

# The SOUTHEAST EXAMINER

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## Laurelhurst Home Tour



Asian-inspired craftsman with the 2 bedroom ADU in the basement. The owners call it The Flying Nun



The house on Royal Court was formerly owned by Dr. Henry Waldo Coe, who gifted the city the Joan of Arc statue in the Laurelhurst roundabout as well as the statues of Teddy Roosevelt and Abraham Lincoln in the South Park Blocks downtown

## RIP Changes Demographics

BY MIDGE PIERCE

Shocked by a planning commission recommendation to add more multi-units to internal lots in the proposed Residential Infill Project (RIP) and include virtually all R2-R10 zones that are not environmentally prohibitive, critics say planners are imperious to concerns about rapid growth.

The Planning and Sustainability Commission (PSC) approved a “no-strings attached” proposal that allows four units inside residential, single family blocks with no affordability incentives.

Objectors call it a headlong rush into densification without regard for demolition, resident displacements, housing costs, the crush of traffic or the stress on infrastructure.

“With this vote, the PSC has raised the banner of ‘New Portland’, where economically challenged, disabled and elderly

citizens no longer matter,” according to Michael Molinaro, member of a RIP advisory council called the SAC7 who disagreed with significant aspects of the project.

James Peterson, part of a mounting legal challenge against RIP, said, “I am not surprised that the PSC voted to have all interior lots have up to four units without conditions since the PSC membership is heavily made up of individuals from the development community.”

He questioned whether the PSC used Roberts Rules of Order since the vote did not follow normal practices.

“A gross failure of civic responsibility and due diligence,” declared a blogger on the Stop Demolishing Portland website with its No Vote, no R.I.P. motto. The post slammed the planning and sustainability bureau for deleting map tools from the RIP site that gave meaning to gentrification risk areas, median family income, vulnerable populations, historic districts, population density and cross-references to rental housing. The deletions, she claimed, make evaluation of RIP impacts impossible.

Over the last decade or so, Portland’s Eastside has absorbed the brunt of single-family demolitions according to research posted by Mark Graves on The Oregonian’s Oregonlive website.

Graphs show that among 22 areas charted, parts of Foster-Powell-Lents experienced the highest percentage of single family demos at roughly 4.5% of existing single family homes. Sellwood-Moreland-Brooklyn was next. At nearly 350 in a single year, demolitions peaked in 2016.

It is a virtual given that the majority of homes destroyed were small, affordable bungalows that fit this description: “the greenest, most affordable house is an existing house”, according to detractors who claim RIP will rip up Portland neighborhoods and destroy the City’s legacy, charm and reputation for smart planning.

Given additional adjustments, it is likely the revised RIP proposal, expected to go to City Council in September, will delay until 2019.

The Laurelhurst Neighborhood Association holds its first home tour Sunday, September 9 from 11 am to 4 pm.

Six homes of varying architectural styles and features will open to the public. These will include an Asian-inspired Craftsman bungalow with a spacious two-bedroom accessory dwelling unit (ADU) in the basement; an English-Cottage style brick house on the National Register of Historic Places, also with a basement ADU, and a highly-stylized Craftsman with a designated Portland Heritage Tree in the front yard. The tree, a Monkey Puzzle, likely came from the 1905 Lewis and Clark Exposition where seedlings were given away as door prizes.

Tickets for the tour are available at laurelhurstpdx.org/home-tour for \$25 per person. They may also be purchased by mailing a check (made out to the Laurelhurst Neighborhood Association) to the LNA Treasurer at 3734 NE Hassalo St., Portland, 97215.

Deadline for purchasing tickets is September 1. Only children ages 12 and over will be admitted and proceeds from ticket sales will benefit the neighborhood association and community projects.

Those who purchase tickets will pick up their tour booklets, at the recently restored Markham House, 450 NE 32nd Ave. (corner of NE Glisan and 32nd) and these serve as an entrance ticket.

The booklet has a map, photos and interesting backgrounds on each home. The first floor of the Markham House will be open to the public during tour hours.

Laurelhurst, with its winding, tree-lined streets, thirty-eight acre public park and monumental sandstone gates, was plotted in 1909 on the site of a former dairy farm.

It is hoped that the tour will become an annual event to showcase the history and diversity of the beautiful residences, both large and small, of the century-old neighborhood.

## Historic Designation Not Dead Yet

BY MIDGE PIERCE

The Feds return of the state’s paperwork on the Eastmoreland National Historic District containing 5000 potentially unverifiable trust objections may open the door for re-submission and provide an interesting test case for the future of the program.

The National Park Service that manages the designation returned the nomination due to the state’s failure to determine the validity of the numerous trust objections, according to a pro-historic district group filing a state lawsuit to revisit the nomination.

Historic Eastmoreland Achieving Results Together (HEART) says the nomination contained fraudulent objection-stacking by “extremists” that threatens the integrity of the national nomination process.

HEART co-founder Derek Blum warns that abuse tactics, if allowed, could exploit other historic district nominations and wreak havoc on the entire National Registry program.

Blum says the Park Service sent the nomination back to the state after receiving more than 300 notifications of concerns about owner and objection counts, along with 10 notarized letters from owners rescinding previous objections.

“We applaud the National Park Service for recognizing the systematic danger of allowing manufactured trusts to object to a historic district nomination, and we are fighting this deceitful tactic on behalf of any community that wants historic district designation.”

A HEART press release contends that the National Park Service requests for “documentation of trust instruments from trust creators were never provided.” Both the National Trust for Historic Preservation and the Advisory Council on Historic Preservation urged the National Park Service to not recognize objections from “dubious” trusts.

“If the five property owners at issue had not created the 5,000 trusts, and had instead been counted as five (5) owners with five (5) objections, it appears that a

turn to page 4

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# Letters to the Editor

**To the Editor:**

I had a fall from my trike – a combination of unfamiliar area, (I’m from SW) failing light, etc. etc. The SE neighbors got me disentangled, and up on my knees, showing concern and common sense.

One man brought me a bottle of water from Lardo. They discussed with each other whether they should call 911. It was a horrible experience made as heartwarming as a horrible experience can be made....

My heart-felt thanks to my SE Portland neighbors.  
Jim McGoodwin

**OP ED BY DAVID KROGH, AICP**

The July article “Proposed Permit Parking” – southeastexaminer.com/2018/07/proposed-permit-parking – was very informative.

As a retired planner and former neighborhood association (NA) board member, more really needs to be said to allow a broader understanding of the situation. Per the article, this program will only be imposed if agreed to by vote of those within the proposed permit area.

It indicated both Richmond and Sunnyside NA’s solicited PBOT for permit parking consideration, but there is a big misconception in Portland that neighborhood associations are representative of the residents in their neighborhoods and that democratic notification (due process) for elections or issue discussions are involved.

Having previously served on my own neighborhood board

for 10 years, unless something controversial was going on, it was like pulling teeth to get neighbors to participate.

Board members often tended to have vested interests and would serve for years until they either burned out or were replaced by another group with new interests. If you weren’t in the information loop, you might not learn that you could just show up at a given meeting and potentially vote for new board members or discuss a particular neighborhood issue.

When Richmond’s Board voted to participate in the permit program is unclear as my street only periodically receives neighborhood newsletters and NA notes in *The SE Examiner* are always after the fact.

In addition, the letter from Allen Field (southeastexaminer.com/2018/07/letters-to-the-editor-july-2018) suggests inconsistencies in recent Richmond NA Board elections resulting in members being “appointed” rather than “voted” in.

I hope that SEUL (SE Uplift) and ONI (Office of Neighborhood Involvement) will look into this matter as NA elections in apparent violation of by-laws only serves to create more concerns as to how much a particular NA really serves its neighborhood residents as a whole.

If the City is going to oblige certain responsibilities on neighborhood associations, it needs to verify those responsibilities are being implemented appropriately.

Back to the parking permit

program, PBOT is a very large and segmented bureau in function. I contacted permit program representative Antonina Pattiz to find out more information.

PBOT suggests a parking permit system is necessary because of “residential and/or commercial growth”, however, it appears most were created by actions (and inactions) of the City of Portland (including PBOT).

Why PBOT is unable (or unwilling) to look at ways to mitigate parking issues, other than by permit parking, is concerning. Ms. Pattiz indicated such was beyond the purview of the permit program and something to bring to the attention of the City Council (which hopefully neighbors will do).

Why suggest the City bear the blame for parking problems? In its quest to further gentrification, the City Council has reduced onsite parking requirements for apartment buildings along transit streets (including SE Hawthorne, Division, and Belmont).

Since a survey published by *The Oregonian* a few years back indicated at least 60% of residents in transit street apartments still had cars, guess where those cars are parking thanks to City Council policies? On our residential side streets, of course!

Similarly, no on-site parking is required for commercial uses on these streets (although the larger stores like Fred Meyer, New Seasons, and Safeway all know that they need to provide on-site parking in order to retain driving customers).

In addition, neither the City nor Trimet want park and ride facilities close in. Because of that we are seeing Park and Ride people parking their cars on residential side streets and biking or busing from there instead of from their own homes.

(How about allowing mixed use parking structures on lower Hawthorne, or Division, or Belmont?)

The City has installed many rain gardens in streets where parking used to be. Granted, rain gardens are a good idea, especially since Portland has inadequate stormwater collection facilities, but the City should realize that every in-street situated rain

turn to page 27



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# Local Tech Company Invests in Inner Southeast

By Emily Puro

On the west side of SE 12th Ave. between Hawthorne and Madison, sits a black concrete building that, like so many other buildings in inner SE, appears to be undergoing renovations.

What’s going on in there, or more importantly, what’s going in there?

That black slab of a building is soon to be the bright, modern home of AltSource, a tech company that’s been in the neighborhood for more than a decade.

Founded in 2004, AltSource partners with companies of all sizes and across all industries to develop custom software solutions to address critical business needs.

“Most companies have unique business processes and challenges, and many find that their needs are better met with custom technology solutions, versus off-the-shelf products that are not designed with their specific needs in mind,” says Dave Moore, founder and president. “This has fueled the rapid growth of AltSource over the past five years.”

To meet the increasing needs of new and existing clients, the company purchased and is renovating the building at SE Hawthorne and 12<sup>th</sup>, and has been hiring to fill a number of positions.

The company currently has 110 employees and is housed



Artist sketch of the new home of AltSource

in five separate buildings in inner SE. When considering a move to a larger, consolidated headquarters, it was important to Moore and his team to remain in the neighborhood as many employees, including Moore, live in the area.

“It’s important that people have the opportunity to do meaningful work close to where they live,” said Tim Karoli, senior product owner at AltSource, and 11-year resident of Ladd’s Addition.

“For me, being able to help our clients achieve their business goals through technology, while also being able to stay involved with my kids’ daily activities, is a key reason I like working at AltSource. I appreciate that Dave is trying to make a positive impact in the community.”

After purchasing the building in 2015, Moore and his team began designing a new space with a goal of creating an energy-efficient, functional and visually appealing workplace.

To minimize the project’s carbon footprint as well as disruption to the neighborhood, the shell of the 94-year-old building (which for many years operated as Fred Meyer bakery, candy factory and ice cream plant) remains intact.

Existing windows are being upgraded, and new windows, skylights and roll-up garage doors will add to the natural light and enhance airflow.

The company has added a mezzanine with floor-to-ceiling windows and an open-air patio to welcome the outdoors in, and to showcase the view looking toward downtown and the west hills.

To ensure an energy-efficient design and construction process, local design-and-build firm Siteworks worked closely with Energy Trust of Oregon.

The companies researched the best environmental practices, and are incorporating wood reclaimed from the original

turn to page 23



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# On the road with Katie Spillane

BY MIDGE PIERCE

For transcontinental cross-Canada cyclist Katie Spillane, SE Portland was the mid-point, time-wise, in her solo bike trip from Quebec to Colorado.

With the most grueling mountain roads still ahead of her, she rested in Buckman, repaired her bike and stretched her asphalt-conditioned limbs on the relatively forgiving off-road trails of Laurelhurst, Mt. Tabor and the Gorge.

She hoped to wait out the worst of the July heat before tackling the Cascades, Bitterroots and various peaks and passes through the Rocky Mountains.

Averaging 60 miles a day over the 1200 miles she has already logged, Spillane's childhood training in classic ballet and wilderness camping have stood her in good stead.

Now an attorney, the Colorado native is a bonafide, multi-lingual citizen of the globe who has lived in China, Europe and now Canada where she clerks for judges on cases ranging from Constitutional law to money laundering.

When she found herself with the summer off and a desire to visit Oregon friends, she hit the road with little training, other than knowing legs can take a lot of abuse.

"It's much less complicated than people think. Leave stress behind and have the courage to go."

Rerouting to avoid construction and road closures is a daily necessity, Spillane said, noting that online maps and occasionally locals have misdirected her onto flooded roads, treacherous gravel and remote areas with too-close encounters from logging trucks.

