



The SOUTHEAST EXAMINER

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Franklin Teacher Awarded



Myron Ryan and his class

BY JACK RUBINGER

Myron Ryan, a Franklin High School metalworking and manufacturing teacher, has received the Circle of Excellence Award from OnPoint Community Credit Union. He will receive a \$1,500 cash prize and \$1,000 will be donated to his school. The annual OnPoint Prize for Excellence in Education campaign recognizes teachers that make an impact in their schools and communities.

"What I like most about Mr. Ryan is his ability to develop relationships, his dedication, and the extra commitment he gives us," said Audrey Garber, a senior at Franklin. "He also has a good sense of humor. To test the strength of a metal weld, he tosses it on the ground. If the weld isn't strong enough, it breaks. He calls this his anger management test."

Both Garber and senior Mike Mendez are going on to technical and machine training programs at Boeing and Mt. Hood Community College. Boeing will pay for their additional schooling. For low-income students, this is a game changing opportunity, the type of real world experience that industrial employers desire in students.

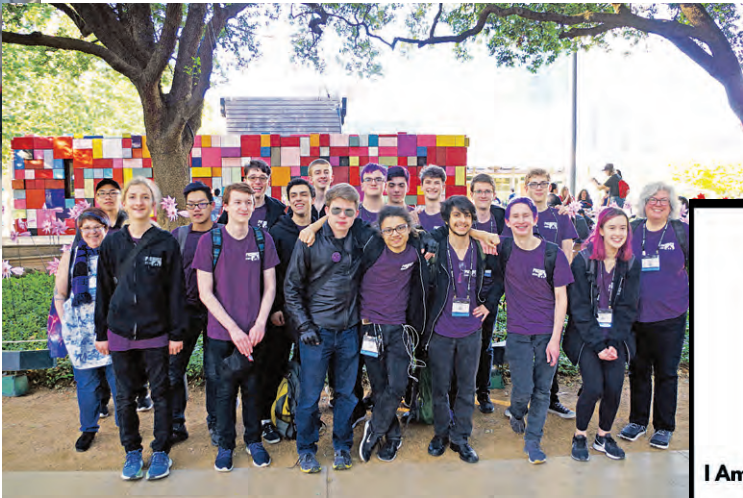
"We have Mr. Ryan to thank for helping us," said Mendez.

Ryan has been working with these kids for four years. Although he once owned his own business, he's now fully dedicated to career technical education and enjoys being a full-time teacher, which he calls "recess with power tools."

"The great thing about technical education is that it allows kids to express themselves in different ways," said Ryan. "There's no better industrial training than doing hands-on work in a shop."

This is the 10th anniversary of the annual contest, which honors local educators who work to inspire enthusiasm and creativity in the classroom and have made an impact on students, their families and surrounding communities. The campaign has awarded nearly \$300,000 in prizes to 236 local educators and schools.

Cleveland Robotics Goes to the Worlds



Cleveland High School's robotics team

BY JACK RUBINGER

Cleveland High School's robotics team, The Pigmice (FRC 2733), recently wrapped up one of their most successful competition seasons at the FIRST Robotics Championships, also known as "Worlds."

There are 37 kids on the team. Seventeen team members and three chaperones travelled to Houston, where 403 teams from nine different countries took part in the four-day tournament.

With support from mentor/sponsors such as Daimler, FLIR and Boeing, this tightly knit group of students raised all their own money, found grants and received support from friends and families.

Being a student-led team, the kids learned to make decisions about strategy and working together in independent decision-making.

Like athletics, Robotics competitors practice year round, utilizing YouTube videos to study up on the competition and learn the best techniques.

Robotics competitions get real loud as kids sing, dance and cheer each other on.

"For these kids, it's all about collaboration and building community, including kids from other schools and young women. Kids help each other out by exchanging information and borrowing equipment when needed," said Coach Cindi Carrell, a parent volunteer. "While some kids go on to engineering programs in college, right now they're having a blast cheering on their friends and competitors and building goodwill."

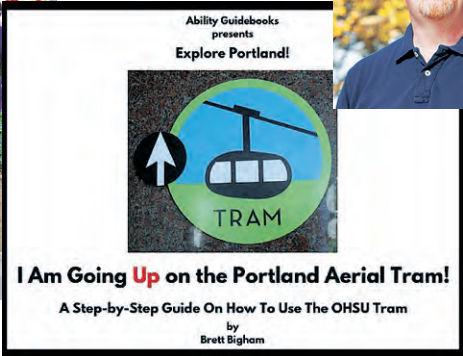
The Carrell family has been active in robotics for several years.

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Teacher Helps Special Needs Kids



Brett Bigham



BY JACK RUBINGER

Navigating your way through a new town, city or even a museum is stressful for many of us. Imagine what it's like to explore the Smithsonian or the alleyways of Rome in a wheelchair or when the all sounds and sights are distorted? Brett Bigham, a Portland special needs teacher understands the fears and anxiety of special needs kids traveling to new and strange places and is breaking down these challenging steps in a series of New Ability Guidebooks. Bigham teaches kindergarten, 4th and 5th grades at Scott Elementary School.

He was honored by the MUGU International Foundation of India, for his work in the special Education field and was a Global Winner of their Education E-Innovator Award.

Field trips are a vital part of experiential learning, but they require preparation and practice. It's not fair to just take kids out of the comfort and safety

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Railroad Retracking Becomes Possible Reality

BY MIDGE PIERCE

Imagine inner Eastside without those infuriating mile-long trains stopping you in your uh, tracks. A pipedream?

Not according to a 20-something with a railyard redevelopment vision and the gumption to pitch to power a long shot idea about moving trains and tracks out of Portland's midriff.

After waiting 45 minutes for freight to pass one evening, Mo Badreddine was fed up. He contacted Union Pacific and dialogue began. That initial call led to ongoing, high level operations discussions and growing community support for relocating both the Albina railyard in North Portland and the Brooklyn yard in Southeast.

Turns out rail relocation isn't outlandish. Freight lines running through

busy parts of the City cause more than bottlenecks. For residents, they are safety, environmental and development obstructions. For UP, they are a poor business model.

While decision-making could take years, Union Pacific has agreed to explore the issue, providing community stakeholders fund a feasibility study which may start this month. Badreddine, turning accounting studies into corporate action, knows, "You can't have a rational discussion about relocation without considering costs."

Donation pledges are underway for the \$25K study. The funds are a drop in the bucket for the railroad, but show community commitment and potential for a public-private partnership to apply for federal dollars.

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SE Updates

BY MIDGE PIERCE

The Kids Are Alright

Grade school kids are leading the way toward racial understanding and sensitivity at Buckman Elementary.


This spring 19 Buckman students, under the guidance of counselor Jess Firestone and AmeriCorp's Jasmine Spring, participated in Grant High's Race Forward Project. The children returned to share what they learned about racial injustice with their 3rd, 4th and 5th grade classmates.

To dispel assumptions based on race and physical appearances, kids led conversation circles, developed a PowerPoint and appeared in a video about why talking about race is important. "The younger kids were more articulate than high school stu-

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SE The **SOUTHEAST EXAMINER**



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Who's Doing What About the Homeless

BY DON MACGILLIVRAY

From the Mayor's recent statements and the City budget process, it is clear that a top priority of the City of Portland is to address homelessness and its many causes. The Joint Office of Homeless Services is the City-County coordinator of activities and organizations that address homelessness. They help people: 1) that are in danger of losing their current housing, 2) to find new homes if they lose their own, and 3) find shelter with services for those that need it. They fund long term prevention, housing placement, and shelter interventions for thousands of people each year. This, along with many other activities, support the variety of solutions addressing homelessness.

There are 1,670 houseless people sleeping outside and unsheltered on Portland's streets. Appropriate hygiene and sanitation is sorely lacking. The spread of disease is easily prevented with the proper hygiene, but there is often no place to wash with soap, access to toilets, showers with clean hot water, or laundry facilities. Without proper access to these facilities people do whatever they need to do which is often unsanitary and unsafe. It is also an important factor in maintaining basic human dignity. The solution is portable toilets that are placed at strategic locations across the city. The sooner the housing and homeless crisis is solved the sooner these expensive services can be ended.

Helping with these situations is the job of Portland Street Medicine. They are volunteer medical providers, social workers, care managers, and lay people that reach out to the city's most forgotten community members to provide medical care and a lot more. In addition to providing medical care, the group works to establish trust within marginalized populations while simultaneously educating the entire community about "the system" and how it often leaves individuals behind. The 26 credentialed volunteers consist of professionals that traverse the territory where their clients are to be found.

To address the various camping issues the City and County provides a program

to reduce the impact of illegal urban camping in neighborhoods that is called the Homelessness and Urban Camping Impact Reduction Program or HUCIRP. They run a campsite reporting system that responds to community complaints and cleans up homeless campsites. In the first three months of this year HUCIRP received over 8,000 reports concerning homeless issues from citizens. During this time period HUCIRP posted and cleaned up over 500 campsites in the communities of Portland.

In spite of the fact that there are not enough shelter beds, it is still illegal to camp in Portland without permission. Campers will be removed as they are identified and as the resources become available. Campers are given 48 hours advance notice to move. High impact camps that risk the public health and safety are prioritized. They are removed in a compassionate manner and assistance is provided with finding shelter space and services or at least a more appropriate location to sleep in the open. The Portland Police and various social service providers do the work.

To report a campsite visit www.portlandoregon.gov/campsites or call 503.823.4000 and an Information and Referral Specialist will write out a report and submit it to the proper authorities.

The Joint Office of Homeless Services provides everyone seeking short term housing assistance with a warm, safe place to stay. This winter the severe weather shelters were opened 11 times. This is in addition to the 1,620 shelter beds that are open throughout much of the year. Another 300 beds are available from private community services. On the coldest nights over 2,000 shelter beds are available.

The 211-information dispatchers on a 24-hour basis connect people needing shelter and arrange a bed and transportation to an available facility. For those with medical issues the Medical Reserve Corp volunteers provide their services.

On a given night 56,000 households in the Portland region might become homeless because they cannot afford their rent. Short Term Rent Assistance is one way to address this crisis. This is especially important for families with children. A year after leaving

the Short Term Rental Assistance program more than 83.5 percent of all families remained housed.

