



Lyrin Murphy and Steve Day outside the Whidden and Lewis-designed structure on upper Belmont St.

Belmont's Christmas House Lives for Another Holiday

By MIDGE PIERCE

A once grand, century-old house on upper Belmont is being meticulously restored by a tour de force with the skill and determination to save historically significant architecture from the wrecking ball. Lyrin Murphy, a realtor with a self-described "really expensive passion," narrowly outbid developers seeking to demolish the venerable Whidden and Lewis-designed structure dating from the early 1900s. "We want to celebrate this wonderful house and honor the neighborhood's history and character." Her financial partner, Steve Day, adds, "This house is a true work of art. You don't tear down art." He credits Murphy's dedication, enthusiasm and eye for detail for his confidence in investing in the project. "Lyrin is a master. When she falls in love with a house, she's unstoppable."

She and Day have worked together

on several local projects. The Belmont house is Murphy's eleventh restoration. With luck born of positive thinking and a loyal construction crew, Murphy is rescuing Portland one house at a time. The handsome Jacob H. Cook House, known by locals as the Christmas House for its past profusion of holiday lights, lay abandoned for nearly a decade as squatters, graffiti, rodents and trash piled in. One auction morning, she said "I sat on the porch at the crack of dawn and pleaded, 'If you want to be saved you will help me get you'." Since then she and her team have hit the ground running, roughing in updated wiring and plumbing, preserving original wall tapestries and turn-of-the-last-century tubs, tuck-pointing foot thick rock walls, and straightening the original columns on the wrap around porch wherever possible. Every item is being salvaged. Materials that need to be replaced such as outdoor banisters on the upper balcony will be repurposed as new balustrades are milled to meet code. Some days twenty or more workers are on the project. At each step, Murphy undertakes careful forensics to ensure work reflects authenticity. "I love going to work," she says as the house reveals secrets like writings from 1909 beneath peeling bedroom wallpaper. Despite construction and boarded up windows, the house is a solid "treasure," according to a local architect who says Murphy is doing everything right to maintain the home's integrity. Murphy, who names all the houses she restores, calls this one Walter, perhaps because of rumored ties to Walt Disney's Portland family. "Walter never disappoints," she says pointing out 115-year-old arts and crafts fruit-sculptures that still adorn a mantel; dining room pocket doors with oak on one side and mahogany on the other; leaded glass in perfect condition; earth-toned tapestry beneath box beams; hand-carved newel posts. The original parquet floors and elaborate woodwork is largely

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Artist Live/Work Facility Under New Ownership

By DAVID KROGH,

The artist communal living center, Milepost 5, in the Montavilla neighborhood at 850 NE 81st St., has been sold to CDP – Community Development Partners, a California-based business which develops and markets affordable housing projects in Oregon and California. Milepost 5 began in 2007 with the support of then Mayor Sam Adams who had the intention of providing low cost live/work accommodations for artists here. Rich Rodgers, Portland Development Manager for CDP, stated, "The facility will still provide for that need." CDP purchased the two older buildings at the site involved with artist housing/studios. The building with the condo units, however, is still under the ownership of the condo association that continues to market the condos for sale. There are currently ninety-five artist units ranging from studios up to two bedroom units. These units all qualify as affordable, according to Rodgers. Rents will likely increase slightly as the building is older and in need of renovations, but are intended to still fall under the Federal affordable housing limit: renters cannot earn more than 60% of the median family

income. Rodgers said, "Twelve of the tenants will need to relocate as their incomes are above the qualification limit or they are students who do not qualify for the reduced rates. CDP will, however, voluntarily help those 12 tenants with relocation expenses." He indicated that CDP already has 1400 affordable units in the Portland area and will be proposing another 700 affordable units in the near future. Some of these will come from acquisition and rehab and others will be new construction. When asked about the possibility of new artist live/work type housing, Rodgers stated CDP is working on a new affordable housing facility in North Portland (off Alberta St.) which will include 160 units, some of which will be for homeless transition and others which are proposed for artist units. *Note: No other affordable housing projects have been identified in Portland that would allow live/work for artists. Many of the new apartment buildings being constructed along transit streets (such as Hawthorne, Belmont and Division) allow live/work, however, they do not fall into the affordable housing category.*

Procedures Matter in Times of Change

By MIDGE PIERCE

A grievance filed within a SE neighborhood association may shed needed daylight on changing roles, responsibilities and rules of NAs and their supporting organizations. Filed by a Richmond Neighborhood Association (RNA) board member against another board member and the RNA, the grievance lands as the former Office of Neighborhood Involvement (ONI) transitions to the Office of Community and Civic Life (OCCL). With "Neighborhood" no longer in OCCL's name and the elimination of neighborhood coordinator positions, NA members wonder if the agency will still support them and function with the transparency they need to model in their own associations. Answers may come as the grievance plays out amid discussions of potential process abuse and actions that effectively overruled the RNA's annual Board election. The grievance complaint filed by Allen Field and signed by 30 members alleges violations of Open Meetings rules, set by still existing ONI standards and Code of Ethics, incorporated into RNA bylaws. The grievance stems from the cancellation, without public notice, of a Bylaws vote slated to go to the general membership and the appointment of individuals who had not received enough votes to be elected. Board members have always been elected, not appointed, according to Field, since he started

attending meetings in 2004. He says he seeks RNA accountability for following process, not removal of anyone from the board. In a time of hotly divisive issues – landuse, demolition, infill and transportation – procedures matter. Field is concerned about what he calls an almost two-year pattern of RNA Open Meeting violations that could continue if the NA is not held to task. "This issue is important to ensure the goals of transparency and accountability that are at the heart of the Open Meeting rules." RNA member Vivian Libson, a grievance signatory, expressed outrage over circumventing the election. "Our votes were thrown away. We should not be deprived of our right to vote. This is not Russia." One of the people appointed to the board is new chair Matt Otis, named in the grievance for violating Open Meeting rules by emailing the board privately about his plan to make a motion to cancel the By-laws vote. Otis declined to address the allegations specifically, saying he would follow prescribed practices. He then offered a measured summation of the imperfect nature of the all-volunteer organization. "Everyone here loves this neighborhood and wants it to be better," he said. In August, RNA appointed a facilitator to select a committee to review the complaint for merit and report back to the board. The committee will include a

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LE Letters to the Editor

Dear SE Examiner

I realize the title of this article is “Pushback Over Parking Reform,” but perhaps you could have found someone’s perspective that favors reform besides PBOT’s to quote in your article.

The biggest employer mentioned, Fred Meyer, subsidizes a transit pass as an option for employees. Paid Parking and permits will create more space for customers cycling through and would certainly not put any employees or businesses into the “dark ages.”

For Hawthorne and other SE neighborhoods to promote themselves as truly green, they must embrace parking reform and incentivize employees and customers to utilize other modes to access their businesses when possible.

Kathleen Parker

Dear Editor:

Special thanks to Midge Pierce for her excellent reporting in *The SE Examiner*.

As the legal challenges continue to build against the hopelessly corrupt developer-giveaway known as the “Residential Infill Project,” opponents need to consider tough tactics such as naming members of both the so-called Planning and Sustainability Commission (PSC) who voted for the new over-reaching plan and members

of the Portland City Council who vote for it as defendants in the upcoming lawsuits against the plan.

Deposing these parties will force the truth to come out about what special interests influenced the R.I.P. and give Portlanders a chance to “follow the money.”

This destructive idea, born from former developer lobbyist and mayor Charlie Hales, and rammed through by the co-conspirators at the Bureau of Planning and Sustainability and the City Council, will not, as experts have testified, solve the affordability issue touted by R.I.P. supporters.

It will be shown that this issue has been purposefully kept from public vote and that public testimony has been stifled. Portland’s liveability and neighborhoods are at stake and residents need to speak out at City Council meetings. Sign up and testify.

Politicians, bureaucrats and developers come and go, but Portland neighborhood residents (owners and renters) have to live here. Get this issue on the ballot and let the people decide.

Frank DiMarco

Bricks, Mortars and Memories

OpEd BY COREY BRUNISH

Everyone wants the safest possible city. Every building owner wants to know he has done everything in his power to make his premises safe beyond reproach.

That said, are we doing the very best for our citizens and our city by imposing mandatory rehabilitation via seismic upgrades?

Are we serving our population, our heritage and our economy by forcing the vacating of hundreds of commercial properties for twelve months at a time at a cost of lost revenue (for both the landlord and the business in residence) and hard costs of more than \$100,000 each?

Are we preserving our history and the art of our ancestors by thus compelling owners to sell and demolish our legacy?

As a resident of Portland for 37 years and an owner of some 15 buildings in town, rather than see

us as a city, destroy so much of what we have built, why not use our intellect to find another path?

Surely, in place of panic mongering and strong arming, we can calmly and methodically solve the issues before us and preserve the chronicle that is our architecture.

What is that alternative?.

Science – which invented the cellphone, the jet plane, the electric car, the drone, 3D printer – the things we use to make our lives better and safer and which make the world better to live in.

Surely there exists technology that can “save” these structures *without* twelve months of down time.

Surely there is a way to retrofit masonry structures from the *outside*, that makes them impervious to seismic threats.

Surely there is an epoxy so strong as to render a one-story brick building impervious to seismic attack and failure.

What a shame to lose countless vintage buildings because we, as a city, in the moment of “crisis” failed to seek and locate a better option.

My buildings are not just brick and mortar. My buildings make a neighborhood.

My buildings house places where our citizens have an experience;

A graduation dinner, an anniversary celebration, a first date;

Finding the ideal gift for the beloved daughter, son, brother, sister, husband and wife;

The places we shop and eat form the very fabric of our lives.

I don’t lease spaces, I build memories. I provide a venue for people to make a living.

People who pay taxes -- income, business, property and payroll taxes – the very definition of symbiosis is small business and the city in which they work.

Once these buildings are gone, they are gone forever.

I say, “Not on my watch.”

As the custodians of these classic and beloved structures, we must do better.

We must serve and honor the history that was put in our care.

“We shape our buildings, then they shape us” -- Winston Churchill



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It Takes A Village

BY MIDGE PIERCE

Despite the City’s long-standing promise to establish a nearby recreation and community center, inner SE lacks city-funded resources comparable to other parts of the City. As that broken promise lingers, nonprofits and churches try to fill needs on limited budgets with varying success.

TaborSpace, the historic, 36,000 square foot so-called living room at SE 55th and Belmont, hosts events and upwards of 3000 people weekly. Some seek cool shelter, techies like quiet workplaces and grandmas tag along with offspring. The mindful attend workshops and those in pain go to heal hearts, health issues and marriages.

The role of community anchor comes at a cost though as TaborSpace struggles to pay for deferred maintenance to fix its leaky windows, repair roofs and deliver on good intentions of replacing outdated lighting with more environmentally friendly LEDs.

To help offset the upkeep costs, Fundraiser Event Chair Cecile Pitts urges community members to reserve spots for the November 3 TaborSpace Gala. Community members can donate items to be auctioned and purchase sponsorships.

“It takes a village,” she says, to keep things running. The \$45 tickets cover gourmet treats from Wonderland of Food, drink vouchers and entertainment from jazz pianist Kerry Politzer.

Auction items range from multi-night getaways to a wine wall and fancy baskets that include baby layettes and pampering for pets. For the fun at heart, fairy hair will be available. For information see taborspace.org/gala

“Last year was our first real effort to bring the community into our building preservation effort,” says Pitts. “The outpouring of support has been wonderful and humbling. People from all over SE Portland are reaching out to share what this lovely, quiet, sacred space means to them.”

The need for community space grows even as nonprofit revenues and church congregations shrink. Program Coordinator Josh Pinkston says TaborSpace fills a critical role. “We have an unheard of mix of families with kids, professionals and those needing shelter for a few hours.”

During the hot days of summer, TaborSpace became a favored place to get in out of searing heat as well as for quiet reflection, coffee and classes that range from music, art, language to holistic healing and spiritual practices.

