



The SOUTHEAST EXAMINER

JULY
2018



Willamette River Summer Recreation Guide

YAY SUMMER! The short, sublime, Pacific Northwest summer is at our doorstep and there just are not enough days to do it all. Decisions must be made!

Here's a plug for a handful of fun summer events produced by Human Access Project. Remember when swimming in any river always wear river shoes.

**Third Annual Mayoral Swim
with Ted Wheeler
Station 21 Fire House Dock
Wednesday, July 11 • 6-7:30 pm
Free**

Swim Across the Willamette River with Mayor Ted Wheeler. The Willamette River is only ¼ of a mile across, so how can you have lived in this city for so long and never swum across the river? It's a rite of passage!

The swim is supervised by AMR River Rescue lifeguards and 30-40 safety boaters but if you have any concern about your ability to swim across, please wear a life jacket. Otherwise, take your time and see downtown like you have never seen it before.

Swim under the Hawthorne Bridge, and a van is provided to shuttle your personal belongings to the west side. This swim is not a race; it's a fun time and generally takes most people 15-30 minutes to get across. It typically has 200-300

participants with an after-party following the swim. You can say you have taken a swim with Mayor Ted.

**The Big Float 8
Tom McCall Waterfront Park
Saturday July 14 • 11 am-6 pm
\$5-\$15 (early discount pricing and discounts for kids)
thebigfloat.com**

This year The Big Float falls on Bastille Day. This is a family-friendly chance to celebrate our city's river with thousands of other Willamette River lovers in innertubes, as you take a float right through downtown Portland.

There aren't too many places in the world where you can enjoy a live concert from your innertube and The Big Float has two floating stages. At the after-party, zoom down on two 100' long slip-n-slides, get eats at the pod of food carts and enjoy free chair massages.

It's time to get off the couch, express your inner tube and join The Riverlution. Last year, 2,500 people participated and this year, if Mother Nature provides a bright, sunny day, as many as 4-6,000 are anticipated to join in the fun.

All participants are required to wear life jackets (available for \$10 at our website), and teams of AMR River Rescue

turn to page 19

Proposed Permit Parking



BY NANCY TANNER

In August 2018, Portland Bureau of Transportation (PBOT) will be sending mailers to residents in the Richmond and Sunnyside neighborhoods to inform them of a proposed parking permit pilot program. The PBOT action is in direct response to the Neighborhood Association's application for a parking permit program.

According to Dylan Rivera, PBOT information officer, "This pilot program is the first time the city has offered a permit program that is designed to address on-street parking shortages not associated with commuters parking near the down-

town area.

"In this case, it can address shortages that occur in the evening and weekends, when popular business districts have many visitors for dining, shopping and housing.

There are currently seventeen areas that issue parking permits throughout the inner city. This program began back in 1981 in response to commuter parking – people driving in from outlying areas and either walking or busing into downtown. This practice put stress on the limited parking spaces in a primarily business and commercial district.

Rivera went on to say that the Sun-

turn to page 19

Hawthorne Vacancies – New Normal or Not

BY GABRIEL FRAYNE JR.

The bustling allure of Hawthorne Boulevard is any realtor's dream. A local commercial realtor describes it in a brochure this way: "One of Portland's oldest and most beloved neighborhoods, Hawthorne is often called a 'true Main Street.' Members of the community are avid supporters of their retailers and take great pride in their bohemian locale."

In recent months, however, more than a few residents of SE may be wondering whether that characterization will survive the tides of change.

Take a walk up Hawthorne from Grand Ave. to Mt. Tabor and the first 20 blocks or so present a pastiche of modest older apartment buildings, small pubs and restaurants, a hardware store, and various other amenities of a thriving urban neighborhood.

Farther up the street, one finds a somewhat different scene: several boarded up buildings splattered with graffiti; a long-empty storefront with cracked glass panes where a gourmet food market once served the neighborhood; and a small shop with a "For Lease" sign in the window.

On the east side of César E. Chávez Blvd., a head shop named Headlandia sits empty. Two blocks farther up on the south side of the street, a commercial space that once housed an art supply store has not had a tenant for over a year. Is all this the routine Hawthorne scene, or is it something out of the ordinary?

"It is out of the ordinary," answered Gregg Harris, the co-president of the Hawthorne Boulevard Business Association,

when the question was put to him. Harris, owns Roosevelt's Terrariums at the corner of Hawthorne and SE 44th, and believes there are two forces at work that may be adversely affecting business here.

"One is homelessness and a lot of street people... that's creating a lot of frustration. Businesses are frustrated by the impotence of city government to enforce reasonable laws." (Harris is quick to distinguish between what he sees as true homelessness and "travelers." He himself was homeless for some years in his youth and has hired local homeless to work in his shop.)

"And then you've got the unreinforced masonry building issues," Harris continues, which he claims is giving rise to a new form of red-lining in that banks are reluctant to lend to URM owners who will now be required to do expensive seismic upgrades under the resolution approved by the City Council on June 13.

A URM map posted by the Bureau of Development Services indicates at least two dozen such buildings lining Hawthorne, and Harris believes that this is likely a factor in several of the recent vacancies. He characterizes the proposed new code as "an earthquake in slow motion."

Of course, it is hard to pin down any one factor that causes a business to close or move. Take, for example, Pastaworks, the high-end food market that once occupied the building at 3735 Hawthorne. Two years ago Pastaworks moved to a new location at NE Sandy and 24th in what is now called Providore Fine Foods.

According to co-owner Katie Well-

turn to page 17

SE Updates

Shelter Approved Despite Objections

Multnomah County is moving forward on a controversial 120-bed shelter at SE 61st and Foster.

Ignoring pleas of neighbors concerned about proximity to schools and childcare, County Commissioners voted to lease the space and develop the shelter as part of its strategy to shift beds from temporary spaces.

The 14,000 square foot shelter will serve women and couples, prioritizing veterans, those with disabilities and people 55 and older. It's expected to open in early 2019.

The move is estimated to cost significantly more than anticipated – \$3 million vs. the \$2 million original estimate. County officials blame rising construction costs. Amenities have been added to improve sleeping, cooking and recreational areas.

The County claims the location was

turn to page 3

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Gloria Steinem



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Mainstreet Style Design is Good for City

By MIDGE PIERCE

"Density with Sensitivity" is the motto of urban planner and architectural firebrand Heather Flint Chatto, who with longtime landuse activist Linda Nettekoven, launched the Division Design Initiative (DDI) that evolved into Main Street Design Guidelines.

DDI's hot-off-the-presses toolkit, which originally focused on burgeoning Division, has been approved by Hawthorne and Division business groups, Hosford-Abernethy, Richmond Neighborhood Association and other SE groups associated with the four-year collaborative process.

The voluntary guidelines can be modified to influence architecture in town centers like

Montavilla and Sellwood and along other apartment and commercial strips throughout the city. Sustainability, compatibility, equity, and historic preservation that include adaptive re-use of existing buildings are among the pillars of the project.

The booklet release coincides with the City Planner's review of new standards for Design Overlay Zone Amendments (DOZA). Many DOZA concepts of scale, massing and sustainability are reflective of DDI recommendations.

Flint Chatto and Nettekoven seek to persuade the City to codify the DDI Guidelines for streetcar-era Main Streets and lower the 55-foot design review threshold that excludes many SE area buildings.

DDI guidelines draw from the best of old Portland's architecture to inspire the new. The booklet shows how modern design can pay homage to a neighborhood's history by following existing window patterns and minimizing blank walls. Avoiding overly boxy building forms can make buildings feel more human scale.

"Good design matters," says Flint Chatto. "Buildings are our brand."

People-friendly spaces are key. "All Portlanders need sun, light, air - room to foster community interaction with green spaces; gardens, benches, public art and the food carts that are becoming an endangered species - the very reasons people moved to Portland in the first place."

Countering charges that the initiative is elitist and impractical for some neighborhoods, she says design, equity, densification and affordability are not at odds.

"All neighborhoods should have access to tools. No neighborhood should feel they are not important enough to have good design. Raise design equity. Lowering the bar is not the answer."

Amid criticism that the voluntary guidelines lack teeth, Flint Chatto said the toolkit gives voice to communities. Design templates can provide predictability and reduce developer/neighborhood conflicts.

As a zero energy planner, a Woman of Vision award-winner and entrepreneur, she believes preservation can be a means to-

ward sustainable growth.

She abhors dumping multi-story buildings in landfills. "Nothing is sustainable about tearing down legacy buildings that contain old growth materials, throwing out those materials, then doubling down with the costs of doing it again."

Where feasible, an alternative way to add density is to add extra stories to existing buildings, according to Flint Chatto and Nettekoven. With seismic mandates bearing down on older buildings officials fear are hazards, DDI suggests that retrofits, earthquake proofing and expansion could be done concurrently to add cost-effective living-working and rentable square footage.

Flint Chatto sees missed growth opportunities along civic corridors like 82nd, Powell, Sandy Blvd. With wide streets and empty lots, they are ideal for zero energy buildings," she says, lamenting that builders gravitate toward "hot" markets that maximize profits rather than developing where growth is needed.

Flint Chatto and Nettekoven advocate incentives for retention of existing, historic buildings.

In a booklet addendum, Nettekoven writes that the City's current, outdated Historic Resources Inventory includes dozens of legacy properties that should be preserved.

Others are clearly eligible and could be candidates for thoughtful restoration and the City has so far failed to fund an inventory update that could, in theory, stall demolitions.

For preservationists, this is the latest of a "thousand cuts" that show lack of forward thinking about preserving the past.

At a Richmond Neighborhood Association meeting, pro-growth advocate Doug Klotz charged that the plan was right for the "last Century" but no longer appropriate given demand, cost of housing and projections of population growth.

Flint Chatto responded. "Portland needs to be sensitive to its past, and responsive to the people here now. We need to pull together so that all neighborhoods have resources to address hopes and dreams for the future."

For more information go to: divisiondesigninitiative.org.

SE The SOUTHEAST EXAMINER

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LE Letters to the Editor

Dear Editor,

RNA Appoints all Candidates to the Board, Overrules Election Results

As a Board Member of the Richmond Neighborhood Association, and as a resident of Richmond, I am shocked by the action of the RNA Board that, in effect, overruled the results of the annual Board election on June 10-11 by appointing all the candidates to the Board.

At the end of the June 11 election meeting, the Chair announced the results: only 3 of the 7 candidates received 51% or more of the votes cast in order to be seated to the Board: Kat West, Jonathan King and Allen Field. (A later recount revealed that Sharon Hatch also received 51% of the votes and was elected to the Board.)

The RNA's Bylaws require that board members must be elected by "a majority vote" of the votes cast. The Bylaws allow up to a maximum of 15 board members but no minimum number is required above the 5-person quorum requirement.

In alternating years, up to 7 board members can be elected one year and up to 8 the next year, in order to alternate the election of board seats.

Immediately after the election results were announced, a motion was made by a member of the Elections Committee, seconded, and passed to simply appoint all the remaining candidates to the Board.

