

# Gift Guide 2019

Pages 11-24

# **ESOUTHEAST EXAMINER**

**DEC** 2019

southeastexaminer.com

"Your Neighborhood News Source"

Vol 30 No 12 Portland, OR



Photo by Gautam Arora

# Preschool Education Addressed, Funding Increased

By Don MacGillivray

Housing costs, transportation, homelessness and poverty were the highest concerns from Oregonians surveyed in a recent poll conducted this fall by DHM Research.

Other high priority issues were healthcare, jobs and the environment. Concern about education is usually high, but it is K-12 and colleges that are the priority

The missing piece is the education of preschool children under five years of age. The most important part of a child's development is the period from birth to the age of five. It sets the foundation for all future learning and life experiences.

Oregon is the fourth least affordable state in the country making childcare for many of the 19,000 three-four year-old children in Multnomah County beyond their families financially capabilities. Gov-

PRESORTED STANDARD U.S. POSTAGE **PAID**PORTLAND, OR PERMIT NO. 4818

ernment funding provides preschool for only 15% of these children.

Today, almost half of all children in Oregon under the age of five live in low-income households. A variety of economic pressures often make quality early child-hood education out of reach for many families, significantly lessening their chances for success in school. Many of Multnomah County's preschool age children are more diverse than the general population and tend to live in the eastern third of Portland.

Preschool is a child's first formal learning environment; not daycare and it focuses on cognitive and social development through the stimulation of the child's curiosity and imagination. Children learn through sharing toys, taking turns and interacting with each other. The classrooms are lively and bright with posters of the alphabet, maps, number tables and student artwork—interactive and stimulating to foster an exciting learning environment. Teacher-student ratios are closely monitored to ensure small class sizes.

Despite increasing public interest in early childhood education, preschools are commonly private and expensive. It is unaffordable for most families due to economic pressures and a lack of governmental support. However, the evidence of its positive effects has prompted increasing government interest and action.

Wilsonville company, Mentor Graphics operates a well-respected preschool open to both employees and the community. Strongly influenced by the municipal preschools in Reggio Emilia, Italy, infants and toddlers are seen as unique individuals who participate in relationships and their own learning. They are taught to respect others, to foster independence, to develop trusting relationships and cultural relevance by emphasizing the importance of social community. It is a constructive approach to learning based on the child's interests and abilities.

Last year, an Oregon legislative joint turn to page 3

# Neighborhood Associations Live Another Day

By Midge Pierce

Score a success for neighbors seeking to retain a pipeline to City Hall. Postponement of a code change vote that could have upended Portland's renowned Neighborhood Association (NA) system signals opportunity for Portlanders to find common ground for civic participation by under-represented groups – a goal shared by neighborhoods and special interest groups alike

Despite narratives to the contrary, NA members have declared support for diversity in public engagement policies. What they find objectionable is the code revision process under Commissioner Chloe Eudaly's Office of Community and Civic Life (OCCL).

The code proposal, considered by many the most impactful in decades, was originally slated for a mid-November Council vote. Instead, Eudaly floated a Resolution for a multi-bureau workforce to reconsider agency obligations to neighborhoods. The Resolution would delay the code vote for one year and extend three more years of funding to the Coalitions that support NAs, continuity important to SE Uplift (SEUL) in filling its vacant director position.

Eudaly pledged to bring the Resolution to Council vote early this month. The delay is generally considered a Hail Mary fix of a draft process that failed to follow codified requirements.

While Eudaly professes inclusion, NA members claim they were deliberately excluded from full participation in the rewrite. The original draft contained no mention of NAs as officially recognized public engagement entities. After pushback, the document was amended to include NAs.

Regardless of shared visions of expanded participation, the process has split into pro and anti-code factions.

Critics assail the absence of guidelines for recognition of self-identity groups that lack transparency, standards and practices such as open meetings, rules of order and bylaws. OCCL Director Suk Rhee counters that "voluntary" practices providing "flexibility" to marginalized groups are sufficient.

At the November hearing, both sides packed an auditorium in Albina's Self-Enhancement Center that continues to mentor minority youngsters in the gentrifying neighborhood. Eudaly started with comments about an inequitable system of neighborhood privilege, followed by procode presentations by Native American, disability and other groups that feel pushed to the margins.

Code supporters implored urgency passing a policy that determines who influences the City on landuse, housing and public expenditures. A Communities of Color Coalition speaker testified that NAs "horde power" and foster xenophobia.

Former SEUL Director Molly Mayo solidified her anti-NA stance by equating current neighborhood power structures with racism. Cully NA reps broke rank with most neighborhoods by calling for immediate code passage to prevent continued disenfranchisement.

Speakers favoring delay urged a deliberative process involving all stakeholders. Several pushed oversight of the multibureau workforce by "someone other than Eudaly."

SE resident Allen Field testified that OCCL has had a fifty percent turn over under Eudaly's watch and is ill-equipped to restore trust or develop a citywide policy.

Others claimed her characterization of NAs as elitist creates an "us against them" atmosphere. One called Eudaly's behavior "Czar-like."

Another lamented Eudaly's missed opportunity to unify sides over mutual support for more minority participation. He said Eudaly scapegoated NAs for everything wrong with the City and "diminished, divided and denigrated neighborhoods," rather than bringing factions together.

NE resident Al Ellis said, "Had NAs been involved from the get-go, we'd be working together right now."

Before the Resolution was presented last month, SEUL's board struggled to reconcile the Coalition's diversity mission with the rewrite's flaws. They voted against the code change "as written," then took a second vote to add a statement supporting the proposal's inclusivity "aspirations"

With the death knell for NAs dispelled for now, the group Keep Portland Neighborly seeks to bridge divide with its "All Welcome, All Together, For All Portlanders" slogan. The group affirms the need for reform, but says the Resolution is not ready for December adoption.

South Tabor's Pete Forsythe says the group seeks greater clarity of roles and accountability in the code, plus checks, balances and acknowledgement of NAs role in a City that elects its Council at large.

A Resolution amendment circulating from the Communities of Color Coalition has acknowledged that NAs should be included in Coalition contract extensions along with cultural and affinity groups. More at: bit.ly/2DcpRyQ.

Dismayed that time ran out at the Resolution pitch before all testimony was heard, longtime neighborhood advocate John Laursen later said, "Claims of diversity are subterfuge for the real goals to stop squeaky wheels from challenging city policies on growth, transportation and land use."

Watchdogs have been on alert since the word "neighborhood" was purged from OCCL's name (it used to be the Office of Neighborhood Involvement) and neighborhood liaison staff members were fired.

Recently, Neighborhood Watch programs were replaced with a confusing community "together" mission that seems to hold residents, rather than police, responsible for city safety. Even Neighborhood Clean-ups are relabeled Community Clean-ups to allow identity groups to compete for scarce resources like dumpsters and dumping fees. Words, warns observers, have real world consequences.

Since November's testimonial time ran out, comment will be continued at this month's special hearing. The public should also email comments to City Council members.



"I think the thing is to not take yourself too seriously. If you have a bad day, have a peanut butter sandwich, do better the next day." Gert Boyle

Photo by Derek Sears

THE CAREFUL REMODELERS, INC. Additions – Bathrooms - Kitchens Since 1979 503.774.2810 Old homes lead paint certified renovator



### Meet The SE Examiner's Team

By Kris McDowell

Whenever I hear about new ownership taking over an existing business, one of the first things I want to know is the status of the staff. Are most of them staying on board? Are most of them leaving? Is there any indication that the staff is happy/nervous/open to/ concerned about the change?

While any change brings some uncertainty, I see the retention of most employees as a favorable indicator for the future of

It is from this viewpoint that I am so pleased that the existing team at The Southeast Examiner is staying on board. Additionally, their history with the paper means we'll continue to bring you news from the voices you are familiar

Working with the team on the first couple of issues has allowed me to learn more about each of them and I thought you, Faithful Readers, might be interested in learning a bit about each of the people that are integral to product we are proud to present to vou each month.

Brian Cutean joined The Southeast Examiner at the turn of the century when newspapers, neighborhood groups and the very shape of our Rose City was still a synchronous anachronism. He inherited the proofreader position from the elegant and perspicacious Patricia Marsh and then the A&E editorship from supreme scribe and poet David Johnson back in the days when the paper

was actually pasted up with a wax roller on flat boards and delivered by hand to most of SE.

David Krogh has been a contributor since 2018 and is a retired certified planner and consultant. His areas of specialty include land use planning, transportation, housing, homelessness and government codes and processes. He has published commentaries in other area news outlets.

Don MacGillivray has lived and worked in inner SE Portland for fifty+ years, seeing it change from a deteriorating neighborhood into a very desirable community. After graduating from the University of Oregon School of Architecture, he enlisted as a VISTA volunteer and planner, and then worked as Director of the Portland Neighborhood History Project.

He has been an active volunteer with Buckman Community Association, SE Uplift and numerous civic improvement organizations, joining The Southeast Examiner as a writer in 2010.

Midge Pierce worked in print, broadcast and cable markets from Manhattan to Baltimore. New Orleans to Denver and stops in between, garnering numerous journalism, documentary production and public service awards including an Emmy.

She came to the Northwest to enjoy family and hiking trails, but traded her boots for a press pass after witnessing the loss of Portland's affordable housing and livability.

She believes The SE Examiner as an independent community paper, has a unique opportunity to hold the City to high standards of accountability and ensure that SE residents are informed about issues of greatest impact to them.

Jack Rubinger, originally from the suburbs of Long Island, says his first published piece was "If I Were A Raindrop," published in Golden Magazine when he was in kindergarten.

Jack has tackled a wide range of subjects, including architecture, automobiles, and arc flash. He joined The SE Examiner because he is curious and concerned about the local community where his has lived for ten+

Nina Silberstein has a degree in journalism from the State University of New York College at Buffalo. She has more than thirty years of writing/editing experience and specializes in medical and health-related content.

Nancy Tannler's thoughts for the past twenty four years have focused on local politics and citizens, business entrepreneurs and creatives as Editor in Chief and Publisher of The SE Exam-

The experience has taught her how to listen for ideas that tell the story of people and community, and she is looking forward to continuing in a writing capacity. When not concerning herself with civic life, she enjoys playing piano, sewing and reading.

### What's Next for DOZA?

By David Krogh

DOZA refers to Design Overlay Zoning Amendments and is an attempt by the City to update the design review processes and standards for new commercial and multi-family develops within the City of Portland.

The City Design Commission (DC) and the Planning and Sustainability Commission (PSC) held a joint public hearing October 22 to receive testimony on DOZA.

Public testimony was extended until November 15 for those who still wished to provide comments.

City Planner Phil Nameny has told *The Southeast Examiner*, no additional public testimony portlandoregon.gov/bps/70324.

will be accepted after that, nor will hearings be held on the matter until it goes before the City Council – anticipated to be sometime next spring or summer.

Both commissions will hold separate work sessions to discuss comments received and to formulate their own recommendations for City Planning staff to include in the ultimate submittal to the City Council. These work sessions will be public, but no public testimony will be taken.

Interested persons should check the websites for both commissions in order to determine the work session dates, places and times. The City's DOZA website:



### **#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

Serving residents of Hosford-Abernethy, Kerns, North Tabor, Laurelhurst, Montavilla, Mt. Tabor, Richmond, Buckman, South Tabor, Sunnyside neighborhoods. Circulation 24,600 (including 23,000 mailed copies). Founded in 1989. Published the last Saturday of each month.

> 1020 SE 7th Ave #14313, Portland, OR 97293 Phone 503.254.7550

e-mail: examiner@seportland.news southeastexaminer.com

©2019 The Southeast Examiner

### **Preschool Education Funding**

committee made policy recommendations about Student Success saying every child must have access to affordable, high-quality preschool programs before they enter primary school.

Meanwhile, Multnomah County's *Preschool for All* task force is chaired by District 3 Commissioner Jessica Vega Pederson and a coalition of thirty local leaders and organizations working to expand affordable, high quality preschool opportunities for children here. Over a hundred community members were involved in developing the recommendations for their report.

The Student Success Act (SSA) passed by Oregon's legislature and was signed into law May 20, 2019.

The SSA increases access to high-quality early learning programs like Head Start and Preschool Promise. It funds Early Intervention and Early Childhood Special Education in support of the development of young chil-

dren diagnosed with disabilities.

Beginning next year, 20 percent of the SSA funding (about \$200 million) will be allocated to programs serving infants, toddlers and preschoolers. This will serve about 6,000 more children from birth-to-five by adding 1,200 slots in Early Head Start and 4,600 slots for Preschool Promise and Oregon Pre-kindergarten.

Culturally-specific organizations will be able to reach underserved families with young children. Early Head Start provides early, intensive and comprehensive child development and family support services to low-income families with children under the age of three.

The Head Start Program provides early childhood education to children from three to five years of age in low-income families. Children participate in a variety of educational activities, receive free health care and access to social services.

The Early Learning Divi-

sion is responsible for implementing investments. A Regional Stewardship Committee has been convened in Multnomah County including the Preschool for All taskforce and the Parent Accountability Council.

The phase one report is due in December. By January, information about investments for Multnomah County will be available. Contact Molly Day at the United Way for more. (MollyD@ UnitedWay-pdx.org)

Oregon must continue this start in providing resources for equitable access to early care and education opportunities.

Many localities throughout the United States have found a variety of ways to do this. Seattle, San Francisco and New York City have all successfully provided preschool to their four-year-old citizens.

Quality child care and early education will raise student success rates and lead to improved employment outcomes.



THE BEERMONGERS IS
OPEN 365 DAYS
A YEAR.

Draughts,
bottles,
& growlers...

Enjoy here, or take to-go!

1125 SE DIVISION ST.



# Celebrate the Holicians on Harrings

# Saturday, Dec. 7th Find the festivities at the NW corner of

Find the festivities at the NW corner of SE Hawthorne Boulevard & 41st Avenue

3:00pm Ornament-making at the Fernie Brae
4:30pm Cider & Cocoa from New Seasons
5:00pm Treelighting & Holiday Music
Contest Drawing (see below)

more time to shop and eat in the District...

