allow for that?”

Community Forums are an opportunity for the public to weigh in on decisions regarding the City’s budget for the upcoming fiscal year.

Upcoming public meetings are as follows:

- April 3, 6:30 – 8:30 pm
David Douglas High School
1001 SE 135th Ave.
- April 17, 6:30 – 8:30 pm
Roosevelt High School
6941 N Central St.
Budget Committee Hearings
- May 10, 6 – 8:30 pm
- May 16, 2 pm, *Council Action to approve City Budget*

All meetings at
Council Chambers, Portland
City Hall
1221 SW 4th Ave.

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BottleDrop is a new system for redeeming bottles and cans in Oregon. With clean and spacious indoor facilities, helpful staff, and a innovative new BottleDrop Account, returning deposit containers and collecting a refund is fast, clean and convenient.

All centers are open from 8 am or earlier to 6 pm. Hours may vary by location. Close-in east side: Fred Meyer Hawthorne, 3805 SE Hawthorne Blvd. and Fred Meyer Hollywood, 3030 NE Weidler St.

Step 1: Register online or sign up at a BottleDrop Center and get your account card, pre-approved stickers and green bags.

Steps 2: Fill your bags with returnable bottles and cans for beer, soft drinks, water, tea, coffee, fruit juice, coconut water, hard cider and kombucha.

Step 3: At a BottleDrop Redemption Center, choose BottleDrop account, self-serve or hand count. Your account card will be credited when you use the system. Redeem your balance for cash at any Redemption Center.

Step 4: Use a BottleDrop Plus kiosk in redemption centers and retail grocery stores for store credit. It allows you to get 20 percent more for your bottle and can redemptions (12 cents per container!).

According to Oregon Beverage Recycling Cooperative (the organization that operates BottleDrop redemption centers) more than 60 percent of all returns come through a BottleDrop center and nearly 200,000 Oregonians are green bag account holders. More BottleDrop redemption centers and express locations are coming in 2018.

Find a location near you at bottledropcenters.com.

Stories of the Mt. Tabor Reservoirs

Join the Portland Water Bureau (PWB) for an open house exploring ideas for interpretive displays about the historic reservoirs and Portland’s water system.

Mt. Tabor Reservoirs Interpretive Displays Open House
10 am – Noon • Saturday, April 14

PCC SE Campus, Community Hall Annex • 2305 SE 82nd Ave.

For more than a hundred years, Mt. Tabor formed a major part of Portland’s water system, with most of the city’s water passing through reservoirs on its slopes.

To comply with new drinking water regulations, PWB disconnected Mt. Tabor’s uncovered reservoirs from the drinking water system in 2015. As part of the disconnection, the Water Bureau agreed to create interpretive displays honoring Mt. Tabor’s important place in the city’s water system.

For information email Tom Carter at Tom.Carter@portlandoregon.gov. At the Open House, coffee and pastries are provided.



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Community News

Petiquette at Abernethy Elementary

Parents, teachers, and staff at Abernethy Elementary School are asking the community to help keep the school grounds safe for all children and visitors.

The school serves approximately 500 children during the school week. A wide range of people use the playgrounds, athletic courts, and playing fields as their local recreation spot during non-school hours.

Since many community members own dogs, they sometimes bring them to school. Unfortunately, some seem to be either unaware of or unwilling to abide by regulations and responsibilities when they bring their dog on school grounds. If you own a dog, please be responsible and encourage others to do the same.

The General Multnomah County ordinances, regarding dogs in public spaces - including all school grounds are:

1. All dogs must be on leashes, tethers, or control devices at all times. These devices must be no longer than eight feet in length. Abernethy Field is not a dog park and dogs are not permitted to be off-leash on any part of the school grounds.
2. Owners are responsible for scooping and removing all

dog waste. Failure to do so is subject to a \$150 fine.

3. Dogs tied up on or near school property are considered “At Large” and owners are subject to a fine of \$150 per animal. This includes dogs with leashes tied to fences or signs while owners are inside the school building.

4. Dogs whose leashes are being held by children are considered “At Large”, not permitted on or near school grounds and are subject to removal by Animal Control. Only capable persons must hold dogs’ leashes. If you need to go inside the school, leave your dog at home or have a trusted adult hold your dog’s leash.

If you need an off-leash park to let your dog run free, Sewallcrest Park is the closest to Abernethy, but many others may be found at: portlandoregon.gov/parks/finder

These ordinances have been developed in order to protect children, parents, school staff, the general public, and dogs themselves.

No one wants a kid bitten, to have his or her dog involved in a dogfight, or to step in unscooped poop. Please remember this as we look forward to warmer and longer days this spring and summer.

COLLEGE NIGHT AT CLEVELAND – The Cleveland College & Career Center hosts its annual College Night for students and families on Tuesday, April 24 at 7 pm in the Cleveland High School auditorium, 3400 SE 26th Ave. The program begins with a panel of current Cleveland seniors discussing their college search and selection process, followed by several breakout session choices. The sessions include: Inside the Admissions Office, Crafting the College Application Essay, Financial Aid Basics, Public Universities In-State and Out, and Community College Options.

THE 82ND AVENUE OF ROSES PARADE AND CARNIVAL will be held on April 28. “Play Happy” is the theme, many entrants are already on board and we are looking forward to a fun and festive affair. The parade starts at 9:30 am at Eastport Plaza, 4000 SE 82nd Ave. and the Carnival continues at Eastport Plaza until 3 pm with entertainment, music vendors and Cruise-In.

CREATIVE WRITING CLASS FOR WOMEN – Write from prompts that may lead to new stories, poems or essays. Mondays, 10 – 11:30 am., April 9 – June 4 (no class on 5/28), TaborSpace, 5441 SE Belmont. \$12 to drop in for a class or \$80 for all 8 weeks. All experience levels are welcome to join this encouraging group. Taught by Pushcart-nominee Linda Ferguson. For information, email ljdferguson@gmail.com.

GRIEG LODGE ANNUAL SCHOLARSHIP FUND BIRTHDAY BRUNCH, April 8, 8:30 am - 12:30 pm. Celebrate with Sons of Norway Grieg Lodge as the lodge celebrates its 108th birthday and honors this year’s 11 scholarship recipients. Enjoy the best breakfast in town and a chance to win terrific raffle prizes. Buffet menu includes all-you-can-eat Viking pancakes, served with scrambled eggs, sausage, au gratin potatoes, ham and asparagus strata, seasonal fruit, orange juice, riskrem, and coffee or tea, topped off with Norwegian birthday cake. Scholarship awards ceremony at 11 am. Tickets are Adults, \$10 (advance,) \$12 (at door), children ages 5-12, \$5, under age 5 are free. Reservations are advised, contact info@glsscholarshipfund.org. Norse Hall, 111 NE 11th Ave.

8TH ANNUAL PLANT SALE & VEGAN BAKE SALE FOR HOUSE OF DREAMS CAT SHELTER, a 501(c)(3) non-profit. The sale will take place Saturday, April 14 from 10 am to 3 pm at 7634 SE Morrison. Indoor and outdoor plants, decorative pots and garden art will be for sale as well as yummy vegan baked goods and hot drinks. This is an all-volunteer run organization funded, solely by donations and a few fundraisers. All proceeds from this sale go to support the kitties until they are adopted. Cash, checks and credit cards accepted. Email hodplantsale@gmail.com / kittydreams.org.

HOSFORD HUSKY HUSTLE 5K FUN RUN, Sunday, May 6, 10 am at Hosford Middle School, 2303 SE 28th Pl. Non-competitive 5K fun run/walk thru Ladd’s Addition. Fundraiser benefitting Hosford Middle School PTSA and Shu Ren, the parent support organization for the Mandarin Immersion Program. More information at runsignup.com/hosford.

PLANT SALE Saturday, April 29 at the Multnomah Friends Meetinghouse, 4312 SE Stark, from 9 am – 2 pm. Proceeds from the sale benefit Friends Peace Teams, who work face-to-face for healing and reconciliation in conflict zones in Central America, the African Great Lakes area, and Indonesia. Plants include perennials, annuals, flower and veggie starts, and garden accessories. If you have plants to donate, call Maye Thompson at 503.232.6167 before April 27.

PREPARE OUT LOUD EARTHQUAKE PREPAREDNESS FORUM – Join the American Red Cross for Prepare Out Loud earthquake preparedness forum and be ready for a Cascadia earthquake and disasters of all kinds. This presentation helps empower the community to take preparedness action. The following meeting in SE is at Girls Club 454 SE 165th Ave., April 5 from 6 – 7:30 pm. For questions contact: Monique Dugaw Regional Director of Communications American Red Cross monique.dugaw@redcross.org

FRIENDS OF THE MULTNOMAH COUNTY LIBRARY’S SPRING USED BOOK SALE, May 4 – 7. Join the Friends of the Multnomah County Library at the annual Spring Used Book Sale, Oregon’s biggest and best used book sale. The event takes place at the Lloyd Center DoubleTree Hotel Exhibit Hall, 1000 NE Multnomah St. and is easily accessible by TriMet/MAX. Vouchers providing \$3 parking in the on-site garage are available to all attendees. Proceeds from the sale benefit the Multnomah County Library.

ROGUE KETO CLASS – Rogue Natural Medicine is offering a 9 week ketogenic diet class on Sundays from 3 – 5 pm starting on April 22. If you are looking to lose weight or want to get a handle on a chronic disease, this may be your ticket. For more information, visit RogueNaturalMedicine.com.