To help offset the upkeep costs, Fundraiser Event Chair Cecile Pitts urges community members to reserve spots for the Nov. 3 TaborSpace Gala. Community members can donate items to be auctioned and purchase sponsorships.



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Land use news and notes

Op Ed By DAVID KROGH, AICP

So much is happening in Portland lately in terms of land use, planning, and government processes. Here is a summary of several planning-oriented situations the public may want to be aware of as they relate to Portland's eastside.

- The Pilot Parking Program for Sunnyside Richmond has been shelved for at least 12 months. Between the lack of interest by residents and strong opposition from the Hawthorne Boulevard Business Association (HBBA), only 35% of ballots issued were returned. PBOT requires a 50% return rate before consideration of initiating a program can be made.

- The proposed Vision Zero improvements to SE Foster Rd. (including pedestrian features, bike lanes, and a narrowing of travel lanes down from 4 to 2) are well underway and creating considerable daytime congestion.

Foster Rd. has long been utilized as an arterial street to funnel high volumes of traffic between Powell Blvd. at SE 50th and the 82nd Ave./I-205 corridors. By reducing traffic capacity and incorporating Vision Zero facilities, this street project will encourage land uses along Foster Rd. to deviate away from an auto-orientation in favor of bikes and pedestrians.

Because this project is reducing traffic capacity by half, Foster will likely become heavily congested in the future with much of that spilling over onto Powell Blvd. The City needs to include traffic capacity management whenever it imposes Vision Zero standards.

- Once again Mayor Wheeler is shuffling around Bureau assignments amongst City

Commissioners. Since Portland has an antiquated commission form of government (which no other large city in the nation has), elected City Commissioners are assigned to run different City Bureaus.

Elected officials do not necessarily have the knowledge or abilities to manage a large city department that has specialized goals and directions, which is why Bureau assignments get shuffled so much.

Of late, Mayor Wheeler has come under fire from the Police Union because of concerns over his management of the Police Bureau and his response to the homeless crisis.

The Police Union president, Officer Daryl Turner, has suggested the Police Bureau needs to be run by someone with police experience, not a politician. He has been extremely critical of what he calls the City's "failed policies" in dealing with the homeless. Perhaps it's time for Portland to reconsider its commission form of government.

- The City Auditor's office has released a report suggesting the City is failing miserably in the monitoring and enforcing of its short-term stay provisions. These provisions require Airbnb style of rentals to be licensed by the City.

The report (at tinyurl.com/y7nds2jf) states at least fifteen different companies are renting Airbnb style units here. Close to 80% of these are operating illegally.

Only 1638 of the units are currently licensed, while Airbnb alone lists over 4600 Portland rental units on its website. The audit also indicated very few rentals are receiving safety inspections except via complaints.

A recent *Willamette Week* article on the housing crisis suggested Airbnbs should be

banned in Portland because they take away rooms that could otherwise be available to help alleviate the housing crisis.

Other cities in the world allow Airbnb style rentals with restrictions. San Francisco and Santa Monica, for example, require the hosts to be full-time occupants, a business license, and occupancy taxes.

New York has similar provisions, but is having a horrendous enforcement problem (similar to Portland) in that as many as 75% of operating short-term rentals are illegal.

Barcelona and Amsterdam allow Airbnb but have substantial fines for violations, which they are not lax in assessing. Berlin, on the other hand, has expressly banned Airbnb as it is facing housing shortages too.

One thing that appears obvious is that Portland City officials often appear to be more focused on ways to make money for the City rather than to effectively solve the City's housing and other problems.

City Commissioners need to re-evaluate their priorities, especially in regards to Airbnb, housing, enforcement and problem solving.

- A recent article in the *Portland Tribune* discussed heat islands and the fact that Portland does not have any heat island prevention measures in effect. In fact, most other cities don't either. This is because the most effective remedies cost money to both the cities and builders.

Because of the lack of heat island prevention, temperatures can get hotter as much as 20 degrees or more depending on where one is at any given time.

The West Hills are always cooler than E. Portland because of more vegetation and less paving. Likewise, a PSU student once told me he had actually fried an egg at Pioneer Square because of how much heat was being absorbed by the red bricks during hot weather.

Portland could address heat island prevention in a number of different ways including: require building roofs to be "green" or using heat reflective roofing materials, requiring more vegetative landscaping for new developments, and increasing the planting of trees to more than just along streets.

A good layman's overview of heat island effect is at this link: (tinyurl.com/y7szzfab). As global warming increases, heat island reduction is going to become more of a necessity.

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Classes for women by women

By Nancy Tannler

After dealing with a lifelong weight struggle, Tammy Salvato eventually found a solution at a gym in NE Portland. It was here she met Mary Drinkhouse, a trainer at the gym who came to this profession because of the same issues. This was in 2011.

This model for a women's fitness program really worked for both of them. When the studio closed down in 2015, they were quick to see a need to fill the void and open Kinnect Fitness Studio (Kfit), Fitness for Women by Women. In February of 2016 they opened their studio at 2715 SE Ash St. in the Buckman neighborhood.

Tammy said, "I tried every kind of fad diet and exercise gym and nothing really worked. Plus exercise regimes were boring and easy to lose my interest. That was before I learned how fun exercise



Tammy Salvato and Mary Drinkhouse

can be if done right and what support and solidarity there is in training with other woman."

Mary was primarily a runner whose goal was to run ten marathons (26 miles) before the age of

fifty. She accomplished this goal by the time she was forty-five. "I realized then that I needed more balance in my training."

That's when she switched to the Kfit style program, eventually becoming a professional trainer. Prior to opening the studio Mary was/is a nurse. Becoming a personal trainer was a natural extension of her love of helping people.

Kfit offers balanced training programs in a supportive atmosphere. "We are mainly working in three categories; cardio, core-strength and resistance training," Tammy said.

Sometimes classes rotate around the gym working out doing set routines at different stations. "It's easy to watch everyone that way and help correct or encourage their progress."

Other classes focus specifically on cardio training, core strength or resistance and any

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SE Updates

Innovative Pre-school

Art, the outdoors and early childhood education intersect at Fiddleheads, a new program this fall that will immerse young children in nature.

Known as an urban forest preschool, it is located at the foot of Mt. Tabor in an 1890s Victorian that could be a Disney movie set. Planters full of fruits, flowers and vegetables fill the yard.

A short walk to Tabor Park with teacher, artist, mother Jessica Rhys enables 3 - 5 years olds to explore old-growth-shaded trails, look for tiny critters that help maintain forest health and learn about the wonders that created Tabor's natural amphitheater.

During a summer open house, Rhys tended her garden of strawberries, potatoes, squash, tomatoes and, of course, kale, in anticipation of harvest by little

hands.

"Early childhood is a time of exploration. We want to encourage that by spending the majority of each day outside in our backyard play area and garden or Mt. Tabor's nearby forest. We play, sing, build, plant, and imagine."

The program focuses on mindfulness, awareness, observation and empathy toward each other and the natural world along with counting activities, literacy and activities like cooking. Fiddleheads, says Rhys, operates by the motto, "Childhood is a journey, not a destination."

Fiddleheads join a roster of innovative early learning programs with names like Tulip Tree, Wildwood, Flower Drum and Little Hands Garden School.

See fiddleheadsurbanforest-school.com for more. MP



Chef Saied opened his first location in Portland in 2004. Aybla Grill's newest location is Now Open at 3003 SE Division Street. We have offer a full menu of fresh, authentic Mediterranean food with multiple vegetarian, vegan and gluten free offerings. We also offer catering services for types of events with a choice of delivery or mobile food truck.

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Community News

Historic Renovation of Towne Crier

You are invited to the red ribbon cutting ceremony to kick-off the historic renovation of the:

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In the spirit of an old school barn raising, SE neighbors are invited to help paint the old Towne Crier building.

In return, a community BBQ is offered, featuring Otto’s sausage and beers by WhiskyBack Brewing, a company owned by Crier partner Stuart Ramsay. It is hoped that the whole community will join in and be part of the before and after story.

Amid the rapidly changing cityscape of SE Portland, there is a corner that is moving in a unique direction. The former Ye Olde Towne Crier, a beloved family dining spot from Portland’s past, is being brought back to life, rechristened The Town Crier, just in time for its 65th anniversary.

Big things are happening around the space, with plans rolling out to restore the dining room, the subterranean bar, and add a new feature – a coffeeshop called The Portland Treasury.

The Treasury will feature furnishings and fixtures from beloved Portland institutions that have closed.

The artifacts include: original chandeliers from The Rhinelander; signage from The Overlook; leather chairs with celebrity name plates from The Fernwood Inn; silver chafing dishes from Amadeus; a wooden booth from Sweet Tibbie Dunbar; leaded glass windows from The Embers; and bricks from The Lotus Card Room.

It’s the brainchild of Tacee

Webb, the former owner of long-running Hawthorne Blvd.’s vintage clothing store Red Light and a Portland business woman with a passion for restoration and preservation of historic buildings, and vintage furnishings. She also wants to foster community.

Webb fell in love with the Crier (then known as Grandma’s) when she moved here in 1999. Intrigued by the unusual mission statement on the original menus, Webb learned of the ghost stories and legends of secret passages associated with the building since it opened in 1953.

She has partnered with Ramsay, a spirits expert and craft beer pioneer, to provide quality beers and spirits, paired with updated versions of The Crier’s classic menu items. The emphasis will be on local, homestyle food, consistent with the original menu.

Prime rib, yorkshire pudding, dutch babies for brunch, with a crock of Crier blueberry jam on each table are a few items featured from the original menu.

For those who would like to contribute to the proceedings, the two are using crowd investments; a new way to invest in local businesses, where contributors eventually receive both the return on an investment and a dividend. Find out more at: nextseed.com/ offerings

Webb has events planned to celebrate her victory in keeping this unique Portland building off the demolition list.

5G awareness

Grassroots Communications, a branch of Grassroots Environmental Education, is building the first national coalition to oppose the massive buildout of 5G technology across this country.

Americans For Responsible Technology is based on a set of shared principles. The purpose of the coalition is to help amplify lobbying power in Washington as they advocate for technology solutions that do not impact the health, safety, security, privacy or property values of citizens.

The most impactful thing to do right now is call your representatives and raise funds to launch a nationwide 5G awareness campaign.

Below is the contact information for all Oregon reps that sit on the U.S. Commerce Committee. Encourage your friends and family to make as many calls as possible before we head down to lobby in Washington the first week of September.

Cathy McMorris Rodgers
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Greg Walden Congressman
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202.225.6730

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Leach Series: Tea

Minto Island Tea Co. is one of the few farm-scale tea plots in the United States and it thrives here in the Willamette Valley.

Tea grower Elizabeth Miller shares her story and insights on growing, processing, and brewing tea at the Leach Garden Summer Sippin’ Lecture Series, September 12, at 7 pm at the Botanical Garden, 6704 SE 122nd Ave.

Processing tea is an art form. Even avid tea drinkers are often unaware that all teas derive from the same plant: *Camellia sinensis*, in cultivation for more than 2,000 years. What makes the different types of tea is how the leaves are processed.

Learn about the creation of green, black, and oolong teas as well as biochemical changes that take place in the tea leaf over the harvest season. Taste the difference between teas made from the spring flush and those made from leaves plucked later in the summer.

Doors open at 6 pm for refreshments and strolling. Admission is \$15, \$40 for the whole series.

Advance registration is required. Go to leachgarden.org (click on “learn”) or call 503.823.1671.

Pollution problems worsen

Town Hall Specifics

Wednesday, September 26 – 7 pm

Sacred Heart Dining Hall in Brooklyn, 3925 SE Milwaukie Ave.

With growing highway congestion, diesel exhaust is a growing concern for residents. A coalition of neighborhood associations and civic groups is focusing on the impact of the Brooklyn Rail Yard and surrounding neighborhoods directly impacted by the intensifying concentration of diesel activity. The group organized out of frustration with both local and state officials who have refused to address the pollution.