At one time the federal government played a larger role in housing. But over the last thirty years the budgets of the Department of Housing and Urban Development have been reduced significantly. It seems ironic that with the housing affordability crisis the largest government subsidy goes to the middle class through the Home Mortgage Interest Deduction Program. It is estimated the this tax expenditure costs the United States public over \$100 billion a year and none of it will help to solve the homeless or housing crisis.

But the federal government is helping to reduce the housing crisis through subsidized rents. Home Forward, the Portland regions housing authority, controls 11,800 housing units for low-income and elderly households at a cost of \$103 million a year. However, the waiting lists for these apartments are long and the average wait is five years or more. The average monthly subsidy is \$750 per unit. The average yearly income for households receiving long-term assistance is only \$12,500 and almost a third of these households are families with children.

The homeless situation is bad, hopefully the Mayor's new plan will slowly improve the situation over time.

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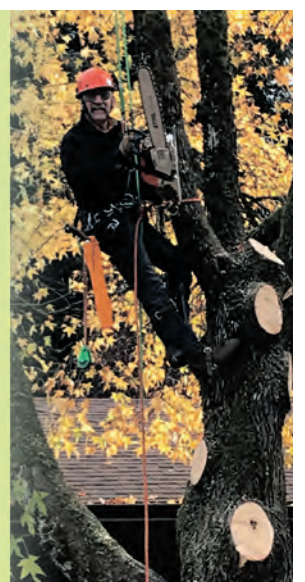


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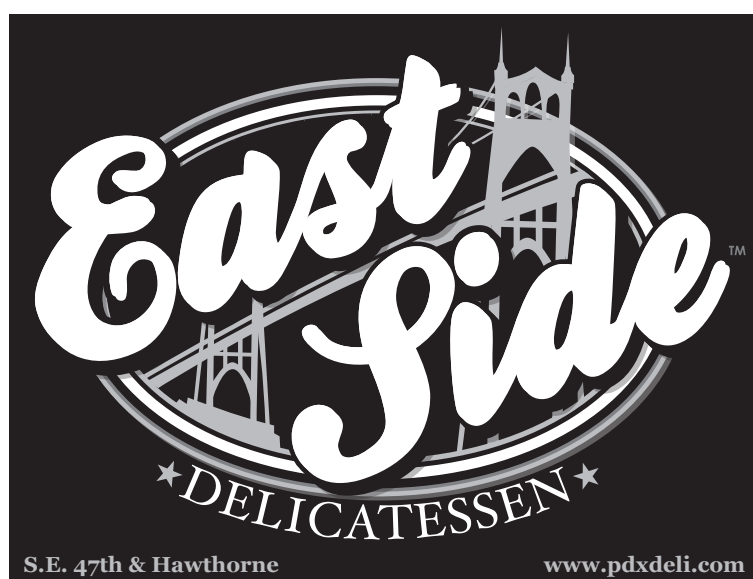
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J.R.R Tolkien



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A glimpse into the future

from page 2

zoned for high-density apartment buildings, residential neighborhoods notwithstanding. This is because SB10 focuses on wide swaths along transportation corridors (including those streets with 15 minute bus service). SB10 has the potential change many of Portland's inner Eastside single-family neighborhoods.

Both HB2001 and SB10 are still in committees right now and undergoing amendments. Since this Legislative session ends June 30, it is possible these will not be

completed this session and may come back next year when the State Legislature has a short (35 days) session. RIP, on the other hand, may go to the City Council sometime this summer or may wait on the Legislature since bills the State adopts will supersede any actions not in compliance that the City takes.

If HB2001 or some version of RIP does pas, the replacement of houses with multi-unit structures will be gradual over the next 20 years except for areas where the potential exists for replacement of several houses or development of vacant infill lots at one time. If the higher estimate of 24,000 units does get built, most blocks in inner Southeast will generally see limited demos and renovations. Even with free permits for ADUs, most homeowners won't build because of the expense—estimated by the Homebuilders Association to be within a range of between \$40,000-\$100,000 per unit.

What residents will notice most will be increased parking problems as Portland generally does not require or only requires minimal onsite parking for multi-unit complexes and apartment buildings. Also there will be a lack of site landscaping. Portland requires street trees, but no vegetative landscaping onsite.

New development does not necessarily mean streets and

utilities will be upgraded. Currently there is no enforcement to upgrade an offsite facility or an entire substandard street. Therefore, piecemeal street and utility improvements will generally be made as individual sites are developed until such time as the City funds larger scale projects. Likewise, new park development is unlikely, especially considering the current Parks Bureau budget woes. Existing parks will need to bear the brunt of increased population demands (unless a bond is passed or a new regional parks district created).

The legislation noted will not impact commercial development except to promote mixed use (commercial/residential mix). Commercial areas (such as along SE Belmont, SE Hawthorne, SE Woodstock, and SE Division) are expected to grow and continue in vibrancy. And as happens today, parking will spill over onto adjacent residential streets. Meanwhile, bus and bicycle use will increase as traffic congestion and lack of parking make driving more inconvenient.

The residential changes will come slow since we're looking at a 20-year time frame. Portland could ultimately experience a shortage of single-family houses and a surplus of rental units located on congested streets with limited parking—the future will be interesting.

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Stringent Parks Budget

BY DON MACGILLIVRAY

This year's budget for the City of Portland Parks and Recreation Bureau (PP&R) indicates a major disconnect between PP&R and the City's annual budget process. Parks needs more money and City Council decided that they should cut their budget by \$6.3 million—the largest percentage cut of any major bureau. The cuts mostly involved recreational staff layoffs and closing popular recreation centers.

The root of the issue lies in the distribution of Portland's General Fund. The needs of Police, Fire, Transportation, and other major bureaus take priority. The general fund is 14 percent of the city budget, the other 86 percent is for mandated uses.

This year the mayor will fund the Office of Homeless Services with \$38 million. This gave PP&R management, volunteers and the public a lot of worry and dominated the agenda of the Parks Advisory Committee.

Parks are an integral part of a city. The question is how do we preserve and improve our beautiful public green spaces. Portland's demographic trends show that the parks in Portland must grow to meet future demands. Parks increase the value of nearby homes, indirectly yielding an additional \$3 million in property taxes annually. They are assets to the business community and our growing economy. Unfortunately, these services are not viewed as essential.

The parks budget process for this year has been an eye opener for everyone involved. The problems are systemic and have been getting worse each year. Some of the reasons cited are internal mismanagement and the Public Employee Retirement System (PERS) costs but the Parks Advisory Committee is determined to find new and

different ways to insure adequate budgets into the future.

The strategies being developed to shift to a more stable financial future will be illustrated in the forthcoming Parks 2035 Vision. The Vision will discuss the existing financial constraints and what could be accomplished with better financial strategies.

The parks and recreation funding situation is a problem nationwide. Budgets are tight, maintenance is falling behind, and programs are suffering. States generate on average 45 percent of their own funding for their operating expenses, and funding from governments is not keeping up with the needs. Many are looking for more ways to provide the money needed to maintain them. Gone are the days when the Oregon Highway Trust Fund supported the state parks system. It is likely that the user fees will slowly increase over time.

The Parks Advisory Committee stated that the funding conversation must start immediately and it must include a variety of options from both public and private sources. Parks must be willing to cut the budgets of its other departments so that recreation does not continue to be the biggest loser.

One idea is to have a Parks district. Other metropolitan areas, like Seattle, have gone this route. A local example of this is the Multnomah County Library District. The elected Multnomah County Commissioners form the board and appoint the advisory council. Similarly a Parks district could be adopted through a ballot measure passed at a future local election. Taxes that are generated by the district will not go into the general fund, but will remain with the district for use by the park system. This is currently done in Seattle and Tacoma Washington, Chicago, and Washington D.C.

Both in the past and elsewhere revenue levies are a very good source of funding.

Even though the city general fund money is problematic, it must continue to be a major source of funding. One of the advantages of the levy concept is that the use of the funding is clearly described so that the voters know exactly what they are paying for. After it is passed there is follow-up to see that the Parks District is accountable for spending the money as described. A levy is intended to be used over many years so it provides its resources for a long period of time without being renewed. When it is successful there is a strong likelihood that it can be continued.

There are a variety of other ideas about raising additional funds for Parks such as: 1) reduce energy costs by installing energy efficient lighting, upgrading mechanical equipment, and conserving energy and water, 2) restructure operations to reduce management expenses, 3) allow monetary donations as part of the motor vehicle registrations, 4) reach out to other organizations for opportunities to partner with their programs, 5) sell vanity license plates which would bring in money and increase the visibility of Parks, and 6) increase the tax on gasoline or real estate transactions to support parks.

The future may be difficult for parks, but positive changes will happen over time.



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Opportunity Zones Provide Capital Gains Tax Break

By GABRIEL FRAYNE JR.

It's been over half a century since the U.S. Department of Housing and Urban Development labeled the Buckman neighborhood a "pocket of poverty," but apparently Governor Kate Brown hasn't heard that things have changed there.

In February of 2018 the governor's office conferred the designation of "opportunity zone" on Buckman and the neighboring Central Eastside Industrial district in accordance with a special provision in the Republican tax reform law enacted at the end of 2017. This provision creates a capital gains tax break for (mostly wealthy) investors who sell assets and invest the money in designated opportunity zones, which are census tracts that—in order to be designated—must have a poverty rate above 20 percent or family incomes that are no more than 80 percent of the area median.

Nonetheless, any visitor to Portland interested in viewing one of the city's up-and-coming neighborhoods need look no farther than these two census tracts [see "Booming Belmont," September 2018]. So how did they come to be designated opportunity zones?

Nathan Buehler, a spokesperson for the Governor's office, offers a detailed explana-

tion of what he calls a "robust outreach process," led by Business Oregon in partnership with the Governor. Among those consulted were "nine federally recognized tribes, House and Senate caucus offices, Association of Oregon Counties, and the League of Oregon Cities," as well as various developers, housing organizations and economic development organizations, among others.

Apparently, neighborhood associations were not among those consulted: the Buckman Community Association minutes from the beginning of 2018 through March of this year indicate no meetings or presentations relating to opportunity zones.

The curious pattern of opportunity zone designation in the greater Portland area has prompted more than a few Portlanders to question whether the tax break program is truly aimed at providing jobs and housing to low-income residents or if it is just another avenue to gentrification. The issue only came to the attention of many residents this past February when Bloomberg Businessweek, a New York based publication, ran a story aptly titled "Welcome to Tax Breaklandia," accompanied by a photo of downtown Portland.

