



The SOUTHEAST EXAMINER

NOV  
2019



Toast, Sergeant Tina Kennedy and Daryl

Helping Oregon's Veterans

By NANCY TANNER

After twenty-two years in the military watching over the lives and well being of her fellow soldiers, Sergeant Tina Kennedy returned to civilian life only to see that vets face an even bigger challenge – houselessness.

Kennedy's military career began shortly after graduating from Milwaukie HS. "I had two deployments in Iraq that earned me the Bronze Star, I also served in Kuwait, Taiwan, and South America."

She made fifty-two jumps to earn her Air Born status. All of this was done while being a single-parent to her daughter.

Kennedy retired on her birthday, in 2014, and started a non-profit that same day whose goal was to help other veterans.

Like many vets returning to civilian life suffering from PTSD, she found this made it difficult to find employment. She was hired by Clackamas county as an outreach specialist for homeless vets. Her job was to find them and record their whereabouts, but the county didn't have a lot of other solutions to help them.

On any given day, you could find Kennedy on the Springwater Trail, in the woods, on the streets, along the freeway and wherever the houseless population were. She checked on their health and welfare and helped out where she could.

"It was easy for me because I was used to being in difficult situations, I didn't find them threatening."

She used the non-profit to collect donations of tents, sleeping bags, backpacks, clothing, socks, boots, grooming items, etc., storing them in her garage and going with other volunteers to disperse them among vets who had fallen through the cracks.

In a conversation with one of her Vietnam veteran friends Gary McAdams, she briefly sketched out on a napkin what she saw as a solution to help stabilize some of these veterans.

Kennedy envisioned a military base, just like the ones they lived in during training and deployments – a place where their needs could be met.

That moment lead to a why not and Kennedy began to do the outreach to find a place where she could turn this into a reality.

Enter Norm and Brian Hardy, owners of Crosspoint NW, a large car auction business off Johnson Creek Blvd. They had a large office building, but didn't need all the space, so they donated the second floor to this endeavor.

The general consensus of the volunteers named it Fort Kennedy and the program is HAVEN (Helping All Veterans Experience Normalcy). It is open to all veterans.

They are located at 7600 SE Johnson Creek Blvd., and open Mondays-Thursdays, 9 am-3 pm.

Kennedy does the intake and helps direct people to different services available in the area.

The facility offers food, showers, clothes, pet supplies, baby items, diapers, a laundry, hygiene products, medical supplies, haircuts, PTSD and legal counseling, AA meetings, and camaraderie – nearly everything to make a life as normal as possible.

The house the American Legion

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DOZA: Changing the City's Design Review Process

By DAVID KROUGH

By the year 2035, the City is expected to grow by 123,000 households.

Since Portland's leaders have determined Portland will grow up and not out, most of this growth will occur within the Central City, in Portland's neighborhood centers and main street corridors.

DOZA (Design Overlay Zone Amendments) will include a simplified process for new development proposed within areas covered by the overlay. It also updates the city's design standards that have not been updated in the past twenty years.

The project is intended to promote better design and an easier review process. It creates a two-track review coupled with updated standards and guidelines.

A simplified administrative track would be followed for straight compliance with clear and objective design standards. This track would permit no public input and would be part of a project's building permit review.

For projects that can't meet the clear track standards there would be administrative (staff review) options up to a discretionary Design Commission hearing with public participation.

Developers would have to address discretionary design guidelines and the overall goal is to ensure quality, people-oriented development including improvements to the public realm where people can connect with each other while still promot-

ing quality design and long term resilience.

The development of DOZA and code language began in 2016 and culminated in the recent release of a discussion draft in February of this year.

Public comments were solicited, resulting in a response report in June. The proposed draft language has since been issued and a joint public hearing with the Planning and Sustainability Commission (PSC) and the Design Commission took place October 22.

The Southeast Examiner asked DOZA staff about the intent of the phrase "building a city designed for people."

Phil Nameny explained, "The term "A City Designed for People" is taken directly from Goal 3A of the Comprehensive Plan within Chapter Three's Urban Form.

"The intent is to design a city that serves the needs of all people, encouraging opportunities for social interaction and addressing discrepancies in quality of life.

"This is generally achieved by creating places for people to meet face to face through robust pedestrian networks connected to buildings and infrastructure as well as buildings that offer inclusive spaces, welcoming entries, weather protection and eyes on the street. Together the features make up active centers and corridors."

Almost no one is opposed to the need for better design standards, especially considering the many inconsistent, severely contrasting and blocky designs popping up all along eastside main street corridors

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Photo: Sunrise Movement PDX, is the local chapter of a national movement of young people working to make climate change an urgent priority across America and create millions of good jobs in the process. They are currently empowering their generation to become active and take leadership in advocating for a Green New Deal which addresses injustice and inequity while also fighting the climate crisis.

The 2019 Spirit of Portland Ceremony was celebrated in a grand style. It was held at Redd event space, 831 SE Salmon St. and hosted by Commissioner Chloe Eudaly and the Office of Community & Civic Life.

The evening began with music by Son De Cuba and an art show by Nayely Perez and Patricia Vazquez. The MC, Kevin Cook aka Poison Waters, warmed up the audience with humor

and a fabulous outfit. Steven Paul, Nez Percé and members of other Native American tribes performed ceremonial songs that set the tone for the evening.

For thirty-five years, the City of Portland has hosted the Spirit of Portland Awards to highlight meaningful individual and organizational leadership. Eleven recipients were honored this year for their work to make Port-

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# Meet The SE Examiner's New Owner

Dear Readers:

A couple of months ago, one of our community members, Kris McDowell, saw our “for sale” ad in the July edition of *The Southeast Examiner*. She responded and so we began the conversation about selling. A few weeks ago the publication became hers.

Over her years of employment, Kris has worn all the different hats involved in running a newspaper – editing, writing, sales, publishing and communications. She’s also tech savvy. The quality I feel is one of her strongest is her love of this community, the people, businesses, the neighborhoods and all that is happening here.

Thanks to your readership, your input and by supporting our advertisers, you have provided myself and my family with a livelihood for the past twenty-four years as well as the opportunity to be involved with the issues that matter to us in SE. Our connection to this fine community goes deep.

It is with much appreciation and gratitude that I thank our faithful advertisers. Some of you have been with the paper since we began. You are the foundation of the publication. May you continue to support this work as Kris McDowell carries *The Southeast Examiner* into the future.

Nancy Tannler

Not long ago a friend posted on Facebook, “Tell me something that changed your life.” Nothing immediately popped into my mind so I read what others had posted. One said “Tea and the Pacific Northwest tea culture.” My first thought was that was a silly answer. Then I realized that my answer was actually “craft beer and its culture/community.”

I have to give my then-boyfriend, now-husband credit for introducing me to it, to something that would come to have a huge impact on our lives. Before I met him, I drank beer but didn’t

**CORRECTION**

In a Business Wallabout article in the October 2019 edition, the owner of Presents of Mind was incorrect. It is a sole proprietorship owned by Cinnamon Chaser. Her daughter, Seasons, has been running/managing the store for the last fifteen years.

enjoy the flavor. This was the late 1990’s and as the craft beer market began to blossom, so too did our interest in seeking out all it had to offer. We met many like-minded friends through this endeavor and when one of those friends started a craft beer website, he asked me to be a contributor.

In the beginning, our friend’s website content was focused around beer events and my writing was basic. Over time, the website and my writing, evolved to a point where my husband and I actually started our own beer blog. There was no pressure to write on that platform, it was just something fun, and I learned that I enjoyed the exercise and creative outlet of writing.

While the blog grew, so did our interest in relocating from Minnesota to somewhere more temperate that also had a thriving craft beer scene. Much thought and planning went into our cross-country move, culminating in our arrival in Portland nine and a half years ago. We explored our new home, often seeking out places offering craft beer, and were once again embraced by the people that make up the amazing community that seems to surround it, regardless of geography.

In the craft beer mecca that is Portland, I had plenty of fodder for our blog and in the course of meeting many members of the community I came to know the owner/editor of *The Oregon Beer Growler*. When she asked if I was



interested in writing for them, I was flattered but knew this was a higher bar than our blog. Excited, but a bit nervous, I began contributing to the publication, refining my writing and my ability to tailor my voice to the topic and audience.

Earlier this year I saw an ad that *The Southeast Examiner* was looking for a new owner and I wondered if this might be the opportunity to take what I had developed as a (part-time) writer and turn it into a full-time role. After making an inquiry, I was once again excited and a bit nervous about the possibility of making it a reality.

In the months since that first meeting and subsequently getting to know Nancy and Ted, I am honored to take over the reins of this publication. SE Portland has been our home since we moved here and I hope to do justice to the paper and its community, continuing and building upon what they have created.

Kris McDowell

## Serving Our Veterans

from cover

VSO, Love One, Fido Project, VVA 392, Teamster Horsemen, CVMA, In-Country, PTSD foundation of America, DAV Gold Star Wives, and the Clackamas County Homeless Veteran Programs.

The day of *The Southeast Examiner’s* interview, two vets were at Fort Kennedy to reply to questions. Daryl, a Vietnam vet spends time here welcoming others and showing them what’s available. “This is a stepping stone in the lives of vets.”

Toast found Fort Kennedy and attributes this place to saving his life. “I would have frozen on the streets without Tina’s help

finding me a place to live and Fort Kennedy giving me a reason to keep going.”

Currently Fort Kennedy is in need of jeans, sweatshirts and boots. Hygiene products are always welcome.

They are gearing up for the Thanksgiving holiday preparing over two hundred and fifty meals to take to veterans throughout the four counties.

They still need drivers for that event. The Box or Sox Drive runs November 11-December 9 at various locations. Fort Kennedy is organized, clean and ready with real help for all American Veterans.

See [fortkenedy.org](http://fortkenedy.org) for info or call 503.765.2661.

## SE THE SOUTHEAST EXAMINER

**Publisher/Editor: Kris McDowell**

Advertising: Kris McDowell – 503.254.7550  
Proofreader: Albert Q. Osdoe  
A & E: Brian Cutean  
Contributors:

Nancy Tannler, Midge Pierce, Don MacGillivray,  
David Krogh, Jack Rubinger, Nina Silberstein

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**1020 SE 7th Ave #14313, Portland, OR 97293**  
**Phone 503.254.7550**  
e-mail: [examiner@seportland.news](mailto:examiner@seportland.news)  
[southeastexaminer.com](http://southeastexaminer.com)

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# Restoring Watersheds and Salmon Runs

By Don MacGillivray

It is a great tragedy that there is little remaining salmon habitat throughout the Pacific Northwest. One hundred years ago, streams and rivers were thick with Chinook and Coho salmon, Steelhead and Cutthroat trout.

The fifty-two square mile Johnson Creek watershed in SE is one of the last remaining creek systems in the Portland region that can be restored.

In the early 20th century farms and homes were built on its floodplain and the stream was increasingly channelized causing biennial flooding and a severe loss of fish habitat.

After World War II, urban development expanded and the natural environment deteriorated, causing serious problems of flooding, pollution, high water temperatures, and stream impediments, all of which contributed to the decline of salmon population.

The 1995 Johnson Creek Resources Management Plan described the problems and renewed an interest in environmental stewardship to restore the area and allow the salmon to return. This would involve cleaning up the river by removing inappropriate structures and invasive plant species.

Portland Bureau of Environmental Services and other regional policymakers produced the Johnson Creek Restoration Plan in 2001. Over the next six years, seventy-five projects were carried out to address fundamental problems of the area.

Crystal Springs Creek is a two and a half mile long tributary of Johnson Creek that travels through Sellwood, Westmoreland, and Eastmoreland to Reed College. There it is fed by a spring near SE 36th Ave. and Ellis St.

It is being restored and made fish friendly with an \$18 million public-private partnership. A major feature of the project is the replacement of culverts under McLoughlin Blvd., the Union Pacific railroad, and at seven other roadway locations.

In addition to improving salmon habitat, birds and animals, including beavers, river otters, and freshwater mussels will benefit.

More than seven thousand trees and shrubs have been planted along the creek, creating a band of green infrastructure in Westmoreland Park. This will improve Portland's stormwater and carbon sequestration efforts.

The improved stream front of several acres has significantly improved water quality in the creek and resulted in reduced



temperatures and other improvements for the spawning salmon.

The cities livability is enhanced with the replacement of the lake with extensive wetlands and by a natural playground with environmental educational activities. It is estimated that the value of the flood reduction benefits is \$150,000 per acre and one hundred and fifty employment opportunities were created.