IS HOMEBIRTH RIGHT FOR ME? – Film screening and Q&A, Sunday, April 15, 5 – 7:30 pm, Whole Foods Community Room, 3535 NE 15th Ave. Local midwives are sponsoring a free event to provide information and answer questions about homebirth and screening the film, *Why Not Home?*, followed by a Q&A. Register on Eventbrite

CARING DISCIPLINE PARENT COURSE – Five-week Course Tuesdays, April 3 - May 1 from 6:30 – 8 pm, at the Caplener Group Offices / Community Room, 5015 SE Hawthorne St. Learn parenting tools to help your child’s self-esteem, mitigate discipline sabotage, show unconditional love, and address misbehaviors in a caring manner. This course is appropriate for parents who have children ages 2-18, and provides space for you to try out the tools, and brainstorm and laugh with other parents struggling through similar issues. To find out more or sign up, go to: parentsupportcenter.org.

OLD HOUSE REVIVAL TOUR – April 14, 10 am – 4 pm, visit: ahc.org/education-programs. This self-guided tour gives you the opportunity to see inside several Portland area houses, each providing ideas and information on how you can restore spaces lost to previous remodels, create new spaces, or preserve original building materials. No matter what style or era of house you prefer, the tour offers something for everyone.

BB BUSINESS BEAT

ALL HEART YOGA – YOGA CLASSES IN SE – Practice Hatha yoga with Laela Wilding at All Heart Yoga, at Hawthorne Movement Center – a small, friendly, neighborhood studio. Build strength • Improve flexibility • Reduce stress • Private Instruction Available • Everyone is welcome. Visit AllHeartYogaPDX.com for more info.

ROGUE NATURAL MEDICINE is open and seeing patients on Sundays and Mondays at 2304 E. Burnside St., across the street from The Screen Door. Specialties include thyroid/adrenal, hormones and hard-to-treat conditions. Privacy and security are important and in this age of data-mining, your personal health information (PHI) is constantly bought and sold. Rogue Natural Medicine bucks this trend and keeps all PHI out of the cloud, off the internet and away from insurance companies. For information, visit RogueNaturalMedicine.com.

SIX ELEMENTS BODYWORK, LLC – Thai massage comes to Montavilla starting April 11. Sarah Carl, LMT has 13 years experience finding the center of imbalances to encourage deep resolution. Offering deep tissue, gentle techniques, injury care, abdominal massage and a variety of Thai therapies to help you rebalance and reconnect. Motor vehicle insurance claims accepted. First visit discounts. Located inside Montavilla Acupuncture, 7925 SE Stark St., 503.281.4866, SixElementsBodywork.com.

PROUD POUR WINES – These pro-environment wines hit Portland last fall and are the brainchild of SE resident Berlin Kelly. Proud Pour’s Oregon Pinot Noir helps fund bee habitat restoration around local farms, and its California Sauvignon Blanc restores oysters to the Oregon coast. Both are sustainably-grown, vegan and high-quality. Find where to get them at proudpour.com.

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PDX Transportation Goals

By DON MACGILLIVRAY

Portland has serious transportation issues growing in ways that concern everyone, especially commuters. The cost of traffic congestion averages \$1,200 annually in wasted time and fuel for American drivers. This adds up to billions in losses for the national economy. Business as usual will not solve this problem.

New on the scene is Business for a Better Portland (BBP). Formed in 2016, they expect to play a major role in local politics by gathering together businesses that do not have strong voice.

Even though Portland Business Alliance has been the primary voice of business in Portland for a very long time, governmental actions that are needed are not happening fast enough. There are situations new to everyone and the problems seem to defy solution.

Recently BBP held a general meeting about the future of transportation in Portland as a way to find out what is going on from those that are knowledgeable about the subject and looking for responsible solutions.

There is a call for a new vision regarding transportation as much concern is being expressed over the inaction regarding the current situation. Many believe the Portland region is falling behind on duties to improve our transportation infrastructure.

In previous years, Oregon was a leader in these areas. The defeat of the Mount Hood freeway and the building of the MAX Light Rail system gave Portland a national reputation for success. Our mayor at the time went on to be the United States Secretary of Transportation.

Times have changed. No longer does the federal government subsidize infrastructure such as transportation, housing, and major facilities like it did in the 1970s.

In a growing city with congested roadways, how can Portland better manage these situations? The region is not able to agree on a vision. Often the many interests won't come together because of their own priorities.

To do things piecemeal won't work. A large integrated plan must be created that is supported by the collective community interests.

The city has plenty of plans. The question is whether all these plans make a coherent system that will provide what is needed. What is needed is a way for everyone to get some of what they need and for transportation to function better for everyone.

Portland has a one billion dollar backlog of needed road maintenance and while this is happening, the city is implementing the Vision Zero project to end all traffic fatalities. High on everyone's priority list is improving traffic flow in Portland, especially during morning and evening rush hours.

With the current funding situation, stringent priorities must be made and large-scale projects are not realistic. The business community must be a leader in finding solutions and this means making hard decisions that will not please everyone or perhaps anyone at all.

Large projects have winners and losers and the opponents' acrimony is louder than the proponents' approval. There needs to be common consent over a larger picture that will provide necessary funding and allow the work to progress out without objections.

So until there is a clear vision, the situation will not see the improvement everyone wants. The vision needs to be a description of a systemic change that will address most if not all the issues. After all transportation is one of the few public functions that unites everyone.

Many believe that widening roadways is the answer, but new roads will bring the cars that avoided congestion, making a newly widened road as clogged as ever. About 25 percent of the cars on clogged roadways during rush hour are not commuters, but people doing their everyday errands and shopping.

Major highway projects not only are very expensive, but they can take ten years or more to build and cause major disruptions during their construction. The I-5 Columbia Crossing is a good example.

The expense of widening freeways would be horrific. Another example of this is the I-5 - Rose Quarter project expected to cost nearly half a billion dollars.

If building wider roads won't solve it, what will? With Portland's population expecting to double over the next thirty years, there will be 20,000 new residents arriving in each of those years.

The only serious alternative seems to be "value pricing" or more commonly know as "congestion pricing"; a form of paying for road use. It allows incremental changes to be paid for modestly and improves the management of excessive traffic volume.

This has worked in many places around the United States and around the world. In Singapore congestion declined by 45 percent and in London it was reduced by 30 percent. This reduces automotive carbon emissions by 20 percent and allows us to continue to meet our Climate Action Plan goals.

This may be the only solution that can realistically solve the congestion problem and it will do it better for less money than any other way.

The general meeting of the new Business for a Better Portland organization was a huge success. They are likely to lead the city toward making transportation changes required for the City of Portland to prosper.


Prior to the May election, six weeks from now, a forum about local transportation issues will take place sponsored by OPAL, the Community Cycling Center, Oregon Walks, the Street Trust and Young Professionals for Transportation.

City Council candidates Stuart Emmons, Jo Ann Hardesty, Loretta Smith, Andrea Valderrama, and Felica Williams are all running for Commissioner Dan Saltzman's position in charge of transportation.

The transportation forum is scheduled for Thursday, April 5 at 6 pm with a moderated panel discussion followed by questions from the audience. Held at the Lucky Labrador Beer Hall at 1945 NW Quimby St., it should be a lively event.

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Returning to the nest

In times of trouble, a nest is a perfect place to rest. Best done in the fetal position, we're told –unless, of course, you're a bird or a kid taking flight.

Portland based artist Debbie Baxter has been building and photographing people in nests made from twigs and extraneous materials from Brooklyn to Burning Man including this one on a SE Portland street, built in the dead of winter, waiting for spring.

Baxter says, "My mission is to get as many people as I can to allow part of themselves to be held in The Nest reconnecting to Mother Earth."

The upper Hawthorne Street project was done in collaboration with the Owl Salon whose simpatico mission includes providing places to process grief. A facebook post indicates the nest, named after an Egyptian goddess, welcomes all who



are willing to snuggle up and engage with her.

Nest projects will soon take Baxter to Puerto Rico and Washington, D.C. Then she'll head back to Portland for nest-building workshops. For more information: See debbiebaxter.com.

Safe Speeds Save Lives

from page 2

The professional driver safety-training program is developing partnerships among PBOT and the private taxis and transportation network companies to launch a program that includes easy-access driver safety tips, training, and testing in multiple languages.

Vision Zero content will be included in driver training for public agencies and contractors with private companies.

Portland's first citywide traffic safety education campaign will focus on the significant impact of unsafe speeds on local streets.

Launching this year, a fleet of over 1,000 passenger vehicles and light trucks will have bumper stickers that say "Safe Speeds Save Lives."

In 2016, Portland voters approved a 3 percent local tax on cannabis revenue being used for Vision Zero street and road safety projects. The voter approved Fixing Our Streets initiative that levied a local 10-cent per gallon gas tax, is part of the funding being invested in Vision Zero projects.

SE Foster Road is an example of the work to be done on one of Portland's most dangerous streets. The safety project will reorganize travel on the street, add

enhanced pedestrian crossings, provide protected bike lanes, add a center turn lane, reduce motor vehicle travel speeds, support local businesses, and provide a community main street.

The City of Portland typically sees about a 30% rate of crash reduction from such projects.

There are street team collaborations between PBOT, the Portland Police Bureau (PPB) and community organizations that educate Portlanders about Vision Zero so that they will make safer choices while moving about the city.

The staff and community volunteers select a location on the High Crash Network and spend two hours during the evening commute talking to people in their parked cars, waiting for the bus, or when walking.

