



SNAP Increases Begin in October

By Nancy Tannler

A permanent increase to the food stamp program was issued by the Biden administration to help low income households buy more groceries.

The new plan will ensure that beginning this month, Supplemental Nutrition Assistance Program (SNAP) recipients will receive a 25 percent increase. Benefits for the program are determined on a sliding scale.

The additional aid has come about due to a report of the *Thrifty Food Plan 2021* (available at fns.usda.gov/cnpp/usda-food-plans-cost-food-reports). The research into nutrition science done in this study is the basis for the SNAP maximum benefit allotments and this month’s increase.

The cost of providing healthy meals for recipients was first set in 1962. Other than being adjusted for inflation, it has not changed or taken into consideration the food revolution we are experiencing in America today.

The 1992 pyramid food chart was the original guide for nutritious eating. It promoted the consumption of complex carbohydrates and rejected all fats and oils. Re-

cent studies have proven this information to be false so the pyramid has changed.

The new food plan encourages half of the meal contain vegetables, fruits and milk products while the other half consists of carbohydrates and protein. Exercise has also been recommended to maintain good health.

In revising the Thrifty Food Plan, the Agriculture Department used a list of two dozen food groups to estimate the cost of an economical, nutritious diet. They equated ounces of food to dollars.

This study detailed how someone could use their SNAP benefits to purchase the recommended daily calorie intake. (It should be noted that as the name implies this is meant to be supplemental.)

Joseph Jackson began receiving food stamps in 2011 after a spinal cord injury made it impossible for him to work. He was grateful for the help because at the time he was living with his elderly parents. The food subsidy meant he didn’t have to rely on their resources.

After applying for Social Security Disabilities Insurance (SSI) he was able to move out on his own. A portion of his SSI is used monthly to pay a percentage into the SNAP program.

Jackson said the start up of a pantry can be expensive but once that was done, he found he has enough to eat a healthy diet. Some Farmers Markets will give twice the amount of produce for each dollar spent using the SNAP program.

Oregon has experienced an increase in the amount of people applying for food stamps since the beginning of COVID-19. According to Jackson, his allotment in-

continued on page 2

Medicare Waiver Update: Inequities and Behavioral Health

By Daniel Perez-Crouse

Continuing discussion over the Oregon Health Authority’s (OHA) drafting of a Medicaid waiver application for 2022-2027, a forum hosted by the OHA focused on how issues of equity can be addressed, with a particular focus on behavioral health and community involvement.

For a quick reminder, the 2022-2027 waiver, as stated on [Oregon.gov](https://oregon.gov), aims to improve the Oregon Health Plan (OHP) by creating a more equitable, culturally and linguistically responsive healthcare system, containing costs with quality healthcare, investing in equitable and culturally appropriate healthcare, and ensuring everyone can get the coverage they need.

The initial focus of the talk was centered around OHA’s recommended concept of Health Equity Zones, which they describe as a, “model that shifts decision-making power and resources to regional community collaboratives designed to integrate care across health and social systems and reduce the rate of cost increases.”

Senator Elizabeth Steiner Hayward, who is also an Adjunct Associate Professor of Family Medicine at OHSU, discussed what she felt are necessary, technical alterations to the OHP (that are being proposed and have not been finalized) to address inequities, such as increasing eligibility from six months to 12 months.

“The vast majority of people on the OHP are living complicated lives. They work one, two or three jobs to try and keep

a roof over their families’ heads. Filling out paperwork every six months meant there was a lot of churn on the OHP,” she said.

In addition to this, making it so kids under the age of six have five years of “continuous” eligibility, with two years of eligibility for those six and older.

Lastly, she mentioned a desire to do away with users going through their own income verification. Instead, the OHA would get this information on the back end through the department of revenue, further limiting barriers to accessing the OHP.

Speaking of barriers, the area of inequities many of the panelists addressed was around behavioral health. Director of SO Health-E (Southern Oregon Health Equity Coalition), Annie Valtierra-Sanchez, mentioned there was a stronger need than ever before for these services in her communities.

For example, those among Latinx groups affected by wildfires, “were desperate in terms of the next steps and not even knowing what to do,” she said.

Stick Crosby, Network and Health Equity Director for AllCare Health, Inc., elaborated on the necessity of diversity within the system to address inequities amongst behavioral health needs.

“A therapist of color is going to fully understand how an individual may be dealing with racism in their lives and they’ll be able to address that and talk about it during a session.

continued on page 4

OCPP Issues Job Market Report

By Kris McDowell

It won’t come as a surprise to many that most Oregon jobs don’t pay enough to support a family. The Oregon Center for Public Policy (OCPP) took a deep dive into this topic with a report that discusses this subject and outlines what can be done to help fix the problem.

OCPP has published both a 23-minute podcast with its Senior Policy Analyst

Janet Bauer (bit.ly/OCPPpodcast) and an executive summary of the report (bit.ly/OCPPsummary) from the research done in 2019, just before the pandemic.

Research determined that a worker in a two-adult family would need to earn more than \$20 per hour, year-round, in a full-time position to earn enough to cover basic necessities. 55 percent of all jobs in

continued on page 15

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

ACCESSING HOUSING

National Housing Crisis
A slowdown in construction and reduced role of government has caused a housing crisis. PAGE 3

Entering the Housing Market
Oregon’s IDA and a national nonprofit are helping people enter the housing market. PAGE 9

COMMUNITY NEWS

Pair Fall Pears with Beer and Cheese
Two local experts offer pairing suggestions for Oregon’s official state fruit. PAGE 6

Tips for Keeping Storm Drains Clean
Fall rains don’t have to mean clogged storm drains. Check out tips for helping to keep them clean. PAGE 7

GOING OUT

Portland Dance Film Festival
The film fest dances on for a fifth year. This year, it’s a hybrid between online streams and in person screenings. PAGE 10

Satie’s Journey
Imago Theatre’s fanciful new live concert performance celebrates the eccentric music of Erik Satie. PAGE 11

HELP WANTED



Two Full-Time Positions

1. Front Counter Person
2. Pastry Chef/Baker

Visit website for job descriptions.
All resumes must include cover letter and proof of Covid vaccination.
Resumes can be dropped off at bakery or submitted online.

Oregon's top rated cupcake shop!
3557 SE Hawthorne Blvd.
503-764-9921
www.ToadstoolCupcakes.com

OPEN
Noon - 5 pm
Closed Monday & Tuesday

mongoose

CANNABIS CO.

COME BY AND SAY HI ~ FIND US AT 3123 SE BELMONT ST.



DO NOT OPERATE A VEHICLE OR MACHINERY UNDER THE INFLUENCE OF THIS DRUG.
FOR USE ONLY BY ADULTS TWENTY-ONE YEARS OF AGE AND OLDER. KEEP OUT OF REACH OF CHILDREN.



We are your one stop shop for those fall clean-up tools

Temporary Hours 8:30 - 5:00

Do it Best DIVISION HARDWARE

3734 SE Division St. • Portland, OR 97202
503-235-8309
Monday through Saturday 8:30 - 7:00
WWW.DIVHW.COM

Like us on Facebook

CORRECTION: In the September issue one of the clues in the crossword puzzle was listed as “2007 Ellen Page movie.” A reader brought it to our attention that Elliot page came out as transgender earlier in 2021 and the use of Elliot’s “dead name” was offensive to the trans community.
The Southeast Examiner regrets the error.

SE THE SOUTHEAST EXAMINER

Serving residents of Hosford-Abernethy, Kerns, North Tabor, Laurelhurst, Montavilla, Mt. Tabor, Richmond, Buckman, South Tabor and Sunnyside neighborhoods.

Total circulation: 26,400
(24,800 mailed copies + 1,600 placed in street stands)
Mailed and distributed the last week of each month.
Founded in 1989.

Publisher/Editor/Advertising: Kris McDowell
Proofreader: Albert Q. Osdoe
A & E: Brian Cutean

1020 SE 7th Ave #14313, Portland, OR 97293
503.254.7550
examiner@seportland.news
southeastexaminer.com

©2021 The Southeast Examiner

Rs Representatively Speaking

BY STATE REPRESENTATIVE ROB NOSSE

This month I can’t stop thinking about what is going on in Newberg and a new policy which does not allow students to display a Black Lives Matter flag or sticker or a “Pride” or “Rainbow” flag in a classroom.

Aside from knowing that this is blatantly unconstitutional and the shenanigans that allowed this to happen will get dealt with, it is hard to know where to start.

I have so many thoughts and mixed emotions including, “wow this is happening because I thought we were passed this sort of thing in Oregon.”

Where to begin? I don’t often share personal things in this column but given that the legislature is made of people, the personalities and life experiences of politicians are pretty important to understand.

The things that make you tick, your childhood, your upbringing, your work/profession/career, whether you are married or have children, your gender, race and ethnicity and your faith tradition if you have one, all shape the kind of political person you are likely to be.

That is true in my case, being an openly gay man, a trade unionist for nurses, a father and now a grandfather, and a Roman Catholic (albeit one that is pro-choice and happily married to a man).

I feel for the LGBTQ-identified student as well as the BI-POC students and their families in Newberg.

It isn’t hard for me to remember being a gay kid in the 1980s in rural Ohio. It was really difficult. Gay slurs were common and I don’t really remember anyone saying anything positive or affirming about being gay when I was in high school.

It was also when the AIDS epidemic was really taking off. While rural Ohio was hardly the



epicenter of the AIDS epidemic, Ohio was not immune to it either. I can still remember statements like, “you know what gay stands for don’t you? Got AIDS Yet?”

I don’t think I knew anyone from my small town who was gay until my first year of college and a friend got up the nerve to tell me.

I didn’t come out until a year after I graduated from college in 1991. While in high school and college I had girlfriends and I thought I was “straight.” By the time I graduated from college and was living alone for the first time in Columbus, OH, away from family and longtime friends, there was no way I could deny what I knew and who I was.

I got through it, but I did not think this was an awesome or exciting revelation. I can remember at least six months of wishing this had “not happened,” but being old enough to know it wasn’t going away. It was who I was.

Just as I was coming to terms with being gay, I got the opportunity to move to Oregon and take a job as the Executive Director of the Oregon Student Association in the spring of 1992.

While that opportunity set me up to become so many things I am today, I was still wrestling with coming out while moving to a state that was voting via Ballot Measure 9 on whether I was “defiant and abhorrent.”

Thankfully that measure failed and being involved in that

campaign got me to be more comfortable with who I am.

A lot has changed since the 1990s. I am glad I live as a gay man in Oregon. We have good laws on the books. LGBTQ people are visible and much more accepted. I am really glad I live in Portland where for the most part being gay is often celebrated and considered no big deal, though it didn’t always feel that way.

I made choices in the past about when to come out and reveal that part of my life, something that BIPOC colleagues and friends remind me is not a choice they ever had. For the most part your race and ethnicity are very visible and while being gay is invisible for some.

I had some choice in the matter and often availed myself of that “choice” to wait or even hide this part of me depending on many things, including a need for safety, both physically and emotionally.

To the LGBTQ and BIPOC students in Newberg and to your families, I want you to know that many parts of this state care about you and want to affirm who you are.

This policy that says your school cannot display a “Black Lives Matter” or a “Pride” banner or flag will not stand.

Meanwhile hang in there. Sometimes on the way to better moments, there is a lot of struggle.

SNAP Increases Begin in October

from page 1

creased to the maximum amount during the pandemic.

Oregon has a total of 810,000 people receiving SNAP, costing the federal government \$162 million. In Multnomah County, there are 167,000 residents on the program.

There are three criteria for being eligible to receive SNAP.

- A person must be at or below 130 percent of the poverty line. An example for a family of three is \$2,353 income per month.
- Net income, or household income after deductions are applied, must be at or below the poverty line.
- Assets must fall below certain limits.

To find more out about eligibility, visit apps.state.or.us/onlineApplication.

History of Food Stamps

The economic collapse

of the Great Depression (1929-1933) caused millions of Americans to suffer from hunger. At the same time, farmers found themselves with a glut of crops and livestock they couldn’t sell.

The US Department of Agriculture under President Franklin D. Roosevelt created artificial scarcity to boost prices by paying farmers to plow under their fields and slaughter their pigs.