She's experienced first hand the axiom: "There are no wrong turns, only new adventures. You learn to adapt when something doesn't go the way you expect."



Katie Spillane

One expectation was to find fellow travelers on the road. Though she saw a few through-cyclers in the PacWest, she saw none on the road in Ontario.

With a nod to caution, she used a train pass across the driest, most isolated stretches of Canada to connect with an aunt who joined her in Vancouver B.C. for the "mostly downhill" trek through the Olympic Peninsula to Oregon.

The best parts of the trip have been along waterways like Lake Ontario, the St. Lawrence River, and the Puget Sound. Among the worst was navigating Beaverton. "Then I found Washington Park – a lovely way to enter Portland," she acknowledged.

Readying for the Rockies was a particular challenge as she calculated how much water she would need, and checked

road weather and fire conditions. Because every ounce matters to a solo cyclist, she debated whether to alter bike balance and add bear canisters to her load.

Unlike the experiences of the author of *Wild*, there is no package waiting for her at every rest stop or a movie deal in the future. She can relate to the desire for simplicity.

"It's nice to throw off workday worries and wake up with basic decisions. If you have three t-shirts and one is clean, that's what you wear."

Still, friends and parents worry and strangers call her crazy, but as she peddles down the highway – and preferably byways – for her toughest leg, this she knows: "The most interesting things in my life are those other people have tried to talk me out of doing."



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# 9<sup>th</sup> Buckman Picnic in the Park

Hosted by the Buckman Community Association and sponsored by local businesses and neighbors.

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## Historic Designation

from cover

majority of the private property owners would not have objected to listing," said Blum.

Residents of Laurelhurst,

who are in the process of preparing a nomination for their neighborhood, anxiously await further word. Blum worries the lack of a timeline for a

new determination will allow demolitions to go unchecked as the clock ticks on City Council's likely implementation of the residential infill program (RIP).



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Community News

Student-Designed Playground

By Bob Kellett

For many students, the time they spend playing on the playground is one of the highlights of the day. At Buckman Elementary school, students having been thinking a lot about their playground.

Like other playgrounds at Portland Public Schools, Buckman’s faces a myriad of challenges.

There is broken and unsafe equipment, areas prone to flooding and unusable for large portions of the year, and limited access to natural materials and creative spaces kids need to develop social, emotional, physical, and academic skills.

Students at Buckman are eager to change the playground’s conditions. They’ve been working to envision what the playground could be.

With the help of landscape architects from Learning Landscapes, fourth graders at Buckman this spring developed a vision and a plan for the playground as part of the classroom curriculum.

They measured and took note of all of the aspects of the spaces. They spoke about what they would like to correct with the spaces and what they currently enjoy and still want to keep. The fourth graders compiled a list of wants, then conducted interviews of kids in lower classes to see what they would want to change.

They learned to design specific spaces with bubble drawings, to get an idea where

things should be placed based on access, safety and common sense and flow of the space.

They learned about tools architects use to lay a final design on paper. These designs were then turned over to architects who combined and used them to create the design.

Among the concepts that emerged were nature-based play structures where children can climb logs and boulders, an *Enchanted Forest* where students can imagine new worlds among the trees, artfully painted game areas and labyrinth on the blacktop to inspire kids to play their favorite games or make up new ones, and a gathering area for parents and members of the neighborhood.

The Buckman community is kicking off a campaign to raise money to help turn their students’ ideas into a vibrant playground to benefit the school and the neighborhood.

They are seeking to raise \$60,000 for the next phase of this project and an online fundraiser has been set up at: [pages.donately.com/buckmanelementarypta/campaigns](https://pages.donately.com/buckmanelementarypta/campaigns)

Volunteers are needed for Community Care Day, Saturday August 25, 9 am-4 pm to paint a new design on the upper playground. Folks are also needed to trim shrubs and ground cleanup.

For information about the Buckman playground project and to get involved, contact [pta@buckmanelementary.org](mailto:pta@buckmanelementary.org).

OHS photo contest



photo by Callie Attanasio, 2017 winner

Love to take cute photos of your pets? The Oregon Humane Society Photo Contest wants your images to save shelter pets and win prizes.

There are three categories available to enter: Top Dog, Top Cat and Top Other Pet. A fourth category, OHS Choice, will be selected by OHS staff from among all photos submitted.

The deadline for submitting photos and voting is 11 pm on August 15, and entrants upload their pics online at [tinyurl.com/ycacgv2x](https://tinyurl.com/ycacgv2x).

The public votes for their favorite photos and each category with the most votes will receive a printed and framed photograph of their entry and a \$200 gift card from Frame Central.

The grand prize winner, with the most votes, receives a two-night stay at the Hallmark Inns on the Oregon coast.

A winning pic will be on the cover of the OHS magazine and winners and runners-ups will be featured in a magazine story.

There is a \$10 fee to enter and \$5 fee for five votes. All entry and voting fees go directly to help the animals at OHS. Additional details at [oregonhumane.org/get-involved/events/ohs-photo-contest](https://oregonhumane.org/get-involved/events/ohs-photo-contest).

Catio Tour 2018

The Feral Cat Coalition of Oregon and Audubon Society of Portland are showcasing Portland area cat patios, known as Catos.

The event is scheduled for September 8, 10 am - 2 pm, \$10 (12 years and under are free). To register go to [CatsSafeAtHome.org](https://CatsSafeAtHome.org).

There will be ten catios to visit. Interest in catios is very strong throughout Portland and particularly in SE neighborhoods. It is a win-win for cats and wildlife.

Recycling: FACT CHECK  
What’s True and What Isn’t

By Bonita Davis, Master

RECYCLER AND SUNNYSIDE RESIDENT

“What do I do with....?” was a question I recently saw posted on a local social media site. Generating dozens of responses, most of the responses were spot on, but others not so much. Mixed in with facts were complaints, information from other cities and states, and opinions about what should be included in curbside recycling. It was confusing!

One thing is certain: in Portland, it is quick and easy to FACT CHECK your information on recycling – right from the source. There is no need to have doubts or wonder whether or not something is recyclable.

Here’s how: Dial the Metro Recycler Hotline at 503.234.3000 and talk with an expert for the most up-to-date accurate information available for all twenty four cities in the Metro area.

The Hotline is open Monday-Saturday from 8:30 am – 5 pm. Find out what bin to use for an item in question, or possibly recycling and reuse options for items beyond the curbside program.

If you prefer online services, [oregonmetro.gov](https://oregonmetro.gov) has a Find-a-Recycler tool that is a great resource.

Another terrific resource is the Portland Curbsider Hotline, 503.823.7202. The service is available Monday- Friday from 8 am-5 pm. Find out what can be recycled and what is considered waste by consulting directly with knowledgeable staff.

Messages left on the Hotline are returned promptly. To view the latest online version of the twice yearly Curbsider, type Portland Curbsider into your browser and read up on recycling tips for sustainable living.

The Portland Curbsider staff encourages you to leave these 6 things out of the blue bin: plastic bags, film and wrappers; plastic drink cups, straws and coffee cups, and frozen food boxes and trays; to-go containers and clamshells; styrofoam blocks and foam peanuts; and (it should go without saying) Diapers!

Metro staff agree and add plastic lids and pizza boxes to the list to the list and remind us all “When in doubt, throw it out!”

Volunteers for Earthquake Ready

Multnomah County is recruiting volunteers to serve on a Community Task Force, an advisory body that will provide important input during the environmental study phase of the Earthquake Ready Burnside Bridge project.

Portland’s aging downtown bridges are not expected to withstand a major earthquake, so Multnomah County is taking the lead on making at least one earthquake-ready. The Burnside Bridge is a key downtown link across the Willamette River along Burnside St., a regionally established lifeline route that extends from Washington County to Gresham.

The county is nearing the end of a feasibility study that will narrow more than 100 bridge replacement and rehabilitation options to a short list that will be evaluated during the next phase. The environmental study phase ends with selection of the preferred alternative.

Community Task Force members will be asked to serve during the 3-year environmental review phase. Meetings will be held on a weekday evening approximately every 2-3 months in a central location convenient to transit, starting in October. Dinner will be provided.

Members will provide input to the project team during the environmental phase and recommendations to decision makers at key project milestones. They will connect the project to their organization or interest group.

Multnomah County is seeking a diverse group of volunteers who use the Burnside Bridge and will depend on it during a major earthquake.

Task force members should be able to represent the interests of an organization or interest group and actively participate in a consensus-building group process. No professional design experience is required.

Individuals interested in serving need to complete an online application form by the close of business on Friday, August 17, 2018. Applicants can complete a hard copy of the application and return it to Multnomah County’s Communications Office via mail (501 SE Hawthorne Blvd., 6th Floor, Portland, OR 97214) or e-mail ([burnsidebridge@multco.us](mailto:burnsidebridge@multco.us)).

For information, call 503.209.4111 or visit [burnsidebridge.org](https://burnsidebridge.org).

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**INDIE COTTAGE PDX** – 4414 SE Hawthorne Blvd. has great kids and adults classes schedule for August. See [indiecottagepdx.com](https://indiecottagepdx.com) or FB to register or for details.

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# Community News

## Water Avenue Courtesy Shuttle



The Central Eastside has been quickly growing and so have transportation and parking issues in the area. In response, the CEIC is introducing the CEIC Water Avenue Courtesy shuttle. The buses began running July 9 with two shuttles operating every weekday (Monday to Friday) at peak hours, from 6:30 am to 9:30 am and evenings from 4-7 pm with about 15-20 min lag time.

“We hope that this free bus service will be a success and that we will be able to expand it. Eventually, if we have enough ridership, we even may be able to encourage TriMet to expand their service to this area,” says CEIC President, Brad Malsin. Each bus has a maximum capacity of 25 people and is ADA equipped. The route stops are :

- Dairy Building, 2705 SE 8th Ave.
- Oregon Rail Heritage Foundation, 2250 SE Water Ave.
- OMSI Northern parking lot, 1945 SE Water Ave.
- ODOT (Water Avenue and SE Taylor St., Northern lot)
- Eastside Exchange Building lot, 123 NE 3rd Ave.
- Oregon Convention Center (most southern bus stop area)

“Our partner for this pilot project is City Center Parking, and we are working closely together to assess and adapt to the needs of the employees in the area, who are the main users. This is one more way of connecting people to more transportation options, whether it be parking at a monthly parking lot or taking the Orange line. You can track the bus on your phone, which gives the user the flexibility to decide whether to use BikeTown, walk or wait for the shuttle”, says Kate Merrill, Executive Director of the CEIC.

The CEIC is a non-profit, volunteer organization representing businesses and property owners in the Central Eastside Industrial District (CEID).

The CEID is a 681-acre district encompassing property south of I-84 to Powell and the river to SE 12th. It is comprised of district property owners, businesses, makers and residents.

**BUCKMAN PICNIC IN THE PARK** takes place Sunday August 5, 4-8 pm at Colonel Summers Park, 20th and Belmont streets. This super fun, all inclusive party is hosted by the Buckman Community Association and sponsored by local businesses and neighbors. It 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 [buckmanpicnichteam@googlegroups.com](mailto:buckmanpicnichteam@googlegroups.com) to get involved and donate raffle prizes and funds.

**ANNUAL JUDGED FUCHSIA SHOW AND DISPLAY** on the grounds behind the buildings at the Portland Nursery, 5050 SE Stark St., Friday, August 10 from noon until 6 pm; Sat, August 11, 9 am until 6 pm and Sunday, August 12, 9 am until 1 pm. There will be prize winning fuchsia plants from the Friday judging, display plants brought by members, an extensive display of blossoms, opportunity to get fuchsia questions answered, and a modest selection of baskets and gallon uprights grown by members. Plant sales do not begin until noon on Friday.

**SUNNYSIDE NEIGHBORHOOD GARAGE SALE** – August 18, 9 am - 3 pm. The boundaries are between SE 28th Ave. to SE 49th Ave. and from SE Stark St to SE Hawthorne Blvd.

**11TH ANNUAL CREEK CLEAN-UP** – Saturday, August 25, 9 am – 12 pm, BBQ from 12 pm – 2 pm. The Johnson Creek Watershed Council invites you to their 11th Annual Clean-Up. Volunteers meet at 8:30 am at Mill Park in Milwaukie before dispersing in groups to designated sites. Following the Clean-Up, celebrate with a barbecue and silly awards ceremony. All are welcome, all are safe. Participants of all ages invited. Closed-toed shoes are required. Dress in appropriate clothes you don't mind getting wet and muddy. Tools will be provided. Carpooling from Mill Park to clean-up sites encouraged. Come early – the first 100 volunteers to arrive will receive a fabulous 11th Annual Clean-Up T-shirt! For details and to register for the event go to: [jwcw.org/events/cleanup2018](http://jwcw.org/events/cleanup2018)

## Somatics, If You Can Sense It, You Can Change It

By KRISTIN JACKSON

After two years of trying “every imaginable treatment” to treat her pain, and having to walk with crutches, Debra now walks and functions perfectly well.