# Hawthorne Merchants Wish You Happy Holidays!

Rivermark Credit Union
Fred Meyer Hawthorne
New Seasons Hawthorne
OnPoint Credit Union
Wells Fargo Bank
Blane Investments
Brunish Properties
Gold Door
Harlow
Imelda's & Louie's
Powell's Books

Adorn Body Art
Artisan Dental Lab
Belmont EcoLaundry Hawthorne
Buffalo Exchange
Caplener Group at Windermere
Fred's Sound of Music
Fyberworks Boutique
Hawthorne Gardens Sr. Living
Hot Lips Pizza
Jam on Hawthorne
Metro Boutique
Por Que No Taqueria
Portland Cider House
Presents of Mind
Roosevelt's Terrariums

Sloan Boutique
Claudia's Sports Pub & Grill
3 Peaches Nutrition
37th Street Salon
Aetna Brokerage Inc.
Asylum
Bret Lubic, Attorney
Burlingame Apartments
Cascadian Wellness
Cedarhurst Village, LLC
Classic Collection Hats
Columbia Coin Co.
Crossroads Trading Company
Dr. Brian Duby, DC

Echo Theater Company
Farmer's Insurance—Pam Olson
Farmhouse Kitchen Thai Cuisine
Fernie Brae
Forage Design & Planning
Fraternal Order of Eagles
Friendly Smiles Dental Group
Gold Dust Meridian
Hawthorne Auto Clinic
Hawthorne Guest House
Hawthorne Vision Center

Holiday's Health & Fitness Hosford Abernathy Neighborhood Assn

Jackpot Records John O'Brien, Attorney Karen Davis, LMT Kids at Heart Toys Ledgerwood Associates, Inc. Linda Scher, Family Mediator Mariko Locke State Farm Memento PDX Michael J. Emert, CPA Move Better Chiropractic Multi-Pure & Cards by Joy Oregon Watchwords Pamplin Media Group Pepino's Fresh Mexican Grill Postal Annex #16019 Potala Imports Powell Building, LLC Richmond Neighborhood Assn RBH Investments Inc. SE Hawthorne LLC Seven Virtues Coffee Roasters Sunnyside Neighborhood Assn Tabor Bread Tattoo 34 on Hawthorne The Perfume House The Sapphire Hotel

Turning Point Acupuncture

Well Adjusted, LLC

THE CONTEST: Each of the stars in the list of business names above is illuminating one capital letter. Those 17 letters rearranged spell out a holiday phrase. What is it? Solve this puzzle and email your answer, name and phone number to administrator@hawthornepdx.com or mail to HBBA, P.O. Box 15271, Portland, OR 97293-0271 by Tuesday, December 3, 2019, to be entered into a drawing to win gift certificates from Hawthorne businesses. You do not need to be present to win. Questions? administrator@hawthornepdx.com or 503-775-7633.

Healthy Pets NW



# **Opportunity Zone Update**

By Gabe Frayne

The much-hyped but low-horsepower economic tool known as opportunity zones once promised a boon to low-income neighborhoods across the nation. It has little to show thus far for bringing opportunity to low-income residents here in Portland, among other cities.

Nearly two years after its passage by Congress, this capital gains tax break for deep-pocket investors is being widely criticized for creating a loophole for high-end development and shows little evidence of uplifting residents in struggling urban neighborhoods.

In a recent column in *The New York Times*, economist Paul Krugman noted that "It has made a handful of wealthy, well-connected investors – including the family of Jared Kushner, Donald Trump's son-in-law – even wealthier."

The opportunity zone tax break was written into the land-mark Republican tax bill enacted at the end of 2017. The law gave states the authority to designate opportunity zones in census tracts where either the median household income is below average or where there exists a poverty rate of at least 20 percent.

In Oregon, Gov. Kate Brown saw fit to designate Portland's downtown core, as well as The Pearl, Buckman neighborhood and the Central Eastside district, the site of a half dozen new luxury apartment buildings.

Also designated were the Rosewood and Rockwood neighborhoods, two low-income tracts on the Portland/Gresham border.

Jenny Glass, the executive director of the Rosewood Initiative, a local non-profit, reports:

"We are not pursuing any opportunity zone funds or projects at this time. It does not seem like a tool that would be very helpful for accomplishing our community's vision and goals."

About twenty blocks farther east, Rockwood Community Development Center has formed its own opportunity zone fund: Oregon Community Capital, Inc.

In April *The Oregonian* reported RCDC "is hoping to raise money for community benefit projects," including an 84-unit apartment building for low- and moderate income residents. There has been no ground-breaking yet, however, and the RCDC did not return multiple calls and emails inquiring about the project.

At least one local investment company can claim some measure of success in putting the capital gains tax break to work as intended.

Sortis Holdings, Portlandbased private investment firm, earlier this year announced the creation of a \$100 million opportunity zone fund. In August, the company closed on a \$59.8 million "mixed income senior living" project in Tukwila, Washington.

Time is running out for investors who want to take full advantage of the opportunity zone tax break.

A key provision of the law sunsets at the end of this year, after which investors would need to keep their new investment for at least ten years in order to realize

un-taxed capital gains.

Even if opportunity funds manage to keep cash flowing, it is unlikely to flow into affordable housing or start-up enterprises in depressed areas that offer limited profit potential.

Some members of Congress are taking notice. In November Senator Ron Wyden introduced the Opportunity Zone Reporting and Reform Act.

A key provision of the bill would sunset designations of all "contiguous zones" that are not low-income, but rather, adjacent to low-income zones. Moreover, it would immediately sunset any zone with a median family income that is more than 120 percent of US median family income (as opposed to Portland median family income) unless the zone has a poverty rate above twenty percent.

Introducing the bill, Wyden said, "The Opportunity Zone program has been troubled from the start. [T]here are no safeguards to ensure taxpayers are not simply subsidizing handouts for billionaires with no benefit to the low-income communities this program was supposed to help.

"Republicans who support the program should work with Democrats to ensure it does not become a boondoggle."

Two years after the passage of the Republican-sponsored "Tax Cuts and Jobs Act," it is far from clear how Portland's low-income residents will benefit from opportunity zones.

Even if the act were to spur a boom in construction, developers and contractors don't generally scour local neighborhoods to hire workers, and for high-rolling investors, "affordable housing" is a fool's errand.



# Everybody likes surprises!

After the light returns and the daytime gets longer, Watch this space to see what change will offer.



call 503-234-2119

Hawthorne Auto Clinic, Inc. 4307 SE Hawthorne Blvd. Portland, OR 97215

www.hawthorneauto.com

### **Walkabout Kicks Off Alliance**

By Midge Pierce

A coalition called Inner Powell Alliance (IPA) has formed with Creston-Kenilworth, Richmond, Hosford Abernethy and Brooklyn Neighborhood Associations to improve safety and livability along Powell Blvd.

With increasing traffic hazards and the County's designation of Powell as a major development corridor, the group is hoping to set a precedent for better design, safety and accessibility.

To raise initiative awareness, Creston-Kenilworth is organizing a December 15 walkabout past sites earmarked for key development including an affordable housing project at 30th and Powell.

A presentation by Home Forward will be featured, the new owner of the Original Taco House will discuss his plans and a PBOT rep will address pedestrian safety, an issue of great concern due to increasing traffic, speeding and a generally "unwelcome experience of walking on that portion of Powell," according to Joe Hovey.

Stops will include a Starbucks-hosted coffee tasting and a celebration at Gladstone Pizza for their twenty-five years in business. State Rep. Rob Nosse will attend.

For more information, see bit.ly/2XGEa83

# Christmas House: Lights to Shine Once More

By Midge Pierce

A once abandoned Georgian beauty known as The Christmas House, at 5631 SE Belmont Ave. is now fully restored and preparing to twinkle again this season. It's a beacon to the power of one person's dedication to preserving a piece of Portland history.

Owner, renovator and contractor Lyrin Murphy and her business partner Steve Day will

switch the holiday lights back on December 6, after tree trimming and light stringing earlier in the week by some of the 2,500 online devotees who have followed the restoration.

After a decade of darkness, Murphy hopes the house will soon alight with community events and connections she plans to announce soon.

### Local's Tale of the Pacific Crest Trail

By Nancy Tannler

They say the hardest part of any journey is the first step. Fortunately for Duncan Bauerlein, his first step onto the Pacific Crest Trail (PCT) was made easy.

He landed in San Diego last April 11, went shopping for groceries, met a woman in the store who recognized a hiker and drove him two hours east to Campo on the US/Mexico border. There the 2,650-mile hike on the PCT to Canada began.

As a kid Duncan, his brother and father had done several portions of the trail here in Oregon and Washington. To do the whole trail took Duncan a year to

Gear is important; the base weight of his pack was 12-15 lbs. This included sleeping bag and pad, tent, rain gear, puffy jacket, water purifier and a change of clothes. Adding food, water and anything else on an average pack weighs more like fifty pounds.

Another part of the preplanning was to send himself supplies at regular intervals to Post Offices via General Delivery, located at convenience stores, gas stations and Post Offices in small towns

"The packages were part of my reward system. I knew I needed to reach a certain destination within a range of time or the package would be returned," Duncan said.

The first 700 miles of the journey took him through the desert and up into the Santa Rosa Mountains.

"The first day was intimidating. I was out of my comfort zone, no one I knew was around, it rained, there were lots of rattle snakes and being a night shift nurse, I needed to get into being awake during the day - so not much sleep that night."

He hiked over a hundred miles alone before retrieving his first package at Warner Springs. A hiker needs to resupply about once a week and can hitchhike to a town or store that is close.

It was around this time that he met what is referred to as a "Trail Family." These were people from Germany, Switzerland, Italy and a doctor from America; random people that have an immediate camaraderie because they too are hiking the trail and experiencing nature at the same time.

The trail family can vary in numbers depending on how fast or slow you are hiking. There are times when the consensus of the group is necessary to survival.

"It's hard to put into words, but the trail takes on a life of its own. You are relying on your physical resilience to deal with the challenges of nature. Meanwhile the scenery is changing daily and it is stunning."

Duncan had a setback when a rattlesnake surprised him and he jumped backwards, spraining his ankle. He was three hundred miles into the trip, still in the desert/mountains and his group continued on without him.

"I rested for a couple of days and then splinted my ankle and began to hike very slowly." After his ankle healed, it took about two weeks to catch up with



his trail family. "I am a fast walker," he said.

It rained 15 out of the 40 days Duncan was in the desert. Uncomfortable as this was, it made the wildflowers spectacular. "I felt like I was in the middle of nowhere, but then at times I could see the lights of Palm Springs and LA."

Even though you are with a group, it is not uncommon to only gather in the evening for a shared meal and Duncan spent a lot of time in solitude. The profundity of being alone in nature can only be understood by those who seek this type of experience.

While traversing the desert he was always on the alert for the telltale sound of a rattler, but once he left this terrain, podcasts were sometimes used for company and solace to help pass the time.

The next big milestone was Kennedy Meadows, northeast of Bakersfield. The desert part was over and his ascent into the Sierra Nevadas began.

"I was feeling pretty confident by now, little realizing what lay ahead." (Keep in mind that the trail closely aligns with the highest portion of the Sierra Nevada and Cascade mountain ranges. Hikers are going along the crest of these ranges.)

Cell service was scanty on the trail, but GPS was always available and a great safety net to keep hikers on the right path. This is necessary in the Sierra Nevadas because record snowfalls had streams and rivers running high. The place where the PCT crossed isn't always the safest for hikers to fjord. This also held true for crossing snow and ice fields.

Hikers often end up a long way off and must navigate back to the trail. Crossing as many as twenty streams a day, some chest high, he said, "The only thing to do was put my gear in a contractor bag and plunge ahead into the fast moving, freezing water."

"The Sierra Nevadas were a humbling experience. Part of the time we were hiking at 10,000 ft., going up to 14,505 ft. when we climbed Mt. Whitney."

It's hard to hike at this al-

titude. The path was often covered with snow and ice and they needed to carve out steps across with a pickax. One misstep and a hiker could fall thousands of feet. "Every day held a challenge that kept me alert."

Another daunting aspect of these mountains is that there are no east/west roads, so when you are in them, you really are alone. All hikers are required by law to carry their food in bear canisters.

Duncan saw lots of bears turn to page 31

INHABIT > PORTLAND



What Our Agents Say!



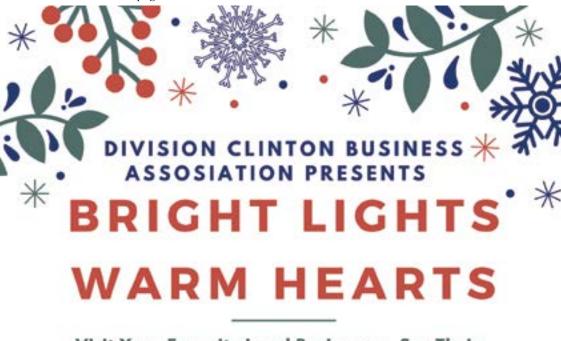
**66** Inhabit brokers offer a wealth of knowledge and resources. The same kind of helpful spirit and resourcefulness that we offer our clients is extended to our colleagues." - Kelley Hutchison



**66** Inhabit has always embraced the changes in not just the market, but also the changes in the industry itself and how it operates. In a progressive city like Portland, we need progressive realtors. 🤰 - Sebastian Tannenberger

Love Where You Work

Confidential inquiries welcome



Visit Your Favorite Local Businesses, See Their Holiday Lights, Support Local Charities, and Win Amazing Prizes!

NOV. 30TH- JAN. 1ST

JOIN THE ADVENTURE DIVISIONCLINTON.COM





# **Community News**

# Hawthorne Blvd Business Association Update

By Nancy Chapin

A Venture Portland grant supported new banners along Hawthorne Blvd. to welcome neighbors, visitors and friends.

The Hawthorne Boulevard Business Association, HBBA, announced the installation of new street banners designed by graphic designer Amy Chan and installed for the Hawthorne Street Fair in late August. The remainder was completed in September.

The banners contain an image of the iconic Hawthorne Bridge and the design and warm color create a welcoming space for visitors and neighbors in time for the Holidays.

The Tree-lighting and other festivities are December 7 at Fernie Brae on SE 41st and Hawthorne Blvd.

# Windermere Real Estate "Shares the Warmth"

Just in time for winter, real estate brokers throughout Oregon and SW Washington are gearing up for Windermere Real Estate's annual Share the Warmth campaign.

Now through December 18, Windermere brokers will be collecting new or gently used adultsized coats and twin-sized blankets for community members in need. In the Portland area, donations benefit Transition Projects, a local nonprofit that helps individuals transition out of homelessness to secure housing.

Those who want to help can stop by participating Windermere offices to drop off donations. See bit.ly/2rpynaT for information.

# Human Solutions Annual Toy Drive & Distribution

Human Solutions' Annual Toy Drive is an important and fun part of their programming.

Every holiday season the community comes together to ensure that kids in low-income families have toys to open and that their parents have the opportunity to choose gifts that suit their kids.

The Toy Drive takes place through Wednesday, December 18. To find a toy collection location visit bit.ly/2XKVSrk.

The second part of the pro-

gram is the distribution of collected toys during a three-day holiday store Thursday, December 19-Saturday, December 21.

Parents in Human Solutions' social service programs can select gifts for their kids at the "store." Volunteers bring the event alive with treats, decorations, gift wrapping and more.

Volunteers are needed. Email toydrive@humansolutions. org or 503.548.0213.

# Longest Night & Christmas Eve Services

During the Christmas season, Portland Mennonite Church, 1312 SE 35th Ave., hosts two services one for the Longest Night and the other, Christmas Eve.

The longest nights of the year come during the holidays. For many people it is a season of 'glad tidings,' but some are carrying grief, enduring loss, or struggling with depression.

Saturday, December 21, singing of 'Silent Night.'

a Longest Night service will be held with readings, contemplative music, silence and prayers. Seek light and peace for your soul. The hour-long service begins at 7 pm in the Sanctuary.

On Christmas Eve the story of Christ's birth will be told and there will be a singing with the angels beginning at 6:30 pm. The service ends with a candle-lit singing of 'Silent Night.'