Public outcry over this policy prompted the Federal Surplus Commodities Corporation (FSCC) to purchase excess food and distribute it to those in need at no cost. This was in 1933, and was the rudimentary beginning of the US food stamp program.

Over the years the food stamp program has gone through many iterations trying to make it fair for the farmers, the grocers and the recipients. The program has always had bipartisan support

and has been especially supported and expanded by Republican presidents.

Beginning in 1990, paper food stamps were eliminated and replaced with an electronic benefit transfer cards, similar to debit cards. This helped remove the stigma around buying groceries with food stamps and keeping the program users honest.

In 2008, the program’s name was changed to Supplemental Nutrition Assistance Program (SNAP), the name it is still referred to today.

Currently, SNAP serves 40 million Americans or nearly one in eight. One-third of these households receives the maximum benefit and rely on it for their total monthly grocery bill allotment.

Moving forward, the Thrifty Food Plan will be updated every five years with ongoing inflationary adjustments.

National Housing Crisis

By Don MacGillivray

Portland’s housing crisis is now seven years old and the nation is waking up to the same reality.

Even before the 2008 recession, the US saw a reduction in the number of units being built. Before the year 2000, 1.5 million homes and apartments were built each year.

Since 2000, the rate has dropped to 1.2 million units per year, resulting in a deficit of approximately six million homes. Ending the housing crisis would require the construction of two million units each year for seven years.

Portland has no lack of plans for housing. The 2008 Portland Comprehensive Plan clearly spells out the city’s housing goals and policies. In the late 1980s The Comprehensive Housing Affordability Strategy (for federal funding) again delineated over 60 housing goals and objectives.

In 1989, The Portland Housing Authority, Home Forward, developed a plan to end homelessness by 1992. In all cases, the plans exceeded the ability to implement them.

Significant funding has been approved in recent years so new affordable housing is in the pipeline, but it is expensive. \$1 million will only purchase four to six new housing units.

The rising cost of housing is a long and complicated story. Real estate development is a risky business. There are many things that can increase the cost of a project. Land is scarce in cities and becomes even more expensive.

The costs of labor and materials, especially lumber, are also increasing as are government fees, permits and regulations. Interest rates and inflation can increase the cost of financing housing projects.

Labor is the biggest issue of the housing industry despite adding thousands of new construction jobs each month. New homeowners often want a state of the art home with new appliances and technological advances.

The lack of homes on the market has caused an extreme escalation of prices. With many

buyers seeking the same property, the highest bidder wins.

Home buyers’ wages have stagnated at the same time housing prices have increased. This results in younger, first-time buyers and others with fewer resources being unable to purchase the home of their dreams.

Many home buyers are subsidized through the federal home mortgage interest deduction, the largest federal housing subsidy. More money goes to homeowners through this subsidy than any of the housing programs designed for those who can’t afford housing.

When homes increase in value, surrounding homeowners benefit. Those who have owned their homes for many years are enjoying substantial gains in wealth.

With the increase of real estate values, rents are rising and home prices escalate. Businessmen and corporations are combining undervalued urban neighborhoods in large cities to find older buildings to renovate and modernize. This removes affordable housing from the market and displaces their occupants. It is happening especially in San Francisco, New York City and here in Portland.

Limited liability companies and shell companies are often involved in the secret, clandestine acquisition of properties for outside investors and private equity firms. Much of this housing will no longer be affordable for those earning below a median income.

The housing crisis affects not only low income and homeless populations, but its ill effects extend well into the middle class.

Young people getting started, the elderly, the disabled and those of diverse ethnic origins are affected by the lack of affordable housing. Those that pay more than 30 percent of their income for rent are known as rent burdened. This designation applies to more than 50 percent of renters earning less than \$35,000 annually.

The federal government has, over time, reduced its involvement in providing affordable housing. Beginning during

the Reagan administration, many federal housing projects were closed and or downsized.

With the reduced role of government, the private market is left to provide housing. Their incentive is profit-oriented with little thought given to affordability. Luxury and work force housing is not affordable to the 25,000 Portlanders that can’t afford rents exceeding \$500 per month.

Because housing production is complicated and expensive, the nation’s housing crisis is an enigma. It would help tremendously if the development process were simpler, shorter, more transparent and supported by the public. Manufactured housing might be an answer.

If the private housing market won’t do the job, is government the alternative? The mistakes made with public housing can be avoided. The Section 8 rent subsidy programs are successful, but are only able to provide for 25 percent of the demand.


What is needed is a dramatic increase of mid-range, affordable dwellings in full service neighborhoods.

This could attack the housing affordability problem directly if they were constructed by government-owned municipal housing developments. Where it is socially needed, it would attract a diverse clientele and provide most essential services.

European cities in Sweden, Finland and Austria have been doing this for years with positive results. Direct government action, if well-planned and carried out, can complete the work better, faster and more economically.


President Biden’s infrastructure bill includes \$332 billion for housing investments including \$200 billion for rental assistance, \$70 billion to repair and preserve public housing and \$45 billion to build homes affordable to people with the lowest incomes.

The goal is that the funding will provide low-income renters and ethnic minorities with stable, affordable homes. Time will tell if turns out to be significantly impactful to solving the housing crisis.



INHABIT > REAL ESTATE

BRINGING IT HOME for our agents



WHAT SETS US APART?

Whatever your goals, we will help you knock it out of the park! Our emphasis on professional development and marketing is like no other brokerage.

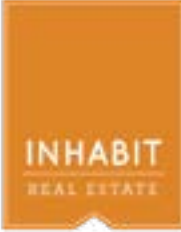
We are a well-rounded brokerage that specializes in luxury properties to bungalows, condos, and development projects (we bring inventory to you).

Our size is one of our greatest assets. We are small enough to be nimble and big enough to make a difference.

If you are ready to work for an agent-focused brokerage with a leadership team committed to your success, then we want to meet you.

Confidential inquiries welcome!

We also serve SW Washington and Central Oregon!



Eastside HQ
3121 SE Division St.

Pearl Office
937 NW Glisan St #115

inhabitRE.com
info@inhabitRE.com
503-762-7958



SUNNYSIDE MENNONITE MONTESSORI SCHOOL

Providing high quality, affordable Montessori preschool for 42 years.

- Located in the heart of Hawthorne
- Income-based sliding scale tuition
- Half-day program, with 3- or 4-day options

Spaces available for fall!

www.SMMSPDX.com
971-266-0701





Insuring your life helps protect their future.



Locke Insurance Agency Inc
Mariko Locke ChFC, Agent
5048A SE Hawthorne Blvd
Portland, OR 97215
Bus: 503-232-2444
Se habla español

It can also provide for today.
I'll show you how a life insurance policy with living benefits can help your family with both long-term and short-term needs.
GET TO A BETTER STATE.*
CALL ME TODAY.



State Farm Life Insurance Company (Not licensed in MA, NY or WI)
State Farm Life and Accident Insurance Company (Licensed in NY and WI)
Bloomington, IL

1203087.1



Many people think of books about cemeteries in terms of spooky tales. Others might assume these books would only discuss important people buried there. A new book *Historic Cemeteries of Portland, Oregon* by Teresa Bergen and Heide Davis, is a different kind of cemetery read.

The book is extremely interesting with an eye on history and the people involved with the cemeteries it discusses, but there's much more. It is being published by The History Press, well known for local and regional history.

In 202 pages, it delves into no less than 27 area cemeteries and included are the Historic Pioneer Cemeteries currently under the supervision of Metro, several privately managed cemeteries and many others of interest.

It focuses for the most part on people involved with the development of each cemetery, those of note interred there and information on cultural and family groups therein.

Also included by the authors is interesting information regarding natural features, memorable monuments, historical tidbits, movies filmed on location and hauntings.

How many people know the Lone Fir Cemetery at SE 26th Ave. and Stark St. is on the National Register of Historic Places? It was originally platted in 1855 as the Mount Crawford Cemetery (since renamed Lone Fir).

Lone Fir is also known as Portland's other arboretum (sec-

ond only to Hoyt Arboretum in scale) having a collection of more than 550 trees of 71 different species.

The first cemetery known in Portland proper was located downtown near the current Skidmore Fountain in 1817, but due to building development and marshy ground, most of those graves were subsequently relocated to Lone Fir and other cemeteries by 1887.

Lincoln Memorial Park was previously built as the Mount Scott Cemetery in 1906 and often referred to as “the pricier cemetery up the hill.” It went through an unusual history including its use as grazing land and later (in the 1920s) was the location of mass scale cross burnings by the Ku Klux Klan before it finally settled down as a cemetery.

Since 1926, when its name was changed to Lincoln Memorial Park (in honor of Abraham Lincoln), it has included areas dedicated to veterans, a large Chinese section, an AIDS memorial and several sites of noteworthy monuments for Romani and other families. It has remarkable hillside views of several area mountains.

A Catholic cemetery (St. Mary's) once stood at the current location of Central Catholic High School (across the street from the Lone Fir Cemetery) and dating from 1858. Space needs caused the Portland Archdiocese to purchase land in the West Hills which became Mount Calvary

Cemetery.

Most of the graves at St. Mary's were then relocated to the current Mount Calvary Cemetery, a place to visit if you want to see statues of angels, crosses and ornately carved monuments.

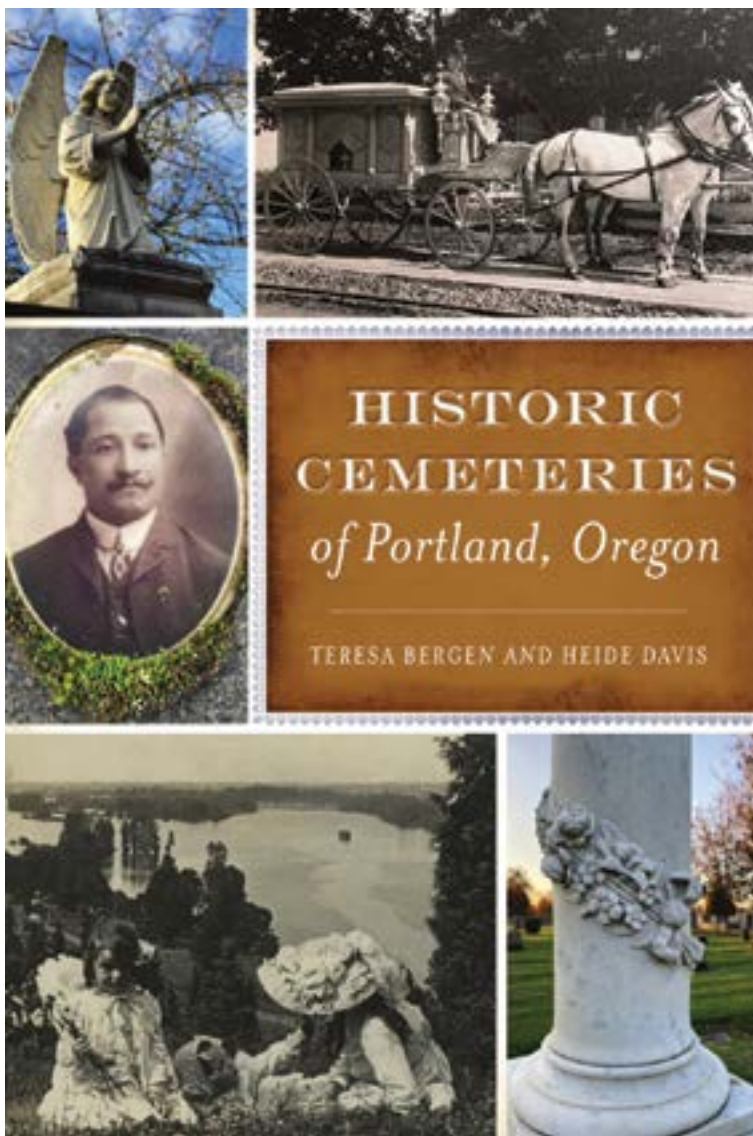
The Southeast Examiner asked the authors which cemeteries include the most interesting historical figures.

The response was that River View and Lone Fir contain a substantial number of people who contributed to local, state and national politics, arts and other fields. Mountain View in Oregon City also includes people involved in early Oregon history.

"But every cemetery we visited had people who were at least locally famous," they replied. "And sometimes we came across someone really famous, like Linus Pauling in Oswego Pioneer Cemetery."