There was no discussion of any particular Bylaws section that

allows this, no one pulled out a copy of the Bylaws – this all happened in very rushed fashion after 9 pm, when RNA meetings normally end.

In the four meetings the Election Committee held, it was never discussed that the Board can simply appoint Board Members and bypass election results.

On the RNA's Election Results webpage, it appears that the primary authority relied on for the Board to appoint all the candidates to the Board, despite the election results is: *Article X, Vacancies, Section 1 Board of Directors*: "Any member of the Board who misses three meetings within the period of one year without valid excuse shall be contacted and removed from office at the discretion of the Board."

A member who misses five meetings within the period of one year, even with a valid excuse, will be contacted to determine continuing interest. Vacancies on the Board will be filled by appointment made by the Board of Directors for the balance of the term."

This section does not allow appointing people to the Board before their 2-year terms have even started. The Board's appointment powers should only be used between elections, not during an election to effectively overrule the vote-count and the will of the voters.

As long as I've attended meetings since 2004, the RNA has never appointed anyone to the Board; board members have

always been elected.

Following the final Elections Committee meeting, with SE Uplift just prior to the election, the Chair stated: "candidates have to be voted in."

Two years ago, when enough candidates did not receive enough votes to fill all the seats, another election was held the next month, a procedure allowed by Robert's Rules which is incorporated into the Bylaws under a Robert's Rules catch-all provision.

Here, the appropriate procedure would have been either (1) hold another election in July, or (2) just move on with 11 board members, which is what the RNA did two years ago after the second election failed to fill the remaining seat.

I am not speaking as a representative of the RNA. I am reporting on the action of the Board and, in my personal view, its possible ramifications. Will the Board now just appoint like-minded people to fill empty seats as it addresses contentious land use and parking permit issues?

In future elections, will the Board simply appoint all the candidates and ignore the vote-count if the number of candidates is equal to, or less than, the number of available seats?

Why would anyone bother to vote if all the candidates would simply be appointed to the Board? In either case, it represents a disheartening turn for the RNA Board, which should be made up of individuals the community chooses to elect to the Board.

Allen Field





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SE Updates Continued

from cover

the best option available since other sites needed too much work or were too far from amenities.

"This is an expensive investment," Chair Deborah Kafoury admitted in a press release. "But it's a lot more expensive to have people sleeping out on the streets. This is the right thing to do."

Update with URL Correction

The westside's Multnomah Neighborhood Association (MNA) continues its legal challenge to the Residential Infill Project (RIP).

Five of its appeals have already been denied by the state's builder-influenced Land Conservation and Development Commission.

"Our lawyer is still working on the legal analysis to give us best options moving forward," says spokesman James Peterson. "Our main focus is the Middle Housing Appeal which would

stop the implementation of the A Overlay in the Residential Infill Project citywide which is rezoning 87,000 single family zoned properties to multifamily."

Critics hold that RIP would tear up affordable, single family homes to make way for multi-unit housing that is unaffordable and out of character with existing neighborhoods.

MNA is accepting donations from both sides of the river. Eastsiders wonder whether they should contribute to the legal challenge.

Southeast RIP critic Michael Molinaro says the MNA initiative is well-organized and may be the best hope for citizens concerned about stopping RIP. Molinaro is part of the SAC 7, members of a RIP stakeholder's advisory committee that took a position against much of the plan.

Readers of last month's RIP article asked *The Southeast Examiner* to reprint the correct online contact info: swni.org/multnomah



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The Urbanization of the Central Eastside

By Don MacGillivray

There is no end in sight to the urbanization of the Central Eastside Industrial District (CEID). What once was an industrial district of one and two story buildings is now becoming a mirror image of downtown Portland. The district will become a bedroom community for the surrounding area and have a commercial character all its own in the near future. Many of the new buildings have office space, with lofts and space for innovators, artists and unique startup businesses. However, low cost rents and inexpensive land is quickly vanishing.

Due to the growth in other major cities on the West Coast, Portland has been discovered and is increasingly resembling their appearance. The city is a tourist destination and people like what they see so much that many of them are moving here. Few cities in the United States have the progressive urban planning that makes Portland attractive to businesses, workers, and residents. Our reputation for sustainable growth management and alternative transportation options attracts investment and the CEID is the last place in the central core area that remains relatively underdeveloped.

Portland's growth is focused on advanced manufacturing industries, research, clean technology, software development, and active-wear clothing, and the CEID is an ideal location for these activities. While this is the dream of city leaders, it brings with it its share of challenges. Two functions especially glaring are the need for low income housing so the homeless are taken off our streets, and the congestion caused by inner city automotive traffic. These issues may slow inner city growth until they are corrected. Office development is becoming an increasingly important part of the Central Eastside. Some firms are building office space for management and workers while others will lease space to other businesses. It is not a large segment of the newer projects, but it makes sense as part of a mixed-use development. New housing built nearby is attractive to the close-in office workers. Many new offices are for specialty businesses. Some are creative workspaces that have become popular in the Central Eastside and some is gained from the adaptive reuse of existing industrial buildings. The housing development occurring in CEID is part of the renewal of residential construction

and a major part of Portland's revitalization. In the last six years, over 5,000 residential units have been built downtown and there is no end in sight. In fact, planners expect the growth to become even greater. A large part of these new units will be in the CEID. The major distraction to all but the developers is the lack of affordable housing. Construction costs are so expensive that it is difficult to build affordable housing in the central city. Most of the apartments being built are for skilled workers or highly paid employees.

This is great for the vitality of the downtown businesses, but low waged workers will be unable to afford these new units and will need to commute from distant neighborhoods via car, bicycle, or transit. Retail development often takes up the first floors of mixed use buildings making it an important part of large new housing projects. Tenants of these buildings have convenient access to many of the goods and services needed for daily living and the abundance of shopping and dining options offered downtown will be within easy walking distance or a short transit trip away. The Central Eastside already has a rich variety of epicurean and entertainment options available and the future will bring even more. Small older buildings are being transformed into many new uses.

The development of a number of new hotels is another feature of the changing area on the East Bank of the Willamette River. In part, this is due to the already established convention center, sports complex, and the Lloyd Center shopping mall. Portland has become a mecca for domestic and foreign tourists, creating a need for additional hotel space. The publicity of recent years has attracted tour-

turn to page 17

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Rs Representatively Speaking

What to expect on your ballot

By REPRESENTATIVE ROB NOSSE

If you’ve been out in our part of the world this time of year, chances are you have been asked to sign a petition at some point. In Oregon, if petitioners get enough signatures, they can refer a legislative concept to the ballot for voters to vote on directly, rather than having the legislature decide on an issue.

Throughout Oregon’s history, voters have used the ballot to implement policies both good and bad. For example, Oregonians took a positive step in 1996 by voting for an initiative to raise the state’s minimum wage after the legislature wasn’t willing to act. It was also through the initiative process that Oregon’s gay marriage ban passed in 2004. As you might imagine, in my opinion, that was a very bad idea.

The signature gathering portion of the campaign cycle is

winding down, and based on early reporting, here are some ideas I’m told are likely to appear on your ballot this November.

Corporate tax transparency – You may have heard this referred to as IP 25. It would require publicly-traded corporations to disclose to the Secretary of State how much they pay in state corporate income taxes. These corporations would publish that information on a 3-year delay. Currently, the public and lawmakers have no way of knowing how much or how little large corporations are paying. This kind of open reporting would assist lawmakers and voters in crafting and passing tax policy that makes sure everyone pays their fair share. I plan on supporting this measure if it makes it on to the ballot, and I hope you will as well.

Ban on taxing grocery stores – Also known as IP 37, this

initiative is brought forward by big, out-of-state grocers seeking to amend Oregon’s constitution, creating a carve-out that protects any corporation from paying taxes on their products if they deal with food. Not just grocery stores, but warehouses that store food, and transportation companies that move food. Basically, any company along the supply chain would never pay any increase or decrease in their tax rate if this initiative passes.

If this initiative passes, it would be the largest corporate tax carve-out in our state’s history. The initiative is so broad in scope that it would even protect these businesses from increases in the minimum corporate tax, while other businesses would have to pay those increases.

We have low business taxation rates in Oregon. Our public schools and services are

still critically underfunded, and yet one of the nation’s most profitable industries wants to exempt themselves from having to pay their fair share of taxes.

This is a bad measure. It is irresponsible, and will only result in more money for the grocery industry’s shareholders, and less for Oregon students. I encourage you NOT to support it.

Our Sanctuary Status – IP 22 would remove Oregon’s sanctuary state status for the purpose of immigration, opening the door for racial profiling and harassment by law enforcement of people who are or who may “look” like immigrants.

Oregon’s sanctuary status has been in place for over 30 years and was written in response to the same kind of racially motivated zealotry that is making its way back into the public sphere today. Fixing our country’s broken immigration system is a fine aspiration and a worthy cause, but you don’t fix it by driving communities underground; you do it by extending a helping hand. This petition is sponsored by Oregonians for Immigration Reform, labeled as a hate group by the Southern Poverty Law Center. I would strongly urge you to reject their initiative.

There are other petitions



Representative Rob Nosse

that may make it on to the ballot, including ones that would ban assault weapons and require safe gun storage, but most political insiders are uncertain about their chances of qualifying since the effort to qualify and gather the signatures started later in the process.

Bottom line: Campaign season is gearing up. It’s important to stay informed about what you will be asked to vote on.

Especially in today’s political climate, we should all take some time to consider how our votes will affect our friends, our neighbors, and our communities.

NN Neighborhood Notes

HAND

Jill Riebesehl

Our neighborhood’s concerns are similar to most others in Portland: how to navigate our narrow streets, how to respond when houseless folks encamp in residential areas, how to move over to make room for more people, how to interact constructively with builders and with the City Hall.

We spent an evening discussing Central City in Motion and planning with Scott Cohen of the city’s Bureau of Transportation. The goal of CCIM is to ease demands on our older streets from competing pedestrians, bicycles, transit, cars and freight.

HAND board members and neighbors will be giving input, as have many Portlanders during online open houses. Wrap up is expected in September. At this time, a PBOT workshop is set for July 26 in Carvlin Hall at St. Philip Neri.

At our last meeting, Portland Police Officer Leo Yee cited crime stats: car thefts, 12; larceny 24, and asked for comments. He said neighboring groups and businesses are reporting more aggressive behavior by homeless people and that police must now post planned encampment clean ups. He described his interactions with campers and said that the 20 percent rule generally applies: 10% to 20% cause most of the problems.

Officers Tim Engstrom and Ryan Enweiler are assigned to the detail in the central precinct. They prioritize by number of complaints. Yee’s closing remarks: “Where do these people go? They can’t just disappear.”

We were recently treated to the nearly finalized Division Main Street Design Guidelines that Heather Flint Chatto, HAND’s Linda Nettekoven and many others have been working up for a long time. The guidelines are to be used as a tool to understand our urban architecture and foster communication with builders as we move into the future.

