



Photo by KinderCare

Back to In-Person School

By JACK RUBINGER

From teens to toddlers, the transition to in-person back to school is happening all over town. It’s an anxious time for parents, administrators and teachers, but most seem to be adapting.

The International School of Portland (ISP) has implemented policies and procedures that meet or exceed current guidelines and recommendations, requiring masking for all persons aged two and up, except when eating or napping. They use HEPA filters and MERV 11 HVAC systems (a higher grade than recommended).

The school adheres to social distancing and student cohorting (small group) recommendations. Classes will be held outdoors as much as possible. Parents and unscheduled visitors are not permitted in the building.

All the students as well as unvaccinated staff must perform wellness checks each day. Vaccinated staff must continue to

be monitored for symptoms.

ISP is watching all variants closely and maintains weekly meetings with the local health department. They meet twice weekly with other schools around the state for the benefit of sharing data, learning from each other and developing the best practices possible.

They are following the Governor’s orders and direction of Multnomah County Health Department, coupled with the CDC’s guidance. If any variant (including Delta) continues to escalate, they will work quickly and efficiently with these authorities to prevent spread.

“We will do what is in the best interest for the health and safety of our community,” said Brandy Ascough, Health & Safety Coordinator, ISP.

KinderCare is focusing on helping younger children feel safe in stable groups.

“We’ve done this before and we can do it again,” said Center Director Jenny Perry.

“Some kids have not been back to school and we have the potential to do distance learning again,” she said. “But even younger kids have a high understanding of what’s happening.”

Chris Frazier, Franklin High School’s principal, talked about navigating new territory as they address concerns about safe and welcoming environments.

The school is doing things they’ve done before like holding special freshman

continued on page 15

Calls for Blood Donations Amidst Pacific Northwest Shortage

By DANIEL PEREZ-CROUSE

“If you’re looking for something good to do, you will literally save someone’s life,” said VP for Blood Services at Bloodworks Northwest, Vicki Finson.

She is referring to how people can support others amidst the pandemic by donating blood and helping address the national blood shortage. The non-profit organization provides donor blood supplies to 95 percent of hospitals in the Pacific Northwest.

Multiple outlets and organizations over the last year have alerted people to this shortage and its effects on the health-care system.

The American Red Cross has issued public statements about how the rise in trauma cases, organ transplants and elective surgeries requiring blood products over recent months has depleted the nation’s blood inventory.

Adding more context to the national and local shortage, Finson said once things started opening up and people felt comfortable getting treated for issues that weren’t an emergency, there was a new COVID surge crowding hospitals.

Some of the issues people waited to have treated amidst the pandemic worsened and required more care than if they were attended to earlier.

Finson said this created a “huge increase of blood needs” compounded by a decrease in the number of people donating. This was further impacted over the summer in a statement from the organization

with the heat wave reducing un-air-conditioned blood drive efforts.

Bloodworks Northwest put out a call for additional help to specifically address the surge of cases brought on by the fast-approaching Labor Day weekend (traditionally with a higher potential for accidents and injuries).

“Blood donations are a challenge all the time, even pre-pandemic,” she said. “The only way you can get blood is through donors. There’s not a way to replace it.”

Because of the shortage, Bloodworks is rationing how many units they send to hospitals. Finson identifies as an optimist, but acknowledges worst-case scenarios and the reality of these limitations.

For example, if someone experiences intense trauma, like in a fatal car accident, and there wasn’t a necessary blood transfusion available, it would ultimately lead to death.

This can be potentially prevented by donors giving blood. Finson stressed the benefit and self-satisfaction that comes with donating.

Addressing people’s worries or fears over donations, like needles and health concerns, she respectfully says, “Sometimes people are looking for an excuse. A lot of people think they aren’t eligible, but they are.”

She urges people to push past the fear of the unknown with donating and extols the virtues of her staff and organization’s procedures.

continued on page 3

CRC Bridge Replacement Project

By DON MACGILLIVRAY

The modernization of the I-5 Columbia River freeway bridge between Portland and Vancouver is a critical objective for the next decade.