This Diesel Pollution Town Hall features Dr. Paul Lewis, Multnomah County Health Officer, and Mark Riskedahl, Executive Director NW Environmental Defense Center at Lewis & Clark. Both will speak to health concerns and what can be done to mitigate diesel pollution.

River Plan / South Reach development

City planners are getting serious about the southern portion of the Willamette River. They’ve prepared an online survey and are scheduling a series of meetings to explore the future recreation opportunities and natural resources in the South Reach.

They have hosted a Visioning Workshop, attended neighborhood meetings and walked the river. Fill in the online survey, to let them know what you think at: portlandoregon.gov/bps/article/690283.

Now it is time to figure out details of the key challenges and opportunities. River Plan / South

Reach project staff will host a series of public meetings to cover a variety of topics; then we’ll integrate the input received into east-side and westside discussions and culminate this phase of work with a public open house in December.

The first discussion is **Riverside Recreation – Access to the river/riverfront, trails and scenic views** held Thursday, September 13, 6 pm at SMILE Station, 8210 SE 13th Ave.

Questions? Contact Debbie Bischoff, Senior Planner, Debbie.Bischoff@portlandoregon.gov , 503.823.6946

Time to replace CO alarms

From Astoria to the High Desert, Oregonians have been protected for years, thanks to The Lofgren and Zander Memorial Act of 2010 (House Bill 3450), which expanded the scope of carbon monoxide (CO) protection throughout the state.

This groundbreaking bill phased in requirements for CO alarm installation in residential properties, beginning with rental properties in 2010, and expanding to new single and multi-family dwellings, as well as existing dwellings upon sale or transfer, in 2011. Since then, Oregon has led the country in protecting its residents from the dangers of this invisible, odorless and potentially fatal gas, with dozens of other states following suit.

CO is a colorless, odorless gas that is impossible to detect without a sensing device. According to the Journal of the American Medical Association, CO poisoning is a leading cause of accidental poisoning in the United States and responsible for an average of 450 deaths each year. Any fuel-burning appliance, including heaters, fireplaces, furnaces, appliances and cooking sources using coal, wood, or petroleum products, are all potential sources of CO.

CO poisoning can cause symptoms such as nausea, headaches, dizziness, chest pain and vomiting that mimic those of many other illnesses, making it difficult to diagnose. In severe poisoning cases, victims can experience disorientation, unconsciousness, long-term neurological disabilities, cardio/respiratory failure or death.

However, alarms don’t last forever, and seven years after this legislation was fully enacted, health and safety officials have issued a timely reminder to the public of the need to replace CO alarms as they approach expiration.

“If you can’t think of the last time you installed a smoke or carbon monoxide alarm, chances are, it’s time to replace your old ones,” Wey said. “Installing new alarms, testing them regularly and having and practicing an escape plan are important measures you can take to help protect your family and home.

For information on carbon monoxide safety, visit firstalert.com.

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Community News

FMTP Stewardship Fund Growing

BY MARY KINNICK, CHAIR, FMTP STEWARDSHIP FUND STEERING COMMITTEE AND FMTP BOARD MEMBER

The Friends of Mt. Tabor Park campaign to raise \$100,000 is going gangbusters. This fund ensures the future of the Weed Warrior volunteer effort to restore and maintain native habitat in our beloved park. Donations have now reached \$80,000.

We are thrilled to have established an Endowment Partner Fund with the Oregon Community Foundation and to have deposited our first check. Its annual accrued interest payments will provide two-thirds of the funds needed to support our part-time Weed Warrior Stewardship Coordinator position. FMTP will contribute the remaining third every year. The Coordinator plans and supervises volunteer events that annually involve thirty trained volunteer crew leaders and over five hundred other volunteers.

This “one-time donation ask” campaign will be completed this year. Donations, from \$4 to \$5000, have come from thirteen major donor business partners and two hundred individuals. This month we will make a final push to reach our goal. A special fundraiser event is coming up at end of the month. Right now, we are looking for any and all park lovers willing to serve as a co-host. Contact Mary Kinnick at marykinnick@gmail.com or 503.287.6959 for more information.

Go to taborfriends.org/stewardship to learn more about the habitat restoration needs of the park, the work of the Weed Warriors, and how you can donate to the Stewardship Fund. The names of our business partners and individual donors may be found there as well.

A special thanks to the remarkable efforts by FMTP Stewardship Fund Steering Committee members: Jeff Anderson, Amelia Caldwell, Jackie Dingfelder, Kari Easton, Tom Kohler, Cristen Lincoln, Kate Raphael, Tim Raphael, and Diane Redd. A special thanks to FMTP Board members who have volunteered even more of their time and to the Portland Parks Foundation for a grant that is supporting marketing materials and other supplies.

CEIC security pilot project

The Central Eastside Industrial Council (CEIC) is initiating a security pilot project to support neighbors and service providers in the Central Eastside around St. Francis Church and City Team Ministries.

In response to the area’s desire for a greater feeling of security, the CEIC has contracted a security team from Northwest Enforcement, chosen because of their years of experience working for Central Eastside property owners. Their approach to maintaining order is compassionate, respectful, and helpful to the vulnerable houseless population.

They will work in tandem with the Central City Concern Clean Start program to identify and address hot spots for trash and needles, as well as graffiti.

The goals are: to help houseless individuals access resources; to reduce criminal activity in the area and to reduce hazardous debris and deter graffiti

As of August 1, Northwest Enforcement has begun patrolling the area in the evenings. Patrollers offer guidance, help, referrals and, most importantly, communicate and coordinate with the houseless population in a humane and respectful manner.

This ambitious project requires continuous attention and proper implementation so the quality of life of everyone in the sector is improved.

All officers are unarmed and, if any situation should escalate, the patrol has been directed to contact the police and disengage.

CEIC has gathered a network of valuable partners to shape this project. This includes individuals from service organizations and City, County and local law enforcement who meet monthly to help with referrals and services, exchange ideas and information, and share best practices.

The organization is working to establish an Enhanced Services District which would provide the resources to eventually expand this program throughout the entire district.

The next Security Advisory Committee meeting is September 11, 9 am at the St Francis Park Apartments Community Room. Its entrance is on the corner of SE 11th and Stark St.

This and all future meetings will be public. To get on the mailing list, submit your email to programs@ceic.cc.

CIVIC EDUCATION PROGRAM ON JUVENILE JUSTICE: Are we improving outcomes for youth? The League of Women Voters of Portland invites you to the first of their Civic Education programs, September 11, at 7 pm in the Multnomah County Building, 501 SE Hawthorne Blvd. Panelists include Kimberly McCullough, Policy Director for ACLU Oregon, Babak Zolfaghari, Community Healing Initiative Program, and DeAnna Horne, Oregon Criminal Defense Lawyers Association. They will review the history and impacts of Measure 11 on the juvenile justice system. According to Multnomah County information, “Oregon voters approved Ballot Measure 11 in November 1994 to apply mandatory minimum prison sentences to certain crimes against persons committed on or after April 1, 1995, with no possibility for any reduction in sentence such as for good behavior. Measure 11 mandates that juveniles age 15 and older, charged with felonies be tried as adults. For information contact Marion McNamara, civiced@lwvpdx.org or 503.228.1675.

THE SUNNYSIDE NEIGHBORHOOD ASSOCIATION CRIME AND LIVABILITY COMMITTEE will meet 6:30 pm the first Tuesday of each month beginning September 4. The meeting will be held in the Community House at 3520 SE Yamhill St. and will include a discussion of homelessness in the neighborhood. All are welcome.

VIKING PANCAKE BREAKFAST – September 9, 8:30 am to 12:30 pm. Delicious all-you-can-eat Viking pancakes, scrambled eggs, sausage, fresh fruit, strawberry compote, lingonberries, orange juice and coffee or tea served in the charming Bergen Dining Room at Norse Hall, 111 NE 11th Ave. Adults \$8, Children ages 5-12 \$4, Children under age 5 are free. Parking is free.

PORTLAND CATIO TOUR 2018 – a showcase of Portland-area cat patios September 8, 10 am - 2 pm. The Feral Cat Coalition of Oregon & Audubon Society are sponsoring a tour of ten cat patios located in the Portland metro area. The cost is \$10 (12 years and under are free). The Feral Cat Coalition of Oregon and the Audubon Society of Portland are the first bird and cat organizations in the country working together to increase awareness of keeping cats safe at home. Registration: CatsSafeAtHome.org.

PORTLAND SINGS! The community sing along is back from summer vacation and at a new location. They still meet the third Sunday of the month, September 16, from 2:30 – 4:30 pm at Artichoke Music, 2007 SE Powell Blvd. Sliding scale \$8 - \$15. For more info PortlandSings.com

CREATIVE WRITING CLASS FOR WOMEN – Write from prompts that may lead to new stories, poems or essays. Mondays, 10 am., September 17 – November 5, at TaborSpace, 5441 SE Belmont. \$12 to drop in for a class or \$80 for all 8 weeks. All experience levels are welcome to join this encouraging group. Taught by Pushcart-nominee Linda Ferguson. For information, email ljdferguson@gmail.com.

THE 8TH ANNUAL ARAB FESTIVAL – presented by the Arab American Cultural Center of Oregon (AACCO). Celebrate Arab heritage with live music featuring the amazing Raid Alasmar and other musicians from the Arab world, dabka, a Souq (bazaar), Middle Eastern cuisine, henna, games, dance, poetry, networking opportunities and much more. Kid friendly environment: Carnival games, face-painting and much more. All are Welcome! Oaks Park 7805 SE Oaks Park Way, Saturday, September 1, 11 am - 7 pm.

Which Cart to Use? Recycling tips for September

By BONITA DAVIS, MASTER RECYCLER AND SUNNYSIDE RESIDENT

“Recycling right” has become a popular topic after shifts in the market have impacted what can be collected beyond curbside programs in the local area. Looking more closely at what can and cannot be recycled, many of us encountered surprises.

Frequent surprises are that pizza boxes go into the green rollcart if you have one, or in the trash if you don’t because of food contamination. Boxes holding foods that are refrigerated or frozen are plastic coated, as are white coffee cups. All of these paper/plastic items go into the garbage bin.

People have asked if switching over to compostable paper products might be a better choice. From just one perspective, what do you with do a compostable product after using it?

Compostables do not go into the curbside blue rollcart for recycling. **The Blue Cart** is for clean paper items, accepted plastic bottles and tubs, and metal cans, and foil. Contents of these

bins are sorted, baled, shipped and sold to manufacturers for reprocessing into new products.

Compostable items break down and are not designed for reprocessing. If you are a backyard compost, the temperature of your home composter may not be enough for the material to break down.

The Green Cart for lawn debris is designated for table scraps, grass clippings, and used pizza boxes.

Compostable plastics are not accepted as part of Metro’s curbside rollcart program for residential customers. These products may require additional sorting and time to break down in the composting process.

(Note: some businesses may use specific products and compost resources that make it possible for them to use compostable products.)

Compostable plastic liners designed for counter top compost pails are allowed into the green rollcart. For more information, go to portlandoregon.gov/bps/article/402972.

Questions? Contact The Curbsider Hotline at 503.823.7202.

More excellent resources for businesses are at portlandoregon.gov/sustainabilityatwork.

Lastly, there **The Grey Cart** is for garbage/waste/landfill. This is where compostable products are to be placed. Several have shared the belief that compostable items might assist the landfill in breaking down materials.

Actually, modern operations, such as the Columbia Ridge Landfill, are anaerobic, or without oxygen. The landfill is sealed daily, holding materials in a safe and sanitary system that is not intended to break down.

Materials can remain intact for decades. Liquids and gases from decomposition require special management tools. To learn more, see the YouTube video on landfill at tinyurl.com/y7kcfm5q

Eliminate the “which bin” question altogether by using durables for enjoying food and beverages, and save some money in the process. Reduce and Reuse first.