Bill Cunningham of the city’s Bureau of Planning and Sustainability responded to concerns over zone-change notices sent out to residents and owners in Ladd’s Addition. The upshot is that because the neighborhood and its street corridors are already built up there won’t be many changes, but new zoning would reduce the scale on new apartment buildings, loosen rules on interior restrictions and aim to maintain acceptable setbacks and height restrictions when adjacent to single-family houses.

HAND board voted in officers for the year: Chris Eykamp, chair; Mark Linehan, vice-chair; Jill Riebesehl, secretary; Michelle Sprague, publicity. The board meets on the third Tuesday of the month at 7 pm in Carvlin Hall on the St. Philip Neri campus. The public is welcome and encouraged to participate in discussion.

North Tabor

By Joshua Carey

North Tabor Neighborhood Association will have a business meeting to discuss a budget plan, Tuesday, July 17, 6:30 pm, at 4837 NE Couch. The meeting is open to the public.

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 North-TaborNews.

South Tabor

By Ute Munger

The South Tabor Land Use Committee (LUC) asked for its Neighborhood Association to adopt the Division Design Guidelines as recommended. After review and discussion it was voted on and unanimously accepted.

Kellogg Middle School, currently under demolition, is estimated to be completed in early 2021. Once finished, the entire building will be considered Risk Category IV, (highest safety rating) and will be

turn to page 19

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Community News

Learning to recycle right

By BONITA DAVIS, MASTER RECYCLER AND SUNNYSIDE RESIDENT

Recycling in Portland has taken sudden shifts due to the rejection of most of our recyclable materials from international buyers who find it too contaminated with food waste, trash, etc.

Additionally, businesses that would accept items such as plastic food clamshells, rigid plastics, etc., were forced to stop taking those materials and the market closed.

Frustrating and confusing, many of the people I talk with are not willing to give up, but are doing some things differently.

One thing is RECYCLING RIGHT, putting items we aren't sure about into the garbage or turning to either The Curbsider Hotline (503.823.7202) or Metro Recycling (503.234.3000) to get correct information before opening the lid to that blue bin.

Others are taking a serious look at refusing to buy things they don't need, can't recycle or can't be donated.

Maybe this is time to become more informed and active in what is going on! Two ideas: Find out more about materials management by signing up for the 10-week Master Recycling Program at masterrecycler.org and/or the online Recycling 101 certificate course sponsored by the Association of Oregon Recyclers. Info at oregonrecyclers.org.

Voice your concerns. Speak up and share your ideas for less waste with your local businesses. I recently spoke with managers at SE Fred Meyer, New Season's and Market of Choice and learned a lot about their receptivity to

customer feedback through receipt surveys, suggestion cards, or chats with a manger. Feedback is read at manager's meetings.

Bound by the same recycling restrictions as everyone else, changes such as the addition of durable plates and cutlery at hot food and salad bars, reduced packaging for take outs and bakery goods, and incentives for bringing your own coffee cups and bags are becoming more commonplace.

When talking with manufacturers, the experts at the Metro Recycling Hotline suggest stressing how much you like the product and wish to continue purchasing it, then suggest the changes you would like to see (in packaging for example). Then thank them.

Manufactures may be hard to track down, so it may be helpful to begin giving your feedback at the store level so they can route it to the best source.

Packed with ideas on how to take positive action on behalf of our environment, Eugene's Mary DeMocker has authored *The Parents' Guide to Climate Revolution*. This mom/activist, outlines how to get the family involved in not only making wise choices, but empowering kids and neighbors to speak up.

For her, it helped trade worry with a good night's sleep. DeMocker's ideas go beyond recycling and present actions that take as little as 5, 30, to 60 minutes and cost nothing or as much as you wish to invest.

Along with creative ideas, she lists helpful organizations. It's available where you get your books.



Windermere Realty Trust's Hawthorne office gathered its brokers and staff to volunteer at Hollywood Senior Center as part of their annual Community Service Day.

Established 34 years ago, Windermere's Community Service Day has been recognized nationally as a model hands-on volunteer program and has been adopted by real estate companies around the country.

Brokers donate a portion of their commission from every transaction to the Windermere Foundation, which supports low-income children and families. To date, over \$3.25 million has been donated to 164 local organizations through the local chapter of the Windermere Foundation.



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Summer Art Camp



This summer, Richmond neighborhood will be brimming with creative activities at SummerArt Camps for children grades K-4th. The camp is sponsored by Art Literacy Academy, an after school program at Abernethy Grade School.

Classes are limited to 10-12 children and include nature walks to explore the connection of nature to art, and lessons in drawing, painting, sculpture and printmaking.

Sessions are offered for the following weeks: July 9-13, July 23-27 and August 13-18 each day from noon – 5 pm at Colonial Heights Presbyterian Church, 2828 SE Stephens St.,

For more info, email Serene at sepia84@hotmail.com and see artliteracyacademy.com

Non-Recyclable Plastics Ban

It could soon be the last straw for Portland's City Council – at least the last plastic straw. A vote by City Council directed the Bureau of Planning and Sustainability (BPS) to develop a strategy to reduce single-use, non recyclable plastics and invite feedback from community members, hospitals and care facilities, and businesses that stock and supply straws.

Portland is considering the ban as a response to the global plastic litter problem involving non recyclable single use plastics.

Plastic straws are one of many items littering our land and oceans and impacting wildlife habitat. In fact, plastic straws are the 6th most frequently occurring litter in the United States, according to the 2017 Ocean Conservancy report.

Over 663 species, including sea turtles, whales, dolphins and seabirds, are impacted by plastic, either by ingesting or becoming entangled in plastic debris.

How and when change will occur will be determined in the development of the ordinance. See portlandoregon.gov/bps/reduceplastics and follow the progress of this strategy.



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ELDERFLOWER CORDIAL TOADSTOOL

Still wondering why you didn't get an invitation to the Royal Wedding? Don't be disappointed. Enjoy the unique flavors of Harry and Meghan's wedding cake at Toadstool Cupcakes 3557 SE Hawthorne Blvd., with their "Elderflower Cordial Toadstool."



Elderflower Cordial is one of Europe's most popular beverages. The flowers picked each summer for their delicate floral taste are infused with lemons in a simple syrup of sugar and water to create a refreshing, thirst-quenching combination of sweet and tart. It is typically added to sparkling water, lemonade and a variety of cocktails.

It took a team of six bakers, working for five days, plus some 44 lbs of butter, 44 lbs of flour, 44 lbs of sugar, 200 Italian lemons, 500 organic eggs and 10 bottles of the syrup made from the "ethereal" elderflowers to make enough cake to feed 600 wedding guests.

At Toadstools, we drizzle every little English "fairy" cake with elderflower syrup and top them off with a blend of elderflower cordial and heavy cream. Sweet floral notes compliment the fresh, clean accents of lemon and the combination is sublime!

What could be more English than a glass of homemade elderflower cordial, drunk in an English garden in the evening of Midsummer's Day? In fact the most auspicious time to encounter fairies in medieval times was held to be on Midsummer's Eve under an elderflower bush, where it was believed that the Fairy King and Queen, together with their entourage, could be seen passing. Be careful not to fall asleep, because they'll carry you off!

BROW EXPERTS, THREADING & HAIR SALON,

3621 SE Hawthorne Blvd. is now open Tuesday through Sunday from 11 am – 2 pm and 3:30 – 8 pm. Mehar F.A. first became interested in beauty and health applications at thirteen in India where she apprenticed with her aunt, the local wise-woman and healer. She later became a certified cosmetologist and for the past forty years has used only natural ayurvedic products without chemicals. Mehar first did brow threading in Portland ten years ago. The services at Brow Experts currently include eyebrow threading, eyelash extensions, henna and tooth gems. The newly remodeled space has stations available for lease for hair stylists and make-up artists. For an appointment at the salon call 503.327.8530 or to inquire about leasing a space text Mehar at 360.977.4604.



CROSSFIT MONTAVILLA,

8040 SE Stark St., is a new gym in Portland's Montavilla neighborhood. Owners Mike and Holly Rodriguez desire to see all people truly thriving, knowing who they are and connected to one another in community. Join their Community Build initiative by purchasing a reward package in support of their mission to fund scholarships for refugees and bring people together. crossfitmontavilla.com

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Safe and Sane Sparklers

Mother Liberty turns 242 years old this week and what better way to salute her than with a Safe & Sane Sparkler. While she probably deserves the expensive stuff, I prefer to go the route of Prosecco.

Mother Nature’s final retort to wine cooler, lite beer, alcopops and other fizzy, cold, but ultimately unsatisfying industrial crap, Prosecco just plain rules.

It is not about being super dry and toasty and yeasty and all those things we love in great fizz from la Champagne. Prosecco chooses to forgo the cerebral path and heads straight for the pleasure center of your brain.

It is lighter and zestier and more aromatic, but never actually sweet with a crisp, refreshing acidity to take on anything from traditional antipasti platters to chicken salad, Ballpark franks, ceviche, Asian inspired cuisine or even some serious BBQ!

Prosecco hails from the Veneto region in northern Italy about 15 miles north of Venice and it isn’t any wonder why Venetians consume Prosecco like water or in their National drink, The Bellini.

The Bellini was created in the late 1930s to early 1940s by Giuseppe Cipriani at the legendary Harry’s Bar in Venice, a favorite hangout for expats including Ernest Hemingway, Sinclair Lewis, and Orson Welles.

The fruity cocktail owes its name and color to Cipriani’s fascination with Giovanni



Bellini, a 15th-century Venetian artist. Originally prepared with Prosecco and white peach puree, it’s perfectly acceptable to use yellow peach puree or prepared peach nectar and/or peach schnapps.

It’s like going to Venice without the airfare.

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

P P & R summer fun

Golf – Portland Parks & Recreation’s Portland Public Golf now offers Free Golf Mondays for junior golfers (kids up to the age of 17) at both the Colwood Golf Center and Eastmoreland Golf Course. Junior golfers can play for free from sunrise until 3 pm on Mondays this summer until school begins again. The program includes the use of golf clubs for kids during their rounds! Please note: kids ages nine and under must be accompanied by an adult when they play.

No reservations are needed nor taken for Free Golf Mondays.

For more information on the program, please contact Colwood Golf Center at 503.254.5515 or Eastmoreland Golf Course at 503.775.2900.

Swimming on the eastside

Creston Pool	4454 SE Powell Blvd.	503.823.3672
Grant Pool	2300 NE 33rd Ave.	503.823.3674
Montavilla Pool	8219 NE Glisan St.	503.823.3675
Sellwood Pool	7951 SE 7th Ave.	503.823.3679
E. Portland Pool	740 SE 106th Ave.	503.823.3450
Matt Dishman Pool	77 NE Knott St.	503.823.3673
Mt. Scott Pool	5530 SE 72nd Ave.	503.823.3183

Portland Parks’ pools offer open play swims, water exercise classes, junior lifeguard training, junior swim training, summer swim teams, and special events.

