



The SOUTHEAST EXAMINER

MAY  
2018



Laurelhurst Theater now showing first run movies

BY JACK RUBINGER

Woody Wheeler and his business partner, Prescott Allen, first got involved with the Laurelhurst Theater in July 1999.

They took over the business and converted the venue into a theater pub operation in January 2000.

A laid back dude who digs hanging  
*turn to page 22*

Best Practices for Making Vision Zero Work

BY SEAN MILLER

Portland has rolled out its Vision Zero Action Plan in order to engineer reduced speeds into city roads. The plan hopes to accomplish this through lower posted speed limits, better road design, and increased automated enforcement. City officials are optimistic that Vision Zero may reduce crashes by up to 30 percent.

A key part of the plan is the message, communicated to drivers in strategic locations, that Twenty Is Plenty. In a recent study, the AAA Foundation for Traffic Safety found that, in a crash involving a vehicle and a pedestrian, the risk of severe injury or death goes down significantly when the vehicle involved is going less than 20 miles per hour.



The study found that 20 mph turns out to be a tipping point. At that speed, the risk for a pedestrian of severe injury or death is 7%. At 25 mph, it rises to 12%. Thereafter, the curve measuring fatality rates rises steeply, with the risk of death to a pedestrian hit by a vehicle traveling 55 mph reaching 86%.

In usual driving conditions, a posted speed limit may feel slow. Many drivers don't fully appreciate that posted speed limits are there to reduce the risk of crashes in unusual driving conditions.

If suddenly confronted by a road hazard, by respecting the posted limit speed, a driver has time to respond—to slow down and avoid the hazard. The systems most modern vehicles have to protect the occupants, such as crumple zones and alert sensors, work best when drivers observe posted speed limits.

There is only so much that smart road design and driver-assist technologies can do to prevent crashes. Ultimately, the responsibility to avoid crashes rests squarely in the hands of drivers.

Here are things you, as a driver, can do to reduce the risk of a crash:

First and foremost, when driving, respect the fact that you're controlling what is effectively a deadly weapon weighing

*turn to page 17*

Frontline Communities on Climate and Environmental Justice

BY BRYAN BRUMLEY

The Rev. E.D. Mondaine became president of the NAACP Portland Branch in March. He remembers growing up in St. Louis, Mo., in the shadow of chemical factories and a brewery that fouled the air.

"I remember the incinerator that ran twenty-four hours a day, and rained ash right on me," he said. He noted that in U.S. cities, highly polluting industries are often found along streets named after the slain civil rights leader Martin Luther King Jr., in African-American neighborhoods.

"As a child, I was often out of school, because of visits to the hospital, due to asthma," he told the audience at a recent panel discussion on Frontline Communities

on Climate and Environmental Justice.

Jacqueline Keeler, a noted Native American commentator and journalist who lives in Portland, showed audience members a rug from her Diné (Navajo) people. She said it symbolized for her the contamination caused by a uranium mine at Black Mesa, Arizona.

Since 1974, federal relocation policy has forced 14,000 people from their homeland on Black Mesa to allow mining companies to extract uranium, coal and natural gas. Keeler is a member of the Diné and Dakota peoples, and has written extensively on protests by the Standing Rock Sioux against the Dakota Access Pipeline.

*turn to page 23*

City Council Candidates

BY DON MACGILLIVRAY

It is rare to have the opportunity to choose a new member of Portland's City Council. With Dan Saltzman retiring, the Council will lose it longest-serving member and his twenty-six years of institutional memory.

Nick Fish and Amanda Fritz elected in 2008, will become the senior members of City Council. Below are the candidates running for the City Council this month. Be sure to choose carefully and vote!

Portland City Commissioner #2

• Nick Fish was elected to City Council in 2008. He is currently in charge of the Bureau of Environmental Services

and the Water Bureau.

During his tenure on City Council he has managed the Parks Bureau and the Housing Bureau. He serves as liaison to seven other important local organizations. and has championed many successful city reforms.

He has received numerous awards for his public service and wants to strengthen accountability, transparency, and the public's trust in government.

Fish champions low income housing and tenants rights. As a civil rights attorney and a city commissioner he works to provide justice for all, safe streets, community policing, consumer protection, senior wel-

*turn to page 4*

Tabor Park House Sale Averted

BY MIDGE PIERCE

Now that a proposal to rezone a chunk of Mt. Tabor Park has been rescinded by Commissioner Amanda Fritz, park supporters are breathing significantly easier.

"We delivered a resounding No! to the plan and Fritz listened," noted John Laursen after applause rounded the packed Mt. Tabor Neighborhood Association meeting room.

In the span of some 72 hours prior to last month's meeting, word had spread that a portion of the park would be sold. Residents with apprehension thick as the TaborSpace church's stone walls flooded the meeting.

Then, before attendees could get thoroughly wound up, Fritz raised her arms and repealed the recommendation, declaring residents had shown her how much they treasure the park.

The strong show of support worked. The park would remain intact.

Praising neighbors for restraint and Fritz for her transparency, Laursen said, "This is exactly how government should work. Bringing proposals to communities that will be profoundly affected before implementation is the right

thing to do."

It was a wake-up call for some. For a short while, the fate of the beloved park hung on a little blue cottage just inside Tabor's Salmon Street entrance. Once the park caretaker's home, it is now a rental, albeit an unusual use inside a park listed on the National Register of Historic Places.

Assuming the lot could be rezoned for development – questionable given its historic status – the City could sell the parcel and be rid of maintenance on the house.

The threat to carve the cottage lot out of the park was real. With the Park Bureau that Fritz runs under what seems an annual directive to cut 5% from budgets, she had asked City staff to identify parcels smaller than an acre that could be sold to offset shortfalls. They suggested the modest house on less than an acre inside the park be rezoned and sold for housing.

When the session began, Landuse Chair Stephanie Stewart described the first thing many visitors see when they enter the west side of the park: a grassy knoll with a small, quaint house. The vista is integral to the landscape laid out by the famous Olmsted family more than a century ago,

*turn to page 22*

PRESORTED  
STANDARD  
U.S. POSTAGE  
**PAID**  
PORTLAND, OR  
PERMIT NO. 4818







**Come paint a Mother's Day gift or treat your mom to a special day!**

We'll have sparkling wine and hors d'oeuvres on Mother's Day!

Reservations required. Book online at [potteryfunpdx.com](http://potteryfunpdx.com)

7821 SE Stark St.,  
Portland, OR 97215  
503-253-8070

# Volunteering for your Neighborhood Association

By LEAH FISHER, SE UPLIFT  
PLANNING PROGRAM MANAGER

Looking for a way to make a difference in your community? Neighborhood Association (NA) elections are around the corner and with that comes volunteer opportunities.

If you live in SE Portland, you live in one of our city's officially recognized neighborhoods, each armed with its own association. A NA serves its residents by holding a welcoming and encouraging space for community action and input.

These groups typically meet

monthly to learn about, and weigh in on, changes in the community like new development or proposed city policy; create opportunities for neighbors to come together at events like picnics, concerts in the park, and block parties. They get their hands dirty too - both literally and figuratively, planting trees, hosting litter pick-ups, taking action against hate crimes, and more.

No matter your skill set, the neighborhood associations need people like you to make the place we call home healthier and happier for all. Join your neighbors this spring for their annual elections, cast your vote, and discover how to get involved.

2018 NA Elections Calendar in *The SE Examiner* distribution area:

Brooklyn, Wednesday, May 23  
Buckman, Thursday, June 14  
HAND, Tuesday, May 15  
Kerns, Wednesday, May 16  
Laurelhurst, Tuesday, May 29  
Montavilla, Monday, Oct 08  
Mt. Tabor, Wednesday, May 16  
North Tabor, Tuesday, Oct 16  
Richmond, Monday, June 11  
South Tabor, Thursday, May 17  
Sunnyside, Thursday, May 10

Note that participants should visit [seuplift.org](http://seuplift.org) and click on their Neighborhood Association's web page to confirm these dates, location, and time.

Many Boards accept nominations on the day of the event, but some may require individuals to attend one or more board meetings to qualify and/or declare their candidacy in advance.



## LE Letters to the Editor

### Better recycling

Every once in a while the powers that be promote increased cost to consumers to solve a stated city wide problem.

I expect such is the case for our Portland Disposal and Recycling. We homeowners are looking at a \$2.50 per month rate increase because some homeowners are putting more than proper recyclable items in the blue Portland Recycles bins, like diapers.

I expect the \$2.50 increase which is to pay for the removal of improper recyclables collected will, by human nature, increase the improper cycled items because, as human thinking goes, "We ARE paying for" the separation process.

It would be better to educate the populous again of proper recycling practice and threaten with an increase to solve the problem. So, let's act. Call send an email or letter to: 1.800.808.5901 or [pnwrsservices@wm.com](mailto:pnwrsservices@wm.com). Tell it like it is.

We can voluntarily clean up our Recyclables. Maybe we can eliminate both an increase in our recycle rate and improve the collection/separation issue.

### Kudos to Kenny-Guyer

On behalf of the 241 cities in Oregon, the League of Oregon Cities would like to thank Representative Alissa Keny-Guyer for her leadership in finding new ways to address the statewide housing shortage.

Representative Keny-Guyer has extended her passion and leadership for better housing outcomes beyond the needs and market of the Portland area she represents.

She has looked for resources that can be tapped to support housing solutions across the state.

In working with the League on housing issues, Representative Keny-Guyer has shown an eagerness to include city government as partners and acknowledged the variety in local government voices and needs.

Her work has ensured that new resources will not only help in the Metro region, but provide the rest of the state with the opportunity to see better outcomes.

Representative Keny-Guyer's ongoing leadership on housing policy will help cities partner with stakeholders to meet housing needs across the state.

Roc Cordes

Mike Cully  
Executive Director  
League of Oregon Cities

## Have you heard about... RESTORATION JUNIPER LANDSCAPING TIMBERS

- Expected lifespan of 30+ years
- Outlasts cedar and redwood
- Chemical-free
- Supports ecosystem restoration projects in Central and Eastern Oregon
- Ideal for raised garden beds, retaining walls, decks, fences, and other outdoor projects
- Learn more: [www.snwwood.com](http://www.snwwood.com)



- 2" x 6" lumber
- 2" x 8" lumber
- 4" x 4" lumber
- 5" x 5" timbers
- 6" x 6" timbers
- 1" x 6" fence boards
- 2" x 6" decking
- ... and much more!

Available now at



2701 SE 14th Avenue  
(503) 239-9663  
Monday through Friday,  
8am to 5pm

Bring this coupon in for

**\$10 OFF**  
**YOUR PURCHASE OF \$50 OR MORE**  
**RESTORATION JUNIPER**  
**LANDSCAPING TIMBERS**

Expires 7/31/2018



**Publisher/Editor: Nancy Tannler**

Advertising: Nancy Tannler – 503.254.7550  
Proofreader: Albert Q. Osdoe  
A & E: Brian Cutean  
Contributors:

Don MacGillivray, Midge Pierce,  
Michelle Frost, Jack Rubinger

Serving residents of Hosford-Abernethy, Kerns, North Tabor, Laurelhurst, Montavilla, Mt. Tabor, Richmond, Buckman, South Tabor, Sunnyside neighborhoods. Circulation 26,000 (including 21,500 mailed copies). Founded in 1990  
Published the last Saturday of each month.

**PO Box 33663, Portland OR 97292-3663**  
**Phone 503.254.7550**

e-mail: [examiner@inseportland.com](mailto:examiner@inseportland.com)  
[www.seexaminer.com](http://www.seexaminer.com)

Business Directory: [www.inseportland.com](http://www.inseportland.com)  
©2018 The Southeast Examiner



# Clarion Call Issued for Final RIP Planning Testimony

BY MIDGE PIERCE

135,000 Portland residents received notices from the City that their single family property would be rezoned under the Residential Infill Project (RIP). Now they're realizing their home, street and neighborhood could soon support density three or four times greater than current zoning allows.

For some that spells opportunity; for others the loss of the Portland they love.

The yellow mailers were sent in advance of this month's public hearings with the Planning and Sustainability Commission (PSC), the last step before planners send the project to City Council for approval.

The RIP flier purports to explain a need for rezoning single family residential neighborhoods to allow duplex, triplex and multiplexes through much of Portland and most of the Eastside. It contends RIP will accommodate growth and give people more choices to live in vibrant residential neighborhoods close to schools, parks, shopping and good transit.

As part of amendments to the original proposal, Bureau of Planning and Sustainability representatives say they listened and responded to citizen recommendations by reducing building heights and scale.

Adjustments to specific properties can be found on the RIP map app, but generally were made to reduce parking requirements, narrow lot lines and allow bonus units in plexes delivering affordability.

The project allows market rate, rather than cost-controlled housing and planners say more housing equals affordable housing that can be achieved through rezoning for greater density.

Despite the advisory, many residents seem unsure what the project means to them or what to make of the a-overlays. Local architect Sharon Nobbe says, "People don't realize the impact rezoning will have until it hits their sideyards, backfence and cars double parked on the street."

"Lipgloss" is what she calls the information in the mailers.

One of her fellow architects said, "RIP puts quantity over quality with no guarantees of affordability. Developers will take advantage of RIP to build housing

that makes the most money."

Insiders call the plan deceptive. "Throughout this RIP process we were told, repeatedly, 'this is not a zoning change.' And yet, here we are: a zoning change," says Michael Molinaro, a disillusioned member of RIPSAC, the Residential Infill's original Stakeholders Advisory Committee.

He is part of a break-away group known as the SAC 7 who sought solutions to demolition. Instead, he and his cronies say they bore witness to developers influencing a plan that encourages leveling homes and neighborhoods without regard to cost, compatibility, continuity or neighborhood stability.

Calling the flier one-sided, critics say it should dispel anyone's doubts that the City intends to densify its way out of the housing crisis – a tactic many say has backfired in Seattle and San Francisco and should be tested here before it is implemented across the City.

Allowing market rate housing will cause rising rents and widespread displacement of longtime residents, resulting in the kind of housing loss experienced by low-income residents, they say, notably in the Albina and Alberta neighborhoods.

"Renters will be the ones evicted when their rental homes are sold and demolished to build big luxury duplexes that most Portlanders can't afford," says John Liu, a Laurelhurst resident who blasts the City for not doing a better job of informing renters about what to expect.

Liu fears the upcoming hearings will be co-opted by developers. If they get their way, he predicts, huge "quadplexes" will be built in 100% of eastside neighborhoods.

"The RIP is a political process. PSC is a hand-picked advisory committee stacked with developers," charges James Patterson, part of a group mounting legal challenges to RIP.

He's urging Portlanders who feel their property rights and neighborhood character are under assault to testify at the hearings and send comments in writing to City Council. "Make your voice heard before it's too late," he urges.

Patterson blasts the confusing nature of City information and says the rezoning

of overlays unnecessary because the 2035 Comp Plan indicated there was more than enough capacity under current zoning to accommodate growth.

"It is ironic that council has just received a report about the city's complete failure to slow displacement of lower income families due to redevelopment of N/NE Portland," Patterson said, "but council is proceeding with sweeping rezoning that will redevelop all of Portland's neighborhoods by demolishing existing lower priced housing to build large, new, unaffordable housing."

Special interest groups supportive of RIP, many with paid staff and financial support from developers, have been busy

turn to page 11

**POLYMATH Studio**  
Architecture & Design

We design simple, beautiful buildings with a strong connection to nature.

**Houses**

**Additions**

**ADUs**

503-395-8383

polymathstudio.com

**NW Natural**  
**APPLIANCE CENTER**  
503-220-2362  
nwnaturalappliances.com  
2610 SE 8th Ave, Portland, OR 97202

**HAWTHORNE GARDENS SENIOR LIVING**

**Tea Party**

**TUESDAY, MAY 15<sup>TH</sup> AT 2:30 P.M.**

Enjoy a variety of delicious teas and delectable treats, both savory & sweet! Fashionable tea attire & hats are encouraged!

**Please RSVP to rkimball@artegan.com by May 12th.**

2828 SE Taylor St. Portland, OR • 971.222.0396 • hawthornegardensslc.com

**Naomi's**  
ORGANIC FARM SUPPLY

open daily 10-6



**Farm, Garden & Home:**  
Fertilizer, Compost, Soil  
Veggie, Herb, Flower Starts  
Perennials, Natives, Fruiting  
Shrubs, Vines and Trees  
Houseplants, Books, Gifts  
Seeds, Tools, Stock Tanks  
Hen, Bunny, Goat, Cat &  
Dog Feed and Supplies  
Baby Chicks in Spring  
Bunny Spa Days  
Teen Hen Days  
Friendly Advice & Rainbows

♥ **3454 se powell blvd** ♥  
**naomisorganic.com**  
**503 517 8551**



**Woman-owned / sparkle-power operated since 2009**

**Surprise her this Mother's Day.**  
Send your gift in time.

**The UPS Store™**

**10% Off UPS™ Shipping in May**

From a family photo to fine china, we'll make sure Mom's gift is professionally packaged so that it's delivered intact.

We offer:

- A selection of box sizes
- Protective materials
- Personalized service

And whether you planned ahead — or waited until the last minute — we have just the right UPS® shipping service to help you make her day.

4110 S.E. HAWTHORNE  
PORTLAND, OR 97214  
PH: 503-236-5587  
FAX: 503-236-4293  
M-F: 8-6; SAT: 9-5  
store3234@theupsstore.com



From New Orleans to you!  
Specializing in Creole-Cajun  
& Italian cuisines  
Thoughtfully sourced ingredients



**Oh Honey Cookery**  
ohhoneycookery.com  
503.432.1021

**FUN HANDS-ON  
COOKING CLASSES**  
"We cook. We eat."

5/6 from 11-2pm  
Sunday Brunch  
Quiche, Muffins, Mimosas  
(Vegetarian Friendly)

5/13 from 2-5pm  
Sunday Dinner (bring Mom)  
Nonna's Meatballs and  
pasta, Tiramisu

5/20 from 4-7pm Gumbos,  
Bourbon Bread Pudding  
(Vegetarian Friendly)

5/25 from 6-9pm All  
Vegetarian:  
Jambalaya, Zuke Doubloons,  
Beignets

All classes \$49 per person.  
Held in wonderful SE Portland  
Registration required

At the end of your life, you will never regret not having passed one more test, not winning one more verdict or not closing one more deal. You will regret time not spent with a husband, a friend, a children, or a parent.