There is more great information at recyclingadvocates.org, the BYOC Campaign, on the importance of ordering “for here” or bringing-your-own-cup.

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Booming Belmont

By GABRIEL FRAYNE JR.

SE Portland has a new street of dreams. The entire Belmont St. corridor from Grand Ave. to the foot of Mt. Tabor is presently in the throes of a residential and commercial building boom that is changing the face of the Central Eastside Industrial District and, to a lesser extent, the Buckman and Sunnyside neighborhoods.

For apartment hunters, there can be little doubt which demographic the boom is targeting. The Modera Belmont, a block-long brick building at SE 6th that opened earlier this year, informs its website visitors “The Buckman neighborhood in Central Eastside is every bit the hip Portland neighborhood... There’s a distinct indie-spirit in the air, shouldered by the Portland creative class.”

Available apartments at Modera range from \$1,520 for a studio up to \$3,155 dollars for a two-bedroom.

At the corner of SE 11th, a spanking new complex of four apartment and retail buildings appropriately named the Goat Blocks offers a total of 347 apartments and townhomes.

The website advertises the complex as “a sprawling, creative vision designed to bring people together, share stories and make connections.”

The cost of sharing stories and making connections at the Goat Blocks is \$1,243 for a studio and up to \$4,000+ for a two-bedroom.

New apartments at SE 44th & Belmont

The boom is epitomized by SunnysideBelmont, a sixty-five unit four-story opus with two buildings connected by a pedestrian bridge located between SE 43rd and 45th where three funky wooden rentals once stood.

“More than just a stylish new apartment community located on Portland’s bustling Belmont Street,” the home page croons, “Sunnyside is in the epicenter of good vibes and inspired design in SE Portland.”

These apartments are moving fast and there remains one studio available for \$1,495.

The Belmont boom brings to the fore many of the complex issues that have roiled Portland’s neighborhood politics over the past two decades: will all (or at least most) of Portland’s neighborhoods be accessible to all socioeconomic classes?

Can the city create housing for the workforce of the 21st Century without displacing long-time residents, younger creatives who are not as well-known as Jean-Michael Basquiat, and persons on fixed incomes? Will the urban forest of the future include neighborhood trees?

“Belmont has become healthy again...[it] will once again be a streetcar commercial property,” says Peter Finley Fry, local land use planner who is the current CEID land use chair. He claims it is “just going back to the future,” e.g., emerging as a re-energized commercial corridor, but serving 21st Century industries rather than the blue-collar industries of the past.

Finley Fry’s optimism might find a sympathetic ear among new residents of Belmont, but for others there are a few sobering facts.

To start with, according to the real estate data base provided by Trulia.com, the Median Household Income (MHI) for Buckman is \$33,288. For Sunnyside it’s \$45,395. That means for a \$1,500 one-bedroom apartment at, say, the Goat Blocks, the percentage of MHI paid for rent would be 54% and 40% respectively. The U.S. Department of Housing defines “affordable housing” as 30 percent of gross income.

Secondly, though Portland has seen a “flattening out” of rents at the top end in the past year or two, the trend does not seem to hold much promise for lower-income tenants.

“Those who can least afford rent increases, they’re still seeing rent increases,” Mike Wilkerson, economist at ECONorthwest, recently told *Willamette Week*. Meanwhile, many of the older, no-frills apartment buildings

along the Belmont corridor are showing few or no vacancies.

The new Comprehensive Plan has most of Belmont now zoned as “commercial mixed use” in order to implement the city’s “Centers and Corridors” strategies, according to the Bureau of Planning and Sustainability website.

However, this zoning in itself creates no requirement for affordable housing. The only mandate currently in effect is the inclusionary zoning ordinance that took effect in February of 2017. Perhaps, coincidentally, all of the new large residential projects on Belmont submitted their permit applications before that date.

The Belmont boom also raises issues of livability for both residents and visitors to the area. There are presently three sidewalk closures between Grand and SE 12th Ave as well as two street closures: Yamhill at the corner of Grand and the section of Belmont between Grand and MLK.

Farther up Belmont, the street was closed down to one lane for almost a year and a half during the construction of the upscale Urbanaire apartments. While all this may not rise to the level of Louis Napoleon’s makeover of Paris, it has clearly become more than a temporary inconvenience.

Still, many residents and workers in Buckman and Sunnyside do not hesitate to express a more sanguine appraisal of the redevelopment taking place around them.

Mike Clark, the former owner of the legendary Movie Madness at Belmont and 44th, says, “I do know that business has increased” at the store since the SunnysideBelmont building opened in April.

Peter Finley Fry has a broader view. “Gentrification in itself is not a bad thing,” he says, because it is the opposite of “ghettoization.” (In 1965 the federal government designated Buckman a “pocket of poverty.”)

He also cautions that when planners “go out there and create urban renewal and make it a better place for everyone,” but fail to pay attention to real estate market forces, “the people who live in the area being gentrified are often the losers.”

The boom goes on. At the corner of SE 28th and Belmont a derelict laundromat, empty and tagged-up for years, will soon give way to a multi-story, forty-six unit apartment building.

The down side? The permit application was submitted in May of 2016.

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Neighborhood Notes

HAND
By Jill Riebesehl

Summer, 2018: The day we served up ice cream cones for our neighborhood at Piccolo Park was the hottest so far, but we had a lot of fun treating families and talking over neighborhood issues with folks out for the afternoon and evening. Every first Tuesday in August we honor National Night Out, as do other neighborhoods around this time of the year, each in its own way.

In the good-weather months, our neighborhood association is tasked with approving group uses of the Eastbank Esplanade. Portland Parks approves the first three requests, but asks HAND and two other neighborhoods to approve subsequent requests. We decided to follow Buckman in not approving Portland Thorns request, as it was the fifth such and competes with another for the weekend they wanted. The esplanade is becoming increasingly popular and these larger group uses compete with the use by the general public.

New Day School on SE Clinton asked us for any help we could give in keeping the tiny adjacent neighboring Avalon Park from being misused by houseless campers. We spent a lot of time with them brainstorming solutions for a problem that has become endemic in cities across the nation.

In other issues, Environment Oregon asked us to support its push for reducing diesel and increasing the use of electric buses and we agreed to support their effort.

Regarding the Gideon Street Bridge, funding for which has somehow reappeared after the bridge and funding was removed by the MAX Orange Line, work by Tri-Met is on schedule to start next year, finishing in early 2020. The bridge will run from where SE 14th dead ends over the tracks to SE 13th Pl. on the south side and will have elevators and stairs. The bridge is greatly needed by bicyclists and pedestrians to cross safely over the Union Pacific and MAX tracks at the bottom of Clinton St.

On another transportation project, the Portland Bureau of Transportation is ramping up a project, Central City in Motion, that affects our neighborhood from SE 12th Ave. to the river. HAND's input is focusing on the dual streets SE 11th and 12th, which have long been a main concern, as traffic there runs through our residential neighborhoods and is fast and dangerous. We will hear more in September.

Mt. Tabor
By Laura Smith

The Bureau of Planning and Sustainability is undergoing the Environmental Overlay Zone Map Correction Project. Environmental overlay zones, or e-zones, and the regulations that accompany them, are a tool used by the City to help protect important natural resources in our neighborhoods. Examples include rivers, streams, wetlands, floodplains, forests and woodlands, unique habitats (like large meadows, oak groves and other features in the city) providing habitat and respite for wildlife.

The goal of the Environmental Overlay Zone Map Correction Project is to produce accurate and consistent mapping throughout the city. Visit the website to find out more, portlandoregon.gov/bps/e-zone, and use the interactive map to see e-zones in our neighborhood.

The house at 5631 SE Belmont (locally remembered as the “Christmas house”) has been purchased by a Portland resident via auction, outbidding developers who wanted to tear the house down. Restoration has begun, and work is being done to obtain historic designation for the house.

Would you like to volunteer time to help organize and plan the 2019 joint neighborhood cleanup

turn to page 22

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What’s in a Name – ONI?/OCCL?

BY DON MACGILLIVRAY

Names are always important and a name will make a difference when the City of Portland’s Office of Community Involvement becomes the Office of Community and Civic Life.

The changes from Neighborhood Associations (NA) to Community Involvement to Civic Life suggest an expansion of mission.

Neighborhoods are necessary because local government responds better to groups rather than individuals. There have always been people that did not feel NAs were not responsive to the wide variety of issues brought forth by neighborhood residents.

While NAs are open to everyone, the volunteer leaders choose the important issues, but there are limits to the capacity of the system.

In the spring of 1974 the City of Portland made the controversial step to create the Office of Neighborhood Associations (ONA) under the leadership of Mayor Neil Goldschmidt. Before this, a few neighborhoods had social clubs that were the forerunner of neighborhood associations.

During the depression and after, there were neighborhood committees of social service staff that worked to address the needs of low-income neighborhood residents, but this ended in the late 1950s.

In the 1960s, President Lyndon Johnson’s Great Society program initiated the Model Cities program in Portland. This program directed funding to low-income neighborhoods and their residents, but the city was chagrined when they found out that recipients must have a voice in how this money was

used and how the programs were carried out.

NAs were formed to provide this representation. SE Uplift began in 1968 with four Model City neighborhoods in the inner SE with to the support of the Portland Development Commission, which was the urban renewal agency.

All of this was political and controversial, but Mayor Goldschmidt saw the value of having a better way to communicate with other interests besides those of local business.

The new office began with a director, a secretary, and a budget of \$275,000. Opinions were all over the map and some neighborhoods thought the ONA was created to spy on them.

Others thought it was a waste of money while the city bureaucracy thought it would just complicate matters and make their work more difficult. Since the 1970s, Portland’s neighborhoods are a significant part of Portland’s nationally-recognized commitment to citizen participation.

The primary reason for ONA was to improve communications among the city, community, and neighborhood interests.

The two issues of greatest concern were community safety issues involving the police and those issues regarding land use planning and development. Both of these remain as controversial today as they were then. Many drastic land use changes were prevented from happening then such as the Mt. Hood Freeway.

The current central office supports seven district offices to serve coalitions formed from the cities ninety-five neighborhoods. They provide support to nonprofits such as the Latino Network, the Immigration and Refugee Community Organization and the Urban League.

Neighborhood offices in the future are likely to become more involved with non geographic organizations and diverse populations. These offices are where people from many different backgrounds can be encouraged to work together.

The other side of the work done by NAs is their service to the residents of their neighborhoods through events, public meetings, and common goals. Anyone can bring any issue to a neighborhood meeting for discussion.

Often board members can suggest possible solutions to problems. Sometimes the neighborhood board can work out conflicts among neighbors or at least suggest alternatives.

It took about ten years for all ninety-five neighborhoods to be established with no overlapping boundaries. While most have had relatively stable and strong organizations, typically they go through varying levels of activity.

District coalitions are there

to provide assistance when needed and the Office of Neighborhood Involvement oversees the system and provides help in contacting the appropriate city offices when asked in addition to a variety of other duties.

The newly-named Office of Community and Civic Life expands its scope to be an integral part of the successful evolution of the many varieties of community groups that work to improve the ways Portlanders engage in partnership with local government and with each other.

The system is expanding recognition and support of non-geographic organizations. It is important to strengthen the civic engagement of diverse populations while keeping and strengthening Portland’s system of neighborhood associations.

In addition to the new office reorganization, a committee is being formed to rewrite the city charter so that it speaks to a broader range citizenry that will be involved in the decision of local government.

Currently the various programs of the office are comprised of: the Livability Program that includes neighborhood associations, the Crime Prevention Program, the Community Neighborhood Involvement Center, City/County Information and Referral, the Disability Program, and the Cannabis Program.

The OCCL wants to increase inclusion of the diverse communities and people into the decisions that can improve their lives. This will build and strengthen partnerships and relationships by investing in a broader spectrum of Portland residents.