It is hoped the future of Crystal Springs Creek will improve due to the greater care now being given the health of the creek. With the replacement of the old culverts, there will be no barriers to the salmon spawning between Reed College and the Willamette River.

Scientists have recorded spawning pairs of three fish species previously thought to have been driven from this ecosystem.

Other grants from the Army Corps of Engineers, the National Oceanic and Atmospheric Administration, the US Fish and Wildlife Service and the East Multnomah Soil and Water Conservation District provided resources to this project. The restored park hosts an annual salmon festival in partnership with the Native American community that attracts about five thousand park users each year.

Portland entered the Crystal Springs Watershed Restoration project into an international competition among one hundred cities throughout the world designed to show how various urban projects can address the goals of the Paris Agreement on Climate Change.

Known as the Cities 100 Project, each city champions their own independent project. The major cities take the brunt of

the effects of climate change and these projects will provide examples for other cities to follow.

Portland's Crystal Springs Creek salmon restoration project was part of the Adaptation and Resilience category. It is not as big or important as some projects, but it addresses a unique niche that serves as an example other cities might choose to follow.

The excellent Cities 100 report demonstrates the leadership of the world's cities to address the climate crisis featuring a wide range of projects. It gives detailed information about each project and how they will maintain safe, livable, and equitable communities for citizens while implementing the goals of the Paris Climate Change Agreement.

Cities100 is a collaboration among the Bloomberg Philanthropies, the C40 Cities Climate Leadership Group, and the Danish philanthropic association, Realdania.

In this months election, Metro ballot measure 26-203 will provide continued support of the work to improve the environment and natural resources of the region.

The bill aims to restore, protect, and improve: water quality, fish runs, the headwaters of local rivers, wildlife habitat and natural areas, wetlands for flood control, and Metro's Oxbow and Blue Lake parks among others.

This is a proven way to address climate change and improve Portland's natural environment.

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Neighborhood Notes

Richmond

By Brian Hochhalter

Richmond Neighborhood Association ([richmondpx.org](http://richmondpx.org)) held its monthly meeting October 14. In addition to general housekeeping issues and committee reports, we hosted a Pro & Con presentation by guests Eric Fruits and Elisabeth Swarttouw on Bond Measure 26-203, authorizing Metro to issue \$475 million in general obligation bonds to continue regional investments.

The next issue discussed was the City’s Design Overlay Zone Amendments (DOZA). The city is updating both the process and the tools used to review the design of new buildings, which include new citywide design standards and guidelines. This is the first major update in thirty years.

RNA supported advocating for the previously adopted Division Main Street Design Guidelines to be included in the existing Division Plan District and lower design commission review thresholds as currently proposed to include the type of mixed use buildings we are witnessing being built in our neighborhood.

Members in attendance expressed concerns about a 65’ height trigger to professional design commission review as this would not capture most new construction. RNA submitted a letter of testimony on behalf of the project, asking for a design preference survey and more public engagement in the process. See [bit.ly/2pXUnt2](http://bit.ly/2pXUnt2) to learn more. The process is moving quickly and to make your voice heard about design concerns or priorities you can comment on the map app at [bit.ly/2p4B6WJ](http://bit.ly/2p4B6WJ).

We continued our discussion about community outreach and engagement which included topics such as our newsletter, social media, and providing food at meetings. Changing meeting times to 6-8 pm and providing child care was explored as a way to make meetings more accessible to those with young children who may want to attend.

Our next meeting is Monday, November 11. Offer your ideas and any community projects you want to organize. Meetings are held at Waverly Heights Church, SE 33rd/Woodward St. in the basement; enter from the east-side door. All are welcome.

South Tabor

By Tina Kimmey

South Tabor had a great Land Use meeting in October talking with neighbors and Portland Bureau of Transportation Neighborhood Greenway and Bikeway Missing Links Coordinator, Scott Cohen. This was the first neighborhood meeting dedicated solely to finding a solution to the unsafe conditions for pedestrians on this narrow, sidewalk-less block of SE Woodward and we had a good turnout.

The majority of attendees agreed that this part of the neighborhood had some challenges and were engaged in the discussion. Scott shared traffic counts of the street from earlier in the year and proposed ideas to increase safety for pedestrians and bikers along this stretch of SE Woodward that narrows.

Diverters are one of the ideas that the Land Use Committee has proposed and was discussed at length. Scott explained that PBOT looks at all the areas that would be effected from a change like this and devises strategies to minimize negative effects throughout the area. We will continue to be in contact with PBOT and discuss this and other land use items at November’s meeting.

At the board’s general meeting there was a presentation on the Division Transit Project from Thomas Scharff, a Trimet Community Affairs Representative. The project will bring articulated buses (the kind with

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# PDX Demographics and Rankings

By David Krogh

This is a short look at changing Portland demographics and selected rankings of Portland, with a focus where data regarding SE is available.

Latest estimates from the US Census Factfinder for 2018, Portland’s city population is 653,115 with a metro statistical area population of 2,478,810.

East Portland (including SE) is the largest specific area of the City (as identified by the Portland Plan) and contains the largest population at roughly 160,000 plus.

Until the next US Census in 2020, specific demographic data including ethnicity, age, earnings and other census data is either not available or strictly limited in scale by various sources and their estimates.

Portland has been identified as the “whitest large city in the country” by *The Atlantic*. World Population Review estimates Portland’s White population is slightly over seventy-seven percent of the total, with Asians at seven+percent and Blacks at five+ percent.

SW Portland has the highest concentration of Whites with SE in second place, followed by NE. The highest concentration of Blacks is in North and NW, and Asians are more heavily concentrated in portions of East, NE and SE.

Here in SE, the White population ranges (depending upon individual neighborhoods) from roughly seventy-five to eighty-six percent of the total of all residents.

For Blacks, the range is about less than one percent and Asians from three to eight percent. (*Note: Hispanics were included with the White data values per the data source.*)

East Portland (including SE) is experiencing considerable in-migration largely due to substantial apartment construction, a stabilization of apartment pricing, on street parking availability and transit access.

Various sources, especially Wikipedia, have pointed a finger at gentrification as the primary cause of higher housing prices, lack of affordable housing, displacement of many low income residents, loss of diversity, and both racial and financial inequities.

Since the City Council has largely pushed gentrification, it is hoped they will attempt to better analyze the impacts and take stronger actions to alleviate them.

Until gentrification and housing prices are better addressed, several sources have indicated that much of the immigration will trend towards those new residents with above average income levels.

Other tidbits of information and rankings regarding Portland as a whole include:

- Portland ranks twenty-fifth in the nation in terms of city metropolitan population according to several sources
- Portland is consistently on many top twenty lists nationwide for worst commute times
- Traffic congestion in Portland ranks in the top ten worst says Inrix
- Portland is in the top twenty for “fun” US cities to visit according to msn.com and other websites

• Portland is the only large city in America to have a “commission form of government”

• The city was named as a result of a coin flip. (It was almost named Boston.)

• Portland was nicknamed “Stumptown” because of all the stumps left from logging for building development

• City vehicles started carrying the logo *The City That Works* (coined by Mayor Vera Katz) after the media caught several City work crews “hiding” on the job (c. 1995)

• The slogan “Keep Portland Weird” was copied from a similar slogan promoting businesses in Austin, Texas in 2003

• Forty-two percent of Portland’s population is unaffiliated with a religion and only twenty-nine+percent identify with a specific religion, making Portland the most nonreligious city in the country according to the Public Religion Research Institute.

• US News/Real Estate includes Portland in its top twenty-five places to live because of such factors as consistent population growth and strong job market

• Portland is the most dangerous city in Oregon per KATU based on recent crime data

• Portland is in the top ten of the most liberal cities in the US according to Briggs

• Portland is in Ranker.com’s top ten cities with the largest percentage of homelessness

• And in the top twenty of cities with the highest cost of

living at thirty-one percent above the national average according to Kiplinger.com

• Portland had 11,000 new apartment units under construction as of September of 2018, more than has occurred at any other time according to Per CoStar. *Willamette Week*, says however, rents are expected to stabilize but not necessarily be reduced even with the increased supply of units. This is because in-migration exceeds the new supply

• Portland’s current neighborhood organization has been looked at as a positive example for other cities in the US since its formal establishment in 1974.

• Oregon (including Portland) ranks first in the nation for marijuana use according to

the 2016-17 National Survey on Drug Use and Health

• More than half of Portland renters are “cost burdened” meaning more than thirty percent of their earnings goes towards housing according to *The Oregonian*

• Oregon workforce census data indicates that Portland was the nations’ eighth wealthiest city in 2018 with a median household income in excess of \$73,000 (increasing by thirty-four between 2005 and 2018 largely due to in-migration)





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# Community News

## Tips for Estate Planning

Here are five common estate planning mistakes that, unfortunately, people make too often.

### Mistake #1: Waiting too long

It's human nature – people often don't take action until they absolutely have to. However, the longer you wait, the more limited your options are. One consequence of waiting too long could be the loss of capacity. Once you lose capacity, you are unable to sign off on critical planning documents which can cause the courts to become involved in decision making, such as guardianship. Additionally, waiting too long to plan can result in increased care costs over time, as some planning options may no longer be available.

### Mistake #2: A Will with no Asset Protection

Many people assume that a Will prepared by a traditional estate planning lawyer guarantees that their home and their money is protected from the State and creditors. However, unless your estate plan specifically includes a strategy for asset protection, your assets remain vulnerable. By ensuring that you have an Asset Protection Estate Plan, you can preserve your legacy for the people who matter the most.

### Mistake #3: Lack of communication

In all likelihood, your family will be responsible for making decisions on your behalf if you are ever unable to speak for yourself. Many problems can be avoided if you sit down and have that tough conversation with your family about what you want if a crisis occurs. Don't wait until it's too late. Although this is an emotionally difficult subject, stress the importance of this conversation to everyone that is affected. Your care, and your estate, might be handled in a manner that you disagree with if you fail to discuss your wishes with your family.

### Mistake #4: Not taking advantage of resources

Educating yourself about all of the available resources and government benefits you may be qualified to receive is very important. Understanding these benefits is not an easy task, so seek the help of an experienced Elder Law attorney who is familiar with the complex rules and regulations.

### Mistake #5: Spending down money for Medicaid

Many people spend all their money in order to qualify for Medicaid benefits. For a couple, that's just plain wrong, and not the law. Did you know that you can keep substantial assets and still qualify for Medicaid? You may be able to qualify for Medicaid if you own your home and even if you have money in the bank.

Sorting out your estate can be complicated but planning for the future now will avoid a lot of heartache and avoidable costs in the future.

If you missed first five Estate Planning mistakes article, you can find it here: [bit.ly/368hVfa](http://bit.ly/368hVfa).

## City to Exceed Housing Bond Goals with New Projects

Mayor Wheeler and the Portland Housing Bureau unveiled nine new Bond projects today, coupled with the announcement that the number of new units moving into development now meet, and in some cases exceed, all of the goals set forth under Portland's Housing Bond.

In 2016, voters approved the bond measure dedicating \$258.4 million to create thirteen hundred units of permanently affordable housing. The nine projects announced today join two other projects that are already open and one currently in development for a total of 1,424 units of bond-funded housing complete or in progress across the city – exceeding the overall goal for the funding by more than one hundred units.

With the addition of these projects to the pipeline, the City is set to meet or exceed its commitments to ensure that six hundred and fifty of the units would provide family-size housing, six hundred would be affordable to households below thirty percent of Area Median Income (AMI), and three hundred would provide Permanent Supportive Housing (PSH) for chronically homeless individuals and those with disabilities.

The new projects will add approximately 930 units of affordable housing, including 443 at 30% AMI, 329 units of family-size housing, and 254 units of PSH.

Currently, approximately \$45 million from the original \$258.4 million remains unallocated for future investment.

## Portland Prepares for the Future

*The City That Works: Preparing Portland for the Future* will be presented Tuesday, November 12, by the League of Women Voters of Portland at The Multnomah County Board Room, 501 SE Hawthorne Blvd.

A panel discussion about their two-year study of Portland's City government, the intent of the study was to provide meaningful direction on how the city government can be improved to bring about the best possible outcomes for the people of Portland.