Angie suffered from dystonia for more than 16 years. Muscles in her neck and torso were chronically contracted, causing her head to remain rotated to the side. She can now stand comfortably facing forward.

Corey, who was born with a significant leg length discrepancy, knows how to keep back pain at bay so he can work full time and attend graduate school.

All three believe they have reclaimed their bodies and lives due to Essential Somatic Education (ESE).

Every experience humans have, whether physical, emotional, or psychological produces a muscular response within the body. The brain and nervous system control these responses, known as “reflexes.” ESE deals with the effects reflexes have on people’s bodies and lives.

Each day, we react to thousands of stimuli around us. We arch our backs when we need to take action. ES Educators call this fight-or-flight or *green light reflex*. When we are frightened the *red light*, or startle reflex, triggers the front of the body to close up.

To avoid pain or discomfort the trauma reflex will twist or bend the body to the side. Most people present with one or more of these reflexes.

The somatic reflexes, green light, red light, and trauma are perfectly natural. In prehistoric times, they helped species survive.

Fast forward to modern times. Today, our brains and nerves interpret everyday stressors as threats, even if we’re in no real danger. The brain’s sub cortex doesn’t know the difference between a saber-toothed tiger, rush hour traffic, or an argument on social media.

If we perpetually respond to stressors without relaxing our muscles to their natural resting lengths, we can end up with chronic muscle tension and pain. Repeated motor patterns: sitting hunched over a laptop for hours, compensating for a sprained ankle, being busy all the time, can result in tension, limiting our ability to move easily and without pain.

Thomas Hanna, Ph.D., the founder of Hanna Somatic Education, called this habituated tension Sensory Motor Amnesia (SMA). The brain’s sensory-motor cortex loses its ability to sense and control muscles voluntarily.

With SMA, we can feel anxious, fatigued, or in pain—in essence, not like ourselves. A common response is to stretch or strengthen muscles in an effort to force change. This can make things even worse.

ESE relies on intentional movements called pandiculations, which reset muscles to their natural length under the control of the brain and nerve receptors.

Pandiculations are gentle contractions and slow, mindful releases of muscles that can reverse SMA. Somatic educators teach you pandiculations so you develop a greater awareness of how your body moves. With greater somatic awareness, you self-regulate and self-soothe to let go of your tension and stress.

Thomas Hanna was a philosopher. He aimed to help people realize their greater human potential and take greater responsibility for their own bodies, lives and minds.

“You are not a bunch of parts. You are not a broken doll [or machine]. You are a human being, a whole system, a whole process.” Hanna said.

The human body and brain work in tandem at all times. Hanna recognized that the majority of modern health conditions are not diseases or syndromes, but rather learned dysfunctions in response to stress.

Neurologically, we are wired to constantly be able to re-wire. The choice is ours. People often come to somatics as a last-ditch effort for pain relief.

They are pleasantly surprised to find many other conditions they didn’t even consider can be addressed through somatic education.

With Somatic Education, one can relearn to move and live freely.

*Kristin Jackson enjoys helping others help themselves with Essential Somatics Education. For more information visit [thinksomatics.com](http://thinksomatics.com).*

## Big Truck Day at Green Drop Garage



Green Drop Garage, Portland’s eco-friendly car repair shop announces Big Truck Day 2018. Big Truck Day is a free community event featuring trucks of all shapes and sizes.

There will be trucks that take people into the air, trucks that go over large rocks and boulders, trucks that dump and trucks that put out fires. Kids and adults can climb aboard the trucks, explore and meet the individuals who operate them.

In addition to big trucks, there will be games, music, food trucks and ice cold treats from Stellar Pop. It’s sure to be an afternoon of summer fun for the entire family.

The event will be held Saturday, August 11, from 11 am to 2 pm at Green Drop Garage’s Moreland location at 5321 SE 28th Ave.

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# Neighborhood Notes

## Mt. Tabor

By Laura Smith

Hopefully our weather will cool off by September 30 for the Tar ‘n’ Trail benefit run and walk which will take place that day in Mt. Tabor Park. All proceeds from this event go to the Friends of Mt. Tabor Park. This family-oriented outing starts at 9 am. For more info, go to [runannie.net](http://runannie.net).

Eastside Village PDX is a network of support and reduced-cost professional services developed by neighborhood residents to make it possible for older adults and people with disabilities to remain in their own homes for as long as they choose. To learn more, go online to: [eastsidevillage.org](http://eastsidevillage.org), send them an email to [info@eastsidevillage.org](mailto:info@eastsidevillage.org) or call 503.866.0571.

Reservoir Restoration Project activities continue in Mt. Tabor Park including patching concrete surfaces on the gatehouses at Reservoirs 5 and 6, and new window installation on the weir building at Reservoir 1. Reservoir 5 has not been drained and cleaned yet this year due to low water levels in Bull Run.

SE Uplift celebrates its 50th Anniversary on Thursday, August 23 from 3:30-7:30 pm with music, food, fun and activities at the SE Uplift building, 3534 SE Main St. They will be honoring several long-serving volunteers and have activities related to their five-decade history of building healthy neighborhoods and promoting community involvement.

Weed Warriors in Mt. Tabor Park meet on the last Saturday of every month between April and October. Volunteers are always needed. Meet at 9 am at the Visitors Center. Go to [taborfriends.org](http://taborfriends.org) for more information.

The Friends of Mt. Tabor Park’s annual picnic, which will be a potluck, will be held on August 14 from 5:30-7 pm in Picnic Area A, near the main parking lot. For info about this event and Friends of Mt. Tabor Park, go to [taborfriends.org](http://taborfriends.org).

Cascadia Composers, a local group of composers who put on concerts of their new music, will perform in the Mt. Tabor Park Amphitheater on Saturday, September 15 from 4-6 pm. It’s free and family-friendly.

The next meeting of the Mt. Tabor Neighborhood Association will be Wednesday, August 15 at 7 pm at Mt Tabor Presbyterian Church at SE 54th and Belmont, with social time and homemade cookies starting 6:50 pm.

For more information, visit [mttaborpdx.org](http://mttaborpdx.org)

## Montavilla

By David Linn

Montavilla Neighborhood Association has been busy this summer and there great events coming up.

After hosting two candidate forums in April and May, on June 30, MNA hosted a “Roofs & Resources” Housing and Homeless Forum at the IRCO community center. Over four hours and three rounds of panelists of interacted with community members regarding the serious issues of homelessness in Portland. Some expressed frustration about the state of current policies and some expressed hopefulness at the well intentioned progress being made to help people find housing and services.

Our June meeting had the muralist who worked on the 82nd MAX mural, Alex Chiu. He showed off several of his projects and, along with another guest, explained how community members can get mural projects started.

In July we had a presentation from Municipal Broadband PDX which seeks to build a publicly-owned and operated fiber optic broadband internet utility in Multnomah County.

National Night Out is coming up and Montavilla will be hosting ours in Montavilla Park on Saturday, August 4, 3 pm-7 pm. There will be food and entertainment.

We are once again a sponsor of the Montavilla Jazz Festival happening August 18-19 from 1:30 pm-9:30 pm at Portland Metro Arts, 9003 SE Stark St.

Look for concerts and movies in the parks. Berrydale Park Concerts August 6 and 13. MNA will partner with Portland Parks & Rec for a movie and concert in Montavilla Park on September 1.

Thank you to everyone for all the well wishes. We have tried hard to bring people together when things like social media can be so easily manipulated to drive people apart. Montavilla will not be divided by a few malcontents intent on targeting anyone who disagrees with them. Montavilla comes together.

# Turning Toxic Around, One Neighborhood at a Time

BY MIDGE PIERCE

For several years, an undercurrent of tension has rippled through Richmond Neighborhood Association meetings as distrust, disrespect and charges of election shenanigans have surfaced.

RNA is not alone. Civility seems a casualty of Portland’s unique brand of increasingly intolerant progressivism.

Helping to turn the toxic culture around, longtime Richmond resident Deborah Hochhalter addressed her neighborhood’s new board with a list of recommendations that include posting community agreement rules throughout

meetings; recognizing multiple perspectives (including views of those that differ from the board majority); allotting time for community member concerns to be voiced; requiring training and refresher courses for board members; bonding through social activities, and reflecting on ways to improve transparency, trust, and common goals.

She said she was encouraged by the positive-sounding, community-oriented messages of newly-appointed board members, a majority of whom are now female. Hochhalter is optimistic that women and older residents who have felt marginalized in recent years will now be heard.

“The institutional memory of those who have lived here many years should be recognized without being cut-off,” she emphasized, even if current board members do not agree with dissenting positions.

Hochhalter’s experience could apply across SE and to some citywide agencies.

“Those who have a vested interest in Portland are being thrown under the bus,” said a seasoned Sunnyside resident on a post about whether Portland has become ungovernable.

He added that despite “levy after levy” on property owners, “the City looks at longer time residents and homeowners as problems.”

Observers claim that forged relationships are tumbling down as heads of agencies like the Office of Neighborhood Involvement seek to dilute neighborhood clout. Pro and anti growth proponents and other special interest groups frequently square off to influence City Hall.

Housing activists – some egged on by state and city officials – charge homeowners with greedy nimbyism while sexism, racism and increasingly, ageism fester.

It’s a trend that is worrisome to Hochhalter and others who seek camaraderie, not rancor.



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# Group singing in Portland



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Summertime... and the singing is easy. From farmer's markets to backyard barbecues, hearty voices raise in song.

At a patio in Colonial Heights, SE Portland-based **PDX Vox** marks summer with outdoor singing every Wednesday evening at the Presbyterian Church where regular sessions will resume in the fall. The group is the area's first and largest a cappella community choir featuring some 100-plus singers in five groups coached separately at various venues and times. Rehearsals culminate in twice yearly concerts that pack TaborSpace to the hilt with fans.

Songwriter, recording artist and teacher Marie Schumacher founded the group in 2004 after recognizing a void in opportunities for singers after they left high school and college. She and her team of intrepid instructors have developed arrangements of popular songs both foot-stomping and spine-tingling, with harmonic blends and vocal reaches.

At the end of concerts, the five individual groups come together to perform groupwide songs that this year featured *Feel It Still* by Portland artist Portugal The Man.

Schumacher, describes PDX Vox as a cross between a chorus and a band, with voices mimicking the instrument parts and percussion. Auditions are not

required – only an appreciation of pop music. With its tagline, Soar through Song, the group seeks to build community, good feelings and creative learning.

While Schumacher and her instructors bring joy to every rehearsal, they recognize that balancing patience and rigor, growth and musicality can be a challenge. "The hardest part of PDX Vox is staying true to my vision of creating a place where every type of singer can thrive."

Schumacher has released four albums of original music and coaches the Central Catholic Ramophones. Her current band features Steven Patton and Aaron Elliot, also PDX Vox instructors.

"Having their vocal versatility as a resource - not to mention their skillful playing on keys and bass – has taken my live show to a much higher level."

During the summer, weekly rehearsals have given way to pick-up choirs that meet at Colonial Heights Presbyterian Church. Schumacher calls this a great way for new people to consider the program without making a big commitment. Details can be found at [pdxvox.com](http://pdxvox.com).

A few miles away, the forty-plus member **Portland Peace Choir** meets weekly at the Courtyard at Mt. Tabor Retirement Center at 60th and Division.

On its website, the group says it sings to lessen isolation, feel connection, heal wounds, inspire joy, honor sacred traditions, learn new languages and promote peace. President Peter Lofy says, "We don't need perfect. It's more important to get the message out of unity, cooperation and care of the earth."

Founding member Fred Sly says the haunting music is intended to lessen the outrage and heartbreak of a world in

pain. A spring performance at the Courtyard at Mt. Tabor featured Earth Song with woven harmonies that "lift spirits and give singers and listeners the courage to go on in the world".

The nine-year-old, non-audition group takes all comers of all ages so long as they believe in the power of song to bring hope and make a positive difference in the world. More information can be found at [portlandpeacechoir.org](http://portlandpeacechoir.org).

A group that started in the SE in 2013 takes a unique approach to song. Rather than using sheet music, **Sing Portland** uses a call and response approach to choral music. "Everything we do is by ear," says founder Marion Van Namen who left the corporate world to become a music therapist and teacher. "Nothing gives me greater pleasure than to facilitate joy through music," she says.

Among her goals is to "heal the wounds" of anyone ever told they weren't good enough. "If you can talk, you can sing," she explains. "No one should think they can't sing."

Sing Portland semesters are typically built around a theme. This summer is focused on Afro-Cuban music. The fall will likely be focused on folk music. Gospel and spiritual is often a theme.