Too often the groups that represent these people are not as open, accessible, transparent, and accountable as those involved with a neighborhood system.

Everyone is welcome in neighborhood associations, but often they don’t attract as diverse group of people as one would like. It is with this in mind that the OCCL will work to see that those having difficulty in understanding and navigating the processes of our local government will be heard.

Many fear the neighborhood program is losing standing within the new Office. It is very important that neighborhoods continue to grow and improve under the changes happening in this reorganization.

Portland’s neighborhood associations play an important role in keeping our city livable and responsive to the needs of everyone.

Editors note: In the October edition we will continue to report on the change in governance under the new director Suk Rhee. Will this new shuffle bring a much needed change in diverse representation or a loss of structure and power of the neighborhood associations.

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Those Willows



The stories on the following pages are about some of the long time retail and restaurant anchors on Belmont Street. 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 nature of an owner/operator business. We are lucky to have these areas of commerce... a commodity that many cities are just beginning to reestablish – a commodity that relies on your support. Remember that with every dollar spent in our community sixty cents stays in our community.

By NANCY TANNER AND PETER ZIMMERMAN

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You have to know that Portland is a special place when a native of Wahiawa, Oahu decides to come here to live, work and raise a family. That is exactly what Kahala Orion did.

He was the youngest of six children raised by his “awesome” mom and stepdad. In hindsight, Kahala realized how hard his mother worked to give them all they had – something he overlooked as a teenager. He loved growing up there with his big family and friends and with the backdrop of the enchanting Hawaiian Islands.

After graduating from Pearl City high, he went on to Leeward Community College with plans to become a chef, but after a year he knew that wasn’t his passion. Kahala is an artist at heart and a practical one. He wanted to do something he loved to do, so he took a hiatus from study and came stateside, traveling for five years until the road brought him to Portland.

“Portland was a cool hidden gem and we [traveling companions] all fell in love,” he said. He started waiting tables and went back to school to get a job in Cosmetology. “I could see myself doing it for a long time and after twenty-five years I still love it.”

That was in 1989. Shortly thereafter he opened KOiPOD in its first location on Belmont. In 2008, he moved to the current location, 3442 SE Belmont.

KOIPOD was the first tenant in this new Mondrian-designed building. The controversial style was just the beginning of the renaissance on Belmont that has continued ever since.

An old commercial on television said, “Only her hairdresser knows for sure” and there’s some truth to that. Kahala is close with many of his clients. He has heard great life stories while keeping people looking



good and loving their hair. He has styled some amazing up-dos for weddings and stays current with new color procedures, hairstyles and cutting techniques.

Kahala carries several exclusive hair products: Bumble and Bumble, Kevin Murphy and Loma – that really do help even the most troubled hair.

Kahala mentioned an anecdote where a hysterical client called because she had done a

turn to page 21



By PETER ZIMMERMAN

Abbasi Fine Rugs was born out of tradition and opened in May of 2017 by owner Omar Abbasi, the son of a rug dealer and descendant of one of Persia’s most famous collectors.

He brings both his family heritage and the cultural tradition of handwoven rugs to the Belmont district.

Abbasi is passionate about the rugs he sells. To him they are much more than just woven threads. “I believe there is a soul to these rugs,” he says. The collection features rugs with

intricate traditional designs and vibrant colors; deep reds along with shades of blue yellow and orange. Each one has its own lineage.

Omar takes the time to research and know each piece he sells, understanding that there is more than just an aesthetic to the rugs. Each one has a unique story; from the men who herd the sheep and shear the wool, to the women who weave them. The designs on the rugs represent generations of cultural art and are rarely written down, rather passed down over generations in an oral tradition.

“I feel as good selling these rugs as the person who buys them, knowing they’ve gone to the right home” he says of his inventory.

He strives to match each customer to the perfect rug for them. Most of the rugs are Persian and Turkish and come from Iran, Afghanistan, Pakistan, and Turkey. Omar travels the world, working directly with sellers to find his rugs, having spent time in some of the most dangerous parts the Middle East and Central Asia to retrieve these cultural artifacts.

The small shop has a cozy,

turn to page 21



By now, you’ve probably heard the story behind Horse Brass. Bought forty-two years ago by Don Younger during a midnight deal where he doesn’t really remember the sale happening, with the bill of sale written on a napkin. Despite, or maybe because of, its groggy beginnings, Horse Brass became Portland’s premier English style pub.

It’s bestowed with laurels, an award, is featured on multiple

‘Best of’ lists, and is considered one of the best bars in America. Horse Brass has helped usher in the new era of craft beer. It’s the first place where many of the biggest breweries in the Northwest got their start, and still a spot where new breweries can showcase their stuff, as preference is given to local beers of course.

I asked Joellen Piluso, owner of the pub since Younger’s death in 2011, what it is that

keeps Horse Brass going after over forty years. “We keep up the Old Portland vibe” she said, “It’s a place where you walk in the door and you feel comfortable.” She’s right indeed; you do feel comfortable there.

Rough hewn wood tables flanked by benches, dim lights, the buzz of conversation, a welcoming bar, and there’s beer. Tap upon tap of every style of beer you could imagine. IPA’s,

turn to page 21

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MAI THAI

A couple of entrepreneurial and courageous young women from Thailand independently made their way to Los Angeles, California to look for opportunities to improve their lives.

Aor (pronounced awe) Potchanalawan graduated from Chiang Mai University and worked as a reporter for ten years in Bangkok before immigrating to the United States.

Lily Narveponsirakul, also from Bangkok, had the same aspirations – a chance to make a new life for herself in America. The two met while working in a Thai restaurant in Los Angeles.

This experience got them thinking about opening their own restaurant and, after three years, decided why not. Aor’s mother had a restaurant in Bangkok, so she had access to some really good recipes. The question was where to go. One trip to Portland back in 2005 and they were decided. “We loved Portland.”

They moved here and opened the first Mai Thai on SW 18th. “It was a very smooth process working with the government and getting all our paperwork in order and obtaining green cards for our Thai chefs to come here and work.”

Both Aor and Lily were becoming citizens. “After being in SW for a few years, we decided we really liked SE Portland and decided to close the downtown location and move over here.”

That was ten years ago. They quickly became a Thai food

staple in SE not only for the sit-down restaurant but as a delivery service too. Over the next few months they are planning to do a makeover inside to create a whole new look for their customers. “It’s time after ten years.”

These are two women who are on the move and they decided to expand their business by opening a Taste of Bangkok. This expansion went smoothly and offers the residents of NE Portland a place to get their Thai food.

“Using my mother’s recipes in the restaurants has made the food consistently authentic, fresh and flavorful,” Aor said, plus they both love to cook. Over the past several years, they have added a smaller Street Food menu. “What has become the popular Bangkok street food here in the US was what we ate everyday” – kind of like their fast food.

In Thailand, the main dishes don’t change much from north to south or east to west, and usually only in the degrees of the spices.

With the two inner city restaurants thriving, Aor and Lily decided to take the business one step further and open a larger fine dining venue to showcase more of the culinary arts of Thailand, especially the presentation of the food. “I brought a beautiful pavilion from Thailand to decorate the space and we remodeled to create a nice atmosphere,” Aor said.

Unfortunately just as they were signing the paperwork on



this new space back in 2016, the new administration was starting to crack down on green cards for people to work in the United States. “We need four full time chefs for this restaurant because of the size, we have two,” Aor said. When they pleaded their case to the immigration authorities, their suggestion was to “hire Americans.”

“This is not so easy, we are cooking Thai food using old recipes from my mom. Not too many Americans can read Thai or understand the subtleties of our cooking.”

They went on to explain that they are not the only ones experiencing these difficulties; many other businesses are being affected by changes in the US immigration policy.

In the meantime, they both work double time to keep things moving ahead. They are thankful to be celebrating ten years into their second century here – ten on Belmont St., where the people of Portland have been so welcoming and supportive. *NT*



Hoda’s restaurant will be celebrating their 20th anniversary in March, and they’ve been serving up delicious, authentic Lebanese cuisine at the same location on Belmont since the beginning. Named after restaurateur Hoda Khouri, Hoda’s is a family affair. Hoda followed in her father’s footsteps and shares ownership of her restaurant with her husband Hani.

Hoda was born in Beirut where she developed a passion for traditional Lebanese cuisine. In 1984 she immigrated to the United States with her family and landed in Portland. In November of 1998, She and Hani began to build their restaurant, opening the doors in March of the next year, along with their young family. Their twin daughters were only three months old when the business started.

You can usually find Hoda at the local farmers market – they’ve had a stall there for

eleven years. All the produce at Hoda’s is locally-sourced, and the meat is local too.

“We are always trying to come up with new dishes. We try to have our dishes reflect the season,” she says of the menu, which changes according to the seasons, reflecting local produce. Today she is roasting a batch of freshly picked peppers for the night’s special.

Hoda travels to Beirut when she can, and is a part of all steps of the cooking process. She has created the recipes, picks out the ingredients, and is there to make sure every dish is done right, even after all these years. The kitchen staff has been with her for years and they know how to make sure every dish is done to perfection.

“We love what we do, it comes from the heart,” Hoda says. The family is proud to be able to provide for the Belmont community. “This is a good neighborhood,” she says, “good

people and a good nightlife.” She is happy to continue to bring the most authentic, locally-sourced Lebanese food to the Belmont District.

For this year’s street fair, Hoda will bring a piece of the old country to the neighborhood. Hoda’s will have a booth outside the restaurant, where they will be serving Saj bread.

Usually found in Lebanese villages, this thin, Mediterranean style flatbread is cooked on a traditional domed grill and is usually done with herbs and cheese

No stranger to the Belmont Street Fair, Hoda has shared her culinary arts with the festivities for years. This year, Hoda’s will have a beer garden and will serve up Mediterranean standards like falafel and chicken shawarma.

The restaurant is located at 3401 SE Belmont St. and is open daily. *PZ*

twill

As a little girl growing up in Bluff City, Tennessee, Audra Fleming, of Twill, 3352 SE Belmont St., didn't realize what a voguish little girl she was thanks to the beautiful clothes her seamstress mother made for her. Like most young kids, she just wanted to look like everyone else and was a little embarrassed by her unique clothes.

In retrospect, she knows the lavender pants and vest with a matching shirt and other handmade items only encouraged her lifelong love affair with the fashion industry.

By the time she was seventeen, Audra had her first job working at Dillard's Department Store in Nashville. She fancied having a music career, but wasn't having much success in the grind of Nashville's competitive market.

She'd always envisioned herself living on the West Coast, so when a family member suggested she move to their farm in Sebastopol, it seemed like the perfect opportunity.

There she lived with goats, ducks, horses and a garden – a fitting place for a country girl with a soft, barely discernable southern drawl.

Along with farm work, she supported herself by working at a dress shop in town. After a few years, a friend told her about the opportunities in Portland. She moved here and managed the Rupert Cornelius store at the corner of SE 36th & Hawthorne for an absentee owner.

Things went well and she learned more about trade as the store's buyer/manager. When the store closed, she was ready to launch her own clothing store. She had become more familiar with what the women of Portland were looking for in clothing. "If any one word would describe Twill's clothing it would be classic," Audra said. "That's what my customers prefer."

She opened her own clothing shop on SE 60th & Division St. in 2006 and the hard part was finding the right name. "I must have written down hundreds of names before the name Twill – which means textile weave – became the right one."

With a piano in the shop, she could practice and play during slow times, and she worked with several bands here. When a space became available further down Division at SE 21st, Twill moved there and then moved again to Belmont six years ago. This is Twill's home now.



"What makes this business work is my loyal customers, many of whom have become my friends over the years."

When asked about what's the news in fashion, Audra says this year is all about jumpsuits and she was excited about a couple of styles done in black from NooWorks, a woman-owned business out of California.

She just returned from a buying trip to Las Vegas, spending hours everyday going from rep to rep making her selections for the next season.

"There's so much to consider and choose from. Now I need to sift through all the selections making sure I order what I think is the best for my customers."