Another person of note mentioned in the book buried in Lone Fir is Harriet “Hattie” Redmond, an African American suffragist known locally for her efforts in the Black community and for furthering women’s rights.

When asked if they had observed any uniqueness or quirks with any of the cemeteries the authors responded, "People often like to leave special things at the graves of loved ones and we saw an unusual number of such offerings at Lincoln Memorial Park. Things like bottles of beer, soda and soymilk. Our favorite was a fresh corndog and jojos."



Also of interest, “The mix of styles at Wilhelm’s Mausoleum in Sellwood is really fun and odd. The street-facing side looks like a Spanish villa, but on the back, facing the Springwater Corridor, is a massive waterbird mural.”

Asked which cemeteries deserve a visit, they replied, "All cemeteries! Every cemetery is interesting in its own way. Just be respectful when you go."

Both authors are antique and history buffs too. Davis is a painter and Bergen has previously authored *Easy Portland Outdoors* and *Transcribing Oral History*.

This book was released in September and is available in local and online bookstores.

For more information on this and other books by the publisher, visit historypress.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



Medicare Waiver Update: Inequities and Behavioral Health

from page 1

“That is something we should value and that is something we should stratify reimbursement for and make sure those providers are being reimbursed for those services.”

Valtierra-Sanchez clarified that three percent of the waiver

budget is being invested in health equity and 20 percent is going towards enhancing provider payments and behavioral health.

She noted the importance of language and making sure there are professionals who can speak the languages of in-need communities to properly facilitate communication.

Moreover, Crosby noted, "If you are an individual that utilizes sign language, you are not going to have a good time in a therapy session through an interpreter."

Hayward elaborated on how behavioral health is linked to physical health (and the push-pull nature between the two).

“High-stress levels and challenges that bring those on, while not having coping skills that mitigate the effects of that stress, makes diabetes and blood pressure worse. They also make it harder to focus on your own health. And when your body isn’t well, it’s much easier to become depressed.”

While Hayward understands the prescient need for improved behavioral health services for the suffering inequities, among other things, she wanted

Flipside Hats is Moving

BY GABE FRAYNE

Kori Giudici, the co-owner of Flipside Hats, emphasized the importance of sustainability as she gave me a tour of the remodeled empty space at 7850 SE Stark St.; soon to be the new home of this Belmont St. business.

She points to the polished wooden floor, which was re-planed from ceiling beams recycled from a demolished elementary school in Beaverton. “We worked with McGee Salvage in Hillsboro, a treasure trove of upcycled wood from the Pacific Northwest,” she explained.

Pointing up, Giudici drew my attention to the formerly hidden arched ceilings fitted with new skylights, a belated embrace of the building’s original architecture. A small area of the building beside the Academy Theater has been walled off for an additional future retail space “for someone who’s really going to interface with the community.”

Asked why the business is moving, she replied, “We’re not paying rent anymore. We’ve always wanted to own our own building.”

While that is certainly part of the reason, it may also have to do with the fact that Flipside has been on a “steady climb” in recent years and appears to have outgrown its present location.

It’s now been 20 years since she sold her first hat, which then

became a cottage industry to help her pay her bills while she attended medical school. Over the next decade, the business occupied a basement and various garages as it grew its client base of primarily other retailers. In 2014 it moved to its Belmont location.

Medical school? Though that is not a prerequisite for entering the hat business, Giudici maintains a naturopathic practice in the Pearl District. Asked if she considers Flipside Hats a mere sideline, she replies, “It was a sideline – now it’s the mainline.”

Another milestone in Flipside’s growth was when Giudici’s husband, Jake Wollner, joined the business as a co-owner in 2010. Today he handles various operations, including human resources, sales and IT.

The two describe their main product line as ball caps, beanies, bucket hats and “hats for healing.”

This latter product, says Giudici, “is about healing the earth, our bodies and our spirit. They’re soft-stretch knit hats so they’re also very good for people going through medical hair loss.”

The beanies are made from recycled cotton extracted from post-consumer clothes, which she describes as “one of the biggest polluters we have.” These hats have now been picked up by the outdoors retailer REI. Giudici

concedes that “I’m really proud of that product.”

Along with these successes, Flipside has had its share of challenges the past year and a half. When the pandemic lockdown froze the economy, the store had no choice but to close its doors and lay off all its staff.

As Wollner explains, their wholesale customers “had no interest in holding their purchase orders with us. We [were] hundreds of thousands of dollars down the road and then this happened.”

The closure lasted all of two weeks.

“Then suddenly, it was just an epiphany,” Giudici recalled. “Like, oh! Nobody can get masks. We raced back to work on our bikes and we spent all day there prototyping, figuring out the mask that is now the mask we have made hundreds of thousands of.”

Like Hollywood during the Great Depression, Flipside was booming before long, due in part to the fact that China had stopped exporting personal protective equipment. Hospitals all over the US “weren’t just placing five or ten orders, we made 5,000. We were the only ones doing it,” she said.

The sudden closure of all public schools also gave the couple an opportunity to bring their



Owners Jake Wollner and Kori Giudici
Photo by Gabe Frayne

10-year-old son Moses to work. “He was working hard,” Giudici assured. He kept busy doing general chores, taking phone calls, delivering masks to waiting cars and “picking and packing orders,” Wollner added.

“At one point he was on the phone and someone said, ‘can I speak to a real person?’” Giudici recalls, smiling. “And he said, ‘I’m one of the owners. How can I help you?’”

This past summer, their family had to deal with another unwanted challenge: Wollner was having heart problems. In early 2020 he had been diagnosed with an aortic aneurism which was now becoming unstable, requir-

ing open-heart surgery.

Since the FDA has not yet approved what he and Giudici considered the optimal surgical procedure, the family travelled to London for over a month, where Wollner underwent a successful operation. However, his work hours will be strictly limited for the near future.

That may be bad timing for a growing company that is in the midst of a move and has “every season in stock,” as he puts it. Still, the couple seems unfazed.

The target opening date for the new location is November 1.

Visit flipsidehats.com for updates.

NOW AT FYBERWORKS



AUTUMN



Enjoy life’s adventures in comfort and style with Tribal Fashion – affordable clothing that makes you look and feel your best. Save 10% on all Tribal Fashion this month at Fyberworks.

SHOP SAFELY WITH FYBERWORKS!
ONLINE: www.fyberworks.com
IN-STORE: Tuesday-Saturday 11-5:30pm
Sunday 12-4pm · Monday Closed
4300 SE Hawthorne Blvd
Upper Hawthorne District
503 232 7659 · fyberworks.com



Check out Fyberworks on Facebook and Instagram for more specials!

Enjoy Fall’s Pear Harvest with Beer and Cheese Pairings



Did you know that Oregon’s official state fruit is the pear? The state ranks second in the nation in pear production, joining Washington and California to make up the majority of US pear production. Our rich, volcanic soil, abundant water supply, warm days and cool nights make for ideal pear growing conditions.

The season begins in August and continues through the month of October. Pears are picked when fully grown, but not quite ripe, and placed in large bins to be transported to a packing house to be cooled to about 30 degrees to ripen.

A simple and quick way to enjoy pears is to pair them with craft beer and cheese. Local experts Neil Ferguson of the Pear Bureau Northwest, usa-pears.org, and Steve Jones, of the former Cheese Bar, lent their respective knowledge to suggest pairings for five varieties of pears, all readily found in local grocery stores and farmers markets.

Bartlett pears are typically the first variety to be ready each year and kick off the pairings. Jones said he took a bit of “creative license” with this pairing, choosing Threshold Brewing & Blending’s Fresh Hop Strata “Electric Fields” Pale Ale with Face Rock Creamery’s Face2Face cow/sheep milk clothbound cheddar.

Hoppier beers, like IPAs and pale ales, generally pair very well with cheddars, and clothbound cheddars are a style traditionally served with fruit.

Red pears go well with Pilsners, so Jones selected Montavilla Brewing’s Plywood Pilsner, a beer brewed in collaboration with Mr. Plywood, the Montavilla lumberyard across the street from the brewery. For the cheese, Jones recommends fresh chevre; a creamy, white cheese made from goat’s milk for a simple, zingy, straightforward pairing.

Dark ales, like inner SE’s Away Days Brewing Co.’s Milner’s Mild, are a fun style of beer that tend to be very food-friendly. Ferguson’s recommendation of the Bosc pear variety along with Jones’ recommendation of Briar Rose Creamery’s Maia, soft Brie-style cheese, create a pairing leaning on the subtle flavors of each of the components.

Digging into more robust flavors, pair Anjou pears with Gigantic Brewing’s LP Stout and Rogue Creamery’s Caveman Blue. The sweet, roasty notes of the beer combine with the natural rind blue cheese and juicy, subtle sweetness of the pear to provide the broadest palate of flavors of these pairings.

Comice pears are among the sweetest and juiciest of all varieties. Jones recommends combining them with Little Beast Brewing’s Bes and Cascadia Creamery’s Sawtooth, a semi-soft, washed rind cheese. The fatty richness of the cheese dials back the tartness of Bes, an easy-drinking, tart wheat ale, soured with lactobacillus and dry-hopped with Lemon Drop hops and chamomile. This trio offers a contrasting array of flavors for the palate.

For those who have missed Jones’ Cheese Bar since its closing in January, he is still lending his considerable expertise to select locations around Portland and plans to start offering classes once COVID-19 cools off.

In the meantime, sign up for his email list at tinyurl.com/33v98ahy and check out his co-authored book, *Cheese Beer Wine Cider: A Field Guide to 75 Perfect Pairings*, which can be picked up at local bookstores.

Most of the beers mentioned are available year-round, with the exception of one - Threshold’s fresh hop Strata pale ale. Fresh hop beers utilize hops freshly-harvested (instead of the dried variety of hops found throughout the year) and are only available for a short time. Visit Threshold soon to make sure you don’t miss out.

‘Everybody Reads’ Book Chosen

Multnomah County Library (MCL) has selected its 2022 Everybody Reads book choice and it is a first for the program.

The graphic memoir, *Good Talk: A memoir in conversations* by author and illustrator Mira Jacob, is the first-ever graphic memoir selected for Everybody Reads. A graphic memoir is a visual, comics-like storytelling format for nonfiction.

Set against the backdrop of the 2016 presidential election, Jacob’s book shares how her interracial family grappled with the changing political and social landscape of America after September 11, 2001.

Both funny and revealing, Jacob explores what it means to be a parent, partner, child and friend in an America divided by race and politics. It is currently in development as a TV series with Film 44.

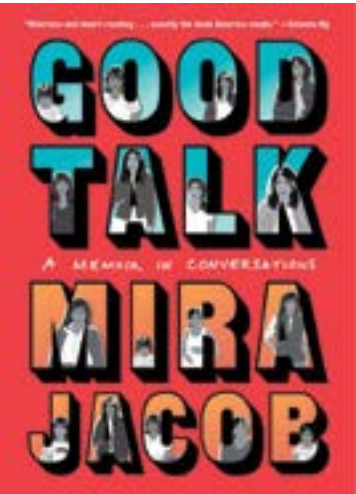
Jacobs is a novelist, memoirist, illustrator and cultural critic. Her first book, *The Sleepwalker’s Guide to Dancing*, came out in 2014 and was named a Barnes & Noble Discover New Writers pick.

MCL will host discussions and programs for readers of all ages to explore the book’s themes, including parenting, identity, family, culture and the affirming power of conversation and curiosity.

The library also offers opportunities to learn about the art of comic books, graphic novels and graphic memoir.

An in-person author lecture with Jacob, presented by Literary Arts, is planned for Thursday, March 10, 2022 at Arlene Schnitzer Concert Hall.

Tickets are available (\$18-\$65) at bit.ly/GoodTalk-March2022.



MCL patrons can check out *Good Talk* through the library or pick up a free copy starting January 2022 at any library branch.

The library will distribute thousands of copies of the book through libraries and high schools across Multnomah County.

BIKETOWN Expands E-Bike Service

BIKETOWN, the bike-share system known for its ubiquitous orange bicycles that launched in 2016, is expanding access to electric assist bike-share for people on low incomes and Portland college students on financial aid.

BIKETOWN for All, is a project made possible by DEQ’s Oregon Clean Fuels Program via the PGE Drive Change Fund.