In conjunction, PPB may run a Vision Zero enforcement mission, pulling over drivers when they behave dangerously.

Over the last few years, Vision Zero has grown to become one of the most popular new policies within local government.

Portland's streets remain challenging, especially for older adults, who are at a higher risk of dying in a crash.

To learn more go to portlandoregon.gov/transportation.

Keeping your pets healthy

from page 2

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Andy Warhol

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The Yard inhabitants enjoy bird’s eye view

By JACK RUBINGER

From his studio in the 21-story Yard apartment building on the corner of Burnside and NE 2nd, Stuart Coates enjoys unbeatable views, an easy walk to downtown and an even easier commute to work at the Knot Springs health club and spa (a quick elevator ride).

The Yard is part of a development project called the Burnside Bridgehead at the NE end of the Burnside Bridge. This is an area which has undergone a major transformation at the former site of a used car lot and Fishel’s furniture.

Coates used to live near Division and 30th near Pok Pok



A snowy view

and other popular SE restaurants. He’s been a resident of the Yard since day one in 2016. He was born and raised in Portland and has lived both in SE and SW on Capital Hill.

Many residents are attracted by The Yard’s community amenities including electric car charging stations, indoor community lounge and event space, bike storage and repair station, free WiFi and garage parking.

The apartments feature bicycle racks, high end appliances, hardwood floors, patios and balconies.

Portland is continuing to grow up rather than out with many prime city corners being developed. What these new high rise structures offer is an alternative lifestyle for single professionals who are looking for good food, good friends and good places to work out.

Coates spends a lot of time cooking for himself and others, attending urban development lectures, and designing brand identities for wild ideas.

“I love the centrality,” he said. “It has really changed the way I interact with the city, making every quadrant more accessible, including downtown. The design details and finishes of the apartments are minimal without sacrificing quality or a sense of identity.”

While Coates knows many of the residents by name, he doesn’t really hang out with his neighbors outside the building.

“Not many people can say their commute is about 20 seconds,” he said. “It’s really shaped

the way I live my life. For a number of reasons, I don’t need a car as the whole city is extremely accessible to me.”

Outgoing and adventurous hair stylist Heather Greene discovered The Yard on Craigslist. A seriously fun dog lover, she and her pit bull Abby are happy to have found home in a high rise.

She didn’t move far to find her happy place as she used to live in Sellwood and before that across the river in Vancouver. An avid reader, she loves being just blocks away from Powell’s where she enjoys researching and working on various creative projects.

Greene is delighted with living here. “Portland feels like home. The people, lifestyle, creative culture, all of it,” she said. “I couldn’t imagine living anywhere else. The Yard has been nothing short of an awesome experience. The sense of community here is great, and I’ve made some phenomenal friendships.”

After moving in, she sold her Toyota Corolla in hopes of utilizing her bike and public transit more. Walking to work has made her way more active, and jogging along the waterfront continues to be “amazing.”

“I think the Yard is a dog lover’s dream. With no breed restriction I was finally able to adopt a pit bull, which is a difficult thing to do as a renter. All in all, between location, community, and dog friendly staff, The Yard has been a great home for me,” she said. Her only gripe, which many fear, too, are the rising costs of living in Portland.



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- 5G = Impacts To **All Living Cells** Has Been Thoroughly Documented by Multiple Peer Reviewed Scientific Studies.
- The Federal Communications Commission is Planned To Classify Human Skin As An Extremity, Allowing For Higher Exposures.

RECOMMENDATIONS TO PROTECT HEALTH:

1. Halt The Roll Out 5G Technologies Pending Results of Studies On Impacts to Human Health.
2. Reevaluate Safety Standards Based On Pre-Market Safety Testing.
3. Rescind Portions Of **The Spectrum Act** That **FORBIDS** Public Input and Accountability By Government & Industry



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marukinramen.com

The ever burgeoning food choices in Portland are an ambrosia to a diner’s palate and many are a benefit to their good health. Marukin Ramen is no exception with authentic, tasty, well-crafted ramen noodle bowls and sides they serve at their two locations in Portland.

The eastside Marukin Ramen, 609 SE Ankeny is where *The Southeast Examiner* met up with owner/operator, CEO and dishwasher David Rademacher, Chef Mayumi Hijikata and media man Mark Shimahara. This corner of SE Ankeny is experiencing a pleasant revival thanks to their restaurant makeover and the popularity this type of food is generating in the people today.

Rademacher’s backstory is one of coincidence, friendship and a good idea. In 1994 he decided to change his lifestyle and live and work in Japan. He first came to Tokyo and soon met his interesting neighbor Masa Hayashi. There was an instant connection and the two became fast friends. Rademacher stayed in Japan for eight more years living in different cities and the country and while working in IT as an executive recruiter for foreign national firms (80% Silicon Valley based).

During this time his friend Masa Hayashi partnered with Hiroshi Kusuda and together they opened the first Marukin Ramen serving Kyushu* style ramen (named for an island of Japan) called Hakata. This is the rich tonkotsu (pork bone broth) with a skinny white noodle. “This is often imitated but rarely done well,” Rademacher said. There are many types of ramen depending upon the region of Japan.

Upon returning to the US in 2003, David became a real estate agent. The two remained friends and when Masa came to visit his son in Vancouver B.C. five years ago, Portland was his first point of contact. The two made a roadtrip together to B.C. and in the course of the conversation decided Portland would be a great place to open a US Marukin Ramen. Rademacher invested and it wasn’t long before the real estate agent also became a restaurateur.



David Rademacher and Chef Mayumi Hijikata with Masa Hayashi keeping watch behind the bowl

It took three years to find the right locations. The first one was in The Pearl but that location didn’t have a large kitchen. When the industrial kitchen on SE Ankeny became available, they started the process of creating a light, airy, minimalist dining space. This location proved to be a faster makeover so both spaces opened in Spring 2016.

Location is important, but what is even more important is how to get a ramen bowl to taste as good in America as it does in Japan without having access to the same ingredients. This is where Chef Mayumi Hijikata entered the picture.

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In Japan, the chef’s world is still very much dominated by men. Chef Mayumi was the exception to that rule. She climbed the ranks of the culinary ladder on her own terms, learning along the way. She became proficient at pastry making, French and Italian cooking and under the guidance of Masa and Hiroshi learned all the subtleties of their culinary art – Ramen aka Japanese comfort food.

Mayumi came to America for the first time to build the menu for the restaurant. Little do outsiders know what goes into the science behind preparing a menu. In this instance they needed to find a wheat that was right for this type of noodle. Nothing grown in Oregon worked because a hard, high protein non-bleached flour is required to make

turn to page 21

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Frida Kahlo art work

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OMSI's Robot Revolution



photo by J.B. Spector

This is Baxter, developed to work on assembly lines and play two games of tic tac toe simultaneously. Oregon Museum of Science and Industry is Bringing on the 'Bots in a new exhibit that has just opened. See these beings up close, play games with them, make eye contact, converse and interact with the cutting edge. Learn about the other different robots and read more about the show on page 16.

Orquesta Pacifico Tropical



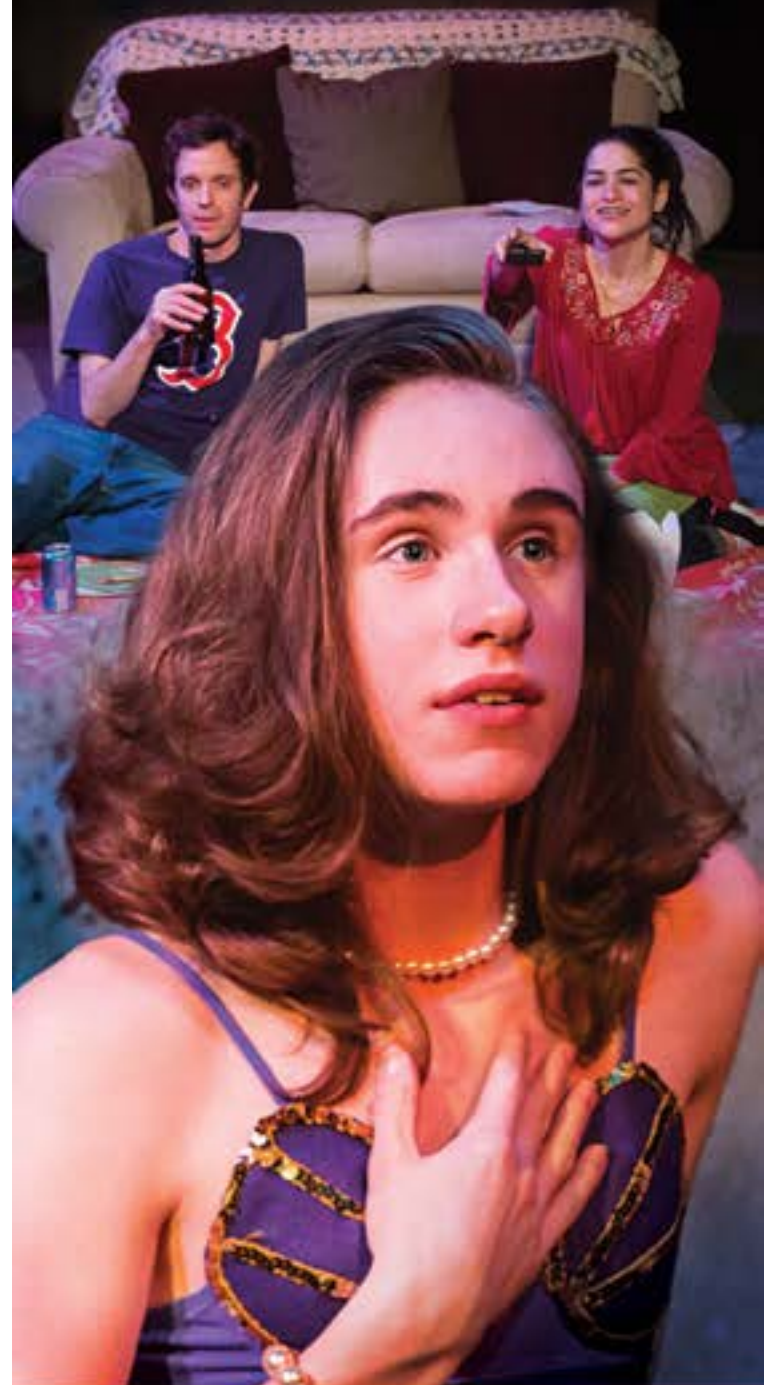
photo by Katie Summer

Psychedelic Cumbia music? Yes! Portland's own Orquesta Pacifico Tropical knows a lot about it and invite you to come dance your blues away at their record release celebration April 7 at Holocene. The spicy way this eleven piece band plays this music (originally from Columbia) could only come from this Upper Left Edge we live on. OPT's dance grooves are deep and the horns are happening. Read more about El Tren, the new disc on page 16.