For information on all Aquatics offerings, including registration for swimming lessons and other activities, contact the pool near you, visit the PP&R Aquatics website, or call the Aquatic Administration Office at 503.823.5130.

RUMMAGE SALE July 13 and 14 at Tabor Heights Methodist Church SE 61st and Stark. Fundraiser for Mission Trip to Haiti. Donations for sale accepted Monday thru Friday 10-2 pm at the church.

BUCKMAN PICNIC–The super fun and all inclusive Buckman Picnic in the Park, will take place on Sunday August 5, 4 – 8 pm, at Colonel Summers Park. The party, hosted by the Buckman Community Association and sponsored by local businesses and neighbors, features a free BBQ meal, bouncy house and kids activities, live music, fire engine, raffle prizes, splash pad fun, and with luck this year...adoptable rabbits! Donations are tax deductible and volunteers are needed to help serve food, set up and clean up. Contact us: buckmanpicnicteam@googlegroups.com to get involved and donate raffle prizes and funds. We love hosting this funfest, and we welcome new organizers, sponsors and day of event volunteers.

BELMONT LIBRARY EVENTS,1038 SE César E. Chávez Blvd., 503.988.5123. Collage and Assemblage, Thursday, July 5, 2-3 pm. Create a collage with exciting and unexpected materials from SCRAP! Portland Oregon Paper Shapers (POPS), July 8, 1:30-4:30 pm. Enjoy origami-paper folding for fun, relaxation and stretching your brain. Drop in and practice origami with members of the Portland Oregon Paper Shapers. For disability accommodations, call 503.988.5123 or email help@multcolib.org 2-3 days before a program. Computer Basics, Wed, July 18, 5:30-7:30 pm. Registration required. Never tried a computer before? Learn the very basics of using a computer, a keyboard and a mouse. Adults, 50+, Teens. All abilities are welcome. For disability accommodations, call 503.988.5123 or email help@multcolib.org 2-3 days before a program.

I-5 CLOSURES FROM JULY 7-23, Remember the traffic from last summer’s eclipse? This summer will be worse. The ramp from I-5 southbound to I-84 will be closed completely. From July 25-August 8, the ramp from I-84 to I-5 northbound will close completely and during one of those weekends, I-5 northbound will be closed between the Marquam and Fremont bridges for paving. From July 27-August 27, I-84 will be reduced to one lane between the Lloyd Center exit and I-5. ODOT estimates that the commute from I-205 to I-5 could take upwards of three hours between 5 am and 11 pm and congestion will be felt out to Troutdale, up to the Glen Jackson Bridge and as far south as Sunnyside. See tinyurl.com/yd7q9mgm

KEEPING LETTER CARRIERS SAFE – Here are a few examples of things that are hazardous to Letter Carriers: slick steps from rain or snow, mossy steps, tripping hazards such as hoses or electrical cords, rotting wooden steps, crack in the sidewalk or steps, holes in the yard. Keep all pets restrained during the times of mail delivery. Unlock screen doors if the box is inside.

ANNUAL JUDGED FUCHSIA SHOW AND DISPLAY – Friday August 10, noon to 6 pm; Saturday, August 11, 9 am-6 pm and Sunday August 12, 9 am-1 pm. On the grounds behind the buildings at Portland Nursery, 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, opportunities 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.

Hit the Road for Portopia's Sake

By MIDGE PIERCE

It’s good to put Portopia in the rearview mirror from time to time. Leave baggage, victim blaming, property shaming and the city’s many isms behind. Pack up troubles like bond issues that feast on your hard-earned cash. Ignore those calling neighbors “racist Nimbys” for wanting to speak up about the RIP.

Stop worrying about three-year-olds stepping on needles in the grass. Stare down the thought police who come for you when you put vagrant and crime in the same sentence. Forget about the Big One threatening to fell your house and the political perversions felling democracy. Hit the road for Portopia’s sake.

The best way to travel is with a daughter at the wheel, a grandchild in the back entertained by an ipad and squabbling elders in the front. Record roadtrip characters like PaButt, brunt of endless five-year-old cackles; Humbug Harley who knows all the best swim holes and The Punisher with a skeleton stamped on his T-shirt and skull and bones Tat on his arm.

Detour into Josephine County’s contentious weed and

wine country. It’s lush; it’s daring. With all those heady Californians, it can be to die for.

Switchback to the Oregon Caves National Monument and Preserve, a family-friendly destination providing your family is at least 42 inches tall, the height threshold for touring twisty, marble passageways leading to vast vaults with ghost-like shadows and constant 44 degree temp. Bring layers, a steady hand for that five-year-old and newly-found friends to urge you up and down some five hundred steps.

Afterward, at the foot of a waterfall grotto, let the kid beside and within you swivel on the barstools of a knotty pine diner loaded with milkshakes, sundaes and marionberry cobbler.

Watch overly-friendly deer framed by ancient Doug fir windows. You’re at the landmark Oregon Caves Chateau where a river literally runs through its third-floor dining room.

Go this summer before the rustic, bark clad chateau closes for two years to undergo seismic and safety retrofits that include reconstruction of high-stacked balconies that once ran the length of the moss-covered canyon that

cradles the lodge. Thank the Portland architects hired by the National Park Service to ensure renovation is authentic.

On the main floor (the third level up from the canyon bottom), hotel clerk/concierge/camp counselor Laurie Anne fires up the Chateau’s massive marble hearth to roast s’mores. As the sun sets down the gorge, the Chateau’s grizzled pioneer poet talks of \$30 gold dust days.

Park Service staff share their own tall tales of Big Foot and Wiley Bears, reminding visitors that the marble Caves will remain open during Chateau restoration. “We want to make this the best season ever so folks come back.”

Before heading home, backroad to Jackson County’s quaint namesake village harboring what is clearly the prototype for the Coraline manse. At the nearby Applegate Lodge, fans of The Daily Show can learn the fate of Sugar Bob, the infamous deer purported to be the four-legged aficionado of the state’s finest pot.

With Portopia a world away, gain perspective. Just don’t return on a get-stuck-in traffic Friday afternoon.

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Tax Proposal on Unhealthy Food

BY DON MACGILLIVRAY

Tax Reform

Initiative Petition 37 will be on the November ballot. It is a referendum to eliminate any and all future taxation of the groceries in Oregon.

To most it may seem to be the right thing to do though it will protect business interests and defeat opponents that want to help disadvantaged citizens, while generating funding needed by the government to address their difficulties.

Many foods are luxuries and when people eat in excess, it is often detrimental to their health. Sugar, salt, and fat are consistently identified as problematic when overly consumed.

In appropriate amounts, these products are necessary for good health, but in excess they can be the cause of many of our most prevalent diseases.

In many places, groceries are exempted from universal sales taxes because food is considered a consumer staple that must remain affordable to everyone, particularly to those with fixed incomes.

Groceries have never been taxed in Oregon and the food industry wants to keep it that way.

Initiative petition 37 was developed by those opposed to the recent effort in 2017 to tax soda pop and measure 97 in 2016 that would have created a gross receipts tax on major retailers and large corporations.

With a well-funded campaign the supporters of measure 37 have collected 180,000 petition signatures, making it certain

to meet the required 118,000 signatures needed to qualify for the November general election.

The major backer is the Northwest Grocery Association. Albertson's, which is owned by Safeway, Kroger which owns Fred Meyer, and Costco have contributed \$1.2 million to the initiative.

Reports show the campaign has spent more than \$2 million to gather the above signatures and more will be needed for their media campaign this fall.

Last fall after the City Council of the nearby Oregon community of St. Helens voted down a proposed tax on sweetened beverages, the residents immediately organized an initiative petition to prevent any future taxation of groceries in their city.

With the help of the Northwest Grocery Association, they quickly collected 1,900 signatures which was 400 more than was needed to qualify for the May 2018 ballot.

The measure passed with 2,446 votes in favor to 299 votes against to the delight of its many backers. This has made St. Helens, Oregon the poster child for the statewide initiative 37 that will likely end the taxation of foodstuffs in the entire state.

Last year there was a Multnomah County petition to put a tax soda pop on the May primary ballot. It ended in November after collecting 28,000 signatures, more than the 10,000 required to put it on the May 2018 ballot.

The backers chose to delay it until the November 2018 general election because of the larger

turnout even though they would need to redo the signature gathering for the petition.

The soda sales tax would have added 18 cents to the price of each twelve-ounce bottle of soda pop and would have raised \$28 million per year in Multnomah County.

"The Coalition for Healthy Kids and Education" organized, supported, and promoted the soda tax initiative. The money raised from the tax was to be used for the support of preschool for low-income children and other programs to support the health and development of children. Early education gives these disadvantaged kids a head-start toward success in school and in later life.

It was opposed by a coal-

tion of 650 small business owners funded by the American Beverage Association to protect their profits and those of Walmart, Albertsons, Costco, Fred Meyer, and other corporate retail stores.

They have put \$2 million into this initiative over the last year and "Big Soda" was expected to pump many more millions into a campaign to defeat this minor tax.

Eating too much of the wrong foods can shorten life and cause serious illness. It is with these facts in mind that there has been an effort all over the country to reduce sugar consumption.

Experts have identified sugar as the most egregious offender in the American diet. People with low incomes often have poor diets because they lack the resources or the time to eat healthfully.

In this country and around the world, research has shown

that taxes on sugar consumption has improved health, saved lives, reduced medical expenses, and increased worker productivity by significant amounts.

The soda tax would not be popular with low-income people and minorities, but they would receive the greatest benefits from a reduction in their consumption of sugar.

One year ago in Seattle, the city council voted 7-1 to institute a tax on unhealthful beverages like sugary soda pop and became the 8th American city to do so. Berkeley-Oakland, Philadelphia, and Boulder also have taxes on sugar. Chicago revoked their tax after the public rebelled.

Sugary drinks are taxed in France, Denmark, Mexico, Ireland, United Kingdom, South Africa, Norway, and other countries.

turn to page 11

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Petition Urges Portlanders to Take Back the City

By MIDGE PIERCE

A pair of petitions demanding the City take forceful action against criminal elements on our streets has struck a nerve.

The petitions were started after a handful of East Side residents wrote an op-ed for The Oregonian slamming the City for overly tolerant policies that have enabled "grifters and predators to insinuate themselves amongst Portland's homeless."

The article cites break-ins, assaults, defecation in public places, harassment of local businesses and their customers, needles in parks and machete threats.

The last straw for the five article contributors was the attempted murder of a Portland father who was stabbed 17 times after he confronted a homeless person setting up a tent camp in his neighborhood.

Through word of mouth and limited Next Door exposure, the petitions have so-far been signed by more than 1500 residents.

They call for more neighborhood police response teams, aggressive enforcement and prosecution of crimes, removal of tent encampments in residential neighborhoods, increases in homeless services and safety plus enforcement of loiter-free zones in front of local businesses.

The documents vary in their emphasis: One focuses on the recent stabbing, the other is a generic recap of demands in the op-ed letter. The co-authors encourage residents to sign both.