Eligibility includes those who: hold Oregon Trail Cards (SNAP); are affordable housing residents, qualify for unemployment assistance; Oregon Health Plan (OHP) members; TriMet Honored Citizen pass holders; recipients of other social services; and new students receiving Federal Student Aid (FAFSA) at Portland campuses.

Eligible Portland residents can sign up for membership online at bit.ly/BiketownForAll with a credit, debit or prepaid debit card. Those without cards can sign up in person at Adaptive BIKETOWN, 1945 SE Water Ave., or call 503.823.2142.

The membership is free and benefits include unlimited 60-minute trips, \$20 in ride credits every month, free bike un-



locks, 24/7/365 access to bikes throughout the service area and 25 percent off a Nutcase Helmet.

Members are encouraged to return bikes to BIKETOWN stations (no charge) or at a public bike rack (\$1 fee). Parking out of the 32 square mile service area will incur a \$5 fee.

In addition to students receiving financial aid, Portland State University (PSU) students who do not qualify for the BIKETOWN for All program are eligible to receive a ride credit to

cover up to \$20 per month of casual user fees.

While BIKETOWN for All memberships do not automatically renew annually, renewal can be done online through the member’s account.

Other partners making the program possible are the Portland Bureau of Transportation, Lyft (the operators of BIKETOWN), participating affordable housing communities, social service agencies and local nonprofits serving Portlanders with low incomes.

SEBASTIANO'S

SICILIAN DELI

Muffuletta, Italian Cheeses, Sicilian Cookies, Cakes & More! Open Wednesday-Saturday

Order Online at EatSebs.com and Dutch Door Walk-Up

81st & SE Stark 503.841.5905 @sebastianospdx

JEFFERSON KINCAID M. Ed.

L.M.T. #1394 Certified Medical Massage Registered Kinesiotherapist Certified Trager Practitioner The Reconnection

(503) 736-1081 1135 S.E. Salmon Portland, OR 97214

Helping You to Keep Healthy Appointment Only

Have an event coming up the public needs to know about?

Send your Community News announcements to examiner@seportland.news by the 15th of the month.



Community News

Indigenous Leadership Award Nominations

The Ecotrust Indigenous Leadership Awards have since 2001, recognized 56 outstanding Indigenous leaders for their unwavering dedication to strengthen tribal sovereignty and their efforts to uplift the environmental, cultural, economic and social conditions of their communities and homelands.

Nominations are now open for the 2022 awards at ecotrust.org/project/indigenous-leadership-award. Individuals, families, colleagues, tribes, First Nations and Alaska Native villages are invited to nominate Indigenous leaders for the awards.

Ecotrust defines *Indigenous*

Leader broadly, not limiting it to elected officials. These are individuals in service to their community who lead with vision, courage and dedication; center traditional values in their lives and work; build alliances beyond their community to advance Indigenous interests and needs; educate and inspire Native youth to protect their inheritance; advocate Indigenous-lead stewardship, rights and control; and raise awareness and deepen understanding of Indigenous lives and cultures.

Four awards will be announced in January 2022, with each awardee receiving a \$10,000

unrestricted cash prize. The unrestricted nature of the award provides awardees the flexibility they need to advance their work. An April 2022 ceremony and reception is planned, COVID-19 permitting.

Nominations will be accepted through Friday, November 19 and the review process will begin December 1. For a full list of eligibility and criteria, guidelines and the review process, visit the Ecotrust website, ecotrust.org

Questions can be directed to Lisa J. Watt, Director of the Ecotrust Indigenous Leadership Program at lwatt@ecotrust.org or by calling 503.467.0824.

Help Keep Portland's Storm Drains Clean

Fall is upon us and with it will be the return of rain, a blessing to the thirsty ground, but a potential hazard when storm drains become clogged, leading to ponding along city streets and intersections.

Portland Bureau of Transportation (PBOT) has crews that work hard to keep the more than 58,000 storm drains in the area clear and is asking Portlanders to help them out.

There is no formal process to "adopt" a storm drain, just find a drain and help to keep it free and clear of leaves.

Safety should be the foremost concern to adopters when clearing drains. Make sure to use a rake, shovel or broom instead of your hands. Even with those tools, wear gloves as sharp objects may be mixed in with the leaves.

Only clear drains that can be reached from the sidewalk and for extra safety, wear reflective clothing so people driving can see you.

Clear the surface debris only, never lifting storm drains as they are very heavy. If it appears the drain is still clogged after re-

moving surface debris, call the PBOT Maintenance Dispatch line 24/7 at 503.823.1700 or report it online at pdxreporter.org.

During dry days it may be easy to forget to how quickly the weather can change bringing precipitation, but dry days are a great time to clear drains. Include 10 feet on both approaches to the drain.

Do your part to reduce debris by placing leaves in your green roll cart, using lawn bags for additional leaves that won't fit instead of raking them into the street.

Historic Resources Code for Review

In May, the Planning and Sustainability Commission voted unanimously to recommend Portland City Council hold a public hearing and vote to adopt the Historic Resources Code Project.

The Project is a package of zoning codes that would amend Portland's regulations for identifying, designating, protecting and reusing historic resources.

The Commission's recommendation included 14 amendments to the earlier proposed draft, all of which were informed by testimony submitted in writing and virtually last fall.

The amendments include changes to the district designation process, elimination of demolition protections for most detached accessory structures and expanded flexibility for solar panels, new ADUs and window replacement in residential districts.

The public can view the Recommended Draft, which includes the project staff report, code amendments and summaries of the recommended changes at bit.ly/PDXHRCP.

Public testimony period is open until at least the time of a fall 2021 City Council hearing,

tentatively planned for Wednesday, November 3.

Online testimony can be submitted through the city's MapApp (bit.ly/TestifyHRCP) or directly to project staff.

Verbal testimony will also be accepted at the Fall 2021 meeting. Additional notice will be provided when City Council hearing details have been confirmed.

For inquiries about the code amendments or for a staff presentation, email Brandon Spencer-Hartle, Historic Resources Program Manager at historical-resources@portlandoregon.gov.

October Events

WALK+ROLL TO SCHOOL DAY— Wednesday, October 6 is International Walk+Roll to School Day, a day designed to encourage kids to get to and from school by walking, biking and rolling. Visit oregonsaferroutes.org/walkroll-to-school-day for resources and ideas.

HUMAN SOLUTIONS COAT DRIVE— Human Solutions is collecting new winter coats for residents of their emergency shelters October 1-15. Visit bit.ly/HSnewcoatwishlist to purchase a new coat to send directly or humansolutions.org/coatdrive for drop-off locations.

INDIGENOUS MARKETPLACE— The Marketplace holds its October event Monday, October 11, 10 am-9 pm at 432 NE 74th Ave. Visit indigenousmarketplace.org for a list of vendors.

RAISE YOUR PEN— Cozy up with Write Around Portland Wednesday, October 13, 6-7 pm, for a night in to celebrate respect, writing and community. The free, online event brings attendees together to support the vital work of building a more human, just and inclusive world. Register at writearound.org/raise-your-pen.

NIGHT HIKE— Walk the trails of the Leach Botanical Garden Saturday, October 16, 6-7:30 pm as the sun sets, observing the changes taking place and connecting with nature in a new way. \$15 members; \$20 non-members. Register at bit.ly/OctNightHike.

MLK DREAM RUN— The Soul District Business Association holds its 10th annual run Sunday, October 17, 8 am. More information and registration on the 5k, 10k and 15k options at MLKDREAMRUN.com.

CFC AUCTION & GALA— The Cascade Forest Conservancy holds its Annual Auction and Gala online Saturday, October 23, 5:30 pm. Registration is free, with suggested donation and entry into drawing for Timbers tickets for donors. More information and auction items at cascadeforest.ejoinme.org/register2021.

FRIENDS & ALLIES SUMMIT— Portland Parks Foundation in partnership with Portland Parks & Recreation presents their annual Friends & Allies Summit Saturday, October 23-Thursday, October 28, celebrating the hard work and hours that friends and partner groups contribute to making Portland's parks clean, accessible and thriving. More at portlandparks.org.

PORTLAND FLEA— Portland Flea features 65+ local artists, makers and curators of the best vintage, handmade and locally-sourced goods in town. Sunday, October 24, 11 am-4 pm at the Nova Building, 240 SE Clay St. More at pdx flea.com.

LWV DEMONSTRATION OF CASE METHOD TEACHING— The League of Women Voters of Portland Education Fund invites the community to join teachers in an interactive demonstration of how case method teaching engages high school students in history and civics. The in-person event is Sunday, October 24, 1:30-3 pm at The Laurelhurst Club, 3721 SE Ankeny St. Register for this free event at lwvpdx.org/engaging-students-in-civics-us-history.

CHAPLANDIA 2021— CHAP invites the community to join in celebrating the healing power of art at their annual fundraiser, CHAPlandia, Friday, October 29, 7 pm. RSVP (required) to attend the free, virtual event at bit.ly/CHAPlandia2021.

MUSHROOM ID CLASS— Join local guide Leah Bendlin at Leach Botanical Garden to learn about mushrooms, Monday, November 1, 10 am-12 pm or 1-3 pm. \$30 members; \$35 non-members. Register at bit.ly/LeachEvents.

HOLIDAY BAZAAR— All Saints' Annual Holiday Bazaar returns Saturday, November 6, 9 am-4 pm. Unique gifts from local artists for the holidays, vintage Treasure Tables and more at All Saints Parish, 3847 NE Glisan St.

See Jane.
See Jane work.
See Jane work for you.

Jane Swanson
Principal Broker, John L. Scott Real Estate
503.709.5166
janeswansonpdx.com

PORTLAND EYE CARE
SAMUEL ADELMAN O.D.
4133 SE Division St.
Portland OR, 97206
503.444.7639
EYEPDX.COM
LOCAL EYECARE • GLOBAL EYEWEAR

SUMMER RUN APARTMENTS
AFFORDABLE RETIREMENT LIVING

- 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

7810 SE Foster Road
503-774-8885
"CARING FOR EACH OTHER IS WHAT OUR COMMUNITY DOES"

If cats could dream, they would conjure up an environment exactly like the one at House of Dreams cat shelter in NE Portland where felines have room to wander and socialize and places to curl up for a nap in cozy solitude.

Their every need is catered to by a group of volunteers dedicated to providing the cats with a healthy and loving home.

"It's a labor of love," said Deborah Morse, president of the House of Dreams Board and a long-time volunteer at the free-roam, no-kill shelter, where cats can be adopted or live out their lives.

House of Dreams began in 1999 as an all-volunteer organization and remains that way today.

What sets it apart from other shelters is “the fact that we are a small shelter, helping out cats that are harder to adopt,” Morse said. The organization takes in older cats, special-needs cats and cats that have tested positive for feline leukemia.

She has adopted two senior cats from House of Dreams and noted that senior felines are “wonderful cats” who can enrich their owners’ lives. She said that their cats with feline leukemia are adoptable and can live quite long lives.

Cats adopted from House of Dreams will be neutered, up to date on shots and dental work

and will have a complete physical exam before going to their new home. The shelter recommends that adopted cats live indoors, as they will live longer, healthier lives.

Morse noted that the address of the shelter is not online and is not given in this story, as the all-volunteer crew is not authorized to take in cats or give tours.

The shelter is a 501(c)(3) organization, and donations to House of Dreams are always appreciated, Morse said, adding that every dollar goes toward the welfare of the cats.

“Vet bills can amount to thousands of dollars a month due to things such as dental work or surgery so that we are adopting out a cat whose health issues have been addressed,” she said.

There are a number of ways that people can help. They can “buy something locally and donate to us or they can be ‘angels’ by sponsoring a cat for \$35 a year,” she said.

Other ways to help include signing up for the Fred Meyer Community Rewards Program or the Bottle Drop program and designating the shelter to receive the money.

House of Dreams will hold a virtual silent auction from Saturday, November 9-Saturday, November 14. A week or so before the event people can preview the

items that will be available.

Anyone interested can sponsor a room in the shelter or can bid on silent auction items. In the past, golf outings and various classes and tickets to plays, among other things, have been up for bid, Morse said, noting that the cartoonist who draws "Mutts" donates a cartoon to the auction.