# Bright Lights Warm Hearts

The Division Clinton Business Association presents Bright Lights, Warm Hearts, an event that has paired 35 businesses with a non-profit they will raise money for. The event runs through Wednesday, January 1 with events happening Saturdays between Thanksgiving and Christmas.

Businesses are creating holiday light displays with the winning display receiving \$500 for the non-profit partner. They have added a passport element to the event, where customers can shop local, collect stickers from shops for both purchases and donations, and be entered to win raffle prizes. More details at divisionclinton.com

#### • Saturday November 30

Cleveland Choir Carolers 4:30 pm - 6:30 pm

Fiber Rhythm Free Wool & Tote w/ Purchase

Artifact 10% Off Sale Vibe of Portland Shop & Drop Child Care

Wild Cactus 20% Off Sale + Sip & Shop

Olympia Provisions Tree Lighting

Zahara Storewide Sale Citizen Ruth Pop Up Event Rudy's Bridging Voices Performance

Gone West + Vine & Dandy present Market on 33rd St.

#### Saturday December 7

Cleveland Choir Carolers Fiber Rhythm Beginning Spinning Class

Carter & Rose Art Bus Pop Up + 20% off Wall Planters Zahara Sip & Shop

#### • Saturday December 14

Cleveland Choir Carolers Artifact MultiPOP Market Fiber Rhythm Beginning Spinning Class Session 2

Zahara Sip & Shop Sessionable Annual Whack-Off Charity Haircut

Olympic Provisions Public House Ugly Sweater Party

Dr. Brew Teahouse \$1 of every beverage sale will be donated to The South Texas Human Rights Center

#### • Saturday December 21

Cleveland Choir Carolers Fiber Rhythm Holiday Open House & Cocoa Bar Zahara Sip & Shop

Olympic Provisions Public House Last Minute Market

# Recycling Tips for "Keeping the Holidays Green"

By Bonita Davis, Master Recycler and SE Resident

Who doesn't love a present? A special gift, concealed behind wrapping and ribbons only adds to the excitement of gift-giving and celebration. This season, how do we maintain the specialness of gifting without adding to our waste and recycling burden? Here are a few ideas.

Give one thoughtful gift instead of multiples.

Revise how wrapping paper, ribbons and even small boxes are viewed. Consider them as reusable items and store for later use.

Choose mailers not bubble wrap lined. Mailers with this built-in cushion are not recyclable because of the combination of materials.

Shop in time to use the normal delivery option. Same-day and rush orders break the algorithm that allows delivery systems to operate with maximum efficiency.

Bring along your own shopping tote and travel mug when shopping and decline extra wrapping tissue, gift boxes and bags if you don't need them.

Revise what you think is recyclable at recycleornot.org.

Give the gift of an event, activity or experience. How about tickets to the movies, a play or a concert?

Consider giving a Chinook

Book (chinookbook.com), containing hundreds of coupons for local businesses, events and fun stuff

Want to support great causes? Visit giveguide.org for great ideas.

Plan a party with a purpose. Request guests bring a non-perishable to your holiday gathering to go to a food pantry or a warm item of clothing for a shelter program in the area.

Give the gift of time. Adopt a family for a holiday meal, visit a nursing home, volunteer for a neighborhood clean-up or take on a public area in your neighborhood that could use some TLC.

Check out great opportunities at solveoregon.org or handsonportland for ways to give your energy, time and talent during the holidays.

Give the gift of a repair; one you can do or can help finance. One of my very favorite gifts was from my dad who refurbished the tooled leather handbag he made for my mother before they were married. Priceless.

Best yet, unplug and give someone your undivided attention to anybody, including your pet. Reach out to reconnect with someone who's been out of touch. Best gift of all!

Happy holidays!

# Living Room Realty / Impact NW's Holiday Coat Drive

For the sixth year in a row, Living Room Realty is partnering with Impact NW to collect and deliver new coats to babies, children, adults, and seniors in need.

Community members and businesses are welcome to drop off a new coat at one of Living Room Realty's four Portland offices by December 12 to #sharewarmth in Portland.

"We've collected and donated more than 1,000 new coats over the past six years," said Cristen Lincoln, broker and coat drive coordinator at Living Room Realty.

"We're honored to partner with Impact NW again this year to assist their goal of preventing homelessness by supporting and empowering people.

"By donating brand new

coats we're not only sharing warmth with kids and community members in need, but helping support their self esteem."

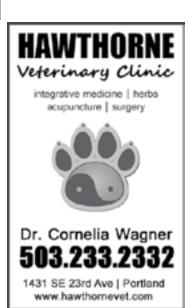
Annually, Impact NW helps over 60,000 low-income children, youth, families, seniors and adults with disabilities receive the skills and resources necessary to achieve success and to advocate for themselves and their communities.

Their programs include Early Childhood and Family Services, Youth and Family Services, Housing and Safety Net Services and Seniors and Adults with Disability Services.

Donate a coat at one of Living Room Realty's Portland offices.

In SE, it's at SE 2625 SE 26th Ave. See livingroomre.com









# **Community News**

# 2019 Peacock Lane Holiday **Lights Displays**

The holiday season is approaching and residents of SE Portland's Historic Peacock Lane are again planning their legendary light displays. One of Portland's most beloved holiday traditions, Peacock Lane residents have been decking out their homes for decades. As always, there is no admission charge to view the lights.

Lights are on December 15-31, from 6-11 pm Pedestrians Only Nights are Sunday, December 15-Monday, December 17.

Free Cocoa and Cider at the Cocoa Booth December 15-24, 6 pm until sold out, generally around 8 pm. Cocoa and cider are provided free of charge, but donations of cash and canned goods are accepted at the cocoa booth when open. This year a portion of cocoa booth proceeds will be donated locally to Morrison Child and Family Services

Traffic can become quite heavy in the area during the lights season. Visitors to Peacock Lane are encouraged to view the lights by foot, if possible, for the best experience.

Utilize free street parking several blocks away or public transportation (TriMet buses 15, 75, and 20 have stops within a few blocks; trimet.org/go/cgi-bin/plantrip.cgi). Please be respectful of neighbors when parking in the area. Note: Do not park in Walgreens lot – they maintain their lot for their customers only.

Peacock Lane thanks their community partners-Volunteers of America for mixing and delivering cocoa and cider daily and the Sunnyside Neighborhood Association and SE Uplift for ongoing logistical support every year.

In the event of additional, unplanned closures due to large crowds, updates will be posted to Twitter, FaceBook, and peacocklane. org pages.

Those who must see the lights from a car are encouraged to check online before visiting.

### **Multnomah County Library to Stop buying Macmillan E-books**

On November 1, 2019 Macmillan Publishers imposed a restriction that would block people from borrowing new Macmillan e-books from libraries. As a result the Multnomah County Library (MCL) made the decision to no longer purchase new Macmillan e-books.

It was not a decision made lightly and it was one they would have preferred to avoid. However nearly 16,000 Oregonians showed their support for the move by signing the American Library Association's #eBooksForAll petition.

The MCL will continue to buy Macmillan titles in print and audiobook formats and will retain the Macmillan e-books the library has already purchased (at a cost of nearly \$120,000 alone in 2019).

### **Net Zero Preschool Planned**

New Day School at 1825 SE Clinton St. is in the midst of a fundraising campaign to raise \$20,000 to complete the purchase and installation of solar panels, the final piece in their net zero progress. The fundraiser continues through December 17.

The school began a major renovation project in June 2018, on two of its three buildings with the dual purpose of becoming more safe and resilient during seismic events, as well as capitalizing on renewable and sustainable upgrades.

New Day has received grants and incentives that will cover 85% of the solar panel costs with the fundraiser covering the remaining 15%. Any funds in excess of \$20,000 will be used towards the purchase of two batteries in order to store and distribute the building's solar power in case of a PGE grid failure.

Find out more at newdayschool.org.

#### Send your Community News announcements to: examiner@seportland.news



FAIR TRADE STORE POP-UP SHOP – Just Cause will set up at Portland Mennonite Church, 1312 SE 35th Ave, Saturday, December 14, 9 am-3 pm. Become part of the story that provides artisans in developing countries the opportunity to earn income by shopping for holiday items, holiday decor and apparel from more than twenty-five countries in Central and South America, Africa and Asia. Add meaning to your home and gift-giving this holiday season. **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, and it's free of charge. For more information, contact church@taborheightschurch.org. DA VINCI ARTS MIDDLE SCHOOL ARTS FAIR - Student art and over one hundred booths of profes-

sional 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/davinciartsfair.

"SEASON'S FEEDINGS" CAT FOOD DRIVE - The Feral Cat Coalition of Oregon's cat food drive is going on through Sunday, December 15. Drop donations off at eleven locations throughout the metro area. Collected food will be distributed for free to feral and stray cat caregivers when they bring their cats in to be spayed/neutered. Visit feralcats.com for a list of collection sites and details on spay/neuter appointments.

MODERN WREATH MAKING - Learn to make modern holiday wreaths with award-winning author of Gather & Make, Genevieve Layman at Ruby Press :: letterpress + mercantile. Genevieve provides all materials and step by step instructions on how to build these beautiful seasonal decorations. This will be a collaborative, fun and easy-going class designed to inspire creativity. Sip a glass of wine, enjoy good company and relax. Classes make a great gift or activity with friends and a handmade wreath makes a charming hostess gift or decoration for your own abode. Thursday, December 12, 6-8 pm, 2710 SE 50th Ave. Class includes all supplies. Contact Ruby Press 503.709.0069 or email ruby@rubypress.com.

NEW YEAR'S EVE GALA - The Laurelhurst and Portland Heights Dance Clubs present 2020 Vision Of Clarity New Year's Eve Gala Tuesday, December 31, 7-10 pm at the historic and beautiful Laurelhurst Club, 3721 SE Ankeny St. Enjoy an elegant evening of dining and dancing to the John Bennett Orchestra with a heavy appetizer buffet, dessert and champagne/cider toast to the New Year at 9 pm. Early reservations encouraged. Space is limited. Bring your old eyeglasses! Beaumont Vision will collect them for the Lion's Club Recycle For Sight Program. Reservations: Gerry Hubbard at 503.206.4076 gerry.hubbard@ gmail.com.

THE ART GARAGE HOLIDAY SHOW – Saturday, December 14, 1-5 pm at The Art Garage, 3219 SE 62nd Ave features local artists, including cards created by the Animal Saving Club. The Club is comprised of Atkinson 4th grade students and proceeds from the sale of their cards benefit The Audubon Society of Portland.







looks forward to seeing you! www.portlandpictureframe.com check us out of facebook

PORTLAND PICTURE FRAME your Custom Framing purchase or if you bring in 3 or more pieces we'll give you 30% off May not be used on E-series Poster Package or Readymac May not be combined with other offers.

CATHERES.

2805 SE Holgate Blvd. 503.236.1400 Mon-Sat 10am to 5pm

Coupon must accompany order.



#### MORE OPTIONS MORE DISCOUNTS

- Landlord/Vacant/Vacation home insurance Renters insurance
- Recreational vehicle insurance

#### **Pam Olson**

WE'VE MOVED: 4711 SE BELMONT ST, PORTLAND, OR 97215 POLSON1@FARMERSAGENT.COM

Call 503.238.0500 today! For Home, Auto, Life and Business.

Restrictions apply. Discounts may vary. Not available in all states. See your agent for details. Insurance is underwritten by Farmers Insurance Exchange and other affiliated insurance companies. Visit farmers com for a complete listing of companies. Not all insurers are authorized to provide insurance in all states. Coverage is not available in all states







### Look Up, There's a Star Party on Mt. Tabor

By Midge Pierce

If December holds a certain stargazing fascination for you (or you just want to scan the skies for Santa), consider trekking up Mt. Tabor on a rare, clear winter's night to find Mark "Starman" Seibold. For decades, he's been setting up his telescopes on the caldera as well as in the Pearl, in the Gorge and across 10,000 miles in the US, into Canada.

The autumn season's starstudded nights made Seibold a Mt. Tabor regular, hauling up his red, research-grade telescope Big Bertha and inviting the public to see the craters of the moon or the rings of Saturn through his smaller, adjustable scope. When viewers line up, Seibold calls it a star party.

His sidewalk astronomy was inspired by the late "pitchman to the stars" John Dobson, who called astronomy the people's science.

Seibold got his first telescope at age thirteen and says astronomy unlocks mysteries and opens understanding.

The self-proclaimed artistastronomer-solar prophet and CEO of Mark's Cosmic Light has worked in tech, been an ad-

Photo by Midge Pierce

junct professor, radio lecturer and Burning Man devotee. He was once labeled Commander of the Universe by a stargazer amazed at the celestial detail seen through Big Bertha's viewfinder.

While every night can offer new reveals, 2017's Solar Eclipse remains a high point that Seibold shared, with hundreds in a Central Oregon park. He's also witnessed the aurora borealis from Vista House. "You don't have to go to Alaska to see it," he says.

Last month's anticipated passage of Mercury across the Sun was a bust locally under bloated clouds but Seibold scrambled out to Forest Grove's clearer skies to catch the last moments of the solar crossing of a planet 1/400th the size of the sun.

Come out some clear winter's night when Seibold shares his "Dobsonian" scope, climb your neighborhood mountain to look through Big Bertha's eyepiece. If you don't see Santa, a certain Christmas star or even a UFO (Seibold has explanations) make a donation to thank Starman for sharing his pursuit of the cosmos - for heaven's sake.

See Seibold's Facebook page for his latest news, discoveries and planned events.

### **Oregon's Distracted Driving Fines Are Highest in the Nation**

By David Krogh

Oregon's distracted driving fines are the highest in the US. Rosenblum Law, a New Jersey law firm, conducted a survey and determined that first time offenders in Oregon could be fined as much as \$1,000 for a first offense, \$2,000 for a second offense and \$2,500 plus jail time for a third offense.

The current fines were established by the Oregon State Legislature in 2017 as a means to better address the threats to safety caused by drivers who use cell phones, text or otherwise drive distracted.

According to Rosenblum Law, the National Safety Council has indicated that 1.6 million vehicle accidents a year involve distracted driving. If other states would implement restrictive fines like Oregon's, they speculated that this accident rate could plummet, saving both lives and property. Currently all states have at least some type of minimal distracted driver laws on the books except Montana, which has none.

Oregon State Department of Transportation (ODOT) says "Distraction occurs when a driver diverts attention to something

not related to driving that uses the driver's eyes, ears or hands." There are four types of driver dis-

- · Visual: looking at something other than the road
- · Auditory: hearing something not related to driving
- · Manual: handling something other than the steering
- Cognitive: thinking about something other than driving

Oregon's traffic law was updated in 2017 to specifically state it is illegal to drive while holding or using an electronic device (such as a cellphone, tablet, GPS or laptop). CB radios and handsfree devices are exempt.

In essence, distracted driving includes anything that diverts the driver from paying attention to driving. The law permits judges to reduce fines if the driver undergoes safety training.