Barbara Bush



**ANDY AND BAX** Your WhiteWater Rafting  
and Camping Source  
Since 1945

Inflatable Raft, Kayak and Pontoon Packages

324 SE Grand Ave. (503) 234 - 7538  
andyandbax.com

## Who are the Council Candidates

from cover

fare, consumer fairness, workers rights, schools, the arts, and our parks.

• **Julia Degraw** would prioritize people over developer profits, corporate interests, and complacent politicians. She is a strong supporter of city government reform and would change the charter so that commissioners would be elected from districts. This would allow a wider variety of candidates and political leaders to serve in Portland.

The housing crisis must be addressed even if developers, landlords, and the Portland establishment are less satisfied with the process. Living wage jobs, employment, and workers rights must be priorities so that people will have a decent standard of living.

Ms. Degraw is endorsed by a strong list of leaders and organizations. She lives east of 82nd Ave. and will provide this area with the representation it has lacked for so long.

• **Nickolas Sutton** works



**BUY ONE  
CUP OR CONE  
GET ANOTHER  
1/2 OFF!**

Any size cup or cone.  
Offer expires 5/31/18  
Valid at 1428 SE 36th Ave, Hawthorne.  
Limit one coupon per customer per visit.

as a freight clerk at New Seasons Market and he has completed his sophomore year at Portland Community College with a major in general science. He expresses great concern over economic and social issues in Portland.

• **Philip J. Wolfe's** issues are police reform, houselessness, traffic, mental health, and accessibility. He is an artist and a home care provider and the chairperson of the Police Oversight Board for the U.S. Department of Justice working with many other advocacy organizations.

### Portland City Commissioner #3

• **Loretta Smith** is very nearly an incumbent candidate. She has thirty years of government experience including two terms as a Multnomah County Commissioner and twenty years as a staffer for U.S. Senator Ron Wyden.

She has addressed many issues such as the Summer Works Project that helps kids gain skills and has helped to house the homeless.

Smith is strongly supported by labor interests, elected officials and community leaders. She will address the housing crisis and homelessness, improve economic opportunities for everyone, transportation, at-risk youth and vulnerable seniors, and provide improvements to East Portland.

With a proven record of experience and service, Smith knows Portland, its people, and how to do the job. She will be able to make the changes Portland needs.

• **Stuart Emmons** brings a lifetime of "in the trenches" experience to Portland's housing crisis. An architect and a designer of affordable and market rate housing, he has solved the homeless problem and wants to find the political will to implement it.

Emmons has managed government projects, worked successfully with developers and has been engaged with communities of color in many of Portland's neighborhoods.

He holds a masters degree in Architecture from Harvard University and a degree in Urban Design from Portland State University. He wants to improve equity, jobs, the environment, schools, transportation, and public safety.

• **Jo Ann Hardesty** is a veteran community leader, an outspoken advocate, and an experienced legislator. She is one of the best known leaders of Portland's African American commu-

nity. Originally from Baltimore, Hardesty served in the Navy, the Oregon legislature, and as a senior Multnomah County policy adviser.

She has been an active member of NARAL, Oregon Action, Human Solutions, the Coalition for a Livable Future, Portland Community Media, the Albina Ministerial Alliance, and the Portland City Club.

As a city commissioner, she will improve public participation, implement solutions to the housing crisis, improve the accountability and trust of the police for all Portlanders, and ensure that disadvantaged citizens are involved in the many decisions that affect their health and welfare.

• **Andrea Valderrama** has been an outreach and policy adviser to Mayor Wheeler in the City of Portland for the last four years advising on transportation, housing, public safety, budget, and government policy with a focus toward East Portland's neighborhoods.

Prior to this she was the director of development for VOZ, a worker organization to improve and advocate for the rights of laborers and immigrants.

Valderrama graduated from the University of Oregon in 2011 majoring in political science and is pursuing a Masters Degree of Public Administration at Portland State University. She was recently named one of Portland's Top 10 Social Change Makers.

• **Felicia Williams** is an Air Force veteran, a civil rights historian, and a biotech business manager. She is a graduate of the University of Portland and is attending graduate school at Portland State University studying education and urban renewal.

She is a member and has served as president of the Downtown Neighborhood Association Board of Directors and the Neighbors West NW coalition.

Williams has experience on issues of emergency preparedness, housing, and public safety and has a passion for doing the work necessary to make Portland an affordable, safe, and thriving place for everyone.

• **Low Humble** is a well-known figure in Portland elections as a perennial candidate for both mayor and commissioner. He is a retired mechanic with a high school education and is not active in local politics.

This is a great slate of candidates. Remember to vote on or before May 15.

2018

PCC EMPLOYER  
PARTNERSHIP  
AWARDS

Portland Community College's Employer Partnership Awards celebrate the many business partners – more than 1,600! – that help PCC prepare students for employment opportunities and careers, and who meet regional workforce needs.

It is with sincere gratitude that PCC honors the following organizations as its 2018 Employer Partners of the Year, for their ongoing partnership, investment and support:

**Blessing Landscapes**  
**Intel Corporation**  
**Oregon Tradeswomen, Inc.**

Interested in learning how to become a PCC partner?  
Contact us at [partnerwithpcc@pcc.edu](mailto:partnerwithpcc@pcc.edu).



**Portland  
Community  
College**

## KIRKLAND UNION MANORS

**AFFORDABLE RETIREMENT LIVING**  
*For Seniors 62 years or older*

- **Studio & One Bedroom Apartments**
- **Affordable Rent Includes all utilities (except phone & cable)**
- **No Application or Costly Buy-In Fees**
- **Federal Rent Subsidies Available for those that qualify**

**503-777-8101**

[www.theunionmanors.com](http://www.theunionmanors.com)

3530 SE 84th Ave • Portland 97266





# Neighborhood Notes

## Richmond

By Rob Mumford

RNA held its monthly meeting this past April 9 at Waverly Heights Congregational United Church. Our Annual Richmond Clean-up is Saturday May 19 at Central Christian Church in the parking lot at 1844 SE Cesar E. Chavez Blvd. from 9 am – 1 pm. Drive up in your car or truck and we'll help you unload your junk, recyclable (not curbside recyclables) and reusable items. The fee is \$15 - \$25 depending on size of load.

The RNA board of directors approved two motions aiding our neighbors at Sewallcrest Community Gardens. One motion was for a donation to go towards gardening supplies and the second motion was for a letter to the city opposing increases in plot fees.

Lastly, elections – The RNA Election committee presented to the board its recommended upgrades to the Election Standing Rules.

Key recommendations are creating early voting opportunities and improving the election process. Early voting will allow families with children to vote, and provide opportunities and access for those who cannot vote on a single night. The election process would improve by avoiding arduous multiple-round elections, and instead have a single-round of voting. Other election improvements would seat board members in a more representative manner.

Lastly, of note, our current At-Large voting method turns out to be illegal to use in Federal Elections and has been discarded by most states. The election improvements we seek would upgrade our voting to be fair and equitable to all members of the community.

If you are interested in becoming a leader within the community and working to better the world right around you as an RNA Board Member, visit [richmondpdx.org/elections](http://richmondpdx.org/elections)

The next RNA meeting will be Monday, May 14 at Waverly Heights Congregational United Church (basement), 3300 SE Woodward St., 7 – 9 pm. Visit [richmondpdx.org](http://richmondpdx.org) for more info.

## Mt. Tabor

By Laura Smith

Mt. Tabor Neighborhood Association (MTNA) board elections will be held at the May 16 meeting which starts at 7 pm at Mt Tabor Presbyterian Church (SE 54th and Belmont). We can have up to 25 members on the board but currently only have 11, so there is plenty of opportunity to join.

If you live, own property, maintain a business or represent a nonprofit within the MTNA boundaries, you are a member of MTNA and can be a candidate. Send an email to [contact.mtna@gmail.com](mailto:contact.mtna@gmail.com) with your self-nomination no later than May 9, and then attend the meeting on May 16.

Help keep Mt. Tabor Park healthy by donating to keep the award-winning Weed Warrior program alive. This program removes invasive species, replaces them with native plants, and inspires the next generation of park stewards.

Friends of Mt. Tabor Park (FMTP) has set up a stewardship fund through the Oregon Community Foundation where interest accrued will sustain the Weed Warrior program for generations to come. For more information, contact FMTP board member Mary Kinnick at [FMTPStewards@gmail.com](mailto:FMTPStewards@gmail.com).

To make a donation, go to [TaborFriends.org/Stewardship](http://TaborFriends.org/Stewardship).

Portland City Commissioner Amanda Fritz was the main draw for a very well attended April 18 meeting of the Mt. Tabor Neighborhood Association. She announced that the rezoning and sale of a part of Mt. Tabor Park is no longer being considered. The parcel is located just south of the SE Salmon St. entrance to the park with the original park caretaker's house on it.

The caretaker's house is listed on the National Historic Register with the rest of Mt. Tabor Park and is considered a "contributing feature" of the park. Commissioner Fritz asked MTNA to work with her to develop ideas for reuse of the caretaker's house as well as ways to fund that reuse.

If you have an idea, send it to [contact.mtna@gmail.com](mailto:contact.mtna@gmail.com). You are encouraged to email Mayor Ted Wheeler and tell him you want the long-range vision plan (Portland 2030) funded along with our city parks, and that you want a commitment to finding long-term solutions for maintaining our parks. His email address is [MayorWheeler@portlandoregon.gov](mailto:MayorWheeler@portlandoregon.gov).

The next MTNA meeting will be on Wednesday, May 16, at 7 pm at Mt Tabor Presbyterian Church at SE 54th and Belmont, with homemade cookies and social time starting at 6:50 pm.

## North Tabor

By Joshua Carey

North Tabor Neighborhood Association will have a board meeting Tuesday, May 15, 6:30 pm, at 4837 NE Couch. The meeting is open to the public.

Mark Wells, City of Portland Crime Prevention Coordinator, spoke at April's meeting about forming Neighborhood Watch groups and restarting existing groups. For assistance in organizing Neighborhood Watch on your block, call Mark Wells at 503.823.2781. Mark stressed the importance of continuing to report every crime. For non emergency, call 503.823.3333. For street lights out, graffiti, pot holes, and illegal camping, use [pdxreporter.org](http://pdxreporter.org). For illegally dumped trash in the Rosemont Bluff Nature Area, call the Park Ranger office at 503.823.1637.

turn to page 21

# Fitness for women, by women.

Check Out Our New LUNCH HOUR Classes: TRX, Cardio & More!

First Class **FREE!**

Group Fitness  
Personal Training  
Small Group Training  
Nutrition Counseling

**Kfit** STUDIO

2725 SE Ash St.    [www.kfitstudiopdx.com](http://www.kfitstudiopdx.com)    971-373-8499

A cannery strike.  
A vision of the Virgin.  
An earthquake.

# WATSONVILLE:

SOME PLACE NOT HERE

By Cherrie Moraga

MAY 3 – 26, 2018

MILAGRO.ORG  
503.236.7253



## Run Mama Run PDX

The Mother and Child Education Center invites the public to participate in the 10th Annual RunMamaRun, a 10k/5k stroller-friendly run or walk, and kids’ fun run on Saturday, May 12, at 9 am in Mt. Tabor Park off SE Salmon.

Registration is now open – \$49 for the 10k; \$39 for the 5K; \$5 for the Kids Run or the SleepMamaSleep option at [runmamarunpdx.org](http://runmamarunpdx.org).

In spring 2009, a group of local mothers birthed RunMamaRun as a way to celebrate motherhood in a fun, active, family friendly way with a purpose.

Originally, RunMamaRun benefited Adoption Mosaic, a local non-profit organization dedicated to supporting adoptive children and families in Oregon. When Adoption Mosaic closed in 2015, it passed the baton to Family Forward Action.

After 2017’s race, Family Forward Action felt the race would best benefit a local non-profit, as it did originally and Mother & Child Education Center was chosen.

Funds raised through RunMamaRun benefit Mother &

Child Education Center, a local 501(c)3 non-profit dedicated to helping parents during pregnancy and early infancy with services, connection to resources, education and supplies.

Mother & Child Education Center, founded in 1971 by four local nurses, is the referral choice of many local providers including Providence Beginnings, Nurse Family Partnership, and 211. The organization reaches more than 1,600 women, 2,400 children, and countless parents each year.

For family members, fathers, foster parents and friends who find themselves filling a parenting role, support can be a crucial lifeline. Maura White, Executive Director, said, “We are here to support parents without judgment, thanks to more than 100 volunteers who dedicate time annually.”

Planners anticipate more than 400 runners, walkers, kids, families, and spectators will register for this year’s event bringing families to Mt. Tabor Park for Mother’s Day weekend. Volunteers and sponsors are needed. Contact Anne Bumbalough, [anneb@momchildpdx.org](mailto:anneb@momchildpdx.org) /503.249.5801.

## Coalition for 82nd Ave. asking for change

The 82nd Avenue Improvement Coalition, has been asking the City of Portland, in partnership with ODOT, to begin transferring ownership of the 82nd Avenue to the City.

82nd Avenue is a highway maintained and owned by the Oregon Department of Transportation (ODOT). Its current design puts the lives of Portlanders at risk for serious injury and death. In fact, it is one of the most dangerous roads in the State of Oregon.

Portlanders deserve safe streets on which to walk, bike, operate mobility devices, access transit, and drive.

A letter asking for a “full upgrade” and transfer of ownership of 82nd Avenue was signed by the following leaders:

Reps. Alissa Keny-Guyer, Jeff Reardon, Barbara Smith Warner; Sens. Michael Dembrow, Rod Monroe, Mayor Ted Wheeler, Commissioner Dan Saltzman, Amanda Fritz, Nick Fish, Chloe Eudaly and Multnomah County Commissioner Jessica Vega Pederson.

The pressure was ratcheted up further by Representative Keny-Guyer and Senator Dembrow in a letter dated April 18 from the Coalition. This letter advocates for transfer of 82nd Avenue now before ODOT spends funds to make improvements not aligned with the communities vision.

Here is a list of changes the Coalition is requesting: 82nd Avenue needs to be paved; 82nd Avenue needs to have safe sidewalks; 82nd Avenue needs to be safe to cross; 82nd Avenue needs to be part of the neighborhood fabric and made into a place to be; not a space to just drive through.

If you want to help with these changes, join the Steering Committee. Contact: [82ndavenue@gmail.com](mailto:82ndavenue@gmail.com)



Owner Portland Bicycle Emporium

## Recycling–the trouble with plastic

By BONITA DAVIS, MASTER RECYCLER AND SUNNYSIDE RESIDENT

Spending time at the beach is on a lot of calendars for the summer months. Now is the time we start thinking of living more in the outdoors and stores are filled with items to help us enjoy outdoor time.

Patio sets, patio sets, beach toys, flower pots and garden hoses – a lot of it contains plastic.

Plastic is a synthetic material derived from petrochemicals that increasingly is replacing or being mixed with wood/paper, glass, metals, and natural fabrics to make durable goods, clothing, shoes, household goods and packaging materials.

Brightly colored Bakelite, was one of the first plastics to appear in the early 1900’s; Chemical innovations brought vinyl and acrylic in the 1920’s and nylon,

Teflon, polystyrenes and polyurethanes in the 30’s. Nylon stockings, squeeze bottles, Tupperware, Formica, and vinyl records were introduced in the 40’s.

After WWII, plastic was the new big thing: Saran Wrap, drip dry fabrics, styrofoam, plastic furniture and toys (remember Legos and Barbie?) were making their way into households. Credit the early 60’s for the plastic bag.

Mobile phones and PET beverage bottles were introduced in the ‘70’s, helping plastic become the most widely used material in the world. It wasn’t until 1988 that the first coding system for plastic was introduced.

Plastic is a lightweight miracle material great for insulating, containing liquids, and keeping foods safe. It helps us be mobile and saves transportation and energy costs.

It also lingers. The years to degrade vary: 10-40 years for a plastic bag, 450 for a beverage bottle or disposable diaper, 600 for mono fishing line.

Plastic actually never really goes “away.” Bits eventually splinter, degrade into particles, then to dust, and eventually into plastic molecules that can last for centuries.

That dropped straw washed by rain into a grate becomes part of plastic slurry being moved around by currents in our waterways and oceans. In this mix, it is fatal when ingested by wildlife, or when it entangles birds and fish. Worldwide, by 2010, plastic took up 25% of the space in our landfills.

There are no easy solutions. We can start saying “no” to bottled water, single use coffeecups, straws, unneeded or excessive plastic packaging materials, “tossable” cleaning products and plastic bags. We can be careful not to litter and to help with clean-ups.

Thinking before buying “flimsy” things – even summer fun stuff – and opting for products built to last will make it less necessary to search for a recycling option (if one exists) down the road.

Cut plastic waste by opting for minimal or no packaging, buying used products or those with recycled content. Take full advantage of curbside recycling programs, and return clean plastic film to participating stores such as Winco, Fred Meyer, and Safeway.

*Read more in these recommended books, both available from the library or wherever you buy books: The Plastic Ocean by Julie Decker, and Plastic Free by Beth Terry*

## Summer classes and camps

The Saturday Academy offers a wide variety of camps and classes for students entering grades 2-12 this fall in science, technology, engineering, math and the arts. This year, The Academy celebrates 35 years of providing hands-on, in-depth educational opportunities to students in the Portland Metro area.

Class and camp highlights in SE include:

Academic Summit: Meeting of the Minds (grades 6-8 at Reed College) – Explore the challenges of the 21st century and draw on creative resolutions from science, engineering, technology, humanities and art.

Curiosity Challenge (grades 4-5 at Reed College) – Trace curious connections between science, engineering, technology and art and how creative new ideas take form.

AWSEM Camp: Science & Engineering for Girls (grades 6-8 at Reed College). Meet other girls interested in science, engineering and math, and visit female mentors with successful careers in these fields.