"Belmont has gone through some changes since I moved here six years ago. I am excited about the opening of H Mart, it will be good for our community." NT



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Connie Cohen: Capturing Light



"Surf Fishing"

Northwest artist Connie Cohen's new watercolors are on display at TaborSpace Coffeehouse, 5441 SE Belmont St. from September 4-29.

The show is called Capturing Light and an Artist Reception and gathering in the building's Copeland Commons takes place September 14 from 4-8 pm.

A prize-winning watercolorist, Cohen studied painting at the California College of the Arts, receiving her BFA from Pacific Northwest College of Art and a MA from Marylhurst University.

"I was influenced by the photorealist movement of the 1970s and continue to pursue the

craft of watercolor because I love how it reveals light and has a mind of its own. Like any good relationship, it continually challenges me to get to know it in deeper and more interesting ways. Painting opens my heart and mind to the beauty, the mystery, the diversity and delight all around us. My hope is that you will also see and feel that spark."

A many faceted artist, Connie Cohen is a renowned and beloved songwriter too whose very original songs filled with connection, spirit, clarity, and perspective have been a part of the Northwest music scene for many years. The focus in both her visual art and music is a process of capturing the light. She is currently working on a new recording of her songs at Montbrae Studio.

TaborSpace is a community gathering place and the coffeehouse exhibit is open weekdays 8:30-3 pm and Saturdays 8:30-1 pm.

Take a tour through Connie Cohen's creations via her website at flashmonkey.com.

Vox Academy

Want to sing for Vox Academy's Fall term? The group hosts its annual Sing-a-Thon, September 29 at The Community Church for Joy, 8051 SE 16th Ave., in Sellwood. Admission is free and everyone's invited to share a song.

There are continuing workshops too. Vox offers two choirs emphasizing healthy vocal techniques and honoring each individual's experience. Both choirs meet weekly at the Church.

The Empowered Voices Choir, is informal and a perfect place for beginning singers, meets Thursday evenings at 7:30 pm beginning October 4.

The Healing Voices Choir features four part harmonies Wednesday evenings at 7 pm beginning September 12 for a December 16 concert. All are welcome to this non-audition choir and experience reading music or singing with other choirs will be helpful.

Register at voxacademy.org.

Milagro's Ingenio – Four New Plays

Milagro presents its second season of Ingenio; a New Works Project for the Latino Soul, funded by the National New Play Network. The project was created to provide new and upcoming playwrights with an interactive lab in which to grow their works.

A national call for submissions resulted in four unproduced plays by Latino authors who were invited to Portland. This year's finalists come from Texas, California, and New York. Each play is assigned a director and cast and rehearsal time in the week leading to the festival week, September 21- 23. At the end, the plays are presented to an audience, followed by moderated feedback conversations.

The Ingenio weekend begins with guest playwright and teaching artist Diana Burbano conducting Writing for Justice, a three-hour workshop with a focus on writing plays and monologues using storytelling, empathy, and humor from personal experiences.

The four plays presented are: Friday Sept. 21 at 7 pm – Tara by Brian Otaño, directed by Maggie Carrido Adams; Saturday Sept. 22, 1:30 pm – Casta by Adrienne Dawes, directed by Yasmín Ruvalcaba; Saturday Sept. 22, 7 pm – World Classic by Nelson Díaz-Marcano, directed by Francisco García; and Sunday, Sept. 23, 11:30 am – CJ – A Trilingual Play by Mercedes Floresislal, directed by Diane Englert.

All Ingenio events are free and presented at Milagro Theatre, 525 SE Stark St. See milagro.org for more.

Raga & Tala



Michael Stirling and Tambura

Raga & Tala is a rare performance of Indian classical music offered by vocalist Michael Stirling, Tabla artist Joss Jaffe and Tambura accompaniment by Michael's daughter, Lucy Stirling.

This gifted ensemble will offer Ragas that manifest in the late summer/early autumn evenings. "An exquisite atmosphere manifests in this celestial sound".and all are welcome. Admission is by your generous donation of any size.

This offering takes place September 7, at 8 pm at Nritya Mandala Mahavihara, 1405 SE 40th St., (1/2 block North of Hawthorne Blvd.) in the middle of the West side of the street.

Stirling is a vocalist in the Kirana Gharana style and a Disciple of Pandit Pran Nath, the late master of Indian Classical Music. He is a student of Nath's Senior Disciple, Maestro Terry Riley and has performed with many international artists. Lucy Stirling and Joss Jaffe are both gifted performers as well.

Hear him sing at michaelstirling.bandcamp.com

For performance info, call 503.577.7528.

To learn about the venue, see dancemandala.com.

Mollie O'Brien & Rich Moore



photo by Amos Perrine

Portland FolkMusic Society opens a new season of acoustic concerts with the duo of Mollie O'Brien and Rich Moore, September 21 in the Society's new location at the Reedwood Friends Church, 2910 SE Steele St.

O'Brien and husband/guitarist Moore explore an impeccable choice of material and originals transmitting energy and emotion directly to the audience.

O'Brien's fluid voice is like no other and knows no boundaries. She makes herself at home in other writers' material with power and grace, always respecting the deepest essence of a song.

Moore is a deft and tasty guitar player who colors O'Brien's twists and turns from blues to traditional folk to jazz and creates a band with a single guitar.

The concert begins at 7:30 pm and advance tickets are \$21 GA, \$18 PFS member, \$11.50 ages 12-18. Advance tix at portlandfolkmusic.org/concerts.php.

Millennium In-store with Walter Salas-Humara

Walter Salas-Humara, frontman of 80s band The Silos celebrates the release of a new solo recording, Walterio, with an instore appearance Wednesday, September 29 at Music Millennium, 3158 E. Burnside St. beginning at 6 pm.

For years, Salas-Humara has split his time between making music and visual art, and this album contains big imagery in his lyrics as well as on his cover painting.

Salas-Humara was made in Cuba, but born in America and the album's title is his Hispanic nickname.

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ANN

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How to Talk to (Almost) Anyone about (Almost) Anything, is a book by Portland author Elaine Cogan, and it's perfect for those who suffer from dry mouth or sweaty hands when faced with public speaking.

With back to school time here, it is a timely topic too. The slim, sixty-eight page book is a short read, and packed with plenty of ideas. It's appropriate for students as well as teachers too, preparing for debates, mock trials and speeches.

Mixing humor with facts, Cogan puts an anxious reader at ease. She quotes a Chapman University Survey: 'Public speaking was the most frequently cited fear, ahead of heights, drowning, and flying,' and adds with a wink, "We all have butterflies. My job is to help yours fly in the right direction."

The author has been a sought-after trainer, a weekly radio host, a columnist for *The Oregonian* and other papers, and a television political commentator. She also is the only woman to chair the Portland Development Commission.

Order her book online at tinyurl.com/y8eqm64r.

Elaine Cogan

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TRIBUTE TO ANN

ANN, an affectionate tribute to the legendary former Texas Governor, Ann Richards is the twenty-ninth season opener from Triangle Productions. This intimate portrait of Richards, whose heroic and humane voice is still sorely needed and strikingly relevant today, was written by Holland Taylor and directed by Donald Horn.

Portland's own Margie Boulé brings Richards to life with humor, grace and grit, embodying the fiery, outspoken woman who became Texas' 45th Governor. As keynote speaker at the 1988 Democratic Convention, Richards proclaimed "George Bush [Sr.] was born with a silver foot in his mouth."

The show brings us face to face with a complex and colorful character who was "bigger than the state she hailed from" and a tireless "sensible progressive."

As Oregon General Elections take place this November, being captivated by this true story of Richards and inspired by what it means to be a leader is a fine way to prepare for this important voting season.

ANN runs September 6-23 at The Sanctuary@SandyPlaza, 1785 NE Sandy Blvd. Thursdays-Saturdays at 7:30 pm, Sunday matinees at 2 pm All seats are reserved. For tickets and information: 503.239.5919 or see trianglepro.org.



Margie Boulé as Ann

Songs for my Child, Songs for Myself

Songs for my Child, Songs for Myself is a new series of paintings by Jolyn Fry. It opens Saturday, September 29 at Ford Gallery, 2505 SE 11th Ave. at 6 pm. The show will be on the walls through October 24.

Originally from Pennsylvania, Fry has exhibited a continually evolving body of work in group and solo shows here since the late 90s. She depicts literal, physical landscapes as well as those of a more personal, emotional nature. This show of new large scale paintings about the body were created in relation to healing from post trauma dissociations.

Fry says, "Surrendering to my artistic process grants me the kindest perspective of myself and the life that moves around me. These paintings are about my own experience of heartbreak and vulnerability. They are an embracing of myself as I reach out to hold those parts I thought so broken I had to bury them away from being seen. They are an effort to move again after having been frozen for so long."

"The results of this are a storyline of paintings reflecting my experience of being a woman in present day time, a child in the past, and a human being with an ancestral lineage both extensive and world based." See jolynfry.com for more.

Jolyn Fry also works as an Art Educator for Radius Community Art Studio in SE Portland. Her new round of classes begin September 4, on Tuesdays or Wednesdays 6:30-9 pm in six week sessions. Lessons are individually tailored for each student. Register at radiusstudio.org.



by Jolyn Fry

Live Music at Artichoke



The Gossamer Strings - photo by Athena Delene

Concerts resume in September at Artichoke Community Music. Saturday concerts begin at 8 pm and Sunday at 7 pm. Tickets are \$15 and available at Brown Paper Tickets.

Saturday September 15 - Tribute to Victor Jara and Latin American New Song A celebration of Chilean musician, political activist and singer Victor Jara, one of Latin America's most influential singer songwriters

Sunday September 16 - The Portlanders Kate Power, Steve Einhorn, Mick Doherty and Kevin Shay Johnson perform each 2nd Sunday of the month, serving up inspired songwriting with guitars, banjo, hammered dulcimer, harmonica, upright bass, ukulele, accordion, bodhran, and four rich voices. These folk have crossed strings together since the 1970s.

Sunday September 30 - The Gossamer Strings & The Lark and the Loon The Gossamer Strings are Kyle McGonegle and Liat Lis, an old-time folk duo with new-time sensibilities, rich harmonies, guitar, banjo and mandolin and haunting original songs (gossamerstrings.com). The Lark and the Loon are the husband/wife songwriting duo, Jeff Rolfzen and Rocky Steen-Rolfzen who explore the etymology of many American musics.

See artichokemusic.org.

Peyroux' Anthem at Revolution Hall



Madeleine Peyroux is on tour with her eighth album, Anthem, and is in concert at Revolution Hall, 1300 SE Stark Street Sunday, September 16 at 8 pm.

Peyroux' new songs were written during the 2016 election cycle and the stories are subtly topical, outwardly irreverent and her characters are vivid. Her cinematic storytelling "faces the chasm of the world."

Speaking of the new song "On My Own", a song about loneliness, Peyroux said "I feel a little odd, too small, too big, out of place and alone, but the world around me is also strange, full of all sizes, all perspectives, constantly changing. So, perhaps I, too, can change."

Tickets available online at tinyurl.com/y983jh8b. Minors are welcome accompanied by an adult.

Sidestreet Arts Group Show

...features many artists who have previously shown there and their new works.

The show includes Amelia Opie and her whimsical anthropomorphized animals, Eugene artist Christopher St Johns' wonderful and strange works on paper, and fourteen other artists displaying a scintillating collection of paintings, sculpture, jewelry and other mediums to share.

The show runs through September 30 at 140 SE 28th Ave. Opening reception is Friday, September 7. Artist talk and meet is Sunday, September 16, beginning at 11 am.

The gallery is closed Monday and Tuesday. Sidestreetarts.com.