While the group originated in SE, performances are typically held on the westside at the Cedarwood Waldorf School in SW and PSU Farmer's Markets. One of her three citywide sessions meets in SE: [singportland.com](http://singportland.com).

Community singing groups abound throughout Portland and that includes the beloved Portland Interfaith Gospel Choir which now practices and performs in NE rather than SE.

In our town, not singing is not an option. *MP*

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# HAWTHORNE

## Street Fair



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**Main Stage | 38th & Hawthorne**

- 11:00 - 12:00 Pagan Jug Band (Old time Jug/Bluegrass)
- 12:30 - 1:30: Reverb Brothers (Good time Music)
- 2:00 - 3:00: Sonny Hess Band (Blues)
- 3:30 - 4:30: Geebsville (R&B and Latin)
- 5:00 - 6:00: LaRhonda Steele (Soul Diva)

**Outdoor Living Room | 37th & Hawthorne**

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From Hawthorne to the **Gold Door** enjoy the comfortable outdoor living room while hearing an opera singer, a harmonica player and some awesome young hip-hop singers and other talents.

**Echo Theater** will be having acrobatics, juggling, hula hooping, and crafts outside on the street.

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The stories beginning on the following page are about some of the long time retail anchors here on Hawthorne Blvd. Due to time and space we weren’t able to reach everyone. The merchants we did interview give a good idea of the entrepreneurial determination, vision, creativity, resourcefulness, quest for beauty and independent Zen nature of an owner/operator store. We are lucky to have our own local shopping area, a commodity that many cities are just beginning to reestablish—a commodity that relies on you to support. Remember that with every dollar spent in our community sixty cents stays in our community.

BY NANCY TANNLER AND JACK RUBINGER

## Hawthorne Street Fair history

By ROGER JONES

The first “Street Fair” on Hawthorne was in 1983 when a guitarist, a Tarot Card reader and a couple of non-profit organizations kicked off this now iconic event in the ARCO gas station parking lot, currently Cory Brunish’s “Little Village” now leased to Cha! Cha! Cha! and Kids at Heart, and the Postal Annex.

By 1992, the event had morphed into sidewalk sales with 40 or so vendors in the next block, the building at the time was occupied by Health Care offices and the management was kind enough to let us use their

electricity for one of the stages.

In the mid 90’s, in an attempt to share the fun of the Fair, the acoustic stage was located at SE 23rd at Grand Central Baking with vendors at three parking lots along the way up the Boulevard. Unfortunately, not enough people were walking or biking to make those locations successful.

For a few years the International Stage at Portland Impact on SE 47th was very popular.

During these early years, SE 34th was an Arby’s before the

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Twenty-nine years ago Cindy Zielinski opened her first Fyberworks storefront on Hawthorne Blvd. She had her eye on the little building on the southwest corner of 41st & Hawthorne, and when it became available, she jumped at the opportunity to express her passion for fashion.

In this little shop, Cindy made and sold customized athletic-ware specializing in colorful, fun gear for women's aerobics and jazzercise classes. No one else was doing this at the time. Working on stretchy synthetic material is challenging as any seamstress can tell you, but she mastered it over the years. "I got into this business because I loved the fabrics designs and colors," Cindy said.

The building was owned by Minnie Severinsen, the mother of the famous jazz trumpeter Doc (aka Carl) Severinsen. His dad had a dental office there until he retired. One day while Cindy was sewing away she heard the man himself playing his scales. Much to the joy of her parents, she got to meet him and received his autograph on a picture of the store. It was one of her mother's cherished items.

Eventually the Severinsens sold the building and Cindy moved her business up the street to 4300 SE Hawthorne Apt. B, the back of the storefront she now occupies.

At first, Cindy featured locally-made clothing and accessories, but over the years the business evolved and Cindy was able to connect with other vendors that produce beautiful clothing much of which is made in the U.S.

What inspires her most in choosing the products she sells is color and texture rather than a niche market. "It allows me a broader range of choices and plays to my passions about the goods I carry," Cindy said.

Most of the jewelry in the shop is created by local artists, so it helps support these women and gives her customers a wide range of styles to choose from.

During the month of August, Fyberworks will be having a clearance sale in the Sales room. Everything will be discounted 50 percent off the sale price. This will be the biggest sale of the year and will give the store room to move fall product into the shop.

For years Fyberworks was a one-woman operation, but over time, a little help was needed and she hired employees. They added the extra pizzazz to help the shop grow and flourish. "These amazing women, each have their own creative endeavors that they pursue. They bring this passion with them to work forming strong relationships with my customers," she said.

When asked about being on Hawthorne in 2018, Cindy said the challenges are the same as they have always been. There's the economy, traffic, construction and competition to name a few but overall she said she wouldn't want to be anywhere else.

"It's been a thrill to see this business grow and change to meet the needs of my customers."



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# sloan boutique



Life's serendipitous journey brought Karalee Sloan together with her English-born husband, David Whitehouse, in the exciting City of San Francisco. Karalee had worked her way up in the clothing industry eventually managing a small chain of clothing stores. It was David's suggestion to start their own clothing boutique that landed them in Portland. At the time, Karalee was locked into a non-compete clause that meant she could only do this if they moved to another city.

A three day trip to Portland back in 2006 convinced them to go north. "We moved here in February of that year and opened

the first Sloan's on NW 23rd the following June," Karalee said. In 2011, they decided to bring their business into their own neighborhood and opened the store at 3526 SE Hawthorne Blvd. In 2015 they opened a third store at 3824 N. Mississippi.

The Hawthorne location is now the hub of daily operations for the Sloan Boutiques. It is here that Karalee, David and staff members orchestrate all the behind the scenes activity of running this type of boutique.

"Every city has a fashion style," Karalee said. Her observation is that, in Portland, woman prefer clothes that are translat-

able. They can shift effortlessly from work to everyday to going out on the town. The also like natural fibers like cotton and silk. "Woman today are also more accepting of their body types than ever before so we carry styles in a range of sizes from 00 – 26," she said. "Our staff are well-trained," she said. "They can assess an individual's body type and recommend brands that will fit them well."

The excitement of David and Karalee for the trajectory of Sloan Boutique is palpable. "We began with the goals of carrying some U.S. brands, giving good customer service, staying current

with the trends and offering affordable style to our customers," David said. Over the years they have listened to what their clients have asked for.

"Sometimes we will have three generations of women in here shopping together," Karalee said. It is this spectrum of ages, shapes and styles that makes Sloan Boutique the versatile store that it is.

Currently they employ thirty people, offering them medical insurance, IRAs and other benefits and advancements. "I am so impressed by how professional all the young workforce we employ is. Prior to opening Sloan, I worked as an employee in this industry. I know how hard those jobs are," Karalee said.

David and Karalee are thankful for their skilled and talented workforce who help keep



Sloan current and moving into the future. "We don't have a lot of family living close so the members of the Sloan team have become our family."

They like being here on Hawthorne, Coming from San Francisco, they are used to a few eccentrics and all the colorful people that make up a big city.

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Restaurants

## Painted Saints

4380 SE Hawthorne Blvd.  
Hours: 7 am – 4 pm  
503.206.8890

Painted Saints – homemade pasties with delicious drinks – the perfect accompaniment to Chapel Hill on this stretch of Hawthorne Blvd. Owner Steve Noble is serving up his favorite childhood food, the pasty (Pass-Tee) and a few of his favorite beverages from his years as a barista and working in the food industry.

"I grew up in Nevada City where we ate pasties all the time. The first pioneers to settle here were gold miners and one of their traditional foods was the Cornish pasty," Noble said. This food became a staple of the region and was part of everyone basic meal planning recipes.

(An interesting aside is that every year in Grass Valley, near Nevada City, people would make thousands of pasties for the St. Piran's Day celebration where a pasty-tossing contest was the highlight of the day. Piran was the patron saint of Cornwall.)

The original pasty came from the mining town of Cornwall, England, an area rich in copper and tin mines. The ingredients were available year around, they were easy to hold and eat and miners could keep them warm in their tin lunch pails over a gentle flame down in the mine. These pasties were savory, but sometimes they would have something sweet at the bottom for a dinner and a dessert. To be called a Cornish pasty, it needs to consist of four ingredients: steak, potato, onion and rutabaga. Noble joked that in England there is even an overseer group that makes sure anyone serving a Cornish pasty is using these ingredients.

There's great folklore surrounding the pasty. One in particular makes you realize that people were aware of the hazards of their job. They would throw the end of their pasty crust into the bottom of the mine to satisfy the "evil spirits" and to keep from eating the dirt or arsenic left on it from their hands.

Noble taught himself how to bake and, with the help of family members and friends who had tried and true recipes, he perfected the different pasties he serves at Painted Saints. Yes, there is a "Cornish" pasty Noble calls "The Traditional." This one is also available in a veggie and vegan version.



Owner Steve Noble



**Northwest: 738 NW 23rd Ave**

**Westmoreland: 6809 SE Milwaukie Ave**

**Hawthorne: 3405 SE Hawthorne Blvd**





# Chapel Hill



4380 SE Hawthorne Blvd.  
3 pm – 2 am  
971.255.0157

Owner Steven Cook

For centuries, churches were one of the main gathering places for people to congregate in towns and cities all over the world. They were natural community builders under the guise of a belief system, but more than anything, they were a place that brought people together. This ancient icon of place is how Steven Cook describes his recently opened bar and restaurant, Chapel Hill's theme.

Chapel Hill is not his first foray into the bar scene here in Portland. He partnered with his brother at Church over on Sandy Blvd. "I recognized that bars can be community-oriented, a place to bring people together and share the neighborhood experience," he said. What he also knew was how important it is to have a bar culture that is safe and inclusive of everyone that comes in. Church and Chapel Hill exemplify this ethic.

Chapel Hill came about after Steve was asked by Craig Ericson to partner with him and open another bar/restaurant and venue place. Ericson had made a name for himself during the 90s and the Punk Rock era where his recording label, Rise Records, became famous for featuring some of the great talents of the time. Rise Records continues to record great talent.

The name Chapel Hill alludes to the association of large communities that started in Chapel Hill with the rise of the punk rock bands/movement and their following – a vicarious community that gave power and a voice to a segment of the population.

The interior design of the new building has the feel of a place that has been here for a long time. The long bar, neon fixtures, tufted leather booths and the fabulous outdoor seating were the creation of Scott Tomin and Rachel Yoakum of the local design firm Ceremony. The bar has a different feel because everything is facing forward and the mirrored back wall reflects glasses and the scene going in the room – different.

Besides being a place for eating and drinking, Chapel Hill facilitates a wide array of events that feature multi-talented artists of this City. See the schedule below.

Cook is especially proud of the incredible menu created by Ui Vele. The pad Thai Crunchwrap is one of his favorites and the Fried Chicken Bao is another. See the eclectic menu online at: chapel-

hillpdx.com. There are vegan and vegetarian options available.

In keeping with the theme of the religious myths, cocktails include such original creations as Divine Ascent, Immaculate Heart, Harrowing of Hell, Holy Martyr and more. All cleverly crafts mixed drinks.

"I was asked if some people didn't take offense to the subtle theme at Chapel Hill and the answer is no. We have chosen our version of these ancient icons in a respectful way," Cook said. They are familiar and comforting to everyone and it's a way to create a natural ambience that encourages safe, community gathering.

Chapel Hill's schedule of events for the month of August is listed below:

- 8/3 – L-Dougie (Eclectic Dance Club)
- 8/4 – Kaeli Hertz (Eclectic Dance Club)
- 8/8 – Emerson Lyon (R&B / Trap)
- 8/10 – Mooky "Listening Party" (Hip Hop artist Mooky's album listening party w/ DJ Mikey

- B of Jam'n 107.5/iheartmedia)
- 8/11 – Deep Grid w/ VN-PRT (Eclectic Dance Club)
- 8/12 – The Way Out w/ Freak Outty & DJ Solo (Daytime patio party, Dance Hall / Afrobeat)
- 8/13 – YGA DJ's Benefit (A benefit night for YGA (Young Gifted Artists) summer camp)
- 8 /15 – Taylor Hill (80's Goth Night)
- 8/17 – It Girl (DJ / Drag Performances)
- 8/18 – Dirty Red (Eclectic Dance Club)
- 8/20 – DJ Provoke (Boogie / Dance / House / Funk)
- 8/23 – Cloud Six (Live Music, Funk / Jazz)
- 8/24 – Buckmaster Presents (DJ / Drag Performances)
- 8/25 – Fritzwa (NYC / LA / PDX Artist plays Hip Hop / R&B)
- 8/26 – Hawthorne St Fair (Daytime / Patio Party)
- 8/29 – MJ B-Day Party (An evening honoring the King of Pop, DJ's and visuals)
- 8/31 – Chookie Crisp (Eclectic Dance Club)

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# memento

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of a gift is a memento and the remembrance of a great friend," Miranda said.