The whole study may be read on the League's website, [bit.ly/2NkxlnQ](http://bit.ly/2NkxlnQ)

The study focuses on:

- Strengths and weaknesses of the current City of Portland government

- Options for form, function, roles and responsibilities of city government

- Standards that should be applied to determine a government's effectiveness in serving its constituents

This panel discussion will explore and expand on the study's results. The speakers are:

- Mike Gleason, a city manager in multiple communities in Washington, California and Oregon. He served for eighteen years as Eugene's City Manager.

- Chris Tobkin served as Executive Director of City Club for seven years and worked for Bud Clark during his two terms as Portland Mayor

- Julia DeGraw has been an environmental activist and community organizer, is part of Portland Forward and in 2018 was a candidate for Portland City Commissioner

- Betsy Pratt was the chair of the League of Women Voters of Portland city government study committee. She has served previously as President of the League of Women Voters of Portland and as Education Fund Chair of the League of Women Voters of Oregon.

The League of Women Voters Civic Education programs are free and open to the public. Programs are designed to inform our community about current issues.

*Parking is available on the street. The Multnomah County Board Room at 501 SE Hawthorne Blvd. is easily accessed by public transportation.*

## Recycling Tips for November

By BONITA DAVIS, MASTER RECYCLER AND SE RESIDENT

The last few pieces of Halloween candy sit on bottom of the bowl by the front door as I head out to the store. Greeting me are store displays of Thanksgiving and Christmas merchandise that come with a not-so-subtle alert that the holiday season is here and the clock is ticking.

For me, this past year has been all about downsizing my living space, clearing out shelves and cupboards and making sure I recycle right.

Navigating the season of parties, gift giving and special events require strategy. This year, my goal is to fully enjoy the holidays without 'restuffing' my house or anyone else's.

Time to check in and review my convictions about waste prevention. I find podcasts, books, articles and websites useful to help me stay focused and on track. This year, inspiration came from recycling expert Betty Shelly's [reduceyourwasteproject.com](http://reduceyourwasteproject.com).

Compelling facts about consumer habits motivated me to follow up on her references. One was Sarah Lazarovic's Buyerarchy of Needs ([longliveirony.com](http://longliveirony.com)) that gives a nod to Maslow's Hierarchy of Needs as it organizes how we consume.

Lazarovic's boldly colored pyramid guides us to first, use what we have, followed by borrow, swap, thrift, and make, before we buy. In other words, reminders that reducing and reusing can make big impacts in waste reduction.

For me, this means some simple actions, such as pulling out my holiday supplies now and taking stock of what I already have; what might be needed in the way of home decorations, service wear, wrapping supplies, etc.

Secondly it means making lists. The number one list is my budget, followed by gift and card lists.

Now is a great time to check in with family and friends about how they want to celebrate the holidays; who wants to exchange cards or gifts or will be wanting to gather during the holidays for festivities. Time to replace assumptions with solid information.

Who knows, maybe your loved ones would like to go to a movie or play with you later on,

or share a special dinner or swap something homemade!

Simple actions such as taking along reusable shopping bags for holiday shopping, bringing a travel mug or taking a break for a latte can make a major impact. Shopping for gifts or holiday parties with a list can help avoid impulse spending and excesses.

GoodGuide.com site or app can help make purchasing choices that include social, environmental and safety concerns.

Announce that your holiday party is going even greener this year with no one-time use disposables (paper plates, tableclothes, cups or plasticware). When guests ask what they can bring to a gathering, why not ask to borrow a stack of plates or extra set of glasses or unbreakable tumblers for the kids?

Consider what you could offer to others, like that seldom used roasting pan or punch bowl. Saving up yogurt and cheese containers with lids for guests to take home leftover food gives the containers a second use before they are recycled and helps prevent food waste.

For the tree this year, what about a potted shrub to transplant later, or gathered branches and sprigs, a cut tree to be mulched at youth fundraiser events after the holidays? What about considering one of those retro metal trees that can be used for years to come?

Bulk bins will be my choice for holiday baking projects, and gift wrap, tissue, bows, ribbons, decorative tins and mailing materials are reused. Last year's cards were already crafted into this year's gift tags.

If an occasion calls for a white elephant gift, why not go with something people will enjoy: a box of teas, bag of coffee or box of chocolates, rather than something bound for a trash can?

When it is time to buy, we have terrific local shops right here in SE neighborhoods that might have that perfect gift.

The money I save by using lists, buying bulk, reusing what I have, borrowing and buying second hand can go to supporting local businesses and artisans as I find that perfect something that will delight my friends.

Along with your home, I hope your holiday preparations can also be unstuffed, leaving you time to enjoy the season!

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# Community News

## Build Small, Live Large Summit 2019

In response to a national demand for greater diversity in housing options, government leaders, activists, and policymakers will convene the two-day Build Small Live Large Summit in Portland, November 8-9. The mission of the Summit, presented by the Build Small Coalition, is to discuss ways to enable and encourage the development of smaller homes in cities across the US, while addressing barriers to affordable, livable housing for all members of the community.

Read more online at [bit.ly/2PpRADO](http://bit.ly/2PpRADO).

## Living with Neighborhood Coyotes

We've had a lot of coyote sightings lately and the biggest concern is that coyotes are getting too close, as in 10-15 feet of dog walkers.

Apparently, there is very little anyone can do to remove coyotes from neighborhoods, but according to Portland Audubon Society, there are precautions that will reduce their habituation to humans.

If we all work together, we can live peacefully with neighborhood coyotes.

The experts' advice:

- Do not feed coyotes, this reduces their fear of humans.

According to Audubon, only in cases of coyotes receiving human handouts have coyotes become a danger

- When you encounter a coyote that is getting a bit too close, shout, wave your arms and rattle something (they recommend a sealed coffee can with coins or rocks in it) to let it know not to get too close.

*Find the link on the Audubon page at [bit.ly/2NgySvs](http://bit.ly/2NgySvs) for more detailed information. There is a link on the page where you can report coyote sightings as a part of a PSU research project.*

BB

## BUSINESS BEAT

**PHOTO TO CANVAS** – Photo to Canvas has provided local photographers, families, and businesses with the highest quality for over eleven years. Customers know they will get personal attention with their images, fast turnaround, and top materials. Visit the studio in the Dairy Building or at [photo-to-canvas.com](http://photo-to-canvas.com).

**RUBY PRESS LETTERPRESS AND MERCANTILE** – A new gift store offering handmade and quality gifts and cards. Located in an old industrial building features handmade, apothecary, K9 fashion, plants, books, home goods, jewelry, as well as a letterpress studio. Support makers and small businesses while getting gifts this holiday season. Off street parking available. 2710 SE 50th Ave. 503.709.0069 / See [pinterest.com/rubypressmercantile](https://pinterest.com/rubypressmercantile)

**ECOHEAT** – EcoHeat Inc. Design and Installation is a referral driven company that strives to build long-term relationships and make their clients 100% satisfied. Proper maintenance by their qualified technicians can ensure efficient system operations and prevent future problems. If a new system fit needed both Trane and Mitsubishi have fall promotions. EcoHeat also has dozens of gas fireplace options, from traditional to contemporary to provide a warm ambiance and secondary heat source in the event of a power outage. Contact Thomas Schwab 503.708.9889 or [thomas@ecoheatpdx.com](mailto:thomas@ecoheatpdx.com)

**FAT STRAW BUBBLE TEAS** – 4258 SE Hawthorne Blvd., are now using corn-based straws in their special milk teas, flavored iced teas and fruit smoothies and the wrapper is now made out of paper. They are the first in Portland to switch to a more eco-friendly straw and wrapper. Milk Teas (aka Pàomò) are made with tea and coconut milk and contain no dairy. Enjoy free wi-fi, chat with friends or do homework while enjoying their famous bubble teas, coffee, bagel sandwiches and Vietnamese Banh mi.

Send your Community News announcements to: [examiner@seportland.news](mailto:examiner@seportland.news)

**FICTION WORKSHOP II WITH JOANNA ROSE** – A critique workshop for writers of all levels designed to lead you deeper into the experience of your story, true or imagined. Any story depends on its sentences, and this workshop is built on defining what the job of its sentences is, and how they are doing their work. Look into voice and language in the terms of the stories at hand, November 2-December 7, 9 am-11 am at the Attic Institute of Arts and Letters, 4232 SE Hawthorne Blvd. To register: 503.236.0615 or [info@atticinstitute.com](mailto:info@atticinstitute.com).

**DO YOUR OWN CRAFT FESTIVAL** – The annual Holiday Do Your Own Craft Festival takes place December 8 at Tabor Heights Methodist Church, 6161 SE Stark St. Start with a chili lunch upstairs at 12:30 pm and head downstairs to make holiday crafts for all ages, including candles, swags, tree ornaments, and more. All materials are provided and experienced craft teachers available to assist, free of charge. For more information contact [church@taborheightschurch.org](mailto:church@taborheightschurch.org).

**DA VINCI ARTS MIDDLE SCHOOL ARTS FAIR** – Student art and over one hundred booths of professional artist and craft wares will be available for purchase at the annual fundraiser. There will be a Krampus photo booth, live theater, live music, food, drinks, and fun for the family. Saturday, December 7, 10 am-5 pm at Da Vinci Arts Middle School, 2508 NE Everett St. 503.916.5356 Event details: [facebook.com/davin-ciartsfair](https://facebook.com/davin-ciartsfair)

**STYROFOAM RECYCLING DRIVE** – Girl Scout Troop 12811 will hold a styrofoam recycling drive in front of Glencoe Elementary School, 825 SE 51st Ave., Saturday, November 16, 10 am-12 pm (or earlier if the truck fills up). They accept clean block (hard) styrofoam ONLY (no packing peanuts or food packaging). Cost: \$1 for a grocery bag full and \$5 for a car load. The fee will be applied to the cost of the troop's truck rental and gas with anything beyond expense coverage being donated to a non-profit group working to protect the environment.

**LOCAL AUTHOR SEEKS PHOTOS FOR FORTHCOMING HAWTHORNE BOOK** – Local author Rhys Scholes is seeking historic photographs of life on Hawthorne to include in his forthcoming book, *Portland's Hawthorne Boulevard*. Images of business openings, celebrations, events and everyday life are all needed by the end of January. Contact Rhys Scholes [Rhys@oregonwatchwords.com](mailto:Rhys@oregonwatchwords.com), 503.341.6514.

**FIND THE PERFECT TREE FOR YOUR YARD** – A free tree selection workshop will be presented by Portland Parks Urban Forestry, Laurelhurst Tree Team and Friends of Trees. Tree experts will be available to help select the perfect tree for your yard. Saturday, November 9, 12-1:30 pm at the Hollywood Library, 4040 NE Tillamook St.

**PORTLAND SINGS! COMMUNITY SING-ALONG** – A casual, fun group-singing opportunity for anyone wanting more singing in their life. Sunday, November 17, 2-4 pm, at Artichoke Music, 2007 SE Powell Blvd. Sliding scale \$8 - \$15. See [PortlandSings.com](http://PortlandSings.com)

**SECOND ANNUAL VEGAN MAKER AND CRAFT FAIR** – See the talent of thirty+ local vegan makers and crafters. Quality vegan gifts including prints, art, salves and lotions, accessories, jewelry, food and more. Sunday, November 24, 2-6 pm, TaborSpace, 5441 SE Belmont St. More info: [tryveganpdx.org](http://tryveganpdx.org) or [info@tryveganpdx.com](mailto:info@tryveganpdx.com)

**ALZHEIMER'S AND DEMENTIA WORKSHOP** – The free workshop covers the kinds of Dementia and Alzheimer's, community resources and tips for working and living with people with dementia. Rev. Marsha Dempsey, a recently retired hospice chaplain with expertise in this area, will present and handouts will be available. Tuesday, November 12, 7 pm, Colonial Heights Presbyterian, 2828 SE Stephens Road. Pre-registration is strongly suggested. Contact [CLT@mccportland.com](mailto:CLT@mccportland.com) 503.281.8868.

**AGAPE VILLAGE PROJECT** – In the spirit of community and service, Space Down Under, Sustainable Northwest Wood (SNW) and designers from Portland Community College (PCC) have come together to repurpose an unused office building for the benefit of Agape Village residents. Founder and owner of Space Down Under, Michael Musumeci said, "Everyone should have a safe place to sleep and the dignity/respect that comes with a home, however modest. Life and circumstance can often deal a rough hand and it is everyone's responsibility to care for and aid those who have the least."