"Tea Time" by Amelia Opie

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Short takes

...arts news of note

ESPACIO FLAMENCO'S 2ND ANNUAL EMERGING ARTISTS SHOWCASE is a family friendly event. Five artists will perform solo works. The show is an opportunity for students to develop material into solo performances and group pieces under the guidance of co-directors Lillie Last and Brenna McDonald. Discover the excitement and diversity of Portland's flamenco community Sunday September 16 at Imago Theater, 17 SE 8th Ave. beginning at 6:30 pm. Tickets: Advance \$12, Door \$15 | All Ages, Kids 12 and under free. On sale now at espacioflamenco.brownpapertickets.com.

HYSTERIA, a 2002 film by Antero Alli, screens Tuesday, September 11 at 7 pm, at Clinton Street Theater, 2522 SE Clinton St. It's a fundraiser for the premiere of *Escape from Chapel Perilous*, a new ParaTheatrical ReSearch performance performed Nov.29-Dec.2. The film was made in the months immediately following the 9/11 attacks to find other ways of seeing the catastrophe beyond the mainstream media. The film is set during the Serb-Croatian war as Ikar - a young Catholic soldier - unwittingly drinks hallucinogenic datura tea, triggering a full-blown visitation from the Holy Virgin Mary who gives him a "special mission".

WILLIAM SHAKESPEARE'S THE TEMPEST by Speculative Drama presented at The Steep And Thorny Way To Heaven, a private club at SE 2nd & Hawthorne Blvd., Thursday-Saturdays September 13-October 6 at 7:30 pm each night. The legendary play is directed and reimaged by Mary McDonald-Lewis. Chris Porter is Prospero with a cast of magicians, misfits, and brave monsters. There is NO LATE SEATING and you must RSVP before or purchase advance tickets at rsvpdx.com/tempest. Tickets are \$22, \$10 standing-room. See thesteepandthornywaytoheaven.com.

THE CONCERT FOR IMMIGRANT RIGHTS supports Project Voice, an immigrant rights program of the American Friends Service Committee. The event features music from Mark Babson, Anna Fritz, Jill Townley, and Bajo Salario, Saturday, September 22 at 7 pm at First Congregational UCC, 1126 SW Park Ave. The proceeds will help communities in Oregon and Washington create Rapid Response Teams and Know Your Rights trainings to empower immigrants and their allies to advocate for just immigration policies. Tickets are \$20 in advance, \$25 (cash or check only) at the door. Donations at afsc.org/projectvoiceconcert.

THERE'S NO BUSINESS LIKE SHOW BUSINESS - a musical revue created and directed by Deanna Maio, and presented by Portland Musical Theater Company, celebrates the Golden Age of Broadway. Presented September 8 - October 7 at Peninsula Odd Fellows Lodge, 4834 N. Lombard St., It's a two-hour romp through the great Broadway musicals of the 1940s and 50s, including Guys & Dolls, West Side Story, My Fair Lady, The Music Man, Oklahoma, South Pacific, The Sound of Music, and more. All ages are welcome, but it is recommended for ages 6 and up due to its duration. Tickets are \$12-\$24 at portlandmusicaltheater.org/tickets or at the box office at 971.225.7469.

WAKEY WAKEY, written by Will Eno, is an extended meditation on life and its mysteries. It's presented September 26 to October 21 at Portland Playhouse, 602 NE Prescott St. "Is it now? I thought I had more time." These first words in Eno's play are spoken by Guy, a man who knows, like all of us, on some level, that he is about to die. The moving and funny play asks: What are we here for? Is time a friend or an enemy? Do we all eventually end up in the same place, but take different routes to get there? It's thought-provoking and challenges the notion of what really matters. Directed by Gretchen Corbett. Tickets are \$19 - \$44. portlandplayhouse.org/503.488.5822.

ARTICHOKE SCHOOL OF MUSIC's fall term of classes begins September 10 including many instruments, songwriting, rhythm and drumming, piano for children, Jazz ensemble and more. Classes are seven weeks. Monthly events are Song Celebration on the 1st and 3rd Thursdays of the month (for folks to perform a song of their choosing). Acoustic Village hosted by Jon Lee the 2nd and 4th Thursdays features new and cover tunes exploring a weekly theme. Both at 7 pm and \$5.

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Rs Representatively Speaking

Upcoming ballot measures

By Representative Rob Nosse

In late spring, I wrote about petitions that were circulating and vying for the November ballot. Since then, the signatures have been collected, verified and counted. There will be five statewide ballot measures, and I thought I'd use this column to let you know how I plan on voting on each of these, and why.

Measure 102 (YES): Measure 102 is the only statewide ballot measure I'm planning to vote yes on (spoiler alert!). The measure allows local governments to partner with businesses and non-profits to build affordable housing using bond money. Under current law, local jurisdictions must keep money raised from bonding and money for housing from the federal government in separate pools. Measure 102 simplifies the process, so we don't end up leaving money on the table. With much of Oregon still in a housing crisis, this measure is a good idea. It will help local governments to build more affordable housing faster.

Measure 103 (NO): This Measure may sound good at first blush: no tax on groceries, but when you dig deeper, you realize that's just a misleading campaign slogan. For starters, there is no tax on groceries, nor is there one being proposed (at the ballot, or by members of the legislature); even states that have a sales tax exempt groceries.

Second, the language of this measure is so vague, there's a good chance it wouldn't be applied just to grocery stores, but also to trucking companies that transport food, slaughterhouses, processing plants, fast food restaurants, and any other business in the food supply chain.

On top of that, it would

apply to all taxes, even the corporate minimum, so no matter what happens with inflation or our state's revenue, this group of businesses would have a permanent tax exemption baked into our state's constitution.

This is not the kind of law we should be enshrining in our constitution. Revenue issues change dramatically all the time. (Big changes were made at the federal level last year right before Christmas.) Our state needs to be able to respond to these changes. Adding a permanent tax loophole for select profitable businesses to our constitution makes that harder. I will definitely be voting no on Measure 103, and I urge you to do the same.

Measure 104 (NO): In a similar vein, Measure 104 also amends the constitution. It would require a super-majority (three fifths of the legislature) for votes that increase fees and close tax loopholes, including routine and necessary fees, and getting rid of wasteful tax breaks that refund millions of dollars to big corporations or the wealthy that are not needed. We already have a super-majority requirement for bills that raise revenue. This measure is unnecessary, and will only create more gridlock in Salem.

Measure 105 (NO): This measure was brought forward by the nationally recognized hate group Oregonians for Immigration Reform. Measure 105. If passed it would throw out Oregon's sanctuary state law, which has been on the books for 30 years, and open the doors for racial profiling and civil rights violations. I've strongly opposed the inhumane and immoral practices of ICE under this federal administration. Measure 105 would bring those same policies to Oregon. By voting no, we can show that Oregon is a welcoming state that wants no part in inhumane anti-immigration policies.



Measure 106 (NO): Since I first ran for office, I have always said that I would fight for a woman's right to choose, and to ensure that Oregonians have access to safe and affordable reproductive health services. It's why I voted "yes" on last year's Reproductive Health Equity Act, and why I will be voting "no" on Measure 106, which would restrict Oregonians' ability to access safe, legal abortions.

By targeting public employees and Medicaid recipients, this measure would hurt the women and families that need access to reproductive healthcare the most. That means low-income Oregonians who may receive coverage through the Oregon Health Plan would not have access to abortion through their insurance. We should not be cherry-picking which healthcare services are and are not covered by insurance, and certainly not by how much money you have or how you are insured.

That's what will be on your ballot this November. Right-wing groups are definitely on the offensive this year, so it's important to start talking to your friends and family now, so we can push back on these harmful measures.

I hope to see you out on the campaign trail this fall.

Belmont house

from cover

untouched by vandals.

In the massive rec room, spray paint points out the craftsmanship of the wainscoting. Murphy credits "squatters with a conscience."

Rescuing old houses requires recouping expenses. The City is not making it easy, according to Day who says in Portland's "rush to create density," it ignores preservation.

Specific uses may depend on the City's convoluted permitting process, but one option is adaptive re-use as a traditional bed 'n breakfast and event venue.

"Our goal is to create shared space that is a source of community pride," says Murphy. "But it seems like it's easier to tear a house down than to save it."

As work progresses, streams of neighbors and curiosity-seekers visit daily.

She's heard from a family that has some of the home's monogrammed silver. Even police stopped by with encouragement because the abandoned house had become such a problem. Despite distractions, she says Walter handles it well. "It's strange to go from dark years to constant activity," she writes on her

#saving walter account.

A few passers-by have shared horror stories of cost-overruns and jousting with the City to get approvals and permits. On frustrating days, Murphy says, "I sit back down and say, 'Walter,

I need your help. Please help me bring you in under budget and on time'."

If her timelines and positivity prevail, holiday lights will sparkle again on the grand house this December.



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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.

Spinal Manipulation May Help You Avoid Surgery

By Hari Dass Khalsa, DC

Spinal surgery, called microdiscectomy, is not an uncommon procedure for patients with sciatica. Sciatica often starts suddenly with pain in your lower back that radiates down from your buttock to one thigh and into your leg. You may have pain when you sit, sneeze or cough. You may also feel weakness, “pins and needles,” numbness, or a burning or tingling sensation down your leg.

Sciatica symptoms may result from general wear and tear, plus any sudden pressure on a disc. Most commonly, this occurs when a protruding or herniated disc irritates the sciatic nerve. Sciatica is a major source of disability and impairment of daily living activities. About twenty percent of those with sciatica experience symptoms for more than six weeks.

The surgeon performing a microdiscectomy makes a small incision on the back and removes the offending disc tissue. Although the success rate is generally good in the short-term, long-term effects remain largely unknown. Additionally, some patients develop recurrent disc herniation, dural tear, nerve root damage, or bowel or bladder incontinence. Moreover, death and paralysis occur in about one per thousand operations.

Fortunately, new evidence published in a scientific periodical, Journal of Manipulative and Physiological Therapeutics, identifies an effective treatment for sciatica that reduces the need for spinal surgery. The research team was composed of three spinal neurosurgeons, a senior health care researcher and a chiropractor.

In this study, patients with chronic back pain and sciatica with disc herniation and having failed treatment with analgesics, physiotherapy, massage therapy, and/or acupuncture were randomized to spinal manipulation or surgical microdiscectomy. Spinal manipulations were administered by an experienced chiropractor for up to eight weeks. Surgery was performed by one of three experienced spinal neurosurgeons. Patients were allowed to cross over to the alternative procedure after three months.

Chiropractic spinal manipulation delivered a significant benefit. Sixty percent of patients with sciatica who other medical management had failed benefited from spinal manipulation to the same degree as if they underwent surgical intervention. Of the patients that failed spinal manipulation, subsequent surgical intervention conferred excellent outcomes.

Delay of the surgical procedure did not adversely affect outcomes. Additionally, a study by another medical team demonstrated that chiropractic spinal manipulation can deliver a large, clinically important pain reduction with no adverse events in a patient population with acute symptoms.

These impressive findings have important implications for the treatment of sciatica. Patients with symptomatic disc herniation failing medical management should first consider spinal manipulation. Practitioners managing patients with chronic back pain and sciatica with protruding discs should also consider chiropractic care as a first option.

Dr. Hari Dass Khalsa is a chiropractor specializing in the non-surgical treatment of spinal conditions with offices located in the Hawthorne District at 503.238.1032

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NorthStar Supported by 100 Women Who Care

By Karen Oehler

At a special luncheon in August, NorthStar Clubhouse, a mental health recovery community, received checks totaling \$6000 from 100 Women Who Care, an organization that donates money to non-profits in the Metro area.

The members of 100 Women Who Care pledge to give a \$100 check every quarter to a different non-profit the group selects.

After a presentation by NorthStar members Deborah K. and Michelle C., and a parent of another member, the organization voted for NorthStar to receive their donation.

NorthStar group follows the guidelines from Clubhouse International, an evidence-based, non-clinical model focusing on strengths and skills rather than diagnoses. Members actively participate in running all aspects of the program and make decisions by consensus.