"We want to provide equal opportunities for all concerned citizens to address this issue," explains Lourdes Gonzalez.

Co-author David Kline is

convinced change is coming. "Without law and order, we are in total anarchy mode."

Kline, careful to distinguish between the criminally active and vulnerable homeless who also need protection, says, "Two years ago, residents could be silenced by charges of privilege or elitism. Not anymore. Crime has gotten so much worse, public opinion has shifted."

Online corroboration seemed to support Kline's views. A Kerns resident wrote, "It's not about lack of compassion. We're not suggesting homelessness as a crime, we're suggesting criminal activity is a crime."

From another: "Being liberal does not mean supporting violence and theft of property."

A former employee along Hawthorne Blvd. wrote that she refuses to work anywhere in the area "because it's not worth risking your life and sanity."

A comment in the Next Door website indicated, "You get put on hold when you dial 911, after depositing vast sums of money into city coffers..."

A Buckman resident wrote that the issues are driving law-abiding citizens out of the City.

Dialogue went back and forth between the need to root out problems vs. getting to the root of the rot.

Pushback came from those who said the petitions equate all unsheltered as criminals. Others defended the mentally ill and drug addicted that have insufficient resources and "a right to have their basic needs met."

Another said the stabbing victim should not have intervened because the camp had "a right to be there."

Charges of racism and bias occasionally boiled over. One post labeled the authors a Fear

Factor Squad. Another described calls for criminal crackdowns a "terrible, horrible generational (thing). A move toward a police state." Others said calling out predatory vagrants hurts the vulnerable homeless too.

Kline counters that it's extremists who make defending against criminals an attack on the homeless.

"They don't want to hear anything that interrupts their narrative. The whole point of our movement is to separate criminals from the homeless, and attack the former while defending the latter."

The homeless, he continues, need protection from the same predators and thugs attacking those with a roof over their heads.

Portland's allowance of tent camps in stable neighborhoods is regressive and self-defeating, he concludes. "Cities depend on stable neighborhoods and small local businesses for their economic vitality."

As a result of the petitions, Gonzalez is optimistic groups will come together to find solutions.

"This movement is organic. We realized we had a choice. We could just sit around and whine or demand action."

Once the petitions are formally presented to officials, she says "the mayor will have a lot of explaining to do."

If elected officials fail to offer plans for protecting constituents against criminal vagrants "living openly among us...I guarantee we will vote them out."

Two active petitions:

- change.org/p/mayorwheeler-portlandoregon-gov-portland-must-stand-up-to-predators
- petitions.moveon.org/sign/portland-residents-demand?r_by=20222126



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Painting the Town Green got it clean

By ALLEN FIELD

On the morning of June 16, approximately 100 orange-vested volunteers fanned out from Central Christian Church on SE Cesar E Chavez Blvd. walking to Hawthorne Blvd. and Division. Their mission: to pick up litter, cigarette butts and sharps and to clean off graffiti from utility poles and boxes, from SE 29th Ave. to 52nd Ave.

Another team of volunteers worked at 26th and Clinton.

In two hours, volunteers picked up ninety-nine bags of litter, approximately fifteen to twenty pounds of cigarette butts, and eight sharps.

After the trash was dropped off at designated locations on Hawthorne, Division and Clinton, Metro's RID (Regional Illegal Dump) truck collected the bags later in the day.

Then volunteers were treated to delicious food provided by Aprisa Mexican Cuisine and Pepino's Mexican Grill. Many prizes

donated by local businesses were raffled off.

Similar events occurred simultaneously in the Mt. Scott Arleta, Lents, Foster Powell, Brentwood-Darlington neighborhoods, focusing on SE 82nd Ave and nearby streets. Metro reports that over 1,000 lbs. of litter were collected in this event.

The event started as a project of the Richmond Neighborhood Association's Tag Busters (graffiti removal team). Through a partnership with KINK FM radio, Metro, the City of Portland Graffiti Abatement office, and SOLVE, the event grew into a five neighborhood event under the banner: Paint the Town Green.

For the Hawthorne/Division/26th & Clinton event, the RNA partnered with the Sunnyside and Hosford Abernethy (HAND) neighborhood associations and with SE Uplift. SE Uplift assisted all the neighborhoods involved.

This was the first event of this type involving many neigh-

borhoods focused on cleaning up litter and graffiti. It's hoped that the event will eventually be enlarged to include Belmont, Stark, more of Clinton, and maybe Powell too.

Thanks to New Seasons Market, Fred Meyer, Pepino's Mexican Grill, Aprisa Mexican Cuisine, Imperfect Produce, Grand Central Bakery, and Petit Provence for providing food, drink and snacks for the volunteers.

Ruby Jewel provided ice cream sandwich prizes for the cigarette-butt collecting contest. Graffiti Removal Services offered graffiti-removal training.

The following businesses for donated raffle prizes: Mink, Imelda's, Kids at Heart, Pizza Oasis, Portland Bicycle Emporium, Marino's, Rudy's Barber-shop, Townshend's Teas, Stella Taco, KaTi Thai, For Paws, Hawthorne Gardens, Ebb & Bean, Saint Honore Bakery, KINK FM, Presents of Mind, Collage, Xico, Roosevelt's Terrariums, and Fyberworks Boutique.



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Feared Soda Tax Backlash

from 9

A study In Berkeley, California showed that public consumption of sugar was reduced by 20 percent with no impact to small businesses in the area.

The Measure 97 of 2016 is undoubtedly in the memory of the retail establishment. Proposed by the union-led coalition, "Our Oregon", the measure was aimed at stabilizing Oregon's state budgeting and avoiding the looming

\$1.4 billion budget shortfall in the immediate future.

The measure would directly tax only a small pool of the wealthiest corporations; less than a quarter of one percent of all businesses operating in the state. One expert believed that upward pressure on prices would only be about 0.8 percent.

Early this year when it was believed that there would be a "Soda Tax" on the November

2018 ballot, those in opposition decided to create measure 37 that would change the Oregon Constitution so that their could never be a sales taxes of any foodstuffs and groceries.

It was with this background that those who opposed taxes on sugar and food decided to end them once and for all.

Measure 37 is likely to be a controversial and powerful campaign throughout the fall.

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Swaha Studios—a place to let it be

By JACK RUBINGER

As a saxophonist, I’ve played in unusual combinations, but I’ve never jammed with two cellists before and I’ve never heard two cellists trade fours.

That’s the kind of openness, collaboration and “uncategorization” of music happening at Swaha Studios.

The studio is under the leadership of Kendra Carpenter, a classically trained cellist/pianist/teacher who launched Swaha in 2009. Many are now enjoying the fruits of her approach to teaching music.

Folks can come taste the jam experience and meet some of the musicians from Swaha Studios at the Hawthorne Street Fair on August 26.

The studio is a safe and fun place to jam. Here, all can learn and experiment without alcohol or waiting your turn to blow, and no bad food, or strange lighting.

The atmosphere is all about learning through listening — not notes on a page, whether you’re simply going from one chord to another or navigating a complex piece of music.

Carpenter played in several local indie and world music bands and is now on a mission to give music back to the people.

“Our approach to learning music is about being relaxed and playful and spending time with professional resident artists while actually playing our instruments rather than emphasizing particular classes and schedules,” she



Kendra Carpenter

explained.

What does Swaha mean? “It’s a Sanskrit word that essentially means: ‘And so it is.’ or ‘So be it,’” Carpenter said.

She said Sanskrit was a language based more in vibration and feel than meaning and definition. Thus, how words and syllables feel is more important than attaching mental meanings to the sounds.

Allegedly, when one says “Swaha!” they create and emanate the feeling that we have given something our best and are finally releasing it to become whatever it is meant to become. We surrender to whatever it is we know to be greater than ourselves.

Pianist Chris Azorr lives in the Lents area, and is one of the participants in the jam session. Azorr is into a lot of music: jazz, salsa, rock, pop and Latin, and is working with four different bands, gigging several times a month. He and Carpenter connected through fellow musician Brooks Brown.

“Swaha offers something that other schools/situations do not: the opportunity for frustrated musicians of all levels to jam and learn in a non-judgmental environment,” he said. “There are typically one or two professional musicians to jam with the others and provide some guidance and suggestions.”

“Kendra is what makes this work. She has a love of music, life and people that is infectious and she gives of herself completely. She is the reason I joined and the concept is what keeps me excited about giving back to the community,” Azorr added.

Jam sessions can be weird, uncomfortable, and cringey. This was all of those things in the beginning, but it quickly turned fun and free despite the two chords we improvised on over and over again.

We learned that you can say a lot over two chords by varying the rhythm, choosing what notes to play, changing the dynamics and laying out (not playing).

After about 20 minutes, we broke into duos based on skill level. I was paired with a jazz pianist, the two guitars stuck

together, the two cellists stuck together and Carpenter worked the singer, a middle school student who wasn’t in the least bit uncomfortable hanging out with a bunch of adults.

When the pairs returned, the vibe and the laughs got bigger, as each pair showed off what they’d learned together. “Lice in the City” was the name of the tune the teen created on the fly.

Carpenter gets a particular kind of joy from working with young people. “Too many people quit lessons,” she says. “I have several tricks I use with kids to keep them musically motivated.” Carpenter is experimenting with a monthly subscription model for lessons vs. charging by the hour, although both approaches are available.

Greg Thelen, another of the resident artists in the session, recorded and toured with Carpenter in the cello/guitar duo Sweeter Than Later. He’s played keyboards since the ‘50s, studied jazz piano in the 90’s and has been playing acoustic and electric guitar since 1965.

“I like the scene at Swaha because the vibe is so relaxed and accepting,” Thelen said. A retired electrician and multi-instrumentalist who appreciates legendary trumpeter Clifford Brown, Bach and The Beatles, he adds, “Kendra shows that she cares about people and finds ways to include people who have a wide range of abilities on their instruments.”

“She’s also an inspiration because she’s dynamic, loves to jam, has great tone and is classically trained, which I find to be an interesting complement to my mostly play by ear approach to music.”

Carpenter’s own band, Sounds Like Love, performs August 1 at The Jo Bar and Rotisserie, 715 NW 23rd Ave., from 7-10 pm. She describes the group as “groovy electric-cello-sax-keys-guitar-sultry vocals.”

For information about lessons, jam sessions, classes and special events, see swahastudios.com.



DC Vegetarian

5026 SE Division St.
503.374.3388
dcvegetarian.com
Sat/Sun 9 am–10 pm
Tues–Fri 11 am–10 pm
Closed Monday

The immortal words of a Beatles tune, “We all wanna change the world,” come to mind when thinking about the vegetarian food Becky Leonard and her husband Damien Gill are serving at DC Vegetarian on 5026 SE Division St. What better way to change the world than to capture more carnivores taste buds by preparing tasty vegetarian proteins in traditional comfort food recipes.