**FALL FIBER WORKSHOP** – Learn to make macrame plant hangers with Little Feral's Kaycie Condran at Ruby Press :: letterpress + mercantile. Students learn all the basic knots and gain an understanding of the practice and process while making functional pieces. Thursday, November 21, 6-8 pm, 2710 SE 50th Avenue. Class includes all supplies. Contact Ruby Press 503.709.0069 or [ruby@rubypress.com](mailto:ruby@rubypress.com)

**OPENING RECEPTION AT ARCHITECTURAL HERITAGE CENTER** – Two exhibits are opening at the Architectural Heritage Center November 1: **150 Years of Transcontinental Railroad**ing and **A Changing Landscape and the Forgotten City of East Portland**. A joint reception for the exhibits will be on Thursday, November 21, 701 SE Grand Ave, 5-7 pm with drinks and snacks. For information, contact 503.231.7264 online at [visitAHC.org](http://visitAHC.org)

**THE ADDAMS FAMILY, A MUSICAL** – Franklin High School Theater presents the macabre Addams Family. When outsiders come to dinner, Gomez, Morticia, Wednesday, Pugsley, Uncle Fester, Grandmama and Lurch lurch headlong into a night that will change the family forever. The show is at Franklin High School, 5405 SE Woodward St. November 8, 9, 14, 15, 16 at 7 pm and November 10, 2 pm. Tickets available on eventbrite or onsite the night of the show, cost \$6-\$12.



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# 2019 Spirit Awards

from cover

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Other recipients are:

- Oregon Native American Business Enterprise Network – a nonprofit dedicated to meeting the many needs of Native American communities

- Urban League Community Health Department – addressing the health needs of Portland’s African American community.

- Columbia Land Trust – conserving and caring for the vital lands, waters and wildlife of the Columbia River region through sound science and strong relationships

- Angela Harris – for her dedication to the Portland community.

- Portland United Against Hate – a coalition of eighty neighborhood groups, non-profits and municipal partners committed to tracking, responding to and preventing acts of hate

- Wm. Steven Humphrey – Editor-in-chief for the *Portland Mercury*, committed to informing and entertaining

readership with stories of the Portland community.

- OPB Senior Management Team – a nationally recognized leader in public media, providing news, information and entertainment to the Northwest.

- Kaira Sand – executive director of *Street Roots*, the publication addressing homelessness and poverty

- Donal Dixon – Madison High School basketball and football coach and the founder of the citywide Boys to Men

and Girls to Women conferences



L. Kaia Sand Street Roots, r. Karly Edwards, Commissioner Jo Ann Hardesty’s office



Portland United Against Hate

# Civility Suffers as Challenges to Neighborhood Clout Continue

By MIDGE PIERCE

The role of the City’s Neighborhood Associations under Commissioner Chloe Eudaly’s watch remains in limbo with her apparent slowdown of a vote on a controversial code change for the Office of Community and Civic Life (OCCL) that would weaken NAs.

It is uncertain what will actually transpire November 14 after Eudaly’s threats and denunciations of fellow Commissioners if they failed to support her change proposal. Eudaly now indicates that instead of a vote, the session will be an informational Council level discussion. NA leaders wonder who will be allowed to speak.

With little apparent support for the Civic Life code change from Commissioners, Eudaly continues to blame NAs and the media for misrepresentations.

She insists the change is needed to diversify voices at City Hall, not dismantle neighborhoods. Critics counter that the code proposal’s lack of standards and practices doom NA’s continuation as effective liaisons between the public and its government.

The city’s Neighborhood Associations support the mission of the proposed code change to add diversity and minority representation to the ranks of official City influencers. What they object to is the lack of selection guidelines and transparency.

The volunteer-run NAs are open to all Portland residents. Special interest groups Eudaly seeks to add to the influence mix are self-selecting. Critics say Eudaly’s idea of inclusiveness excludes the NAs that embody the majority of Portlanders.

NAs currently receive insurance coverage and funding from District Coalitions. Last month, the Coalitions received letters seeking agreement of a single year contract extension. Most responded with requests for five years or more. Without

funding guarantees, Coalition staffs would likely seek more secure jobs elsewhere.

This would be a potential hardship for SE Uplift in filling its Executive Director vacancy. Current board members contend SEUL’s diversification over the last three years puts it in a favorable position for hiring and organizational continuation.

NA leaders fear groups with paid staffs and political motives will co-opt neighborhood agendas.

Code critics say that, in the name of inclusion and diversity, gutting neighborhood influence is already underway.

One example is OCCL’s alleged admission that it did not follow standard procedures to notify NAs of the code change process. Going forward, Eudaly says meeting and activities will be posted online in Civic Life updates.

Richmond resident Allen Field says this violates legally mandated neighborhood notifications for landuse, livability, crime prevention and code functions by OCCL, (formerly known as ONI, the Office of Neighborhood Involvement).

Field adds that OCCL’s abandonment of existing directives to increase diverse participation within the NA system is another example.

OCCL has reduced staffing and resources earmarked for neighborhoods undermining its community service commitment, he says.

Concerns swirl about OCCL’s no longer supporting programs like Neighborhood Watch. In August, the former Crime Prevention unit name was changed to Community Safety. OCCL calls the change a model of “interconnected public safety solutions...”

The transition befuddles police.

As heads scratch trying to decipher meanings, observers lament the loss of civility. City meetings usually begin with instructions for respecting divergent views.

Increasingly however, meetings feature call-outs of white privilege, white fragility and homeowner greed.

While minority groups have legitimate gripes about Portland’s racist history, long-time community members counter that Portland, in the name of equity, has a leadership bent on stripping current stakeholders of their voice.

A SE resident said that instead of leveling the field, Portland is lowering the livability for all.

Code Change 3.96 is scheduled for a Special Session of the Office of Community and Civic Life to be held Nov. 14, 5-8pm, location TBD. Details will be posted at: portlandoregon.gov/civic/codechange

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# Business Walkabout

## The Mud Room

By NINA SILBERSTEIN

Lizzie Koehler and Cole Lendrum searched for a place to practice their craft but the few, existing ceramic studios in the area were all full. With an “everyone is creative” mindset, they set out to make a space for people to find and nurture that creativity.

Access to art and ceramics is what it’s all about at The Mud Room, at 2011 SE 10th Ave.

“We wanted to create a place that was warm, inviting, inclusive and beautiful,” Lizzie said.

The Mud Room opened in August of this year, and offers a variety of classes at every level, including long-term eight week sessions so people can really delve into ceramics and get their hours in.

Pottery skills can be difficult to master and the only way to improve is to spend time practicing.

“We thought that having eight-week classes would add value for our students,” Lizzie said.

Short-term workshops run the gamut from glaze techniques to combined basket weaving and handbuilding.

“Intro to wheel throwing takes the cake as the most popular class,” Lizzie added.

In terms of instructors, Lizzie and Cole are proud of the teachers they have on board. “They are deeply talented and each have a unique background that offers students a rich understanding of ceramics,” she said.

Some are geared toward technique, while others take a more scientific approach. “No matter what, though, if you take a class with one of our teachers you are getting advice from well-



seasoned ceramicists,” she said.

Membership is open to those who already have some experience with ceramics and are looking for a place to practice and build community.

“We provide wheels, kilns, a slab roller, an extruder and other equipment for members to use,” Lizzie said.

“We are happy to provide 24/7 access for our members because everyone has a unique schedule and life and we want to accommodate that.”

There are special events for members such as holiday sales and “member mingles,” where one can throw blindfolded or attend potluck.

All types of groups are welcome for everything from birthday parties and office team-building sessions, to bachelorette weekends.

For folks who want to try it out for a day or those who might be visiting from out of town, a daily drop-in rate is offered during open studio hours.

While members have 24/7 access to the space, student access is limited to time during class and open studio. Open studio is available for fifteen hours per week to help students get in

practice time and someone is always on staff during this time to answer questions.

Lizzie was born and raised in NE Portland and took ceramics classes at Scripps College in California. Her passion is in wheel throwing, but she learned slip casting, (creating ceramic forms by casting slip – clay suspended in water) in molds.

She is looking forward to taking The Mud Room hand-building class next session with artist Paige Wright. Lizzie enjoys spending time with members, making things and problem-solving for the business.

Cole is originally from Juneau, Alaska, and has roots in Portland as well.

He went to the University of Oregon, and after studying biology for three years, transitioned to product design where he found a deep love of ceramics studying under artist Brian Gillis.

Cole’s background includes slip casting and mold making. He enjoys mixing mediums by using both wood and ceramics in functional pieces.

*The Mud Room, is at 2011 SE 10th Ave. [themudroompdx.com](http://themudroompdx.com)*

## Kabinett PDX

By JACK RUBINGER

Remember the scene from Casablanca where Ingrid Bergman pleads with Dooley Wilson to play “As Time Goes By?” Close your eyes and visualize the potted plants, ceiling fans, clouds of smoke, fez-wearing waiters, martini glasses.

That’s the kind of vibe Kabinett, a recent retail addition to the Central Eastside Industrial District, puts out; vaguely foreign, sort of vintage, muted tones, lots of dark wood, slightly surreal.

Owners Trent DeBord and Melissa Macfarlane have been collecting and selling curiosities for several years first from their outpost in Melbourne, Australia and now here in SE Portland.

When The Southeast Examiner stopped by, the owners were in India on a buying spree. Joel Cooper, an upbeat and informative fellow Aussie gave us a look.

“Trent has a fantastic vision for curating a look and a space,” said Cooper. As I was lead around on a tour of the 3000 square former John Deere factory, Cooper explained that customers often visit with one thing in mind and exit with something complete-

ly different – like the guy who bought a concrete deer as a present for his wife.

While most of the deer have since been sold, there are lots and lots of vintage barware all housed in a “poison” cabinet that would look at home in any mancave.

Especially eye-catching were a collection of Czech prints; old match book covers that have been blown up to poster size. The poster’s bold swirling funky fonts swimming in seas of oranges and reds caught my eye.

While some items are definitely from far away places, others are simply colorful and cool like a group of red glass lamps from an old hotel in Salem, Oregon.

As we took in textiles from India, cushions, blankets, throws and other textures, Cooper explained the location was chosen because this area is happening and alive with several unusual gift-type stores nearby, like Cargo, which has more of a Latin American/Mexican/Caribbean feel.

“It’s fun to mix and match furniture from our store,” said Cooper.

The shop is filled with fur-



Joel Cooper

niture, textiles, barware, art and other odd outdoor/indoor goods hand-selected from Europe, Asia, the US, everywhere.

While most of the collection tends toward vintage, Kabinett stocks new items as well: handmade rugs, pillows and other textiles, home fragrances, select barware, ceramics, and outdoor furniture.

The owners are currently designing and building their own range of furniture.

*Kabinett is at 214 SE Alder. Call 971.409.9003. Email [info@kabinettpdx.com](mailto:info@kabinettpdx.com).*



## in SE Portland



# EcoHeat and Ruby Press + Mercantile

BY NANCY TANNER

As SE Portland continues to demolish and then develop available land into apartments, houses and businesses, it is a compliment to our history when someone repurposes an existing building. Thomas Schwab and Ruby Shadburne, life partners and individual business owners, did just that: saving an old building from the wrecking ball.

Affectionately known as The Marvin, the building at 2710 SE 50th Ave. was remodeled to accommodate Ruby Press + Mercantile and EcoHeat three years ago.

When Ruby started her letter press business, it was done in their carriage garage with a cast iron letter press they purchased in Medford from an old shop teacher's estate. "I was drawn to the process of letter press printing after taking a class at OCAC."

Thomas was renting a space for EcoHeat, but they knew the ideal situation would be if they found a building where they could combine their businesses. The Marvin, at the corner of 27th & SE 50th, had been empty for many years.

The building's owner, Nancy, was at Emerson house. Her husband Ace was deceased and their friend Marvin Bridge was handling her property. Marvin knew Nancy would prefer finding a renter that would use the building rather than selling to a developer who would most likely demolish it.

Ruby and Thomas' hope was to find something in their neighborhood and when Ruby found the building vacant, she knew this was the place. She began negotiations to rent it.

They immediately went to work with renovations using the natural charm of the original structure while adding contemporary enhancements like hinged barn doors, polished cement,

natural wood features, raised ceilings and a built-in room divider that opens the space up but separates the businesses.

This was three years ago. After an extensive permitting process with the city, they invested in the restoration. While this was going on Nancy died, and the building became available for purchase.

Marvin knew that his friends, Nancy and Ace, would rather see Ruby and Thomas make their dream a reality than to

A large, beautiful table made especially for the space by Benjamin Clark is the centerpiece. He also did other wood-working in the space.