The merchandise in Memento hums with creativity, humor, whimsy, irony, beauty – oh and lots of cats with some skulls thrown in. Miranda moved here from Los Angeles in 1994 – a city known for its progressive creative scene. "I want to be edgier than the mainstream to reflect my personal taste," said Levin.

This store is the perfect outlet for Miranda's multi-faceted range of passions. "I only sell what I would buy or give to a friend." They sell handmade Queen Bee bags, jewelry, artwork, T-shirts, candles, cards and notebooks. The button selection nails our cultural icons, the Blue Q socks are hilarious, characters from Studio Ghibli adorn many items and Hydro-flasks are practical. There is a special something for everyone.

While her history in the community has been well-documented, it's her future that sounds the most interesting. "What I'd really like to see is a gallery-type space in the store so I can show-

case larger and more original works by local artists."

Memento had a taste of celebrity exposure too. Best-selling local author and long-time shopper Chuck Palahniuk chose Memento for a book signing for Bait, his coloring book and collection of short stories. He is the author of Fight Club. "He's a real sweet guy," said Miranda.

"What's nice about being on Hawthorne are all my neighbors who we've gotten to know really well over the past twenty years," she said. "There's such a wonderful sense of community here."

"We have a lot of talented friends who do the photography, cards, clothing, artwork and jewelry and I am proud to have their work in our store. Also, being from Los Angeles with its very Hispanic and Mexican culture, I'm able to incorporate that feel into the store as well."

On the day of the Street Fair, Chris Stevens of Pop Octopus will have his booth with gifts for weirdos. Visit Memento at 3707 SE Hawthorne Blvd.



## imelda's and LOUIE'S shoes



Some of you might remember back to 1994 when, just off Hawthorne at SE 37th, the first Imelda's Designer Shoes opened. It was a bold endeavor to undertake in this area since it was just starting the slow build to the bustling commercial district it is today, but Pam Coven had the vision. Since then, Imelda's has offered Portland cool accessories and one the best selections of fashionable, comfortable and affordable shoes in the city.

Pam moved here after visiting a friend in 1991. "I loved the easy access to the mountains and the ocean and the sense of community," she said.

SE Portland reminded her of the neighborhoods she grew up in. "Everything you needed was close to where you lived," she said. A small town feel in a big city. Pam is a native of Chicago and lived in Bucktown but spent a lot of time in the Lincoln Park neighborhood where her family had their retail stores. She learned about the shoe trade working

for them.

In the beginning, the store was called Imelda's Designer Shoes and it was just that: designer shoes for women and men that were both fashionable and affordable. It was located in one of three tiny store fronts north of where Starbucks and Three Doors Down is today. "We were immediately well-received by the community."

Coven already had the connections to buy job lots of the previous year's shoe designs and sell them at discount prices. Imelda's was one of the first shoe stores to carry Frye boots, Uggs and Dansko – names now familiar to the buying public. They carried Hobo handbags and accessories, many of which were locally-made.

When one of the first modern contemporary retail/apartments spaces became available in 2003 at 3426 SE Hawthorne, Pam was ready to expand. They rebranded their look and gave a name to the men's department. Louie's Shoes was chosen as a nod to Pam's relative and the famous Louis XIV heel.

The men's department expanded into a space of their own in 2012 when the business next door closed down. Now men and women's shoes had their own department.

As times change, so do our choices in fashion. "The



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After years of working conventional day jobs and hardly ever seeing one another, Anton and Debra Cox decided to start a business they could do together. Their appreciation for the aesthetics of mid-century modern furniture came at a time when the general public was starting to wake up once again to the beauty and simplicity of this style.

They began small, renting spaces in different established shops. One of them was Sorels owned by Dan McDermott. In 2011, he retired and Anton and Debra took over the whole space, changing the name to Asylum.

The name Asylum was chosen as an acknowledgement to the past when Hawthorne Blvd. was named Asylum Blvd. and also for its literal meaning – to escape chaos or a sanctuary.

The interior of the store embodies how soothing, graceful and functional the sleek lines of modern furniture, lighting, and home décor can be. “We can also thank the series Mad Men for bringing the aesthetics of modernism to the mainstream,” Anton said.

Some of the pieces they select are brand new and some are from the mid-century. It’s hard to tell because they are in such good condition. “The difference in the

tag will let you know what’s new and what isn’t,” Anton said.

Store owners strive to offer items that have both quality and

They tell us they have never seen a store like ours before,” said Anton.

Debra added that, “We are the only place in the Portland metro area that carries some lines: Sacco, Bulbing, The Line Meori, to name but a few.

With the new furniture and lighting, they make sure to inspect and assemble every item. They do this because they know what it’s like to bring home something in a box, then discover it is damaged or missing key pieces. “We take care of that so you don’t have to,” Anton said.

With wood items, it adds the benefit of the customer getting to choose the wood grain that appeals to him/her most rather than accepting whatever is in the box.

The staff is friendly and excellent at finding out the needs of customers so that they get the products that are right for them and their specific circumstances.

# ASYLUM



affordability, reaching out to what they think is the forgotten or overlooked middle ground between bottom-basement prices (and quality) and the upper echelons.

The gift items complement the era with their leanings towards the atomic age. In other words: clever, forward thinking items that exemplify a love of design and simplicity, wit, and a curiosity about the world.

“Interestingly, the people who “get” our store the best – the ones who discover us and get excited – are people who come from larger cities (like L.A., Chicago, and San Francisco).

## Fred’s

## Sound of

BY JACK RUBINGER

Guess who John Lennon called when the Beatles needed a microphone for their Portland performance back in 1965?

Where did Paul Revere & The Raiders drive up in their hearse in the back lot to find pro gear that no other store offered?

The answer? Sound of Music on Hawthorne, which has been around in one form or another since 1948. Sound of Music is a family-owned business started by German Jewish immigrant Fred Lindemann who learned how to repair electronics in Shanghai and was hired over the phone by the store’s original owner. The store is now run by Fred’s son Steve.

The place was jumping on a recent weekend visit.

“Business is excellent,” said Devin Dahlgren, who also does custom systems in people’s homes. “We have a pretty well established, family-owned history. The store has been in this location since 1948. We cater to a large variety of customers’ needs from vintage to high end.”

A trip to the back of the store was like revisiting Howie Sklar’s bedroom, circa Syosset, New York in the late 70s — filled with silver front devices, old fashioned cassette players and sleek speakers.

“There’s a coolness and tangibility to vinyl and turntables that’s driving people to want to



Devin Dahlgren, technician

play music, but if you compare the gear from 20-30 years ago to today’s digital systems, for about the same prices, you’re going to be absolutely blown away because of the improved accuracy and finer details you’ll hear,” said Dahlberg. “In fact digital is just as good as analog.”

A high quality system, including a turntable, digital player/speaker combo that’s small and wireless can be purchased for around \$700. It’s not too early to planting a seed for an upcoming birthday/Christmas present.

Visit Sound of Music at 3760 SE Hawthorne Blvd.

P.S. If you’re looking for the type of mic John Lennon used, forget about it. The store hasn’t carried microphones for years.



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Hawthorne history cont.



from page 11

building occupied by Imelda’s and Louie’s, Mink and On Point Credit Union was built. The staff at Arby’s supported the Street Fair by allowing forty vendors to use their parking lot. New development soon left the boulevard without a single usable parking lot. One year we rented barricades and used the outside driving lanes and the parking spaces on both sides of Hawthorne from about 34th to 38th to place vendor canopies. This layout didn’t work very well. The set up was so time-consuming plus hiring local young people to stay the night and watch over the vendors’ booths and the stage equipment was too much effort. The most dangerous events were the two years we placed the vendors in the parking lanes and used yellow caution tape to separate the back of the booths from the moving traffic. The proximity of vendors to traffic must have been one of the reason the City allowed the street fair planners to finally close Hawthorne from SE 30th to what

is now César E. Chavez Blvd. The first year that section of the street was closed, the vendors were placed back to back in the middle of the street, but what is working best now is the “Quads.” Most vendors and non-profits like having corner booths and our businesses like having visitors see their storefronts as they zig and zag through our vendor and community information area. In addition, several businesses set up in the street facing their doorways. The past few years, New Seasons Market and The Fernie Brae at SE 41st east of César E. Chavez have had activities, sales and entertainment and we encourage our attendees to cross the great divide and check them out. We look forward to seeing you this year and are happy that we have many bicycle racks and the Central Christian Church encourages people to park in their parking lot during the fair. The hours are 11 am to 6 pm with our evening businesses continuing their usual night time hours.

Painted Saints



from page 14

“Preparing the fillings came easily it was making the crust right that was hard. Especially to make a vegan one that doesn’t use butter,” Noble said. “They need to be flaky and light and still hold together and not leak when cooking or served.” Painted Saints serves mostly savory pasties with a couple of sweet choices. The cheese and onion was just coming out of the oven on the day of this interview and my thoughts of sharing this quickly vanished after taking the first bite. Very yummy, satisfying and because of the good ingredients was a great energy boost for the day. The full menu can be found online at PaintedSaintsPDX.com Noble’s knowledge as a barista ensures that the espresso bar menu is complete. They use coffee from the Water Ave. Coffee Company, loose leaf tea provided by the Jasmine Pearl Tea Co., bottled drinks, and, if you need a little pick me up, cocktails are served during business hours, with the ever-popular Bloody Marys and Mimosas topping the list. Pasties are priced at \$8 each or a five pack for \$30. A tasty grab and go for your next meal.

Parkmybnb: Redefining the perception of home

By JEREMY MAHALL

Regardless of any income earning level I have attained throughout my life, the most significant expense in my budget has always been providing the basic need of shelter. In 2014, I was laid off from the best paying job of my career, yet still only surviving paycheck to paycheck, living in a two bed condo, with a co-worker, paying about \$1500 in rent per month. So I took a solo road trip sleeping and cooking out of my hatchback. Upon returning, I stepped into my condo with utter disbelief at the amount of unused space filled with stuff I barely used. With this new perspective and priority to live smaller, I solidified my long time yearning to live mobile in hopes to have more free time. This next chapter of my life would not require a traditional home or a 9-5 office job that I had always been comfortable with before. I started to research vehicles to live in. Six months after my epic road trip, I was a new home owner, buying a 1982 C Class RV for \$7300 on a credit card. My “Mobile Villa” (MV), came with a 100 watt solar panel on the roof, a woodstove inside, a remodeled interior and only 43k original miles. However, the time needed to organize a transition from a 1200 sq. ft. condo with a basement to a 160 sq.ft. space took much longer than I had anticipated. The first 45 days of my mobile experience were chaotic. I kept my car for commuting, so I would park both my car and the MV on the city streets, separated by about a mile, riding a bicycle between them. I had to move the MV every 2-3 days to avoid parking tickets. Thankfully, a friend of a friend, offered me a temporary spot at his place that ended up being a six month stay. His generosity to host allowed me to work a part time job, which gave me more free time to focus on my ideas; one born from this story of challenging the status quo. From the moment I decided to live mobile, I knew a new resource was needed – access to secure, long term parking. Initially, the online service I founded was called Bring Your Own Bed & Breakfast, but having limited tech skills, byobnb.com ended up mainly collecting market data. It showed a high demand for monthly parking coupled with a low supply of spots. The average person looking would spend \$300-500 per month to park and most were also willing to provide labor for rent. This past February, I was approached by another entrepreneur with a very similar goal of creating a network where private property owners with vacant land can connect with mobile dwellers looking to rent space. We are currently working on this venture together and it’s called Parkmybnb. At Parkmybnb.com, a

mobile dwelling can be whatever a person calls home, be it a custom tiny home on wheels, RV, converted school bus, minivan, boat or tent. The discretion of what type of home is allowed, what amenities are offered or included and the cost to park on a property are solely directed by property owners. Our ongoing challenge is that we have many more people looking to park their homes than people offering parking. From personal experiences, I feel most property owners are wary of listing their property publicly because they’re unsure whether their town allows overnight, live-in parking. Another concern often raised is, “where do you dispose of the sewer waste?” We’re working to address both of these. Most municipalities provide sewer services and we have an online resource, to share useful information with others on the road. Recently, the city of Portland has been looking at de-prioritizing complaints on people living in RVs and tiny homes. This acknowledgement, that certain types of mobile dwellings could be a low cost solution to a larger housing crisis is a very positive step. We feel Portland could be a great example to other cities. Including these mobile dwellers as part of population, towns could form new revenue streams by allowing live-at, long term parking. Not only are the financial benefits mutually positive, but for some, the safety and social benefits may be the biggest. If you’re an individual who lives alone, having a tenant on your property may be a deterrent to crime while you’re away, could be a helpful hand around the farm/ranch and might provide conversation and companionship, all while paying rent. Rising housing costs are an issue at most income levels. Property owners are facing ever increasing taxes, HOA fees and utility bills while those renting are being driven out by rising rents to cover the aforementioned costs, all of this combined with low and stagnant wages. These are major problems Parkmybnb hopes to address and curb by having a platform for those who either need the extra income or want to help someone else by providing them with a spot to call home. Now in my fourth year of mobile living, I have never paid more than \$10 a day to park, on business and residential properties. I was able to pay off the debt on my MV, buy adventure toys, rent a ski house for a season and take many vacations, all while rebuilding my credit to a point that I was able to finance a brand new mobile dwelling in April 2018 along with a truck to pull it. Please visit Parkmybnb.com to learn more or email contact@parkmybnb.com



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Going Out

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3 Leg Torso & Portland Symphony Orchestra

3 Leg Torso's cinematic and classically inspired music has moved and entertained us on the Upper Left since the mid 1990's. They make movie music for movies that haven't been made yet. On August 11, the quartet is playing outside in beautiful Laurelhurst Park with the sixty-piece Portland Symphony Orchestra founded nearly forty years ago. This is a must see Summer concert. Laurelhurst's ducks will love the music too. Read more on page 20.