Not that Becky and Damien are trying to preach or convert anyone – they just made the choice to go vegetarian a long time ago and happenstance led them on the journey to open a brick and mortar restaurant on Division St.

Becky is a native of the great Northwest and Damien is from Washington DC. They met in DC while they were both working at their professional nine-to-five jobs. The desire for change hit and that motivated them to move to Portland to try something new.

Unfortunately they landed here in 2008, just as the mini-depression was making job hunting next to impossible. “This is when I learned to cook because I had a lot of time to experiment while looking for work,” Damien said.

At the time they were living in Goose Hollow with other eclectic entrepreneurs who were figuring out different ways to make a living. “Some of our neighbors were doing food carts in downtown. This idea was new to us but we really liked to eat this way,” said Becky. They decided to get going and try a cart of their own.

“We didn’t know a thing about running a cart, but thanks to the other people with more experience, we quickly learned what we were doing,” Becky said. It was a success and allowed them to make the move to a brick and mortar restaurant with confidence. They have created food the people like to eat.

Damien wasn’t always a vegetarian. Like many Americans, he was raised with traditional meat, starch, vegetable and beloved comfort food. Once he decided to go vegetarian, he wanted to capture the delicious flavors



Becky Leonard and Damien Gill

that protein lent to his favorite comfort foods in his recipes.

He learned to make his own *seitan*, a textured wheat gluten that can taste just like steak or chicken and is available wholesale at the restaurant. Soy curls are a product made in Grande Rond that replicate meat flavors and textures. Soy curls are particularly delicious in the chicken salad. The Cajun chicken po’ boy sandwich is fabulous and Becky’s favorite.

Tempeh is bought in sheets locally and marinated to simulate bacon in the breakfast menu, BLT and on burgers. Tofu can be a substitute for eggs for the vegan eaters, otherwise the restaurant uses cheese and eggs in their menu. See the full menu at dcvegetarian.com

DC Vegetarian features a full service bar where the bartender can whip up any of today’s mixed drinks along with specials of their own like the Royal Buffalo buffalo trace bourbon topped with Royal Crown soda or Modern Girl–cucumber infused gin topped with lemon-lime Jones Soda.

There’s something for everyone in the non-alcoholic beverage selection: tea, coffee, soda, floats, juice, kombucha. For dessert, they serve housemade peanut butter cups, Black Sheep brownies, Coconut Bliss ice cream and with the recent hiring of a baker, they serve homemade cookies with other delicacies coming soon.

Fortunately Portland has plenty of people in the vegetarian choir who will be happy to find a new place in SE to satisfy their tastebuds and nutritional needs. To the carnivore devotee, DC Vegetarian might just persuade you that eating a meatless meal can be a tasty, delectable alternative.



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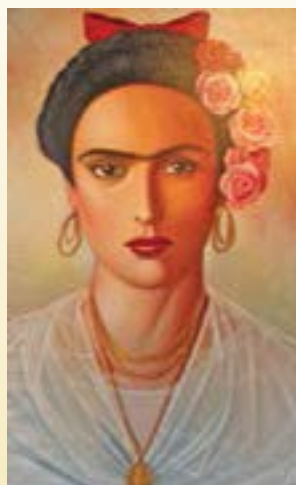
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Party at Books with Pictures

Books with Pictures, an all-inclusive, kid-friendly, intersectional, feminist comic graphic novel store, has big fun comic book related events this month.

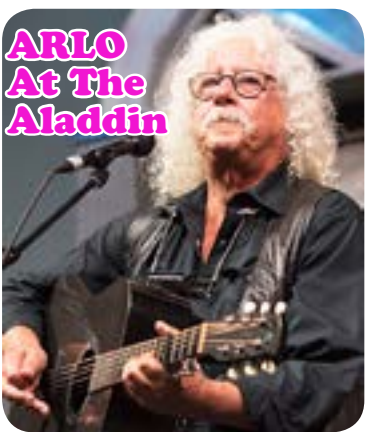
Wednesday July 3 – A midnight release party for Captain America #1 and Batman #50. Formal wear and/or superhero costumes encouraged. Champagne toast. Cake. 10% off storewide. Celebrating Ta-Nehisi Coates' epic run of Captain America and Batman marrying Catwoman (What th-?!).

Friday July 13 – **The Doubleclicks**. A nerd-folk-sister comedy duo of Angela and Aubrey Webber who sing about dinosaurs, cats, and feelings. They've been on NPR, at Comic-Cons around the country, and their albums have reached #1 on the Billboard Comedy chart. Door at 6:30 pm, music at 7 pm. Tickets \$10, 16 and under \$5 cash or card. See doubleclicks.com.

Books With Pictures is at 1100 SE Division #103, bookswithpictures.com /503.206.4369.



The Doubleclicks



Jump on your motor-sickle and ride over to the Aladdin Theatre, Friday July 13 as Arlo Guthrie brings his Re: Generation Tour to town.

Guthrie attained international attention at age 19 with Alice's Restaurant in 1967. The 18 minute and 20 second "Massacre", a partially sung comic monologue opposing the war and the backward reasoning of authority, has become an anti-establishment anthem and an essential staple of Thanksgiving radio programming worldwide.

Guthrie's father, the infamous and eternal Woody Guthrie, hoped one day to have enough kids to form a family band. He wanted to call it Generations.

Arlo's offspring, Abe and Sarah Lee are making Woody's dream come true accompanying Dad in music of the Guthrie Generations.

Doors are at 7 pm, show is at 8 pm and it's for all ages.

Aladdin Theater is at 3017 SE Milwaukie Ave. Boxoffice phone is 503.234.9694.

Tickets online at aladdin-theater.com.

You don't need a pickle.

PPR Summer Free For All

Portland Parks & Recreation's popular Summer Free For All series is back, with outdoor citywide events all summer long. The series consists of thirty+ concerts and thirty+ movies at 43 different parks across the city, the Free Lunch + Play program providing free lunches to youth while classes are not in session, in partnership with five local school districts and activities of all kinds.

Summer concerts and movies in SE Portland include:

Friday July 6, Kenilworth Park, SE Holgate Blvd. and 32nd Ave. Greydogz in concert (New Orleans-style funk, blues, folk, and reggae) with the movie Moana.

Monday July 9, Sellwood Riverfront Park, SE Spokane St. and Oaks Pkwy. Farnell Newton & The Other-ship Connection in concert (Revitalizing funk and soul with a twist).

Tuesday July 10, Mt. Tabor Park, SE 69th Avenue and Taylor St. Dina y los Rumberos in concert (Vibrant, energetic Cuban and international).

Monday, July 16, Sellwood Riverfront Park, SE Spokane St. and Oaks Pkwy. Lloyd Jones Quartet with LaRhonda Steele in concert (spontaneous blues, jazz, and soul).

Tuesday, July 17, Mt. Tabor Park, SE 69th Ave. and Taylor St. Midnight Serenaders in concert (energetic entertaining swing-jazz sextet).

Friday July 20, Harrison Park, SE 84th Ave. and Harrison St. Joe Kye in concert (indie, classical, pop vocalist, and looping violinist) with the movie Can (English and Vietnamese with English subtitles).

Friday July 27, Brentwood Park, 6550 SE 60th Ave. The Mars Rovers in concert (Not your ordinary classic rock band).

Wednesday, August 15, Laurelhurst Park, 3756 SE Oak St. Movie is Chak de! India, a Bollywood documentary in Hindi with English subtitles in conjunction with Indian Independence Day.

Summer Free For All guides are online at portlandoregon.gov/parks/sffa and are available in English and eight other languages – Arabic, Burmese, Simple Chinese, Nepali, Russian, Spanish, Somali, and Vietnamese.

Tilikum Crossing, Bridge of the People

The opening of Tilikum Crossing in 2015 marked the first new bridge in Portland since the 1970s. Now, award-winning architect Donald MacDonald and professor Ira Nadel tell the story of how this icon was born in a new illustrated book, Tilikum Crossing, Bridge of the People.

Illustrated with 95 of MacDonald's color drawings, the authors show how this signature landmark is more than a bridge but a symbol that reflects the progressive nature of the 21st Century.

Our public structures reflect who we are as a community and Tilikum Crossing Bridge is the first major bridge in the U.S. designed to allow access to transit vehicles, cyclists and pedestrians but not cars. Its profile is instantly recognizable.

This book documents the collaborative spirit behind each nut, bolt, beam and cable of this elegant piece of geometry.

MacDonald is an international award-winning architect and designer of the Tilikum Crossing Bridge. He designed the east span of the San Francisco Oakland Bay Bridge. Together with Nadel, he has previously co-authored three other books together about the Golden Gate, the Bay Bridge and Alcatraz.

The book is published by Overcup Press, an independent book publishing company located in SE Portland. See overcup-books.com.

Donald McDonald appears at Powell's Books, 1005 W Burnside St. on Wednesday Sept. 12 at 7:30, the 3rd anniversary of the Tilikum Bridge opening.



Cantilevered outlook, Tilikum Bridge sketch by Donald McDonald

Artist & Craftsman's Art Fair

The Artist & Craftsman Supply's Art Fair returns Sunday, July 22 celebrating the store's second anniversary. SE businesses and local artists will be on site with their work in front of the store.

See Iwata's airbrush demo with two airbrushes; Badge Bomb button making; Bullseye Glass' glass activity; Manifestation's artist open house; Splendorporium Gallery hosts a multi-media art show opening and antiques sale.



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There'll be food too. Sara's Tamales will be available, along with The Lamp's new menu, Rose City Coffee and other tasties. Peoples' Coop will be tabling in front of the store.

Featured artists are Shanalee Shampton (shanalee-hampton.com); Amber Arpin (deskgram.org/hexenbee); Kelsey Holland-Rayle (instagram.com/curiocosm); Eva Landis (pictured, evalandis.com) and Aermarket (also pictured, etsy.com/shop/aermarket).

The Artist & Craftsman Supply's Art Fair festivities begin at noon, continuing until 5 pm at 3393 SE 21st Ave. 503.236.0099. artistcraftsman.com



By Eva Landis



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Going Out

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Natural/Supernatural ~ Summer at Sidestreet



Sidestreet Arts celebrates the summer with Natural/Supernatural, a showcase of works by artist Dawn Panttaja and Benz & Chang.

Panttaja, a sculptor and doll maker with an ethereal and sometimes unsettling eye to the past is also a founding member of the local band, Karaoke From Hell.

Benz & Chang offer up sepia-toned walnut ink on paper images that can be unsettling as well.

Opening reception is Friday, June 6, as a stop in SE Portland's First Friday Art Walk. Sidestreet hosts the monthly Mimosa Sunday Artist Chat on Sunday, July 15 from 11 am - 2 pm where mimosas flow, with brunchtime snacks and artists on hand to chat one-on-one with patrons.

New Sidestreet member artists Mike Skrzynski, Clara Lanyi, Shelly Fredenberg, Katy Fenley and Christopher St John will be showing in the Small Works Gallery this month too.

The gallery is at 140 SE 28th Ave.