Email your event news by the 20th of each month to: examiner@inseportland.com.
The latest SE neighborhood news, A&E and past issues are online at SoutheastExaminer.com.
"Like" us on Facebook too for news and updates.

"This touching family comedy is a reminder that all of us, parents and children alike, whatever our identities, are figuring out life as we go."

—BEN WATERHOUSE, THE OREGONIAN



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BY DAVID VALDES GREENWOOD

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Orquestra Pacifico Tropical

Orquestra Pacifico Tropical's new psychedelic cumbia album El Tren will be released Saturday April 7 at Holocene, 1001 SE Morrison St., beginning at 8 pm. The seven piece all original band shares the bill with Chanti Darling opening and DJs Anjali & The Incredible Kid following in a non-stop dance night to bring the house down with energetic and passionate NW new South American music.

The album was recorded at Destination: Universe! studio in SE Portland as eleven friends came together to capture and breathe new life into varieties of cumbia with a vast array of percussion, woodwinds, horns and guitars.

Cumbia began as a courtship dance on the Caribbean coasts of Colombia. The Orquestra's polyrhythmic jumping body music is inspired by 50s, '60s & '70s cumbias. The music electrifyingly infectious, and updated in the spirit of the 21st century. The musicians who came before are respected even as the band forges their own uniquely Portland stamp on the music.

The new album is streamable at orquestrapacificotropical.bandcamp.com. There are ten tracks and Mujer Santisima, Isla de la Luz and Flor de Loro are but a few of the album's earcatching pieces.

Of the new album, bandmember Papi Fimbres says "We're getting the album pressed locally via Cascade Pressing and mastered at Sky Onion to keep everything local and real."

This is music that is meant to be moved to while the band is playing live. The show is for 21+ and tickets are \$10 adv, \$12 at the door.

Jennifer Berezan's Songs for All Beings



Canadian songwriter Jennifer Berezan performs Saturday April 14 at the Unity Church of Portland, 4525 SE Stark St. beginning at 7:30 pm.

Berezan's music has been acclaimed as transformative and uplifting and her concerts move through musical styles, politics, spirituality and affirmation. Her albums show a lifelong involvement in environmental and justice movements and her interest in Buddhism and earth-based spirituality are at the heart of her writing.

With songs that reflect her upbringing in the prairies of Alberta and the transformative power of nature, Berezan's website is edgeofwonder.com.

The concert also brings awareness to IRCO (Immigrant and Refugee Community Organization) serving the needs of immigrants, refugees, and community members in Oregon and SW Washington and Central City Concern, a Portland organization whose innovative outcome-based strategies support personal and community transformation.

Tickets available at brownpapertickets.com/event/3326579.

Robot Revolution



Photo by J.B. Spector

Robot Revolution, the new exhibit at OMSI (Oregon Museum of Science and Industry), takes a look at AI (Artificial Intelligence). Since all the little Alexas, Cortanas, Roombas and self-driving cars are already ubiquitous, robots may ultimately become companions and colleagues too and change how we play, live and work together like in the Jetsons, Blade Runner's replicants and androids counting electric sheep. The Museum of Science and Industry in Chicago worked with a group of robotics experts to create the exhibit and it's open for interaction at OMSI through September 3.

Cutting-edge robots from innovative global companies and universities brings this collection to life. Museum guests can interact with robots like Yume Robo, a climbing bot that can use a ladder; Paro, the furry baby seal therapy robot, with sensors that respond to touch; Robotis-Op, able to follow faces and make eye contact using visual tracking software; RoboThespian, pictured can perform in a stage play and does impressions of other stage characters and Thes, a snake-like 'bot that can crawl through pipes and alert humans to leaks or system damages. These are many more as well.

Hands-on activities with robots allow guests to see robots mimic facial expressions with advanced facial-coding technology, try a surgical training simulation and see what it's like to perform a robotic surgery and identify how machines are able to sense, plan and then act, while comparing and contrasting ways humans and robots learn.

Experiment with various advanced robot "grippers" to select and pick up objects. Explore the varieties of ways robots can move and offer humans access to places we could never venture ourselves and learn about skills robots possess that mimic and even surpass human capabilities.

Robot Revolution tickets include general museum admission at \$19.75 for adults, \$13.50 for youth (ages 3-13), and \$15.75 for seniors (ages 63+). OMSI members prices are \$5 for adults, \$3.25 for youth, and \$4.25 for seniors. Guests can purchase tickets online at omsi.edu, via phone at 503.797.4000 or in person at the museum.

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La Belle APRIL 6 - 29

LOST IN THE WORLD OF THE AUTOMATON

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A Correction

Oops! Last month's Pagan Jug Band picture was taken by Nick Martini and his photo credit was inadvertently omitted. Thanks for your great pic, Nick!

Mother Foucault's Bookshop,
523 SE Morrison St. hosts a reading with author **Jill Kolongowski**, and her *Life Lessons Harry Potter Taught Me*, Saturday April 7, at 7 pm

Through literary criticism and personal essays Kolongowski explores courage and fear, girl power and the complexity of relationships.

Revisit Hogwarts and reconnect with favorite characters. Learn more than the correct pronunciation of Wingardium Leviosa as she muses on drawing strength from friends; learning from mentors and heroes; and trusting yourself when others don't.

Booktore events: First Tuesdays Letter Writing Club, 4-6 pm; First Wednesdays Other People's Poems, 7 pm - recite someone else's poem from memory, not your own. Second Thursdays - Jazzed about Jazz - Mark Montesano of KMHD presents influential jazz, beginning with the blues and ragtime through the radical forms of the 50's and 60's. 7 pm. See mother-foucaultsbookshop.com.

Go

Going Out

arts & perfor-

La Belle



The Beast and Beauty in LaBelle

LaBelle, Lost in the World of the Automaton is Imago Theatre's April show. It's the return of a giant artwork of a play presented to amaze and delight children of every age.

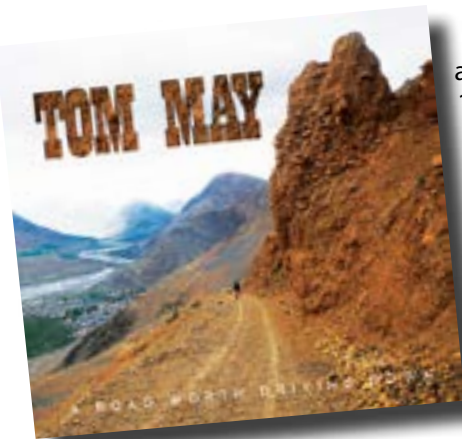
The story: On a sea voyage in an engine room of a 1920 steamship, Sam Stoker and Lady Rose travel back to 1740 to retell the classic tale, Beauty and the Beast.

With more than a hundred live action automatons and dazzling effects for the eye, mind, heart and imagination, the story comes to life with puppetry, steampunk themes, shadow theatre, and a multitude of effects, songs, drama and comedy.

Created by Carol Triffle and Jerry Mouawad, LaBelle is intriguing and entertaining. The theatre is at 17 SE 8th, right off Burnside St.

Tickets are: \$17.50 for kids; \$29.50 for youth and senior and \$37.50 for adults and available at Imago 503.231.9581; imagotheatre.com, online at tinyurl.com/yczlzlgld.

A Road Worth Driving Down



Local Folk hero Tom May is the founder of Portland's annual Winterfolk benefit concert. He's also just released his 14th CD, A Road Worth Driving Down.

May has lived the life of the peripatetic acoustic singer/songwriter for nearly a half a century. He is host and producer of the nationally-syndicated radio show River City Folk (now in its 33rd year) and has interviewed hundreds of other songwriters.

The new album features May alongside Doug Smith on lead guitar, Donny Wright on bass, Billy Oskay on fiddle, and Matt Snook on banjo and dobro. He sings stories of a pivotal battle of the Civil War in September 1862; A Fond Farewell, for the salmon, inspired by Annie Proulx's

novel Barkskins.

Stream a preview of Tom May's music and download the album at tommy1.bandcamp.com.



MJF 2017 Headliner Essiet Essiet
photo by Kathryn Elssesser

JAM is Jazz Appreciation Month, launched in 2001 by the Smithsonian's National Museum of American History in Washington DC to celebrate and encourage people of all backgrounds to learn about and participate in jazz.