Photo by Saskia Marie Thomson

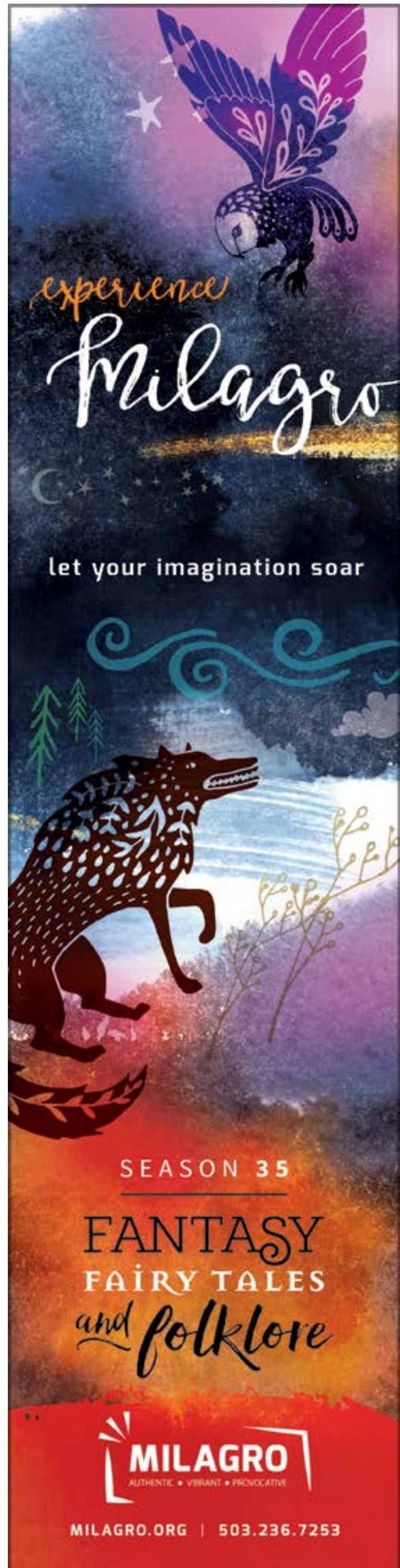
Tony Starlight's 4th Anniversary



Tony Starlight's Showroom is four years old and to celebrate, the crooner hosts a special one-night only show Saturday, August 18 with the whole band with impressions of Frank Sinatra, Dean Martin, Elton John and more in tribute to these performers. Get the details on page 20.

Email your event news by the 20th of each month to: [examiner@inseportland.com](mailto:examiner@inseportland.com). Visit [southeastexaminer.com](http://southeastexaminer.com) for all the latest SE neighborhood and city news, complete downloadable past issues, **Going Out** and **A&E** features. "Like" us on Facebook and join the conversation on news and updates.





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## 3 Leg Torso With The Portland Festival Symphony In Concert at Laurelhurst Park

3 Leg Torso performs with the sixty piece Portland Festival Symphony at Laurelhurst Park, 3756 SE Oak St., Saturday August 11 at 6 pm. The concert is free and open to the public. Families and community members are invited to bring picnic baskets and lawn chairs and enjoy. (For those in the north part of town, they'll also play the next evening, August 12 at Peninsula Park, 700 N Rosa Parks Way)

The Portland Festival Symphony was founded nearly forty years ago by Oregon Symphony violinist, Maestro Lajos Balogh to thank the community and the nation that had adopted him after he earned his United States citizenship. Now Balogh has passed the baton to Maestro Gregory Vajda (of the Hungarian Radio Symphony, Huntsville Symphony Orchestra, the Oregon Symphony), and the orchestra is comprised of members of the Oregon Symphony, Portland Opera, and the local chapter of Musicians' Union 99.

3 Leg Torso formed in 1996 as a violin, cello and accordion trio with the mission of creating original modern chamber music. These days the group is an inimitable quartet performing originals with spirit, grace and kinetic energy. The music is based on a synthesis of chamber music, tango, klezmer, latin, Roma (Gypsy) music, film soundtracks, and classically-influenced compositions.

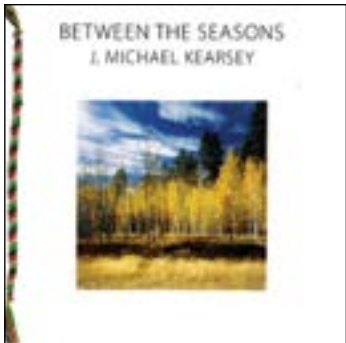
Principal composers and founders Béla R. Balogh (violin, trumpet, octave mandolin) and Courtney Von Drehle (accordion, saxophone) are joined by the mallets/ percussion of T.J. Arko and the acoustic bass of Milo Fultz.

The Torsos have created a fundraising page to help defray the cost of these concerts in the park. Make a contribution at [gofundme.com/3-leg-torsopfs-free-parks-concerts](http://gofundme.com/3-leg-torsopfs-free-parks-concerts)

It's the perfect way to unwind after a busy week – listening to extraordinary orchestral music performed live outside in a gorgeous and historic Portland park.

Hear the sounds of 3 Leg Torso at [3legtorso.bandcamp.com](http://3legtorso.bandcamp.com).

## Between the Seasons



*Between the Seasons* is a new CD by Oregon composer, J. Michael Kearsey, a vital participant in Oregon's music scene for many years. His first LP, *Suite for the Columbia Gorge* from 1984 assisted the Friends of the Columbia Gorge in creating the Gorge National Scenic Area in 1986.

His music for movies and television has been in Brazilian, Middle Eastern, Jazz, Country and Folk modes, and all these influences are evident on this sumptuous disc as it joyously careens from style to style, always maintaining a musical melodic thread and pulse that can only be Kearsey's. The instrumentation on these thirteen tracks feature guitar, piano, fiddle, mandolin, trumpet, flute, sax, pedal steel, kanoon and oud, and the arrangements and performances are splendid.

The songs are contagious too. *Jumpin Fish Waltz* is a most ebullient soundtrack to something; *Tarpaper Mansion*, a smoking hot tribute to trumpeter Lee Morgan and mid-century Jazz; *Riverborne* features Dave Grafe's evocative pedal steel; *Quiltman* is named for Quilt-

man Sahme, the traditional American Indian singer and drummer from Warm Springs, Oregon who for years performed with John Trudell and Bad Dog. It segues quite naturally into the expansive *Samarqand*, evoking the ancient Asian city with oud, kanoon and drum.

Kearsey began his music career in Boston, forming Under Milkwood with pre-Cars Ric Ocasek. He came to Portland, as a founding member of UPEPO, then the Rockin' Razorbacks, and joined the Brothers of the Baladi, playing bass, and producing eight of their twelve recordings.

As composer, Kearsey has scored five public television programs including Oregon Portraits I and II. He is an active member of Portland Music Association, Portland FolkMusic Society and the Oregon Music Hall of Fame.

*Between the Seasons* is available at Music Millennium and record stores everywhere, and online at CD Baby. Find out more at [jmichaelkearsey.com](http://jmichaelkearsey.com)

## August Art at Sidestreet

The August show at Sidestreet Arts, 140 SE 28th Ave., features works by member Cathi Newlin and guest artist Don Hall, who share a love of irreverent humor, political satire, and bold color.

The Opening Reception is Friday, Aug. 3, during SE Portland's First Friday Art Walk. An artist talk and meet-and-greet is Sunday, Aug. 26, 11 am - 2 pm

Sidestreet's monthly celebration, the Mimosa Sunday Artist Chat is August 26 at 11 am and Newlin and Hall will be there to discuss their art and answer questions. See [sidestreetarts.com](http://sidestreetarts.com).



"Let's Play" by Cathi Newlin

## Tony Starlight's 4th Anniversary

Entertainer Tony Starlight celebrates the fourth anniversary of The Tony Starlight Showroom, 1125 SE Madison St. with a one-night only show, Saturday, August 18 at 8 pm. Doors open at 6 pm for dinner, and 7 pm for the show only.

There's multimedia video presentations with musician, comedian, producer Starlight and his All-Star Horns, an eight-piece band led by Craig Bidondo performing a sampling from favorite shows. There'll be songs and comedy routines and impressions of Frank Sinatra, Neil Diamond and Axl Rose; parodies of pop songs like "My Hair Keeps A-Fallin' From My Head" and rewrites of hits by Johnny Cash, REO Speedwagon, and Bob Seger, and pop culture tributes to James Bond and television theme songs.

Tickets, including a three-course dinner with the show, are \$75 for a premier assigned seat or \$65 for a standard seat. Show-only General Admission tickets are \$30 available at [tonystarlight.com](http://tonystarlight.com).

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## SUCH STUFF AS DREAMS ARE MADE ON

A benefit for a new production of The Tempest, presented by Speculative Drama at The Steep And Thorny Way To Heaven, SE 2nd & Hawthorne Blvd., takes place Sunday August 19, 6:30-10:30 pm.

It's a one night only private cocktail party. Only those who RSVP may attend. There's a silent auction, curated potions by Prospero himself, and performances on the hour each hour all evening long.

RSVP by emailing [rsvp@thesteepandthornywaytoheaven.com](mailto:rsvp@thesteepandthornywaytoheaven.com). Tickets are sliding scale \$10-\$20. \$5 for members and Patron supporters.

All proceeds go toward production and costs for the upcoming production of The Tempest

More info at [thesteepandthornywaytoheaven.com](http://thesteepandthornywaytoheaven.com).



Go

## Going Out

arts &amp; perfor-

## Montavilla Jazz Fest 5



Jazz Fest headliner Randy Porter

August means Montavilla Jazz Festival time. This nonprofit, neighborhood festival features local artists on the forefront of creative expression performing new compositions with their ensembles. Performances are all held at Portland Metro Arts, 9003 SE Stark St. Saturday and Sunday August 18 and 19.

This year's headliner is pianist Randy Porter. He and his trio (John Wiitala on bass and Todd Strait on drums) perform music from his Grammy-nominated album *Porter Plays Porter* featuring Nancy King's vocalese and supple stylings at 8 pm on Sunday August 19.

Other sets this year are from Nicole Glover Quartet; Dmitri Matheny and Darrell Grant's new chamber jazz works; Farnell Newton Evolution; Portland Jazz Composers Ensemble featuring James Miley and the Watershed Suite honoring Oregon's waterways; Tim Willcox; The George Colligan Trio; Christopher Brown; Creative Music Guild's Sound Foundry; Alan Jones and Social Music; Ryan Meagher's Evil Twin; Shao Way Wu and Salting with Randy Porter, and Jason Palmer.

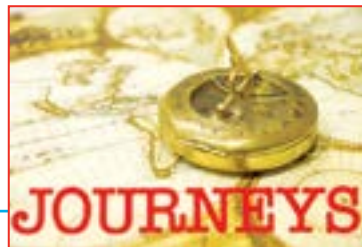
Both days the doors open at 1 pm. Music commences at 1:30 pm and there's an evening Jam Session after Saturday's performances at East Glisan Pizza Lounge, 8001 NE Glisan St, beginning at 9 pm.

A limited number of reserved seating and VIP tickets can be purchased in advance at [tickettomato.com](http://tickettomato.com). General admission passes are sold at the door during Fest. Seating is limited, and no refunds will be given. Day passes are \$15. Jazz Fest offers Oregon Trail cardholders the opportunity to purchase up to two day passes for \$5 each when presenting the Oregon Trail card at the box office.

See the complete lineup and schedule at [montavillajazzfest.com](http://montavillajazzfest.com).



Nicole Glover by Diaz Durán



Portland Storyteller's Guild opens its 33rd season, Saturday, September 1 at the historic Clinton Street Theater with *Journeys*, a program of stories by Shay Knorr, Juliana Person and Eric Foxman.