### **Extended Holiday** Hours December 9th - 23rd M-F 8am-7pm Sat 9am - 6pm

**Regular Hours:** 

Monday-Friday 8am-7pm Saturday 9<sub>am</sub>-6<sub>pm</sub>

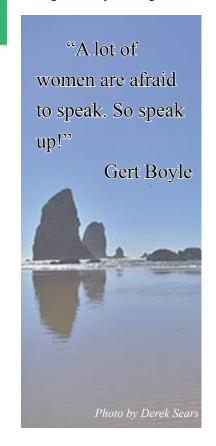
**Visit Us:** 

The UPS Store 3234 **4110 SE HAWTHORNE** PORTLAND, OR 97214

Phone (503) 236-5587 Fax (503) 236-4293

Packing & **Shipping Services** OFFER GOOD AT: 4110 SE HAWTHORNE, PORTLAND, OR 97214 Expires 1/15/20

store3234@theupsstore.com portland-or-3234.theupsstorelocal.com



WHERE TO BEGIN?



**HOWNW.COM™** is a unique public service website that acts as a comprehensive homeownership resource to homebuyers with **Information Without Obligation.** 

HOWNW.com™ contains a searchable, multi-lingual database of homebuying programs available in Multnomah, Washington, and Clackamas counties. Potential homebuyers enter the area they wish to live in, number of people in their household, and their annual income to discover financial programs and resources available to help them become homeowners.

The website walks consumers through the homebuying process and includes features such as 100 Questions and Answers for Buying a Home, information on finding a loan, a real estate glossary and much more. In addition, information on consumer issues such as predatory lending, finding a healthy home and credit is provided.

HOWNW.com™ lists homebuying seminars that meet the requirements for homebuyer counseling required by some loan and assistance programs. This innovative homeownership tool provides anyone contemplating homeownership with a one-stop information resource on the home buying process as well as the potential for finding a unique lending program that could assist them in achieving the American Dream of owning their own home.

# FOR MORE DETAILS, VISIT WWW.HOWNW.COM

## KIRKLAND UNION MANORS

#### AFFORDABLE RETIREMENT LIVING

For Seniors 62 years or older

- Studio & One Bedroom Apartments
- Affordable Rent Includes all utilities (except phone & cable)
- No Application or Costly Buy-In Fees
- Federal Rent Subsidies Available for those that qualify

503-777-8101

**⊕**&

www.theunionmanors.com

3530 SE 84th Ave • Portland 97266

### **HB2001 Update**

By David Krogh

The Oregon Chapter of the American Planning Association sponsored a webinar November 8, to provide follow up regarding the controversial, mandated implementation of HB2001. The webinar provided an overview of HB2001 and the timing for cities to comply.

HB2001 was passed by the State Legislature earlier this year and creates a requirement that single family zoning will no longer be exclusionary. For Portland and the cities within the Metro area, all single family zones will

have to be modified to allow duplexes, triplexes, 4-plexes, cottage clusters and townhouses in addition to single family houses.

What is new is that the State Department of Land Conservation and Development (DLCD) will be developing two model ordinances which would properly implement HB2001.

One of these would be an example appropriate for medium sized cities and the other for large cities. Cities could use the model as a template or simply adopt it as their own.

Cities will have limited flexibility in siting and standards and can request deferments if infrastructure is not adequate to accommodate the level of densification which HB2001 mandates.

It is hoped these new standards will increase the variety of housing available throughout the state (which DLCD estimates to be in a shortfall of 155,000 units by 2035) and provide the opportunity for more affordable housing units.

For Portland it was indicated that approximately 4,000 new units would likely be created within the next decade as part of the implementation of HB2001.

Some of this will cause displacement, particularly in parts of East Portland and the City will be looking into how to avoid this as the process unfolds.

Small cities need to comply by June 30, 2021 and large cities (including Portland) by June 30, 2022. DLCD will be able to provide some technical assistance.

Portland's Residential Infill Project (RIP) has already been going through hearings and is anticipated to be completed long before the State deadlines.

# ARE YOU PREPARED?

- Bucket toilet?
- ☐ Plastic sheeting for broken windows?
- □ Emergency radio/cell phone charger?
- ☐ LED lighting?

Community earthquake preparedness starts at home. We've researched and assembled what everyone in Portland needs: an essential kit that will get you through months without city services.

Visit our website and check this off your to-do list!

Get your Essentials Kit today for just

\$199

www.portlandearthquakekits.com





# Residential Infill Project Update

By Midge Pierce

Despite a recent Portland State University study indicating the number of people moving to Portland has slowed, city planners are considering density increases for the Residential Infill Project (RIP) that could allow six units on residential lots.

The densification surpasses the state's minimum mandates for duplexes in formerly single-family residential neighborhoods. The first-in-the-nation elimination of single-family zones was passed in 2019's last minute Legislative session.

Portland planners are set to debrief Council on their own ground-breaking RIP densification proposal on December 11. Opportunities for public testimonials are currently slated for January.

Also in January, an Oregon Court of Appeals will hear arguments that the plan fails to exercise oversight of so-called Middle Housing policies and that it lacks affordability requirements.

### Citizens Voice Concerns at Lents Public Safety Forum

By David Krogh

Mayor Ted Wheeler, Police Chief Danielle Outlaw and several East Precinct police officials attended a public safety forum in Lents November 5, with the intent of hearing citizen concerns about gun violence and other crime issues.

Besides hearing that reports of shots fired were up 22 percent since the previous quarter and that additional police presence is being provided to the area, most attendees went off the anticipated script and focused on issues with the homeless.

Virtually all complained that both City and County responses were inadequate to address this problem. The potential loss via sale and demolition of the County's multi-million dollar, never used Wapato jail was a prime concern.

"That site could have become a temporary community shelter and helped to get many of the homeless both needed services and shelter. Instead, they're sprawled all over the place in our neighborhood," cited one person.

Others mentioned the City is actively removing many of the homeless in other areas who are blocking businesses and sidewalks. "But not in Lents," said another resident.

Chief Outlaw responded that police often get caught in the middle. Either they respond too little or too much in the public's opinion. The bottom line, however, is that people want the City and County to take direct action and to stop stalling.

Several residents expressed that the current reluctance not to provide additional temporary transitional housing and focus more on permanent housing will not help those individuals and families on the streets the closer it gets to winter.

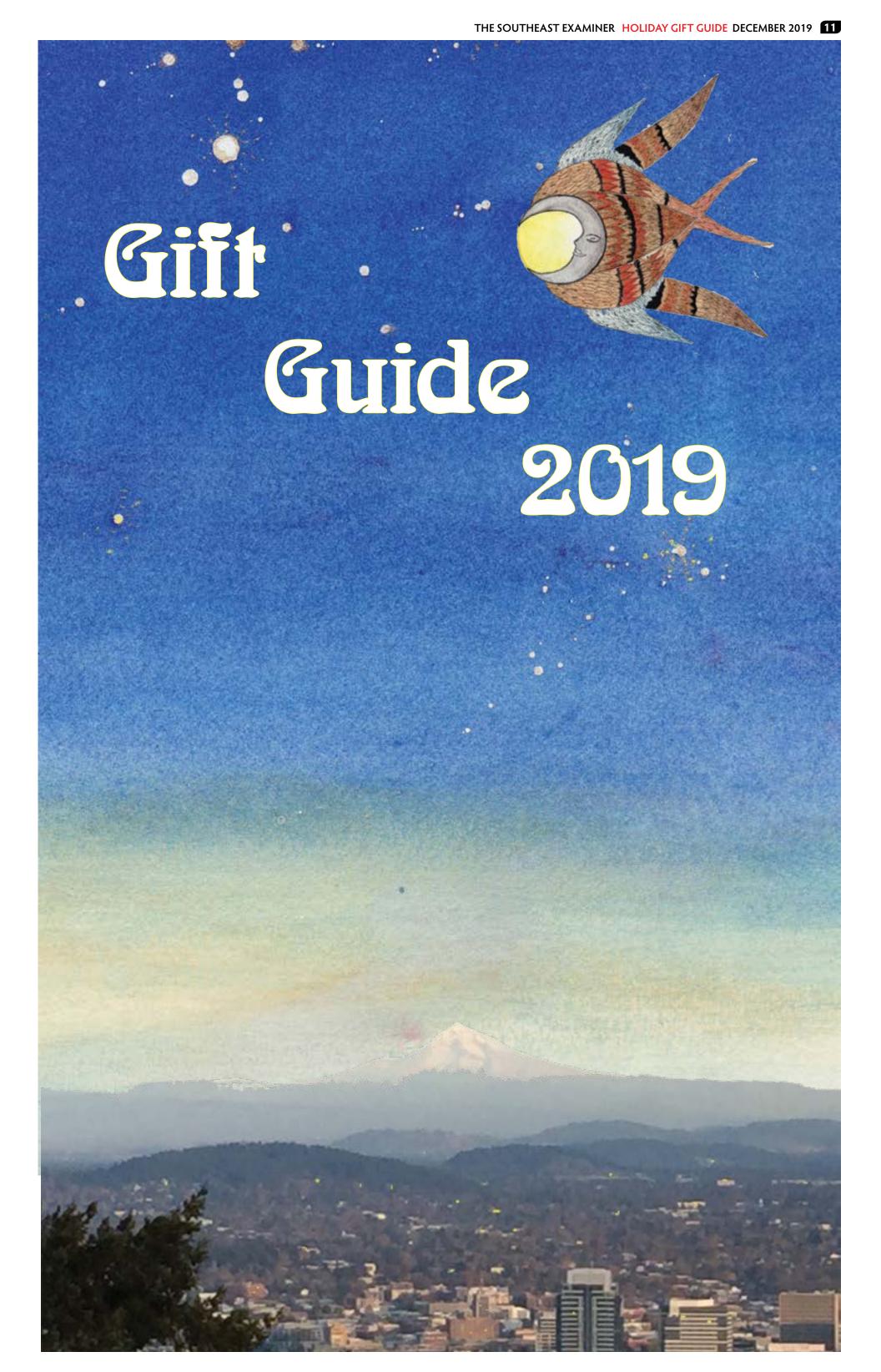
Wanted: Tiny home site. Homeowner with willingness, space & vision to embrace a Tiny home on their property.

Receive monthly income.

Questions, details: Christopher

360-298-1155

cjdolan54@gmail.com











The Southeast Examiner Gift Guide gives you a sample of ideas from the local merchants and businesses that will help put you on the right path for pleasing the people in your life.

Shopping can be a thrilling experience when you find that just-right item. Our merchants are ready for you this year with an abundance of well-chosen merchandise that will appeal to everyone – plus they offer personal service that can make gifting easier.

On a more fiscally responsible note, remember that a majority of the dollars you spend at locally-owned businesses stay in your community.

Happy Holiday from *The Southeast Examiner*!





Presents of Mind 3633 SE Hawthorne Blvd. 503.230.7740 presentsofmind.tv

Flock of Gerrys – Gerry Loves Tacos by Seasons Kaz Sparks \$14.95 Board Book or Hardback

This lyrical rhythmic tale by Portland native Seasons Kaz Sparks includes sixteen gorgeous full color illustrations showcasing her cast of characters, the Oregon Coast and the now famous "Taco Song"! Art lovers, Oregonians, musicians and children will appreciate this local treasure for years to come.



Monti's Cafe 8600 SE Stark St. 503.256.8300 instagram.com/montiscafe



Nestled inside Monticello Antique Marketplace, this Montavilla neighborhood cafe serves handmade pastries and soups, sandwiches, salads, coffee drinks, beer, wine, and six delicious flavors of mimosas ...every day! Enjoy your goodies either at cozy tables surrounded by shelves of books-for-sale or while perusing the antiques in Monticello. Gift certificates are available too!





**Toadstool Cupcakes** 3557 SE Hawthorne Blvd. 503.764.9921 toadstoolcupcakes.com

Oregon's top rated cupcake shop has twenty-four Toadstool flavors available every day plus the following holiday flavors: Pumpkin Spice, Black Forest Cherry, Almond Marzipan, English Toffee and Eggnog. The perfect bite-size dessert your family and guests will love!





Mod socks are fun, funky socks that are beautiful, durable and designed to look and feel great. Choose from sloths, unicorns and other fanciful creatures in both knee high and crew styles for both women and men.

Fyberworks Boutique has a passion for color and texture. Head up to Upper Hawthorne and find a treasure for the holidays. See their website for extended holiday hours and special offers.



RUBY PRESS letterpress + mercantile 2710 SE 50th Ave. 503.709.0069 www.rubypress.com

Support local makers and shop small this holiday season. Featured at the mercantile, are handmade and quality gifts and cards. There you'll find letterpress cards, handmade jewelry, bags, k9 fashion, apothecary, home, plants, books, and many other unexpected gifts for adults, pets and little ones. Alongside the mercantile is their working letterpress shop. It's one-stop shopping for all. Holiday Hours: Monday-Saturdays: 11 am-7 pm; Sundays: Noon-3 pm. Easy Parking too at SE 50th Ave. + Clinton.





open 7 days | gift wrapping











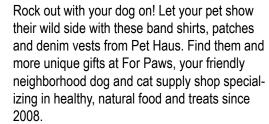


**Kids at Heart** 3445 SE Hawthorne Blvd. 503.231.2954 kidsathearttoys.com



HEXBUG has everything from robotic pet fish to battle bots to adorable moving woodland creatures. They're a super fun way to get kids excited about robotics! Stop by Kids at Heart to see all the options, along with a huge selection of games, toys, stuffies, and much more!

# **For Paws** 3340 SE Division St. 503.235.3204 forpawspdx.com





# RUBY PRESS

letterpress + mercantile



2710 SE 50th Avenue, Portland OR { PARKING SE 50th + Clinton } 503.709.0069 . www.rubypress.com . @rubypressmercantile



#### **Natural Furniture**

7960 SE Stark St. 503.284.0655 naturalunfinishedfurniture.com





At Natural Furniture in Montavilla, we have candles, trivets, phone stands, rockers and furniture for every room in the home. Great gifts your loved ones will cherish for years to come, most of which are locally-made. Stop by for brunch or dinner at one of our great neighbors. Happy Holidays!

#### **K Fit Studio**

2725 SE Ash St. 971.373.8499 kfitstudiopdx.com

K Fit Studio is a fitness studio for women, by women, specializing in group fitness classes, small group fitness and personal training. A no-judgment zone and a safe environment for women of all fitness levels. Give the gift of fitness this December! \$100 for ten classes. Call or email at info@ kfitstudiopdx.com. K Fit will motivate you to keep getting stronger and to feel your best!