The article tells of a wealthy Portland real estate

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NN Neighborhood Notes

South Tabor

By Tina Kimmey

At our May meeting we saluted our outgoing President Duane Hanson and held an election for a new Neighborhood Association President. By an overwhelming majority we elected Pete Forsyth to a 2-year term to direct our board. Thank you both for your service to the neighborhood.

Do you know where your closest BEECN site is? What is BEECN? A BEECN (short for Basic Earthquake Emergency Communication Node) is a place to go in Portland after a major earthquake to ask for emergency assistance if phone service is down, or report severe damage or injury. In South Tabor there is a BEECN site at Clinton Park, but the one at Harrison Park might be closer. For more information regarding emergency preparedness or to find a map of all the BEECN sites in the city go to www.portlandoregon.gov/pbem.

As always we invite our neighbors and interested parties to our monthly meetings; Land Use next meets June 18 at 7 - 8:30 pm, and the next General meeting will be June 20th at 7 - 8:30 pm. All meetings are held at Trinity Fellowship, 2700 SE 67th Ave. Enter on the east from the rear parking lot. For more information go to www.southtabor.org or send questions to info@southtabor.org. We hope to see you in June!

Mt. Tabor

By Laura Smith

The Mt. Tabor Neighborhood Association (MTNA) held its annual board elections on Wednesday, May 15, and all serving 2018-2019 board members were re-elected. MTNA is a nonprofit organization that provides an open process for all members of the neighborhood to involve themselves in the affairs of the neighborhood. If you live, own property, maintain a business, or represent a nonprofit within the geographical boundaries of MTNA, you are eligible for membership. Attend our monthly meetings on the third Wednesday of every month (except December) to see how you can contribute to the neighborhood. Visit our website to find out more: www.mttaborpdx.org.

The annual neighborhood cleanup co-sponsored by the Mt. Tabor and North Tabor Neighborhood Associations that took place on Saturday, April 27, was a huge success, with almost 250 vehicles that patiently lined up to participate. Statistics, such as how many mattresses, pounds of electronics, cubic feet of Styrofoam, and items resold to keep them out of the dump, will be available soon.

The next meeting of the Mt. Tabor Neighborhood Association will be Wednesday, June 19 at 7:00pm at Mt Tabor Presbyterian Church at SE 54th and Belmont, with social time starting 6:50 PM. For more information, please visit www.mttaborpdx.org.

Richmond

By Brian Hochhalter

The Richmond Neighborhood Association held our annual Richmond Spring Clean-up on May 18. We filled four dumpsters of refuse, recycled styrofoam & metal, held a U-Price rummage sale, plant sale and offered knife & tool sharpening! In addition, the RNA committee, Richmond Ready, sold 55-gallon emergency drinking water barrels at bargain prices and also offered emergency toilet systems. It looks like we will break all former fundraising efforts when all is said and done. Thanks to all the volunteers and community participants.

On May 13 the RNA held its annual board of directors election and all of the 8 open seats were filled by majority vote. Madeleine Anderson-Clark, Kamal Belkhaty, Clair Cofskey, Peter Forest, Debby Hochhalter, JoAnne Knowles, Brian Hochhalter and Robert Reincke will be joining the board. The new board members will be seated and officers elected in June.

One of the urgent issues discussed in the May meeting involved community outreach via the RNA website. The login credentials to the RNA website as well as the Chair email richmond.pdx.chair@gmail.com, have yet to be handed over from a resigned board member. The chair email was used to reset the password on the RNA website, so the RNA cannot control its own website. Consequently, the RNA has not been able to update its website. Until this issue is resolved, please email all agenda requests to richmondnasecretary@gmail.com. The board is working with SEUL and Civic Life and it appears this should be resolved soon after the June meeting.

Allen Field provided an update on the June 1 Hawthorne-Division-Clinton Litter & Graffiti CleanUp, which is part of the 9 neighborhood Paint the Town Green event. The Mt Tabor neighborhood association is joining up with Richmond at this year's event.

The Division Design Initiative announced that they relaunched as the Portland Main Street Design Initiative with two events at Design Week including a "Design for Affordability, Resiliency and Sustainability" workshop and a Main Streets event at the Architectural Heritage Center where they gave out Main Street Design Awards to deserving recipients. It was also announced that SMILE had adopted the Division Guidelines for Sellwood-Moreland. PDX Main Streets will be working with more communities across Portland. Learn more about the Main Streets awards and this Richmond initiated project at www.pdxmainstreets.org

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Community News

Be mindful of nesting birds

Spring and early summer is a critical time for nesting birds. In order to give these fledglings a better chance to survive Stephanie Herman, Wildlife Care Center Manager at the Portland Audubon society has a few suggestions.

The number one threat to wild birds in the city is our free roaming domestic cats. Herman reminds us that cats, contrary to popular belief, are not natural to our ecosystem. They are an invasive predator that has been introduced to our habitat and they upset the balance of many other small species lives too.

During this season it is important to remember that our cats are domestic and there are other solutions to just letting them roam free. The first is to remember to give them the attention they need. A lot of times, due to the nature of cats, we forget to play with them and pet them.

The latest invention is the catio and if you have the space, skill and money to build one, they are a great place for a cat to get

sunshine and be outdoors. There are also pet tents that are smaller and more mobile.

Also, you can leash train your cat and take them for a walk or even a hike if you have a pet carrying back pack. As silly as this may sound, once we know the truth, it is our responsibility to act upon.

Herman also said that if you suspect there is a possibility of nesting birds don't trim your trees or shrubs. Their nests are purposely camouflaged so it is easy to overlook them and start whacking away.

Baby birds learn to fly from the ground, so if you see a baby that does not look injured leave it alone until you are sure. Many baby birds do not need rescuing and would be much better cared for by their parents in the wild.

Herman suggests going to audubonportland.org and checking out baby bird rescue download or calling the Wildlife Care Center hotline at 503.292.0304.

Columbia Gorge Express

Avoid traffic, parking hassles and congestion in the Columbia River Gorge by taking the Columbia Gorge Express. The popular bus service will soon begin its fourth summer serving popular Gorge destinations. The bus now operates year-round and on Saturday, June 15 will launch its expanded summer schedule, with eight departures a day from the Gateway Transit Center to Rooster Rock State Park and Multnomah Falls. Three of those trips will continue east to Cascade Locks and Hood River.

The bus has proven a convenient and popular way to visit the Gorge for tourists, local residents without access to a car and transit riders. Gorge visitors can reach the Columbia Gorge Express from anywhere on the TriMet system, making a day long trip to the most popular Gorge attractions easily within reach. The Park & Ride lot at Gateway Transit Center is less crowded on weekends so catching the Columbia Gorge Express in Portland is convenient and affordable.

Holiday weekends are always busy for travel in the Gorge, especially at Multnomah Falls where parking is very limited. When the parking lot is full, visitors will have to park at Rooster Rock State Park and ride the 15-minute shuttle to the Falls. During peak periods there can be long lines for the shuttle, so visitors that choose to drive should plan ahead.

The shuttle between the park and Multnomah Falls is free; daytime parking at Rooster Rock costs \$5 per vehicle. A Columbia Gorge Express day pass is \$12 if purchased online or \$15 if purchased when boarding the bus at Gateway Transit Center. The day pass allows passengers to ride the Columbia Gorge Express to multiple destinations and get back to Portland in time for dinner.

For more information, including detailed fare information and schedules, go to Columbiagorgeexpress.com.

For more information, contact Don Hamilton, 503.704.7452, don.hamilton@odot.state.or.us



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Free Alzheimer's conference

On Tuesday, June 11 the Alzheimer's Foundation of America's (AFA) National Educating America Tour will be at OMSI, 1945 SE Water Ave., 9 am - 1:30 pm, to educate our community, and particularly caregivers, about a variety of topics pertaining to Alzheimer's disease. This event is free and open to the public.

For more information or to register, please visit www.alzfdn.org and click on "events calendar" at the top of the page.

According to statistics there are more than 65,000 Oregonians living with Alzheimer's disease and 5 plus million across the United States.

The keynote speaker will be Dr. Michael Mega, Director of the Center for Cognitive Health in Portland. He will be going over everything from the latest Alzheimer's research, clinical trials, what to expect on the horizon, long term care and financial planning, creative art therapies, caregiver strategies, federal research funding, and more.

Charles Fuschillo, President/CEO of the Educating America Tour, spoke to *The Southeast Examiner* more about the conference and why it will be especially helpful for non-professional health care providers looking for information and help.

In speaking of the disease itself, Fuschillo said that this is not a "normal" part of aging. Studies are examining environment and lifestyle to better understand the rapid increase of this disease.

Alzheimer's is a form of dementia and it can begin anywhere from thirty to eighty years of age. Signs to look for are: recent memory loss, confusion, loss of judgement but mostly denial that there is a problem. The best thing a person can do is to address it immediately with a memory screening test.

There is no cure for Alzheimer's but there are significant lifestyle changes that can be made to slow the progression of the disease. At the conference they will offer private memory screening by Primary Care and Population Health (PCPH). The PCPH has screening centers available all over the US that are just a phone call away to help people assess themselves and others.

According to Fuschillo, the most important single thing a person can do to prevent or slow down the progression of Alzheimer's is to play brain games and to be social. Things like ballroom dancing, learning a language or an instrument, crosswords, doing chores with the less dominant hand, all challenge the brain and are critical steps towards brain health.

How a person reacts to having the disease is different for everyone. In order to lessen the effects of Alzheimer's the single most important step is to catch it in time.

Those who can't attend the conference or have immediate questions about Alzheimer's disease can contact AFA's National Toll-Free Helpline at 866.232.8484, or through the Internet at www.alzfdn.org, seven days a week.

The Scooters Are Back

BY DAVID KROGH

As of April 26, the E-scooters are back for a full year trial. The Portland Bureau of Transportation (PBOT) indicates that 3 companies are approved to operate now and at least 4 more are seeking permits to also provide scooter rentals. Even though close to 200 people had injuries requiring ER treatment during the previous 4 month trial, PBOT feels that enough usage occurred to alleviate considerable traffic congestion. Surveys showed that 34% of riders used scooters as an alternative to driving a car. In addition, PBOT reported that people took 700,369 trips covering 801,887 miles on 2,043 e-scooters during the 4 month trial.