The group operates on a work-ordered-day, Monday through Friday, 9 am-5 pm. The work is divided into two units, or teams: Nutrition & Wellness and Employment & Operations, which includes running a retail store in the NorthStar building at 5600 NE Glisan St.

Social time is held every Friday from 3-5 pm, and

members enjoy a monthly hike the last Saturday of every month. Membership is free, and open to anyone 18 and over with a mental health diagnosis.

The donation from 100 Women Who Care will support NorthStar’s mission empower people in mental health recovery to thrive personally, in the community and in the workplace.

“NorthStar has changed my life,” said Deborah K. “I went through a bad patch for several years, due to suffering several losses, and due to my mental health symptoms. I was very isolated, depressed, and anxious.

“After joining NorthStar in 2013, I gained confidence to volunteer in the community, and eventually got paid employment for the first time in several years. I was also trained as a Peer Support Specialist through NorthStar and got a job doing that.

Member Matt S. says, “NorthStar’s Nutrition and Wellness Program for me has been an amazing adventure in becoming more mindful of what foods are important not only for physical health, but mental health as well. I volunteer in the kitchen helping to prepare amazing meals with like minded colleagues, in a good humored and always exciting environment.”

NorthStar hosted three members of the 100 Women Who Care group for a celebratory

lunch when the women presented the agency with their checks. Members prepare a nutritious lunch daily, and lunch that day featured Vietnamese spring rolls, tofu rice bowls, salad, and fruit.

The women received a tour of the building, including the adjoining resale shop, The Next R, which supports NorthStar financially and offers opportunities for members to participate in the store.

100 Women Who Care was started in November of 2006 in Michigan, as a simple way to raise money efficiently and quickly for local charities.

There are now nearly six hundred chapters of 100 Women Who Care nationwide, including Portland’s which meets quarterly at the Old Spaghetti Factory in Clackamas.

In order to be eligible, an organization must serve people in the Portland metro area and be non-political.

For more information, see: 100womenwhocareportland.org
NorthStar Clubhouse was started in 2010 and is located at 5600 NE Glisan, Suite B. Suite A is the location of The Next R Resale Shop. The website is: www.northstarclubhouse.org
Clubhouse International can be found at: clubhouse-intl.org/



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Belmont stories

from pages 13

KOiPod cont.

self-cut and it ended up getting too short. “I know we are doing amazing things with hair these days but growing hair back isn’t one of them.” His solution was to go on kicking yourself or have a drink and call him in a month.

When the big migration to Portland began to be noticeable about seven years ago, he said that at first it was hard not to feel a little bitter. “The hidden gem was discovered.” Rather than complain because the city was growing, he decided it was better to be positive. Many businesses are booming and he has hopes for the future.

At this year’s Belmont Street Fair KOiPOD will be celebrating their tenth year in this space. Kahala’s daughter Kalina will be giving away free lemonade for donations to the families of the Puna area of Hawaii who have lost their homes due to the volcano. They want to help their Obana (family) come back stronger than before. Look for 25 percent off all hair products the day of the fair.

“We look forward to seeing you at our space. Cheers and Mahalo for all these years of support from our Ohana to yours,” says Kahala. *The appointment booking is done online at koipodpdx@gmail.com.*

NT

Abbasi Cont.

homey feeling to it, one that Omar has cultivated. “I live in this neighborhood,” he says, “I love it

here and wanted my store to be in Southeast Portland.” He started the store to bring his heritage to Belmont, to add what he could to the neighborhood.

You won’t have to spend an arm and a leg to own a piece of tribal art. Omar, a student, understands that a lot of people live on a budget, and feels that is important that the rugs end up with the right person. Because he works directly with the sellers, he is able to offer them for affordable prices. They are pieces of art that are meant to be shared.

Stop in and see the collection for yourself, *Abbasi Fine Rugs is at 3150 SE Belmont St. Open Thursday through Sunday, 11 am-5 pm. PZ*

Horse Brass Pub Cont.

red’s, lagers, stouts, bitters, you name it, and they’ll put it in a pint for you. Couple that with some traditional English fare like bangers, meat pies, and Scotch eggs,

“It’s a little quirky, a place where anyone can sit down, enjoy a pint, a good meal, and good conversation” Piluso says. Don’t worry about your conversation being interrupted by emails or social media – at Horse Brass there is no Wi-Fi. The attention is on good beer, good company, and a good time.

The pub feels, as Don Younger used to say, “like it’s a second living room,” a place where you’d be just as comfortable cozing up to a good book as you would throwing a couple back during a game of darts. It’s all you want from beer culture, without the pretension. Despite the old time feel, the new age is welcome at Horse Brass too, as these days, they have craft Kombucha on tap.

No matter the generation, everyone should have a place where they can go and just chill, and this cozy corner of Belmont is the perfect place to do that.

Horse Brass is located at 4534 SE Belmont. PZ

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Neighborhood Notes

from page 9

with Mt. Tabor and North Tabor Neighborhood Associations? Activities related to the cleanup include reserving the middle school parking lot, making arrangements with hauling and recycling companies, setting prices, soliciting volunteers, publicity, gathering supplies for the day of the cleanup, post-cleanup paperwork and reimbursements.

An MTNA neighborhood cleanup committee will be created at the September 19 meeting of the MTNA. Attend and volunteer at the meeting or email MTNA at contact.mtna@gmail.com.

The next meeting of the MTNA is Wednesday, September 19 at 7 pm at Mt Tabor Presbyterian Church at SE 54th and Belmont, with social time and homemade cookies starting 6:50 pm. For information, visit mttabordpx.org.

Montavilla

By Amanda Rhoads

We're heading into a busy fall in Montavilla and hosting our annual elections on Monday, October 8. Only current members can vote, so we're encouraging everyone to contact us to verify their membership status. This is especially important since our membership list was only recently rebuilt. If you attended a meeting more than a year ago, we may not have your data.

If you live within our boundaries, but are not currently a member, make sure to attend our Monday, September 10 membership meeting at 6:30 pm at Montavilla United Methodist Church, 232 NE 80th St., in order to become eligible to vote prior to our October election.

We need folks to step up and run for the board! Email amanda@montavillapdx.org to check on the status of your membership or talk through responsibilities.

September 29 Neighborhood Cleanup: We didn't host our cleanup in the spring, so we welcome everyone who missed their neighborhood's cleanup to come to ours Saturday, September 29, from 9 am to 3 pm. The Montavilla Baptist Church at 9204 SE Hawthorne Blvd. is hosting us. Clear out your bulky waste while supporting the neighborhood association.

New Website: We've got a new website up and running, and adding more content every day. We hope to have all our archived files moved over soon, and bring us up to date on all the latest about the organization. Check us out at montavillapdx.org.

Procedures Matter

from cover

board member, a neutral community member, a representative of neighborhood coalition Southeast Uplift. Molly Mayo of SE Uplift has acknowledged the grievance is a public record, but cautioned against its publication because of the harm it might do to individual reputations.

Richmond boasts that it has one of Portland's most active neighborhood associations – a mix of camaraderie, activism and the challenges of change. Standing room only crowds are frequent.

No stranger to controversy, RNA has been accused of election irregularities in the recent past. This summer, a resident read aloud a multi-point plea for civility. Given the rapid densification and demographic shifts along Division St., Richmond has become a poster child for debates about the pros and cons of future growth.

Richmond is hardly alone with transition tensions. As old Portland becomes Next Portland, groups in the minority are becoming majorities in some neighborhoods and new common interests evolve.

Sunnyside and Montavilla NAs have largely rallied around support of renters' rights, affordability and compassion for the houseless. Homogeneous neighborhoods like Laurelhurst tend to focus on crime prevention and community preservation. As a whole, SE Uplift has become significantly more diverse as special interests a pundit labels "communities of identity" take charge.

The transformation of the former ONI (established as a link between NAs and the City), into OCCL is intended to engage a broader range of community partners. In the process of becoming more inclusionary, some long-time stakeholders feel excluded by what they see as a reversal that subtracts rather than adds voices. They fear cohesive neighborhoods are losing clout beneath a heavy-handed bureaucracy with a social engineering mission.

It didn't help that during a SE Uplift meeting some months ago, an agency official made an offhand comment that it might be time for those who have never been marginalized to feel what it's like.

A concern raised by Field is whether OCCL will change neighborhood meeting processes. Field claims that, "OCCL Director Suk Rhee told him she does not think Open Meeting rules should apply to NAs."

Field responded: "Suspending Open Meeting rules would allow NAs all over the City to become private cliques of people proposing policy and land use and transportation changes under the façade of 'representing' this community."

Eastside resident Rod Merrikk, a preservation advocate and frequent participant in citizen advisory committees, says OCCL's recent staff and process upheavals are "all in the name of equity".

He adds, "For many Portlanders, using equity as a means to increasingly exclude them does not seem consistent with the idea or ideals that have sustained neighborhood associations and sense of local accountability and civic participation for the last 40 years."

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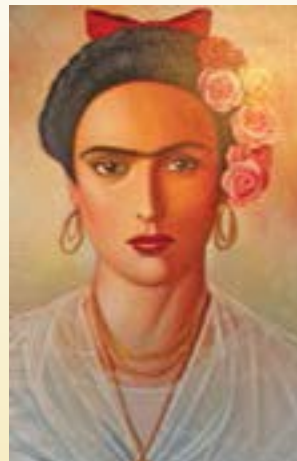
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Class time

Kfit

from page 5

number of combinations of these classes.

“We try to make it so that if someone wants to come every day, we will be rotating the areas we are strengthening,” Mary said. She called it periodization, only for the body and not time, where you categorize muscle groups in the body and work on them specifically.

Their great names for classes: The Spark, The Kinnect, The Foundation, The Groove (a dance class) are sure to get your heart thumping – and a whole lot more. The word kinnect is what they chose for their business name because it is a fusion of connect and kinetic – energy due to motion.

Mary shared an interesting piece of information about the heart. She said that we can strengthen and build heart muscle and stamina up until the age of seventy-five. “All hearts are finite but we can do a lot to keep them strong until then and beyond.”

Classes at Kfit serve women in their late twenties to their seventies. Along with exercise and fitness classes, they have a program called Eat Healthy/Feel Healthy,

focusing on clean and mindful eating.

“We are not nutritionists per se but we have a lot of practical knowledge,” Mary said.

Not only has Kfit created a gathering place for women with a mutual goal, they have contributed to the community with their charity of the month program supported by the gym members.

So far they have helped Dove Lewis, Children’s Book Bank, Bradley Angle House, Friends of the Gorge and the Food Bank. They’ve held a blood drive and currently are doing the School Supply Drive.

“We do mostly local and some larger charities depending on the need,” Tammy said.

Even though it is a commitment of a little time and energy, the rewards can change a person’s life. People look better, feel better, are more organized and better equipped to deal with the daily grind. They sleep better and the endorphin boost can really give a lift. There’s also the opportunity to meet other women in your community.

For a complete list of classes and pricing, see: kfitstudiopdx.com or call 971.373.8499.





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Community Events Bulletin

Belmont Street Fair
Sept 8th 10 am – 6pm

Bring your families, friends and pets to the annual Belmont Street Fair! Support your community neighborhood by shopping, dining, rocking out and drinking locally with the hundreds of vendors helping to make the fair possible.

Grand Tasting at Feast Portland
Sept 14, 1 – 5 pm
feastportland.com

The Grand Tasting is Feast’s city-block-sized celebration of eating and drinking in the heart of Downtown Portland, where you get up-close and personal with more than 80 vendors, including some of the best chefs, vintners, brewers, bakers, cheesemakers and food artisans from the Northwest and across America.

Widmer October Fest
September 29, 12-11pm

You don’t want to miss this beer lover’s paradise, featuring all of your favorite Widmer brews. Bring your family & enjoy an array of FREE activities before the ticketed evening concert, including face-painting, pretzel necklace building, palm/tarot card readers, Classy Camelids Llama and Alpaca (in German attire) and a photobooth!



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


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