Coding Camp: Computer Essentials (grades 6-8 at La Salle College Preparatory High School) – Learn coding skills and concepts for binary numbers, image representation, sorting algorithms through hands-on projects. Call 503.200.5858 or [saturdayacademy.org](http://saturdayacademy.org)

## Bb BUSINESS BEAT

**CALLIGRAPHY CLASSES FOR BEGINNERS** – Rock Paper Calligraphy offers relaxed private and group hand-lettering classes at Artist & Craftsman SE and other SE PDX venues. Gift certificates for Mother’s Day are available. Group class schedule: 5/9, 6:30 – 9 pm Italic class; 5/12, 10 – noon Mother’s Day Brush Pen class; 5/16, 6:30 – 8:30 pm Uncial (9th Century Celtic); 5/19, 10 – noon Brush Pen; 5/26, 10 – noon at Artist & Craftsman SE Brush Pen. Classes cost from \$49 - \$55 and include all supplies, a take-home kit and snacks. Small class sizes. Registration required. Visit [rockpapercalligraphy.com](http://rockpapercalligraphy.com), text or call 503.432.1021.

**THE INDIE COTTAGE HUB**, at 4414 SE Hawthorne, is a newly opened venue that offers space for creativity classes, events and small business pop-ups and it’s partly the home of Secret Society of Shoes. Artist’s Way classes meet on Tuesday nights and beginning in May, Indie Cottage will offer weekly cooking and calligraphy classes and craft nights. For information contact [indiecottage@gmail.com](mailto:indiecottage@gmail.com) or call 503.888.2210. For info on craft classes call 503.432.1021.

**COBALT STUDIOS PDX** is a 2500 square foot full-service rental photography and video studio at 1030 SE Clinton St. The studio offers multiple stages, including a 320 sq foot L-shaped cyclorama wall, natural light set, and boudoir area. Rentable lighting is available and props included. Contact us at 971.806.6404 or on Instagram: [@CobaltStudiosPDX](https://www.instagram.com/CobaltStudiosPDX)

**PORTLAND BICYCLE EMPORIUM** – The bike shop you’ve been waiting for is now open. The Emporium stocks commuters and neighborhood bikes, kid bikes and the occasional vintage bike, both new and refurbished for nearly any budget. Repair and service work from flat fixes to full overhauls backed by twenty years of experience. Lights, locks, bells, plus all the bike bits you never knew you always needed. Get ready for summer biking now. 4827 SE Division. 503.231.3093. Most days the hours can be somewhat irregular. [portland-bicycle-emporium.com](http://portland-bicycle-emporium.com).

**PORTLAND  
PICTURE  
FRAME**

**25% off**  
your Custom Framing  
purchase

or if you bring in 3 or more pieces  
we'll give you 30% off

May not be used on E-series Poster Package or Ready-made frames.  
May not be combined with other offers.  
Coupon must accompany order.

2805 SE Holgate Blvd.  
503.236.1400  
Mon-Sat 10am to 5pm

Chauncey P. Gardner  
looks forward to seeing you!  
[www.portlandpictureframe.com](http://www.portlandpictureframe.com)  
check us out of facebook

**PORTLAND  
EYE CARE**

**SAMUEL ADELMAN O.D.**

4133 SE Division St.  
Portland OR, 97206

**503.444.7639**

**EYE PDX.COM**

LOCAL EYECARE • GLOBAL EYEWEAR

The best in food, toys, treats & accessories for your dog or cat! Specializing in local, organic & sustainable products.

**8119 SE Stark St. • 503-445-8449**

Open Mon – Fri 10 – 7 Sat, Sun 9 - 6

Now carrying small animal supplies and wild bird seed!





# Community News

## Applying for Senate Page Program

Oregon Senator Jeff Merkley is accepting applications to the U.S. Senate Page Program. through May 18, 2018. Students who will be juniors during the 2018-19 school year have an opportunity to apply to be part of the Page Program in fall 2018.

The highly competitive program provides students with first-hand experience of Senate operations. Pages play a critical role in the daily work of the US Senate by helping deliver legislative material, amendments correspondence and bills around the complex during Congressional proceedings. Only 30 page positions are available among 100 senators.

“My message to young leaders is this: Get informed and get involved in the political process to create the change

you wish to see in the world. The Senate Page Program is an excellent way for young Americans to do exactly this,” Merkley said.

“I encourage all eligible Oregonians to apply and take advantage of this unique opportunity to come to our nation’s Capital and see firsthand the inner workings of Congress.”

Senate pages must be appointed and sponsored by a Senator. Unlike interns who work in the Senators’ offices, pages work for the Senate as a whole.

Pages receive a stipend, live in a dormitory near the Capitol, and attend classes in addition to performing their page duties.

Interested participants should call 202.224.3753 or apply online at [tinyurl.com/y7amb4jq](http://tinyurl.com/y7amb4jq)

## What's at stake

The next public hearing on Mayor Ted Wheeler’s proposed 5% budget cuts for Portland Parks & Recreation will be held on May 10, a the Council Chambers, 1221 SW 4th Ave., from 6 - 8:30 p.m.

Here’s a few things at risk of being cut.

- Five Community Centers will be closed — The question is what happens to this publicly owned property?
- The Children’s Museum, located near former OMSI at the Zoo, City’s 25-year Contract to pay utilities will be cancelled — with roughly 13-years remaining.
- Two PP&R Parks Maintenance Crews keeping swimming pools and splash pools mechanics working and testing the water for public health.
- Elders in Action — Advocates who help seniors find affordable housing on fixed incomes, who were issued “no cause evictions”.

## Get Involved in Your Local NA

From construction cranes, to traffic diversions to threats to sell-off portions of Mt. Tabor Park, contentious issues reinforce the need for thoughtful residents to step forward and participate in their neighborhood association processes.

This month and next, most SE neighborhood associations will hold elections. Board members generously give of their time and energy to help solve local problems, understand government and weigh-in on pressing issues.

SE Uplift Neighborhood Planning Program Manager Leah Fisher reinforces the value of participating in NAs. “If you’re concerned about the position or activities of a neighborhood board, the best way to address it is to get involved and re-direct it.

“If you are not able to participate as a board member, communicate with your board, let them know how you feel about certain issues. They want to know what the community cares about.”

She adds that participating in a neighborhood association is a great way to network, develop leadership skills, host fun events, and influence issues of livability.

Getting involved is especially important for SE residents who feel that they do not have direct representation from Commissioners who live in other parts of the City.

Because this is Portland, there are occasional process challenges and critics. Frequent blogger Margaret Davis claims demonizing is on the rise by paid lobbyists and special interests who intimidate and publicly shame those with whom they disagree.

For all the grumbling, however, NAs are part of the democratic process, and only as good as those who participate, she says.

“If your neighborhood association doesn’t represent you, run for the board. Show up to meetings. Vote!” members advise. *MP*

**RACE & PLACE: RACISM AND RESILIENCE IN OREGON’S PAST AND FUTURE** – Wednesday, May 9, 6 – 8 pm in People’s Community Room, 3029 SE 21st Ave. Oregonians envision a future that includes communities built on values of diversity, equity, and inclusion. At the same time, we live in a society that marginalizes and excludes people of color. How does Oregon’s history of racism influence our present and how can understanding historic and current impacts of racism in Oregon contribute to our sense of place and vision of the future? How can diversity and inclusion create thriving communities? This is the focus of *Race and Place: Racism and Resilience in Oregon’s Past and Future*, a free conversation with Anita Yap, Traci Price, and folks in your community. This program is hosted by People’s Food Co-op and sponsored by Oregon Humanities.

**CELEBRATING THE NONAGENARIAN (90 YEAR OLD)** members of the community. An open invitation to the community of and surrounding Tabor Heights UMC to come and help celebrate blessings for those turning 90 scheduled for May 3 at 6:30 pm here at the church. A birthday cake made from JaCiva’s chocolate shop will be served with coffee and tea. A short and sweet concert will be presented with traditional songs of praise and live underscores of great movie clips and films. Info: 503.232.8500.

**MOTHER’S DAY VIKING PANCAKE BREAKFAST** – Treat your mom to a Pancake Breakfast Sunday May 13 and start your day with delicious all-you-can-eat Viking pancakes, scrambled eggs, sausage, fresh fruit, strawberry compote, lingonberries, orange juice and coffee or tea served in our charming Bergen Dining Room at Norse Hall, 111 NE 11th Ave. from 8:30 am to 12:30 pm. Adults \$8, Children ages 5-12 \$4, Children under age 5 are free. Parking is free.

**FRIENDS OF THE MULTNOMAH COUNTY LIBRARY’S SPRING USED BOOK SALE** is May 4 – 7. Join the Friends of the Multnomah County Library at their annual Spring Used Book Sale, Oregon’s biggest and best used book sale. The event is at the Lloyd Center DoubleTree Hotel Exhibit Hall, 1000 NE Multnomah St. and easily accessible by TriMet/MAX. Vouchers providing \$3 parking in the onsite garage are available to all attendees. Proceeds from the sale benefit the Multnomah County Library. Friday, May 4, 6 – 9 pm, Members Only Pre-sale + Collector’s Corner; Saturday, May 5, 9 am – 9 pm, Trivia Contest 6 – 9 pm (with no host bar) + Collector’s Corner; Sunday, May 6, 11 am – 5 pm - Educators Discount Day - 50% off with school ID; Monday, May 7, 9 am – 3 pm - 50% off everything

**ATTRACTING POLLINATORS TO THE URBAN GARDEN**–Thu, May. 3, 6 – 8:30 pm, Pilgrim Lutheran Church, 4244 SE 91st Ave. Register here: ; **Beneficial Insects**, Sun, May 6, 1– 3:30 pm, Lents Village Apartments, 10325 SE Holgate Blvd. **Urban Weeds**, Wed, May. 9 6 – 8:30 pm, Woodstock Community Center, 5905 SE 43rd Ave. To register for any or all of these events go to <https://emswcd.org/workshops> <https://emswcd.org> click on events.

**NATIONAL PUBLIC GARDENS DAY CELEBRATION** – Friday May 11, from 11 am – 2 pm, Leach Botanical Garden, 6704 SE 122nd Ave. All across the country, America will be celebrating Portland’s Leach Garden. The Stone Cabin will be open from 11-2; our Education Coordinator, JoAnn Vrillakas, will lead an Ethnobotany Tour at noon; Gavin Bell of Dragonfly Forge will be on hand to sharpen pruning shears from 11 am-2 pm; and local author, Teresa Bergen, will be in the gift shop from noon-2 pm signing copies of her new book, *Easy Portland Outdoors*, which includes an entry on Leach Garden. Enjoy this annual celebration of gardens. For information, see: [leachgarden.org](http://leachgarden.org) (click on “learn”) or contact JoAnn Vrillakas, Education Coordinator, 503.823.1671 or [jvrillakas@leachgarden.org](mailto:jvrillakas@leachgarden.org)

**SPRING PLANT SALE** – Saturday, May 19 from 9 am – 2 pm (or until all plants are sold) in the parking lot of Fabric Depot, SE 122nd and Stark St. There will be a limited number of baskets, and a much larger selection of gallon container hardy upright or lax fuchsia plants. Annual Fuchsia Show and Display–Friday, August 10 from noon – 6 pm; Saturday, August 11 from 9 am until 6 pm; Sunday, August 12 from 9 am – 1 pm. In the east parking lot of the Portland Nursery at 5050 SE Stark St. There will be prize winning fuchsia plants from the Friday judging, display plants brought by members, an extensive display of blossoms, opportunity to get fuchsia questions answered, and a modest selection of baskets and gallon uprights grown by members. Plant sales do not begin until noon on Friday.

## Local Farmers Offer Farm-Direct Produce

Dirt Rich Farm, located 15 miles outside of Portland, is a small-scale vegetable farm run by SE-Portland resident, Allison Necheles, and her farming partners Ryan and Kerry Ramsay.

Despite being only one acre in size, Dirt Rich produces over 3 tons of food each season, offering farm-direct vegetables for families through their CSA (Community Supported Agriculture) program as well as to Portland-area restaurants.

Although a new concept for some, CSAs are gaining in popularity, especially in urban centers like Portland.

At the beginning of the farm season, members pre-purchase a share of the farm’s produce. Then, during the main season (from May until October at Dirt Rich), members receive a weekly selection of seasonal produce harvested at the peak of flavor, quality and freshness.

CSAs are a mutually beneficial partnership between members and farmers. At its heart, the program relies on members and farmers coming together as a community to share the risks and rewards of local food systems.

In addition to community building and offering quality

produce to members, Dirt Rich Farm is dedicated to sustainable farming practices that focus on soil health.

As Ryan Ramsay explains, “Healthy people eat healthy food and healthy food comes from healthy soil.” With this mantra as a guiding principle, Dirt Rich farms the land without the use of synthetic fertilizers, herbicides or pesticides.

To learn about Dirt Rich Farm’s CSA program and to purchase a share, go to [dirtrichoregon.com](http://dirtrichoregon.com). Contact Kerry at [Kerry@dirtrichoregon.com](mailto:Kerry@dirtrichoregon.com) or 503.839.0159.

ReThink. ReDesign. ReBuild.

mac-bo

503.282.1841

When it comes to bathrooms, kitchens, additions and more...

the only tool you need.

mac-bo.com

ccb 166263

CZ BECKER COMPANY

WOOD FLOORS

A Family Owned Business Since 1982

503.282.0623

Restoration Repairs & Refinishing

State of the Art Dust Containment

Installation of New Wood Floors

Environmentally Friendly Finishes

www.czbecker.com

CCB #48132

HAWTHORNE

Veterinary Clinic

Holistic Medicine & Surgery

Acupuncture & Herbs

Dr. Cornelia Wagner

Dr. Ingrid Hamann

503.233.2332

1431 SE 23rd Ave

www.hawthornevet.com

FRAMER OF

MT. TABOR

KB

FRAMES

Greg A. Bunker

Framer & Artist

7828 SE Stark St.

Portland, OR 97215

grgbknkr@yahoo.com

503-257-0711

www.kbcustomframes.com






**DIVISION  
HARDWARE**

3734 SE Division St. • Portland, OR 97202

**503-235-8309**

Monday through Saturday 8:30 -7:00

**info@divhw.com**

 Like us on Facebook


**Do it Best REWARDS**  
 Join. Earn. Save.



**Best Price!  
Best Quality!**

**7960 SE Stark St.  
NFPDX.COM**

**503-284-0036  
Open 7 days**

**NATURAL FURNITURE**

# SUMMER RUN APARTMENTS

## AFFORDABLE RETIREMENT LIVING



- STUDIO & ONE-BEDROOM APARTMENTS
- AFFORDABLE RENT, NO COSTLY BUY-INS, OR APPLICATION FEES
- FEDERAL RENT SUBSIDIES AVAILABLE FOR THOSE THAT QUALIFY
- IDEAL URBAN LOCATION  
- NEAR SHOPPING, BUS LINES, RESTAURANTS, AND MORE!
- SMALL COMMUNITY ATMOSPHERE  
- RELAXED AND FRIENDLY

**7810 SE Foster Road**  
**503-774-8885**

**"CARING FOR EACH OTHER IS WHAT OUR COMMUNITY DOES"**

**Your car  
matters.  
It's why  
I'm here.**



**Shobe Ins and Fin Svcs Inc**  
Chris Shobe, Agent  
2900 SE Stark Street  
Portland, OR 97214  
Bus: 971-242-8981

I see more than just a car. I see what your car really means to you and I'm here to give it the protection it deserves.

**LET'S TALK TODAY.**



State Farm Mutual Automobile Insurance Company  
State Farm Indemnity Company  
Bloomington, IL  
State Farm County Mutual Insurance Company of Texas  
Richardson, TX

1706954

## Senior residents are crossword masters

BY MICHELLE FROST

If you have not been to Whitewood Gardens Residential Care, then you have not seen how vital and unique senior living can be. This retirement and assisted living facility, is nestled into the neighborhood at 2027 SE 17th Ave. It is also home to the World's Largest Crossword Puzzle!

“These residents are treasure troves of history,” says Chris Nelson, Life Enhancement Director at Whitewood Gardens.

“They have clear memories of the past, such as the Columbus Day storm of 1962. They can recall events like that in such detail.”

A Tennessee native and former Colorado resident, Nelson moved to Oregon twenty years ago. “My wife is from Oregon,” he explained. An avid runner who is “always moving, always doing something, and having lots of energy.”

Nelson has worked in senior care for 25-26 years, most recently at Whitewood for the past four years. "We keep everyone busy with lots of activities, like karaoke, art classes, bingo and puzzles."

“One day I was on the internet looking around for puzzles when I found the World’s Largest Crossword,” he laughs.

“It is seven feet by seven feet mounted on the wall upstairs and it came with a small phonebook of clues – 25,000 clues! It was a Three Stooges episode getting it taped up on the wall.” Residents began work on the puzzle in the summer of 2015.

During the morning circle, Nelson selected 20 clues for each day. "I'd write down their answers then come upstairs and transfer the answers to the wall," he explains.

The residents completed the World's Largest Crossword Puzzle in January 2018, puzzling 5 days a week for 2-1/2 years.

“We had a goal in mind,” Nelson said. “It helped to keep people in the present and to have a sense of hope. They’re not just passing time and they are contributing to the outside world; the bigger picture.”

"We were meticulous in never cheating once," he added,

Touring the facility, a visitor can observe how much handmade art decorates the walls, jigsaw



*Chris Nelson, Life Enhancement Director at Whitewood Gardens*

puzzles in beautiful frames, and painted portraits of residents hanging beside their doors. It's easy to see how creative and rich resident life is at Whitewood.

“We plug in the karaoke machine up here sometimes,” he said, sweeping an arm at the sofa/TV lounge upstairs.

“We hold Sunday services, and musical performances.” As a musician, Nelson often includes music in the morning circle.

“I have a ‘holistic’ approach to care – mind-body-spirit, right? I like activities that stimulate all three of those things for better health.”

Whitewood Gardens is a smaller community than most residential care homes, with the capacity for 40 residents.

“This facility is a bit different from other facilities in that it is owned by a Filipino family and they live onsite. The couple who own it live right up stairs,” he says, “and their family does a lot of the cooking so it’s a very family-oriented feeling here.”

In a sunny corner by the window, a resident named Barbara works leisurely on a jigsaw puzzle, a colorful scene

with red tulips.

Barbara is one of the White wood Gardens' crossword puzzle masters. She admits having never before worked on crossword puzzles but said that she really liked how it stimulated her brain, especially her vocabulary.