In that spirit, Montavilla Jazz Festival celebrates its 5th year with a fundraiser Saturday April 7 at Vino Veritas Wine Bar & Bottle Shop, 7835 SE Stark St., at 7 pm.

There will be a live performance from this year's top secret festival headliner and three years of festival photographs by Kathryn Elssesser to see.

\$50 tickets include drink ticket, hors d'oeuvres, and Jazz Fest photobook by Elssesser. \$75 VIP reserved seating available.

Tickets at tickettomato.com/event/5411. Donations welcome at montavillajazzfest.com too. All proceeds benefit MJF and the Montavilla School's Music Fund.



AFRU Gallery presents their second annual Kids Show with works by young artists. First Friday April 6, begins at 6 pm, and the gallery will shake with live music from Portland School of Rock (pictured) at 8 pm. Admission is free and all ages are welcome. Cash bar of beer/cider/wine available for purchase with ID.

The art's on the walls throughout April. AFRU Gallery is at 534 SE Oak St and gallery hours are Friday - Sunday 2-6 pm. See afrugallery.com.



Rocky Turns the Big

40

In April 1978, Clinton Street Theater began screening the Rocky Horror Picture Show on a weekly basis. Then The Clinton Street Cabaret formed to augment the screenings with live action. Both are still going strong and amazingly, it is the 40th anniversary of the cult film's first screening. This is officially the longest continuously running weekly showing of the Rocky Horror Picture Show in the world. Portland Weird indeed...



There will be two RHPS showings in honor of the event Friday, April 6 at 8:30 pm and Saturday, April 7 at precisely 11:59 pm. Both showings will serve cake, music and hold a celebratory raffle with prizes. Prop bags will be available before the show so everyone has a chance to throw toast and rice.

Doors open a half an hour early for a Meet & Greet with the cast and crew. The early show on Friday is for all of you who fall asleep in your mashed potatoes. Beer, wine and cider available at the early show for those 21+.

The Clinton Street Theater is where it's been for (literally) a hundred years, 2522 SE Clinton St. Tickets online at cstpx-com.seatengine.com.

This is one of the verses from A Passing Storm, a song from Tom May's new album. It is May's heartfelt tribute to songwriters who are still at it, singing, writing and traveling after many years on the road:

"Here's to you tramps and rounders
still singin' from near and far
It's tougher now than it used to be
to make a living with a Martin guitar
in a land where few folks listen
to a tender word or a sing a long
look out for the man who insists upon
the gentle power of his song..."



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Neighborhood Notes

from page 5

School. Mark your calendars and start gathering your junk.

Recently, spray-painted x's appeared on sidewalks in front of several homes who had posted signs reading "Safe Lincoln Street." This act is a crime. Mt. Tabor Neighborhood Association condemns vandalism and active intimidation tactics as a means of communicating disagreement, and we hope to foster a community of respectful involvement to make our neighborhood a better place. If anyone knows anything about the person(s) who committed this crime, please call the Portland Police Bureau's non-emergency phone number: 503.823.3333.

A Neighborhood Watch program is easy to set up on your street with the help of the Crime Prevention Coordinator at ONI (Office of Neighborhood Involvement). For info, go to ONI's website: portlandoregon.gov/oni PCC is offering a program, for people in the community who would like to finish their high school education by getting a GED. For info, contact Lee Blackburn via email at lblackbu@pcc.edu or call 971.722.6133.

There are signs on SE 50th Avenue announcing a paving project that will take place from March 26 through July 15. Portland Bureau of Transportation says there will be a delay in the installation of the diverter at SE 50th and Lincoln until the paving project on SE 50th is completed.

Reservoir 1 in Mt. Tabor Park is currently getting its south wall restored with the diamond relief pattern in the concrete to match the original design. The Reservoirs Interpretive Project will have an open house on Saturday, April 14 at 10 am at PCC SE Campus.

Sunday Parkways in SE Portland will take place May 20 from 11 am to 4 pm. It runs through the Mt. Tabor neighborhood. For info go to portlandsundayparkways.org.

The annual MTNA board member election will take place at the May meeting. Board memberships are one-year terms. If you are interested in being on the ballot, send an email at least seven days before the May meeting to: contact.mtna@gmail.com.

The next meeting of the MTNA will be Wednesday, April 18 at 7 pm at Mt Tabor Presbyterian Church at SE 54th and Belmont, with social time and homemade cookies starting 6:50 pm. For more information, please visit mttaborpdx.org.

North Tabor

By Joshua Carey

North Tabor Neighborhood Association has its general meeting Tuesday, April 17, 6:30 pm, at 4837 NE Couch. Mark Wells, City of Portland Crime Prevention Coordinator, will speak and answer questions about forming or restarting Neighborhood Watch groups.

North Tabor's Neighborhood Cleanup is set for Saturday, April 28, 9 am-1 pm at Mt. Tabor Middle School's parking lot, SE 57th and Oak entrance. Drop off fees will be \$10-\$15 for a small load, \$25 for an average load, and \$30 and up for oversize loads. Bulky waste and yard debris will be accepted. There will be recycling and an area of treasures for re-use. Hazardous waste and construction/demolition debris will NOT be accepted.

This year's cleanup is a joint event with MTNA and is a fundraiser for both neighborhood groups.

To contact the board, send an e-mail to board@northtabor.org or leave a phone message at 503.928.4655. North Tabor Neighborhood Association is online at northtabor.org and on facebook at NorthTaborNews.

Richmond

By Brendon Haggerty

The Richmond Neighborhood Association held its March meeting on Monday March 12. The board moved to provide input on the City of Portland's Better Housing by Design project and voted to express interest in the City's Area Parking Permit Pilot Program.

RNA will hold elections in early summer. The elections committee has formed and has set goals of maximizing turnout, helping members get to know candidates, conducting fair elections, and recruiting non-traditional candidates. Neighbors interested in running should email richmond.pdx.chair@gmail.com for details.

The annual Richmond Neighborhood Cleanup will be held on Saturday, May 19 at Central Christian Church.

RNA meetings are held in the Waverly Heights Church basement (SE 33rd & Woodward) the 2nd Monday of the Month, except January. Enter from the east-side door. The RNA's website is richmondpx.org. The next RNA meeting will be Monday, April 9 from 7 to 9 pm.

Buckman

By Susan Lindsay

It's almost election time, so join the Buckman Community Association as we present our Spring 2018 Candidate Forum, Thursday, April 12, from 7 to 9 pm in the Multnomah County Board Room, 501 SE Hawthorne Blvd.

We'll have candidates from both City Council Commissioner positions as well as the "follow the money" position of Multnomah County Auditor. For Council Position 2: Nick Fish (Incumbent), Julia DeGraw and Phillip Wolfe. For Position 3 being vacated due to Dan Saltzman's retirement: Stuart Emmons, JoAnn Hardesty, Loretta Smith, Andrea Valderrama, and Felicia Williams.

For County Auditor: Scott Learn, Jennifer McGuirk and Mark Ulanowicz. BCA candidate forums are structured, unique, interesting and attendees report they learn volumes about the candidates and their stance on important issues. Plus we'll have pizza and other refreshments available at the break. Got a burning question you'd like us to ask the candidates? Email: buckmanboard@googlegroups.com

BCA meets monthly every second Thursday of the month in the Multnomah County Board Room, 7 to 9 pm. The BCA Boards meets prior at 6:20 pm. All are welcome. See buckmanpdx.org

Montavilla

By David Linn

At our March meeting, Montavilla Neighborhood Association was honored to host Takatoshi Muneno, a professor of Shiga University, Japan, who was studying civil involvement in public policy. He said he was "inspired" by the community involvement in Montavilla.

April and May will be busy month of events for Montavilla. We continue to plan for a homeless forum tentatively scheduled for early next month. Our Public Safety Committee has continued to organize more watches. The Land-use & Transportation Committee meeting has important information on planning and development issues. The Outreach & Communications Committee has begun work on another newsletter and is supporting the creation of a Montavilla history project. We need volunteers for the annual MNA clean-up. If anyone has time to spare, consider signing up for a MNA committee or even just a single event. Check out our website: Montavillapdx.org

April Events:

4/3 - City of Portland Community Budget Forum - David Douglas HS - 6:30 pm

4/5 - Red Cross Prepare Out Loud - Gresham Boy & Girls Club - 6 pm

4/9 - General Membership & Board Meeting Montavilla Neighborhood Association - Montavilla Methodist Church - 6:30 pm

4/14 - Mt. Tabor Reservoirs open house - PCC SE - 10 am

4/22 - MNA Outreach & Communications Committee

4/25 - MNA Land-use & Transportation Committee

4/28 - 82nd Avenue Parade of Roses - 82nd Avenue - Starts at 9 am

4/28, 4/29 - Madison High School Art Fair 10 am.

Questions, comments, or announcements email mna-email@montavillapdx.org or david@montavillapdx.org.



Buckman Community Association Spring Candidate Forum

Thursday, April 12 • 7 – 9 pm

501 SE Hawthorne Blvd.

**Featuring City Council and
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Everyone is welcome!

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Richmond Neighborhood

Spring Clean-Up

Saturday, May 19 • 9am – 1pm

Central Christian Church

1844 SE Cesar Chavez Blvd.

Fees \$15 - \$25

We'll be accepting: Non-curb-side recyclables, mixed and bulky waste (loose debris must be bagged), electronics, scrap metal, scrap lumber, styrofoam, and more!