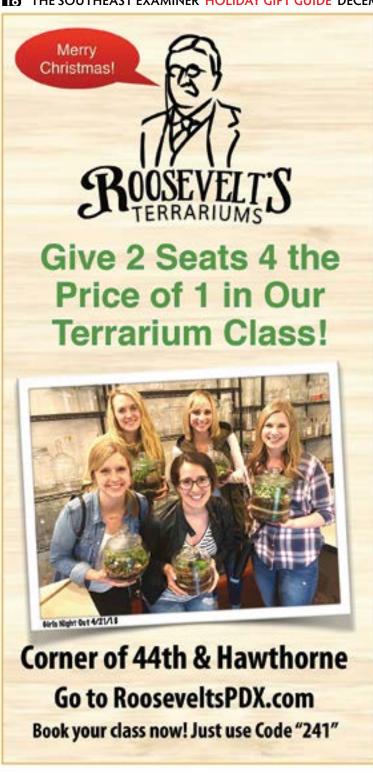
**KB Frames** 7828 SE Stark St. 503.257.0711 kbcustomframes.com

KB Frames has a fine assortment of art prints ready to pick up for the holidays. Pictured here is a sample of Northwest art by Paul Landquist. Paul has combined the nostalgic look of the past with the spectacular scenery of this area with destination and travel posters that capture the beauty of our unique land. KB Frames offers great framing and matting options. Get your order in early to be ready for the holidays.









#### PORTLAND WINE MERCHANTS

1430 SE 35th St. & Hawthorne 503.234.4399

# 2017 KEN WRIGHT PINOT NOIR, WILLAMETTE VALLEY

\$20.00 BTL.

Just released from one of Oregon's Iconic estates. The Ken Wright Cellars Willamette Valley Pinot Noir is a representation of many of their single vineyard Pinot noir sites in one bottle. Ripe rainier cherry, red plum and blackberry are nestled between notes of rose petal, cedar and turned earth. The wine is vibrant and lively on the palate with a generous finish. This is in my opinion the best Willamette Valley bottling thus far with a heavy percentage of Freedom Hill making it into the blend.

#### NV COLLETT BRUT CHAMPAGNE (THE REAL DEAL!)

\$29.95 BTL.

The NV Collett Brut is worthy of consideration by the snootiest Champagne fan. Generosity of flavor rather than austere finesse is the hallmark of the Collett style. A favorite of General de Gaulle who retired near the winery so he could sip it in his garden. So French!

#### STONE BARN CABERNET SAUVIGNON STONE BARN MERLOT FANCY P SAUVIGNON BLANC

\$5.00 BTL.

The biggest misconception is that all wine shops only stock expensive wines. That is NOT us! These are just three examples of the plethora of wines we offer under \$10! Delicious, Affordable and priced for large gatherings. You won't believe how good these wines are.

#### 2015 JACKSON ESTATE PINOT NOIR ANDERSON VALLEY, CA

\$15.00 BTL.

BEST \$15 PINOT NOIR PERIOD! The wine shows its coolclimate origins in bright acidity, accenting the rich flavors of blueberries, black cherries, cola and dusty spices. Firm minerality grounds the wine. The tannins are powerful, yet with silkiness on the finish, while oak barrel aging brings a smoky, sandalwood note. Beautiful to drink now on release, this Pinot will age well over the next six-plus years easily. 92 points – Wine Enthusiast and \$40! & \$32.00 if you are a member on their website!

Check out our web site at: portlandwinemerchants.com Tue. - Sat. 10 - 6:30, Fri. open till 8, Sun. noon - 5, closed Mon.

#### **Memento PDX**

3707 SE Hawthorne Blvd. 503.235.1257 mementopdx.com



The folks at Memento are happy to feature Bee Lucia Wellness Candles this year. These locally-made candles are created with organic coconut oil, beeswax and essential oils. The scents have names like Grounded, Relaxed and Inspired and contain natural crushed natural gemstone crystals like labradorite, lapis lazuli, citrine and amethyst. They come in glass or tins and are a perfect holiday gift idea!



#### **Division Hardware and Paint**

3734 SE Division St. 503.235.8309 division.doitbest.com

Looking for the right gift for the person who has everything? A Division Hardware gift card can be used for things any person on your list may need: paint for the room they need to brighten, plumbing and electrical problems that need fixing and kitchen items like paper towels, dish towels, dish drainer etc. Division Hardware gift cards are a thoughtful holiday gift.

#### **Rock Soft Futon**

3200 SE Hawthorne Blvd. 503.236.0921 rocksoftfuton.com

Handmade decorative shelving and furniture make great gifts for the Holidays!







### Milagro Theatre

525 SE Stark St. 503.236.7253 milagro.org



This \$50 Gift Certificate from Milagro Theatre allows the bearer experience exciting Latino Theatre. It's valid for two tickets at any price level, and is good through May 23, 2020. Redeemable at the box office or by calling Milagro at 503.236.7523. Consider using it for Milagro's current original holiday musical production: A XMAS CUENTO REMIX playing November 29-December 22, and good for all ages.







**Polliwog** 234 NE 28th Ave. 503.236.3903 polliwogportland.com



#### Comfort/Food

Squishable—those adorable round stuffies—are cozy and fun in every form and flavor, and Polliwog satisfies that particular hunger this holiday season with the deliciously colorful food items they offer....





Looking for easy thoughtful gifts for the women in your world? Stop by Popina. Aside from a large selection of quality swimwear - including their signature Popina line – they carry jewelry, handbags, hats, sandals, sunglasses and more. No wrapping required! They will even tuck your goodies into a cute reusable bag. Gift certificates too!













#### **Portland Wine Merchants**

1430 SE 35th Ave. 503.234.4399 portlandwinemerchants.com

For more than twenty-six years, Portland Wine Merchants has been bringing Diversity, Food Friendliness and Value to Portland wine lovers, specializing in sourcing the best wines the World over. They are not only aware of the Global Marketplace, but are famous for turning it upside down and squeezing it twice to find the best deals. This logically leads them to offering a vast selection from Europe and the New World and the largest collection of older vintage wines in the Northwest. A true candy store for adults!











2640 E. Burnside St. 503.234.6638 kuhnhausensfurniture.com





Handmade craftsmanship and artistry in each of these beautiful lamps. Enjoy 15% off all lamps in stock.

# La Bamba

#### Mexican Restaurante & Cantina

Serving regional fare from:

#### Veracruz • Oaxaca • Yucatan • Puebla

Platillos de Mariscos (Seafood), Four moles served daily, Cochinita Pibil, Calamari al Ajillo, Cactus Salad, kids meals

- Extensive gluten free and vegetarian dishes
- 220 different bottles of TEQUILA & MEZCAL

Serving lunch to groups by reservation. "One of the four most authentic Mexican restaurants and with reasonable prices," according to customers!

Open Tuesday - Sunday • 2 - 10 pm



Frida Kahlo art work

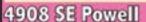
503.445.6341



4258 SE Hawthorne Blvd. 503.233.3369 fatstraw.com

"Give them a stocking stuffer they will use. Banh Mi + Bubble Tea = Happiness"







#### **Sidestreet Arts**

140 SE 28th Ave. 503.327.8064 sidestreetarts.com

Looking for something unusual for that special person on your Christmas list? Sidestreet Arts can help you find just the right gift. How about an original-art tree ornament? Or perhaps you need holiday cards? They've got those, too. Sidestreet carries artwork from over thirty local artists and they've filled the gallery with small works to fit any budget. Open special hours December 23 and 24. Come visit the merry Sidestreet Gallery this holiday season!



#### Sloan 3526 SE Hawthorne Blvd. 503.232.0002 Also at 735 NW 23rd Ave. and 3824 N Mississippi Ave.



L-R: Sweaters \$65-\$75, Hat \$79, Bralettes \$24-\$38, Handbag \$65, Beanies \$14 Asst. Gifts \$12 and up. Gift Cards always available! Find so many gifts like these and more at any Sloan location.

### **SWING BY POPINA**

for a gift for someone special (even if it's you). **Enjoy shopping in fun,** fabulous fashion.

- -Ahhhsome selection of jewelry for under \$75
- -Popina gift certificates
- -Many one-size-fits-all coverups

Have a happy, warm, sunny, kick-back holiday season!



2030 NE 42nd Ave POPINASWIMWEAR.COM



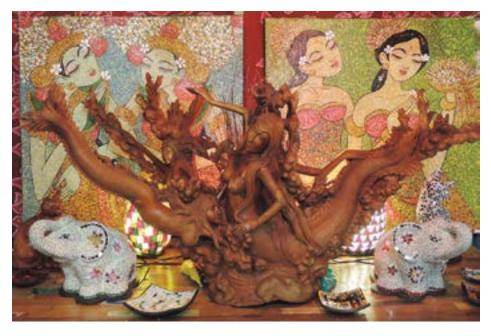


#### **Blue Butterfly**

1434 SE 37th St. (in the basement of Gold Door Art/Jewelry) 503.290.9890

Near Ubud, Bali in the 1970's, a gnarly wooden root was salvaged, and a carver engaged to find and release its hidden treasures. When the wood revealed itself to him, he masterfully unveiled these five dream-like mermaids entwined into this lovely sculpture (which held a glass table for thirty-five years). In this dialogue between wood and carver, we glimpse the amazing world of Balinese art.

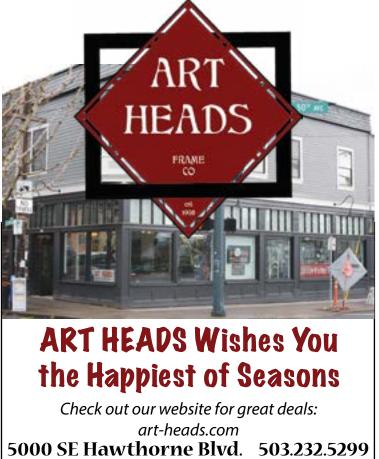
See this and other amazing woodcraft, fine fabrics, mosaic mirrors, lamps, furniture, paintings and other handcrafted art.



#### **Personal Beast Pet Supply**

8119 SE Stark St. (next to Observatory) 503.445.9449 Facebook/personalbeast

Bring Hygge home for the Holidays with cozy Pendleton wool beds and handmade wool accessories. Your fur family deserves the best this holiday season. 10-7 pm weekdays, 9-6 pm weekends. Open 10-2 pm Christmas Eve and closed Thanksgiving, Christmas day and New Year's Day.





Handmade gifts come from the heart! Come into PotteryFun to create memories and gifts they'll treasure. Choose from ornaments, vintage light up trees, cups for cocoa, and so much more. In a time crunch? Mosaics can go home the same day. The more the merrier, the sooner the better!

#### **Monticello Antique Marketplace** Mon. - Sat. 10 - 6 Sun. 11 - 5 8600 SE Stark St. 503.256.8600 monticelloantiques.com





Discover the perfect gift from a hundred vendors within their 26,000 sq. ft. store while you browse with your favorite beverage. From vintage to designer: furniture, home décor, accessories and art. The Christmas Show runs through January 6.



3200 SE Hawthorne 503.236.0921

Hours: Mon. - Sat. 10-6, Sun. 12-5

www.rocksoftfuton.com

#### **Music Millennium**

3158 E. Burnside St. 503.281.8926 musicmillennium.com





3848 SE Division St. 503.233.4402 TibetanPrayerFlag.com

Singing Bowls were used for generations in the Himalayan belt. Check out their large selections and sizes. Sound is a medium of healing that brings tranquility to your life. Bring in the joy and wishes of great health and happiness into your home, and to your family and friends. Many bowls and bells to select from. Cards and other gifts for all occasions and especially the holidays. Join in the celebration and take a part in sharing and caring.



Andy and Bax 324 SE Grand Ave. 503.234.7538 andyandbax.com



Nothing goes better together than Knives and Coffee. Stop by Andy and Bax this holiday season to find Oregon-made and Oregon-based gifts such as Benchmade Knives and Fifty/Fifty coffee mugs!



**Peoples Co-op** 3029 SE 21st Ave. 503.organic peoples.coop

People's Food Co-op is a community-owned, worker-run, vegetarian grocery store that has been rooted in SE Portland for nearly fifty years. At People's you'll find a bounty of local and organic produce; a sprawling bulk selection that includes lots of bulk foods, herbs, spices, teas, coffee, home care products, body care products and lots of other grocery staples. A People's Gift Certificate is a great way to share the bounty with loved ones on your list. Shopping at your neighborhood co-op means supporting your local economy, supporting local food producers, and knowing where your food comes from. Everyone is welcome!





The Beatles 50th Anniversary edition of Abbey Road is out!

- 2 Sessions CDs featuring previously unreleased studio outtakes, demos and studio chat.
- 1 CD of the original album with new mix by Giles Martin and Sam Okell
- Blu-ray disc featuring a surround mix in Dolby Atmos and 5.1 Surround Plus Ho-Res Stereo
- Hardback book
- · Also available as 2 CD edition and single, double and box set vinyl edi-











Books With Pictures has a NEW location – in the old Longfellow's Books – where you can find gifts for everyone on your list. The latest bestselling YA memoir, Guts; the complete collected space adventure, Saga Book One; the magical kids' novel of self-discovery, The Midwinter Witch; or the masterful, fanciful manga, Cats of the Louvre, are all waiting on their shelves. The knowledgeable staff can match personalities to the perfect title, and if you just can't choose, they have gift cards!

503.841.6276

bookswithpictures.com

#### **Roosevelt's Terrariums**

1510 SE 44th Ave. # 101 Corner of 44th & Hawthorne Blvd. 503.734.9996 RooseveltsPDX.com



Choose extraordinary gifts from Roosevelt's terrarium gallery or their special 2 for 1 offer on popular terrarium planting classes (offered five times each week). Roosevelt's offers convenient Gift Cards to meet all your Holiday needs. Visit their shop today.



# SALE SALE SALE HOLIDAY CLEARANCE SALE

From the High Mountains of the Himalayas to the Jungles & Plains of India we have something for you



# Making spirits bright



#### Twill

3539 SE Hawthorne Blvd. 503.922.2084 twillclothing.com

Warm and cozy flannel pajamas by PJ Salvage are always a perfect gift for this time of year. Choose from a selection of prints and colors. Also find classic and contemporary sweaters, shirts, coats, pants, hats, gloves and scarves, locally made jewelry and a selection of paintings by artist Jane Kearney. For stocking stuffers, paraben free lotions, tinted lip balms, perfumes, bralettes and socks, Twill's new location is 3539 SE Hawthorne Blvd.





#### La Bamba Restaurante and Cantina

4908 SE Powell Blvd. 503.445.6341 bit.ly/20xdsL1



A La Bamba gift certificate is the Perfect Holiday Gift! Your loved ones will enjoy a delicious meal: Seafood galore, five different Moles, pork chops, Carnitas or Cochinita Pibil. More than 220 Agaves (Tequila-Mezcal) to say: Feliz Navidad... Happy Holidays!



Moonshadow 3819 SE Belmont St. 503.235.5774 moonshadowmagick.com

There's a place within everyone where nature is pure, time stands still and the realm of magick is everywhere. Moonshadow invites you to reach across time and space to reclaim your very own magick. As you journey through Moonshadow, exploring and savoring all the unique magickal artifacts, may you be transported with the assistance of Rhiannon on her horse back, with the watchful eyes of the Greenman or even the guiding assistance of Artemis, Goddess of Hunting. Open 12-6 pm Mondays through Saturdays, 12-5 pm on Sundays, closed Wednesdays and Thursdays.







Chauncey P. Gardner looks forward to seeing you! www.portlandpictureframe.com check us out of facebook

PORTLAND **PICTURE** FRAME

your Custom Framing purchase

or if you bring in 3 or more pieces we'll give you 30% off be used on E-series Poster Package or Ready May not be combined with other offers.