The shelter has an Etsy store that will open in mid-October with handcrafted items ranging from cat toys to jewelry, household items and more.

Volunteers are always needed at the shelter, Morse said, adding that because of COVID-19 restrictions, “we keep the human population fairly low and do things in shifts.”

She noted that teams of volunteers clean litter boxes, feed and medicate the cats and socialize and play with the feline residents.

Leslie Cobb has volunteered at the shelter for less than a year and said that she is part of the medical team, helping keep track of when medications need to be refilled.

Cobb has nine cats at home, two adopted from House of Dreams, and said she enjoys working with the other volunteers who all bring different skills and talents to the shelter.

One plus factor for adopting a cat from the shelter is that you know if a cat can have a good



DREAM · DESIGN · BUILD
BEAUTIFUL



Start your dream here: (503) 251-9900

**WEITZER
COMPANY**
DREAM • DESIGN • BUILD

relationship with other cats. “You can see that right away; if cats are kept in cages, you can’t tell,” she added.

Mark Morgan said he and his wife have volunteered for the shelter over a period of years and said he likes to see “a cat come in and blossom.”

Morse recalled that the shelter once took in an older, female cat whose owners were moving abroad for a couple of years.

“She was still with us when they returned and so they adopted her back. She went back to her original family, but she was loved

and doted on when she was here," Morse said.

She added, "On the rare occasions that an adoption doesn't work out, we will take the kitty back. Our primary concern is the care and welfare of the cat."

Those interested in volunteering at the shelter or adopting a cat can visit the House of Dreams website, kittydreams.org, and click on Contact Us. Photos of cats up for adoption are on the website. For more information, send an email to kittydreamspdx@gmail.com.



OLD PDX HOMES
Specializing in Old & Historic Homes



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

Licensed Broker in Oregon

John L. Scott
REAL ESTATE

WWW.OLDPDXHOMES.COM

Keys to Enter the Housing Market

By Jack Rubinger

For first-time home buyers, getting into the housing market has gotten tougher and tougher. Today’s economic crisis has only exacerbated this situation.

Recovering from the pandemic requires a greater cross-section collaboration and a diverse set of tools and solutions. A key one is credit building.

The challenge is financial inclusion and equity. Fortunately, there are several resources available for first-time home buyers.

One of these is Working Credit NFP, a national non-profit whose mission is to partner with individuals and communities to interrupt structural racism by providing credit building education, one-on-one counseling and access to the products needed to thrive financially.

They do this by helping participants acquire, achieve and sustain prime credit scores and to establish a safety net of at least \$1,000 in available credit.

These improvements foster resilience by helping participants qualify for mortgages; save money on interest rates, insurance and security deposits; obtain rental housing and jobs; and how to weather emergencies without relying on payday lenders.

“Credit building is especially important for people of color who are almost twice as likely to be credit invisible or have low credit scores than their white counterparts,” said SE Portland resident Sarah Chenven, Co-CEO of Working Credit NFP.

The organization offers participants one-of-a-kind credit building education through group workshops followed by unlimited individualized counseling and coaching over the course of 12 months, almost always at no cost to the participant.

“Within six months of participating in our program, we see an average 10 percentage-point increase in both the number of participants moving from sub or near-prime to prime credit, and the number who gain the financial cushion of at least \$1,000 in available credit. Results for our BIPOC participants are even greater,” Chenven said.

Credit building counseling

and coaching supports all sorts of opportunities, such as a unique Oregon-wide initiative for first-time home buyers – Oregon’s Individual Development Account (IDA) initiative.

IDAs are matched savings accounts that support qualifying Oregonians with lower incomes while they save towards a defined goal like buying a home.

Individuals and businesses can contribute to this statewide initiative and 90 percent of the contribution is returned to them in Oregon State Tax Credits. The remaining 10 percent can be written off as a charitable donation.

One single mother who purchased a home in the Lents neighborhood did an IDA with Portland Housing Center and got a grant from Proud Ground, a community land trust that helps homeowners purchase affordable homes in Multnomah County.

The new homeowner had outgrown the small apartment where she and her two teenaged boys lived. The steps involved in getting the grant included taking part in workshops and learning saving tips.

“It was tough getting a seller to work with a buyer pursuing a grant,” she said. “There was a lot of red tape. We eventually found a perfect house which had been recently remodeled.

“We offered over the asking price, but there were lots of inspections involved and the sellers were getting frustrated with how long it took for the house to close,” she added.

“It’s a great way to get into the market. In five to eight years we’ll be able to generate enough equity for our next house. It’s nearly impossible for a single mom to get into the market without family support.”

The new home features a fully-furnished basement which the owner is now using as an Airbnb to generate money too.

The homeowner encouraged those who want to get into the market, saying,

“Keep your eyes out for grant programs, be patient with grant requirements, trust the timing and envision what you want.”

Another initiative is the

Stop the Debt Trap Alliance. Throughout 2020, they kept pressure on city and state elected officials to implement consumer protections for financially vulnerable Oregonians.

The Alliance focuses on keeping people housed, protecting renters at risk of eviction and homeowners at risk of foreclosure, pausing debt collection fines and fees and helping students overburdened by student loan debt.

“Safe and affordable credit can act as a lifeline, helping households and small businesses smooth over income shocks, avert emergencies and pursue asset building opportunities,” Chenven said.

“Communities with higher credit scores per capita are generally more financially stable. Residents depend less on social services, and they boost the local economy by spending more, increasing the rates of homeownership, generating greater property tax income, small business growth and more employment opportunities,” she added.

For the Lents mom, there are still challenges that lie ahead for her and her family, including transportation to Hosford Middle School, but her neighbors are helping with repairs and other acts of generosity making the first-time homeowner’s experience very sweet.

Letter to the Editor

Editor’s note: Letters to the Editor should be less than 300 words and The SE Examiner reserves the right to edit them for length or content.

To the Editor:

On behalf of the family of Mel Hafsos and Errol Carlson, I would like to thank you for the wonderful article written by Sarah Zollner Case in the September issue.

Mel and Errol owned and operated Taylor Court Grocery on SE 80th Ave. for 25 years. During those many years, they rarely took days off or time away from the store. The community and neighbors became their family.

They took joy in all the births, weddings, birthdays, anniversaries, move in days and so many other memorable events the neighborhood celebrated. They loved the children who visited the store for that “after school” treat or the cold soda or ice cream in the summer months.

As Mel’s youngest sister, I often visited and sometimes worked in the store during the years I lived in Beaverton.

It was very evident the members of the community were woven in Mel and Errol’s lives. I loved attending the summer Block Party when hundreds turned out for the parade and festivities. The annual Halloween event was one of a kind.

Mel passed away June 18, 2021 after a brief illness. He grew up in a family of eight children, four girls and four boys. He was probably the hardest worker of us all. He began at a young age in the orchards of our farming community near Yakima, WA.

Up until the day Mel left us, he had that mental list of one more shelf to stock, product to search for or customer to take care of. We know now, Mel can check off all those items on his “to do” list.

Upon Mel’s death, our family witnessed a huge outpouring of support and love for Mel and Errol. We want to thank all of you from the bottom of our hearts. We understand they were loved by so many. We want you to know they loved everyone back.

Thank you for those expressions of support and love during this difficult time of losing our brother. It is appreciated more than we can say.

Errol is still living in the community, just a few blocks from what he knew as home in the community where he belongs.

Diane Dufault, sister of Mel, and the family of Mel Hafsos



KING DAVID SEZ...
Listen! The wind is rising, and the air is wild with leaves, we have had our summer evenings, now for October eves! -Humbert Wolfe



**store
to
DOOR**



**CELEBRATING OUR 30TH YEAR
SERVING LOCAL SENIORS**

VOLUNTEER-BASED NONPROFIT DELIVERING
GROCERIES, CONNECTION, AND DIGNITY

Volunteer or enroll today!
503-200-3333

HAWTHORNEAUTO.COM

503-234-2119

4307 SE HAWTHORNE BLVD, PORTLAND OREGON

Go Going Out

In Mulieribus Celebrates Pauline Garcia-Viardot



Pauline Garcia-Viardot

In *Mulieribus* (Latin for “among women”), a seasoned, female vocal ensemble dedicated to strengthening community through the art of music, specializes in works written before 1750 and champions new repertoire by female composers for women’s voices.

The group’s new presentation is *Pauline Garcia-Viardot: Diva, Muse, And Composer Of Genius*, presented live at The Old Church, 1422 SW 11th Ave, Sunday, October 17, 2:30 pm.

The concert celebrates the 200th birth anniversary of García-Viardot, one of the most renowned musical figures of 19th century Europe. Born in 1821 into one of Europe’s most illustrious singing families, her father was Spanish tenor Manuel García, her sister the mezzo-soprano Maria Malibran.

A gifted pianist who played duets with Chopin and counted Liszt among her friends and later, a diva of the opera stage, Berlioz composed for her and Clara Schumann declared her “The greatest woman of genius I have ever known.”

Joined by guest pianist Susan McDaniel, the group will perform a diverse array from Viardot’s prolific oeuvre in several languages and styles, featuring both solos and ensembles from her art song collections and operas. Concert highlights will be streamed online, Friday, October 22 at 7 pm.

See inmulieribus.org for tickets and more info.



Wall Sculpture #1

Rabun Thompson’s Pottery at Sidestreet

The Harvest is in at Sidestreet Arts, 140 SE 28th Ave., with a new show of work featuring Rabun Thompson’s teapots, planters, vases, mugs, platters and totems. A potter for nearly 40 years, Thompson hand-builds attractive and sturdy stoneware for everyday life, and fine art pieces that move the eye. The show runs through October 31.

“What you’ll find at Sidestreet this month,” says Thompson, “is the end result of an 18-year sojourn through the society and environment of our state of Oregon. Rough earthy surfaces and colors, flamboyant forms, spiritual content.”

“I believe the pottery process benefits the studio craftsman, more than the eventual cash-for-goods exchange. I also believe the work we do, if it is to endure, must be of value in our present lives and serve the purpose for which it was acquired. It will continue to live on, hopefully for generations in subsequent households, as testament to the enduring vision of the potter.”

Gallery hours are Thursday-Sunday, 12-5 pm. October’s Spotlight Artist is Sharon Jonquil with cold wax and oil encaustics. The Online Artist Talk is Sunday, October 17 at noon. Join the Zoom Meeting from the website link at SidestreetArts.com.

A Big October at Alberta Rose

The Alberta Rose Theatre’s live performance schedule is full again this month and there are many special don’t-miss nights of splendid music and entertainment. Here are a few highlights.

• Friday, October 8, 8 pm – **Tony Starlight’s 50th Birthday Party** – Songs and stories from a Starlight’s lifetime of trying to get attention. • Saturday, October 9, 8 pm – **Souvenirs: John Prine’s 75th Birthday Tribute** featuring Colin Hogan, Ashleigh Flynn, Jeff Haigerty, Dylan-Thomas Vance, Janet Julian and more!

Tuesday, October 12, 8 pm – **THE DEAD DAISIES with Glenn Hughes of Deep Purple** on vocals with guests Don Jamieson and The Black Moods • Friday, Saturday, October 15-16 – **Evil Dead, The Musical**, rated R for strong language, sexual content and buckets of blood. Under 21 with parent or guardian.

• Sunday, October 17, 8 pm – **Love, DEAN**, album release • Thursday, October 21, 8 pm – **Judy Blue Eyes, A CSN Tribute** featuring members of The NowHere Band with CSN guitarist Jeff Pevar • Saturday, October 23, 8 pm – **Alasdair Fraser and Natalie Haas** • Sunday, October 24, 7 pm – **Smooth Operator, The Sade Tribute** with LaRhonda Steele

• October 28-31 – **The Nitemare B4 Xmas** returns with The Saloon Ensemble.



Prine painting by Janet Julian

Alberta Rose Theatre requires proof of COVID-19 vaccination. Masks are required in all indoor public spaces per the current State of Oregon mandate. See AlbertaRoseTheatre.com for info.