Thomas started EcoHeat in 2005 after gaining experience working for other heating and air conditioning installers here. He brings twenty-five years of knowledge to the job and knows how to do things right.

"We emphasize customer service making sure that our team



develop another apartment building, so they brokered a deal.

The Marvin has exceptional windows and light – the perfect storefront for **Ruby Press + Mercantile**. In one portion, separated by a crafted divider, are two cast iron presses where Ruby works her printing magic.

In a quick demonstration, it was impressive how the machines work either embossing or engraving letters and art. She has mastered the art of layering colors, which has to be done one color at a time.

Ruby Press offers custom printed cards of all types done on 100% cotton Letra paper, by Crane. Her ready-made work is available in the mercantile. The gift section is spacious and welcoming to all people including families with small children. Plenty of available parking makes it easy too.

Ruby's hand-painted monochromatic displays create a perfect backdrop. She is passionate about selling quality gifts that support makers and small businesses here.

"These objects are carefully made, unique and also practical, she said. "I like to say think big, shop small."

Ruby herself is fond of large earrings, so along with other finely-crafted jewelry, the statement earrings reign supreme.

Gifts range from wild-crafted apothecary elixirs, K9 fashion, plants, books, children's items, plants, home and special paper items from her letterpress studio. It's one stop shopping; right down to the wrapping paper and cards.

She wants to provide a welcoming space for "humans to be with other humans."

Connecting Ruby Press+ Mercantile and EcoHeat on the inside of the building is a spacious lunch/training room for employees.

is respectful of every home and jobs are priced and finished as we have quoted," Thomas said.

EcoHeat has been awarded the Mitsubishi Diamond Dealer for their innovative and creative use of their equipment in residential homes. They are inverter heat pump pioneers and one of a select few who sells Mitsubishi products.

"We use the training room constantly so employees can learn the new technology," he said.

These days they specialize in residential maintenance and installation. Thomas says they are kept busy right here in their own neighborhood with people upgrading old houses as well as working on new infill houses projects.

Lately, many people are interested in air filtration systems due to smoke from forest fires we've experienced during the summer.

"The old way of opening up the house at night to cool it during the summer is not as effective when the air is so smoky."

EcoHeat offers their ten employees full benefits.

"We have found that the best way to help someone learn this trade is to hire them as an apprentice and teach them as they work."

EcoHeat is currently looking for a few good people to keep up with the growing business.

Thomas and Ruby have put a lot of love and sweat equity into preserving The Marvin.

Being on the bike route they cheer travelers on with their flag of the day. The favorite is Smiley Face Friday. They are also involved with the Drop Box Derby event, organized by Lovette Deconstruction that benefits The Raphael House of Portland.

*The Marvin is at 2710 SE 50th. See [rubypress.com](http://rubypress.com) for more.*

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# So...what wine do you serve with Turkey?

What to do when twenty or so of your nearest and dearest, their appetites enraged by the waft of Grandmother’s secret stuffing recipe coming from the kitchen, are eyeballing all those great wines you have squirreled away for the future? No occasion lends itself to a wine that is food friendly, crowd pleasing and a

great bang for the buck like this. First, a few basics about the tactics in selecting wines for what is probably the largest and most diverse meal any of us eat in any given year: the main attraction, Thom Gobbler, is content with almost any wine. From lighter whites to hearty reds, just about any well-made wine (or rich ale!) is delicious with roast turkey; a classic no-brainer.

The slippery slope begins with the supporting cast. Specifically cranberry sauce (sweet, but also bitter and one of the few foods with more tannins than a Walla Walla Cabernet)and the aforementioned Granny’s secret stuffing (full of culinary depth charges like cumin, sage, coriander, thyme, raisins, nuts, oysters if you are from the South, and usually a fair bit of salt).

These flavors often tend to accentuate the astringency in oaky Chards and make tannic Cabernet/Merlot based wines taste metallic.

Let’s face it, many of your guests are just not ready to get their teeth stained with the newest 99 point Monster Cab while you point out that the wine will be great in another forty to fifty years.

Through extensive research (using the excellent roast turkey with all the trimmings from Huber’s downtown as control), we have discovered the best choices include lighter, fruitier whites along the lines of a nice crisp Italian white or Pinot Gris.



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

If you want to show off something closer to home and reds with a lot of fruit, some spice but low tannins, typically a nice Gamay from Beaujolais (or if you can track them down, the mind-bendings Gamays from the Roan-naise appellation near Lyon), A nice Valpolicella from northern Italy or a mid-range Oregon Pinot Noir will also do the trick.

And, don’t even get me started about having some Bubbles for dessert. Have a great holiday!





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Go

# Going Out

arts & performance

## Jones & McDowell - Sculpture & Textures



Sidestreet Arts showcases the ceramic sculpture of Kendall Jones and Katherine McDowell's monotype prints for the month of November and you are invited to come see for yourself

Jones' textured sculptures beckon you to ask... "what's your story?" Often, there is the slightest hint of whimsy

that draws a smile, as in **Hermanas**, pictured here. Three young ladies in their polka-dotted dresses and pig-tailed hair hug each other while gazing directly at the viewer, appearing to be sharing some kind of special event, a play or party, perhaps, or a secret. Their identical attire, hair color and makeup suggests they are striking a pose, perhaps for a photo.

Visual artist McDowell is focused on montotype printing. Bright saturated colors streak each large scale print in her Lake Monotype series. The colors on the paper are like a sunset over the horizon; they bleed into one another, vivid and visually arresting. Textures present themselves, lurking the eye into the greater depths of the paper.

Sunday Brunch with Artists is Sunday, November 10, beginning at noon. [sidestreetarts.com/140](http://sidestreetarts.com/140) SE 28th Ave./503.327.8064.



Smokefall by Noah Haidle is the twentieth season opener for Defunkt Theatre, an unusual installment in the tradition of plays about the American Family; – perhaps a 21st century telling of *Our Town*?

Five actors explore the mythology of one family over many decades from the perspective of those who left, who stayed behind, and even of twins in utero.

Patrick Walsh directs the tale that “speaks to anyone who has ever had (or yearned for) a family.”

Thursdays through Saturdays at 7:30 pm, Sundays at 2 pm until November 16, at The Back Door Theater, 4319 SE Hawthorne Blvd. (enter through the Common Grounds Coffee shop).

At Defunkt, all tickets at the door are Pay-What-You-Can for all performances. Advance reservations available online at [bit.ly/348BiD6](http://bit.ly/348BiD6)

## PANOPLY!

Dancers, performance-makers, musicians and rabble-rousers all converge for two nights of performance and merry-making Friday and Saturday, November 15-16. The ensemble creates original five-ten minute works from photo prompts in the Performance Works NW archives. The event is a fundraiser for the group's programming including Alembic Artist Residencies, and Co-Productions, Linda Austin Dance, Public Access Performances, and the subsidized rehearsal space program.

November 15 artists include The Boris & Natasha Dancers, Sarah-Luella Baker, Mickey Sanchez, Emily Jones + Hannah Krafcik, Carla Mann + Katherine Longstreth, Pepper Pepper, Urban Leopard, and Muffie Delgado Connelly + Vo.

November 16: The Boris & Natasha Dancers, Maggie Health, Jana + Patsy, Gregg Bielemeier, Linda K. Johnson, Midnight Variety Hour, Torse and Allie Hankins

Performance Works NW is at 4625 SE 67th Ave off Foster Blvd. Door at 7:30 pm, show at 8 pm. Tickets for single show \$16-\$50, both performances \$25-\$80. Advance tickets at [bit.ly/32W](http://bit.ly/32W)

## A Xmas Cuento Remix Premieres

Milagro Theatre presents A Xmas Cuento Remix, written by Milagro's Maya Malán-González, directed by Alex Meda, premiering November 29 and onstage through December 22.

It's a modern-day, Latinx take on Dickens' classic Christmas Carol, this adaptation features strong female leads, modern music, and plenty of holiday cheer.

In this version, Anita Chapa loses her job on Christmas Eve with her family about to lose their house. She must seek out help from her estranged Tia Dolores, who won't be getting any sleep this Christmas Eve as she gets visited by edgy carolers who work to change the Scrooge inside, to remind her of the importance of family and traditions.

Milagro is one of three theatres producing the show as part of the National New Play Network Rolling World Premiere. Others are in Cleveland, Ohio and Berwyn, Illinois.

Opening Night is Friday, November 29, 7:30 pm with Post-Show Reception catered by La Bonita. The play runs Thursdays-Saturdays at 7:30 pm, Sunday at 2 pm, through Sunday, December 22. Tickets at Milagro Theatre, 525 SE Stark St. Adult \$29, \$32 at the door. Seniors \$25, \$30 Students/Veterans \$20, \$25. Discounts for groups 15+, Arts for All pricing. 503.236.7253 [milagro.org](http://milagro.org)



### Blue Cranes, PJCE at Holocene

Blue Cranes photo by Mathieu Lewis Rolland

Blue Cranes will play and later be joined by the PJCE Horns in five original arrangements for the two sets. The one of a kind performance features new arrangements of Blue Cranes music by Reed Wallsmith, Joe Cunningham, Kyleen King, and Quinn Walker (an alumnus of PJCE's Grasshoppers Young Composers mentorship program).

Blue Cranes is a tightly knit ensemble and their music is innovative, lyrical, improvisational and certainly inspirational. Their synergistic approach, musical vision, and compositional originality has made them celebrated originals in Portland music for years now. Their unforgettable recordings stream at [BlueCranes.bandcamp.com](http://BlueCranes.bandcamp.com).

Tickets on sale at [pjce.org/event/cranes](http://pjce.org/event/cranes) Advance: \$25 seated, \$20 Senior seated, \$10 Standing, \$5 Arts for All. At the door \$5 more except Arts for All.

Portland Jazz Composers Ensemble (PJCE) begins a new season, by fusing its eight-piece horn section with Portland band Blue Cranes for a collaborative concert, Thursday, November 21 at Holocene, 1001 SE Morrison St, at 8 pm.



photo: Jason Maniccia

Asylum Theatre's sophomore production is Lanford Wilson's Burn This.

Following the death of Robbie, her roommate, dancer-choreographer Anna confronts her grief with support from her steady, uninspiring boyfriend Burton, and her caustic roommate and close friend Larry.

Robbie's brother Pale bursts into the apartment in a drink and grief-fueled frenzy, and sparks fly as he and Anna gravitate toward and repel one another in a dance of fury, empathy, sadness, desire, and passion.

Artistic Director Jason Maniccia says “As we're surrounded by a media landscape dominated by stories of dissent, anger, and alienation, this play about human magnetism and the desire to connect is a treasure.”

Directed by Don Alder and featuring Heath Koerschgen as Pale, and Briana Ratterman as Anna, it is presented November 22 to December 15, Thursdays-Saturdays at 7:30 pm. Sunday matinee at 2 pm at Shoebox Theatre, 2110 SE 10th Ave. Tickets \$25, at [asylumpdx.org](http://asylumpdx.org).

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**GERLE HAGGARD RIDES AGAIN**

Gerle Haggard, the city's own all-female Merle Haggard Tribute group, will showcase the more bluesy side of Haggard's music Saturday November 16 at the Blue Diamond, 2016 NE Sandy Blvd. beginning at 6 pm.

The Gerles introduce the country legend's well-known hits and early work to new audiences while surprising lifelong fans with obscure lesser-known songs too.

Expect covers from Bob Wills, Lefty Frizzell and Dolly Parton too with storytelling wrapped in their spirited take on the classic Bakersfield Sound of good ol' country music.

Accomplished band members are from diverse musical backgrounds and weave original instrumentation, tight harmonies, and down home authenticity into a feel-good concert of music.

Earlier this year, The Gerles were invited to play the Oklahoma Music Hall of Fame in Muskogee, OK and are now among the top five most attended events of all time at that venue.

The show is open to 21+ over. Tickets at the door \$15 with reserved group seating available at 503.230.9590.

Listen in at [GerleHaggardBand.com](http://GerleHaggardBand.com).

**La Ruta**



Artist Repertory Theatre presents the premiere of **La Ruta** by Isaac Gomez and directed by Dámaso Rodríguez at Portland Opera, 211 SE Caruthers St.

In Ciudad Juárez, Mexico, Marisela and Yoli are searching for their daughters Rubí and Brenda, who never got off the bus that takes the women to and from their factory jobs.

Brenda and Ivonne work together on the factory line and Ivonne was the last person to see Brenda before she disappeared. Yoli desperately tries to maintain the hope of seeing her daughter again, while Marisela meets bitter heartache.