Like the previous trial, helmets are required (though not provided) and riders must stay off of sidewalks and walkways and out of City parks. Scooters must be parked near the curb so as to not block sidewalks. Scooter parking areas will also be provided in various locations. At least 2,500 scooters are expected on the streets initially with ramp up by the end of the year to between 9,000 and 12,000 scooters.

Questions about the program can be submitted to the City at: escooter@portlandoregon.gov. However, complaints are to be directed not at the City but to the individual scooter companies. Access to the 3 companies currently approved to operate is at this link: <https://www.portlandoregon.gov/transportation/79174>.

PBOT states enforcement will be higher this time than during the previous trial. How this will occur has not as yet been clarified. However, in case of dangerous scooter operations or accidents, the public should call 911. Chloe Eudaly is the City Commissioner in charge of PBOT and is ultimately responsible for the program. She can be reached at: chloe@portlandoregon.gov.

June Recycling tip-batch cooking

BY BONITA DAVIS, MASTER RECYCLER AND SE RESIDENT

On a daily basis, Susan unpacked and heated some of the most delicious meals you could imagine. Lasagna made to perfection, casseroles and a variety of quiches. Each entree came with side veggie sticks and fresh fruit. My boxed freezer box entree, bought on sale, looked pretty sad in comparison. Even when I splurged on cafeteria fare, it didn't come close to Susan's homemade lunches. Luckily, she was willing to share her lunch strategy.

Susan cooked in batches. Motivated to enjoy good food and not spend a lot of extra money on take out or cafeteria meals, Susan set aside some time to cook up batches of her favorite dishes once or twice a month. It might be 24 servings of lasagna, or several varieties of quiche or two or three casseroles. After the dishes cooled, she sliced them into portions and placed them in resealable freezer containers. Susan used the bulk aisles at the grocery to stock up for her cooking sessions, saving even more money. She also benefitted by having less food waste, less packaging to discard or recycle, fewer kitchen cleanups and used less energy by cooking less often. Using a food processor was enough of a time savor to offset the clean up time it required. One of the best pay-offs for Susan, who enjoyed cooking, was spending less time in food shopping and prep so she could be doing the things she loved in the outdoors

hiking and biking. The money she saved went straight into her travel fund. To Susan, her lunch routine was not extra effort, it was simply "practical" and "sensible."

I wanted to follow her example in order to reduce unwanted sodium and sugars. In addition, I had just learned that my frozen meal boxes (plastic coated) and trays were not recyclable. Buying some things bulk, I started cooking larger evening meals 2 or 3 times per week, using the extra food to create my own frozen lunches and dinners. To have more variety, I did the same with crock-pot meals and pots of soup. Trips to the drive thru and unplanned dining out decreased significantly. I also noticed that batch cooking resulted in less waste, less in my garbage bin, less packaging in the blue bin, and less food waste in the green bin.

Here are some resources to check out:

Getting started with batch cooking: culinarynutrition.com
Guide to Healthy Batch Cooking americastestkitchen.com/guides/the-complete-make-ahead-cookbook/more-on-make-ahead

Food preservation and storage: catalog.extension.oregonstate.edu/topic/nutrition-and-foods/food-preservation-and-storage

Overview on what freezes well and what doesn't: nytimes.com/2009/05/06/dining

oregonmetro.gov/news/spoiler-alert-reduce-food-waste-home

PEACE VILLAGE CAMP is for children ages 7-11. it will take place at Unity of Portland, 4525 SE Stark St., Portland, OR 97215, July 8 - 11 doors open at 7:30 am - 4 pm. To enroll send \$55 check or to pay by credit card call the church office at 503.234.7441. The core curriculum includes: Peaceful Solutions: Students learn specific skills to resolve conflicts within their families, with friends, and in their communities. Connecting with Nature: Students learn and play outside to create an intimate connection with nature and build a strong sense of stewardship. Media Literacy: Students learn how to be savvy with social media and how to discern the messages they encounter. Mindfulness: Students cultivate peace within themselves through mindfulness practices.

For more information contact Barbara at 503.234.7441 or youthed@unityofportland.org

Summer events/trips around PDX

BY DAVID KROGH

Summer is almost here and many of us will be looking for ways to enjoy summer activities. For those planning “staycations”, here is a list of day trips or events that might be of interest.

1. Visit revitalized commercial areas in Southeast Portland: SE Belmont, Division, and Hawthorne (among others) are seeing a tremendous amount of new development and revitalization, both in commercial and residential. Explore one or more of these streets and find out what’s changed and what’s new. All of these areas are easily walkable and accessible by bicycle, bus or car. And many other street sections in Southeast are in the process of renewal and change including portions of Lents (SE 92nd and Foster), SE Woodstock, Montivilla (SE Stark and SE 76th-82nd), and sections of SE 82nd. Check them out.

2. Attend Local Street Fairs and Farmers Markets: Many of the streets above and others will be celebrating street fairs or events during the summer which are fun, free, and help to showcase area businesses. The SE Division/Clinton Street Fair is on July 27. The Montavilla Street Fair (on SE Stark at 76th) is on July 28. The Lents Street Fair (at Lents Park) August 11. The Hawthorne Street Fair is August 25. And the Belmont Street Fair is September 14.

In addition to street fairs, there are also many farmers markets in various eastside locations, on differing days of the week. Close to or in Southeast locations include: Woodstock, Hawthorne, Lents, Montavilla and Hollywood. Information for all of these is online.

3. Other Local Events: Portland Summers have activites and events every week. Here is a short list:

Rose Festival and City Fair: June 1-9	Blues Festival: July 4-7 (Waterfront Park)
Rose Parade June 8	Big Float: July 13 (Waterfront Park)
Dragon Boat Races: June 8-9	Oregon Brewers Festival: July 23-27 (Waterfront Park)
Portland Beer Week: June 7-16	Movies in the Square (Pioneer Square): Friday nights, July 26-August 23
Scandinavian Midsummer Festival: June 8 (Oaks Park)	African Festival: August 10 (Pioneer Square)
Delta Park Powwow: June 14-16	India Festival: August 11 (Pioneer Square)
Pride Festival and Parade: June 15-16	Octoberfest: Several locations from September 7-29
Evenings at the Zoo: June 18, July 16 and August 20	Polish Festival: Sept. 21-22 (St. Stanislaus Church)
Shakespeare in the Park: June 21-August 25	
Movies in the Park: June 21-Sept. 1	
World Naked Bike Ride: June 29 (location TBA)	

4. Places of Interest to Visit in Portland:

Several places in Portland are both interesting and fun to visit and you can spend anywhere from a few hours to the entire day to do so. Each of these has their own website for additional information. Here is a short list of great places to spend your day: • OMSI educational and interesting • Oregon Rail Heritage Cente • Oregon Zoo • Children’s Museum • Forestry Center • Japanese Garden • Washington Park Rose Gardens • Lan Su Chinese Garden • Oregon Historical Society • Portland Art Museum

5. Tours: Several companies offer tours both in Portland and outside Portland via day trips. Such generally includes tour guide, and, transportation (for the day trips). Examples of these include informative walks downtown (including art and history, underground tunnels, ghost walks, and pub and grub walks), day trips to the Columbia Gorge and Multnomah Falls, wine tastings in the Willamette Valley, a visit to Mt. Hood and Timberline Lodge, a local sight seeing flight over Portland, and river cruising on both the Willamette and Columbia Rivers. Because of the variety and types of tours available by different companies, you can Google “Portland day trips” or “Portland tours” to see the many types available.

6. Events Near Portland: Several events of interest are either close by or within a few hours drive.

A list of popular ones includes the following:

Astoria Sunday Market: May 12-October 13	Scottish Highland Games: July 20 (Gresham)
Hot Air Balloon Festival: June 21-23 (in Tigard)	Three Days of Aloha: July 25-27 (Esther Short Park in Vancouver)
Lake Oswego Arts Festival: June 21-23	Oregon Bigfoot Festival: August 17 (Troutdale)
Astoria Midsummer Scandinavian Festival:June 21-23	Oregon State Fair: August 23-Sept. 2 (Salem)
Lincoln City Summer Kite Festival: June 22-23	Vancouver Wine and Jazz Festival: August 23-25 (Esther Short Park, Vancouver)
St. Paul Rodeo: July 2-6	Oregon International Air Show: Sept. 20-22 (Hill-sboro)
Fourth of July Fireworks: July 4 (all around PDX)	
Lavender Daze Festival: July 6-8 (Hood River)	
Robin Hood Festival: July 19-20 (Sherwood)	

7. Day Trips From Portland: The following places make for an interesting day trip close by or within a few hours drive. Take a picnic lunch or stop to eat on the way. Here are a few:

- Drive up the Columbia Gorge to Hood River via I-84. Stops could include Multnomah Falls, Cascade Locks, and Bonneville Dam.
- Take the Mt. Hood Railroad ride at Hood River and also visit the Western Antique Aeroplane and Automobile Museum (WAAAM) to see antique airplanes, automobiles and motorcycles.
- Drive the Historic Columbia River Highway east and picnic at one of several waterfalls.
- Head to Astoria to visit Fort Clatsop, the Astoria Column, and the Columbia River Maritime Museum. If on a Sunday, take in Astoria’s popular Sunday Market.
- Visit Seaside or Cannon Beach and explore the shops or play on the beach.
- Drive south to Silverton and visit the Oregon Gardens before stopping at one or more wineries as you head north back to Portland.
- Drive to Tillamook and the newly enlarged Tillamook Creamery facility. Visit the Tillamook Air Museum and stop at the Tillamook Forest Center on the way home.

And many more activities, places, and events are available, depending upon your timing and your imagination. For an online events list of many of these and others, you can visit the following website: <https://www.events12.com/portland/>. Have a great summer!

BLOOD DRIVE TO SUPPORT THE AMERICAN RED CROSS is scheduled for Friday, June 21, 10 am - 3 pm at the office of Kevin Fisher and Jon Fong, 4111 SE Division St. Please join us in our efforts by participating in one of the organization’s upcoming blood drives. If you plan to participate, please contact Jon at 503.239.5404 no later than June 14, so we can reserve a time for you.