"We strive for connection and learning here," Nelson said. "I watch them for clues to successful aging; how to move smoothly into old age versus stressfully, and I notice that the happier residents all have real compassion in common. They focus on others and how to help and give to others."

“The only difference between who works here and who lives here,” he adds, “is time... We all get here. And one reason for tackling the World’s Largest Crossword is to make a public statement that people in resident care have a lot more going on than you might think. They are an accumulation of wisdom! We have seven feet x seven feet of proof.”

*To visit Whitewood Gardens  
or for other inquiries, call  
503.764.9719.*

A woman is lying on a patterned futon sofa in a cozy living room. The room features wooden coffee and side tables, a lamp, and a framed picture on the wall. The futon has a green and brown patterned coverlet and several pillows. The woman is wearing a white tank top and is smiling while resting her head on her hand. The overall atmosphere is warm and inviting.

**ROCK SOFT  
FUTON**

3200 SE Hawthorne 503.236.0921

Hours: Mon. - Sat. 10-6, Sun. 12-5 [www.rocksoftfuton.com](http://www.rocksoftfuton.com)



# A Generous Lifetime Gift

By Jack Rubinger

A thousand exclamation marks can barely contain the enthusiasm, excitement and energy Liz Campbell feels since she's gotten a new kidney, courtesy of Emily Lighthipe, who read The Southeast Examiner article (November 2017) about the Kids of Heart 30th anniversary and Campbell's plea for a kidney angel. Campbell has owned the Hawthorne toy store for many years.

The two share a lot. Both are women. Both live in Portland. Both have children. What they share goes way beyond the norm. Lighthipe didn't know Campbell personally, but had been to the Kids at Heart store often. She had been thinking about donating a kidney for awhile but never got around to doing anything about it. She's had personal inspiration, too.

Lighthipe's husband's cousin donated a kidney to a cousin 18 years ago and they both thrived after the transplant and her mother was born with only one functioning kidney and has had no problems.

What is like to donate a kidney?

"I have an added sense of richness and purpose to my life knowing that I was able to help Liz by giving her one of my kidneys," she said. "Even though

I am the donor, I feel I have received much more than I gave – the chance to help a woman in my community to have a better quality of life because she no longer has to go from one dialysis treatment to the next."

The screening process took about 4 months. The living donor transplant team at Oregon Health and Science University (OHSU), including Doctor David Scott, carefully vetted and screened Lighthipe first, to make sure she was a candidate to donate, and second, to make sure she and Campbell were a compatible match.

"Liz's story definitely spoke to me. I had a strong feeling the universe was telling me, 'your time is now!'" We met up several times before the transplant to get to know each other better," said Lighthipe. "Liz even had dinner with my husband and kids because it was important to me they get to meet her. By the end of the night, my 12 year old son said, 'Mom, I'm so glad you're doing this!' and my 7 year old daughter said, 'Make sure to give Liz your best kidney!'"

She was not only educated about the surgery process, but also the psychosocial, nutritional and pharmaceutical aspects. They even included her husband and children in the process. The transplant coordinators are a specialized group of nurse practitioners

who prepared her for anything and everything that could possibly happen.

After the surgery she was pretty sore, but that wore off after about a week and her husband Josh and mother Kathy were wonderful nurses.

"I am very lucky to have such wonderful friends and church community who provided meals, childcare and extra love. I returned to work at seven weeks post-op because I have a physical job but donors with desk jobs can return to work as soon as three weeks," she said.

Lighthipe has already begun biking and running and training for a triathlon in June. "I want everyone to know that being a living kidney donor is a very feasible thing. You don't have to be a superhero to qualify."

The women have a strong bond. They talk to each other at least once a week and have gotten together several times including a Donate Life Northwest reunion event. Campbell has inspired Lighthipe to become a mentor to other donors and their families through Donate Life Northwest and to become an advocate for living donations.

The legacy Liz Campbell has created for kids and families continues at Kids At Heart toys and the community they've helped foster continues to grow throughout the Pacific Northwest.



Liz Campbell and Emily Lighthipe



affordable • vintage • unique  
**ABBASI** fine rugs  
 3150 SE Belmont  
 abbasifinerugs.com  
 

**THE CAREFUL REMODELERS, INC.**  
 Additions – Bathrooms - Kitchens  
 Since 1979 503.774.2810  
 Old homes lead paint certified renovator



CCB#96457  
 Carefulremodelers.com

**Fiddleheads Urban Forest Preschool**



Now Enrolling for a  
 2018-19 School Year  
 Filled with Wonder

www.fiddleheadsurbanforestschool.com  
 5830 SE Taylor Street  
 Portland, OR 97215

**St. Philip Neri Catholic Church**

## RUMMAGE SALE

**May 11 & 12, 9:00am - 3:00pm**  
**SE 16th & Division, Carlyn Hall**  
**2408 SE 16th Avenue**

**Kfit STUDIO**

**PERSONAL TRAINING**

New to fitness?  
 Working through injuries?  
 Striving to attain your next fitness goal?

K Fit Studio's Certified Personal Trainers work with women of ALL LEVELS of fitness.

Contact us for a consultation and to set an appointment to work with one of our trainers.

**K FIT STUDIO**  
 2725 SE Ash Street  
 971-373-8499  
 www.kfitstudiopdx.com



**fitness FOR WOMEN**

## La Bamba

Mexican Restaurante & Cantina

Serving regional fare from:

**Veracruz • Oaxaca • Yucatan • Puebla**

Platillos de Mariscos (Seafood), Four moles served daily,  
 Cochinita Pibil, Calamari al Ajillo, Cactus Salad, kids meals

- Extensive gluten free and vegetarian dishes
- 220 different bottles of TEQUILA & MEZCAL

Serving lunch  
 to groups  
 by reservation.

"One of the four most authentic Mexican  
 restaurants and with reasonable prices,"  
 according to customers!



Frida Kahlo art work

Open Tuesday – Sunday • 2 – 10 pm

4908 SE Powell

labambarestaurantes.com


503.445.6341



**JULIA DeGraw**

FOR PORTLAND CITY COUNCIL POSITION N°2


NO CORPORATE CASH



**VOTE JULIA DeGraw BY MAY 15**

“All City Commissioners live in Southwest Portland except one. *This isn't representation.*”

**JULIA4PDX.COM**



Expert veterinary care

Pet-obsessed staff

New clinic



BUCKMAN



VETERINARY CLINIC

720 SE 11TH AVE, PDX

503-205-1480

BUCKMANVET.COM

Monti's CAFE

More than just a coffee shop.



Try our homemade sweet & savory treats, soups, quiches, and more!

f

8600 SE STARK STREET, PORTLAND, OREGON 9721

LOCATED INSIDE MONTICELLO ANTIQUE MARKETPLACE

503-256-8300

MONDAY-FRIDAY 7-5 SATURDAY 8-5 SUNDAY 8-



Dr. Vino (Rory Olson) is the proprietor of Portland Wine Merchant located at 1430 SE 35th just off Hawthorne Blvd.

## A primer on Portugal

I recently ran into one of our Westside competitors at an event who smugly inquired “So what’s up with you guys and Portugal?” Well, I kindly ignored his prodding, but was very tempted to remind him that just over ten years ago he asked me the same exact question about Spain.

To answer his question, Portugal and their wines are just about to explode and the Bang you get for the Buck there is unequalled. We have just returned from a three week residency in Portugal and we must confess these wine are truly World Class.

While many retailers are a little slow to get on the bus here are a few types that you should be able to find or be able to order:

VINHO VERDE (The Green Wine): Low in alcohol with a slight fizz and the perfect match for anything from the sea that is fried or grilled.

DOURO REDS: Hearty reds from Port country that have been fermented dry. Made mostly with indigenous grapes that create a wine that hits the same buttons as a good California Cabernet does.

DAO REDS: Also made with wines native to the region. These wines have a softer, fuller, smoother air to them making them more versatile than those from the Douro.

Drink outside of the box!

Show mom you really care...

Have you seen those ads telling you that three months salary is about right when it comes to buying a diamond engagement ring? We would like to use the same kind of logic to help you buy a nice bottle of Wine for this Mothers day. We suggest you spend \$10 for every hour of labor when you were born plus \$5 for every year you freeloaded on her after you turned 18, then add \$1 for every month since you called her! Some flowers and chocolate wouldn’t hurt!

## Important Letter to Zoning Committee...

### on Their Responsibility to Protect Public Rights and Not Hide Behind Federal Laws That Can Harm Us

The following letter written February 2018 by Dr. Ronald N. Kostoff strongly admonishes the protection of public rights even when these are in conflict with Federal law – in this case, with Section 704 of the 1996 Telecommunications Act. The arguments presented in this letter are compelling and should be brought before every public official making decisions relating to the deployment of 4G/5G “small” cells.

In my view, it is an abdication of the cities responsibility to hide behind a ‘federal law’, if adherence to that law could bring harm to the residents of Portland Oregon.

We know radiofrequency emissions (RF) are harmful in isolation, and potentially very harmful when combined with other toxic stimuli such as lead or toxic chemicals.

There are a plethora of potentially fatal and chronic diseases that could result from RF radiation from relatively short-term exposure

to RF, such as cell phones, cell towers and WiFi.

#### THE EXAMPLE OF SANCTUARY CITIES

Sanctuary cities limit their cooperation with the Federal govt. in enforcing immigration laws. Officials and residents of these cities are willing to disobey Federal law because they think it is wrong.

Why are the officials willing to disobey Federal laws on immigration, but hide behind the cover of Federal law when it comes to the implementation of the infrastructure for 5G? Are the consequences of disobeying Federal immigration law more serious than the consequences of disobeying Federal telecommunications law? I would argue the opposite.

The consequences of obeying Federal telecommunications law have the potential of resulting in many severe illnesses and premature deaths. Why have we shown willingness to disobey Federal law in the immigration situation, but unwillingness to do the

same in the telecommunication situation.

#### RECOMMENDATIONS

We are at a critical point in the fight to restrict exposure to very harmful levels of wireless radiation. Already, studies have shown extensive human damage resulting from the previous generations of mobile telecommunications networks. Implementation of 5G would raise potential human damage to unprecedented levels, because of the vastly increased density of cell towers required and their proximity to humans. We need to make a stand: not tomorrow, not in some other location, but here in Oregon to be free from the potentially ravaging effects of 5G. Let’s do what is right, for once, and oppose installation of these 5G cell towers!

Dr. Ronald N. Kostoff  
Research Affiliate, Georgia Institute of Technology  
School of Public Policy  
ronald.kostoff@publicpolicy.gatech.edu;  
rkostoff@gmail.com  
Phone: 571.248.2661



# Appeal to Reconsider RIP Continues

from page 3

espousing Infill Everywhere at brewpub meet-ups and neighborhood associations.

Portland for Everyone Project Coordinator Madeline Kovacs writes that P4E's position balances the needs of both current and future Portlanders.

Showcasing attractive depictions of multi-family houses and fourplexes that could replace single family dwellings, P4E representatives coach residents on RIP – positive testimonies by prioritizing the underserved, economic diversity and housing humans over cars.

Kovacs says the objectives align with the state's Goal 10 for flexible, affordable housing and Mayor Ted Wheeler's State of the City remarks that "we cannot only support shelter if it's not in our backyards."

[Note: Kovacs, her 1000 Friends of Oregon counterpart Mary Kyle McCurdy and state rep Tina Kotek are all self-described YIMBYs (Yes In My Backyard).

Last year, while trying unsuccessfully to pass a statewide Infill bill, Kotek referred to NIMBYs as racists. Anti-RIP representatives have been quick to retort that they encourage diversity. What they abhor is wasteful demolition.]

Following a forty minute presentation by P4E to the South Tabor Neighborhood Association, one listener said he heard nothing objectionable that would impact his neighborhood. He added, however, that he would have liked to hear an opposing presentation before deciding his own position.

Asked who objects to the RIP, a presenter responded "Eastmoreland" (which is currently seeking National Historic Designation.)

Yet, residents of more modest means from Rose City Park to Cully have largely taken the lead on opposition. Groups like Stop Demolishing Portland have called for public votes in their No Vote, No RIP platforms.

Anti-demolition groups like United Neighborhoods for Reform generally share a common objective: preserve existing houses because they are greener and more affordable than new builds.

At recent City preservation roundtables, the participants emphasized the importance of equitable housing solutions. Rather than tear down existing buildings, the participants recommended incentives for retrofits that could be repurposed for multiple families for considerably less cost than new builds.

Some cited the advantage of keeping demolition waste out of landfills.

Anti-RIP volunteers worry they are being streamrolled by the paid staffs of special interest groups focused on housing for new arrivals rather than longtime Portlanders who have put their life savings into the City.

"What do you get when the Home Builders Association, real estate investors and developers hijack a project originally intended to mitigate displacement, to create smaller, more affordable housing options and reign in an unprecedented demolition epidemic?

"A Trojan Horse, a lie cloaked in the words we want to

hear and an opportunistic land grab that will put the current evisceration of our city to shame if passed," said UNR blogger Margaret Davis.

"It feels like a done deal," frets a resident near Burnside who fears potential "quadplexes" on a property with an owner intent on replacing modest homes and lovely trees with development that block solar from neighbors whose homes and gardens represent life savings.

She says the flier dropped in her box reads like a "highly-biased document. This seems unconstitutional. It's like the City is determined to undermine homeowners."

Planners are currently accepting online and written comments in addition to in-person testimony. Observers warn that with the clock ticking for the proposal to go before Council, planners may only do a scan and count, not a thorough read of constructive criticism. They emphasize the importance of brevity, stating positions upfront and copying comments to the Mayor and City Council as well as the PSC.

To comment on Residential Infill go to the Map App: [portlandoregon.gov/bps/infill/mapapp](http://portlandoregon.gov/bps/infill/mapapp) or send written comment by May 15 to Planning Commission-RIP, 1900 SW 4th Ave., Suite 7100, Portland, OR 97201. Please cc City Council.

To testify in person at PSC hearings: May 8 and 15 at 5 pm, 1900 SWE 4th Ave., Room 2500.

To confirm time and date check the calendar at [portlandoregon.gov/bps](http://portlandoregon.gov/bps).



European, Japanese and  
British Car Specialists

Since 1983

# RE-BORN automotive INC.

1800 SE M.L.King Jr. Blvd.  
Portland, Oregon 97214  
503-231-4947

Check out our Blog @  
[rebornautomotive.com](http://rebornautomotive.com)

Shuttle Service  
Amazing Folks  
Great Coffee  
Comfortable  
Convenient  
Locally Owned  
Outstanding  
Honest

Remember what Bilbo used to say: It's a dangerous business, Frodo, going out your door. You step onto the road, and if you don't keep your feet, there's no knowing where you might be swept off to.

JRR Tolkien

## THE CAREFUL REMODELERS, INC.

Serving SE Neighborhoods  
[www.carefulremodelers.com](http://www.carefulremodelers.com)



CCB 16457

503.774.2810

# PROPOSED 5G SMALL CELL TOWERS IS ABOUT LIFE AND DEATH

BY RONALD POWELL, PHD

I am a retired U.S. Government career scientist (Ph.D., Applied Physics, Harvard University, 1975). I worked for the Executive Office of the President of the U.S., the National Science Foundation, and the National Institute of Standards and Technology. I addressed energy policy and research for the biomedical research community. I currently interact internationally with scientists and with physicians on the impact of electromagnetic fields on human health.

The 1996 Telecommunications Act States: "No State or local government or instrumentality thereof may regulate the placement, construction, and modification of

personal wireless service facilities on the basis of the environmental effects of radio frequency emissions to the extent that such facilities comply with the Commission's regulations concerning such emissions."

C. Our Laws Are in Conflict The international biomedical research community has made it quite clear that RF Microwave Radiation, and specifically cellular RF Microwave Radiation, can harm people in an enormous number of ways. Most recently the National Institutes of Health linked cellular radiation to brain cancer (glioma) which is usually fatal, and to a nerve cancer (schwannoma) that can be fatal.

The scientific evidence says that we must treat RF Microwave Radiation exposures, and

in particular cellular RF Microwave Radiation exposures, not only as dangerous to health generally, but also as a CARCINOGEN that is dangerous to life itself. There are laws against such assault.

Since such an assault can result in death, people exposed to RF Microwave Radiation must be considered under "assault with a deadly weapon", which is also against the law. Furthermore, if any people die as the result of such assault, that is "murder". Murder is also against the law.

So, it seems fair to ask the following question:

Does the 1996 Telecommunications Act override our laws against assault, assault with a deadly weapon, and murder?

If Oregon officials want to protect the public

from harm, they need to rally their legal might to resist ALL EFFORTS to install so-called "Small Cell" towers in Oregon not just because that is the right thing to do, but also because such installation violates multiple preeminent existing laws.

I would be proud to see Portland, Oregon take the lead in making this argument against the 1996 Telecommunications Act, which has proved to be an unjust law.

D. If You Don't Believe Exposure to RF Microwave Radiation Is Harmful

If you reject the reasoning above because you don't believe that Exposure to RF Microwave Radiation is harmful, then I ask you to consider these questions:

Do those sources, implying safety from vested interests in cellular


communications or other wireless technologies?

Are those sources more authoritative on health issues than the International Agency for Research on Cancer (IARC) of the WHO or the NIH? that confirmed RF Cellular Microwaves to cancer & DNA damage in 2017,

Also, for an excellent online overview of the impact of wireless technology on health, please see the web site of the Environmental Health Trust (<https://ehtrust.org/>). This organization is led by Devra Davis, Ph.D., MPH who has had a distinguished career of public service in support of public health. Dr. Davis was a member of the United Nations Intergovernmental Panel on Climate Change that was named a joint recipient of the Nobel Prize for Peace in 2007.



## HAWTHORNE & DIVISION LITTER/GRAFFITI CLEANUP DAY



Join us at the 1st Annual Richmond Graffiti & Litter Cleanup!  
Help rid our neighborhood of litter and graffiti!

June 16, 2011, 9am to 1pm  
Central Christian Church, 1844 SE Cesar Chavez Blvd.