Since 1993, women of Juárez, Mexico have been disappearing and no one has solved the mystery. The bus route that takes these women to and from their U.S.-owned factory jobs is often the last place they are seen.

Based on real life testimonies, each woman represented in *La Ruta* bears witness to the secrets buried under the hot desert sun.

The show runs November 2 to December 1 (opening night Friday, November 8, 7:30 pm. Tuesdays-Sundays 7:30 pm, a Thursday matinee at noon and Saturdays and Sundays at 2 pm.

Tickets are \$60, \$30 student/under 35 with sliding scale Sunday (\$10-??): for Sunday evening performances. 503.241.1278 or [artistsrep.org](http://artistsrep.org)

**My Summer As A Goth**

*My Summer as a Goth* is a new made-in-Portland movie premiering Tuesday, November 19 at Clinton Street Theatre, 2522 SE Clinton St. beginning at 7 pm.

It's a coming-of-age story set in present-day Portland about the sometimes painful search for identity and love in adolescence.

After the sudden death of her father, sixteen-year-old Joey Jarvis is sent to stay with eccentric grandparents while her author mother promotes her latest novel.

Joey promptly falls for the beguiling Goth boy next door, Victor, and is transformed by him and his merry band of misfits in black.

The film is directed by Tara Johnson-Medinger. See Clinton Streets monthly schedule of film and performance at [cstpdx.com](http://cstpdx.com)

**Joanne Rand, Reggie Garrett Gratitude at Artichoke**

The month of November is a month of many thanks and the music at Café Artichoke is mindful and plentiful

• **Reggie Garrett and Joanne Rand Concert, Saturday, November 16, 8 pm** –

Rand's brand of Psychedelic-Folk-Revival music has toured nationally, entertaining and inspiring audiences for more than thirty years. She's just released her seventeenth recording of original songs.

Raised in the deep South, Rand's vocal stylings are all her own and her songwriting reflects a wide array of musical styles. She has performed with Bonnie Raitt, Mickey Hart, John Trudell, Dougie McClean, and The McGarrigles. See [joaneranandmusic.com](http://joaneranandmusic.com).

Reggie Garrett from Seattle, is the purveyor of his own distinctive urban strain of acoustic music incorporating folk, Latin rhythms, blues, gospel, Celtic, rock, jazz and the result is a musical blend that has touched and moved audiences for many years.

Garrett has released five recordings and his strong rhythmic underpinnings move his singing voice through the traditions he grew up with. Garrett's specialty is creating and enhancing a rhythmic, articulate mood. See [reggiegarrett.com](http://reggiegarrett.com)

Tickets are \$15, advance purchase recommended, available online at: [bit.ly/2qLTZOt](http://bit.ly/2qLTZOt) and at the door.

Other November highlights:

• **The Soldiers, Songs and Voices Benefit, with Kate Power and Steve Einhorn, Sunday November 10, 7 pm** – The concert is named for the national group that provides free songwriting workshops and guitar and voice instruction to veterans of all eras. Artichoke has been its Portland home for years.

This show is a benefit for the workshop and features two pillars of the Portland folk music scene, former Artichoke owners Power and Einhorn. Tickets \$15 at [bit.ly/31RoiJM](http://bit.ly/31RoiJM)

• **The Nature of Gratitude Wednesday November 20, 7 pm** – This annual gathering explores aspects of gratitude through live music, spoken word, photography and more.

The evening includes live music from Native American flautist **Gentle Thunder**; songwriter and Oregon Book Award-winner **Beth Wood** and songwriter **Alexa Wiley**.

Eugene performance poet **Jorah LaFleur** shares spoken word along with authors Tom Titus, author of *Palindrome: Grateful Reflections from Home Ground*; Christi Krug, creator of the Wild-fire Writing workshops and the *Burn Wild*; and Eric Alan, photographer and author of *Nature as a Spiritual Path*, and *Grateful by Nature*.

Tickets are \$15 at [bit.ly/344lgNS](http://bit.ly/344lgNS)

*Cafe Artichoke, is at 2001 SE Powell Blvd.*

**mekudeshet (מקודשת)**



Portland independent dance company The Holding Project presents the evening length **mekudeshet (מקודשת)**, a world premiere directed, performed and choreographed by women. It opens November 14-17, at Shaking The Tree Theatre, 823 SE Grant St., beginning at 8 pm. The performance is the result of a year-long rehearsal period, and the dance is a gentle and treacherous work.

Seven dancers perform in a pale, dim, and boxed-in landscape, unfolding through a world of sensation, ritual,

and urgency. The performers move in configurations ranging from groupings of two to linear pathways of seven, enacting ceremony, effort, resistance, and challenging repressive religious standards through a culturally Jewish lens. The dancers create dialogue between the catastrophic and the steady.

Choreographed and directed by Israeli-born Artistic Director Amy Leona Havin. Company dancers include Jennifer Seung Hancock, Heather Hindes, Annie Leonard, Carly Nicole Ostergaard, Elle Crowley Sevi, and Whitney Wilhardt, the performance begins with the Torah's 'Shema Israel' prayer and dives into a kaleidoscope of grapes, wigs, and rebellious Judaic and Holocaust-driven imagery through the Middle East meets ambient West soundscape.

*The Holding Project (theholdingproject.com) is directed by Israeli born choreographer Amy Leona Havin and founded in 2015. Tickets are \$25, \$20 artist, \$15 for students and online at [bit.ly/2NnVALc](http://bit.ly/2NnVALc)*

**SE Arts news?**  
Send press releases by the 20th to: [examiner@seportland.news](mailto:examiner@seportland.news)  
Going Out events are updated weekly at [seexaminer.com](http://seexaminer.com)

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# Kids Combat Climate Change

By MIDGE PIERCE

Anyone who doubts that children are leading the way to save the planet, meet Jeremy Clark and Charlie Abrams.

Fearing for their future, the two Cleveland High School fifteen year-olds have spent half their lives trying to stave off climate change. They began writing school reports at age nine, and know their lives depend on their actions.

Clark and Abrams were instrumental in rallying some 20,000 mostly young marchers for September’s Day of Action. They have lobbied the state legislature for carbon cap and trade measures, negotiated with school boards for fact-based curriculum

to raise awareness of our fragile earth and presented research to organizations from around the globe.

The nonprofit they founded in 2015, Affected Generation, has been working diligently to rally young voices in support of Oregon’s Clean Energy Bill. Advocates say that, in addition to capping emissions, the bill would add thousands of jobs and billions in private investment in clean energy alternatives.

The legislature’s failure to push through passage of the bill was a blow. Abrams says they will continue to raise awareness of the need for carbon pricing that would enact a fine on the state’s largest polluters.

He remains energized that the bill could come back as a ballot measure. He was disheartened by media coverage that blamed rural Oregon. Contrary to news reports, Abrams says the bill had the support of both farmers and truckers.

Also on their agenda is work with PPS on a more engaging, diverse climate curriculum. A growing passion of the group is producing environmental short films and documentaries.

The teens partner with other nonprofits to upgrade and expand their online presence and out-



reach to young people. The duo has received international recognition including accolades from a Swedish Children’s Climate organization and they’ve received a \$10,000 Young Heroes Award for

making a positive difference to people and our planet.

“This is our future, so this is our fight,” Abrams wrote in a blog to one of the conservation organizations he helps influence.

# Something to Crow About

By MIDGE PIERCE

They’re back and there’s a good chance their murder will land on a doorstep or rooftop near you.

It’s crow season in Portland. As leaves turn yellow and drop, so too do Portland streets with the droppings of so-called murders – crow roosts some 10,000 strong.

They gather for garbage, babel and bluster. They wreak particular havoc in the business district where shoppers risk being divebombed - or worse - as crows fly by.

Enter Avian Solutions to root the roosts out of downtown. Using raptors to scare crows out of the city center encourages them to resettle in parks, green spaces and other peripheral areas – like your neighborhood.

SE Portland’s Mt. Tabor area is a popular hangout. Avian’s Kort Clayton says that relocating crows to lower density areas is less impactful to our community.

The Audubon Society’s Bob Sallinger calls falconry “hazing” – a relatively humane way to take pressure off the biggest areas of crow vs. community conflict. Crows frequently return to their food-rich downtown haunts, he warns.

He says that while some curse crows as a nuisance, others see a fascinating creature. He

calls it “quite a spectacle” when the birds come together from every direction to settle in for the night. They seek food, shelter, warmth, and messages.

“Crows should not be a major concern for Portlanders. There’s a lot to admire. They use tools, recognize faces and pass information from one generation to another. They are incredibly interesting to watch and understand.”

Except, perhaps, when they are circling overhead and the cacophony grows with the size of their murder.

Murder may have been what the crows in outer SE had in mind when they attacked an injured Western owl saved by a passing police officer last month. It was taken to the Audubon Society where it is alive at this writing, but with an uncertain future.

As populations of many birds decline and songbirds struggle to survive, Sallinger acknowledges that crows can be predatory, but says it is the loss of habitat, not murders, that is killing off species.

Crows are “generalists” that adapt to urban living and changing climate conditions and yes, they are doing quite well, thank you.

Love ‘em or hate ‘em, crows are here to stay.



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# Homeless Solutions Remain Elusive

By MIDGE PIERCE

The City, County and State are spending more than ever to curb homelessness. This year's Point in Time Count showed homeless numbers down slightly over last year offering a ray of hope that expenditures might be working. Skeptics (and anyone walking through SE) might think it was an undercount.

Making a dent in the crisis is almost impossible without sustained services, according to panelists at a recent Sunnyside Neighborhood Association symposium remarkable for intersecting government, law enforcement, public health, housing affordability and compassion.

Multnomah County has made significant inroads toward getting an estimated six thousand homeless off the streets and is readying new shelters in SE where the brunt of homelessness has hit. The state has almost doubled what it spends on assistance for the houseless, mostly congregated here.

In Portland, thousands have no roof over their heads and tens of thousands are housing insecure, according to Marc Jolin, Director, Joint Office of Homeless Services that provides some seventeen hundred beds, with more in the works.

The urgency of the situation is driven home by the death of ninety-two houseless persons last year.

Panelists at the October Crisis and Conscience event agreed: the solution is not housing. It's housing plus counseling, treatment and training.

Missing is federal support for mental health and drug rehabilitation leading to rapid rehousing, according to Jolin.

Sheltering is not a "one and done." No sooner are thousands off the streets, he said, than more take their place. He considers cur-

rent counts of four thousand without shelter on any night a low ball number.

Surprising data emerged:  
• Oregon ranks forty-ninth for access to drug and alcohol treatment

• Homeless have lost dentures, passports and identification after sweeps

• Portland has only nine open bathrooms. Only three are open all night.

Panelist Vince Masiello, who spent eighteen months unhoused, called homelessness a crisis of human dignity.

With no place to perform bodily functions or safeguard identities, barriers to re-housing or finding jobs increase. The result is a thirty-seven percent increase of chronically homeless people, longer stays in shelters, and fewer transitions out of untenable situations.

Central Precinct Police Commander Mike Krantz said the role of police officers is law enforcement, not clearing camps and moving people – resource intensive activities that fail to solve problems.

Scarce police resources need to be reserved for the most serious offenses. Drug use is not a crime, he explained, distribution is. Discarding needles is not a crime. It's a public health issue. Understanding facts, he said, helps the public avoid false crime reports.

Portland Fire and Rescue healthcare coordinator Tremaine Clayton concurred that residents should think twice before dialing 911. More emergency calls make it harder to activate services. He urged the use of the non-emergency number instead: 503.823.3333.

Clayton revealed a Portland Street Response Plan that differentiates between a situation that one trained individual could handle vs. four EMTs and a fire rig. He called on Portlanders to

"lookout for hate speak" and "be intentional with 911 before using it as a weapon."

Sunnyside Environmental School Principal Amy Kleiner added that a rise in concerned calls is making it difficult to distinguish real emergencies and traumatizes children who become "constantly on the alert about scary, unexpected happenings."

When a comment arose about turning the empty Wapato facility into a shelter, Jolin responded that warehousing five hundred people into a giant, remote facility without transportation, employment or community centers is not a good use of limited resources. "We don't need a big building. We need investment in services."

State Representative Rob Nosse stood to express doubts the state has room for significant new investment. Passing a \$1 billion a year increase in taxes needed to pay for rental assistance statewide would be a "hard lift," he said. "In that light, we have to recognize that camping is not temporary, it will be part of the community for awhile."