HAWTHORNE MEGA SIDEWALK SALE–Saturday, June 29, 11 am - 5 pm. Join us for an entire boulevard of rad shops hosting huge sales! Look out for red balloons to denote participating stores as you walk up and down Hawthorne Blvd. From SE Water Ave. all the way up to SE 54th, you’ll find businesses with tables, pop up tents, and rad sale sections working together for a sidewalk sale of epic proportions!

MONTAVILLA COOP ANNUAL PANCAKE BREAKFAST–June 22, 9 am – 1 pm at Montavilla United methodist Church, 282 SE 80th Ave., \$10/ adult, \$5/child. The food is prepared from scratch and there are gluten free and vegan options. Entertainment by Montavilla Guitar Studio. Entry is free with purchase of a new membership.

JOHNSON CREEK CLEANUP is scheduled for June 22, 9 am -12 noon. Free breakfast for volunteers served at 8 am, 10603 SE Henderson St. The cleanup will be meeting at the corner of SE Flavel & SE Knapp. Parking is available along SE Knapp. If you are planning on wading in Johnson creek we advise waders and waterproof gloves. We are also looking for volunteers who can clean up the upper bank of the creek. We provide grabber tools and trash bags. If you plan on attending and/or volunteering please send an RSVP to LNLA2018@gmail.com.

VIKING PANCAKE BREAKFAST June 9, 8:30 am to 12:30 pm. Enjoy the best breakfast in town and start your day with our delicious all-you-can-eat Viking pancakes, scrambled eggs, sausage links, fresh fruit, strawberry compote, lingonberries, orange juice and coffee or tea—served in our charming Bergen Dining Room at Norse Hall, 111 NE 11th Ave. Adults \$8, Children ages 5-12 \$4, Children under age 5 are free. Parking is free. Don’t miss out—last breakfast until September.

CREATIVE ARC, ART & CRAFT FAIR, Sunday, June 23rd, 2 - 6 pm in Copeland Commons at Taborspace, 5441 SE Belmont. The Creative Arc Art Collective is a group of artists & makers, some of whom have never shown or sold their work before, or are very new to doing it, while others are experienced at making art and marketing it. Work includes watercolors, oil paintings, prints, handmade pens, hand-crafted soap, ceramic jewelry and home decor, weaving, small batch chocolate, greeting cards and more! Please join us for an afternoon of creativity and community.


PDX VEG CHALLENGE KICKOFF! Whole-Foods, Plant-Based Cooking Demo, June 22, 2 - 4 pm at People’s Food Co-op 3029 SE 21st Ave. Curious about what people eat on a Whole-Foods Plant-Based (WFPB) diet? Join WFPB enthusiast Linda Hendrickson to learn what foods provide superior nutrition, and how to make them part of your life. Participants will sample and see how easy it can be to make delicious, satisfying, and nutrient-dense dishes. Co-sponsored by PDX VEG and People’s Food Co-op. Event is free but please reserve your space at: pdxveg.org/veg-challenge-registration.

PORTLAND SINGS IS ON SUMMER VACATION. Portland Sings takes its normal summer break for the months of June, July and August. . We will be back at Artichoke Music on the 3rd Sunday of the month from 2-4 pm (Sept. 15th) . If you have any questions contact us at Mark@CenterStageVoice.com. Have a great summer.

HANDS-ON SUMMER CAMPS AND CLASSES led by STEM (science, technology, engineering, and math) professionals are in SE Portland! Learning is fun at Saturday Academy, check out our Monday-Friday summer camps and classes at PCC Southeast (June 17-21), Central Catholic High School (July 8-12), Franklin High School (July 29-August 8), and St. Agatha School (August 5-9). Spark your child’s curiosity with Heroic Improv Camp (Grades 4-5), Wearable Electronics with Arduino (Grades 6-9), Environmental Microbiology (Grades 8-10) or Radio Broadcasting (Grades 9-12). Filling up fast, register soon! See our website for more details www.saturdayacademy.org or call us at 503.200.5856. Financial aid is available.

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Business Walkabout

Board & Brush Creative Studio- Portland

By PETER ZIMMERMAN

You can find Portland's newest DIY craze on SE Division. Recently opened on May 4th, Board and Brush sees its guests becoming masters at sign building. The two-story, industrial style studio is stocked with everything needed for this style of woodworking. Upon entering the studio you are greeted by long worktables flanked by tools. Hammers, saws and drills hang from the walls underneath finished signs of the style made in the workshops, and a cooler stocked with beer and wine stands nearby ready for the next adult workshop.

Owner Kayla Grami got the idea to open a DIY sign building studio after attending a similar style workshop in Washington last year. She was months into researching the idea and creating a business plan when she discovered Board and Brush. Created in Wisconsin, Board and Brush is a franchise that boasts over 200 locations around the country, but Grami's studio is the first in Port-



land. After reaching out and going to Wisconsin to learn how the original location operates, Grami started creating her space this past March, ultimately opening her doors in May.

The Board and Brush studio holds instructor led workshops for everything from Girl's Nights to Baby Showers to teambuilding exercises, and everything is made from scratch. The instructor leads the guests through a step-by-step process beginning with distressing the wood and ending with a custom wax coat at the ends.

Guests can choose from different woods and styles and utilize 76 different colors and seven different stains.

Grami's calendar is filling up with events, and she expects the business to grow, foreseeing multiple locations in Portland. You can find Board and Brush online and on Facebook

1100 SE Division St.
STE 111,
971.727.9907
boardandbrush.com/portland/

Bamboo House Phò - Grill - Bar

By NANCY TANNER

For any of the regulars who have already ventured into the Bamboo House, (formerly Thanh Thao) 4005 SE Hawthorne Blvd., you will note that things are being done differently. There are a still a few dishes that are the same but the new owner, Linh Bien, has created a menu that focuses more on primarily Vietnamese dishes.

Linh is the niece of the former owner Khanh Nguyen (Tom), who first opened the restaurant thirty years ago. It was a combination of Vietnamese and Thai food and that meant there were a lot of choices on the menu.

Today's food trends are different. Diners tend to be more interested in having a specific and unique taste experience. In order to cook the type of Vietnamese food Linh wants to serve, she has simplified the menu there by ensuring that each dish is individually prepared using fresh ingredients and carefully blended seasonings and sauces.

But the intention of serving their favorite foods to the people of their adopted country is the same for Linh as it was when her uncle had the restaurant. "We love to show our appreciation to the people here by serving our food to them in a family friendly place," she said.

The Bamboo House is a very welcoming. The new remodel keeps the open, lightness of the dining room but with new fixtures, seating and decor. The wait staff is friendly and attentive. "I try to hire other Vietnamese immigrants, using the younger English speaking in the front of the restaurant and the others in food preparation." The idea is for them



Linh Bien

to eventually learn to speak fluent English too.

The sampling of some of the items on the menu was very satisfying both in flavor and serving size. The Beef Rib Phò was so savory and included the whole short rib bone, the meat literally melted in your mouth. The Vegan Phò, served with king mushrooms, tofu, bean curd and toppings was flavorful too. "I am from a farming community and I understand how Vietnamese food should taste and want to serve some of our best recipes."

Salt and Pepper Squid and Shaking Beef served over salad were a couple of other dishes that were tantalizing and offered some unique flavors. Many of the menu items can be made vegan or vegetarian. "We serve some of our homemade favorites with no shortcuts, everything is made

fresh," Linh said.

Immigrating from a town around the Mekong Delta to Seattle six years ago, Linh attended school to learn English and get her degree. "I mostly learned to speak English by watching reruns of Friends."

Linh was originally in the corporate world but when word went around that her aunt and uncle were ready to retire, she and her cousin Christina Nguyen decided to refashion the restaurant into the Bamboo House, retaining their legacy and bringing the next level of Vietnamese food to the people of Portland.

To accommodate people's busy schedules they will deliver. A complete menu can be found online at: zmenu.com/bamboo-house-portland-online-menu or call 503.238.6263.

4005 SE Hawthorne Blvd.

in SE Portland

Polliwog



By Peter Zimmerman

Nestled on the corner of Everett and 28th sits Polliwog, a children’s store full of things to set the mind of a child soaring. Stepping into the quaint corner store, one is greeted by vibrant colors, toys of all types, books filled with amazing stories and beautiful art, and cute baby clothes.

Started in 2005 with an original location on Belmont, Polliwog has grown from a clothing specific kids store into what it is today: a place where kids can just be kids. After the economic downturn in 2008, there was a decline in purchasing for new kids clothes, with parents opting for used as the garments would be grown out of anyway. The change forced Polliwog to move more towards gifts and books, a model that has held since.

One thing that sticks out while walking the aisles at Polliwog is the lack of flashing lights and the cacophony of noise that usually fills a modern day toy

store. That’s because there are no batteries here; none of the toys feature screens or electronics, and are meant to inspire the imagination. Co-owner Phoebe Smith feels that keeping a child’s mind active and off of technology longer is better for development, and also just likes the aesthetic of having traditional toys over the animatronics and flash their modern counterparts.

As well as toys, Polliwog is an incredible place to pick up a children’s book. They are everywhere throughout the store, adding small patches of incredible

art to the aesthetic. In the words of Smith “Books are inspiring” and for parents are easier to store and maintain than a pile of toys.

In the current age of online shopping and Amazon, Polliwog’s brick and mortar setting is a breath of fresh air. It’s a place where you can browse instead of searching for a single, specific item, and let your imagination decide what gift is right for the child in your life.

234 NE 28th Ave
503.236.3903
polliwogportland.com



Bees & Beans

By Nancy Tannler

The creative chefs of the world continually find new ways to serve old favorites. Nowhere is this more true than at Bees & Beans where the handmade artisan candy bars take the everyday bars we are used to to delicious heights.

Owner Andrea Marks, bought the business a little over two years ago after apprenticing with Faith Dionne, the founder of Bees & Beans. One night Faith dreamt of making candy bars and she did developing over time the thirteen bars they now produce. She moved on to start a distilling business and Andrea is carrying on the dream of candy bars.

Since buying the business, Andrea has expanded the whole-sale business locally and across the country, she continues to give in-store demos and has opened a store front while still making every bar by hand. Bees & Beans is open at 1452 E. Burnside.

Andrea gratefully acknowledges that none of this would have been possible without the help of her husband Andy Marks, by day a techie and by night a candy collaborator.