**IMPORTANT INFORMATION:**

- Cleanup will be on SE Hawthorne & Division between 29th and 50th/52nd Aves., Clinton and 26th
- We will clean up litter, sharps, bioshakes, cigarette butts and paint over graffiti on utility poles
- You can "Adopt an intersection" near your house to clean graffiti off of street signs. All supplies will be provided and you get a free graffiti kit.
- Breakfast snacks and lunch provided. Free raffle at end of event.

**SIGN UP:** [www.solveoregon.org/opportunities](http://www.solveoregon.org/opportunities)  
(key word: Richmond)

**QUESTIONS:** contact Allen at [allenfield@yahoo.com](mailto:allenfield@yahoo.com)

This is a SOLVE clean up event, supported by:



# SOLVE Richmond's Graffiti and Litter Clean Up Day

By ALLEN FIELD

The Richmond Neighborhood Association holds its 1st Richmond Graffiti & Litter CleanUp Day, Saturday, June 16, from 9 am to 1 pm.

From a staging area at Central Christian Church, 1844 SE Cesar E. Chavez Blvd, teams of volunteers will go out to pick up litter (plus cigarette butts and sharps) on SE Hawthorne Blvd and SE Division St. in the Richmond neighborhood (between SE 29th and 50th/52nd Aves.) and at the SE Clinton St. and 26th intersection.

They will clean up graffiti at residential intersections people have "adopted", and at locations along Hawthorne and Division in Richmond. This is a SOLVE event.

The RNA is partnering with SOLVE, KINK Radio's "Paint the Town Green" event, the City's Graffiti Abatement Program and Keep It Pretty Rose City anti-litter campaign. It also includes other partners: Metro, SE Uplift District Coalition, the Division-Clinton Business Association (DCBA), Hawthorne Blvd Business Association (HBBA), the Sunnyside and Hosford-Abernethy Neighborhood Associations, OHSU Richmond Clinic, and with Hawthorne and Division businesses.

The event is coordinated with Metro and KINK Radio sponsored cleanups in the Lents, Mt. Scott-Arleta, Brentwood-



Darlington, and Foster-Powell neighborhoods.

Depending on the success of the June 16 event, we are already looking to next year to enlarge this annual event to encompass Division, Hawthorne, Belmont and Clinton.

To sign up for the event, either to pick up litter or clean up graffiti, go to: [solveoregon.org/opportunity](http://solveoregon.org/opportunity) and enter "Richmond" in the search bar.

Want to focus on cleaning or painting over graffiti? There is a link on the SOLVE signup page to a separate graffiti-cleaning registration form.

The event is modeled after the successful Friends of Trees and Spring Clean Up events the RNA sponsors every year:

9 am: registration with coffee and snacks at Central Christian Church, with a short training and safety talk.

9:30 or 10 am to noon: litter and graffiti cleanup

Litter Teams:

Hawthorne: Four litter teams will walk to Hawthorne via Cesar Chavez, where 2 teams will walk east to 50th (one on the north side, one on the south side), and two teams will walk west to 29th,

Division: Four litter teams will walk to Division via Cesar Chavez, where two teams will walk east and two teams will walk west, with a team on the north and south sides of Division.

Graffiti Teams:

Teams will either go to the intersections they have "adopted" (see below) or go to pre-designated areas on Hawthorne and Division to clean off or paint over graffiti.

12 noon – 1 pm: We will provide lunch and free raffle w/

prizes.

Adopt an Intersection

Sign up to clean graffiti off the intersection near you. Would you like to remove the graffiti and stickers on the street signs near where you live? The RNA and the City's Graffiti Abatement Office can help you by providing a graffiti cleaning kit, a quick training at this June event, and you can get assistance with cleaning the graffiti.

By "adopting" an intersection, the goal is for people 1) to see how easy it is to clean off most graffiti and stickers from signs, and 2) to take pride and a sense of care and ownership over keeping the street signs clean near where they live.

After having cleaned graffiti off of a street sign, people are more likely to notice when graffiti returns and can quickly clean it off. Quickly removing graffiti is the best deterrent and diminishes the likelihood "taggers" will hit that spot again.

(Graffiti on the front of street signs must be removed by city-contracted graffiti-removal contractors. The front of signs have a special, reflective coating that requires special cleaning.) Graffiti on the front of signs can be reported to the city via [pdxreporter.org](http://pdxreporter.org).

Metro is supplying paint for painting over graffiti on Division and Hawthorne.

Volunteer to be a Team Leader: We hope to have a large turnout to pick up litter on Division and Hawthorne. We will need at least eight to ten Team Leaders to help lead the litter pickup crews and at least five Graffiti Team Leaders.

Email [allen\\_field@yahoo.com](mailto:allen_field@yahoo.com) if you are interested in being a Team Leader.

Happiness is not in the mere possession of money; it lies in the joy of achievement, in the thrill of creative effort.

Franklin D. Roosevelt



## Save a life - Slow Down!

On our neighborhood streets, 20 mph is now the new normal. We fix brakes.



call 503-234-2119

Hawthorne Auto Clinic, Inc.  
4307 SE Hawthorne Blvd.  
Portland, OR 97215

[www.hawthorneauto.com](http://www.hawthorneauto.com)





Go

## Going Out

arts • performance •

## Sanchez &amp; Anderson

Artichoke Music hosts live music concerts from touring artists and local treasures. On Saturday May 12, Portland gets to experience a rare appearance by **Paul Edward Sanchez** whose honest song-storytelling moves listeners deeply through the neighborhoods and people he has met. He's in concert with **Andy Anderson**. More on page 15.



## Sidestreet Arts Begins Anew



**Sidestreet Arts**, 140 SE 28th Ave., is alive in its new form and May's show is called Icons featuring art works from member **Alicia Justus** and guest artist Juanita. As this painting shows, Justus is captivated by other eras. She pays homage in 2D and 3D mixed media works to icons of the past like Josephine Baker, Bette Davis, and Lon Chaney. First Friday Opening Reception is May 4, part of Portland's First Friday Art Walk. Visit them online at [sidestreetarts.com](http://sidestreetarts.com) for more.

The **Clinton Street Theater**



A landmark of Portland cinema history, The Clinton Street Theater is Portland's indie, friendliest art house theater with film, live music, theatrical productions and community events. Come see for yourself what makes us so unique.

**CSTPDX.COM • 2522 SE Clinton St**

SEExaminer.com has  
Neighborhood Notes,  
News and A&E listings!  
Email your event news by  
the 20th of the month to:  
**examiner**  
**@inseportland.com**  
"Like" us on Facebook!



**Artichoke Music**  
*A non-profit community music center*

**MUSIC STORE  
SCHOOL AND VENUE**

Contact:  
Bob Howard  
[rth@ArtichokeMusic.org](mailto:rth@ArtichokeMusic.org)

2007 SE Powell Blvd. Portland, OR 97202  
503-232-8845 • [ArtichokeMusic.org](http://ArtichokeMusic.org)



# The Women of Watsonville

The state of the nation is a polarizing one, punctuated by hotly debated topics, not the least of which is anti-immigrant legislation and policies regarding the working class. While it may seem like these issues have only just recently permeated the public consciousness, this has been a point of contention for years. Playwright Cherrie Moraga's new play, Watsonville: Some Place Not Here, shows us this.

In the story Watsonville, workers' rights in a cannery plant are threatened when wage cuts are instated and a new government bill to seek out undocumented immigrants is introduced. The women take charge and unite together. Then there's a cannery strike, a vision of the Virgin and an earthquake.

Etched deep in Moraga's work as well as at Milagro Theatre is the theme of family. This production has a mother and daughter working together – Bunnie Rivera, who portrays Dolores, and Rosalie Siler, who plays Susana. Both are not only Milagro regulars, but performers who have worked together many times in other Moraga plays.

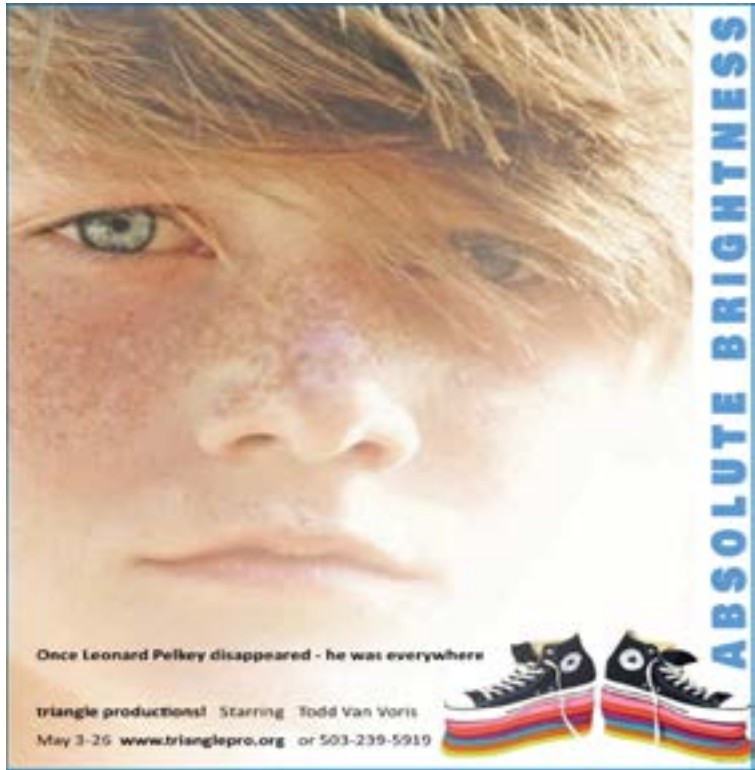
Siler said. "There's so much depth and meaning in Cherrie Moraga's work. Her writing connects us and calls us to action. That's powerful activist theater and it stays with you."

Rivera has worked with Milagro since the 80s, performing onstage and serving on the Board of Directors. Many of her family, including her other children, have had their place at Milagro, performing, doing tech or as stage crew. "I come from a family of very strong Latina women," she says. "My mom was an advocate for migrant workers in Hillsboro. She was a force to be reckoned with!"

It is no surprise that the themes of Watsonville and the words of Moraga, ring true and close to her heart. "The issue of poisoning our environment, ethnic inequality, and immigrant issues are important to me," Rivera said. "How the constitution can be abused while the government can be bought and hold the people hostage is very disturbing to me."

"My mom was the first model of a strong woman and she certainly set the standard," Siler said. "I took my son to the Women's March in Portland in January 2017. It was a sad and scary time, but being there made me truly believe, as a woman, that we are in this together, we won't be silent, and we ARE making progress."

Watsonville: Some Place Not Here is directed by Elizabeth Huffman. Milagro Theatre, is at 525 SE Stark St. Opening night is May 4 with a post performance reception catered by



This month's Portland FolkSong concert features Cabin Fever NW, on Friday, May 18, 7:30 pm, at the Reedwood Friends Church, 2910 SE Steele St.

What began as an adventure by two best friends, the group has grown into a performing quintet that now includes Dianne Bochsler (vocals, rhythm guitar) and Tara Caldwell (vocals, clawhammer banjo) of Bellingham, WA, Ed Johnson (vocals, lead guitar), Cary Black (vocals, bass fiddle), and Paul Elliott (fiddle). It's music from the heart, with fine songwriting and four part harmonies.

Their most recent album is called This Night That Lasted Days. Tickets are \$20 GA, \$17 PFS, \$10 youth available in advance at [portlandfolkmusic.org/concerts.php](http://portlandfolkmusic.org/concerts.php). See [cabinfevernw.com](http://cabinfevernw.com).



## Mt. Tabor Art Walk 13

By PAULA MANLEY



The Mt Tabor Art Walk is Saturday and Sunday, May 19-20. Now in its 13th year, this juried art show and sale features forty talented neighborhood artists at twenty-four sites. It's free and open to the public from 10 am to 5 pm both days.

The Art Walk is the perfect opportunity to see high quality visual art while meeting artists in their studios and homes. Many disciplines are represented including painting, ceramics, sculpture, photography, glass mosaic, cast glass, textiles, printmaking, jewelry, and metal arts.

Larry Olson is Oregon's quintessential landscape photographer, known for his stunning prints of landscapes across Oregon, Washington, British Columbia and other western locales. Award winning photographer Don Jacobson's work features breathtaking color and black and white compositions focused on architecture as well as the natural world.

Jim Simmons and Celeste Bergin are two painters who work in the plein air style to create lively and lush landscape and still life paintings. Portrait artist Diane Russell is known for her detailed drawings and oil paintings of musicians and dancers. Mila Raphael creates watercolor paintings that capture the vibrant colors and textures of her travels.

Glass artists include Mark Brody (work pictured above), whose colorful and whimsical mosaics are for the yard and garden, and Pamela O'Kane whose translucent cast glass sculptures are based on natural forms.

Potter Adrienne Stacey creates ceramic wall hangings featuring organic forms and an earthy palette. She makes her glazes for truly one of a kind pieces. Ceramicist Rochelle Harper creates elegant ceramic vessels as well as unique textile creations.

These talented artists and many others are featured in this year's Mt Tabor Art Walk. Walk one of Portland's most beautiful neighborhoods in the springtime! Preview the artists' work and

## Cabaret at Fuse fest



Fuse Theatre Ensemble presents the 5th annual OUT-wright Theatre Festival with John Kander and Fred Ebb's iconic musical, Cabaret.

It's a familiar story: a government bent on silencing the media and cleansing its citizenry; where lies and corruption dominate the headlines and nationalism slowly infects everything as neighbors start to disappear.

In the outside world, life is sad and disappointing but in the Kit Kat Klub, filled with music songs and theatre, life is beautiful.

Gwendolyn Duffy stars as Sally Bowles, Ernie Lijoi as the Emcee, and Alec Lugo as Cliff Bradshaw, under the musical direction of Matt Insley, choreographed by Kate Mura and directed and designed by Rusty Tennant.

Cabaret runs May 18 – June 2, Thursdays though Sundays at 7 pm (2 pm matinee on May 27).

Other shows featured in this year's Fest are Bootycandy: May 19; Popcorn Girl: May 26; and OPSFest: June 2, all at 2 pm.

All performances are at Funhouse Lounge, 2432 SE 11th Ave. Tickets available through [fusetheatreensemble.com](http://fusetheatreensemble.com). **Content warning: for mature audiences only.**

Art in a beautiful neighborhood  
at the height of Spring!

MT TABOR  
ART WALK

10AM - 5PM SAT/SUN  
MAY 19 & 20

• FREE ADMISSION •

• 40 ARTISTS •

• 24 SITES •

Preview art, get maps:  
MtTaborArtWalk.com



# Go Going Out arts & perfor-

## Sanchez and Anderson, Sea and Lundahl at Artichoke

• Paul Edward Sanchez and Andy Anderson perform songs and tall tales Saturday, May 12 at Artichoke Music, 2007 SE Powell Blvd. at 8 pm.

A native of California's Ventura County, Sanchez is a nationally known songwriter whose five recordings have reached out and moved listeners for more than thirty years. His impressions of the hopes and struggles of people in the world around him are guided by a gentle, honest irony, an observant eye and a wry sense of humor.

Sanchez' songs have been recorded and performed by a number of others, and he's shared the stage with Ricky Skaggs, Lucinda Williams, and Dave Carter and Tracy Grammer. He's performed at the Bluebird Cafe in Nashville, the Troubadour and Cafe Largo in LA, and the Kerrville Folk Festival in Texas. See [tinyurl.com/y7g7geu9](http://tinyurl.com/y7g7geu9).

Andy Anderson loves a good story and brings his song characters to life in vivid color, against a crisp, acoustic guitar background. [AndyAndersonMusic.com](http://AndyAndersonMusic.com)

• Annie Sea and Erika Lundahl perform "Songs of Transformation & Resilience" Saturday, May 26. Sea sings socially-conscious soul anthems to energize and empower her audience. Seattle musician and activist Lundahl employs tapping guitar to create atmospheric musical spaces and her stories weave wisdom and words of women poets of past eras such as Sappho and Edna St. Vincent Millay, [ErikaLundahl.com](http://ErikaLundahl.com)

Doors open at 7:30 pm and tickets are \$15 for both shows, available through [brownpapertickets.com](http://brownpapertickets.com) or through Artichoke at 503.232.8845/[artichokemusic.org](http://artichokemusic.org)



Annie Sea (left) and Erika Lundahl

## Short takes...arts news of note

**THE GIRL IN THE RED CORNER** written by Stephen Spotswood and presented by Defunkt Theatre through June 2, Thursdays through Sundays at 7:30 pm at The Back Door Theater, 4321 SE Hawthorne Blvd. (entrance through Common Grounds Coffeeshop), Halo, out of a terrible marriage quits her dead-end job two weeks short of getting unemployment after being sexually harassed at work. She meets Gina, a trainer at the local MMA gym and Halo's inner warrior emerges and complicates her relationships with her family. All tickets at the door are Pay-What-You-Can for all performances. Advance reservations are available at [defunktheatre.com/show-seats](http://defunktheatre.com/show-seats).

**OREGON MUSIC HALL OF FAME** hosts an in-school music seminar by rock violinist, Aaron Meyer involving K-8 classes. Meyer's musical presentation to the Portland Arthur Academy, 13717 SE Division St. in Montavilla on May 16. For information contact Meyer at [info@aaronymeyer.com](mailto:info@aaronymeyer.com) or see [omhof.org](http://omhof.org).

**OCT'S YOUNG PROFESSIONALS'** Impulse Improvisational Comedy Troupe, is May 4—20 at Oregon Children's Theatre's Studio Theater, 1939 NE Sandy Blvd. Impulse creates fast-paced comedic scenes and games, all based on audience suggestions. No scripts, no costumes, and no pre-planned scenes, just quick wits and lots of laughter. Fridays and Saturdays at 7 pm, Sundays at 2 pm, Tickets \$10 in advance, \$12 at the door. Groups specials too. See [octc.org/impulse](http://octc.org/impulse).

**PORTLAND SACRED HARP ALL-DAY SHAPENOTE SING** is Saturday/Sunday, May 5/6 at The Little Church, 5138 NE 23rd Ave, from 9 am to 3 pm. A free community event, open to all ages, no singing experience required with songbooks available to borrow. A 200 year-old American folk tradition of a capella, four-part harmony singing, Sacred Harp refers to the human voice and no instruments are involved. Potluck lunch at noon. A community-run group not affiliated with religious denomination or political organizations. [portlandsacred-harp.org](http://portlandsacred-harp.org).