Visit the new website at sidestreetarts.com.



"Starlings" by Benz & Chang

July Live Music at Artichoke

Here's a few of the highlights from this month's pickings at Artichoke Music's Café Artichoke at 2007 SE Powell Blvd.

Saturday July 7, 8 pm - The Resonant Rogues and Michelle Alany and the Mystics An evening of lively, infectious music. The Rogues (theresonantrogues.com) span the traditions of Appalachian, Balkan, Klezmer and early New Orleans Jazz. Michelle and the Mystics (michellealany.com/the-mystics) journey in a psychedelic fiddle-driven caravan of Jazz Manouche, Balkan, Klezmer, Sephardic and original soul music A powerful, entertaining double header!

Monday July 23, 6:30 pm - History That Made Songs/Songs That Changed History presented by Charlie King and Candace Cassin who use historic narrative, original music to tell tales of corporate purchase of the political process, race-baiting, ethnic scapegoating, anti-immigrant and anti-union legislation - stories that still resonate today. \$30. Go to tinyurl.com/y8aon6dv

Friday July 27 Maryland based Kristin Rebecca's dynamic contemporary folk music brings colorful narratives to life with an expressive voice, and her two instruments: the guitar, and the harp. She has performed at the Philadelphia Folk Festival and Rockwood Music Hall and was recently nominated for WAMMIE Award's Best Traditional Folk Recording.



The Just Desserts

Saturday July 28, 8 pm -The Just Desserts, "curators of delightful musical delicacies from every corner of the globe" explore repertoire and rhythms from dozens of different countries, reinterpreting and re-envisioning any music that catches their attention.

More at artichokemusic.org.



Kristen Rebecca



Gustafer Yellowgold is a bright yellow, friendly alien cone-head visitor who came from the sun and now lives in a cottage in a slightly psychedelic version of the Minnesota woods.

He has a purple pet eel named Slim, one of his friends is a pterodactyl, another is a dragon named Asparagus and he hangs out with a trio of emotional bees. He lives in wonder at the Earth and its treasures.

Creator Morgan Taylor drew Gustafer as a picture book in 2004. This month, Taylor and Gustafer appear at Clinton St. Theatre, 2522 SE Clinton St. on Saturday, July 7 in an 11 am multi-media performance with live music, colored-pencil animations and storytelling fun for the family. Advance tickets are \$10, \$6 children under 12 at tinyurl.com/y93z4mrw and \$12, \$8 children at the door. See cstpdx.com for more.



That Which Is, Drawings by Brad Winter is up this month at Roll-Up Studio + Gallery, 1715 SE Spokane St.

The First Friday reception is July 6 at 5 pm with poetry readings at 7 pm from Winter and five other Portland poets: Casey Bush, Anatoly Molotkov, Dan Raphael, John Sibley Williams and Laura Winter.

Winter's recent drawings are abstract and immediate, a process turned loose in an automatic/free manner. He has worked in painting, drawing, collage, music and print disciplines in Portland since the late 1970s.

See rollupspace.com.

Celebrating André St. James

Portland musicians will join together to celebrate the life of bassist André St. James on Saturday, July 21 at Corkscrew Wine Bar, 1665 SE Bybee Blvd. at 7:30 pm.

The Adlai Alexander Trio will perform with violinist Eddie Parente, drummer Tim DuRoche and others.

This will be a fundraiser in support of André's son Dreydan who is currently living with his basketball coach through his senior year in high school.

André St. James (1949-2018) passed away May 26. An indispensable cornerstone of Portland music and an energetic earthquake of a musician, he was an essential member of our community and a respected figure in the jazz scene. He was also a loving father and a teacher with a huge giving heart.

Over the last three decades, André worked with jazz giants Sonny Rollins, Pharoah Sanders, Nancy King, Joe Pass, James Moody, and Sun Ra. He worked regularly with his own ensemble, with Mel Brown, The Kin Trio, Gordon Lee, Renato Caranto, Tim DuRoche, Reed Wallsmith and many many others.

His pronounced lyricism, buoyancy and momentum, his deep respect for tradition and innovation, have taken him from torch songs and two-beat to bop and beyond. He enjoyed



Photo © by Brandy Kazaykian-Rowe

freewheeling, open-ended avant-garde combustion with keepers of the improvisational flame.

His most recent recording is **Live in Our Time** with drummer Tim DuRoche and pianist Thollem McDonas available at espdisk.com/5020.html

A celebration of the life and music of André St James will be held Sunday July 15, 2 pm at The Old Church, 1422 SW 11th Ave. The public is invited to join friends and family, and the wider community gathering to honor his spirit.

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Short takes

...arts news of note

BOSSA PDX a Portland-based classic bossa nova and Brazilian jazz band plays at the new Lents International Farmers Market, Sunday July 8 from 11 am to 2 pm at SE 92nd and Reedway. In tribute to the masters of the bossa nova era, their repertoire is upbeat Brazilian jazz by Gilberto Gil, Caetano Veloso, Jobim and others. Led by pianist/vocalist **Kerry Politzer**, the group features John Nastos; Dan Balmer; Dave Captein and George Colligan. Go to soundcloud.com/bossapdx for a listen. They also perform July 17 at PDXJazz's Jazz in the Garden, Lan Su Chinese Garden, 239 NW Everett St. beginning at 7:30 pm.



Pianist Kerry Politzer

LEVITY - NEW ORLEANS CIRCUS THEATRE is a collaborative show from New Orleans based circus company, LadyBEAST on a national tour. It's presented Thursday, July 26 at The Alberta Rose Theatre, 3000 NE Alberta St. at 8 pm. A circus-inspired journey to the interior worlds of human existence, each artist leads you through their own mind's journey, beginning with the simple act of sitting in a chair supported by a musical score created by Bemya Nymph who uses layering of his voice and sound effects for each tale. Minors OK accompanied by a parent or guardian. Tickets are \$20 in advance, \$24 at the door. albertarosetheatre.com

OREGON MUSIC HALL OF FAME SCHOLARSHIPS AND INDUCTEES will be announced in a press conference Tuesday, July 10, at Tony Starlight's, 1125 SE Madison St. from 5 to 7 pm. OMHOF will present scholarships and recipients will perform. These students were picked from nearly one hundred applicants from around the state. OMHOF will also announce who is performing at the 11th Annual Induction, Saturday, October 13 at the Aladdin Theater. Artist and Album of the Year will be announced at the press conference. See omhof.org.

Improvisation Summit 2018



Dana Reason

CMG, the Creative Music Guild hosts the Improvisation Summit of Portland, July 6 - July 7 at Disjecta, 8371 N Interstate Ave. from 5 pm to midnight Friday and Saturday 3 pm to midnight. This annual experimental and improvised music festival features outstanding music, dance, and visual arts for two days.

This year's line up includes Dana Reason Ensemble's An Apple for My Teacher.

Reason is a Canadian-born composer, musician and sonic arts researcher, and was a member of The Space Between, a trio she performed in with Pauline Oliveros. The piece is a tribute to Oliveros, electronic music pioneer, composer, accordionist and a central figure in experimental music who aspired to enhance sensory perception through what she called "deep listening."

Included in this year's program are Mark Dresser (solo bass); This Saxophone Kills Fascists (Arrington de Dionysio); Holland Andrews and Tracy Broyles; Matt Carlson; Bad Luck; the Rich Halley Trio; Ian Christensen Quartet; Dan Phelps; Lie Very Still (Savage/Ollis/Gamble); Beautiful Bells / Justin Peake; False Face Society; Helen Gillet (solo cello), the annual Round Robin Duets and many others.

Tickets are \$20 per day /\$35 full festival pass. Kids and under 18 free available online at tinyurl.com/ycse6zu7 or creativemusicguild.org.



Pauline Oliveros by IONE



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Stephen Hawking's on life...

One, remember to look up at the stars and not down at your feet. Two, never give up work. Work gives you meaning and purpose and life is empty without it. Three, if you are lucky enough to find love, remember it is there and don't throw it away.

(1942 – 2018)



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CEID Attracts Tourists, Business and Housing

from page 4

ists that are discovering the many attractions of Portland and the beautiful environment of Oregon.

Tourist spending has increased in the metro area by 40 percent in the last ten years. Hotel occupancy has increased by 75 percent. This is true even with the competition of Airbnb since their inception a few years ago.

The inventory of hotel rooms has increased by 50 percent since the year 2000 and approximately 1,750 rooms have been added in the last five years.

The new Hyatt Regency hotel at the Convention Center will add 600 more rooms in a twenty

story building and the old Shleifer Furniture store at SE Grand Ave. and Fifth St. will be returned to its original use as a hotel building with 57 rooms plus an additional three floors of hotel space in an adjacent new building next door.

The Jupiter Hotel on E. Burnside at Ninth St. will add 67-rooms as well.

The city's recent attempt to encourage developers to build affordable housing was to adopt an Inclusionary Housing ordinance requiring them to build a small percentage of affordable housing in each housing development of more than twenty units. Unfortunately this has had the effect of curtailing a number of the larger housing projects because of in-

creased development costs.

Metro is taking on the affordable housing situation by placing a \$652.8 million bond on the November ballot to build roughly 3,900 units of affordable housing for 12,000 people.

Today a large segment of renters pay more than 40 percent of their income for housing. Over 40 percent of this bond or about 1,600 units will be for low-income residents earning 30 percent or less of the median family income.

This segment of the housing market needs 25,000 more units and the Metro bond will supply only 6.4 percent of the type of affordable units Portland truly needs.

Retaining Hawthorne's Charm as a Shopping Mecca

from cover

man, "Pastaworks on Hawthorne moved because we were at the end of our lease, and we wanted the business to be more centrally located between Northeast and Southeast."

Although the former location is listed as a URM, that issue did not enter into the decision, says Wellman. She adds "Our decision to move was not affected by the growing homeless scenario on the street, though we did find the number of squatters in front of the store at times challenging to deal with."

One a recent Saturday morning a few dozen volunteers were hard at work picking up trash and scrubbing graffiti from building facades along Hawthorne during the annual neighborhood clean-up.

A volunteer named Lee, trash bag in one hand, notes that "When I first came to Portland [30 years ago] I took note of how clean the streets looked, but not so much anymore."

Asked why there appear to be more vacancies on Hawthorne in recent months, he noted that "shops are saying their rents were raised," and that he is concerned about "travelers," who have become more aggressive than previously.

Farther down the street, Paul Watts is busy giving directions to volunteers applying powerful cleansers to graffiti. Watts, the owner of Graffiti Removal Services whose business slogan is "the fight against urban blight," says Portland has become "open season for taggers" due to social media and lack of enforcement; a situation particularly evident on Hawthorne since a patrol officer was reassigned several months ago.

Watts acknowledges there is a legitimate niche for wall art which adorns a number of Hawthorne buildings, but, as he puts it, "the difference between art and graffiti is permission."

"There needs to be zero tolerance for graffiti," says Harris,

"because a little bit of graffiti attracts more graffiti."