NO hazardous material, paint, sod, concrete, or yard debris

NO construction, remodeling or demolition materials!

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building materials, chemicals.

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If future generations are to remember us with gratitude rather than contempt, we must leave them something more than the miracles of technology. We must leave them a glimpse of the world as it was in the beginning, not just after we got through with it.

President Lyndon B. Johnson

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Volunteer barista training program

By TOM SENKUS

Walking into TaborSpace's Bell Tower Coffee (5441 SE Belmont St.), lead barista Kjirsten Tornfelt is casually educating a customer about the newest trend in coffee: oat milk.

"It's the most like chocolate," she says. Over her shoulder, a trainee watches as Tornfelt deftly crafts Bell Tower Coffee's drink menu, replete with a wide variety of teas and fair-trade coffees. She offers her breadth of coffee-based knowledge for the Café's barista training program.

It's an opportunity to learn coffee-related skills, a barrier of entry for those that may not have the experience that Portland's top-notch coffeehouses require. The volunteer program caters to those who, as trainee Daniel Higgins puts it, say "I've got a machine at home and [I've] always felt I wasn't good at it."

After raising his children and finishing his career in advertising, Higgins saw the program as a great opportunity to deepen his appreciation of coffee and gain a new trade.

For volunteers, the barista training program consists of working side-by-side with Tornfelt and Marv Johnson, the other lead barista/trainer, gaining on-the-job training. Volunteers

spend six months learning, with one 5-hour shift per week required to attain skills. Each month, the focus of their learning changes: from basic coffee shop organization and coffee tasting to latte art and other skills.

The program has been a success, with a number of individuals going on to establishing their own businesses and finding employment. Green Bridge Coffee at 345 SW Beaverton Hillsdale Highway, is one such example. The owner, Joel Stenberg, established his business and has been operating for 3 months after graduating from the program – a testament to the program's value and real-world application.

For Tornfelt, the skills she's learned through the program and her gregarious personality helped her directly to become one of the first volunteers to become a trainer for other volunteers

She says her experience has been a positive one. "I learned so much about coffee in general. TaborSpace is a great spot to have [the program] because we're all about community." She cited how trainees learn barista skills in a low-pressure environment that can prepare those who want job skills in a supportive environment.

Bell Tower Coffee is a one-of-a-kind of environment to learn

in. Located in the beautiful 100 year-old bell tower at Mt. Tabor Presbyterian Church, it is a part of TaborSpace, the community space that has regularly hosted concerts, support groups, and a wide range of events year-round in the church's massive 36,000 sq. ft. since 2009.

Inside the coffeshop opens up to additional seating in the adjacent room, Copeland Commons, the original chapel of the church. Lit by stained glass windows and a warm atmosphere, the café offers fair-trade coffee at reasonable prices that help support the space. It's open Monday-Friday 8 am-3 pm, Saturdays 8:30 am-1:30 pm.

Sign up for Bell Tower Coffee's volunteer coffee program at taborspace.org/bell-tower-volunteer. No experience is necessary and volunteers must be at least 18 years of age, able to commit to one shift per week for the following six months. Contact info@taborspace.org for information.

If coffee isn't your thing, the organization has another volunteer internship opportunity for those who want to build a resumé in office administrative work. Those who enjoy people, multitasking, and are motivated to help others, can fill out an application at taborspace.org/general-volunteer-application.



Barista trainee Daniel Higgins with trainer Kjirsten Tornfelt

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Business Association News . .

82nd Ave Parade

Join your neighbors at the 82nd Avenue of Roses Parade

The 11th Annual 82nd Avenue of Roses Parade and Carnival will be held April 28. "Play Happy" is the theme, many entrants are already on board and we are looking forward to a fun and festive affair. The parade starts at 9:30 am at Eastport Plaza, 4000 SE 82nd Ave. and the Carnival continues at Eastport Plaza until 3 pm with entertainment, music, vendors and a Cruise-In.

Presented this year by PDX Bridge Festival, Inc. it is currently the largest eastside parade and has been instrumental in the renaissance of 82nd Avenue by embracing the shopping and service area for eastside neighbors and businesses running down the geographic center of Portland. In addition to Eastport Plaza Shopping Center, major sponsors include TenBridge Partners and Fred Meyer Stores.

The parade route on 82nd Ave., is from Holgate to Yamhill, turns and finishes in the Montavilla business district, on Yamhill Street at SE 78th Ave.

Last year's parade included 80 entries, over 1000 participants and 6000+ spectators. Send 2018 parade entrant application requests to 82ndAvenueParade@gmail.com.

See pdxbridgefestival.org



HBBA Co-Pres.: Julia Hanfling, George Harris
Contact: administrator@hawthornepdx.com
Facebook.com/hawthornepdx
Board meetings: Second Wednesdays at 8 am
Western Seminary Buermann Hall, Room 201
5511 SE Hawthorne Blvd.

Business Owners, Managers, Property owners, friends, neighbors and officials met in the lovely Starlight Room hosted by Steve and Hiroko Brown of Spin Catering & Events for HBBA's 35th Annual Meeting. Good food, great company, and an excellent program by Josie Ratnayake explaining how Travel Portland brings visitors to Portland.

Julia Hanfling and Gregg Harris, candidates for Co-Presidents, introduced presentations the URM issue and on the status of the Hawthorne Patrol.

Future events: Glow in the Dark Painting Party on April 24, 7:30 -9:30 pm at Hawthorne Hostel; World Earth Day: April 22 – focusing on reducing plastic. HBBA is asking businesses to not use any plastic straws in their business on June 5 – World Environment Day. June 30 is the Boulevard Mega Sale and August 26 is the Street Fair.

Proposed event # 1: self-identified businesses accept carved pumpkins, take their favorites to Hawthorne Hostel on October 27 for a vote by international and local guests. Proposed #2: A 2019 Solstice event – "Faerie Doors" installed on buildings along the Boulevard. A slide show of Faerie Doors was included.

Annual Awards were presented to Excalibur Comics as the Venerable Business; The Fernie Brae as the Iconic Business and Hawthorne Wellness Center was awarded with the Bamboo plaque as the 2017 Sustainable Business.

Thank you to Adorn Body Art, 37th Street Salon, Kids at Heart, Farmers Insurance, Pepino's Toffee Club, Roosevelt's Terrariums, Portland Pet Supply, Float On and Portland Cider Company for raffle items and JaCiva's Chocolatier for the 35th Birthday Cake.

Thank you to 2018 Benefactors: Fred Meyer Hawthorne, New Seasons Market and Wells Fargo Bank and 2018 SE Examiner Sponsors: Hawthorne Vision Center and Rivermark Community Credit Union.



BABA President:
Constance Ihrke
Email: cli825@msn.com
Meetings: Second Thur. 9 am
Historic Belmont Firehouse,
900 SE 35th
belmontdistrict.org

Celebrate your piece of the world next month by supporting small businesses. National Small Business Week is April 30 thru May 6.

Look for the bright green "Portland Celebrates Small" signs in windows of participating businesses. Portlanders are encouraged to spend the entire month of May honoring small businesses that "contribute to the livability of our city and Power Portland's economy on a daily basis." (Venture Portland) ventureportland.org/celebrate-main/small-business-week

Are you looking for a directory of local businesses and services?

Follow this link to view the Belmont Walking Map: belmontdistrict.org/district-walking-map

Work locally or own a business in the area? Connect with other local professionals at the Belmont Business Happy Hour held every third Thursday of the month, from 5 to 7pm.

This month we meet at Nerd Out, 3308 SE Belmont on April 19.

See thenerdoutpdx.com

Sunday Parkways 2018 returns to SE Portland May 20, 11 am to 4 pm (7 miles) portlandoregon.gov/transportation/58929

Meals on Wheels People's first charity walk, Stride for Seniors is coming up on Sunday, April 22 at Portland International Raceway. To make a donation or sign up for the walk, go to Belmont Kale Growers team page at tinyurl.com/ybncpbne

"Stride for Seniors" kickoff event on Friday, March 23, from 4 to 6 pm at Lagunitas Brewing Company, Community Room 237 NE Broadway. PDX Commons has a storefront retail space (approximately 925 square feet) for lease at 4252 SE Belmont St. Contact Mike at 650.430.2569 or pdx-retail@mobo.us.

See belmontdistrict.org for more.

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Wellness Word

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

The healing power of nature

Naturopathic medicine is based on the belief that the healing power of nature is within each one of us. This belief is empowering! Having faith that your body is created well can be applied to healthy lifestyle and food choices.

If you trust in your body's design and ability to heal, then why do you need the perfect diet? Our bodies are designed to run on real food but allow for flexibility. Rather than focus your energy on living within strict rules, try to live in greater alignment with what your body needs overall. No perfection, just humanity.

Live mindfully and notice how you feel after making any choice. Consciously design your schedule to live your values. Make sure you have time for what feeds your soul.

Notice that you get irritable and maybe make less than ideal life choices following a 4 hour night's sleep? Prioritize sleep: get 7-8 hours a night and watch what happens to your mood, your body, and decision-making.

Eat real food and notice how you feel in response.

Focus on adding foods to your diet rather than taking away. Eat more foods in their natural state: higher fiber, more

fruits, vegetables, whole grains, wild-caught fish, and/or organic meats.

When you eat processed or artificial foods, notice how you feel. Do you get headaches after eating highly processed foods or artificially sweetened beverages? If so, respect yourself and minimize these options.