The I-5 Bridge, previously known as the Columbia River Crossing (CRC), is a critical link for regional, national and international commerce that serves 125,000 vehicles per day on the West Coast’s lon-

gest north-south freeway system.

The Interstate Bridge consists of two side-by-side bridge spans. The southbound bridge was built in 1958 during the Eisenhower administration when the national highway system was constructed.

The northbound bridge, nearly identical, was built in 1917 and since its foundations are in sand, there is significant

continued on page 9

CREATING COMMUNITIES

- Human Solutions

The non-profit’s newest project adds to their portfolio of affordable housing communities.

PAGE 4
- Remembering Taylor Court Grocery

Montavilla’s corner grocery store has provided more than milk and sundries to the neighborhood.

PAGE 8

COMMUNITY NEWS

- Drink Up Fall Flavor

Visit Wild Roots’ Tasting Room for a fall cocktail or whip up one at home with this recipe.

PAGE 6
- 9th Annual Catio Tour

The Feral Cat Coalition’s fundraiser showcases DIY to designer digs for your feline.

PAGE 7

GOING OUT

- Artichoke Music

After reopening and closing, the music store and performance venue is back with classes and fewer shows.

PAGE 10
- In The Body of The World

triangle theatre’s production of Eve Ensler’s critically acclaimed memoir stars Raissa Fleming.

PAGE 11

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

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

Mr Plywood

BUILDING MATERIALS



Family Style Customer Service
Delivery Service • Custom Cutting • Special Orders

7609 S. E. Stark Sreet • Portland, OR 97215
Phone: 503.254.7387 • Fax: 503.254.7663

www.mrplywoodinc.com

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

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

Fall is coming! I hope you all managed to stay cool and safe despite the heat, smoke and rising Delta variant cases this past month.

I have been putting information about those topics in my weekly newsletters and if you are interested in receiving those, reach out to me at rep.robnosse@oregonlegislature.gov. I will be happy to add you to my mailing list.

I will use this column to talk about an important process in our state that will be concluding at the end of September: redistricting.

Every 10 years, the US government attempts to get a complete count of every person in the country known as the US Census. Based on the Census data collected, states then redraw electoral lines for their legislatures and congressional districts to better reflect population shifts and growth, as well as changes in demographics to ensure fair and equal representation in government and allocation of resources.

August 12, we got census data that revealed population shifts in our state in the last 10 years. As you may have heard, for the first time in 40 years, Oregon has grown so much that it is getting a new congressional district.

In Multnomah County, our population grew by 10 percent since 2010, meaning we added approximately 80,000 people. The state changed dramatically demographically too.

Oregon's Black population grew by 19 percent, American Indian and Alaska Native residents increased by 18 percent and Oregon's Asian population grew by 38 percent.

Starting in mid-September, the legislature will take public testimony about how to draw new legislative districts as well as how to shift existing district boundaries to better represent the voices of the people of Oregon.

How districts are drawn

impacts which voices and communities are reflected in our governments, who gets elected, and what policies are passed for the next 10 years. In other words, this process is very important. It sets the stage of a lot of things to come for the next decade in politics.

Here are some key dates: A special committee in the legislature will draw a draft of new districts September 3. September 8-13, the committee will take public testimony in person, via video or written and submitted on the draft.

After adjusting these maps to reflect public input, the committee sends them to a special session of the legislature. Once approved there, they will be sent to the Oregon Supreme Court September 27.

Should the committee and the legislature fail to agree to a map by September 27, Secretary of State Shemia Fagan will take responsibility for the state level map and the federal map would be handled by the courts.

Redistricting is incredibly important to our democracy as how the lines are drawn will de-

termine a lot of with regards to representation in the US Congress and in the State Legislature where I serve.

A common misconception I want to clear up: legislators cannot just draw lines on a whim. There are criteria that must be met that will be legally upheld. Districts must be contiguous, compact, and keep communities of interest together to ensure their voice in our democracy.

If we don't do this well enough, the districts can be challenged in Court.

As you might guess, I will be watching closely this month as these new maps get drawn and I hope plenty of you will make your voices heard in this process.

We only do redistricting every 10 years and it affects so much of what we do both here in Oregon and at the federal level, especially with this new congressional district.