The state offices of health services indicate that investments through 2021 will result in nearly seven thousand affordable units and preservation of approximately thirteen hundred+ existing units.

Last January, a joint state, county and city partnership announced a \$12 million affordable housing set-aside. Without sustained wrap services, said panelists, sheltering alone is not the solution.

Patience runs thin among residents who find needles in yards, bodies passed out on sidewalks and poop on stoops. Last year, the city spent \$2.1 million on cleanup that included eight thousand pounds of human waste, nineteen hundred tons of trash and nearly five hundred thousand needles, according to Portland's

Homeless and Urban Camping Improvement Reduction Program.

The program lists goals for increased resource awareness, more hygiene and sanitation options plus development of lawful places for people to sleep.

Not everyone is keen on mainstreaming urban camping though.

Social media burns with outrage over trash, trespassing, property damage, theft and personal safety concerns blamed on campers, especially those who are addicts. Activists point out the fallacy of equating addiction with homelessness; bloggers counter that half of last year's homeless deaths were drug-related.

At the Sunnyside symposium, a few tentative souls expressed fears and frustrations over the spreading crisis.

Erin Martin of the United Methodist Conference admitted that community pushback and hostility were factors in closing down the Sunnyside Community Center that offered the homeless food and showers. The church hasn't abandoned its care of the marginalized, she said. Rather, it has to "think on how to grow our

capacity for kindness." Afterward, a woman wondered why the situation has grown so much worse in the last three years. She described being assaulted by a man presumed homeless on Burnside. "It's turning into a Zombie apocalypse," she said.

While acknowledging that homelessness is not a crime, she said lawlessness is.

"It seems there are two sets of rules. One of tolerance for the homeless; another for the rest of us."

A Creston-Kenilworth resident complained about dumpster messes and needles in kids' play areas near a new shelter.

Increasingly, longtime residents threaten to leave. A former city employee decried what she termed "pro-homeless acceptance at the expense of safe, sanitary neighborhoods," and said she is looking to leave Portland after fifty+ years because of the City's "incompetence" in solving its many problems.

She is not alone. The loss of longtimers stakeholders and businesses (the taxbase and backbone of the City) leaves Portland worse off than before.



## Michael Allen Harrison Benefit Concert

with special guest Julianne Johnson

**Tuesday, December 3 • 7 pm**

St. Philip Neri Catholic Church  
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Tickets: \$20 general admission, \$25 preferred seating  
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This holiday piano concert has been a tradition for 18 years.

Famed composer/performer Michael Allen Harrison will offer his signature contemporary music, with Julianne Johnson's powerful, joyful singing. The Altar Society will host a reception featuring traditional homemade cookies. Proceeds of the event will go to the St. Philip Neri Altar Society.



## Neighborhood Notes

from page 4

the accordion in the middle) to Portland to provide greater capacity for the number two line.

There will be fewer stops, so you might have to walk a couple more blocks to the stop, but the hope is for the bus to have shorter travel times to downtown. Construction will begin soon on the new transit stations that will line our neighborhood along Division St. For more information check out trimet.org/division.

There was also an announcement of a change coming to the group email list. For years we have been using yahoo groups but it is shutting down so we will need to migrate to groups.io.

More details to come. We are still looking for volunteers for the newly formed Diversity, Equity, and Inclusion Committee contact info@southtabor.org if you're interested. Some items we discussed for the committee would be board trainings and outreach.

Mireaya Medina a staff member with SE Uplift was in attendance and she mentioned the coalition can help with trainings including a Renters Rights Workshop to raise awareness and bring new folks out to engage. Did you know renters make up approximately 46% of our South Tabor neighbors?

Thanks to all who attended in October and just a reminder that November meetings are the last planned meetings for the year as we do not meet in December. Land Use next meets November 19, 7-8:30 pm and the next General meeting will be November 21, 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 southtabor.org or send questions to info@southtabor.org.

### HAND

By Jill Riebesehl

At our last meeting, Sarah Peroutka, speaking for St. Philip Neri, announced the parish's annual Thanksgiving meal and thanked the Hosford-Abernethy Neighborhood district for its annual contributions. The meal often attracts as many as one hundred guests, and will be from 11 am to 1:30 pm and includes donated items to fend off winter cold and care packages with first aid items, canned food, fast-food coupons or gift cards. Call the parish secretary at 503.231.4955 with questions. Two other groups that could use help: the Yellow Brick Road (provides shelter for homeless youths) and Janus (homeless support services). The board voted to increase its usual contribution this year.

A meeting of HAND representatives, Abernethy PTA and Catholic Charities were brought up to date on ongoing but still tentative plans for the campus. Envisioned is low-cost, permanent housing for about

turn to page 21



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*Robert Cormier*



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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.

## Natural ways to boost your immune system this cold and flu season

Cold and flu season is just around the corner. Chinese medicine is highly focused on preventative medicine, not just treating an illness once it arises. Here are several top strategies to strengthen your immune system so you can avoid getting sick, and if you do get sick, ensure your body is ready to fight off the illness as quickly and efficiently as possible. *A healthy immune system starts in the gut*

The gut houses seventy percent of the cells that make up the immune system. Cultivating a healthy balance of gut bacteria and encouraging good digestion are vital to your immune system. You can improve gut health by avoiding processed and inflammatory foods like gluten, sugar and dairy. You can heal your gut by increasing fermented foods, vitamin-rich fruits and veggies, seasonal root veggies, whole grains and essential fatty acids like coconut oil. It is a good idea to add a high quality probiotic to your daily routine as well.

*Eat with the seasons*

In Chinese medicine it is very important to eat with the seasons. In winter, this means avoiding cold and raw foods like salads, ice cream and cold beverages, which can impede digestion and weaken the immune

system. Opt for nourishing foods like soup, stews, cooked veggies and add warming spices like garlic, ginger and turmeric. *Sleep health is key to keeping your immune system healthy*

Poor sleep has been associated with a lowered immune response as well as a higher risk of obesity, diabetes, heart disease and cardiovascular disease. Sleep is the time where your body restores itself and is vitally important or your immune system.

In a recent study, people who average less than seven hours of sleep a night were three times more likely to develop cold symptoms when exposed to the rhinovirus.

My number one tip to improve sleep health is to be vigilant about limiting screen time (phones, computers and TV) as you wind down at night. This helps the body stay in tune with the natural circadian rhythm that is so important for a number of regenerative physiological processes that keep you strong and healthy.

*Check your vitamin D levels*

One of the reasons colds and flu occurrence spikes during the winter months is because we are exposed to less sunlight, and more likely to be deficient in vitamin D. Vitamin D activates your immune system.

Living in Oregon, we don't have access to sunlight that is required for our bodies to produce Vitamin D for most of the year, so I recommend my patients increase Vitamin D in their diet as well as take a good quality supplement.

My favorite vitamin D rich food is mushrooms. Mushrooms are rich in Vitamin D, loaded with nutrients, have anti-cancer properties and are powerful immune-boosters. Fall farmer's

markets have a wonderful variety of wild-foraged mushrooms to choose from.

*Fasting*

There has been a lot of research on the various health benefits of fasting in recent years. A recent study looked at people undergoing chemotherapy, who had suppressed immune systems. They had the participants fast for seventy-two hours.

During the fast, they observed that the body recycles unneeded immune cells, especially damaged ones, in order to create energy while fasting. After the fast, their stem cells began to produce new white blood cells, which help to fight off infection.

Of course, before trying a fast or changing your diet, please consult with your healthcare practitioner.

*Kitchen Remedies*

Many food-grade herbs are naturally anti-viral and antibacterial. Ginger, garlic, turmeric, horseradish and onions are the more common ones that come to mind. Consider making fire cider, which steeps these food-grade herbs in apple cider vinegar to extract their medicinal qualities. The website below has my recipe, or you can buy fire cider at most supermarkets.

Another good option is to supplement with oil of oregano, a powerful antimicrobial.

Lastly, stay hydrated and rest. Avoid burnout as it can leave your immune system vulnerable and more likely to catch a virus going around. Be well this fall and winter.






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# Congestion Pricing

By Don MacGillivray

Road congestion has almost reached the breaking point. Rush hour traffic is terrible on many freeways and arterials. Unless a major solution is found, the situation can only get worse given the expected in-migration of residents moving to the Portland metropolitan area.

There are no simple solutions. Widening roadways is financially prohibitive and would just attract more traffic, as has been shown by the experience of Southern California.

Highway professionals believe the best and perhaps the only solution is to pay for the increased use of the roads. This is commonly called Congestion Pricing and is defined as: charges to drive that vary depending on the level of congestion and its location.

In addition to addressing congestion, any plan will need to address reducing greenhouse gas emissions while creating an equitable transportation system.

Whenever this is mentioned, people hate the idea of paying taxes to use the roads, but the additional time caused by road congestion is a tax paid for with your precious time and limited patience. To pay for a fast moving road trip to and from work could be more efficient and pleasurable.

Transportation is another utility. The individual with a car pays for its operation, so paying to use roads is not unreasonable.

It is a public responsibility to maintain roads that are efficient and it is only fair the costs must be paid for by the users.

Singapore and Hong Kong have been using congestion pricing for forty years. London and Stockholm have had success with this idea for over ten years. Many other cities around the world and in the United States are considering it.

Seattle has even worse traffic problems than Portland and they have been studying congestion pricing for several

years.

In 2017, the time spent in Seattle traffic is estimated to have cost \$5 billion in lost productivity, more than the entire budget of the City of Portland.

May of this year that city released a report titled, *The Seattle Congestion Pricing Study* which shares a comprehensive view of their situation.

This is preliminary to the public outreach involved in trying to decide how to implement an acceptable program. When the public was asked about congestion pricing seventy percent responded they were against it.

In 2006, Cordon Pricing was implemented in Stockholm, Sweden. A pricing zone around the city center was created where vehicles are charged to enter it during specific times, using license-plate recognition technology.

When congestion pricing was imposed in Stockholm seventy percent of the voters tried to repeal it, but after it was put in place, their congestion was reduced by twenty percent and then seventy percent approved of it. A program similar to this is in effect in London, England.

Each city implementing congestion pricing seems to have a different way to do it.

A few other variations include charging to use: car pool lanes, the entire freeway, and various geographic areas at specific times. One of the problems with charging to use a freeway is how drivers will avoid fees by cutting through local streets making them overly congested.

A great deal of gentrification has taken place here in Portland and this requires people with low incomes and families to commute longer distances, thereby further increasing the use of major roadways.

Sixty-five percent of low and medium income drivers will find congestion pricing a hardship, so about thirty percent of fees are expected to be returned

to these drivers.

It is expected that public transit will become faster and that its ridership will grow.

Over fifty hours of bus service could be gained and each commuter could save about six minutes every day.

In addition, in five of the cities that have implemented congestion pricing CO2 emissions have been reduced between fourteen and twenty-two percent.

If there were a daily charge to cross over into a regularly congested zone it might cost as much as \$4 depending on the timing and the amount of congestion.

The maximum per hour traffic reduction would likely be about seven percent which should be enough to allow normal traffic flow. It is likely that such fees would raise \$1 or \$2 million per week.

The Oregon Department of Transportation is studying congestion pricing related to the I-5 corridor in Portland.

Recently Metro began a study of their own. Portland City Council has created the Equitable Mobility Task Force that will involve many concerned stakeholders and community members in an advisory capacity.

The task force is expected to begin reporting to the City Council by the end of the year.

On average it takes about five or six years to study, plan, and implement a congestion pricing program.



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Imagination is the beginning of creation. You imagine what you desire, you will what you imagine, and at last, you create what you will.

*George Bernard Shaw*

## NN Neighborhood Notes

from page 19

twenty residents, mainly women and children, with support and security provided. An architectural firm has been chosen.

TriMet's Thomas Scharff provided a rundown on fifteen-mile long Division Transit Project for the #2 line. Diesel-powered sixty-foot articulated buses built by Novabus, will use Tilikum Crossing. Research showed the technology wasn't up to powering the large vehicles via electricity.

Raimore will build forty-two covered and eighty three platforms. Thomas announced an open house November 14, 4-7 pm at PCC's SE campus. TriMet will have to do rerouting for construction and in the event of rail freight blockages at SE 8th and 11th avenues. Launch date is fall 2022. Part of the rerouting envisioned by TriMet is eliminating a left turn at SE 12th for westbound motorists on Division. Board members see serious problems with that decision and will make its views known to TriMet. The board pointed out serious problems with other proposed reroutes.