Before becoming a confectioner, Andrea was a pastry chef. This training prepared her for the fine nuances necessary to make a really good candy. “The chocolate is tempered by heating, cooling and reheating. This gives it the sheen and snap,” she said. The addition of honey to the sweetening ingredients means they don’t need to use any stabilizers, no

glucose, high fructose corn syrup or soy lecithin—just using the naturally occurring pectin in the honey.

“We sometimes use up to three different chocolates in a bar.” The cocoa is sourced from Theo, Scharffenberger and E. Guittard, the honey and nuts come for Oregon Growers and Shippers all but a few fruits Andrea picks on Sauvie’s Island—Bees & Beans walks the talk of being a truly sustainable business.

The best part of all this behind-the-scenes work is the flavor of the 13 different candy bars they offer. The pride of the pack is the Reserve Bar—a spin on a Snickers bar only with more depth of flavor. The Malt Bar, think Three Musketeers with a layer of crunch. The Mint Bar is so smooth and creamy with no lumps and a perfect dark chocolate coating. The whole store can be shopped online or at the store front and in several retail loca-

tions around town.

As well as chocolates they make a pack of Pate de Fruit, a simple French confection made with mostly local fruit and honey. Andrea is also working on a new bar that should be ready soon and will resemble the crispy, cookie chocolate layered, Twix.

It is astounding that this is all done in a very efficient store front/kitchen where you will find Andrea going from one task to the next in her one woman production line. She always has samples available for you to try, making her candy bars a hard temptation to resist.

The next dreaming is for a little bigger space, a license to serve coffee, a place to sit down and of course to let the world know about the taste delights of the candy bars from Bees & Beans.

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Teacher Writes Books for Disabled

from cover

of their day-to-day environment and expect ease and calmness. There are many steps involved in trips — including before and after phases. Anticipating what may happen when you may have to wait or read signs or encounter people who aren’t in your group is important for both teachers and kids. There’s universality to this situation and Bigham is hoping his 15-20 page books will be translated into many languages.

Prior to field trips, he’d do a book for his own class, now he’s written 12 books just for Portland, and he has made over 170 books for 38 countries from Peru to South Africa.

“Photo captions with positive messages are vital,” he said. “When you say ‘this person is doing a great job viewing the art,’ you give the reader a model to follow.”

The goal is to pre-teach the event and read the best practice books before you go to be successful.

“I am very honored by this award,” Bigham said. “To know my work is making enough of an impact to be recognized in India, puts into perspective how much it must be needed. In many areas of the world there is no education for people with disabilities. Communities may not have the money for sidewalks and wheelchair ramps. The books I make are free online and accessible with any computer or smart phone.”

Bigham has pulled together a network of community members to grow his project. “I have had people step up from the community to help these books reach more people. Sonia Landi of Portland has translated several into Italian and a German doctor and a Greek teacher have translated even more.”

Bigham was also recognized for his special education blog for the Teaching Channel. “As the only special education teacher with a regular blog on Teaching Channel, it allows me to give students like mine a voice in today’s education world. So often students with disabilities are not part of the conversation. I like to think that my work not only gives them a place in the conversation, but helps to create the conversations that we need to have.” Bigham is also the creator and host of the #GlobalSPED live chat on Twitter.

For more information, visit www.mrbsclassroom.com.

Opportunity Zones cont.

from page 6

investor who plans to draw on qualified opportunity zone funds to build a downtown luxury tower complete with “a swimming pool that cantilevers out of the eighth floor.” As it happens, both the downtown core and the Pearl have been designated opportunity zones. “In some cases, the law may boost returns on investments that would’ve happened anyway” the authors note.

“There is nothing in those tax shelters that tethers the benefits of opportunity zones to any sort of social responsibility at all,” says MK Hanson the co-director of the Coalition to Prioritize, Protect, and Preserve Affordable Housing and also a tenant advocate. “It’s a Trojan horse.”

Indeed, there is nothing on the IRS web site that indicates how the capital gains tax cut will benefit low-income residents in any tangible way. A FAQs page states that, “Opportunity Zones are an economic development tool—that is, they are designed to spur economic development and job creation in distressed communities,” but nothing on the page explain exactly how that will happen other than “by providing tax benefits to investors.”

In fact, how these new funds will affect the designated areas is anyone’s guess at this time. Though investors can direct the funds to enterprises other than real estate, the current surplus of high-end housing in the city may put a damper on the most obvious form of investment.

Sortis Holdings, a locally-based private investment firm, has begun advertising an Opportunity Zone Fund which it hopes to capitalize at 100 million dollars, though it is not known yet if any of that fund has been invested. However, when asked about investment in Southeast, Jef Baker, the company’s director, replied, “we’re very interested.”

The program has also caught the attention of local unreinforced masonry building (URM) owners. Angie Even, an activist with Save Portland Buildings, claims that “this is a feeding frenzy for developers, especially because there’s a sunset on the opportunity zones.” (These funds must be invested by 2021 in order to gain the full tax benefit.) “For URMs, the reality is that the City desires redevelopment of the inner city and central east side.”

With few visible results locally thus far, it remains to be seen whether a program designed and enacted by a Republican Congress in Washington will take shape as an opportunity for low-income families or high-income developers here in Tax Breaklandia.

Housing: Is Bigger Better?

By MIDGE PIERCE

Despite massive construction and a reported 16,000 empty units, more housing has yet to move the needle significantly on affordability.

Now, with state legislation on the docket like HB 2001 reflective of RIP, Portland’s controversial Residential Infill Proposal that would eliminate single family neighborhoods to make way for multi-units, planners promote “housing flexibility and choice” while critics cry foul over densification they claim is driven by corporate hacks.

Pushback on RIP, which would rezone 96% of residential neighborhoods, may propel a lower profile zone change before Council first. The innocuous-sounding Better Housing By Design Project (BHD) focuses on mid and high-level multi-dwelling zones that impact only 8% of city land. (An observer points out that RIP’s proposed allowance of 4-plexes on virtually every residential lot adds far more density than multi-dwelling zones.)

During a SE Uplift presentation, project contact Bill Cunningham said amended recommendations were designed to honor affordability concerns and discourage construction of pricey \$600,000 duplexes on lots that would allow more units. He calls it “unit efficiency”.

For Southeast residents on corridors like Belmont with both Mixed Use and Multi-Dwelling Zones, one notable change would be more side-by-side building with the elimination of 10-foot gap requirements. In addition, amendments were made to improve design, livability and streetscape appeal by following existing building setback and scale patterns. Parking requirements were also reduced.

To offset potential teardowns, Cunningham says Multi-Dwelling Zones would incentivize preservation of existing affordable housing and trees through transfers of development rights. BHD also proposes density bonuses of 50% - 100% for deeply low income housing, despite charges that inclusionary policies slow growth.

Cunningham adds that the greatest impact is likely East Portland where 10,000 square foot tracts of underutilized land are more available.

For the status of pending Bureau of Development Services projects including Historic Resources, Design Overlays and Neighborhood Contact Requirements go to: portlandoregon.gov/bds/article/595609

NN Neighborhood Notes

from page 7

Our next meeting will be held at 7-9 pm on June 10 at Waverly Heights Church (Basement), 3300 SE Woodward. You are welcome to join us.

Laurelhurst
By John Liu

The Laurelhurst Neighborhood Association (LNA) seeks neighborhood volunteers for the following positions: SW quad rep to coordinate newsletter delivery (must reside in the SW quad); newsletter ad manager; website coordinator (WIX and Wordpress).

The Laurelhurst Garage Sale is June 22. Sellers, \$25 gets your sale listed in the garage sale guide and map and receive a garage sale sign; your signup fee goes to maintain the Laurelhurst arches. Sign up at <https://www.laurelhurstpdx.org/donate>.

The 2019 World Naked Bike Ride will depart from Laurelhurst Park on June 29. The ride organizers are working with the neighborhood to protect sensitive plantings, and the neighborhood will staff a bike repair and water station for riders. Learn more at <https://pdxwnbr.org>.

The Friends of Laurelhurst Park is holding work parties on second Wednesdays, June 12, July 10, August 14, and September 11 at 9 am, meet south of the Ankeny St restroom building and bring your gloves and garden tools. On May 18 at 9 am, there will be a special Family-Friendly Park Cleanup, meeting at the same location.

Visit the “pop-up arboretum” in Laurelhurst Park from May 15 to June 15. The park’s notable trees will be marked with information signs. The full park tree inventory is at www.tinyurl.com/pdxparktrees.


The Laurelhurst Neighborhood Association is holding its annual Family Picnic in Laurelhurst Park on August 6 at 5 pm. Music, face painting, and ice cream for the whole family! Volunteers needed for setup and cleanup.

Laurelhurst houses reaching 100 years old are eligible for a “Laurelhurst Century Home” plaque. To learn more or order, visit laurelhurstpdx.org/century-home-plaques.

Contact laurelhurstnewsletter@gmail.com with any questions or to volunteer.

I walk without flinching through the burning cathedral of the summer. My bank of wild grass is majestic and full of music. It is a fire that solitude presses against my lips.

Violette Leduc



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FOR THE LOVE OF BEACHES

SE Updates

from cover

dents,” smiled Firestone who facilitated the exchange after a family equity team expressed concerns about racist comments and incidents.

The goal, in keeping with the Be You At Buckman anti-discrimination campaign, is to give kids tools to discuss and stop hurtful remarks and actions. Spring was impressed that students were eager to take the lessons home to their families.

The program will involve even younger grades next year. Students bound for middle school plan to continue productive dialogues there.

It Takes A Village, Folks

Despite passage of the state’s Student Success Act, community fundraisers are needed to fill school budget gaps local that state funding won’t cover. Throughout Southeast, auctions, benefit screenings and performances are in high gear to supplement everything from staff positions to desperately needed supplies and materials. With the upcoming shuttering of some community centers (like Sellwood this fall), support for school facilities that serve entire communities is more important than ever.

Buckman Elementary, once the proud center of inner Southeast with its community pool, now shares an often-muddy field and barebones play equipment with neighbors after school hours. The PTA has raised 2/3rds of a goal needed to break ground on a hard-packed blacktop that is more parking lot than playground. The planned nature and sensory-based Equity Park fits the school’s welcoming mission. To begin constructing creative play areas with a stage, climbing rocks, and a willow hut it needs community help is needed to raise thousands more. To donate: tinyurl.com/buckmanplayground or contact the PTA of your choice to see how you might support their critical needs.