As you may be aware this process in other states has sometimes been hijacked by the Republicans in charge to ensure they win elections. We will ensure that does not happen here.

NEW LOCATION!



CHABAD OF NORTHEAST PORTLAND
INVITES YOU TO

OUTDOOR SHOFAR SERVICES WITH
MEANING AND MELODY

SHOFAR
IN THE PARK

TUESDAY
SEPTEMBER 7

TIMES:
4:30 & 5:30PM

AT WILSHIRE PARK

REGISTRATION REQUIRED

JEWISHNORTHEAST.COM/SHOFARPARK

For Heaven’s Sake - 5G Satellites in Space

By NANCY TANNER

Speakers Julian Gresser and Ben Levi, from the Healthy Heavens Trust Initiative, recently presented the webinar, *Protecting the Heavens - The Legal Implications of 5G Satellites in Space* (bit.ly/ProtectingTheHeavens) as part of a series of free webinars for legal professionals, law students and the public.

During the presentation, the speakers detailed why there is an urgent need to restore balance to our satellite program. They have prepared a letter to send to Vice President Kamala Harris, the leader of the National Space Council, detailing the risk of unimpeded satellite launches.

A space rush is underway by commercial enterprises and the military to own the heavens for private gain, defense and weaponization. Since 1957, when the Soviet Union launched the first satellite, 9,000 more satellites have been sent into space. Of those, 4,000 are operational, the rest just orbiting the earth or shattered by space debris.

Currently the Department of Defense Space Surveillance Network tracks over 27,000 objects larger than four inches and traveling at 15,000 mph. There are tens of thousands more smaller objects.

Astronomers and space scientists describe this as the Kessler Syndrome – a theoretical scenario of cascading collisions with enough debris to render some orbits impossible for generations to come.

Levi said, “Humankind stands at a precipice from which there will be no return.”

Over the next 10 years 80,000+ non-stationary, low orbit satellites will be launched from the US and other countries to be integrated in the 4G/5G/6G industrial and military networks known as the Space Fence.

The acceleration of this space race, with little or no regulations by the Federal Communications Commission (FCC), could cause catastrophic results that will substantially affect humans and the environment. There is already concern about what it will mean to our health to have 5G wireless receptor boxes on every street corner.

There is also concern by some that this type of wireless broadband will further erode per-

sonal privacy and expand government surveillance.

The Healthy Heavens Trust Initiative is asking President Biden to halt or pause launching satellites for 180 days. This will give the administration time to explore viable, safer and less expensive optical fiber wired infrastructure. The Trust believes that space should be included in his Infrastructure Plan.

Gessler said the Space Program and the FCC are not required to follow the National Environmental Policy Act (NEPA), or the Administrative Procedure Act (APA) before approving licenses for satellites.

It is their belief that the FCC and other federal agencies need to follow established principles and procedures recognized by international treaty, the US Constitution, federal statutes, state laws and local ordinances before moving ahead and allowing the blanket license for seven million earth stations and the launching of 50,000-100,000 satellites to accommodate 5G/wireless infrastructures over the next several years.

The mantra that the heavens must belong to no one is not true. Already there are numerous international treaties, conventions and other legally enforceable commitments that space is held in a public trust for everyone in the world. The people are the shareholders of this public trust.

Levi, Gessler and other members of the Healthy Heavens Initiative are asking the US government to take a balanced approach as to how we increase the 5G broadband width.

This would require the need to collaborate with other governments worldwide to create a unified protocol.

They believe that fiber optics are a viable option that is safe, readily available and inexpensive. By including it in Biden’s Infrastructure Plan, they feel the US would be doing our part to protect the heavens.

For more information on the Healthy Heaven Trust Initiative, visit healthyheavenstrust.org.

Their petition for emergency, expedited rulemaking can be found at fcc.gov/ecfs/filing/10311787916086.

Calls for Blood Donations Amidst Pacific Northwest Shortage

from page 1

“Our staff is wonderful. They’ve seen all kinds of veins and people. And if you come in and still have concerns, you can change your mind.”