Do you feel more tired after eating rather than feeling fueled and invigorated? Consider keeping a journal of your food and mood and look for patterns. Feed yourself what nourishes you, not what drains you.

Move your body each day. Your lymphatic system is in charge of draining 'crud' out of circulation to be eliminated by the body. The more you move your muscles, the better your body is able to shed its waste.

Movement is not and should not be grueling. Your body can see excess exercise as a stressor that drains its vitality.

Aim for 30 minutes per day of moderate movement. That can be walking, swimming, biking, gardening, or doing body-weight exercises like push-ups, pull-ups, etc. Two 15 minute sessions a day add up.

Breathe, pace yourself and encourage relaxation of your nervous system.

Your body responds to emotional, physical, mental, spiritual stress by increasing heart rate and more shallow breathing, taking focus away from your body's core functions.

When you are in a more relaxed state, you can 'rest and digest,' that's when your



Dr. Wendy Leigh White

digestive and immune systems work best. If you are eating when multi-tasking or stressed, your body isn't taking the time and energy to digest and absorb your food well.

Take five deep belly breaths before each meal and simply pay attention to your food while eating. Smell, appreciate the beauty, chew well, take time in gratitude for the nourishment.

Minimize your exposure to potentially harmful chemicals.

Our food supply can be a significant source of potentially harmful chemicals. The Environmental Working Group (EWG) publishes the Clean 15/ Dirty Dozen list (ewg.org/foodnews) every year to help guide you to choose foods with the least amount of pesticide residue.

Did you know that the US hasn't updated its laws regarding ingredients in personal care products since the 1930s? That means that Europe and Canada are way ahead of us in protecting their consumers from chemicals that can alter hormone

see next page



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If the state is going to take the job on [healthcare], then it has to be done in a wholehearted way: everyone is demeaned by this petty, vindictive, penny-pinching careless world.

William Boyd – Any Human Heart

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Some retrofits inevitable

from cover

lipped on the issue. Commissioner Chloe Eudaly, who oversees the Bureau of Development Services, did not respond to multiple requests for information for this article, and none of the other commissioners has gone public with a stance on the policy committee’s recommendations.

At least on one point all seem to agree: the risk of a major quake is real and some level of retrofit is inevitable.

HBBA response to URM

In a letter to City Council, HBBA, the Hawthorne Boulevard Business Association, seeks a delay in the implementation of URM until community funding is guaranteed. HBBA fears URM is an invitation to replace Portland’s historic older buildings with big, boxy, incompatible developments that destroy the street’s character.

Citing more than forty district buildings targeted in the URM inventory, the letter says the mandate will result in a land-

grab of small building owners’ properties.

Requirements for upgrades will cost more than maintenance set-asides. Bank loans will be hard to secure and rents cannot keep pace with the potential million dollar costs of retrofits. The result will be property sell-offs that encourage demolition.

“Clearly without funding, mandating this retrofit project is irresponsible... Approving any mandate is an invitation to decimate Portland’s small, older buildings.”

Celebrate spring with a clothing flair

from page 4

“More sunshine means time in the garden, picnics in the park and walks on the beach and Fyberworks Boutique is celebrating the return of spring by stocking wardrobe essentials in natural fibers.

“Especially exciting are the easy to wear, Myla and Poppy dresses from Tulip. Made of 100% cotton in a variety of floral and novelty prints, these dresses have pockets and pleating details.

These pieces will become wardrobe staples in warm weather. These and all Tulip clothing are 10% off during the month of April. You’ll find linen dresses, pants and tops from favorites like FLAX and Cut Loose. Discover the breathable, stylish designs of natural fiber clothing for spring.” See fyberworks.com

Of course, it isn’t a fashion sensation without new shoes! Lauren Garrison gave a tour of Imelda’s shoes for women and Louie’s shoes for men, two shoestores nestled together in the

heart of the Hawthorne district.

Garrison is a Washington native and understands what is required of footwear in the Pacific Northwest.

“Portland is a functional lady,” she smiles. “We sell tons of Danskos, functional yet stylish. But the number one shoe for everyone, all ages, men and women, is a good sneaker. It’s our number one seller, from casual to a little more chic – it’s a huge category.”

Also popular for this spring are the new trendy slides and mules. “They’re cute but you can actually do things in them!”

A few top-selling brands to note include Ten Points, designed in Sweden. These classic clog styles are made with vegetable-tanned leathers. OROX Leather Company makes bags, wallets, and hats in Old Town Portland. Intentionally is a fairly new brand that offers a variety of hip, young styles.

“Color trends for spring are blushes and nudes, and muted colors – more neutral,” as

Garrison points out a selection of leather handbags. “They go with everything and have a classic look.”

“For men shopping at Louie’s, we offer these Blundstone leather boots, a good year-round low boot that’s waterproof. We carry a great selection of sneakers for men (number one seller for men as well); a good sneaker for spring and summer. We have casual, cotton styles, and canvas that breathes.”

In addition, Louie’s offers a unique selection of new watches by Kapten & Son, a selection of silver jewelry, and sunglasses created by Shwood Handcrafted, a Portland company featuring sunglasses with wood accents, including a popular style of wood Wayfarers. See shop.imeldas.com

SE Portland has an abundance of local boutiques and designers who are ready and waiting to help us gussy-up for spring.

Shop local and support these hard-working creative neighbors in our community.

Marukin Ramen cont.

from page 12

the noodles. This combination absorbs just the right amount of broth, tastes good and holds together.

Then come the broths, the essence of the bowl. Only a certain portion of the bones are used in the pork broth and the chicken broth simmers in special spices for certain amounts of time.

After the experimental portion was complete, they held dinners for hundreds of friends and acquaintances to sample the menu. They received great reviews except from the vegetarians/vegans. So it was back to the kitchen and this is when they removed the eggs from the noodles and developed another broth that makes it 100 percent vegan ramen. *(It is delicious!)*

In order to keep it all fresh

and well-prepared, they alternate menus. Sunday, Monday, Wednesday and Friday serves four special bowls and Tuesday, Thursday, Saturday, four others. Chef Mayumi often creates a one of a kind menu item and dessert offerings. The names of the ramen bowls, toppings, sides, sake, beer are in the authentic Japanese terminology.

The goal is to inspire a culture of care where every step of the process from the kitchen staff to the servers to the customers is done in a deliberate way. “This is the way Japanese soul food is made,” Rademacher said. It is also the correct way as has been taught to them by Masa and Hiroshi, the owners of Marukin Ramen, in Japan.

Mark Shimahara noted that employees have the opportunity to learn several skills working



at Marukin and that they receive healthcare. He wanted to especially acknowledge the professional efforts and ingenuity David has exhibited in making this restaurant the place it is.

At the end of the interview, as this reporter enjoyed the vegan shoyu, Rademacher’s day continued exuberantly as he conversed with Mayumi in Japanese about what’s next in their mutual passion for Portland’s food scene.

a greater sense of wellbeing and health. It’s much easier and more enjoyable than rigid dieting and restrictions. You only get one life in this body – tune in and get the most out of it.

Dr Wendy Leigh White
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Wellness

from previous page

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SE Updates

from cover

Several landlords spoke of “nightmare” tenants who caused damage that far exceeded the security deposits. They maintained deposits and reasonable screening measures were necessary for them to stay in business.

Citing how close to the margins their units function, several single-property landlords said more stringent policies would force them to sell their rentals. They warned that out-of-town buyers and international “investors” could make the housing crisis worsen.

An us vs. them approach to policy making helps no one, observers noted.

PBOT Charged with Pitting Neighbor Against Neighbor

Red X’s defacing sidewalks of residences with “We Support Safe Lincoln Street” signs escalated polarization over a controversial diverter at 50th last month.

During a Mt. Tabor Neighborhood Association meeting, residents and bicyclists who favor the diverter blamed the neighborhood association for the vandalism, while rumors rumbled through the room that outside agitators had committed the vandalism to make diverter objectors look bad.

Amid claims of cars attempting to drive bikes off the roadway and intimidation and fear on both sides, the MTNA passed a resolution condemning the vandalism and calling for respect and listening by all parties to the growing controversy.

The MTNA board, accused of taking sides, unanimously denounced the attacks and responded that no one is opposed to bike safety.

Instead, they have questioned whether the diverter is the best solution for a 10-block long stretch of Lincoln lacking workable alternative routes.

The result, they have said, could actually make upper Lincoln less safe for bicyclists, in addition to causing unintended consequences for two schools, a failing intersection at 50th and Division, a narrow residential stretch of Hawthorne and even Madison above 55th after installation of speedbumps on upper Hawthorne.

Board member John Laursen placed blame squarely on the shoulders of the Bureau of Transportation. “I do not believe for a minute that anyone on this board was responsible for defacing sidewalks.

“It is PBOT policies that are responsible for rancor that has pit neighbor against neighbor by its absolute refusal to look at this in a holistic way.”

MTNA volunteers expressed frustration that requests had been denied for a sitdown

between the bureau and MTNA board members to address concerns on this multi-sided issue.

PBOT has met frequently with members of the bike community but has refused to meet with the neighborhood association board despite repeated requests.

Afterwards an observer cited bad planning and failed transportation bureau leadership for ignoring the unique complexities of streets in the area.

“If Harrison (one street north of Lincoln) continued from 50th-60th as it does in other neighborhoods, we would not be having angry shouting matches. There would absolutely be no problem with the diverter at 50th.”

Added another resident, “This is irresponsible. Decisions were made with input only from the biking community, not neighbors impacted by change. Hazards are being imposed on residents, especially those in their 60s and 70s. This is ageism. This is elitist. This is not how government should work.”