5G Comes Calling

Label it radio wave radiation, cranial interference, societal disruption or simply better connectivity, the next generation of wireless is headed our way. As concern mounts over long-term health effects of ubiquitous technology, someone posted signs in the Richmond area warning residents about a small 5G cell tower that may pop up in their neighborhood. The promise of 5G is service 20Xs faster than 4G; objectors say intensive radio frequency exposure is a cancer risk.

A city official told KOIN news that 5G’s arrival is an FCC decision that Portland cannot block. A city vote is pending, however, on whether to allow AT&T to install its technology on public rights of way for the next 10 years.

Calls for Design Oversight

PDX Main Street (formerly Division Design Initiative) submitted a community survey to the City that shows overwhelming preference for traditional architecture and design reviews for new builds of three-stories or more in Southeast’s streetcar-era commercial strips.

Survey takers from Hawthorne, Division and Sellwood areas deem proposed thresholds of four or more stories too high. Respondents also indicated strong support for an East Side specific Design Commission, support for a Conservation District for Hawthorne Blvd and adoption of the PCX Main Street guidelines by the City.

No Drama RNA

The Richmond Neighborhood Association annual election transpired smoothly as all nine candidates received the majority of votes required by the NAs bylaws. The top eight candidates were appointed with discussion that the new board could vote to add a ninth member at an upcoming meeting.

Current board members say they are eager to get back to the business of community building. At this writing, the NA had learned that the former chair would release passwords to RNA’s official website and a gmail account. Some residents claim he held passwords “hostage” when he resigned in the wake of a vote calling for his ouster.





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Secret Society Ballroom
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Sunday, June 23rd, 7:00 PM

Portland guitarist and singer Mary Flower releases her twelfth CD "Livin' With The Blues Again." It was recorded in California on the Little Village Foundation label and co-produced by pianist Jim Pugh. Mary was fortunate to collaborate with some great players on this project including Suzy Thompson on vocals and fiddle as well as vocals from the Sons of the Soul Revivers, 3 gospel singing brothers. (The Sons will be at the Waterfront Blues Festival in July).

The recording features mostly original songs, some solo, some instrumental and many with a ragtime or blues groove. This is consummate Mary Flower, finger picking the way she does, giving due to the old masters, all the while creating her own definition of roots music.

\$25 ticket (includes a CD for each ticket holder)
Advance tickets: ticketfly.com/purchase/event/1849925
www.maryflower.com

Artists work "in tree"



"Single Necessity" by Michele Sabatier

In the month of June, Sidestreet Arts will be displaying the work of three local artists, Kevin Poest, Michele Sabatier, and Minal Mistry. There will be a warm woodsy feeling to this show as all three artists work "in tree."

Wood turner and master craftsman, Kevin Poest (known simply as Poest), will be showing an array of finely carved wooden bowls and sculpted wood pieces made from hand-picked unique woods. Poest's work honors each piece of wood by showcasing grain patterns and irregularities present.

Newest Sidestreet Arts member, Michele Sabatier will be displaying new encaustic works that capture her love for the native woods of the Pacific Northwest. Her captivating and moody pieces capture dense fog creeping through a hilltop forest or clouds hanging over a grove of pines.

Discarded wood and found objects are center stage in Minal Mistry's sculptural work. Crafting beautiful and evocative pieces from discarded items is key to Minal's art. Creating art from a recycling or repurposing standpoint is a central theme.

This show will run from June 5th to June 30th

Opening Reception: Friday, June 7th, 6-9 pm.

Drinking with Artists: Sunday, June 16, 12-2pm.

Our receptions are always free and our Sunday event offers brunchy foods, mimosas and an art gift to early guests who walk through our door.

Sidestreet Arts

140 SE 28th Ave./503 327-8064/Sidestreetarts.com



"Vessel, Manzanita Wood" by Kevin Poest

Three Pound Note summons Solstice

BY MIDGE PIERCE

Southeast Portlanders likely recognize a petite, Welsh redhead with a hefty passion for lilting Celtic tunes and sing-alongs at venues from The Ladd Taphouse, Jade Lounge, the now-closed but beloved O'Neill Pub, to block parties, street fairs and casual song circles at The Caldera.

Andrea Wild, mother, neighbor, pub singer and musical producer for Three Pound Note and other groups will kick off summer with traditional Celtic and English folk music during a June 13, Solstice celebration at Montavilla's Vino Veritas Wine & Bottle Shop, 7835 SE Stark St., 7 - 9 pm. Three Pound Note includes fellow Brit and frequent singing partner Hugo Glanville and, occasionally, sympatico musical recruits.

The event is part of a quarterly music series to greet changing seasons at the wine shop, better known for its jazz sessions. "We're kind of their oddball group," Wild

says, "but we have momentum and look forward to a nice draw from our fan base." Revelers can anticipate traditional acapella vocals with plenty of opportunities to join in the choruses. Given the song and dance traditions of pagan and druid roots, according to Wild, no one does Solstice quite like the Brits.

Solstice has special significance for the performers because it connects them with their ancient heritage and adopted home. "Celtic music has profoundly influenced American folk music, especially bluegrass and Appalachian music that came with those who immigrated to America," explains Wild. She adds that American folk has many other influences from Africa, American blues and gospel that make it a rich source material for musicians.

Wild's own immigration story began in the 90s when she joined her brother in Portland to play folk music in a duo called Both Wild. They teamed with Portland Opera cellist Jim Smith, played folk festivals and street fairs, and released a CD called "Just Say Nevoth" words that conjure creativity and joy or for her Welsh grandmother-exasperation. She met Glanville at a weekly pub sing after his practice with the Bridgetown Morris Men, a percussive form of English folk dance that evolved over centuries.

Increasingly, Wild incorporates her native language into songs. "My drive to bridge back to my Welsh family and culture...is at the heart of Three Pound Note." Her full band called Andrea Wild & the Bad Wolves features

pipes and pennywhistles. She also produces events with foot percussion and an Irish dance focus in the group known as The Stomptowners.

Wild's groups perform at Edgefield on Christmas Eve and the Kennedy School on Boxing Day - holidays with a pagan twist. She is a member of Oregon's Welsh Dragon Choir and founder of a local, monthly Global Folk Festival.

For more information on the Solstice celebration: <https://www.facebook.com/events/824693854565342/>



June 20 at The Alberta Rose Theatre
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Anna Fritz and Mirabai Pearl
June 16 • 7 pm

Anna Fritz is a cello-wielding activist folksinger. She creates a musical alchemy of cello and voice, strumming the cello like a guitar and playing beautiful melodies with the bow as she sings. Like the great folksingers of previous generations, Anna is a catalyst for people to sing together. Her songs are infectious and easy to learn, imbued with a sense of timelessness as if they've been sung for generations. annafritz.com



Mirabai Pearl gathers her many folk influences and her curiosity for dark and complex harmonies to see how a viola and voice can weave together.

Her songs are deeply personal and explore the subjects of creative journey and discovery, grief and loss along with hope and determination to live honestly and fully in these times. mirabaipart.com

Paul Sanchez and Eric McEuen
June 30 • 7 pm

Paul Sanchez is an award-winning songwriter who has appeared at the Kerrville Folk Festival and the Telluride Bluegrass Festival. His songs echo the hope and struggles of people, including himself. Accompanying himself on guitar and banjo, Sanchez has been writing songs for nearly 50 years.



Eric McEuen



grew up around the mountains of New Mexico, and now lives around the mountains of Colorado. In between, he has lived on both coasts and performed in more than 30 states. His music combines a variety of musical styles, lyrical depth, and a heart that wants to make every listener feel connected. In the words of Richard Colombo, former owner of Artichoke Music:

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Short takes

...arts news of note

ARTIST AND CRAFTSMAN SUPPLY CELEBRATION OF LOCAL ARTISTS AND MAKERS! We'll be hosting free activities on June 23, noon-5 pm at Artist and Craftsman Supply 3393 SE 21st Ave. Enter a free raffle to win a \$100 A&C Gift Card and other amazing prizes! This year we are proud to host art by True North, You Can't Sit With Us Collective, Taylor Davis, Eva Landis, Beth Myrick, Kelsey Holland-Rayle, Earth Habit, Elisabeth Walden, Beetle Ink Co, HELLSEA, Helen Mask, Sam Bechtel, Angela Myers and more!



Beth Myrick

SONGWRITING AS TRUTH-TELLING – Tuesdays June 4 - July 9 (6 weeks). Explore songwriting as a means to uncover and express deeply-felt truths of the songwriter. Join Kelly Brightwell & Matt Meighan for a Songwriting Workshop. Write and share songs and explore ways of listening that help draw out the writer's unique voice. An inspiring, non-judgmental space in which to deepen songwriting practice. Tuesdays, 7-9 pm at Artichoke Music, \$160. Enrollment limited to 10 participants. One day Songwriting Workshop, Sunday, June 23, 10 am - 4pm at Artichoke Music, \$80. Registration: For more info contact matt@mattmeighan.com

CREATIVE ARC, ART & CRAFT FAIR, Sunday, June 23rd, 2 - 6 pm in Copeland Commons at Taborspace, 5441 SE Belmont. The Creative Arc Art Collective is a group of artists & makers, some of whom have never shown or sold their work before, or are very new to doing it, while others are experienced at making art and marketing it. Work includes watercolors, oil paintings, prints, handmade pens, handcrafted soap, ceramic jewelry and home decor, weaving, small batch chocolate, greeting cards and more! Please join us for an afternoon of creativity and community.