Showtime is 7:30 and doors open at 7 with music by Eric and Steve Cooper. One audience volunteer will be selected to tell a five-minute story following intermission after getting pointers from a professional teller.

That's how Juliana Person got her storytelling start. She attended last year's show and was chosen to tell a story about a bear and a tent that brought down the house. Then she showed up at monthly Guild story swaps and auditioned with another tale exploring a humorous aspect of her successful battle with cancer.

Tickets are \$12 online at [tinyurl.com/ychwzupd](http://tinyurl.com/ychwzupd) or \$15 at the door.

## Short takes

### ...arts news of note

**ARTICHOKE COMMUNITY MUSIC** at 2007 SE Powell Blvd. presents Celtic Community Night, a recent addition to Cafe Artichoke's monthly performances – a format with a feature performance followed by an open traditional music and dance session. Wednesday August 15, Seán Williams, Brian O'hAirt, Michael Steen and David Ingerson perform at 7 pm. Tickets are \$5 to \$20, sliding scale, available at [tinyurl.com/y8xml6n3](http://tinyurl.com/y8xml6n3) or at the door. Registration for Artichoke School of Music's fall term begins on August 20. Classes include stringed instrument, singing, songwriting and rhythm instruction, and begin the week of September 10. Register at [artichokemusic.org/classes/catalog.php](http://artichokemusic.org/classes/catalog.php). Café Artichoke will be mostly dark during August for their traditional hiatus. Open mics and concerts resume in September.

**BILL BULICK'S MEMORIAL & CELEBRATION OF LIFE** is at Reed College's Performing Arts Building Atrium – Saturday, August 4, beginning with Qigong Meditation at 10 am and a memorial service and performance festival at 11 pm. Tributes, memories, music, dance, song, and video commemorations are followed by a parade featuring Michael Curry's giant puppets. Bulick came to Portland in 1971 and spent more than 30 years helping to shape the cultural development here. Artichoke Music gave him the impetus to found the World Music Festival and he was the first program director for Pioneer Courthouse Square, bringing thousands of performances there, including a huge breakdancing festival and Tuba Christmas. He was instrumental in evolving the Metropolitan Arts Commission (MAC) into the Regional Arts and Culture Council (RACC). Celebration performers include: Lauren Sheehan, Tim DuRoche, Ravenwood, Linda Austin, Lyndee Mah, Old Growth Band, Tere Mathern, Taka Yamamoto, Subashini Ganesan, Gary Haggerty, Kevin Burke, Michael Stirling, Shaun Keylock, Darrell Grant, Portland Taiko, Reed Wallsmith, Stuart Celarier and others.

**ANNUAL OAK GROVE TROLLEY TRAIL FEST** – Celebrate the Trolley Trail, a 6 mile bike and pedestrian path, at the 2nd Annual Trail Fest, Saturday, August 18. Bike, drive, or hop on the Orange Line and cruise down to Park Ave Station in Oak Grove. It is a 1.5 mile walk or ride down the Trolley Trail to the street fair, open from 11-4 pm in historic Oak Grove, 14700 SE Rupert Dr. This year's live music has Arthur Moore, Memphis Shorty, Rich Gritty and Ukulele Band and the Brass Quintet, and the nine-piece salsa Latin jazz band Pa'lante at 3 pm. North Clackamas Parks and Recreation, Rose City Clowns and The Dreaded Ship Outrageous Fortune Pirates provide amusement to kids of all ages. For the 21 + crowd the Norman Sylvester Band performs at Vinyl Tap Bar & Grill after 4 pm. Laurie Sonnenfeld Realty sponsors Pa'lante's performance to mark her 30th anniversary in business, and issues a special invitation to inner SE salsa lovers and dancers to take part in the celebration. Information about the Fest at [hdog.org/events](http://hdog.org/events).



Pa'lante Latin Jazz Band



Susan Stoner

## SL Stoner brings a new Sage Adair book to Powell's Hawthorne: An Interview

S.L. Stoner's Sage Adair books are set in the era of America's first progressive revolution, the early 1900's. Her new book, *Slow Burn*, is the seventh book in the acclaimed series. Adair is an undercover labor movement operative who runs one of Portland's most exclusive restaurants at the turn of the last century. His goal is to help bring about social and economic justice.

The books relate historical events and people and the series' underlying purpose is to relate what Howard Zinn called the "People's History," harkening back to a time when ordinary people rose up, fought for and advanced the cause of economic and social justice under circumstances harsher than those we face today.

*Slow Burn* had its impetus in a one-paragraph, 1903 news article reporting that the city council had voted to plank or gravel Powell Blvd and Milwaukie Ave. after being warned by the Fire Insurance Underwriter's Board that the city's continued failure to make the two roads passable during wet weather would result in all structures in that area being uninsurable. This organization's impact in this instance triggered research into both the firefighters' working conditions and the Underwriter's Board.

While that may sound like the summary of a dry, historical treatise, these facts roll out within the context of a fast-paced story that includes arson, murder, kidnapping, and false accusations, kidnapping and adventure. There's nothing like reading a great mystery while learning Portland history.

The *Southeast Examiner* had a visit with author SL Stoner and the conversation was kaleidoscopic, like the Sage Adair books.

**Q.** Do you consider what you're writing *Historic Fiction*?

**A.** Yes. Definitely *Historic Fiction*. And it is fiction. The stories are the primary thing, but I try to make it historically accurate and from a progressive viewpoint.

**Q.** When you wrote the first book, did you know that it would take this long to get the stories out or have they just naturally progressed so that when you got to the end of one there was more to tell?

**A.** What usually happened is that I would get to the end of one, I would go to the Oregon Historical Society and start reading newspapers to get an idea for the next one. Then I would start researching it and that's kind of how it happens. A lot of time, ideas come either from the *Oregon Labor Press* (they've been publishing forever) or from *The Oregonian*. The one about the bridges falling down [*Dry Rot*] was an article from October of 1902. All these bridges in Portland started falling down and at the time there were 65 bridges and I thought 'What the heck is happening? All these bridges falling.' and these were bridges over ravines, not over the rivers... We used to have a lot of ravine bridges... I just kind of go from one idea to the other...

**Q.** Is there a continuity from one book to the next?

**A.** Yes. Not all the characters are in all the books, but characters do reappear. In the book that has to do with Shanghaiing [*Land Sharks*], a character in there appears in the next book. There's a character in the third book, [*Dry Rot*]; the character is a ragpicker poet who was based on a real person that was here in Portland. He doesn't appear in all the books but he pops up. He's not in *Slow Burn*, but he's been in most of the other books.

*Slow Burn* has reoccurring characters. The Portland Hotel imported blacks from the south, and one of the significant characters who worked in the Carolina Governor's mansion was very skilled. So when they opened the Portland Hotel, they wanted to be the most exclusive hotel on the West Coast, and they imported these black workers from the south that had worked in fancy places. That guy is in *Slow Burn* and most of the other books as well. At this point, the characters have all smirged together as a collective of people that I know.

**Q.** You're talking about the history of the northwest that is not often reported or long ago forgotten.

**A.** Yes. When I started this, I never realized what a journey it would be into a town where I grew up. It's changed how I see the town. A lot of people who read these books have the same reaction: it's really enriched their understanding of the town.

**Q.** What neighborhood were you born in and where did you grow up?

**A.** I was born out near Hillsdale and Robert Gray School and Wilson is where I went to school. When I was seventeen, I moved out to be a hippie and lived in Corbett Terwilliger. I probably lived in fifteen houses around there. That was where I got involved in my early twenties in my neighborhood association and it was a life-changing experience.

**Q.** So when you wrote the first Adair book, what was your motivation? What had you written up til then?

**A.** Before I started writing fiction? I was in college, and they would give me a choice of taking a test or writing a paper, I always wrote the paper. I wrote about the history of Seattle, the history of neighborhood organizations... I've always been a research writer person, so I did that. Then I went to law school and did a lot of brief writing. So I had always written either historical or nonfiction.

Although I'd read fiction incessantly, I never really thought about writing it but I had come across a story about these guys that traveled on the trains and protected hoboes from the railroad bulls that were really violent towards them.

I was working in the union and I realized from talking to people in the union they had no idea where



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# Pushback Over Parking Permit

By MIDGE PIERCE

Citing the potentially devastating effect on its commercial strip, the Hawthorne Boulevard Business Association unanimously voted to oppose a PBOT proposal to implement permit parking for 623 spaces along the busiest portion of the street.

Angered that approval of ballots for the proposal had initially been presented to Richmond and Sunnyside but not the business association, board members slammed a process that would give each business only one vote. One called it “onerous, fraudulent.”

Co-president Gregg Harris called it an “end-run” by decision makers who have clearly never run a business that was “autocratic, not democratic”.

Transportation officials chose Hawthorne for one its two new parking permit programs because of its high parking occupancy rate, complaints and resident requests.

Under the plan, drivers who do not have an area parking permit would have a two-hour visitor limit. Because the limit is intended to improve street vitality by encouraging customer turnover, PBOT representatives were surprised at the backlash which ranged from concern over

insufficient time for shopping and dining to outrage about businesses’ potential bottom line losses.

Representatives from Fred Meyers, with 450 employees, and New Seasons – the area’s largest employers – expressed alarm about the potential impact on employees who could ill afford the \$75 first year annual fees or those who would have to move their cars every two hours to comply with policy.

The upshot, they warned is more parking in adjacent neighborhoods adding to the car crunch.

Hostel manager Michelle Machado pointed out that the plan places an inequitable burden on businesses and those in the area who are already struggling. Others said the City is all talk and no action on the socio-economic front.

“We’re faced with kicking staff into the dark ages or pushing more cars into the neighborhood,” said business owner Don Mack.

Officials are looking into providing mass transit passes and other incentives. They said interest in permits was driven be people who feel entitled to park in front of their houses. They aren’t, PBOT confirms.

Board Members responded that the issue isn’t solved by permits but by better planning.

“The problem is the City

allowing apartments to be built without parking,” said Roger Jones. It will only get worse as more and more apartments are built. New residents bring in more cars, one said, citing estimates that 100 new units = 75 more cars.

The next step for the permit project is counting ballots sent to neighbors. Sixty percent of neighbors must favor the project to proceed and PBOT expects to have votes tallied by early August.

If a majority fails to approve the proposal, nearby Division may be next in line.

Julia Hanfling said, “If we had been involved earlier, we could have worked together toward solutions.”

The Community is at a crossroads, according to Harris. “It needs to improve decision-making or go downhill unless it makes better choices.”

Asked about consideration of other options, specifically a parking garage, PBOT responded. “No,” adding that, “if you’re fixing parking, you don’t make everyone happy.”

Also of note at the meeting, HBBA learned that the corridor would receive crime prevention relief with the addition of two 24/7 walking beat officers dedicated to community outreach and engagement.



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## AltSource

from page 3

building in the new design. The building will provide secure indoor bike parking to encourage employees to bike to work.

With its continued growth and new headquarters (slated to open in late summer) AltSource is hiring to fill a number of positions, including sales, project coordinators, product managers and developers at all levels.

“We’re always looking for good developers who are passionate about applying critical thinking and creative problem solving to address business problems,” says Jennifer Tiana, director of software development.

“Our developers have direct involvement in the planning process with our clients, so we look for developers who are business-minded and can see the big picture to create a solution of true value for the customer.”

In addition to the creative nature of the work and the visible impact employees make on their clients’ businesses, they strive to be one of the top-paying companies for developers, and offers an incubator program for junior developers. Employees enjoy a culture that values work/life balance.

“People tend to head home at the end of regular business hours to be with family and

friends and working late nights and weekends is the exception rather than the rule,” Moore says.

“We also try to be as accommodating as possible for vacation schedules to encourage employees to take time to focus on what’s important to them outside of work.”

After three years with the company, employees receive an extra week of paid vacation, and after five years, employees receive a travel bonus to help fund a special vacation or other time away.

The company regularly coordinates volunteer opportunities for its employees, such as holiday shopping for families in need and neighborhood cleanup events.

In July, they worked with the City of Portland to clean up trash and paint over graffiti in the neighborhood. The company plans to use its new headquarters to host community events, and is committed to continuing and even expanding its support for the neighborhood.

“The new building has some space available for a tenant to lease,” says Moore. “We’re hoping that can be used by an organization that will enhance the community even further.”

Find out more about AltSource at [altsrc.net](http://altsrc.net).

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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: Start Here!

Ayurvedic Doshas (Vata, Kapha, Pitta) are composed of the elements and represent your constitution or the biological forces that govern the body.

Remember that each and every person has a combination of these doshas and in most cases two are more prominent (e.g. Vata-Pitta or Pitta-Kapha). Understanding your unique Dosha is a key step towards building awareness of who and what you interact with on a daily basis and how these things interact with you.