**BOOKER T. PLAYS PORTLAND** – Hammond B3 music legend Booker T Jones is in concert at the intimate Alberta Rose Theatre, Friday, May 4, at 8 pm. Seventeen years old when he and his band The MGs had one of their late night studio jams recorded that became known as the huge hit "Green Onions," his other hits include "Time Is Tight," and "Melting Pot". A Rock & Roll Hall of Fame inductee, Musicians Hall of Fame inductee and winner of four Grammy Awards [albertarosetheatre.com](http://albertarosetheatre.com).

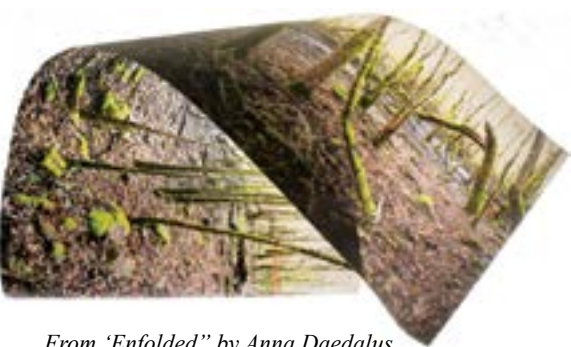
## Absolute Brightness

Absolute Brightness is James Lecesne's story about the disappearance of Leonard Pelkey, a 14-year-old boy who dared to be different. It is also about love, prejudice and being yourself in a small New Jersey town.

Todd Van Voris portrays Detective Chuck DeSantis, looking for the clues as eight citizens bring their stories together. Pelkey was last seen by Otto Beckerman at his clock shop 24 hours ago. Gloria Salzano looks through her binoculars out onto the lake and says "I see one of those multi colored tennis shoes Leonard wore..."

Onstage Thursdays through Saturdays, May 3 – 26 at The Sanctuary at Sandy Plaza, 1785 NE Sandy Blvd. Evening curtain is at 7:30 pm and Sunday matinees at 2 pm. All seats are reserved. Ticket prices \$15 - \$35

For tickets/information: 503.239.5919 or see [trianglepro.org](http://trianglepro.org)



From 'Enfolded' by Anna Daedalus

**Roll-Up Studio + Gallery** presents Corrupted by Kerry Davis and Enfolded by Anna Daedalus; a new dual photo-based exhibition presented in conjunction with Portland photo month through May 26. The artists are the owners of the gallery.

Davis says "Corrupted presents a visual metaphor for the perversion of digital-era politics through random physical alteration of hard-copy source material."

Daedalus' Enfolded "responds to a sheltering, living world of hollows, wetland and woodland. Rooted in daily walks, the project meditates on experiential understanding, interdependence and non-anthropocentrism."

First Friday reception is May 4, from 5 to 9 pm. The gallery is located at 1715 SE Spokane St., and is open Fridays and Saturdays, 12-5 pm and by appointment. See [rollupspace.com](http://rollupspace.com)


## Fallen Monsters

Antero Alli's ParaTheatrical ReSearch PDX presents Fallen Monsters, an intermedia performance ritual featuring William Blake's "Songs of Innocence and Experience" sung by Sylvi Alli and with other cast members.

"Fallen Monsters celebrates the resiliency of the Creative Spirit to survive onslaughts of trauma and other attempts to oppress its joy of expression," says Alli.

"William Blake's life, his visionary art, and his poems (sung by Sylvi Alli) inspired the creation of rituals to explore and embody these processes...developed over a 10-week workshop dedicated to exposing patterns of oppression to the creative spirit."

Onstage Friday, Saturday and Sunday May 11-13 at PerformanceWorks Northwest, 4625 SE 67th Ave. beginning at 8 pm sharp. Doors open at 7:45 pm and tickets are \$10 at the door.




**Open During Construction!**

After 19 years on the block, our building's getting a renovation-  
Don't worry we're not going anywhere!  
Artheads will remain open for all your framing needs.

**ARTHEADS** since 1998

We are pleased to announce we now offer installation services. See store for details



- Preservation Framing
- Locally Owned & Operated
- Any Framing of Children's Art 35% Off

**We honor all competitor coupons**  
(Must be presented at time of sale)  
Hours: Mon. - Sat. 10-6, Sun. 11-5

**Check us out on Facebook or at [www.art-heads.com](http://www.art-heads.com)**

**50th & Hawthorne Blvd. 503 232-5299**

UPGRADED THEATERS | DAILY WEEKDAY MATINEES FOR \$6 | MORE SHOWTIMES

**LAURELHURST**

THEATER and PUB

**NOW SHOWING FIRST RUN FILMS**

**GENERAL ADM \$9**

**SENIORS & KIDS \$6.50**

**MATINEES \$6 EVERY DAY**

**TERRIFIC TUESDAYS ALL MOVIES \$6**

**MINORS WITH PARENT NOW ALLOWED**  
FOR SHOWS STARTING BEFORE 7:30

2735 EAST BURNSIDE ST., PORTLAND 97214 • [LAURELHURSTTHEATER.COM](http://LAURELHURSTTHEATER.COM)



# The Creatives of Imago Theatre

BY NANCY TANNER

Portland residents interested in theatre arts are familiar with the names and work of Jerry Mouawad, Carol Triffle and Imago Theatre. These two artists have propelled this hometown company into a world class performance troupe because of their creative drive, imagination, passion for performance and the abundance of talent they have attracted along the way.

In an interview with *The Southeast Examiner*, there was an opportunity to stretch out and hear a recap of their history. The whole tale would take a lot more than this interview has the space to tell. What it does reveal is all the astounding entertainment they have made for Portland, national and international audiences over the past forty years.

Jerry started acting in the seventh grade. In high school decided to take it further, enrolling in the Hayes-Marshall School of Theatre Arts. He studied techniques of modern theatre influenced by the renowned director Jacques Lecoq and French theater master Jacques Copeau.

Copeau lived from 1879 to 1949. A French director, producer, actor, and dramatist, his famous Théâtre du Vieux-Colombier in Paris revolutionized the stage and made way for the modern theater of today.

Lecoq (1921 to 1999) was a French actor, mime and acting instructor. His methods focused on physical theatre, movement, and mime. Lecoq's idea was the ex-

amination of existence of humanity through movement; a higher study of mime.

"I remember one of my first classes, we watched a piece of paper floating to the ground. Our task was to reenact the piece of paper floating to the ground," Jerry said. The theater prompted actors to experience the elements and animals as well as sensations of people.



Carol was a student of ballet, performing with the dance troupe, The Company We Keep. She also studied extensively with Lecoq completing his exclusive teaching program. Going from dance to theatre was a seamless transition for her for, she said, "I got tired of not speaking."

She met Jerry while taking a dance class from Danny Diamond at the Hayes-Marshall School. They collaborated on a creature for a Tears of Joy production and that creature stole the show. (*Tears*

of Joy, a puppet troupe founded in 1971 by Janet and Reg Bradley, still performs in the Metro area and the western states.)

Their collaboration continued and eventually lead to the creation of what is now Imago Theatre starting around 1979/80. By 1986, they were touring internationally.

The frog mask was one of their earliest creatures. "I performed the frog mask as a solo show first appearing at Saturday Market along with a collection of other masks," Jerry said.

"At the time Carol and I also began creating a dance theatre piece that was showcased at PSU's dance department in the late 70's; early 80's."

The creation of masks and costumes and developing movement to bring the essence of their creatures to life was how FROGZ came into being. This was Imago's signature production: sophisticated entertainment that delighted both children and adults. "We rehearsed everyday and the creatures just started to grow," Carol said.

The production evolved over the years with the addition of new actors, designers and original music. Their road trips expanded eastward eventually earning them status as an international success.

Imago's work has been seen on television, on tour in Europe, Asia, and throughout North America, including twice on Broadway at the acclaimed New Victory Theatre and an extended run at the Tony Award-winning American Repertory Theatre in Cambridge, Massachusetts as well.

Since their auspicious beginning they have directed, starred in, choreographed and written

shows, created sets, made masks, run the business and kept the show on the road. They have fifty-three plays to their credit as well as other outside collaborations.

Their well-known plays are Zoo-Zoo 2009, Big Little Things, 2003 and other favorite Imago shows include **Ginger's Green, Dead End Ed, House Taken Over, Oh Lost Weekend, The Dinner, Apis, or the Taste of Honey; Stage Left Lost, The Reunion; The Black Lizard; The Caretaker**, and more. Read about them at [imagotheatre.com/productions.html](http://imagotheatre.com/productions.html)

This month, Imago opens a world premiere presentation of Mr. Mouawad's new work, **To Fly Again** wherein a zany group of clown musicians and a clan of clay tossed dancers roam a barren land. Psychedelic and existential humor pervades as the clowns are constantly interrupted by the dusty dancers who live in a world beyond speech.

Ms Triffle, one of Portland's absurdist playwrights, has penned a dark comedy called **Fallout** where three characters are trapped in a fallout shelter and their identities slide and all perspective of life is confused. *Fallout* opens this June.

Imago Theatre brings cutting edge theatre to Portland thanks to Carol and Jerry with their actors, designers and staff. The community has the opportunity to experience one of a kind productions that combine absurdity with the universal themes of humanity both humorous and poignant and told in a most unique way.

To find out more about performance times and Imago Theatre go to [imagotheatre.com](http://imagotheatre.com). Tickets can be purchased at the door 17 SE 8th St. or by calling Imago at 503.231.9581. Tickets online at [ticketswest.com](http://ticketswest.com) or 503.224.8499.

## Pete Seeger Celebration - for the River



Pete Seeger and The Clearwater photo © by Dona Crawford

The Pete Seeger Celebration is an annual event benefiting the Columbia Riverkeepers. This year it's Sunday, May 6 at the Clinton Street Theatre, 2522 Clinton St. starting at 7 pm.

Each year, this family-friendly event of resistance and song honors Pete Seeger, known best as folk musician and humanitarian. His passion for the Hudson River is well documented as Seeger lived along the river with his wife Toshi. Outraged by the Hudson's pollution, the couple built a boat named The Clearwater that served as hub of the Hudson River revival.

Not only did the Seegers inspire the Hudson's clean up, they helped create an organization to protect and restore rivers around the world. See [columbiariverkeeper.org](http://columbiariverkeeper.org)

Music and organizing runs strong in the Waterkeeper movement and the evening celebrates Seeger's birthday, his dedication and creativity and the importance of our Columbia River. Portland treasure Joe Hickerson will perform songs which he learned from, or were written by Seeger during his July 1960 visit to Camp Woodland.

Tickets are \$10 in advance (online at [bit.ly/Seeger2018](http://bit.ly/Seeger2018)) or \$15 at the door. All proceeds benefit Columbia Riverkeepers.

## Misty Mamas Play TaborSpace



The Misty Mamas celebrate the release of their new CD, *Come On Home*, Saturday May 12 at TaborSpace (inside the Mt. Tabor Presbyterian Church), 544 SE Belmont St. at 7 pm.

Their new album showcases the Mamas' lively vocals with heartfelt originals about home, love, joy and sorrow in Bluegrass, Americana, Folk and Gospel songs.

Katherine Nitsch (guitar), April Parker (mandolin, accordion), Eileen Rocci (upright bass) and Tony Rocci (lead guitar, mandolin) sing in their own three part harmony in a home-style roots music telling stories through song.

Tickets \$13 in advance, \$15 at the door available online at [mistymamas.brownpapertickets.com](http://mistymamas.brownpapertickets.com) and through [mistymamas.com](http://mistymamas.com).

THE CAPLENER GROUP  
at Windermere Realty Trust  
presents

MT. TABOR MIDDLE SCHOOL BENEFIT CONCERT

**TABOR JAM '18**

100% LOCAL ORGANIC

ANALOG CAFE AND THEATER • JUNE 2ND, 2018 • DOORS @ 6

the 'rents | mtms jazz band | stump city soul

720 SE HAWTHORNE BLVD.

Logos for sponsors: Portland Sloan, Belmont, Live at the? Rivermark, Analog, MZBET=CHOICE, and others.

VISIT TABORJAM.COM FOR MORE INFORMATION

"Best Cupcake Shop in Oregon!" [delish.com](http://delish.com)

4 NEW FLAVORS!  
Sweet Tarts,  
Rose Garden,  
PB & J and  
Hot Chili Chocolate!

36 Flavors Every Day!

**TOADSTOOL CUPCAKES™**

Great for birthdays, weddings & anytime!

See our full menu at [www.ToadstoolCupcakes.com](http://www.ToadstoolCupcakes.com)  
3557 SE Hawthorne Blvd 503-764-9921

FREE Parking

McMENAMINS BAGDAD THEATER

NOW PLAYING

MARVEL STUDIOS

**AVENGERS INFINITY WAR** (PG-13)

Tickets and movie times at [Bagdadmovies.com](http://Bagdadmovies.com)

3702 SE Hawthorne Blvd. • Portland • (503) 249-7474 x1

Get front row parking when you bike to the Bagdad



# Belmont Goats seek greener pastures

BY MIDGE PIERCE

The beloved Belmont Goats need to find a new batch of clover.

The herd’s current lease at SE Harold and 92nd expires in June as plans shape up for more dramatic new development in the once sleepy Lents neighborhood.

This will be the third move in as many years for the goats who became a transitory symbol of urban change at their earlier chomping grounds between SE 10th and 11th at Belmont and Taylor.

On a recent Saturday, two of the three owners, former neighbors of the goats when they were ensconced off Belmont St., remained sanguine about the move.

“Something will work out. It always does. People love the Belmont Goats,” said Bix Frankonis indicating several options are being considered.

The goats are largely dependent on the kindness of strangers, he added. “Small donations from lots of people pay for their food, maintenance,

equipment,” and soon, another relocation.

The herd’s previous moves to a Lents fire station and then to Harold St. evolved through crowdfunding. The ideal new site will be more than a half and less than a whole acre of foot-high clover, according to Jay Jimenez. Relocation will likely be paid for through t-shirt sales and a Kickstarter campaign.

The original herd, hired to remove brush on the so-called Belmont Goat Block, quickly evolved into a social experiment about how city dwellers interact with goats in an urban, semi-industrial environment. One fan termed them, “the nexus of an unexpected and spontaneous community.”

The herd is now 14 goats strong plus Juniper the hen who arrived uninvited. Unlike the first group of goats that were for hire, the current munchers are strictly goats of leisure. With the upcoming move, they’ll leave behind the laughter of a playground full of kids at the adjacent Wattler Boys & Girls Club.

Adults must accompany children visiting the goats. Goats romp, climb and can be playful. They also chew and sometimes turn cranky. Goats of leisure have uniquely independent spirits but, according to Frankomis, basically remain good-natured. (Their personalities are described in depth on the goats web page.)

When asked which goat is his favorite, Frankomis says it varies, depending on their mood – and his. Master Goat Chester can be pouty and stand-offish, which suits his owner fine when he feels the same way. Clover, his sometimes sidekick, is always calm and well-behaved. “They are all sweethearts,” claim the owners.

Until a firm plan is in place, the owners hope they can lease the Harold St. land on a month-to-month basis. They are keeping close tabs with the City on construction schedules.

*For more information about the Goats and their visiting hours go to thebelmontgoats.org.*



Belmont goats in Lents looking for new home.

## Improve Your Driving Skills

from cover

several tons, hurtling at superhuman speeds.

Pay attention. The two biggest causes of crashes are driving under the influence of intoxicants (DUII) and distracted driving. Driving, like many events in life, is an opportunity to practice being fully present.

### Stop Signs

On residential streets, many drivers resort to incomplete stops before proceeding, or they stop with the nose of the vehicle out into the intersection. Part of this can be chalked up to confusion over the meaning of a stop sign. Stop signs indicate that a driver must stop, but a stop sign doesn’t show a driver where to stop.

To determine where to stop, look for the white band on the pavement stretching out from the curb. If there’s no white band, the legal stop is a marked crosswalk or the nearest edge of the nearby sidewalk. If there’s no sidewalk, the legal stop is the curb or the edge of the road.

### Yielding to Pedestrians

It is every driver’s legal obligation to yield to pedestrians intending to cross the road at an

intersection. Most drivers don’t realize that, even if there’s no marked crosswalk or no crossing signal, there is an implied crosswalk at every intersection and the obligation still holds to yield to a pedestrian.

### The Point of No Return

Sometimes, when the signal turns yellow, drivers aren’t sure what to do. They have to make a split-second decision whether to stop.

A helpful way to deal with this situation is to make the point of no return 2 seconds. If you have less than 2 seconds before you reach the intersection, you don’t have time to stop safely. Maintain speed and proceed cautiously. If you have more than 2 seconds, you have time to stop safely. It’s your legal obligation to do so.

### Unprotected Left Turns

You may often see vehicles sitting out in the middle of an intersection waiting for the path to clear so they can make a left turn. This is a poor driving practice. You may even get a citation for it.

Vehicles must not block intersections, even temporarily. Wait behind the legal stop before making an unprotected left turn. If unprotected left turns are difficult to complete at a particular intersection

because traffic is heavy, take a different route.

Find an intersection where you can make a protected left turn from a designated left turn lane where there’s a signal light with a green left turn arrow.

### Backing Out of Driveways

Backing out of a driveway can be a risky maneuver, especially in residential neighborhoods where small children run around. A rearview camera is a great tool to see obstacles in the large blind spot behind a vehicle, but, when in motion, look where you’re going.

Use the rearview camera to scan for obstacles, then turn your head over your right shoulder and keep your eyes on where you plan to go. You notice more with your own eyes than you do looking at the same scene through a screen.

If you embrace these safe driving habits, you’ll not only feel less stress when driving, you’ll reduce the risk of hurting yourself, your passengers, and your fellow citizens.

*Sean Miller is Chief Technology Officer at Drivers by Design. He teaches teen driver ed at Portland Community College.*  
[sean@driversbydesign.com](mailto:sean@driversbydesign.com)



Grow food justice.

people's FOOD CO-OP

3029 SE 21st Ave.    [www.peoples.coop](http://www.peoples.coop)    (503) ORGANIC



OLD PDX HOMES

Specializing in Old & Historic Homes



Tracy Wiens  
503-516-8162  
[tracy@oldpdxhomes.com](mailto:tracy@oldpdxhomes.com)

Licensed Broker in Oregon



[WWW.OLDPDXHOMES.COM](http://WWW.OLDPDXHOMES.COM)

RATES ARE STILL LOW!