Despite these concerns, statistics published by Portland Police Bureau indicate that there has been little, if any, increase in vandalism complaints in both the Sunnyside and Richmond neighborhoods over the past year, though this does not necessarily address a longer term trend.

As far as the longer term trend goes, Lee the volunteer, who is now retired, had this to say: "We were thinking about moving someplace else, maybe Boise, but nah, we love it here."

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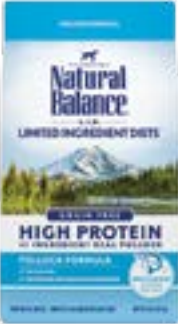
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Wellness Word

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

Ayurveda

For some of you the word Ayurveda [ah-yer-VEY-duh] and its concepts are new. You might have heard a yoga teacher mention something about it, or perhaps a friend has been challenged with health problems and has turned to this ancient wisdom. Wherever you are on this spectrum, this article invites you to begin to build a foundation of Ayurvedic history and enable you to start on your path of holistic health and wellness practices.

Ayurveda is a Sanskrit word translated as Ayur “life” and Veda “knowledge,” or the science of life. Originating as a verbal tradition, this body of science was recorded and called the Vedas (c.1500-500 BCE)¹. These texts are 4,000 years old and are now being verified by modern science.

Ayurveda evolved from a deep connection to consciousness and an understanding that all qualities and substances on this earth uniquely interact with each other and every living organism.

Although it originated in India, Ayurveda is a universal medical system that seeks the root of health imbalances through a systematic approach. It focuses on preventing chronic disease, both mental and physical, by focusing on the individual's ideal health. Ayurvedic practices see that no two people are alike and should be treated as such.

The uniqueness of each individual is known as a *constitution* or Dosha (physiological elements or body type). Understanding your Dosha allows for you to correct and effectively balance your health; mind, body, and spirit.

There are three Doshas: Vata, Pitta, and Kapha. Each person has a combination of these doshas and in most cases two are more prominent (e.g. vata-pitta or pitta-kapha).

Doshas are combinations of the elements: earth, water, fire, air and Ayurveda also recognizes space, known as ether, as an element. These elements dictate specific qualities each dosha is known for.

To know and understand your dosha gives you a key to unlocking Ayurvedic wisdom that can bring you to optimal health. Although Doshas represent unique elemental physiologies of everyone, they are also everything you see, touch, hear, taste and smell. Everything we know can be broken down into elements.

Vata: Air, Space. Qualities: Light, dry, cold, subtle, moving, clear, coarse, rough, changeable

Pitta: Fire, Water. Qualities: Hot, sharp, intense, slightly moving, fluid, pungent, sour

Kapha: Earth, Water. Qualities: Heavy, moist, cool, sticky, slimy, unctuous, smooth, steady

It's important to know that Ayurveda stems from a culture of traditions, rituals, and medicinal practices. This deep and beautiful wisdom aligns itself to the rhythms of nature, Vedic divinities, as well as a profound understanding of consciousness and meditation. Ayurveda is an umbrella for practices like Panchakarma (detoxification), Jyotish (Vedic astrology), Rasayanas (herbal remedies), pules diagnostic, prayer, chanting, amulets and gems as well as many other healing modalities and tools.

There are many changes and challenges faced by the global Ayurvedic community. In 1970, the Central Council for Ayurveda in India was formed to oversee the standards and practice, as well as the rapid growth of new Ayurvedic pharmaceutical and herbal companies in India.

The National Ayurvedic Medical Association (NAMA), was founded in 2000 to further regulate Ayurvedic medicines in the USA. There are political, cultural, scientific, and legislative conversations happening right now that continue to solidify Ayurveda as a common practice here in the United States.

“He whose doshas are in balance, whose appetite is good, whose dhatus (tissues) are functioning normally, whose malas (waste products) are in balance, and whose mind and senses remain full of bliss, is called a healthy person.” - Sushruta

Reference: 1. “Vedas.” Wikipedia, The Free Encyclopedia. June 2018.

Alexandra Greenberg is an Integrative Holistic Health Coach specializing in Ayurvedic medicine for parents and children. See GreenTreeAyurveda.com for more.



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Float the Waters of the Willamette

from cover

lifeguards, safety kayakers, Portland Fire and Multnomah County River Patrol, supervise the event.

**Sunday Parkways Sunday
Splashways
Audrey McCall Beach
Sunday, July 22 • 11 am-4 pm
Free**

Sunday Parkways is a must-do summer event where neighborhood streets are closed down to create a bike and walking route in each quadrant of the city.

This summer, the Human Access Project partners with Portland Department of Transportation and Sunday Parkways to bring Sunday Splashways to Audrey McCall Beach, located directly off the

eastside esplanade under the Hawthorne Bridge with great sunset views of downtown.

The Human Access Project will set up a swim line, provide AMR River Rescue Lifeguards for supervision and bring in a floating stage so you can hear live music while you take a pit stop to cool off from your Sunday bike ride. The Splashdown may even get a visit from Weenies on the Water, Portland's floating food cart!

**River Hugger Swim Team
Fire Station 21 Dock
June 15- September 7
M-F 7 am, Tu-Th 6 pm
\$5 drop in, \$5 swim buoy rental**

The River Hugger Swim Team is a recreational protest swim, bringing attention to the extreme deficit of river edge

access downtown.

According to Portland Parks and Recreation only 5% of downtown has access to the river's edge of the city's largest public open space and natural area owned by the citizens of Oregon – the Willamette River.

The River Hugger Swim Team is the confluence between community, recreation and activism. Can you swim a mile in a pool in under 45 minutes? Come join in.

It is fine to wear fins, and many swimmers do. There is no better way to start a summer day than to take a swim with the Huggers. Once you experience open water swimming, there is no going back to the concrete box.

There's no chlorine, lap lanes or flip turns. Experience the rush of being a part of a human swimming pod, with an average of thirty + swimmers each swim.

Parking Program Process

from cover

nyside and Richmond Neighborhood Associations applied separately for the pilot program. Richmond selected Division (between SE 28th Pl. and 34th Ave.) and Sunnyside selected Hawthorne Blvd.

Since Hawthorne had the second-highest occupancy rate of the six neighborhoods where they collected data, it was selected to move forward with the balloting process. Hawthorne encompasses both the Sunnyside and Richmond neighborhoods, which is why both are included in this opportunity to participate in a parking pilot program.

The first meeting was held in June where Antonina Zaytseva, PBOT specialist, explained how the program moves forward.

The first step is for the public to be informed. Then ballots will be sent to every house and apartment, allowing one vote per address or apartment unit. Fifty percent of residents must respond with sixty percent in favor. The area that will be voting is highlighted on the map above.

If this is approved, then a Stakeholders Advisory Committee (SAC) is formed that will

include members from the neighborhood and businesses.

Meanwhile, a consultant will collect data in the neighborhood to determine how much parking is needed. The general standard is a maximum of 85% occupancy. On Hawthorne, the area is 79% occupied from 5 – 8 pm.

This type of information helps the SAC decide how many resident and business permits should be issued; surcharges on top of the single use permit; and if there needs to be a cap on the total number of permits.

If the Stakeholder Advisory Committee chooses to introduce a surcharge, the entire surcharge would be returned to the neighborhood for transportation-related investments. This could include transportation safety projects like curb extensions and marked crosswalks.

It could also include traffic demand management strategies, such as discounts on transit passes or free BIKETOWN memberships for people who live or work in the area.

Once these items are determined, SAC develops their recommendations for the parking permit program. If the program

is accepted, permits will be issued in November of 2018 and enforcement would begin in May of 2019.

Permits will cost \$75. A surcharge would include other fees. There will be daily scratch off permits for guest, 2-hour parking limit with hours of enforcement from 10 am-10 pm Monday through Sunday.

At the meeting, residents living adjacent to these boundaries expressed their concern about increased parking on their blocks due to drivers looking for free spaces. Rivera addressed the annexation process.

This process exists as a possibility according to City code 16.20.840. This states the City traffic engineer must determine that the resulting permit area will meet the minimum standards for permit areas established in this code.

After this determination, the balloting process would begin with the neighbors in the area.

For more information about this issue go to:
parking@portlandoregon.gov
portlandoregon.gov/transportation83231

NN Neighborhood Notes

from page 5

available for immediate occupancy in case of an earthquake or other emergencies.

PedPDX, Portland's citywide pedestrian plan, can be viewed at portlandoregon.gov/transportation/72504. It is an update from the 1998 Pedestrian Master Plan to have a Vision Zero approach for traffic flow and pedestrian safety focusing on SW and E Portland.

The South Tabor Land Use Committee (LUC) attended a recent meeting with the SE Uplift Land Use and Transportation committee focusing on Safe Routes to School. In South Tabor, several hotspots for school crossings and pedestrian walking routes were pointed out and suggested to be added to an existing map. View map at tinyurl.com/ycklv9yl.

The third annual Litter Pick Up partnered with SOLV was May 19, and well supported by neighbors, friends, and students from LaSalle High School. A total of 260 lbs. of trash was picked up in the South Tabor Neighborhood. Thank you to those who participated and to Dr. Tin Le, DMD, who allowed the group to use his property as base camp.

A few members of the South Tabor Neighborhood Emergency Team (NET) also met in May and a possible testing/activation of the Basic Earthquake Emergency Communication Node (BEECN) at Clinton Park was discussed. South Tabor is part of the TaborVilla NET coalition, which is comprised of Montavilla, Mt. Tabor, South and North Tabor neighborhood associations. For direct BEECN info, contact Christine Wilson at wchristine052@gmail.com.

It maybe a while off, but mark your calendars for the 9th annual Harvest Fest on September 16, from noon to 4 pm. As in past years we are partnering with Trinity Fellowship on their field at S.E. 68th, between Clinton and Taggart.

Also note that the July STNA Board /General meeting is canceled. The Land Use Committee meeting is scheduled for August 14th and the STNA Board /General meeting is a week earlier than usual, on Thursday the 16th, both at 7pm at Trinity Fellowship at 2700 SE 67th Ave. with entrance and parking in back of the building.

Be safe and celebrate your independence on the 4th of July!

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Community Events Bulletin

Concerts in the Park – Mt Tabor
July 10th and July 17th
portlandoregon.gov/parks/69555

Concerts in the Park offers something for everyone. The Rose City’s best and brightest – from classical to country, rock & roll to rhythm & blues – have been entrancing audiences in parks since 1901. Today’s crowds flock to Portland parks citywide for the revelry, with over forty thousand people attending.

Division-Clinton Street Fair and Parade
Saturday, July 21st
divisionclinton.com

Celebrate and enjoy all that Division/Clinton has to offer with a street fair hosting more than 100 vendors, several bands performing live in multiple locations, and a parade that will traverse 25 blocks through the district.

Montavilla Street Fair
Sunday, July 29th
from 10am - 5pm
SE Stark between SE 82nd and SE 79th

Enjoy district business, vendors, a farmers market and family friendly entertainment.



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



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