Everything you see, touch, taste, hear, and smell have qualities that relate to a Dosha. The Vata Dosha has qualities that are: dry, cold, rough and changeable (there are many more). Air is Vata as it moves through the trees and is constantly changing in direction and speed. It can chap our skin and create dryness as well as bring a sense of coolness.

A summer salad has Vata tendencies. The lettuce is course, rough, and cold compared to a hot cooked meal of lentils and rice. You may choose to add dry croutons and raisins creating a very Vata salad.

Kapha is heavy, sweet, unctuous, steady, wet, etc. Kapha gives rise to our beloved desserts, heavy and sweet. If you add olive oil and avocados to your Vata salad you would be adding Kaphic qualities. A Kapha body-type is sturdy and large. Think of a NFL player. People with a Kaphic dosha tend to have a jovial essence to their personality.

Lastly, Pitta is hot, intense,

pungent, sharp, etc. These show up in hot chilies, garlic, ginger and the sun. A summer peach visually mirrors the sun, bright and yellow, giving it a Pitta quality. A muscular body-type depicts Pitta's nature along with driven and intense personality traits.

Knowing your Dosha is half of the equation. The other half is understanding that one or more of the three Doshas can be out of balance. For example, someone with a Pitta-Kapha Dosha could have a Vata imbalance. Having this information allows Ayurvedic practitioners to focus at the root of the imbalance.

The qualities of the vitiated Dosha(s) give the practitioner a vivid picture of the healing that needs to take place.

There is a catch. When working to heal your imbalance, you want to correct with the opposite qualities you currently possess. If you have too much of something, the worst thing to do is add more.

The following are examples for an Ayurvedic approach on digestion:

- If your digestion is challenged by a Vata imbalance, you should favor warm foods and drinks; Unctuous, sweet, sour, and salty foods are the best.
- If Kapha is the culprit, a lighter diet with dry, warm foods and drinks are the best; Reach for foods with predominantly pungent, bitter, and astringent qualities.
- If your digestion has a pitta imbalance, go for cooler foods and

drinks; Sweet, bitter, and astringent tastes are what you need.

It is very important to note here that online forms to determine Doshas and imbalances may lead you off-course. Because of the mass amount of information available at your fingertips, it is imperative that you speak to a certified Ayurvedic practitioner to accurately diagnose imbalance.

Being able to correctly identify and interact with the qualities around you will exponentially aid in your journey to balanced health. The word Balance is used here because we are always working towards a harmonious approach to our health and the busy lives we live.

Living an Ayurvedic lifestyle is having the ability to create wholeness within our mind, body, and spirit. To clarify, spirit can be anything from the energy of universe, a higher power, or a belief in your higher-self. Without attention and intention to all three of these areas, you will find it challenging to find your harmonious balance.

It is because of the in-depth understanding of the body, mind, and spirit that people are turning to Ayurveda as their healing method. Ayurvedic consultations are comprehensive and each diagnosis is carefully and thoughtfully made.

*Alexandra Greenberg is an Integrative Holistic Health Coach specializing in Ayurvedic medicine for parents and children. See [GreenTreeAyurveda.com](http://GreenTreeAyurveda.com) for more.*

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# SL Stoner Interview

from page 21

I was working in the union and I realized from talking to people in the union they had no idea where the guys came from or where the union movement came from or any of that.

I thought how am I gonna get these folks who ordinarily wouldn't read nonfiction history to learn about themselves? And that was the first thing I did – I wanted to tell the story of these guys who rode on trains and protected people. They were Wobbly people – IWW people. So that's what started the whole thing and I discovered I loved it. It was a great escape from reality in a way.

Q. Were you involved in the formation of ONI (Office of Neighborhood Involvement)?

A. Well... it was called the Organization of Neighborhood Associations and there's a real interesting story behind that. My friend was hired by the City Council and the Bureau of Planning to go out and interview neighborhood organizations about what it was they would like to do. I was in the Corbett Terwilliger Lair Hill neighborhood association and planning committee.

She went out and interviewed every neighborhood association and came back with the recommendation that the city be divided up into districts and that neighborhood associations be empowered to make the decisions that affected only their neighborhood and then, at a higher level, that the district, which would be comprised of those representatives from each neighborhood association, to make decisions.

The city's response to that was one of horror, and they quickly came up with the Office of Neighborhood Associations whose real goal was to bring these rowdy neighborhood activists under control. When we first started in Corbett Terwilliger, the city bureaucrats did not know how to deal with neighborhoods. They hadn't developed their techniques for channelling and controlling neighborhood involvement and so we got lots of things accomplished.

That's when they were putting John's Landing in there along the river and we designed the park and we forced them to provide access to the river. We just did all sorts of things like that and were able to get the city to agree a lot of stuff. As time went on, the bureaucrats figured out how to channel neighborhood involvement...

Q. Do you know how your writing process works as you weave all the disparate elements into your next tale?

A. You know it really evolves as I write it. I don't outline. I don't know how it's going to end. The story just sort of tells itself. I'm as eager as the next person to know what's going to happen next. I usually write a chapter at a time.

The beauty of doing the research is there are so many gems out there, that once you start researching it, it just kinda tells itself.. There are things you want to share, and then you have to figure out how to put those things in. It's not that hard... of course now that I say that maybe in the next book I'll be struggling...

Q. Well if you got through seven of the books by now, you're doing great... I like the idea that what happened a hundred years ago is still relevant now. People freak out about what's happening now but it's not anything new.

A. It isn't ...It isn't... and the battles that we've fought and have won before, and now there's been some slippage and we need to fight again, and on a global scale.

That's what exciting... before, during the Gilded age, it was pretty much centered in this country for us anyway. But now the same values are being again discussed only now it's global and I think that's exciting.

Q. It's interesting to me to think of the early 1900's version of the 1 percent, because that's the time when the Federal Reserve was created, and the stock market crash happened and for similar reasons as now, and we have to see it as a pattern instead of isolated instances.

A. That's true and I think Robert Reich did a short movie on that very topic. It's not a cyclical with a table and a peak and a trough and a peak and a trough. He also thinks we are on the verge of a paradigm shift...

Q. Maybe it will all evolve... it would be nice if there was some kind of understanding and respect between nations...

A. I think the UN is consensuing on what is a crime, saying phosphorus bombs are criminal; land mines are criminal etc,... so I think that is starting to happen.

My next book is probably gonna be about child labor and how it was addressed by the progressives. I think that's another thing the UN is starting to focus on - child labour.

Q. Thanks for talking with us about so many things, Susan.

A. Thanks and take good care.

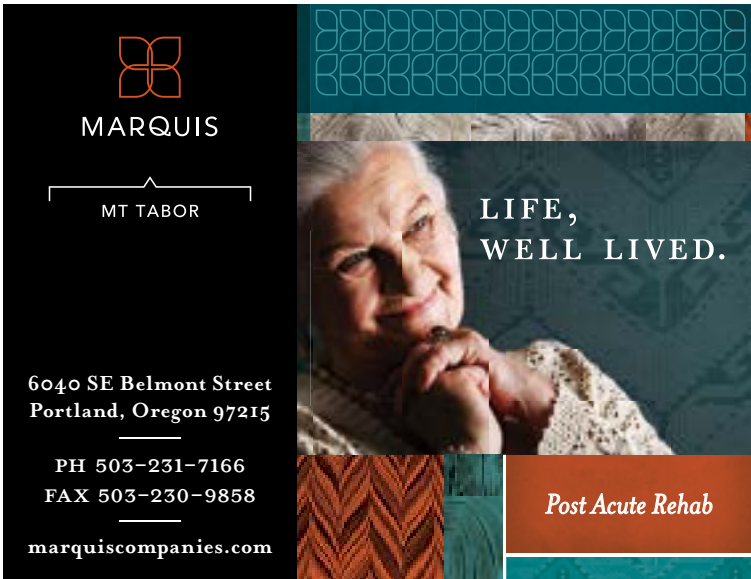
SL Stoner will appear Thursday August 30, 7:30 pm at Powell's on Hawthorne, 3723 SE Hawthorne Blvd.



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# Increase in Water Bill

By Nancy Tannler

At a recent Lents Neighborhood Livability Association meeting, knowledgeable officials fielded questions about why your water bill was 4.46 percent higher starting in July.

Michael Jordan, Director of the Bureau of Environmental Services (BES) explained that roughly two thirds of your water bill is for the sewer and stormwater run off.

The proposed budget for BES for 2018-19 is \$536.4 million. This breaks down to 52% – sanitary; 31% – stormwater; 10% – system development charges; 1% – Portland Harbor; 6% – planning/land use review and fees.

The average single-family residential monthly sewer and stormwater bill will be around \$73.55; an increase of 2.35% over last year.

Edward Campbell, Director of the Resource Protection and Planning, and Teresa Elliot, Chief Engineer, gave these explanations for the rate increase.

Now that the Big Pipe project is complete, BES is working to replace the old sewer that connects to this system. Many of Portland’s sewer pipes are over eighty years old.

(The Big Pipe project diverted raw sewage from flowing into the Willamette River and the Columbia Slough. It included two massive underground tunnels on both sides of the river, a pipeline along the slough and an expanded pump station to carry overflows to a North Portland treatment plant.)

Burying the Powell Butte

*The average single-family residential monthly sewer and stormwater bill will be around \$73.55; an increase of 2.35% over last year.*

reservoir and adding seismic upgrades cost \$138 million. According to Campbell, the BES is looking to seismically upgrade all our reservoirs in the event of an earthquake. Then there is the general wear and tear from corrosion and other elements on our system.

Elliott explained about the costs of the controversial federally mandated water treatment plan to eradicate crypto-

sporidium in or drinking water system (see [southeastexaminer.com/2017/08/pwb-rushes-to-build-controversial-filtration-plant](http://southeastexaminer.com/2017/08/pwb-rushes-to-build-controversial-filtration-plant)).

City council opted for the big ticket option: a 30-acre filtration plant estimated to cost between \$350 and \$500 million that will require an 8.7% increase for ratepayers over the next several years.

The Portland Harbor Superfund Charge has been included since 2001 when the city began participation in the ongoing federal superfund investigation in the Willamette River (see [southeastexaminer.com/2016/03/proposed-clean-up-plan-for-superfund-site](http://southeastexaminer.com/2016/03/proposed-clean-up-plan-for-superfund-site)).

The actual water part of the water bill is charged at the single rate of \$4.499 per “unit” or ccf (one hundred cubic feet of water/ one ccf = 748 gallons).

Campbell also explained that a portion of the revenue they receive is used to help people who can’t afford to pay. There are several different financial assistance programs available that can help reducing the cost of your bill by 30 – 80%.

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## Op-ed

from page 2

garden removes anywhere from 2-5 on-street parking spaces.

PBOT could help make more efficient use of on-street parking by striping parallel parking spaces on the streets. If they did that, approximately 10-20% more vehicles could more efficiently be parked on the street than are now. This apparently is something the parking permit program has no involvement in. So, couldn’t that and other forms of parking mitigation be looked into by another branch of PBOT instead of just being ignored?

The proposed parking permit program has the potential to be problematic. Instead of remedying parking problems it might encourage drivers to just park a couple more blocks further into the neighborhood to avoid the permit area.

Whereas friends and family who visit within the permit area for more than 2 hours could get ticketed, and the residents who aren’t fortunate enough to have a driveway would have to purchase permits just to park at their own homes.

Will such a system really alleviate parking concerns or just be one more way the City can impose restrictions while charging fees to implement same? After all, cars aren’t going away, no matter how inconvenient the City causes parking to become.

In conclusion, we have neighborhood association irregularities and a City that finds it easier to suggest permit parking instead of active parking mitigation measures.

Perhaps neighborhood residents will start asking the same questions I am. I hope so.

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Community Events Bulletin

**Concerts in the Park – Portland Parks**  
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[portlandoregon.gov/parks/69555](http://portlandoregon.gov/parks/69555)

Bring a blanket or chairs to your local park to hear music ranging from “classical to country, rock & roll to rhythm & blues” at Concerts in the Park. Free.

**Adult Soapbox Derby**  
**August 18th**  
[www.soapboxracer.com](http://www.soapboxracer.com)

Watch adults in bizarre gravity-powered vehicles race downhill at Mt. Tabor City Park to win awards at the annual PDX Adult Soap Box Derby.

**Hawthorne Street Fair**  
**August 26, 11 am -6 pm**  
[hawthornepdx.com/event/hawthorne-street-fair/](http://hawthornepdx.com/event/hawthorne-street-fair/)

Based on a long Hawthorne tradition, Hawthorne was the original street fair in Portland, which started a trend that has spread to many East-side districts. Highlights include five live bands on the main stage plus additional stages, vendors, special children’s activities at Kids At Heart, and activities at most businesses between 30th and 50th.



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

  
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