> 2805 SE Holgate Blvd. 503.236.1400 Mon-Sat 10am to 5pm







Khalsa Pain Relief Clinic, P.C.

5013 SE Hawthorne Blvd. 503.238.1032 khalsaChiro.com

Give the gift of wellness this year with a Massage Gift Certificate from Khalsa Pain relief Clinic. They offer gift certificates for 30, 60, or 90 minute massages. Providing evidence-based chiropractic and massage services since 1982. Relax and rejoice this year with a massage.



Portland Pet Supply
4242 SE Hawthorne Blvd.
503.233.3866

facebook.com/Portland-PetSupply

This Holiday, Portland Pet Supply is proud to offer Pendleton beds, coats and sweaters for your furry children as well as toys made locally in Portland and Washington!



# Choose from Over 750 Colors and 10 Metal Trims Now Performing LIVE at Eastbank



"We Promise Detailed Planning, Follow-up and Professional Delivery"



800 SE Hawthorne Blvd 503.954.1192 Open 8:30 to 5 Mon - Fri

## **Building Small Sustainable Structures**

By Nancy Tannler

The Build Small Live Large Summit was held at PSU in November in response to a national demand for greater diversity in housing options. This was the fourth biannual summit and the first to focus primarily on alternative living options.

Presentations included ways to develop smaller homes, co-living situations, zoning, finance, design showcases, middle housing and ADU legislation; a full spectrum of housing options to help alleviate America's increasingly unaffordable cities.

Eli Spevak, of Orange Splot was the day's moderator. The opening speakers began by explaining the changing rules for residential neighborhoods and the need for more choices and smaller homes.

Portland is lacking approximately 48,000 affordable rental units. In response to this, Metro promoted the first affordable housing bond measure that passed last November for \$652.8 million. The bond will create affordable housing for approximately 12,000 people in the greater Portland region. Properties have been identified and building will begin soon.

Lynn Peterson, Metro President, spoke about their involvement with the housing crisis. Metro's primary budget is for waste management, but they also oversee transportation, public housing, the zoo and green spaces, not only for the City, but for twenty seven other cities in Multnomah, Clackamas and Washington counties.

Peterson went on to explain, that like her own family, many newcomers to Portland are forced to look outside of the city for affordable housing.

While this made it possible for them to afford to build an ADU on their property and house their parents, an unfortunate downside was that it added one more commuter to an already beleaguered highway system.

From 2015 to 2017 commuter traffic increased by 35 percent. Metro has begun meeting with residents to discuss the 2020 Transportation Investment Measure to try and find a way to

move people around the city and decrease pollution. This is why Metro, as sponsor of the Summit, is focusing on ways to create more inner city housing.

Taylor Smiley Wolfe, Policy Director for Home Forward (formerly The Housing Authority of Portland), spoke of their responsibility to those who encounter barriers to housing because of income, disability or special needs. The stats presented were overwhelming.

Smiley Wolfe was Policy Director for House Speaker Tina Kotek who has championed House Bill 2001; a bill that would assist local governments to allow duplexes and/or middle housing and assist local government to improve water, sewer, storm drainage and transportation – necessary upgrades to manage increased population.

The conclusion of the opening speakers for the Build Small Live Large Summit was that, as a society, we can no longer wait to fix the housing crisis. The time to act is now and the presenters offered solutions in three blocks of concurrent sessions. *The Southeast Examiner* attended these two.

# What's New with ADUs? Legislation, Development Costs Valuation

Abdur Abdul-Malik, of Quality Appraisal Inc., addressed the cost of building different types of ADUs and the value each add to a property.

He covered four basic types of ADUs: basement, attached, detached and garage. There are subsets to each of these. Basement and attached ADUs increase the value of the house by 24 percent where detached and garage conversion ADUs increase value by 20 percent. A variable in this equation is the size of the space and what it costs to build. People are finding that building an ADU doesn't always pencil out.

Kol Peterson, author of *Backdoor Revolution: The Definitive Guide to ADU Development* and the owner of Caravan, the Tiny House Hotel, has become an expert on accessory dwelling unit development here in Portland.

He is an advocate for HB 2001 and the Residential Infill

Project which in some instances will allow one house and two ADUs. Peterson spoke about new legislation that is making building easier. Off-street parking is no longer required and now the setback is only four feet. The average cost of a detached ADU is \$193,000.

The next big thing is manufactured ADUs. Wolf Industries, from Battle Ground, Washington, offers different floor plans ranging from 300 to 600 square feet and from \$50,000-\$80,000. There are four of these already in Portland.

### SROs and More – A Reemergence of Co-Living

Between 1978 and 2015 Portland lost 40 percent of their affordable rental units. The need for affordable housing has caused people to become more creative in the ways they choose to make a home. Speakers at this session spoke of alternatives.

Sean Hubbert, of Central City Concern, spoke of what this non-profit is doing about the housing crisis as housing is known to be the first step towards good health, employment and helping people integrate back into the mainstream.

They are currently partnering with Do Good Multnomah on the Findley Commons project – eighteen Single Room Occupancy (SRO) units that rent for \$350 per month.

Findley Commons will redevelop the parking lot at St. Mark's Lutheran Church, SE 55th and Powell and this facility is for under-served Veterans.

The Blackburn Center just opened at 121st and E. Burnside offering affordable housing and a medical clinic. Hubbert said that the problem won't be resolved until the Federal Government gets their head back in the game.

In 1982 during the recession, President Reagan withdrew funding from HUD, assigning churches to take on the responsibility of housing the poor. Subsequent US presidents have continued to defund HUD.

Transition Projects Inc. is building 72 SROs for low-income and formerly homeless individuals. LISAH is an affordable, low-cost housing prototype built

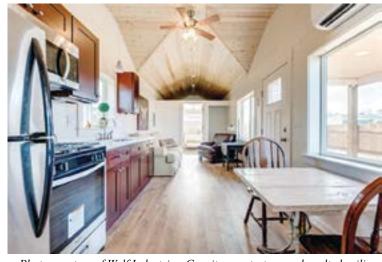


Photo courtesy of Wolf Industries. Granite countertops and vaulted ceilings are standard in the Model C, their most popular. 400 total sq. ft. \$59,900

from modular units in the Kenton neighborhood.

Another housing model is Bungalow Living Inc. General Manager Caitlin Condon discussed the success they're having here and in ten other cities with move-in ready co-living houses.

Bungalow purchases a large home in a neighborhood with enough property to build an ADU, and converts the house into SROs with a common room, kitchen and bathrooms. The same is done with the ADU building.

Residents have a built-in community, and a place to live and entertain at a more affordable rate. Plus, they are involved in the process of who other renters will be.

The Build Small Live Large Summit presented different ways people are solving the housing crisis. If the metro regions growth continues at the current rate, there will be three million people living here by 2035. Making room for everyone while maintaining livability is a challenge that has just begun.





By Jack Rubinger

For those of you who've been wondering why the Dairy Queen on Division across from Franklin High School has gone dark, we got the scoop talking to Fred Braden, Executive Director, Dairy Queen of the Pacific Northwest and city planners.

Braden explained that plans for a major remodel and a radical redesign began in 2017 on the 20,000 square foot site, including modifications to the drive through.

He's hoping to re-open the Dairy Queen in Q1 of 2020.

"This is a quintessential walk-up Dairy Queen in a wonderful area and there are few walk-ups remaining in the United States.

"The Division Street loca-

tion has a lot of history with our group. It was one of the first stores opened in Oregon," said Braden. "Right now we're dealing with things like asbestos removal."

Don and Dorothy Williams were the operators of the location for more than forty years prior to the closure and Braden stated that some of the employees have been moved to other locations owned by the operator.

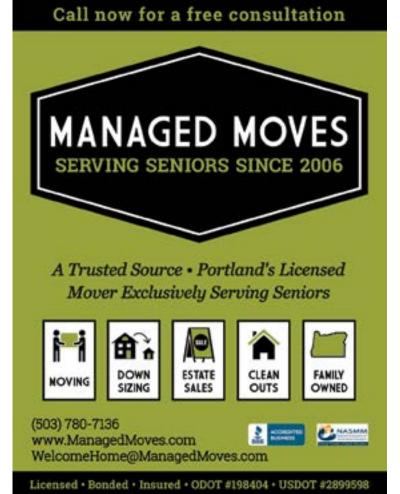
City planners describe the project as a new construction project that has three active permits.

According to Emily Volpert, the City of Portland's Community Outreach & Information Specialist, the Dairy Queen at 5605 SE Division St. permits include a Demolition Permit 239458 (issued in 2019), Commercial Building Permit 210965 (submitted in 2018, re-activated in 2019) and Urban Forestry Street Tree Planting Permit 129640 (issued in 2019).

Plans call for the demolition of an existing commercial building, and the construction of a two-story restaurant with the main floor to include a kitchen area, restrooms, interior and outdoor dining, a second floor to include dining, a break area, an office and new landscaping.

"I don't know of any unique obstacles that this project will need to overcome – just compliance with the applicable State and City codes in the Commercial Mixed Use 2 zone.

"Right now, they have the demolition permit approved. The re-activated building permit is under review," Volpert said.



# **Going Out**



The Mount Tabor Park 2020 Calendar is an ongoing personal project of photographer Andrew Haliburton, celebrating the visual beauty of our beloved park and its historic structures.

Although the reservoirs no longer hold Portland's drinking water, for more than a century, they were the heart of the city's supply, a steady flow of exceptional water from the pristine Bull Run. Disconnected from the City's drinking water system in 2016, they are now historic structures.

The park covers nearly two hundred acres, offering paved and unpaved trails, play areas, basketball court, tennis courts and picnic areas.

The calendar features twenty-five photos of vistas and features in and around the park along with dates of guided tree identification walks; and volunteer Weed Warriors clean-ups. Printed and bound here in Portland, it is available at the Visitor Information Kiosk in Mt. Tabor Park or by emailing info@andrewhaliburton.com or calling 503.319.8946 for \$22 each. A percentage of sales will be donated to Friends of Mt. Tabor Park. See andrewhaliburton.com.

Mosaic String Academy Teaching Sound Art Though Strings, offers private lessons in violin, viola, cello and bass taught by warm and experienced faculty.

Founded by Portland violinist, fiddler and teacher Kate O'Brien, MSA provides a unique opportunity for students of all ages to rehearse and perform together (including

adults). Registration is now open for the next session of Group Classes beginning February 3, 2020. The Academy is at 5120 SE 28th St. See mosaicstringacademy.com for more details.

#### arts & performance

Theatre's famous ZooZoo is back with all the bug eyes, insomniac hippos, arrogant anteaters, introverted frogs, polar bears, acrobatic worms and tricky penguins.

ZooZoo opened in 2009. Its signature piece FROGZ had



been touring since 1979. Creator Jerry Mouawad said "In 2003 we created Biglittlethings. After exploring a number of new crea-

theatre

pieces, we decided to take the best of FROGZ and Biglittlethings and merge them into ZooZoo. The show toured Egypt last season.

ture

Audiences love seeing it over and over and many young adults who saw FROGZ as children were inspired to go into theatre.

"In fact," Mouawad said, "we have had some of those actors return to be in Imago shows."

Recommended for three

years old and above, ZooZoo presented December 13 to January 5 at Imago Theatre, 17 SE 8th Ave. half a block south of Burnside St.

Performance times at

imagotheatre.com. Advance tickets at bit.ly/37vpXPO. There is no online per ticket fee.

# Ava Mendoza Guitar Languages

The Creative Music Guild (CMG) welcomes Brooklyn's experimental guitarist, Ava Mendoza to town for a twoday residency.

Mendoza knows and creates evolving languages of the guitar. Her compositions are journeys though her dextrous, expressive mindheart. Her work as leader of the band Unnatural Ways provides a nutritious meal of sonic textures.

Ava Mendoza

She's toured throughout several continents and recorded or performed with

Carla Bozulich, Fred Frith, Mick Barr, Nels Cline, Jamaaladeen Tacuma, the Violent Femmes and many others.

CMG is presenting Mendoza Tuesday, December 10 at the No Fun! Bar, 1709 SE Hawthorne Blvd, (9:30 pm \$10-20 sliding) in a trio with Andrew Jones and Grant Pierce and the next night in a solo show December 11 at Turn! Turn! Turn!, 8 NE Killingsworth St. in an 8 pm show.

CMG's educational outreach has partnered with the Bodecker Foundation to offer a Mendoza guitar and composition workshop too, Wednesday, December 11, 4 pm at 2360 NW

It's an exhilarating adventure to hear her guitar music. Listen in at bit.ly/2qCBcpk and visit avamendozamusic.com.



# Very Merry Cash & Carry

Sidestreet Arts gallery is filled head to toe with gift-able art in their annual Very Merry Cash & Carry Show December 4-29. Fnd just the right gift for that special someone on your list among the many special art pieces from both represented artists and guests. Everything in the gallery is take home ready on the spot.

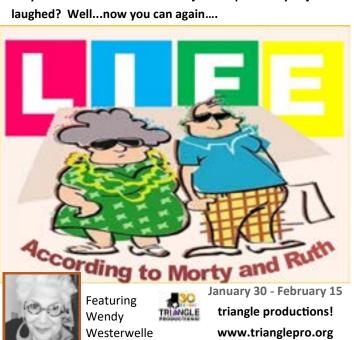
This Art Doll by Sidestreet's wickedly crafty Alicia Justus is only one of the colorful one-of-a-kind handmade and completely original treasures you'll find decking the halls

by Alicia Justus First Friday is December 6, beginning at 6 pm. Drink eggnog, sample holiday treats and share the good cheer of the season. Their Christmas tree is loaded with purchasable artist-made ornaments throughout the month, along with a hearty selection of holiday cards. The gallery's monthly brunch is Sunday, December 15 with hot toddy fun from noon-2 pm. They're open for last minute gifting December 23 (11 am-6 pm) and 24, (11

am-3 pm) too. Sidestreet Arts 140 SE 28th Ave. 503.327.8064



Do you remember when life was just simpler and you just



The Welsh Society of Oregon (WSOR) presents **Twelve** Days of Christmas in Wales celebrating with vocal and instrumental music, readings and dramatic enactments. The concert takes place Saturday, December 14, at Saint David of Wales Episcopal Church, 2800 SE Harrison St, and highlights the traditions of Wales and festivities of the Twelfth Night.

WSOR's Welsh Dragon Choir, directed by Dr. Jamie Webster sings carols. Joining them will be Andrea Wild and the Bad Wolves, Portland's only Welsh folk music band, along with readings of Dylan Thomas by Idris Evans, a native of mid-Wales, and the Little Dragons children's improvisational troupe. There will be singalongs and a chance to learn to sing in Welsh.

Andrea Wild and The Bad Wolves presents Welsh music infused with elements from Breton, Cornish and Scottish music and feature Wild's distinctive voice; uilleann piper and fiddler, Preston Howard; and multi-instrumentalist Zac Leger on bouzouki, guitar, fiddle, whistles, accordion and

Music at 7 pm. Advance tickets \$12 at bit.ly/2OealtR. \$15 at the door.