PBOT has now agreed to come to MTNA in July. Laursen believes the diverter decision is already made. “A whole host of legitimate concerns were never considered,” he concludes.

While controversy swirls east of 50th, a reader to the West feels his viewpoint has been short-changed in *The Southeast Examiner’s* coverage:

“Many of us who live on the greenway and use the greenway have been working with the city for almost two years to address the failure of the greenway to meet city standards. Most sections of the greenway exceed the standards for both volumes and speed.

“Your article does not even touch on these issues that all the residents on the greenway and users of the greenway have been struggling with for years. You seem to focus only on the complaints of a group of vocal residents that live east of 50th.

“The city’s strategy is a good one and all components are necessary to prevent commuters from using this neighborhood greenway to get to destinations east of our neighborhood,” writes Kelly Bradway Parrett.

Historic Review Aims to Rescue Portland Identity

Look next door, down the street, around the corner or on the final episodes of Portlandia, and you know it: Portland is losing its identity. The City knows it too.

A recent consultant’s report commissioned by the Bureau of Planning and Sustainability as part of its Historic Resource Code Project concurs

that Portland’s unique sense of place is vanishing. It recommends stronger protections and updated inventories of properties of historic, architectural and cultural significance.

While Portland has long boasted of its smart planning, the BPS report is akin to a mea culpa that economic pressures for demolition are acute. Inner and mid eastside, neighborhoods especially, like Richmond and Sunnyside are notable for ongoing loss.

“Record numbers of single-family houses, dating to the 1920s and before, are being demolished for replacement by high-end dwellings,” the report reads.

“Classic commercial buildings on transit corridors are being adapted or razed for multifamily housing and creative retail establishments. Vacant land has become almost non-existent in the central city, leading to the demolition of landmark-worthy buildings to make room for new development.

“Gentrification continues to displace communities of color and underrepresented Portlanders of various backgrounds...”

The vast majority of qualifying buildings are not even on decades old historic resource listings. Inventories from 1984 have been incomplete, inconsistent and inaccessible from the get-go.

The report emphasizes the need to add underrepresented communities such as areas east of 205 that were not captured in the 34-year-old listings.

Expanding preservation equity, the report indicates, can slow gentrification and honor the City’s legacy – for better and worse. Recent discoveries of racist covenants and deeds by a PSU grad student underscore the importance of historic research.

Digitization of what does exist has already been undertaken. Now, The Historic Resources Code Project is focusing on planning inventory updates and developing frameworks to assess the physical integrity of significant architectural and cultural resources.

Seed money will be needed to launch the inventory and hire an HRI administrator. BPS has applied for a State Historic Preservation Office grant and is requesting that City Council pass a one-time budget item for a “pilot” inventory. The City Budget office has recommended against the \$80,000 package, due to concerns it may limit housing development. Those who feel strongly about the inventory can speak out at this month’s budget forums and next month’s Council hearings.

During public input at several winter roundtables, participants considered ways to

see next page

Morning cyclist heading back around the world

from cover

From that point on, Kirby became a devotee of the sport and participated in the first ever Cycle Oregon from Salem to Brookings.

“That event has come a long way since the initial one in 1988.” These days they have vans to haul the gear, and help for stragglers to make their destination before nightfall – and, they provide meals.

Another big ride he did was the Icefields Parkway (Highway 93) from Banff to Jasper. “This had the most breathtaking scenery and very wide shoulders for safety,” Kirby said.

In 1997 he did another Cycle Oregon, but by the time he got back, he realized that cycling wasn’t that much fun for him anymore. The hunched over position for riding was uncomfortable and so were the seats.

He stopped biking and became a gym member, which wasn’t exactly his idea of fun.

Then one day he happened across an advertisement for an elliptical bike that was coming to the area for demonstrations. No one in the Portland area sells them. He showed up at Exercise Equipment NW in Delta Park and, after a few spins around the parking lot, he was sold and riding was fun again.

He started saving up and in the Spring of 2012, Kirby bought an Elliptigo. It weighs 44 pounds, and the company says it requires 33% more effort than a regular bike, so riding one makes for a demanding workout.

He received a wake-up call around that time about the family genes when his brother went in for a quadruple by-pass surgery.

“This made me pay attention

and gave me the motivation to do something,” Kirby said.

The first time out he made it a couple of miles and it was after work and there were a dozen reasons not to go.

“I am not a morning person, but that was really the only time I had to ride consistently,” he said. It took about six months for him to get into shape and start a new routine, but he was determined. Now the only thing that prevents his early morning bike rides is really inclement weather or travel.

“This time is generally peaceful; I can work things out in my mind while the sun rises and the city wakes up,” Kirby said.

While riding six to twenty-five miles a day he has seen coyote, bald eagles and deer, lost forty pounds and still eats the food he likes with a few extra helpings of fruit for the road.

SE Updates cont.

from previous page

strengthen protections beyond the existing local resource listings or National Register designation.

Recommendations included exacting hefty tear-down deterrents and allowing potential City Council hearings for Local Historic Districts. For those Districts, more flexibility and staff review could be offered.

Preparations for natural disasters like earthquakes are also recommended. The HRI project has indicated financial aid to owners of historic properties will not be included in early proposals.

Currently, inclusion on the historic resource list does not offer much protection from demolition. Rather it allows delays that enable residents to find alternatives, often at exorbitant expense, to razing structures.

At present, designation to the National Registry of Historic Places offers the highest level of protection.

Whether the Historic Resource Code Project comes in time to save Portland’s character and heritage will be determined as the process moves forward. Next steps will be a late spring public review of code options followed by City Council hearings at some point.

Shenanigans in Eastmoreland

With demolition activity at an all-time high, interest has increased in designations on the National Register of Historic Places, the highest level of preservation protection.

Peacock Lane, Portland’s storied Christmas Street, is the City’s most recent addition to the National Registry. Applying for designation is under consideration in Laurelhurst.

An Eastmoreland group

is nudging its controversial application forward despite significant pushback that caused the state to delay its application to the National Park Service, which administers the program.

National Designation is generally considered an honor, and because the Registry requires property owners who object to the status to submit notarized “opt outs,” sometimes the process gets ugly. Questions have arisen about whether some Eastmoreland objections were legitimate.

Historic District proponent Derek Blum, who co-founded Historic Eastmoreland Achieving Results Together (HEART), says opponents’ tactics of forming multiple trusts and fractional ownerships of single properties, corrupt the process.

“After failing to garner enough objections to prevent this [nomination], opponents are now engaged in an owner-stacking scheme with the most egregious example being a single owner who has added 1,000 trusts to their property deeds, with objections to follow.”

Blum says a few wealthy residents sought to inflate objections by using each of the multiple trusts to opt out individually. The goal, he claims, is to “drown out” majority support for the Eastmoreland Historic District.

“This is a dangerous affront to the democratic process, and if allowed by state and federal agencies, these underhanded acts will give any single objector that forms enough trusts the ability to sink any historic district nomination.”

Blum added that concerns about restrictions in designated districts should be allayed by a state 2017 ruling that demolition review is the only restriction for property owners in new

districts.

The State Historic Preservation Office confirms that it is readying the nomination for resubmittal according to federal guidance on what qualifies as an owner.

Infill Appeal Denied

As the chorus of complaints grows over unmanageable impacts of densification on Portland’s quality of life, a failed appeal to a state land use commission filed by a westside neighborhood will have profound reverberations on increased growth, traffic and congestion on the eastside.

Attempts by the Multnomah Neighborhood Association to block implementation of the Residential Infill Project (RIP) that is rezoning 85,000 residential properties in Portland, (most on the eastside to multi-family development) has been blocked by the state Land Conservation and Development Commission (LCDC).

The NA says RIP promotes density over livability, disregards state requirements for land use planning and undermines the importance of citizen involvement.

RIP’s so-called opportunity overlay zone maps indicate inner and middle SE will be hardest hit by demolition and development.

A fundraising drive is underway to offset costs of taking the case to the Oregon Court of Appeals. MNA’s John Peterson urges eastside participation. “If everyone donates a small amount, we’ll be successful in our fundraising drive.”

Donation information at swni.org/MNALandusefund

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Community Events Bulletin

House of Dreams Cat Shelter Annual Plant
and Vegan Bake Sale
April 14, 10am – 3pm
7634 SE Morrison
kittydreams.org, 503-262-0763

Indoor/outdoor plants, pots, garden art, terrari-
ums and vegan baked goodies!
Great selection and low prices. All proceeds
benefit our grassroots, no-kill,
Free-roam, all-volunteer cat shelter and
sanctuary in NE Portland.

Old House Revival Tour
April 14, 10am-4pm
visitahc.org/education-programs

This self-guided tour gives you the opportunity
to see inside several Portland area houses, each
providing ideas and information on how you can
restore spaces lost to previous remodels, create
new spaces, or preserve original building mate-
rials. No matter what style or era of house you
prefer, the tour offers something for everyone.

Caring Discipline Parent Course
5-week Course – Monday & Tuesday
Evenings
Windermere Realty Trust, Hawthorne

Learn new parenting tools that will help your
child's self-esteem, mitigate discipline sabo-
tage, show unconditional love, and address
misbehaviors in a caring manner. This course is
appropriate for parents who have children ages
2-18, and provides space for you to try out all of
the tools, brainstorm and laugh with other par-
ents struggling through similar issues! To find
out more or sign up, go to:
www.parentsupportcenter.org.



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

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