Fraser & Haas photo by Irene Young

CMG’s Improvisation Summit 2021

Creative Music Guild’s (CMG) Annual Improvisation Summit takes place at several venues around town October 12-17 including three in SE. CMG has livestream options too. Here’s a partial schedule:

10/12: **No Fun**, 1709 SE Hawthorne Blvd., 8 pm – Crystal Correz; Jan Julius and Blue McCall; Amenta Abioto, Darian Patrick and Mike Gamble • 10/13: **Holocene**, 1001 SE Morrison St., 9 pm – Methods Body; Patricia Wolf • 10/14: **KEX**, 100 NE Martin Luther King Jr. Blvd., 8 pm – Machado Mijiga, Noah Simpson; Shao Wey Wu, Andrew Jones; Aurora Josephson, Dana Reason • 10/15: **Turn Turn Turn!**, 8 NE Killingsworth St., 8 pm – Posture Culture; Cyrus Nabipoor; Ryan Miller, Grant Pierce; Noise Concerns • 10/16: **St. Philip Neri**, 2408 SE 16th Ave., 8 pm – Round Robin with Loren Chasse, Francisco Botello, Kale Nixon, TJ Thompson, Catherine Lee, Juniana Lanning • 10/17 1905, 830 N Shaver St. – John Stowell, Matt Mayhall, Andrew Jones; Miles Okazaki Solo streaming from NYC.

See CreativeMusicGuild.org for all the details.

PORTLAND DANCE FILM FESTIVAL

The Fifth Portland Dance Film Festival takes place October 15-24 at The Clinton Street Theater, 2522 SE Clinton St. The Fest is a multi-day event and a hybrid of online and in person screenings. 31 PDFF Picks and five inspiring documentaries have been curated from nine different countries. Each screening is a crafted evening of original and diverse dance film.

PDFF Picks are presented October 15 -16 at 7:30 pm and October 17 at 5:30 pm. Doors open a half hour before screening for films. The documentary **Uprooted: The Journey of Jazz Dance** screens October 17 at 3 pm. It’s a feature-length documentary celebrating the history, lineage, and future progressions of jazz dance.



Exploring and commenting on political and social influences, the film is an honest conversation about jazz dance addressing topics such as appropriation, racism, socialism and sexism.

With special appearances by Debbie Allen, George Faison, Chita Rivera, Camille A. Brown and Thomas F. DeFrantz, the film showcases the works of the Nicholas Brothers, Pepsi Bethel, Jack Cole, Katherine Dunham, Bob Fosse and Gene Kelly, and shines a light on what all people have in common – rhythm and a basic human need to get down.

PDFF tickets are \$12 per night in advance and \$15 at the door. A Festival Pass is \$40. Online PDFF Screening Picks are \$5 - \$30 per Picks and a whole Documentary Pass is \$10.

See PortlandDanceFilmFest.com.

Chamber Music Northwest Season Opener



Zlatomir Fung photo by I-Jung Huang

Chamber Music Northwest opens their new season of eight live concerts Sunday, October 10, 4 pm at The Old Church, 1422 SW 11th Ave., with **Cello + Piano with Zlatomir Fung and Mishka Rushdie Momen: Protégé Premiere**.

Oregon-raised, 22-year-old cellist Zlatomir Fung, pictured left, is the first American in 40 years and the youngest musician ever to win First Prize at the 2019 International Tchaikovsky Competition. The 2021 The Times Breakthrough Award nominee, pianist Mishka Rushdie Momen, joins him for an exciting program of works by Mendelssohn, Perkinson, Bartók and beyond. Be among the first in the nation to hear this astounding young duo immediately before they make their Carnegie Hall debut!

The program features Mendelssohn’s Variations Concertantes, Op. 17; Schumann’s Adagio and Allegro, Op. 70; Perkinson’s Lamentations: Black/Folk Song Suite for Solo Cello; Bartók’s Rhapsody for Cello and Piano and Franck’s Sonata for Cello and Piano in A Major.

See CMNW.org for ticket info.



A School for Self & Energy Awareness introduces

The Color of Sunshine
a metaphysical book
for healing

Erin Emily Lassell, author

available on amazon.com
thecolorofsunshine.com

Learn Ukulele

Avery Hill’s ukulele classes for all levels of experience are taught live via Zoom, or email, for self-paced students.

• **Beyond Beginner Ukulele** – For those with basic chords and songs under their belts, 10 weeks. • **Ukulele Sing & Strum** – Songs from Blue, Tapestry and Sweet Baby James, 10 weeks. • **Ukulele by Ear** – Spooky ghost stories, mysteries, murder ballads and simple chord progressions, 5 weeks. • **Ukulele Sea Shanties** – Traditional songs about life and work on the sea, 5 weeks. • **Quarantunes Zoom Jam** – 1st & 3rd Saturdays, 1-2:30 pm. Songs from a variety of genres and artists.

Sign up for her newsletter to receive the latest songbook. Full class descriptions and registration: learnsongbysong.com.

Books With Pictures, 1401 SE Division St., celebrates *All of the Marvels*, a new major work by local author Douglas Wolk.

Wolk read all 27,000 Marvel superhero comic books (so you don’t have to). His book serves as an invitation for casual fans to engage more deeply with the cultural phenomenon, and gives lifelong readers plenty of new material and context to chew on too.

Celebrate the book release Tuesday, October 12, 6-8 pm at the store’s gathering in their parking lot with a tent,

protected from the elements and everyone all masked up. Tickets are required and free at tinyurl.com/allmarvels.



SINCE 1998

Email: info@artheadsframeco.com

Facebook [artheadsframeco](https://www.facebook.com/artheadsframeco)

Instagram [@artheadframeco](https://www.instagram.com/artheadframeco)

(503) 232 5229

5000 SE Hawthorne Blvd

Go

Going Out

arts & entertainment

Satie's Journey at Imago



Imago Theatre presents a new, original chamber work of music, **Satie's Journey**, resurrecting the spirit of the legendary Velvet Gentleman, Erik Satie, presented live and streaming afterwards online and on-demand through October.

Conductor Ben España and a chamber ensemble of three vocalists and five instrumentalists present this dramatic chamber work by librettist Jerry Mouawad and composer Marisa Wildeman. It's a 30-minute concert followed

by a Q&A with its creators.

The work resurrects the spirit of Erik Satie, a ground-breaking, eccentric, fin de siècle (end of the century) composer. His odd music and compositions began to find a wider audience in the latter half of the 20th century and has become indispensable and very recognizable. Satie was also known for his many idiosyncracies like shielding dry umbrellas under his coat (no matter the weather) and having two grand pianos stacked up in his apartment.

The narrative comes from Mouawad's teen years in Beirut and Wildeman's dreamscape score weaves together fragments of Satie with traditional Middle Eastern sounds.

This is a concert performance and not a staging. Singers and musicians will be performing in front of music stands.

To attend, audiences must show vaccination cards (hard copy or electronic) and photo ID upon entry or show proof of a negative COVID-19 test taken within 48 hours before the performance. Audiences are required to follow state and local mask mandates. The cast, crew and staff at Imago are fully vaccinated.

Satie's Journey is presented live, Saturday, October 9 at Imago Theatre, 17 SE 8th St. Tickets are \$15 at tinyurl.com/satieimago. The show streams online October 19-25. For more information, contact imagotheatre@gmail.com or call 503.231.9581.

3 miles of possible



Photo by Jeff Forbes

Performance Works NW, 4625 SE 67th Ave., presents *3 miles of possible*, a durational solo by PWNW director Linda Austin "exploring poetic and practical associations of 'the possible' in a world of fluctuating personal, material, political and artistic contingencies."

Austin is a movement artist who works as performer, choreographer, curator and mentor to younger artists. This piece's length is measured by distance as she travels along a series of spatial paths envisioned as giant drawings, spells, and/or runes threaded with a variety of scores, tasks and interactions with objects, text, song and environmental sound. Her investigations are movement-based, visual, sonic, textual and discursive, touching utopian longing, possible worlds, and modal logic.

When completed next year, the piece will measure 3 miles and last several hours. This version lasts 90 minutes. The audience can come and go and change seats as available.

A maximum of 12 tickets are available for each of the performances that haven't sold out yet. Still open: Sunday, October 24, Tuesdays, October 26 and November 2 and Thursday and Friday, October 28 and 29, all beginning at 4:30 pm in mostly natural light. Audience must show proof of vaccination or a recent COVID-19 test and wear masks. The artist will not be masked. A livestream of the October 24 presentation screens at tinyurl.com/PWNW-3miles. Sliding scale tickets are \$10-\$30 at PWNW-PDX.ORG.

Stephanie Schneiderman's City Serenade

Stephanie Schneiderman has released a new solo album titled *Crossfire*. It's her ninth record and maiden voyage as self-producer. The mash up of introspective folk and trip hop pop tunes coalesces into a stark and intimate record.

It's streaming and downloadable now at Stephanie-Schneiderman.bandcamp.com and in true pandemic era innovation, she's performing two unplugged sets, **Sunday, October 3, 1 pm at Tilikum Crossing Bridge** and **Sunday, October 10, 1 pm at Albina Railyards** in a series she calls *City Serenades*. She'll play stripped down versions of new tunes accompanied by ambient city sounds.

"Recording two electronic albums... learning to play drums... writing with Swan Sovereign – musically, this feels like the fusion of all the places I've been," she said.

Her album release party will livestream worldwide on Facebook Live, Saturday, October 16, 7 pm, from the spacious new Tree Farm Building, 850 SE



3rd Ave. in the Industrial inner SE, overlooking the Morrison Bridge.

A limited number of in-person tickets are \$30 at tinyurl.com/SScrossfire.



PEEP into positivity with The Reformers as they embark on another unique adventure this Halloween season.

The Reformers, a company of artists on the outskirts of contemporary theater present original, immersive productions. Each autumn for years they've encouraged screams and chills with odd SE location-based performances.

Now in the seemingly never-ending waves of Coronavirus and a society scary enough, the group is reversing the course of negativity with their presentation of PEEP.

PEEP has multiple viewings each night and each one takes approximately 20 minutes, an intimate experience for 12 audience members at a time. COVID-19 protocols are observed and audience members will be masked. All visitors must provide proof of vaccination before attending.

Note that PEEP contains lighting effects that may be triggering to those with photosensitive epilepsy.

Performances run October 21-23 and 28-30 at an undisclosed inner SE location, shared at ticket purchase. Tickets are \$20 at thereformerspdx.com.



White Lies She Told Me

White Lies She Told Me, Paintings by Sadé DuBoise is a new exhibit at Pushdot Studio, 2505 SE 11th Ave., Suite 104 in the Ford Building. Her work is on the walls October 8-November 26.

DuBoise is a self-taught painter experimenting primarily with acrylic and gouache born and raised in North Portland.

"White Lies She Told Me is a group of small paintings that address the personal and complex relationship I share with my mother," DuBoise said.

"The central woman figure in these paintings is a portrait I have painted many times throughout my career, whom I call Umnia Vera, which means 'faith faith,' but more so, symbolizes the traversing and overcoming of deep emotional trauma, pain and adversity in my life. In a way, these paintings are self portraits."

Gallery hours are Monday-Friday, 8:30 am-5 pm. Free. See pushdotstudio.com.

The Clinton Street Theater

A landmark of Portland cinema history. The Clinton Street Theater is Portland's indie, friendliest art house theater with film, live music, theatrical productions and community events.

Air Conditioned Comfort

CSTPDX.COM • 2522 SE Clinton St

Short takes
...arts news of note

PORTLAND COLUMBIA SYMPHONY's new season features the second of three virtual concerts, William Walton's *Façade An Entertainment*, Saturday, October 16, 7:30 pm. The tickingly clever, rhythmic poetry of Dame Edith Sitwell is set brilliantly to music by a young William Walton and speakers include Robert McBride, Lisa Neher, Steven Byess and Rebekah Phillips. This is an online performance. More at psymphony.org or 503.234.4077.

THE ARCHITECTURAL HERITAGE CENTER at 701 SE Grand Ave. is featuring the work of the Portland Indigenous Marketplace, a nonprofit supporting indigenous artists and entrepreneurs while promoting public education through cultural arts. It's on view in the AHC main gallery. The Marketplace features artists in the galleries include a.c. ramirez de arellano and Astrid Beatriz Furstner. Visit AHC.org/portland-indigenous-marketplace. Admission is free.