See oregonwelsh.org



a metaphysical book for healing

Erin Emily Lassell, author

available on amazon.com thecolorofsunshine.com



# **Going Out**

### **Stark Street Studios Holiday Show**



Dragonfly Coffee

Stark Street Studios and Gallery, is Portland's longest running ceramic studio collective, first opening in 1980. Their annual holiday show is December 1 and their First Friday Show and Sale is December 6, from 6-8 pm. The gallery is open by appointment everyday as well.

The display features ten ceramic artists with their largest, most diversified inventory of the year a whole gallery filled Pourover by Amy Fields with unique, nanomaco, or art gift options. Wine, small bites and live with unique, handmade, expertly crafted

music will be featured during some weekend hours too. "Everyone's style and craft is distinct so there is some-

thing for everyone's ceramic taste, which makes personalized and thoughtful gift giving easier," says Carol Greiwe, studio collective member for over twenty years.

Established by Charlie Piatt, Stark Street Studios & Gallery is comprised of a dozen accomplished local artisans. The collective works in a wide range of technique and firing processes.

The gallery, at 2809 SE Stark St. is open by appointment. Open hours are expanded for the holidays. December hours are Tuesdays-Sundays, noon-6 pm. 503.238.0973.

Babette Harvey's Arctic Tales Past and **Future** 



Unfit: The Tale of One Pregnant Teen in the Bible Belt Before Women Had Choice has its book release party and reading Sunday, December 8 at Clinton Street Theatre, 2522 SE Clinton St., at 2 pm. Theatre owner. and writer Lani Jo Leigh writes about her early life in this revealing "It was the Age of Aquarius

and a time of sexual freedom, but in Oklahoma, sex, drugs and rock and roll were still the "devil's handiwork". In the repressed fundamentalist culture of her hometown, sixteen-year-

old Lani Jo Leigh struggled with the "sin" of her sexuality.

She learned she was pregnant and was banished to a maternity home in New Orleans. The book is the story of her time there and also the story of friendship and genuine caring she found.

Between World War II and Roe v. Wade, 1.5 million girls and young women were sent to maternity homes and coerced into relinquishing their babies.

**Unfit** will be on sale at the reading and via Amazon after



Hershey, Steinberg, Doherty

Game Changers: Remembering Moments That Matter, is the monthly Portland Storytellers Guild theme for December and it features a trio of transplanted New Yorkers' tales about life's pivotal times.

The Big Apple expatriates are Maura Doherty, Edward Hershey and Pearl Steinberg who now call Portland home. All are live Saturday, December 7 at the Clinton Street Theater.

Doherty told her first story when she was five. Her tales take us from the Bronx to inside the walls of a convent, and on to Tennessee, California and Oregon.

Hershey draws stories from varied careers: journalist, teacher, government official, union activist, antiques columnist, Shakespearean theater president, and basketball announcer.

Steinberg's father was a teller of tales who brought his stories to life with facial expressions and voice changes. Following a distinguished career in higher education, Texas talespinner, Elizabeth Ellis helped Steinberg propel into professional storytelling.

Tickets are \$15 online at bit.ly/2Dj7ZCk and \$20 night of show. Doors open at 7 and the stories start to flow at 7:30 pm.







"Go again ... it's that unique ... a blast!" A Child Grows in Brooklyn

TICKETSWEST.COM — IMAGOTHEATRE.COM



A landmark of Portland cinema history, The Clinton Street Theater is Portland's indiest, friendliest art house theater with film, live music, theatrical productions and community events. Come see for yourself what makes us so unique.

CSTPDX.COM • 2522 SE Clinton St

arts & performance

Milagro Xmas Cuento Remix continues through December 22. A modern-day, Latinx take on Dickens' classic Christmas Carol, this adaptation features strong female leads, modern music and holiday cheer.

Written by Milagro's Maya Malán-González and directed by Alex Meda, it's the story of Anita who has lost her job on Christmas Eve with her family about to lose their house. She seeks out help from her estranged Tia Dolores.

Of course, Dolores won't be getting any sleep this Christmas Eve as she'll be visited by edgy carolers who remind her of the importance of family and traditions. It's a new take on an

The play runs Thursdays-Saturdays at 7:30 pm, Sunday at 2 pm, at Milagro Theatre, 525 SE Stark St.

Tickets are Adult \$29/\$32 at the door. Seniors \$25/\$30 Students/Veterans \$20/\$25.

See milagro.org



Confluence Willamette Valley LGBT Chorus presents Winter Lights, seasonal music old and new, Saturday, December 14 at 7:30 pm. at Colonial Heights Presbyterian Church, 2828 SE Stephens

Raymond Elliott, Artistic Director, conducts Handel's Let Their Celestial Concerts All Unite, with words by John Milton; John Rutter's Blow, Blow, Thou Winter Wind, with text from Shakespeare; and songs featuring light and winter themes.

Tickets online at confluencechorus.org, \$15/\$12 advance/seniors, students or at the door \$18/\$15. No one turned away for lack of funds.

# Shopt takes ...arts news of note

CALL TO ARTISTS: 15TH ANNUAL MT. TABOR ART WALK will be held May 16 -17, 2020. This juried event showcases artists living in the Mt. Tabor neighborhood and a limited number of guest artists, and presents high-quality visual art in a variety of media. Details and online application at mttaborartwalk.com. Application, fee and images for jurying are due December 31, 2019 for Early Bird fee or January 10, 2020 final deadline.

#### PORTLAND RADIO PROJECT (99.1 FM) HOLIDAY BASH

- The non-profit community music station hosts its annual fundraiser Friday, December 6 at Holocene, 1001 SE Morrison St. from 6 pm - 9:30 pm. The Bash celebrates Portland's vibrant music scene with live performances from multi-instrumentalist Maiah Wynne, soul artists Adebisi and a third surprise band whose identity hasn't been revealed yet. The event will raise funds to keep local musicians on the radio and includes hors d'oeuvres from My Vice Catering, a wine wall from Brooks Wine, a silent auction, and crafts from local makers. Tickets are a \$25 donation to PRP.fm . You can donate online or at the door.

STAR OF WONDER, In Mulieribus Women's Vocal Ensemble's winter concert, is performed Friday, December 20, 8 pm at St. Mary's Cathedral, 1739 NW Couch St. The concert features medieval carols, several from The Worcester Fragments – late 13th and early 14th century English vocal works discovered in the early 20th century, and contemporary pieces by Tarik O'Regan and James MacMillan. The Worcester Fragments are the largest surviving example of English vocal polyphony between the 11th and 15th centuries. Tickets available at bit.ly/2D88PSu.

CELEBRATE the SEASON AS DOJUMP & 3 LEG TORSO and friends team up again for a holiday celebration full of musical, acrobatic and theatrical glory. Be swept away by laughter-loveacrobatics-dancing-juggling-music and mayhem, the impassioned music of 3 Leg Torso, and the whimsical heart stopping beauty of Do Jump with Joan Szymko, Pepe Raphael, Ralph Huntley, Patrick McGuire and others in a show directed by Robin Lane. Presented Friday-Sunday December 20-22 at 7:30 pm (3 pm matinees December 21, 22) live onstage the Alberta Rose Theatre, 3000 Alberta St. Tickets \$18-\$50 with group discounts available at albertarosetheatre.com. The whole family is welcome. Don't wait! Last year's



DECEMBER 2019

THE **NEXT WALTZ** 

THE ALLUSIONIST 19

2

10

M XMAS A HOLIDAY CIRCUS SPECTACULAR THE NOWHERE

13 14 BAND + ROSE CITY CIRCUS

> SCIENCE ON TAP COMING TO A FAULT **NEAR YOU** PLANNING FOR CASCADIA EARTHQUAKES

THE MYSTERY BOX SHOW TRUE STORIES ALL ABOUT SEX DAVID ARCHULETA **CHRISTMAS TOUR 2019** 

MAGICAL STRINGS CELTIC YULETIDE CONCERT

LIVE WIRE RADIO WITH LUKE BURBANK

**CELEBRATE THE** SEASOIN

DO JUMP AND 3 LEG TORSO

+ JOAN SZYMKO + PEPE RAPHAEL

DIRECTED BY **ROBIN LANKE** 

THE WHOLE **SHE-BANG!** A NEW YEAR'S EVE PINK PARTY

**MARCHFOURTH** THE SALOON **ENSEMBLE** PINK LADY & **FRIENDS** 

FOR INFO AND TICKETS VISIT ALBERTAROSETHEATRE.COM



COCKTAILS | FOOD | DESSERTS OPEN LATE | 7 DAYS A WEEK

2940 NE ALBERTA



### **At Your Service**



#### ADVERTISE HERE...

and reach 23,000 homes and businesses by direct mail!

Let them know about

your service

503.254.7550 examiner@seportland.news



# Tom Leach Roofing

45 years roofing your neighborhood.

503-238-0303

TomLeachRoofing@Comcast.net



www.czbecker.com

ech# 105395



Renovations | Remodeling | New Construction www.Murphy.Construction 503-319-3437

A South East Portland neighbor since 1997 CCB #216870



Dan Bollard Owner/Operator

**503.704.0100**cca 189748 danbollard@yahoo.com





We design simple, beautiful buildings with a strong connection to nature.



Houses





Additions

ADUs

503-395-8383

polymath studio.com



### SUN DOG CONSTRUCTION .COM

REMODEL - RESTORE - REPAIR Basements, Attics, Conversions Kitchens, Bathrooms, Additions Interior/Exterior, Moisture, Rot, Maintenance/Handyman service BIG JOBS, small jobs, Design...



503.957.7559 AUTUMN SUN PARDEE sundogconstruction@mac.com



Trusted in Portland For Over 21 Years CCB# 100658

Licensed, Bonded & Insured

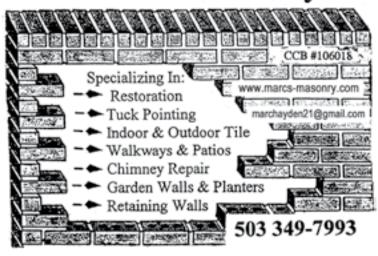
Phone: 503-232-1060

2730 SE 15th Ave, Portland OR 97202

SERVICE • REMODELING • REPIPING



# Marc's Masonry





Design

Installation

ENERGY EFFICIENT GAS FURNACES · AIR CONDITIONING · GAS FIREPLACE INSERTS DUCTLESS + DUCTED HEAT PUMPS · TANKLESS WATER HEATERS · RADIANT SYSTEMS 503.708.9889 . WWW.ECOHEATPDX.COM . HQ@ECOHEATPDX.COM



Greg A. Bunker
Framer & Artist
7828 SE Stark St.
Portland, OR 97215
grgbnkr@yahoo.com
503-257-0711

www.kbcustomframes.com

# Subscribe!

If you don't already receive The Southeast Examiner, subscribe & never miss an issue.

1 year subscription = \$12
Send the below form to: The Southeast Examiner
1020 SE 7th Ave #14313, Portland, OR 97293
or email examiner@seportland.news

Name:

Address:

City, State, Zip:\_

Purchase a subscription for yourself or as a gift.

# **Neighborhood Notes**

#### Montavilla

By Louise Hoff

Montavilla Neighborhood Association has elected a dynamic new board with a united goal of strengthening our neighborhood by listening to the suggestions of neighbors, supporting our local schools, music events, the arts and learning more about the new zoning codes. Montavilla is the most internationally diverse community in Portland and our board wants to cast a wider net to draw more voices into our meetings and activities through social media, a wide variety of programs and participating in community events.

Our goal is to encourage new leadership, block parties and innovative neighbors in the fields of art, music, non-profits and business so our December 9 meeting will feature Muz Azfal who will explain all of the grants available to our neighbors. A neighborhood association is a great place for young leaders in our community to get started with public communication and networking. We want to hear from schools, scouts, churches, local politicians, Apano, Irco, PCC, artists, writers and musicians to use our platform to show just how vibrant our community really is.

In 2017 Montavilla was selected as one of the 10 best neighborhoods in the United States and we want to live up to that. We are a compassionate neighborhood and will be donating a substantial sum of money and twenty-five blankets to the local shelter at the next meeting,

Our new suggestion boxes are already in full use. Questions about speed bumps, slow signs, greenway applications, neighborhood watch, public safety, land use updates and volunteering are already helping us design our next programs.

Two months ago, we had a neighborhood tragedy and Konko Church, Montavilla Baptist Church and East Precinct police department created two very positive community gatherings to comfort both the family and listen to the needs of our neighborhood.

Our December 9 meeting opens its doors at 6 pm with a land use exhibit of a local developer and light refreshments. Our meeting begins at 6:30 pm with introductions, short public announcements, an update from Lieutenant Hayes from East Precinct about public safety issues, honoring our outgoing board and Muz Azfal's grant presentation.

#### Richmond

By Brian Hochhalter

The Richmond Neighborhood Association (richmondpdx.org) convened Monday, November 11 at Waverly Heights Church. Allen Field discussed an updated Good Neighbor Agreement (GNA) between the RNA and Salt & Straw. The RNA Board unanimously approved endorsement of this GNA and acknowledged Salt & Straw's cooperative spirit in working to mitigate neighbors' concerns.

Our discussion regarding community outreach and engagement continued. Public polling, posting announcements on the bulletin board at the Hosford School grounds, resuming the RNA newsletter and cultivating a more parent/child friendly environment were discussed. It was suggested that a children's crafts activity table and area be set aside for those neighbors that want to bring their children.

Sydney Mead, our Division Clinton Business Association (DCBA) representative discussed the DC-BA's willingness to partner with neighbors in monthly litter clean-up activities.

PDX Main Street Design Initiative Representative & RNA Land Use Co-chair, Heather Flint Chatto, provided an update on the City's Design Overlay Zone Amendments (DOZA) and discussed key issues and advocacy guide that can be found at pdxmainsreets.org/doza. She also reported PDX Main Streets Initiative activities such as an exhibit at Floyd's Old Town Coffee as well as presentations at a Live Queer Comedy show and the King Neighborhood Association.

Join our next meeting Monday, December 9, at 7 pm and offer your ideas and any community projects you want to organize. Meetings are held at Waverly Heights Church, SE 33rd/SE Woodward St. in the basement; enter from the east-side door. All are welcome.

#### **South Tabor**

By Tina Kimmey

At the November Land Use meeting, we discussed the upcoming speed bumps between 52nd and 75th on SE Woodward, pedestrian safety and other proposed changes along the street. There is interest in a speed/volume count on SE 58th south of Woodward. There was an update regarding Findley Commons, the project for houseless Veterans proposed at the St. Mark's site. For more information, go to bit.ly/35v8Ls1.

At our general meeting, we had presentations from Mingus Mapps, City Council candidate, and Scott Moshier, a representative for the US Census regarding job openings for the 2020 Census. If you want to help update the neighborhood association bylaws or are interested in joining the Diversity, Equity and Inclusion committee, contact the board at info@southtabor.org.

South Tabor Neighborhood Association doesn't hold meetings in December so we will next meet in January; Land Use on December 14 and general meeting December 16. As always we invite our neighbors and interested parties to our monthly meetings. For information go to southtabor.org or send questions to info@southtabor.org.