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JUNE 2019

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7

A NIGHT OF COMEDY WITH
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8

**THE MYSTERY
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TRUE STORIES ALL ABOUT SEX
ANNUAL PRIDE SHOW!

13

**LIVE WIRE RADIO
WITH LUKE BURBANK**

W. KAMAU BELL
KAREN RUSSELL
FRANNY CHOI
KISHI BASHI

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SCIENCE ON TAP
**THE SCIENCE OF ADULT
ATTACHMENT: UNDERSTANDING
OUR PATTERNS IN
RELATIONSHIPS**

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**TOMMY
TUTONE**

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**CHAMBER MUSIC
NORTHWEST
SUMMER CONCERT**

28
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Wellness Word

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

A Life Completely Dependent on Insulin: Type 1 Diabetes Awareness - Part 1

Diabetes mellitus is a term loosely meaning "sweet urine". It is characterized by a high level of glucose in the bloodstream (hyperglycemia) which spills over into the urine. There are several different types of diabetes, but they are not actually the same disease. Type 2 diabetes is by far the most prevalent type of diabetes with 90-93% of all diabetics in the USA being Type 2. A more apt name might be "Insulin Resistance" or "Insulin Inefficiency" because the cause of high blood sugar in Type 2 diabetes is not so much a deficiency of insulin, but a resistance to insulin's efforts to move glucose from the blood into the cells.

The hyperglycemia of Type 1 diabetes (T1D) occurs through a different mechanism. In Type 1, the person's immune system attacks the beta cells of the pancreas, eventually leaving the person unable to produce insulin, the hormone that moves glucose into the cells for energy production. The person literally begins to starve to death – even with abundant food. A Type 1 diabetic is completely dependent on an external source of insulin to sustain their life. Insulin is not available in pill form and must be injected under the skin with either needles or an insulin pump, which the person wears on their body. A more apt name for Type 1 diabetes might be "Insulin

Deficiency" or "Autoimmune Diabetes".

So while all types of diabetes are defined by high blood sugars, the mechanism of how each type develops (i.e. the pathogenesis) differs.

T1D often develops during childhood but can start in adulthood as well. It used to be called "Juvenile Diabetes" for this reason.

Only about 5% of all diabetics in the USA are Type 1, but unfortunately those numbers are increasing. The reason isn't entirely known, but there are several factors that influence immune function that are linked to the development of T1D (and other autoimmune diseases): viral illness, exposure to environmental toxins, leaky gut syndrome, microbiome changes, early exposure to foods & decreased breast feeding, gluten or dairy intolerance, inflammation, and stress & psychological factors – all potential triggers of an underlying genetic tendency.

Hypoglycemia, or low blood sugar, is the most dangerous aspect of daily life with T1D. This can happen if too much insulin is injected, not enough food is eaten, exercise is more intense than expected or a host of other influential factors. The brain needs glucose to function and when blood glucose is too low for even a short amount of time, coma, brain damage or death can occur. Imagine living with that risk every day of your life!

Conversely, high blood



Dr. Julie Verfurth

sugar, or hyperglycemia can also be a risky situation. High blood sugar is toxic to certain tissues of the body and may lead to diabetic complications over time like blindness, nerve pain in legs and feet, heart and stomach irregularities, poor circulation, vascular disease, and kidney failure. An extreme manifestation of high blood sugar is DKA (diabetic ketoacidosis) in which blood glucose elevates very quickly causing dehydration and an acidic state in the blood. DKA is dangerous and can lead to seizures, coma, and death. Mostly these serious complications can be avoided with excellent blood sugar control. And luckily excellent blood sugar control is an attainable goal.

Misunderstandings and assumptions about diabetics are rampant including what they can and can't eat, how their diabetes developed, what are the best

see bottom next page

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Sound Healing • June 8 • 6:30-8pm

Sound Healing • June 14 • 8-9:30pm

All Ages & Family Kundalini • June 15 • 7-8:30pm

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Railroad Relocation

from cover

So far, SE Uplift has promised a 50% match on donations. Pledges have also come from Neighborhood Associations close to railyards including Reed and Brooklyn. As SEUL rep Leah Fisher explains, “Relocation is a wild and crazy idea that may come to fruition,” albeit years hence.

Badreddine says other cities have successfully relocated railyards and trenched their trains. He cites the Reno Track Trench and other projects in the works in western states including California, Texas and Utah.

Business practicalities drive UP’s decisions about moving tracks underground or to less populous areas where trains can run at higher speeds with more

freight car stacks and fewer dangers.

Badreddine has garnered support from the mayor, neighborhoods in North and Southeast Portland and his mentor Homer Williams who has turned formerly contaminated river-adjacent land into vibrant communities like the South Waterfront.

While concerns may arise about pushing pollution and traffic problems elsewhere, Badreddine counters that cleanup and brownfield reclamation can lead to jobs, housing and economic rejuvenation. “This could be a win - win for the City, for commuters and for the Railroad.”

For more information: <https://www.albinarailrelocation.org/>

Cleveland Robotics

from cover

One son graduated and is now a sophomore in college. The other son is a junior at Cleveland and has been doing robotics since middle school.

The competition in Houston was the culmination of many months of work. Students gathered at the beginning of the school year to learn the fundamental skills necessary to build a successful robot.

“There are a lot of people that stepped up to take on key roles,” said Carrell. “One quieter freshman turned out to be a great graphic designer and did a one-pager about the robot overnight. We were able to share that with other teams which helped get us noticed at World’s.”

The Pigmice also mentored LEGO robotics teams at Winterhaven, Hosford and Tucker Maxon schools.

Dexter Carpenter is a senior at Cleveland High School and the co-captain of the robotics team. Carpenter has become very close with the seniors like Nathan Jesperson on the team because they’ve worked closely together

this past season.

Carpenter has learned many ‘hard skills’ such as manufacturing complex parts for the robot, coming up with designs, and using 3D modeling to design parts and systems.

“Honing these skills and seeing how applicable they are to the real world is easily my favorite part about being on an FRC team,” said Carpenter. “I am easily able to see how FIRST mimics engineering in the real world. The ability to work both with and against people is another very valuable skill.”

Carpenter believes that coach Carrell’s work on the team has been monumental to the team’s success, including logistical work for events and traveling, managing budgets and finances, helping procure materials and parts, helping with marketing and outreach, as well as assisting students who are looking at colleges or summer jobs.

Carpenter plans to go on to Oregon State University to study mechanical engineering and intends to move onto a career in robotics.

Wellness continued

from previous page

treatment options, and even if the disease in some way is the person’s “fault” (the latter is not a helpful distinction and creates unnecessary blame and shame).

Type 1 Diabetes is NOT caused by eating too much sugar or not exercising. While sugar and refined carbohydrates are not ideal foods for T1D’s, it is possible for them to eat sugary foods, dose insulin, and be just fine. All foods can be ingested and covered with insulin, but just like someone without diabetes, healthier food choices lead to better outcomes. In Type 1 diabetes there is inherently a defect in carbohydrate metabolism (all carbohydrates break

down into glucose in the body), therefore it makes sense to minimize carbohydrate intake in general, keeping in mind individual needs vary.

Reducing insulin resistance should be the focus of treatment in a Type 2 whereas keeping blood sugar in range by modulating insulin and lifestyle factors is the goal in Type 1—simple, but not always easy. Having a good supportive care team can make a big difference.

Dr. Julie Verfurth focuses her naturopathic practice on holistic diabetes care & mind-body medicine. www.julieverfurth.com or 503.886.8622.

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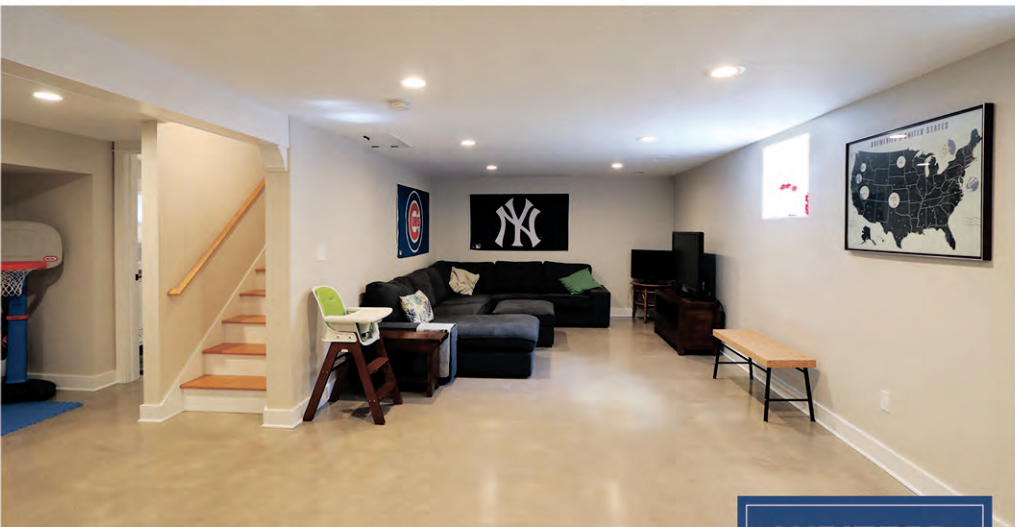
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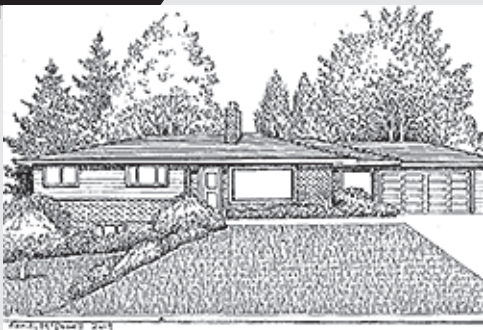
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Community Events Bulletin

Crush on Oregon
June 2
crushonoregon.com

The Oregon Winegrowers Association is thrilled to announce their first public tasting event! Held at Castaway Portland, treat yourself to a day of wine tasting, local eats, and entertainment. You'll have a chance to taste wine from over 40 Oregon wineries, with representation from around the state — and see why Oregon's wine is so highly acclaimed. Tickets available at crushonoregon.com

Portland Pancakes & Booze Art Show
June 8 at 8 pm
Hawthorne Theatre

Experience one of the largest pop-up art movements to hit North America over the past decade. Celebrate the 10th year serving FREE PANCAKES and introducing you to some of the nation's leading emerging artists. You'll find over 60+ local artists exhibiting over 300+ pieces of work at this 21 and over event.

Portland International BeerFest
June 28, 29, 30
portland-beerfest.com

Now in it's 17th year, Portland international Beerfest is a 3-day specialty beer festival held in the Pearl District North Park Blocks. PIB showcases hard-to-find beers and ciders from all over the world. Sample everything from classic styles (pilsners, pales, etc.) to exotic new-world hybrids (barrel-aged hoppy farmhouse sours, etc.) Purchase tickets in advance on their website!



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


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