Mayan Goddess by Astrid Furstner

2021 OMHOF INDUCTION CEREMONY features performances by Todd Snider, Lifesavas, Renato Caranto with Louis Pain Trio and more Saturday, October 9, 7 pm at the Aladdin Theater, 3017 SE Milwaukie Ave. This year's list of *Oregon Music Hall Of Fame* inductees includes Tommy Thayer, LaRhonda Steele, Todd Snider, Renato Caranto, Lifesavas and The Decemberists. Tony Starlight will MC the show. The guitar auction for the OMHOF Scholarship fund includes guitars signed by Chicago, X, Psychedelic Furs, Hot Tuna, David Bromberg, Jason Isbell, Steve Earle, Brandi Carlile, Dave Matthews and Emmylou Harris. Tickets \$30 in advance, \$35 at the door. For info, contact terry@omhof.org.

OPEN HEARTS OPEN MIND, an Oregon-based non-profit organization supporting individuals serving prison sentences through arts, dialogue and facilitating personal and institutional transformation and growth, offers music and arts programs in Oregon state prisons. They need your old functioning iPods with no ability to connect to the internet as these are crucial in their recording studio. Send iPods to: OHOM, PO Box 4534, Portland, OR 97208. OHOM is also looking for new voices on their Communications Committee, a Graphic Designer, a Board Member Chair, a Social Media Strategist and an IT Specialist. Email info@openheartsoopenminds.net.

ALBERTA ROSE THEATRE

OCTOBER 2021

1 an evening with SHOVELS & ROPE	15 EVIL DEAD
2 PETE CORREALE stand-up comedy	16 THE MUSICAL gory live comedy theater
3 DARRELL SCOTT + Gary Ogan	17 album release LOVE, DEAN + Liz Vice
8 TONY STARLIGHT'S 50TH BIRTHDAY PARTY	21 JUDY BLUE EYES CROSBY, STILLS & NASH Tribute with members of The NowHere Band + CSN guitarist Jeff Pevar
9 SOUVENIRS JOHN PRINE's 75th Birthday Tribute	22 BOOKLOVER'S BURLESQUE the Gothic Edition
12 THE DEAD DAISIES feat. Glenn Hughes of Deep Purple + Don Jamieson and The Black Moods	23 ALASDAIR FRASER AND NATALIE HAAS world class Scottish fiddle & cello duo
14 NPR radio show LIVE WIRE RADIO WITH LUKE BURBANK	24 SADE tribute SMOOTH OPERATOR LaRhonda Steele + Friends
	28 THE NITEMARE live musical with The Saloon Ensemble

albertarosetheatre.com
3000 NE Alberta • 503.764.4131

Volunteer with
HumanSolutions

Drivers, home cooks & other volunteers needed!

Since 1988, we've worked to increase housing and economic security in East Multnomah County.

JOIN US! volunteer@humansolutions.org | 971.806.7759
www.humansolutions.org

The Northwest's Best Selection!

KA-BAR Knives

BENCHMADE

CRKT

ANDY AND BAX 324 SE GRAND
503-234-7538



URBAN GLEANERS
FOOD FOR ALL

Visit www.urbangleaners.org to learn more about how you can help bring free food to families in your community.

FOR PAWS
TREATS • TOYS • FOOD • GIFTS • BELLY RUBS



3340 SE DIVISION ST.
503-235-3204
SHOP IN STORE OR ORDER ONLINE FOR IN-STORE PICKUP AT SHOP.FORPAWSPDX.COM

Ww 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.

Dealing With Anxiety and Grief

For some of us, 2021 has been even worse than 2020.

In my case, both my parents contracted COVID-19 at the age of 88. After an awful three and a half month struggle, my dad passed away from complications of COVID-19.

My mom survived, but had to give up her home and car and move into assisted living.

That spring was the most horrible time of my life. The helplessness, stress and anxiety my sister and I felt during their illness was awful and overwhelming.

Our current world is unpredictable and stressful. Whatever your situation, you most likely have been through a rough couple of years.

Here are thoughts on coping with grief and anxiety.

Find a therapist before you need one. By the time I realized I wanted to talk to a therapist, I was in the throes of stress, depression and anxiety. Looking at a list of names and bios and trying to pick out a therapist who would be a good fit was an impossible task.

If I had to do it again, I would try to establish a relationship with a professional before the darkest times came. You can look or have someone help you look for support groups online or in person if that resonates with you.

Sit with your emotions and observe them. Whether you like to grieve in private or with a friend or family member, be sure you don't push away painful emotions that need to come out. There is nothing wrong with crying or feeling sad during and after a difficult time.

I like to have a picture of

my dad sitting with me during my meditation; it feels like a chance to spend time with him. Remember that emotions are just emotions, they don't define you. Given enough time, they will begin to soften.

What we resist persists, so pay attention to what you feel. That can include all of your senses: what you see, taste, smell and hear. Be aware of how your body feels physically about your emotions: where do you feel or hold pain, stress, anxiety, calmness, peace?

Music can help. Sometimes we just need to grieve and certain songs can give us a release we need. You may even find you feel a bit better afterward. Or you can use songs that you love and enjoy to make you happy. There is nothing wrong with singing and dancing, even during sad or painful times, and it can help you cope.

Create or perform rituals that have specific meaning to you, regardless if others understand or approve. In the case of someone's death, it could be rituals that have to do with taking care of the body or meditations, prayers or religious rituals that are important to you. These are comforting and grounding and will give you lasting memories of being able to do something meaningful during a very difficult time.

Write things down. Journals, including diaries and gratitude journals, can help get your thoughts out on paper and allow you to clear your mind and your soul. Whether you show it to others or keep it to yourself, writing out your thoughts and feelings can be therapeutic.

Don't be afraid to say "no"

if you are overwhelmed. I had many offers from friends and family to talk on FaceTime or get together, but when you are dealing with an extremely stressful time, sometimes you just don't have the time or energy to give to those people.

Others may have the best of intentions, but during a time of crisis people will offer to talk or help partly because it makes them feel better about the uncomfortable situation.

If you feel exhausted and overwhelmed and not in the mood for talking or company, it's okay to put yourself first and say "no." You don't even need to explain your reasons; do what feels right for you. That being said, make sure you have one or two close friends or adult family members who you can lean on and vent to when you need to.

Take care of your physical needs as much as possible. Eating healthy food, drinking enough water, getting enough sleep and exercising are still important, even if it feels like you are just going through the motions for the time being. Remember to be kind to yourself. Don't beat yourself up for not being able to keep up with your normal workout routine and nutrition, just do your best in the present moment.

Our world continues to be a stressful, uncertain and difficult place. Let's hope things start looking up very soon. In the meantime, hug your loved ones, both humans and pets.

Stay safe.

Lori Vance
Body Image Fitness, LLC
503.351.6476

BA Business Association Notes

Hawthorne Boulevard Business Association By Nancy Chapin

With Fall weather comes thoughts of Halloween, Day of the Dead, Veterans Day, Thanksgiving, Christmas, Hanukkah, Kwanzaa and the New Year.

Many of Hawthorne's businesses are still short-staffed so we are inviting our neighbors and friends to join our Planning for the Holidays Team. If you are interested in helping us find out what our businesses want to celebrate, how they want to celebrate and then get out the word during this busy season, please contact administrator@hawthorneblvd.com.

Maybe Halloween is your favorite or maybe you want to make sure we have a tree-lighting event again. The flags will be out for Veterans' Day. Do we need to make sure the Boy Scouts have new flags to make up for the ones that disappear?

Should we have an ad in *The Southeast Examiner* in November for the Thanksgiving weekend and the tree-lighting, if that happens? So many possibilities and so many busy people! Give us a hand if you can.

We invite you to join us at the next HBBA Board Meeting on Zoom Wednesday, October 13, 8-10 am where we will create a plan for the coming months. Meanwhile, enjoy these early fall days by stopping by your favorite Hawthorne businesses, eating and drinking establishments and service providers.

Take care of yourselves!



Neighborhood Notes

Buckman Neighborhood Association By Susan Lindsay

Buckman Community Association meets the second Thursday of the month, 7-9 pm. Currently we are meeting virtually, as our regular meeting hall, the Multnomah County Board Room is still pandemic closed. We hold lively and informative meetings online and want to welcome you. Do you live or work in Buckman? Are you interested in projects related to sustainability and community engagement? Join us at our next meeting Thursday, October 14. Email the BCA buckmanboard@googlegroups.com for the link and check our website buckmanpdx.org for more information.

The Portland Marathon is coming through Buckman Sunday, October 3 and we'd like to get a Cheer Squad organized for the runners. Contact BCA Board Member Scott Robinson for information at ssdotty@gmail.com.

Interested in getting street sign caps to help identify our Historic Buckman neighborhood? The BCA has a committee forming to look into a design and fundraising effort for the caps. Contact BCA Board Member Christina Westbrook at christina@cwesbrook.com to get involved.

Portland is a bit of a hot mess right now and that's putting it mildly. Public safety conflicts, homelessness, untreated mental illness, scores of gun killings and woundings, a once clean city littered and soiled – quite a challenge. Still the people here, our neighbors and friends are wonderful, caring, creative and want things better for everyone in Portland. Come share your ideas and plans. Learn about new developments and public works projects. Plant trees with your neighbors (contact Jeff Burns at organicmodern.com). Plant plants in those new 16th Ave barriers. Organize a clean up. Your project here _____.

See you October 14!

HAND By Jill Riebesehl

A couple items are big on the Hosford-Abernethy Neighborhood Board's plate, some requiring quick response, others a more long-term strategy.

For four years, the city and members of the community have been at work revising amendments to the code that regulates historic resource uses. Ladd's Addition is a large section of HAND and is officially designated a national, as well as city, historic resource. City Council will be briefed on this progress November 3. Suggestions from the public will be heard and a final product is expected March 1. The Bureau of Planning and Sustainability is taking the lead.

The other issue we feel needs urgent attention is usage of a small piece of city property commonly referred to as Avalon, where SE 19th Ave. is stubbed after crossing SE Division St. Gifted to the city long ago, it has seen several uses. Changes, which could possibly include a community garden, are needed. At present people without houses have taken it over. Drug use is common and this month, a camper's propane canister exploded into flames and the Fire Bureau responded. An adjacent preschool business, among others, is asking for help.

Further along, the Board will focus on the parking buffer zone near the Central Eastside Industrial District and freight movement in that area. We are strategizing on how to encourage more neighborhood involvement and will be analyzing our relationship with Southeast Uplift, the coalition of neighborhoods under the umbrella of Bureau of Community and Civic Life.

The next meeting is Tuesday, October 19, 7 pm, most likely via Zoom. Information can be found on Facebook, NextDoor and our website, handpdx.org. Everyone who lives, owns property or is interested in what we are doing and learning about is welcome. At the next meeting, we hope to delve further into the problem of the train traffic that cuts through our neighborhood and affects us in so many ways.

Montavilla Neighborhood Association By Jacob Loeb

On Monday, October 11 the Montavilla Neighborhood Association will hold Board member elections. Three new candidates and two returning Board members are running unopposed for open seats. Attendees at the online general meeting will receive a link to the ballot at the beginning of the meeting.

First-time candidate, Scott Simpson, is running for Land Use & Transportation Chair. Simpson hopes to make Montavilla a more walkable, bikeable, sustainable, safer and inclusive place. Both Ben Weakley and Holly Wilkes are running for Member at Large positions. Weakley recently moved to Portland and currently works as a physical therapist. Wilkes is a Principal in the David Douglas School District.

Sarah Hartzel is the acting Treasurer and is seeking election to that position for a two-year term. Hartzel brought her extensive finance and accounting background to the Board in May to fill a vacancy. Matt Moore is seeking another term as Outreach & Communications Chair. He intends to continue providing design support to MNA communications and assist in community engagement.

Candidate statements are on the Montavilla Neighborhood Association website (montavillapdx.org/2021-mna-election). SE Uplift will create an online ballot and count votes. If possible, election results will be available by the 7:30 pm Board meeting.

The upcoming General Meeting and the election is on Monday, October 11, 6:30 pm. Details are available at the MNA website, montavillapdx.org/mna-calendar.

North Tabor Neighborhood Association By Robert Jordan

The North Tabor Neighborhood Association held its regular monthly Board meeting September 21. This is the last full meeting of the current Board, as elections for a new Board are scheduled for Tuesday, October 19, 6:30 pm via Zoom (zoom.us/j/99699816373). All North Tabor neighbors are invited to attend and encouraged to get involved.