## **Wyden Plans to Deliver**

By Midge Pierce

SE Portlanders know intuitively what US Sen. Ron Wyden confirmed last month: Oregon is among the top five states for unsheltered homeless. The troubling stat accompanied his pledge to make housing a priority for his year-end budget package.

He says there is bi-partisan support for the Affordable Housing Credits Improvement Act that would provide assistance to those who could otherwise fall through cracks

Wyden said Oregon's needy includes 22,000 students, many veterans and over 150,000 Oregonians who spend more than half their take home pay for rent, making it impossible to achieve dreams of homeownership.

He said, "Low income cred-

its are the best thing you can do to meet housing needs. Even developers see it as workable."

At the press conference held at the veteran's home on the South Waterfront, Margaret Salazar, Director of Oregon Housing and Community Services, delivered her own promising prediction that 25,000 affordable units could come available in the next few years through state and federal resources. State resources can only go so far, she added, and federal help will be needed.

On the House side, US Rep Earl Blumenauer reflects housing concerns in his white paper *Locked Out* about reversing historically unfair federal housing policies and quadrupling the Housing Capitol Fund to \$18 billion a year.





# OLD PDX Homes

Specializing in Old & Historic Homes



Tracy Wiens 503-516-8162 tracy@oldpdxhomes.com

Licensed Broker in Oregon



WWW.OLDPDXHOMES.COM



Classique FLOORS + TILE

# Portland's Flooring and Tile Experts

includes wool carpeting wood flooring • tile • Marmoleum LVT • installation

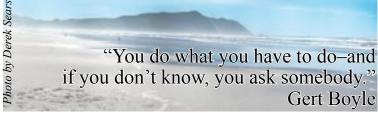
503.255.6775 | 14127 SE Stark Street, Portland classiquefloors.com

OR CCB 223033 | WA CLASSFT825QA

"Don't get hung
up on 'should've' yesterday's never
gonna come around
again, so get on
with it."
Gert Boyle

Photo by Derek Sears











7810 SE Foster Road ♠ 503-774-8885

STUDIO & ONE-BEDROOM

**APARTMENTS** 

- AFFORDABLE RENT, No COSTLY BUY-INS, OR APPLICATION FEES
- FEDERAL RENT SUBSIDIES AVAILABLE FOR THOSE THAT QUALIFY
- IDEAL URBAN LOCATION NEAR SHOPPING, BUS LINES, RESTAURANTS, AND MORE!
- SMALL COMMUNITY ATMOSPHERE RELAXED AND FRIENDLY

"Caring for each other is what our community does"



## **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.

#### **Stem Cell Therapy: Legitimate or Scam?**

Scientists discovered ways to extract stem cells from early mouse tissues nearly forty years ago. The initial study of mouse stem cells led to the discovery of a method to derive stem cells from human tissues and grow the cells in the laboratory.

The exciting theory that research scientists are working on is that stem cells can be guided into becoming specific cells that can be used to regenerate and repair diseased or damaged tissues in humans.

Currently, researchers are investigating the use of adult, fetal and embryonic stem cells as sources for specialized cell types, such as nerve cells, muscle cells, blood cells and skin cells that can be used to treat various diseases.

In theory, any condition in which there is tissue degeneration can be a potential candidate for stem cell therapies. Examples include spinal cord injury, blindness, stroke, burns, heart disease, Type 1 diabetes, osteoarthritis, rheumatoid arthritis, muscular dystrophy and liver diseases. However, to date, we do not have good scientific evidence that this can occur in humans.

Although stem cells offer a compelling promise for future therapies, they currently face significant technical hurdles that can only be overcome through years of intensive medical research.

Unfortunately, because the promise for benefit is so large and for so many serious conditions, numerous desperate patients are seeking help at almost any cost.

As a result, the number of commercial cell clinics is expanding rapidly. According to Professor Turner at the University of Minnesota, there were a dozen such clinics in 2009; in 2017, there were more than seven hundred. Unproven cellular therapies are big business, generating about \$2 billion annually.

Commercial cell clinics often make claims of benefit and safety not supported by scientific medical research. Technically, these clinics are required by federal regulations to submit stem cell therapies for review as "drugs" and to provide evidence of their safety and efficacy. The US Food and Drug Administration has not enforced these rules, so these businesses are essentially unregulated.

Additionally, stem cell clinics operate under less robust oversight of infection control measures, including injection safety and medication preparation and testing, which potentially amplifies the risk to patients.

In December, the CDC received reports of blood infections in twelve patients from various commercial cellular clinics in three states: Texas (seven), Florida (four) and Arizona (one).

Currently, we do not know whether these treatments are even effective. Reports are rampant that many patients do not benefit from these treatments, and there are numerous lawsuits against commercial cell clinics.

The gold standard for evaluating any new treatment is an adequately sized, randomized controlled trial in which the new treatment is compared against a placebo. To date, there have been no such human trials, despite the fact that many thousands of people are lining up to get these treatments.

The commercial cell clinics are charging very high fees that are not reflective of benefit and safety. A procedure such as an injection into a joint might take about ten minutes and cost between \$5,000 and \$20,000. For systemic diseases such as lupus, some clinics also administer cells intravenously, which can cost more than \$10,000 per session.

Patients should beware. Before paying any clinic thousands of dollars, go to the FDA website for information. Demand that the commercial cell clinic provide you with published medical human research that specifically lists their cellular product by name and demonstrates that product's safety and effectiveness.

Dr. Hari Dass Khalsa is a chiropractor with offices located in the Hawthorne District. Call 503.238.1032 for more information.







Principal Broker, Meadows Group, Inc. Realtors 503.709.5166 janeswansonpdx.com

# The Changing Face of Christmas

OP ED BY DAVID KROGH

"Keep Portland Weird" is one of many descriptors for Portland and it is entirely apropos considering the many diverse philosophies and viewpoints evident here. Such viewpoints, for some reason, seem to come out in force heading into the Christmas holiday season.

Yes, Portland is one of the most secular of large cities in the nation per demographics data and there have been attempts over the years to encourage a reduction in the use of the word "Christmas."

What a lot of people don't realize is that there are evolutionary processes in play. Yes, devout Christians can and do celebrate Christmas as the birthdate of the Christ child. However, many, more people of differing religions and persuasions also celebrate Christmas as a cultural holiday according to the renowned PEW Research Center.

According to their analysis, 90 perent of all Americans, regardless of religion, celebrate Christmas. In addition, approximately 80 percent of the nonreligious also celebrate Christmas, but as a cultural holiday.

Many people value traditions and cultural values to help them maintain their own cultural and ethnic identities. In essence, many people are not comfortable with the "one size fits all" branding that America as a melting pot often implies. Besides this, traditions and cultural values help

people to cope with the many changes occurring beyond their control both in this country and elsewhere.

Looking at certain aspects of Christmas is important for a better understanding of what is happening here. For instance, Washington, DC has a Capital Christmas Tree, Salem has a State Christmas Tree, but Portland has the "Stinson Lumber Tree."

The ads for Portland's tree lighting ceremony tend to not mention the words "Christmas" or "Holiday." The avoidance of these words is (you guessed it) "weird." Surprisingly, if you attend the so-called generic "tree lighting ceremony" at Pioneer Courthouse Square, you will always be exposed to a myriad of Christmas carols and can sing along if you wish, as most do.

The term "Christmas Bazaar" used to be the norm, especially with churches, but even that is morphing into "Holiday Bazaar" or "Craft Bazaar." That, too, seems weird, but is still apropos for Portland.

Christmas is evolving into both a cultural and a secular holiday relevant to all. Let's face it, shopping, presents, decorated evergreen trees, family dinners, Christmas lights, Santa Claus, eight flying reindeer, snow people, elves and the concept of "peace on earth" are not necessarily religious notions. They are common elements at this time of year.

often implies. Besides this, tra- In addition, when you ditions and cultural values help couple this with family gather-

ings, increasing donations for needy causes, the winter solstice (the return of the light) and hopes for the New Year, you end up with a holiday season that most everybody can and does appreciate and celebrate in some way, shape or form.

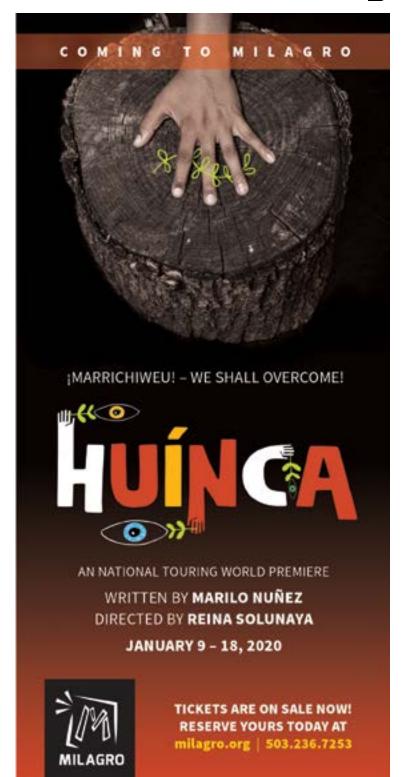
Even a local Buddhist temple in SE is sponsoring a holiday craft event this year!

Call it what you will, Christmas is really a time for everyone to enjoy, depending on their own interests and comfort levels. Interpretation may change, but the name doesn't need to. Here's wishing all a Merry Christmas, a Happy Holiday Season and a safe and satisfying New Year!

Here's a sampling of area events: Christmas lights and music at The Grotto • Lights at the Oregon Garden • Zoo Lights • Christmas Ships on the river • America's Largest Christmas Bazaar at the Expo Center • Pittock Mansion Christmas • Scanfair at the Veterans Memorial Coliseum • Holiday Ale Festival at Pioneer Courthouse Square • Area tree lighting ceremonies with music • Concerts galore

Enjoy the season!

For a list of Christmas and Holiday events in the area, here are websites with activity lists: events12.com, pdxpipeline.com, pdxparent. com and festivalnet.com.



### **Pacific Crest Trail Trek**

from page 5



and was stalked by a mountain lion for two days.

"I was pushing myself to get to one of the rendezvous to meet up with friends. It was my longest day hiking – 42 miles. I was hiking into the evening when I first spotted it at a water hole. I had to keep going since there was no place to camp here. Eventually I found level ground, pitched my tent making a lot of racket and climbed in."

In the morning he saw the cat's prints all around the tent as pushed on with an uneasy sense of being followed.

The Sierra Nevadas end around Mt. Lassen in northern CA and Duncan arrived there at the end of July. His trail family splintered off in different directions, so he was on his own for the final leg of the hike.

"It's indescribable, the crazy feeling of familiarity, stability and security I felt upon seeing Crater Lake." He had done these portions of the trail before.

Crossing into Washington

the rains began. "This was the only time I wanted to quit because it was day after day of being wet, slogging along and not seeing much." The temperature dropped about 20 degrees, too, but when the sun finally did shine it was spectacular.

Harts Pass in Washington is the last exit before the finish at Manning Park in Canada. It was at this point that the reality of the end of the trail began to hit home.

"Hiking the PCT was what I was doing and now it was almost complete." He definitely experienced let down, not wanting to leave this incredible environment, self-reliance and the many friendships he made along the way.

After wearing out three pairs of trail shoes, on September 24 he stepped into Canada and the end of the trail.

Around 200 people sign up to hike the whole PCT but fewer complete it. Duncan is one who have actually hiked the whole trail. It goes through twenty-five national forests, crosses over fifty-seven major mountain passes, dips into nineteen major canyons and ambles past more than 1,000 lakes and tarns.

The PCT passes through five national monuments, five state parks, six national parks, seven BLM field offices, 25 national forest units and 48 federal wilderness areas.

Inspired? Learn more about the Pacific Crest Trail at pcta.org

# BEAUTIFUL







Start your dream here: (503) 251-9900

# THE CAPLENER GROUP

at Windermere Realty Trust

#### PORTLAND REAL ESTATE

Southeast & Northeast Specialists

(503) 232-4763

thecaplenergroup.com

#### Homes Now Available in Your Neighborhood

#### PENDING



6230 E. Burnside St. 1947 Bungalow 1930 Total Sq. Ft.

\$419,900 3 BD. 2 BA



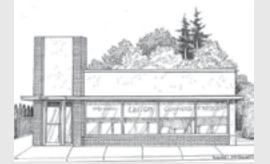
2615 NE Stanton St. 1917 Colonial 3960 Total Sq. Ft..

Call for price 4 BD, 2 BA



1014 SE 50th Ave. 1910 Craftsman 3600 Total Sq. Ft.

\$630,000 5 BD. 2 BA



Commercial opportunity on Hawthorne

2 bd, 1 ba apartment & commercial storefront 3929 SE Hawthorne

\$1,600,000 3660 Total Sq. Ft.



3115 SE 8th Ave. 2015 Craftsman 2648 Total Sq. Ft.

\$689,900 4 BD, 2.5 BA



7615 SE Harold St. 1924 Bungalow 1463 Total Sq. Ft.

\$399,900 3 BD, 2 BA

#### **Community Events Bulletin**

#### The Grotto's Festival of Lights 8840 NE Skidmore St.

#### Through Monday, December 30, 5-9:30pm

The Grotto's Christmas Festival of Lights is the largest Christmas choral festival in the world, featuring more than 160 indoor holiday concerts performed by many of the region's finest school, church and civic choirs. A family-oriented blend of traditional celebration and serene reflection, the festival theme reflects the special season of hope that Christmas offers to many thousands of families from around the Pacific Northwest.

#### **Holiday Ale Festival**

701 SW 6th Ave.

Wednesday, December 4 - Sunday, December 8, 11am-9pm

The 24th Annual Holiday Ale Festival! 50+ exclusive beers and ciders on tap in a heated tent under the city's lighted tree. 'Tis the season and beer lovers rejoice. They offer a humble gift... the gift of great beer... to the beer lovers of Portland and beyond, come start your own holiday tradition!

#### ZooLights Oregon Zoo - 4100 SW Canyon Rd Through Sunday, January 5, 5-9pm

As you walk around the zoo, you'll see a dazzling display of more than 1.5 million lights, and experience the zoo in a whole new way. In addition to visiting elephants, mountain goats and other wildlife, you can ride the popular lighted train and carousel, and enjoy hot drinks and local food carts. Photos with Santa will be available for the little ones every evening through December 24, too!



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



WINDERMERE REALTY TRUST

The Caplener Group is a dynamic real estate team that is part of the Windermere Realty Trust family of brokers.

We specialize in homes for sale in Southeast Portland, and have been representing buyers and sellers here for over 35 years. We have the kind of knowledge and insight that can only be gained through experience.

But we aren't old school; we work with the latest and best in real estate technology. That means you can sell your home faster and for more money, or find your dream house or next investment in the most efficient way possible.

We never stop learning, improving, or working hard to earn your business.

# THE CAPLENER GROUP at Windermere Realty Trust

5015 SE Hawthorne Blvd., Portland, Oregon Gold Level Sustainable Office













To schedule an appointment, call us at (503) 232-4763

or visit us online at www.thecaplenergroup.com