Thomas said the Gideon Crossing pedestrian/bicycle bridge, over Union Pacific and MAX tracks from SE 14th Ave.-SE 13th Pl, is on schedule. Primary motivation for the bridge is to provide access for safe crossing over tracks when they are blocked. Due date for project completion is fall 2020.

Another major project on the boards is the carefully drawn up Design Overlay Zone Amendments, or DOZA, a guide for planners and builders to use as Portland grows. Amendments were created to help make city's centers and corridors better designed places for people and to preserve as much of the long held intrinsic and unique aspects of our city. HAND board members urge the city to employ particular ideas from the report they feel are important.

## FALL INTO CHRISTMAS

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Saturday, 23rd: Game Night - 6pm

Sunday, 24th: Pancake Breakfast - 9am

### Decemeber

Sunday, 8th: Holiday "DIY" Craft Festival - 1pm

Sunday, 15th: Family Christmas Production - 11am

Tuesday, 24th: Christmas Eve Service - 7pm

Sunday, 29th: New Year's Potluck - 12pm

Saturday Night Church: 6pm

Adult Sunday School: 9:30am

Children's Sunday School: 9:30am

Sunday Worship Service: 11am

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# The American Dream

By NANCY TANNER

Mia Birdsong spoke at a public conversation/Happy Hour in the newly opened Apano building on 82nd & SE Division St.

Commissioner Jo Ann Hardesty and Human Solutions Board of Director for nine years, and Andy Miller, Executive Director of Human Solutions, co-hosted the evening.

Birdsong spoke about the way we see poverty in this nation and why it matters.

In 2015 she presented a TED talk titled, *The Story We Tell About Poverty Isn't True*. She presented some rather harsh truths about privilege here in America.

The beautiful story we have heard over the years is about people who have come from nothing and achieved the American Dream – a house, car, money in the bank and stability.

The story goes that through hard work and determination this can be for you too. Unfortunately this opportunity is something that does not always exist for people of color, women and the poor, Birdsong said.

She asks the audience “Why is this, what have they done wrong that they can’t rise up and live comfortably in one of the wealthiest economies in the world?”

“The system is broke but not broken,” Birdsong said. The questions we need to ask ourselves is why there are so many billionaires and even more millionaires.

“I tried to calculate how a person could spend a billion dollars and I couldn’t.” Then she asked the question: “Why have systems where people become billionaires when there is no way they can even spend it all?”

One thing she discovered in researching this economic crisis is that cross class sharing isn’t the solution. The poor tend to help each other. What she said has been proven to work in a system called Guaranteed Minimum Income (GMI).

With automation taking away jobs and minimum wage barely covering the cost of living, this steady stream of money would allow unemployed underemployed people to focus on education or finding other lines of work.

Since everyone in the country would receive a set sum, people with better paying jobs or the rich couldn’t complain about



Mia Birdsong and Andy Miller

being used to support those who aren’t working.

George McGovern ran for President on this policy back in 1972. There are mixed reviews on the internet, though it is an interesting premise.

Birdsong speaks to the heart of the matter. “Many people don’t have enough because some people have too much.”

As a society, it is important to learn how to share wealth and to build economic security projects for others.

Human Solutions has served in this capacity for the past thirty years. Director Andy Miller told how they help people and communities in poverty connect to services available. Their goal is to help people achieve their income and career goals.

See [HumanSolutions.org](http://HumanSolutions.org) or call 503.548.0282

## DOZA–Better or Worse?

from cover

these past few years.

Getting the right balance is the hard part. Since the draft code language had been released in February, many concerns and questions have been raised regarding the DOZA review process, standards and guidelines.

The October 22 hearing included testimony from SMILE (Sellwood Mooreland Improvement League), RNA (Richmond Neighborhood Association), and PDX Main Streets (PDX Main Streets Design Initiative).

Commonalities were evident from most of the thirty+ attendees and written comments received.

Primary concerns included the design review thresholds. A sixty-five foot height was deemed excessive.

Commenters from Alberta St. and Hawthorne Blvd. business associations testified that building heights with no public review could drastically change the main street character and cause adverse impacts to adjacent low rise buildings via the creation of “tunnels” over the streets and excessive shading (already witnessed on Division St.) unless building step backs are required.

Lack of effective buffers and privacy between tall but less than sixty-five foot buildings and adjacent residential buildings was raised because of lack of public input into the so-called “clear and objective” administrative track.

Especially cited were questionable buffers, building separations privacy issues, and the lack of landscaping and tree cover at ground level.

PDX Main Streets was concerned the City’s “one size fits

all” approach to future building design in corridors does not consider either the history or character of these streets nor attempt to encourage the preservation of uniquely designed buildings.

Heather Flint Chatto with PDX Main Streets stressed “all parties concerned support good design,” but asked why this can’t include older unique buildings that reflect local history?

“We should be avoiding a scrape and replace mentality, she said. “Don’t downgrade existing architecture and the importance it brings.”

In our interview, Phil Nameny responded: “DOZA considers the future, rather than solely on the foundational character of existing buildings. In some cases, the stated purpose for main street standards can be achieved, but DOZA is broader, more flexible and more future-oriented.”

He added, at this time, only those areas within an historic overlay will be actively reviewed for preservation or maintenance.

Under DOZA, the former Phoenix Pharmacy in the Foster neighborhood would not receive encouragement for preservation and/or renovation.

Flint Chatto provided a quote from Architect Lawrence Qamar which applies to many of the concerns about DOZA.

“When buildings are demolished and replaced with a different architectural character that exhibits wealth, we are seeing a visualization of the displacement of people of color and the economically disadvantaged.

“If new buildings look more like the historic patterns of the city’s main streets and town cen-

ters, the impression of displacement would be less implied.”

Commenters raised the issue of affordability and housing variety. Only new apartment buildings (likely market rate units), appear to be addressed by DOZA. This could likely contribute to gentrification, as suggested by Lawrence Qamar, and do little to provide for a variety of housing types as encouraged by Statewide Goal 10 (Housing).

Commissioners received several hundred comments either at the hearing, mailed or emailed prior to the hearing.

Additional time for submission of testimony has been extended until November 15. This testimony can be submitted online at [bit.ly/341Naql](http://bit.ly/341Naql).

Existing testimonies can be seen at [bit.ly/2MLvZng](http://bit.ly/2MLvZng). Both Commissions hold additional but separate work sessions starting in November and continuing into next year beginning November 7 with the Design Commission and November 12 for the PSC.

To keep tabs on agenda dates, the PSC calendar is located at [bit.ly/2JkR45F](http://bit.ly/2JkR45F) and the Design Commission calendar is at [bit.ly/2piJDp1](http://bit.ly/2piJDp1).

To ultimately determine whether DOZA’s changes will be better or worse, and to promote effective and transparent public involvement, interested persons are encouraged to keep engaged with the process and to make use of the links in this article.

Interested persons with questions can also contact project staff member Phil Nameny at 503.823.7709. Email [Phil.Nameny@portlandoregon.gov](mailto:Phil.Nameny@portlandoregon.gov).



Rs

## Representatively Speaking

BY STATE REPRESENTATIVE ROB NOSSE



As State Representative, not a week goes by where someone does not contact me with concerns about homelessness in inner SE and NE Portland.

Discussing housing and homelessness is tough at times. There is a lot of compassion in our area for this problem, but there is a lot of frustration too. I personally experience the challenges of this problem just about every day where I live near Hawthorne Blvd. I see people camping, suffering and many times struggling with their addiction or mental illness. I know what it's like to wonder why can't we do any better any faster.

This problem has been coming to a head for a long time. I became an activist as a young person in the 1990s because I saw the state systematically underfund public education. The same thing occurred around the same time for our social services.

Cities and states closed institutional services for the mentally ill in favor of community-based care based and treatment on the promise of funding, but the funding never came. Then the "Great Recession" caused a slow-down in construction at all levels, and the construction that did happen often didn't include options for working families.

Meanwhile this city is still a popular destination. People are moving to Portland, making our challenges that much harder.

State, regional, county and local government are taking steps to address these problems.

This year, the State Legislature passed HB 2001. The measure will help get more affordable duplexes, multifamily and cottage clusters built. We passed Senate Bill 608, which prohibits evictions without cause after the first year of occupancy. If a landlord uses certain reasons to evict a tenant, they must provide ninety days' notice and one month's rent to assist the tenant with relocation. Senate Bill 608 also limits rent increases – statewide to no more than seven percent plus the average change in the consumer price index, no more than once in any twelve-month period.

The County is a year away from opening a mid-level mental health clinic and resource center in the Bushong Building downtown. It will be peer driven and have a drop-in center and shelter for those who need longer term care and treatment. This means there will be accessible services and a place to go for people that are ready to come off the street and get treatment.

In our area, a shelter for homeless women and couples was opened on Foster Blvd. The shelter has one hundred and twenty beds with shower and laundry facilities and an industrial kitchen. This is also supported by the county and the city.

In 2016, voters passed a \$256.4 million bond for housing here. Those funds are earmarked to build and preserve thirteen hundred units for our city's most vulnerable residents. One of those projects will be here in SE alongside Powell Blvd.

In 2018, voters approved a regional \$652.8 million housing bond measure to create permanently affordable homes across greater Portland for seniors, working families, veterans and others who need them. The plan is to create nearly four thousand permanently affordable homes, reserving sixteen hundred homes for people who earn very low incomes (\$26,000 per year for a family of four), and build half of the homes with two, three and four-bedroom apartments – big enough to accommodate families.

All of this is progress, but it is not enough. Housing policy makers and advocates estimate that we need 29,000 more units of housing, and we need to spend 1 billion a year in rent assistance in order to make real, faster progress.

To do that, we need a better Federal partner if we are really going to fix this problem. Congressman Earl Blumenauer has authored a detailed policy paper entitled *Locked Out: Reversing Federal Housing Failures and Unlocking Opportunity*. The paper details the history, warts and all, of our Federal Government's housing policies, and offers many bold proposals that, if implemented, would make a profound difference and get us to better and faster. I encourage you to read it. Please contact me or the Congressman if you want a copy.

This issue remains at the top of my legislative agenda to address. If you would like to meet up with me to discuss this topic or any other for that matter, please contact my office by phone at 503.986.1442 or by e-mail at rep.robnosse@oregon-legislature.gov, as it makes it easier to arrange a time and place.

We know what we need to do, we just have to have the political will statewide and at the federal level to enact it.

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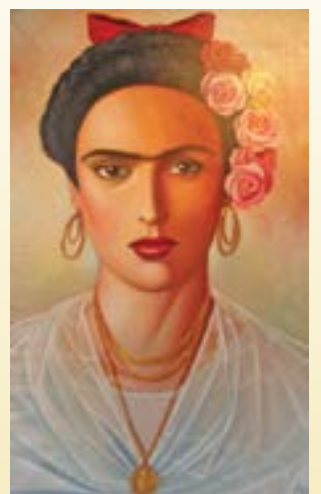
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Community Events Bulletin

**PDX High Schools Ski Swap & Sale**  
**NE Community Center Annex**  
**1606 NE 37th Ave.**  
**Saturday, November 9 from 10am-5pm**  
**(Early Bird Shopping \$10 from 8-10am)**  
**Sunday, November 10 from 9am-12pm**

**WINTER IS COMING!** If you're looking for great deals on skiing and snowboarding equipment for the whole family, please come on over to the 15th Annual Winter Ski Swap & Sale for the Eastside PDX High School Ski Team, benefitting athletes from Cleveland, Grant, Benson, Franklin, Madison and Jefferson High Schools. You'll find great prices on skis, boots, poles, snowboards, hats, goggles, apparel and more!

**NW Food & Wine Festival**  
**Oregon Convention Center**  
**Saturday, November 9 from 8am-12pm**

**Explore a floor filled with excellent wines and wonderful gourmet food tastes. Over 500 wines and 60 gourmet food flavors. Professional Cocktail Competition, Pate in Portland Competition. Need we say more?**

**Wild Arts Festival**  
**Pure Space, 1315 NW Overton**  
**November 23 & 24, 2019 • Saturday from 10-6, and Sunday, from 10-5**

**Join us for Portland Audubon's Wild Arts Festival – the Northwest's premier show and sale of nature-related art and books. All proceeds support the conservation, environmental education and wildlife rehabilitation work of the Portland Audubon.**



LEFT TO RIGHT: Jamie Marion, Kevin Caplener and Jan Caplener

  
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