MORTGAGE LOANS NORTHWEST

6015 SE HAWTHORNE BLVD. SUITE A | 503.504.2979 | [DARREN@MORTGAGELOANSNW.COM](mailto:DARREN@MORTGAGELOANSNW.COM)

I'M YOUR SOUTHEAST NEIGHBOR WITH 20 YEARS OF HOME LENDING EXPERIENCE.

30 YEAR FIXED = 4.75% [4.866% APR]\*  
15 YEAR FIXED = 4.00% [4.179% APR]\*

> GET CASH OUT FOR HOME IMPROVEMENTS  
> BUY A RENTAL PROPERTY  
> PAY OFF CREDIT CARDS



Darren Balogh  
Branch Manager  
503.504.2979

YOUR PERSONAL WORKSHEET  
\*BASED AS OF 4/18/16. BASED ON 15 AND 30 YEAR FIXED. ALL APPLICATIONS ARE SUBJECT TO UNDERWRITING, CREDIT REVIEW AND APPROVAL. NOT ALL APPLICANTS WILL QUALIFY. RATES, FEES, TERMS AND PROGRAMS ARE SUBJECT TO CHANGE WITHOUT NOTICE.



As

At Your Service

# Blue Dun Painting

## Interiors Handyman Service Custom Raised Beds

Call Denny at 503.484.6525

bluedunpainting.com  
denny.bixby@yahoo.com  
CCB#174741



Lic. Ins. Bonded

ccb# 195335



Michael Barnett

For Quality Craftsmanship All Phases of Interior & Exterior Painting

VISA

(503) 282-8032

www.mjbrestoration.com



# Tree Masters, Inc.

- Free Estimates
- Trimming
- Tree Removal
- Shaping

- Health & Safety
- Stump Grinding
- Arborist Reports
- Land Clearing

CCB# 159995  
Licensed, Bonded & Insured

503.771.4061 tomaburke@comcast.net

# SUN DOG CONSTRUCTION .COM

REMODEL - RESTORE - REPAIR

Basements, Attics, Conversions  
Kitchens, Bathrooms, Additions  
Interior/Exterior, Moisture, Rot,  
Maintenance/Handyman service  
BIG JOBS, small jobs, Design...

503.957.7559



LICENSED  
BONDED/INSURED  
CCB #173347

AUTUMN SUN PARDEE  
sundogconstruction@mac.com

MT. TABOR

# KB FRAMES

MT. TABOR

Greg A. Bunker  
Framer & Artist  
7828 SE Stark St.  
Portland, OR 97215  
grgbnkr@yahoo.com  
503-257-0711  
www.kbcustomframes.com

# ADVANTAGE ELECTRIC

Service@AdvantageElectricPDX.com

Local Full Service Electricians  
Troubleshooting Experts  
Lifetime Labor Warranties  
Senior & Military Discounts  
Licensed, Bonded, Insured.

(503)235-5854  
CCB #201635

# CRAIG ANDERSON PLUMBING INC.

Trusted in Portland For Over 21 Years

CCB# 100658

Licensed, Bonded & Insured

Phone: 503-232-1060


2730 SE 15th Ave, Portland OR 97202

SERVICE • REMODELING • REPIPING



# CZ BECKER COMPANY WOOD FLOORS

A Family Owned Business Since 1982



503.282.0623

Restoration Repairs & Refinishing  
State of the Art Dust Containment  
Installation of New Wood Floors  
Environmentally Friendly Finishes

www.czbecker.com  
CCB #48132

# Quality Motorcycle Service



15% OFF PARTS  
\$30 OFF LEVEL II SERVICE

503-764-2390  
3628 SE 33RD PLACE  
500 Feet South of Powell on Left

CYCLETUNEPOX.COM  
PORTLAND OR 97202

From oil changes to full restorations,  
Cycletune can provide quality service,  
parts and accessories for all of  
your motorcycle needs. Dirt, street,  
race and custom bikes welcomed.  
Visit our website to check out the  
shop and read about our 45 years of  
combined experience.

Ride safe, Cycletune

# Tom Leach Roofing

45 years roofing  
your neighborhood.

# 503-238-0303

TomLeachRoofing@Comcast.net

CCB# 42219

Ya never too hot, never  
too cold, never too  
young, never too old,  
never too skinny, never  
too fat, never too dis,  
never too dat, ya just  
where ya are and dat's  
where it's at.

Dr. John

# Marc's Masonry



CCB #106018

Specializing In:

- Restoration
- Tuck Pointing
- Indoor & Outdoor Tile
- Walkways & Patios
- Chimney Repair
- Garden Walls & Planters
- Retaining Walls

503 349-7993

www.marcs-masonry.com  
marchayden21@gmail.com

# InorOut TAX SERVICES

Individual and Business Tax Returns

# 503-239-0659



# CHECKMATE

SMALL BUSINESS SOLUTIONS, INC.

# 503-642-5500

Payroll Processing and Bookkeeping

"All your Tax, Payroll, and Business Solutions Under one Roof"

3828 SE Division St., Portland



# PORTLAND EYE CARE

SAMUEL ADELMAN O.D.

4133 SE Division St.  
Portland OR, 97206

503.444.7639

EYEPDX.COM

LOCAL EYECARE • GLOBAL EYEWEAR

# PETER'S PLUMBING

Your Southeast Neighborhood  
Plumber—Peter Blyt  
CCB License #189017

New construction plumbing,  
service, repiping & repair

# c.503.853.2535

Peter@petersplumbing.com  
www.petersplumbing.com





Rs

# Representatively Speaking

BY STATE REPRESENTATIVE  
ROB NOSSE

If you live or work in the Portland Metro Area, the odds are pretty good that you've bought something from a New Seasons Market. There is one not too far from my house. (I have three in my legislative district, plus the headquarters.) I bet I stop by on my way home from work at least once a week for something.

Many of us associate their brand with words like "organic," "healthy," "local" "friendly" even "ethical" and "progressive." I know I do. The company has worked hard to build that image as part of their brand and until recently I would have said they mostly lived up to it.

Sadly, those last two descriptors, "ethical," and "progressive," have been challenged over the last several months. I am concerned that the New Seasons I have known and patronized is changing.

Most of you know I am a gay man, and I am a strong advocate for organized labor. When I was young, I made a deliberate choice to pursue a career in the labor movement. I have seen how solidarity in the workplace contributes to safe working conditions and good pay and benefits that help a person live and support a family.

I think it is no secret that the local leadership of the company is moving on. I think it is well known that the employees of New Seasons are trying to figure out if having a union makes sense for them.

As a company, New Seasons has professed that it is important for agricultural workers to be paid appropriately or for coffee growers in other counties to be treated fairly for

their labor. They support fair trade brands. They advocated for an increase in our state's minimum wage.

Yet when New Seasons' own workers began talking about organizing into a union to improve their working conditions, the company hired the Trump Hotel's "union avoidance consultant" and, according to employees, it intimidated employees who favored having a union. This hardly seems ethical or progressive or even friendly to me.

New Seasons is majority-owned by funds managed by Endeavour Capital. It's also come to light Endeavor Capital and New Seasons are connected with the Vancouver, WA based M.J. Murdock Charitable Trust. Since 2000, the Murdock Trust has invested millions in Endeavor Capital funds – including those which own New Seasons. This means, the Murdock Trust benefits from New Season's profits.

For those that do not know, the Murdock Trust funds a wide range of anti-LGBTQ organizations including the anti-LGBTQ hate groups the Alliance Defending Freedom (nearly \$1 million) and the anti-worker Freedom Foundation (nearly half a million), as well as various anti-choice "crisis pregnancy centers" (nearly \$2 million) throughout our region.

One of its grantees included is the Portland Fellowship, an organization based in Oregon that offers "biblical instruction, accountability groups and counseling" to "liberate" LGBTQ people from their same-sex attraction. In 2015, the Portland Fellowship opposed the Oregon legislation banning the use of "gay conversion therapy" on minors a bill I helped to pass in my first term.



Sadly, instead of disavowing the work of its investor, New Seasons' leadership defended and made excuses for the Murdock Trusts, claiming its grantees have "diverse viewpoints, perspectives and missions."

Endeavour Capital, the private equity firm that owns the majority of New Seasons, also minimized the connection and failed to condemn the Murdock Trust or any of its grantees. This is not an acceptable answer for me, and I would guess it is not acceptable to most Portlanders, either.

Maybe they have to defend it because the connection between New Seasons and Endeavour is very close. After all, two of Endeavour's managing directors are on the New Seasons' Board of Directors.

New Seasons promotes itself as a progressive, pro-worker company. I want it to live up to those claims. They need to cut their ties to the Murdock Trust as best as they can, and they need to support the right of their employees to organize and join a union and bargain collectively for a contract without aggressive interference.



## See Jane Work.

Jane Swanson, Real Estate Broker

503.709.5166

janeswansonpdx.com

Meadows Group Inc., Realtors



WE HAVE MOVED!  
Come see us at 3340 SE Division St. - 503.235.3204



## Business Association News . .



**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.**



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

**SPONSORED  
THIS  
MONTH BY:**

### Belmont Eco Laundry

Belmont Eco Laundry takes responsibility of the environment seriously, and has received the certification of sustainability.

belmontecolaundry.com  
4725 SE Belmont Street

### Marquis Mt Tabor

"Marquis Mt Tabor offers residents the highest level of post-hospital rehabilitation and long-term care services."  
marquiscompanies.com/facility/  
marquis-mt-tabor

### Hawthorne Vision Care

4704 SE Hawthorne Blvd.  
503.235.6639  
**"Personalized Vision Care"**  
hawthornevision.com

### Rivermark Community Credit Union

"Always On"

503.626.6600  
rivermarkcu.org

Wow! The sun is shining and Spring is upon us at full strength!!

The businesses on Hawthorne "Between the Drawbridge and the Volcano" are open and ready to greet you, feed you, share their skills, show you their new menu or merchandise or provide you one of the many services that the Boulevard has to offer. This is a great time to start in the middle and walk the entire Boulevard to remind yourself of the old, the new and your favorite places from the past.

Planning for the Hawthorne Street Fair is happening now. We are pleased to announce that this year's non-profit recipient will be the Friends of Mt. Tabor Park Stewardship Fund. The next meeting will be on Thursday May 3rd at 11am at Hawthorne Hostel, 3031 SE Hawthorne.

"Ditch the Straw" Day will be on Tuesday, June 5th. If you will not be using plastic straws on World Environment Day, let Michele at Hawthorne Hostel know: michele.machado@hiusa.org.

There will be a major Cleanup on Hawthorne and in the Neighborhoods on June 16th. KINK Radio is helping get the word out. Mark your calendar and watch for details.

The HBBA Board of Directors wrote to the City requesting that the Graffiti Removal program be continued as a City service. Remember to take pictures of graffiti before you remove it and send them to the PDX Reporter app.

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.

May is the month that Portland Celebrates Small Business. Portland's neighborhood business districts contain 19,200 businesses and 267,000 jobs and 70 % of every dollar you spend stays in the local economy. It pays to shop local.

The Belmont District extends a warm welcome to Cowgirl Tatoo located at 3001 SE Belmont St.

Summer is approaching, and Multnomah County rolls out their Summer Works program that puts youths to work. It pays to diversify your workplace and find new talent pipelines. Summer Works can help. They connect diverse youth between ages 16-24 to paid summer internships.

The program takes care of payroll, insurance and taxes and they vet youth and train them on basic work readiness. Internships last 6-9 weeks in the summer, 180 hours averaging 25-30 hours per week. For more information go to summerworkspdx.org



### Back or Neck Pain?

If you suffer from back pain or neck pain, you know these conditions can interfere with a normal lifestyle. But there's good news! You don't have to learn to live with it . . .



*Satisfied Patients*

**We're here for you.**

**Khalsa Chiropractic Pain Relief Clinic**  
5013 SE Hawthorne Blvd., Portland    [KhalsaChiro.com](http://KhalsaChiro.com)  
**503-238-1032**



# 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.*

## Self care tips for low back pain

Low back pain is one of the most common reasons for missed work in the United States. Whether acute or chronic, low back pain gets in the way of being as active and productive as you want to be. Here are some self-care techniques from a Chinese medicine perspective that you can integrate into your daily routine.

### Keep warm

From a Chinese medicine perspective, exposure to cold is considered a cause of illness and is to be avoided at all costs, especially after injury. The idea of icing an injury would likely make your acupuncturist cringe. The reason being is that cold causes contraction, which shuts down blood circulation and impairs healing.

Interestingly, western medicine has caught up to this theory and the old recommendations of RICE (Rest, Ice, Compression, Elevation) have been amended. Recent research shows that icing can cause permanent nerve damage in some cases. Instead of ice, use heat and consider doing an epsom salt compress.

### Keep moving

Another tenet of Chinese medicine is to maintain the free

flow of qi throughout your body. Qi can be translated as energy coursing through meridians, or oxygenated and nutrient dense blood flowing through your circulatory system. Where there are blockages in this flow, or stagnation, illness and pain occur.

There is a Chinese medicine axiom: "If there is free flow, there is no pain. If there is pain, there is no free flow." Our bodies are meant to move, allowing our blood to circulate and nourish our muscle, tissue and brain. It may be tempting to lay low after injury, but the key is to keep moving and avoid prolonged inactivity.

Light activity like walking, gentle yoga, tai chi or swimming are great options. Of course you want to avoid strenuous workouts, yard work, lifting or anything that causes pain.

### Change up your routine

Many people work in an office environment and sit for most of the day. If you are dealing with chronic low back pain it is crucial that you make it a point to get up and walk around at least once per hour. Gentle stretching during this time is also beneficial. Add a sit/stand desk so you keep changing your position throughout the day.

### Take a deep breath

When we are in pain we tend to hold our breath. Much like with inactivity, this creates stagnation and tension in your muscles. Simply making an effort to take deep breaths throughout the day can help lessen your



Emily Bartha, LAc

pain by engaging the diaphragm and abdominals and encouraging the muscles of the low back to relax.

Consciously breathing also induces a parasympathetic nervous system response. This lowers your blood pressure and heart rate and relaxes your muscles.

### Look to your diet

Chronic pain is often a result of the body's inflammatory system not shutting off after an acute injury as it should. The typical American diet of processed foods, filled with gluten, dairy, sugar, and alcohol is highly inflammatory. If you are battling chronic back pain, experiment with an anti-inflammatory diet.

In my clinical experience I have seen patients recover much more rapidly after eliminating gluten, dairy and sugar from their diets. You can also add natural anti-inflammatories to your diet through food or supplements.

Turmeric is perhaps the most famous of the anti-inflammatory medicinal herbs and can be added to food or taken in supplement form. It contains cur-

*see top next page*

## yoga classes

Practice Hatha yoga in a friendly SE studio with a sweet garden view. Everyone is welcome! All classes are appropriate for beginners and seasoned yogis who prefer a slower pace and emphasis on alignment.

**Wednesdays 7:15-8:30 pm**  
**Thursdays 10:00-11:30 am**

Hawthorne Movement Center  
3942 SE Hawthorne, behind main bldg.

[AllHeartYogaPDX.com](http://AllHeartYogaPDX.com)



*All Heart Yoga's teacher, Laela Wilding, is enthusiastic, warm, and accessible. She will help you gently build strength, improve flexibility, and develop a sense of clarity and serenity.*

No clear impressions, either from above or from without, can be received by a mind turbid with excitement and agitated by a crowd of distractions. The stillness needed for the clear shining of light within is incompatible with hurry.

*Caroline Stephen*

### OHSU FAMILY MEDICINE



## Family-centered maternity care.

### Healthy babies start with healthy families.

At OHSU Family Medicine, our team supports all your family's health needs during this exciting time. From your first pregnancy test, through baby's first steps and beyond, our family is here to help yours flourish.

GABRIEL PARK  
**503-494-9992**

RICHMOND  
**503-418-3900**

SCAPPOOSE  
**503-418-4222**

SOUTH WATERFRONT  
**503-494-8573**



VISIT: [WWW.OHSU.EDU/FMMATERNITY](http://WWW.OHSU.EDU/FMMATERNITY)



### THE FOUNDATION

Low-impact fitness for women who are just beginning an exercise program or returning to fitness. Strength, balance, flexibility, and cardio training in a fun and safe environment.

**K FIT STUDIO**  
2725 SE Ash Street  
971-373-8499  
[www.kfitstudiopdx.com](http://www.kfitstudiopdx.com)



### fitness FOR WOMEN

**New Class**  
**The Next Level**  
Available Now!

**First Class FREE!**

### NEW PATIENTS WELCOME!



### PORTLAND CITY DENTAL

503.256.7917

**We Provide a Full Range of Dental Services**  
**We Focus on the Patient and the Excellent Care that is Provided**  
*No Mercury fillings - Digital X-rays - Accept Most Insurances*  
**138 Southeast 80th Avenue**



# Wellness Word

from previous page

cumin, which has been shown to outperform NSAIDS for pain relief in some studies.

## Mind your mindset

Chinese medicine views the body, mind and spirit as interconnected and all must be addressed to get to the root of disease. Your emotional state and response to stress can have a huge impact on how you experience

and process pain. Adding 10 minutes of daily meditation can help you change emotional patterns that might be making the pain worse.

## Get treatment

Acupuncture works best the earlier after an injury you come in for treatment. Often times you can get relief from one treatment. Other times you will need to set up a treatment plan to manage the chronic pain.

For information about self care for low back pain, attend the talk at Turning Pointe Acupuncture + Wellness on Saturday, May 26 at 2 pm with tips from the perspective of an acupuncturist and a structural integration specialist.

Emily Bartha, LAc is a licensed acupuncturist and holistic health practitioner in the Mt. Tabor neighborhood. 5105 SE Hawthorne Blvd. 971.302.7039. turningpointeacu.com.



# Neighborhood Notes

from page 5

Other business at the April meeting included a donation request by Friends of Mt. Tabor Park to fund a part-time position and discussion of the presentation on the 18 town house development planned for 5143 E. Burnside. North Tabor had its Cleanup on April 28. It was a joint event with Mt. Tabor’s Neighborhood Association and 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.