As Portland emerges from the pandemic in 2022, and as the city faces enormous challenges and perhaps fundamental changes in governance, neighbors working together can accomplish a great deal for the betterment of all. Please join us. More information about our activities can be found at our website, northtabor.org.

Richmond Neighborhood Association By Allen Field

The Richmond Neighborhood Association held its monthly meeting September 13. Meetings are held via Zoom the second Monday of the month, 6:30-8:30 pm. Preregistration is required; the link to preregister

continued on page 15



As At Your Service



**CRAIG ANDERSON
PLUMBING INC.**

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



**MJB
PAINTING**

Michael Burnett

For Quality Craftsmanship
**All Phases of
Interior & Exterior
Painting**

now accepting VISA
(503) 282-8032
www.mjbrestitution.com

ECOHEAT

INC
CCB:165150

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

Tom Leach Roofing

45 years roofing
your neighborhood.

503-238-0303

TomLeachRoofing@Comcast.net

CCB# 42219

ADVERTISE HERE...

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

Let them know about
your service

503.254.7550
examiner@seportland.news



DAN'S LANDSCAPE MAINTENANCE

No job is too big or too small

- Yard clean up • Flower bed clean up and installation
- Pruning & trimming • Stump grinding
- Natural/Organic available • Free estimates

Dan Bollard **503.704.0100**
Owner/Operator #CCB 169748 danbollard@yahoo.com



Pruning & Shaping Removal/Stump Grinding Hedges & Storm Damage CALL FOR FREE ESTIMATE!

*Tom Burke, owner, has 40 years of fast,
dependable and professional service.*

503.771.4061
treemastersestimates@gmail.com
treemastertreeservice.com

Licensed • Bonded • Insured • CCB#159995





Fresh Air Sash Cord Repair, Inc.


Old windows that work!

Patty Spencer
503.284.7693
www.freshairsash.com


Licensed, Bonded, Insured
CCB/LBPR #184991
Preserving the past since 1999

POLYMATH Studio


Architecture & Design




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



Houses



Additions



ADUs

503-395-8383 polymathstudio.com



Murphy Construction

Renovations | Remodeling | New Construction
www.Murphy.Construction 503-319-3437
A South East Portland neighbor since 1997 CCB #216870

COMPLETE YARD SERVICE BY STEPHEN SECOR

Senior Discounts!
We do it all!

Trimming, hedges & shrubs,
pruning, & bark dust.
Gutter cleaning, yard debris
removal, weeding, rototilling,
blackberries & ivy removal,
sod & seed.

503-235-0491 or
503-853-0480

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...



LICENSED
BONDED/INSURED
CCB #173347

503.957.7559 AUTUMN SUN PARDEE
sundogconstruction@mac.com

Blue Dun Painting

Expert interior painting
Custom raised
vegetable beds


Call Denny at 503.484.6525

bluedunpainting.com
denny.bixby@yahoo.com
CCB#174741



CZ BECKER COMPANY WOOD FLOORS

A Family Owned Business Since 1982



503.282.0623
Restoration Repairs & Refinishing
State of the Art Dust Containment
Installation of New Wood Floors
Environmentally Friendly Finishes

www.czbecker.com
CCB #48192

THE CAREFUL REMODELERS, INC.

Additions – Bathrooms - Kitchens
Since 1979 **503.774.2810**
Old homes lead paint certified renovator



503-536-4577
carefulremodelers.com



TBM

Total Building Maintenance

A better green clean

PHONE-503-327-4999
WEB-TBMCLEANING.COM
EMAIL-OFFICE@TBMCLEAM.COM

5102 SE POWELL BLVD. PORTLAND, OR
97206

- :DISINFECTING
- :High Dusting
- :Pressure Washing
- :Carpet Cleaning



Neighborhood Notes

from page 13

is on the Agenda, which is posted to the RNA’s website, richmondpx.org, and sent out to the RNA Announce listserv. To be added to the listserv, email richmondnasecretary@gmail.com.

The RNA Chair gave a brief update on the proposed development at 1812/1822 SE César E. Chavez Blvd., next to Central Christian Church. The developer, Steven Fang, is waiting on permits to be approved by city, so he did not attend. He will come back to update the Board once permits are issued. The number of units proposed was reduced from 50 to 40 units. Squatters were in the building, so he got a trespass agreement with the police to allow them to enter the property to evict squatters.

Kathryn Doherty-Chapman, PBOT, presented on the 5 Minute Fast Stops Pilot Program being tested on Division (30th-36th Aves.) and in four other neighborhoods. It is to provide data for updating policy on managing curb zones for very-short term parking. There will be one, five-minute spot for every block face. Email kathryn.doherty-chapman@portlandoregon.gov or see portland.gov/transportation/parking/faststop for more information.

The Board voted to co-sponsor with HAND neighborhood association, an Oregon Health Authority presentation on the Bullseye Glass draft public assessment. Details will be posted to the RNA listserv and website.

The next meeting is Monday, October 11. Please attend if you want to be more involved in and informed about your community.

Sunnyside Neighborhood Association By Gloria Jacobs

The Sunnyside Neighborhood Association held its first meeting with the newly-elected Board members September 9 via Zoom.

Doug Klotz from Inner Southeast Action presented information about their petition to persuade the city to deny Fred Meyer’s application to permanently close the pedestrian entrance and to persuade Fred Meyer to fully re-open this entrance. The petition will be sent to the Mayor, Commissioner Ryan and the Director of Bureau of Development Services. You can add your name to it at change.org/SaveTheFredMeyerHawthornePedestrianEntrance.

We ended the General meeting with an open forum – speaking with attendees on efforts they would like to see the SNA work towards in the coming months. Topics mentioned included hosting more community events to connect on a local level with other neighbors and coordinating a neighborhood clean-up like we’ve held in past years.

The SNA Community Cares Committee has recently been blessed by a lot of donations of both funds and toiletries for their shower project. They discussed the possibility of a vaccine mandate for those who come for showers. They held a vaccine event for the houseless at the Sunnyside Methodist Church.

Our next meeting will be Thursday, October 14. Meeting details and the agenda will be posted on the SNA website, sunnysideportland.org, the Monday before. The Board meeting is 7-8 pm and is open to the public. The General Meeting follows directly, 8-9 pm. We encourage you to join us.

OCCP Issues Job Market Report

from page 1

Oregon in 2019 paid less than that threshold.

In addition, one third of all jobs paid less than \$15 per hour. The \$15 per hour figure is of significance as it was the minimum wage goal developed for Oregon years ago. Since then, inflation has increased the amount workers need to earn to cover the cost of the basic necessities.

To put this in perspective, consider the minimum wage. Currently the federal minimum wage is \$7.25 per hour, with Oregon’s minimum wage ranging from \$14 per hour in the Portland metro area to \$12 in rural areas of the state.

One might assume that living in a rural area would be less expensive than an average for the state and, while that is technically true in most cases, the cost difference is relatively small. For a single adult, the statewide hourly income needed would be \$13.02 and rural income would be \$11.28.

For a two-adult household with two children in childcare, the statewide figure would be \$38.86 with \$36.52 in a rural area. For the two-adult family (no children), the rural figure of \$21.31 is actually higher than the statewide \$20.64.

OCCP’s definition of what constitutes a poor quality job goes beyond just the amount it pays. It includes insufficient benefits, insufficient hours offered or unpredictable hours and other working conditions.

Many low-wage and part-time workers lack health insurance that not only helps workers stay healthy and employed, but also protects workers’ finances from debilitating medical bills.

In 2019 one in 10 Oregon workers lacked health insurance even though the state had one of the strongest job markets in decades.

Sick leave is another benefit that, thanks to a 2015 law, allowed nearly all Oregon workers to take time off when they get sick.

What is unclear, is how many workers are paid when they use their sick leave since only workers at companies of 10 or more employees (six or more for businesses in Portland) are covered by this law.

Unpredictable work schedules are also an indicator of a poor quality job, often taking financial and emotional tolls on workers.

Families who have children that need care may have to pay more for last minute childcare,

or in the absence of being able to secure childcare, not be able to go into work, thus resulting in a smaller paycheck.

Unpredictable schedules often prevent workers from securing a second job to compensate for missed earnings.

During the podcast, Bauer stressed the need for a fundamental rethinking of the job market and offered policy solutions that go beyond a simple increase of wages. These include an improvement of workers’ ability to negotiate for better pay and working conditions.

One way of doing this is the reclassification of non-traditional workers (gig, temporary, on-call and others) that are often incorrectly classified as independent contractors, resulting in a lack many of the legal protections and benefits other workers enjoy.

The report identified ways the state can reduce or offset the cost of basic needs to help families make ends meet. These included instituting universal, affordable childcare; statewide, long-term rent assistance; increasing subsidies for health insurance premiums; and boosting nutrition assistance amounts families receive under the Supplemental Nutrition Assistance Program (SNAP).

You can protect yourself and help stop the pandemic by getting a COVID-19 vaccine.

Getting vaccinated against COVID is one of the best ways to protect yourself, your family, and your community.



covidvaccine.oregon.gov



Text ORCOVID to 898211



Call 211



9,500 pounds of fruit harvested that would otherwise have gone to waste. 1,100 families in need supported. With your help we can do even more. portlandfruit.org/donate



PORTLAND
FRUIT TREE
PROJECT



THE SOUTHEAST
EXAMINER

A monthly newspaper
serving SE Portland

Subscribe!

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

1 year subscription = \$18
Email the following information to
examiner@seportland.news or mail to:
The Southeast Examiner
1020 SE 7th Ave #14313
Portland, OR 97293

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

Email: _____

Purchase a subscription for yourself
or as a gift.

THE CAPLENER GROUP
at Windermere Realty Trust

PORTLAND REAL ESTATE
Southeast & Northeast Specialists
(503) 232-4763 | thecaplenergroup.com

Homes Now Available in Your Neighborhood



6523 SE Scott Dr.
1957 Northwest Contemporary
3,386 Total Sq. Ft.

\$ 1,770,000
3 BD, 3.1 BA



3952 SE Woodward St.
2009 Townhouse
2,166 Total Sq. Ft.

\$ 740,000
3 BD, 2.2 BA



127 SE 75th Ave.
1894 Farm House +
Detached ADU
1,089 Sq. Ft. + 750 Sq. Ft. ADU

\$ 630,000
2 BD, 2 BA +
2 BD, 1 BA ADU



5019 SE Stark St.
1925 English
3,738 Total Sq. Ft.

\$ 935,000
4 BD, 2 BA



113 SE 75th Ave.
1902 Bungalow
2,048 Total Sq. Ft.

\$ 599,113
3 BD, 2 BA



728 SE 71st Ave.
2011 Custom Craftsman
3,665 Total Sq. Ft. +
336 Sq. Ft. Detached ADU

\$ 1,350,000
4 BD, 3.1 BA +
1 BD, 1 BA ADU

Community Events

Hood River Valley Harvest Fest

Friday, October 15-Sunday, October 17
visithoodriver.com/event/hood-river-valley-harvest-fest

Festival-goers can load up on boxes of Hood River favorites, including fresh pears, apples, pumpkins, berries and flowers, and a wide variety of local foods, from pies and jams to smoked salmon and chocolate-covered cherries.

Hood River Valley Harvest Fest is also a great place to get a jump-start on holiday shopping, thanks to numerous local artisans. Youngsters will love the kids’ activity area, complete with bouncy houses, face painting and other activities.

Spirit of Halloweentown

St. Helens
Open through Sunday, October 31
spiritofhalloweentown.com

Spirit of Halloweentown takes place in the real city of St. Helens and is open 24 hours a day to visit just like any other city. Celebrate the haunted history of the town and the movies “Halloweentown” and “Twilight” which were partially filmed there.

Portland Open Studios

Art studios around Portland
Saturday, October 9-Sunday, October 17
portlandopenstudios.com

Portland Open Studios was started in 1998 by Portland painter Kitty Wallis. The citywide event takes place in the personal studios of painters, photographers, printmakers, jewelry designers and other talented craftspeople. Attendees lead themselves on self-guided tours, visiting creative workspaces ranging from converted sheds to shared industrial warehouses.



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



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