## South Tabor

By Sandra Hay Magdaleno

Coming up: STNA May Annual Meeting and Elections, Thursday, 5/17/18, 7 – 8:30 pm. We’re in need of a Vice President, Secretary, Communications Chair and Sustainability Chair. To find out more about the positions or to put your name on the slate of elections email: president@southtabor.org.

Additional upcoming events: 1.) STNA Street Clean-Up, Saturday, 5/19, 10 am to 2 pm. Meet at Division Street Dental, 7600 SE Division St. Thank You, Tin Le, DMD for providing your facilities to sponsor the event.

2.) New South Tabor NET (Neighborhood Emergency Team) meeting scheduled Saturday, 5/26 from 10 – 11:30 am at East Portland Coffee Roaster, SE 78th and Division. To be on the contact list, email: sustainability@southtabor.org or email wchirstine052@gmail.com.

3.) The American Red Cross, in conjunction with the Portland Fire Dept. and support of local businesses is holding an event to install and replace free smoke alarms on Saturday, May 12 from 9 am – 4 pm. Get on the list for free installation of smoke alarms, and for an appointment or to volunteer at 503.528.5783.

The generous delivery of pizza tantalized our taste buds along with a presentation from Joe Ruhoff with Pizzicato Pizza (6041 SE Division – closest to South Tabor), letting us know about their Community Development and Outreach programs. Remember Tuesday nights, 20% of pizza profits go to “Dough for Dollars” for our public schools. Thank you Pizzicato for your donations and community outreach programs and sponsorships, past, present and future.

Jessica Vega Pederson our District 3 Multnomah Co Board of Commissioner is in her 2nd year as commissioner and has a 3-prong approach to inner and outer East Portland and the issues we face. She works hard to get homeless people into homes, provide supportive services and prevention management. She works with state, county and city government to become 100% renewable energy efficient by 2020. Contact her at: district3@multco.us.

East Precinct Police officers Mike Rains and Paul Valdez unfortunately confirmed that car theft was on the rise in our neighborhood. Please diligently lock your vehicles. Also, please report homelessness, abandoned cars, graffiti issues, etc. through the pdxreporter.org app. It’s a great way to alert police and helps all to stay ahead of the issues before they become problems. 115 officers are in the process of being hired and trained to help take up the near future retirements and needs of the police force in our communities.

Diane Redd and Mary Kinnick with Friends of Mt Tabor Park spoke regarding The Mt Tabor Stewardship Program. They’ve set a goal to raise \$100K towards a permanent funding source for ongoing oversight of the Weed Warrior Volunteer Program to remove invasive plants and re-populate with natives in Mt Tabor Park and surrounding areas. To learn more and to donate, go to: TaborFriends.org/Stewardship.

On 3/15, the Land Use Commissioners denied our appeal and approved with conditions regarding the 900 Self-Storage Unit Development at 62nd and SE Powell Blvd. Our STNA Land Use Committee will stay abreast of the project and keep us informed. Our Treasurer, Ute Munger is working on the STNA budget for the year and will have recommendations at the May or June meeting.

Our next STNA Land Use Committee Meeting is Tuesday, May 15 at 7 pm and the Annual Meeting and Elections is Thursday, May 17 at 7 pm. Both are located at Trinity Fellowship at 2700 SE 67th, with entry from the parking in back.

## Montavilla

By David Linn

This has been a busy year so far for Montavilla, and the parade, street fair and block party seasons are just around the corner. We hope you can join us for the 82nd Avenue of Roses Parade April 28. We will be walking with the MNA banner and all neighbors are welcome to join us.

We’ve had several informative meetings with a wide variety of guest speakers. In December, our Multnomah County Commissioner, Jessica Vega Pederson, gave details about the County’s efforts to address homelessness through their Joint Office on Housing and Homelessness. She spoke about the dire state of funding for necessary shelters and mental health funding.

In February we heard about the efforts to slow driving speeds on SE Stark St. and had presentation from Boys & Girls Aid. Many concerned neighbors have joined together to push for the speeds on Stark to be reduced to 20 mph. Studies have shown a person hit by a car going 25 mph is twice as likely to suffer fatal injuries then if struck by a car going 20 mph.

In March had a very special guest from Japan, Professor Takatoshi Muneno., Ph. D. He has studied civic involvement in several countries and was very complimentary about the level of civic participation in Portland and Montavilla in particular.

While I was honored by his compliments, I think we have a long way to go to ensure efficient and meaningful participation in City decisions.

As the May Primary approaches, we want to bring the candidates to you. In April we hosted the candidates for Portland City Commissioner #2. Current Commissioner Nick Fish and challenger Julia DeGraw both gave impassioned answers to the problems facing our community. Homelessness, police reform and funding, livability and affordability, and the role of Portland’s neighborhood associations.

If you still want to see more candidates, we will be hosting several challengers for the chance to replace City Commissioner Saltzman at our May 14 meeting.

**PACIFICA**  
SENIOR LIVING  
ST. ANDREWS  
Memory Care

Historic Setting.  
Exceptional Care.  
Right in your neighborhood!

*Call today to see what sets us apart!*

**(503) 257-7946**

7617 SE Main Street. Portland, OR 97215

**MARQUIS**  
MT TABOR

LIFE,  
WELL LIVED.

6040 SE Belmont Street  
Portland, Oregon 97215

PH 503-231-7166  
FAX 503-230-9858

marquiscompanies.com

Post Acute Rehab

**MANDALA YOGA**  
your complete practice  
**6833 SE BELMONT**  
**MAY EVENTS**

Great Women Gather with Wah Khalsa  
May 4 & June 1 • 7-9pm

Crystal Sound Bath with Shalom Mayberg  
May 6 • 2-3:30pm

Mother's Day Gong Meditation with Vani  
May 13 • 2-3:30pm

Sound Healing with Signa & Curtis Kidwell  
May 25 • 8-9:30pm

All Ages Kundalini Yoga with Laurel Clohessy  
May 27 • 2-3:30pm

A warm and beautiful community space

**WWW.MANDALAYOGAPDX.COM**

**KOIPOD**  
Keeping Our Identity Portland Oregon Designers

3442 SE BELMONT STREET

WE ARE THE ENEMIES OF BAD HAIR

RING 503.231.4141

BOOK: KOIPODPDX.COM



## Citizens Object to Parcelling off Park Property

*from cover*

Her comments were followed by Fritz' explanation that her bureau faced a \$3.2 million shortfall that necessitated looking left and right for options. Residents responded that selling parkland sets a dangerous

Laursen questioned the legitimacy of separating out a “parcel that is visually and functionally part of the park.” Friends of Mt. Tabor reported that visits to the park from folks near and far had risen dramatically in recent years and that retaining the lot behind a key

entrance was critical.

Association member Michael Turaski said, “So many people turned out for this meeting because they don’t want the City to divest public lands, especially as we absorb more Infill.”

Another resident declared, “You can’t let our parks become ATMs for the City every time it wants to raise money.”

Reading the room, Fritz withdrew the proposal. As rezoning firmly bit the dust, she challenged residents to seek solutions to cover shortfalls (despite the City bringing in record revenue last year) and the cost of deferred maintenance on the lot. “You take the sale away, now what?” she asked.

The room responded by discussing whether volunteers could handle repairs or if maintenance workers could move into the house to relieve congestion at the Visitor Center. A suggestion to raise the rent on the cottage was met with cautions from Stewart who cited the shortage of affordable housing nearby.

Some skepticism lingered when the meeting wound down. Park activist Dawn Smallman said that twelve years of park

advocacy had taught her some tough lessons.

“When the City controls the process, it gets the outcome it wants.” Under earlier administrations, she had witnessed parcels sold clandestinely for a care center and a private college.

Some wondered if the sale was a portent of more to come. Residents of the so-called Lincoln longblocks, who are objecting to the bureau's plan to move plant cans to the field in front of their homes, worried if it could be a target in the future.

Here and there, grumblers complained about City mismanagement of funds. One attendee, carrying a paper about “unscrupulous, closed door shenanigans, charged the City with treating the Eastside inequitably for its failure to close a deal on the former Washington School site slated for a community center and possible pool.

The purchase had been requested by the Buckman Community Association and approved by the SE Uplift Board of Directors, according to Mary Anne Schwab, to potentially benefit some 180,000 SE residents.

For everyone, the meeting was a reminder that city benefits can be tenuous. Even in an age of record revenue

collections and unprecedented growth, community centers like Woodstock and Sellwood face closure; and the City can't protect businesses from graffiti and feces, keep drugs off the street or house the homeless. For now, City dwellers are grateful that the park they treasure as a gem of the Northwest will not be touched.

### ***Update: Plot Price Increases Proposed***

The potential sale of a part of Mt. Tabor was not the only heated park development last month. Friends of Portland Community Gardens' Allen Field alerted MTNA to a proposed Portland Community Garden Fee increase of 40% on some, but not all, community plots.

Field said the plan, designed to raise \$9,000, was inequitable since it singled out only nine of the gardens including Clinton, Ivon, Col. Summers, Sewallcrest, Sellwood and Tabor.

Indicating officials told him these plots were selected because they had long waitlists, Field said he believed they were targeted because they were in affluent areas, even though gardeners come from all parts of the City.

MTNA joined other neighborhoods in supporting a draft of a letter seeking a more equitable solution.



## Showing movies for 95 years

*from cover*

out with this family and barbecuing chicken, Wheeler enjoys the challenge running this type of theater and keeping track of all

the details, including daily maintenance of the 95-year-old building.

What's new and exciting lately at the Laurelhurst is the change from showing second run movies to first run movies.

“We’re making the change to first run to attract more customers and hopefully stay in business,” said Wheeler. “Our admission prices are the lowest that the studios would allow and we haven’t changed our concession prices. We just had our first weekend as a first run theater and it was super busy. Hopefully that trend continues.”

While there are other theater pubs in the area serving real popcorn and local beers, the main competition in terms of content is the Internet. There are so many ways to easily watch movies other than going to a theater. Fortunately, Portland seems to continue to be a strong market for old-school movie theaters.

Selecting movies to show is a lot of fun. The partners consider what they think audiences will enjoy, films that currently have a good buzz and positive reviews. Input from staff is important, too. Though Wheeler doesn't have a show business background, he's fond of both classic films like *North by Northwest* and most Wes Anderson films.

“One of the most rewarding aspects of this business is the sense of community movies can provide,” said Wheeler. “There’s nothing better than being in a packed auditorium and experiencing a film as a group. The communal laughs and sighs, all the audience responses to the thing we’re all experiencing together.”

Like much of Portland, the neighborhood has changed dra-

matically since 2000 with lots of new restaurants, condos and apartments popping up here and there. The funky Chinese restaurant across the street from the theater seems like an ancient memory now. The quiet little neighborhood has evolved into a busy scene that draws people from all over town.

A good portion of the theater's success depends on the films being shown, but weather and other events and happenings around town also impact attendance. Beautiful days and Blazers in the play-offs can mean a slow night.

Renovating the Laurelhurst is an ongoing and continuing process. Things are always breaking or wearing out. The partners have replaced the roof, all the HVAC systems, all the booth equipment and sound equipment. All of the surfaces in the auditoriums have been replaced multiple times as well as the seating. They completely replaced the marquee a few years back. All that neon in the marquee takes a lot to keep going.

The lobby gets a face lift every couple years and a major overhaul about every 5 or 6 years. In the last month, the team has completely refurnished the lady's room, redid the 2 smaller auditoriums with new flooring, seats, and lighting. They painted the lobby and added a photo booth. They've added online ticketing and did cosmetic updating of the two large auditoriums. Future plans call for integrating hearing impaired devices and streamlining box office operations.

*The Laurelhurst Theatre is located at 2735 E Burnside St. See [laurelhursttheater.com](http://laurelhursttheater.com) or phone 503.232.5511*

DREAM · DESIGN · BUILD  
BEAUTIFUL





## Marginalized Communities Most Affected by Climate Change

*from cover*

During her childhood in Woodburn, Maria Hernandez Segoviano rose before dawn most mornings to take care of younger siblings while her parents worked in a meat-packing plant. Family members labored in nearby agricultural fields, enduring environmental hardships.

Mondaine, Keeler and Hernandez were panelists in a discussion on the intersection of systemic racism and environmental justice held at the First Unitarian Church, Saturday, April 14. Rev. Bill Sinkford, senior minister at First Unitarian, opened the event with a blessing for what participants called the “sacred nature” of their work.

Hernandez gave a twenty minute presentation on Just Transition, calling for a shift away from a fossil-fuel based economy to one that provides equal opportunities for the neediest among us, who often are people of color. A graduate of Willamette University, she is the advocacy coordinator for OPAL, Organizing People Advancing Leaders, a SE Portland group advocating environmental justice for Latinos, African-Americans, Native Americans, Asians and Pacific Islanders.

Also speaking were Cary Watters, member of the Tlingit tribe and staff member at NAYA, the Native American Youth and Family Center; and Khanh Pham of APANO, the Asian Pacific Network of Oregon.

Their “base-building” organizations are working together under the banner of the Oregon Just Transition Alliance to

place a measure on the November ballot to tax some national retailers operating in Portland.

The proceeds would be used to finance minority-operated businesses creating jobs to counter climate change, such as insulating homes in lower income neighborhoods.

The climate justice organization 350PDX, Portland Audubon Society, Verde, the Oregon Chapter of the Sierra Club and Physicians for Social Responsibility also are backing the measure, known as the Portland Clean Energy Fund Initiative.

Mondaine said that for the African-American community in Portland, environmental justice would mean better healthcare and access to information about how pollution was damaging the health of the city's neediest people, who often live in neighborhoods with poor water and air quality.

Climate change historically and disproportionately has impacted marginalized communities globally, including right here in Oregon, event organizers said.

Devastating climate-related disasters already have ravaged low-lying regions of Asia and Oceania, and rural regions of Africa and South America. Similar damage has hit North America, too, from hurricanes that have battered Texas, Florida and Puerto Rico, to fires and mudslides along the Pacific Coast.

For information  
on Just Transition, visit  
[portlandjustenergytransition.com](http://portlandjustenergytransition.com).



*The Rev. Bill Sinkford (right), welcomes E.D. Mondaine (left) to panel discussion on Frontline Communities on Climate and Environmental Justice.*



Portland Pet  
Supply

*Family Owned and Operated  
Since 1984*

### Frequent Buyer Programs Available

## FEATURED THIS MONTH:

## Stella & Chewy's

only the good stuff

Classic  
& Exotic  
Frozen Dinners  
for Dogs \$

**\$6<sup>00</sup> Off Morsels**

• **\$4<sup>00</sup> Off 3 lb Medallions**

**\$8<sup>00</sup> Off 6 lb Medallions**

### Dry Raw Blend/Dry Cooked Kibble

**\$5 Off Small, \$8 Off Medium, \$10 Off Large**

Expires May 31, 2018 ■



## For Your Dog

### 3 Great Flavors

**\$5 Off 4.5# Bag**

\$15 Off 25# Bag



## For Your Cat

Buy One Bag

Small or Large

and get

20# Cat Litter for FREE

Expires May 31, 2018 ■

Mon-Fri 9:30am - 7pm, Sat 9:30am - 6pm, Sun 11am - 5pm

4242 SE Hawthorne Blvd. 503.233.3866





Homes Now Available in Your Neighborhood



6723 SE Ash St.  
2008 Contemporary  
3007 Total Sq. Ft.

\$1,100,000  
4 BD, 3 BA



4845 NE Everett St.  
1940 Bungalow  
2401 Total Sq. Ft.

\$519,900  
3 BD, 1 1/2 BA



4317 SE Pine St.  
1921 Bungalow  
2593 Total Sq. Ft.

\$539,900  
4 BD, 1 BA



1720 SE 38th Ave.  
1925 Bungalow  
1288 Total Sq. Ft.

\$475,000  
2 BD, 1 BA



1440 SE 57th Ave.  
1925 Dutch Colonial  
2844 total Sq. Ft.

\$Call for Price  
3 BD, 1.1 BA



2845 NE 49th Ave.  
1922 Bungalow  
2006 Total Sq. Ft.

\$629,900  
3 BD, 2 BA

Community Events Bulletin

SE Sunday Parkways  
May 20 11 am -4 pm  
portlandoregon.gov/transportation

Come spend a warm summer day walk-  
ing, strolling, and rolling around Southeast  
Portland. The 7 mile route of free family  
fun will take you on a tour of Laurelhurst,  
Sewallcrest, Colonel Summers and Ivon  
Parks to grab a bite to eat, listen to tunes,  
and join some activities.

Mt Tabor Art Walk  
May 19 & 20  
mttaborartwalk.com

Now in its thirteenth year, the Mt Tabor Art  
Walk is a Portland tradition. This self-guid-  
ed show and sale runs 10 a.m. to 5 p.m. Sat-  
urday and Sunday. Stop by our Windermere  
Realty Trust office at 5015 SE Hawthorne  
for a map and view beautiful creations by  
artists Sharlane Blaise, Don Jacobson and  
Diane Russell.

Tabor Jam  
June 2, 5:00 pm  
Analogpdx.com

Don't miss the 3rd annual Tabor Jam, spon-  
sored by the Caplener Group, a concert to  
benefit the Mt. Tabor Middle School Music  
Department! Local bands the 'Rents, Stump  
City Soul and Mt Tabor Middle School jazz  
band provide the entertainment at the Ana-  
log Theatre & Cafe, which allows all ages  
until 10 pm. See you there!



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

Windermere  
REAL ESTATE  
WINDERMERE REALTY TRUST

The Caplener Group is a dynamic real estate team that is part of the  
Windermere Realty Trust family of brokers.

We specialize in homes for sale in Southeast Portland, and have been  
representing buyers and sellers here for over 35 years. We have the kind of  
knowledge and insight that can only be gained through experience.

But we aren't old school; we work with the latest and best in real estate  
technology. That means you can sell your home faster and for more money,  
or find your dream house or next investment in the most efficient way possible.

We never stop learning, improving, or working hard to earn your business.

THE CAPLENER GROUP  
PDXrealtors.com

5015 SE Hawthorne Blvd., Portland, Oregon  
Gold Level Sustainable Office

To schedule an appointment,  
call us at (503) 232-4763  
or visit us online at www.PDXrealtors.com