All the necessary COVID-19 regulations and preventative measures are in place and everything is by appointment now. “We have kept staff and donors safe,” she said.

Blood donation is strictly regulated by the FDA in terms of procedure and frequency and these rules have been in place for years.

“The average donor donates a couple of times a year. One is better than none, but people should donate as frequently as it works for them,” Finson said.

She says donating three times a year is the sweet spot for most people who want to make a large impact while juggling the responsibilities and demands of their own lives.

Amidst all the struggles, she adds “a huge thank you to all of the people who have regularly donated.”

See bloodworksnw.org, to find appointment times and information on their safety precautions and procedures.



Photo by Kris McDowell

EST. 1983
HAWTHORNE
AUTO CLINIC



KING DAVID SEZ...

“To a dog, motoring isn’t just a way of getting from here to there, it’s also a thrill and an adventure. The mere jingle of car keys is enough to send most any dog into a whimpering, tail-wagging frenzy.” -Jon Winokur

Kids are everywhere.
Drive like it.



HAWTHORNEAUTO.COM

503-234-2119

4307 SE HAWTHORNE BLVD, PORTLAND OREGON

Human Solutions: Community Where Everyone Can Thrive

By ELLEN SPITALERI

When Portland City Commissioner Nick Fish died in January 2020, the metro area lost a beloved and resolute city activist who prioritized affordable housing and accessible green spaces for those too long denied.

Fish died as Human Solutions was developing a six-story, affordable housing community and service center in the Gateway neighborhood adjacent to a new city park. It felt very appropriate to name the housing after him, said Lisa Frack, Human Solutions Communications & Development Director.

“Nick was well-respected and a dedicated advocate for affordable housing and parks access. He knew SE Portland well. All the pieces fit,” she added.

Frack said The Nick Fish housing community, near Gateway Discovery Park at NE 106th Ave. and Halsey St., began leasing apartments in March, but pandemic restrictions have delayed a grand opening celebration.

“We look forward to having a celebration as soon as it is safe to do so,” she noted.

Human Solutions co-developed The Nick Fish with Edlen & Co.; a project designed by Holst Architects. It offers 75 affordable and market-rate apartments, many with views of the new park, which includes a plaza, a playground, outdoor seating and

more.

Along with the apartments, Prosper Portland will own and operate 11,000 square feet of retail space in the building dedicated to small local businesses. The offices of Human Solutions are located on the second floor, though most staff are still working remotely due to pandemic restrictions.

The organization is a non-profit dedicated to countering the forces that keep people and communities in poverty. They partner with people and communities impacted by poverty to achieve housing and economic security. In addition to The Nick Fish, they currently operates 16 other affordable housing communities across East Portland and East Multnomah County.

“Our programs are funded predominantly through government contracts, with the rest coming from generous individuals, foundations and corporations,” Frack said.

During the pandemic, she noted “our services were needed more than ever, as we work with the community most impacted by COVID-19.”

Due to its critical mission, Human Solutions’ funding did not dry up during the pandemic, allowing the organization to meet the increased needs of East Multnomah County residents, Frack

said.

“Our services evolved to meet the growing and changing needs in our community. For example, we didn’t distribute food boxes or cash cards before COVID-19 but needs changed and we adapted.”

In addition to developing affordable housing communities, the organization operates three emergency shelters:

- **The Lilac Meadows Family Shelter** – accessible to families, defined as one or more adults with at least one minor child, or individuals in their third trimester of pregnancy.

- **The Gresham Women’s Shelter** – for adults who identify as woman, non-binary or genderqueer.

- **The Chestnut Tree Inn** – a newer shelter in a motel near Mall 205, for adults who identify as women, non-binary and genderqueer who are vulnerable to COVID-19.

Human Solutions partners with 211, The Gateway Center and A Call to Safety to screen for eligibility and coordinated intake.

They also offer an array of other programs to help people have housing and economic security, including after-school mentoring, employment programs and utility assistance.

For employment programs, Human Solutions “works with



Image by Holst Architects

folks facing high barriers, including those experiencing homelessness or coming out of or impacted by the justice system,” Frack said.

The best way to contact the employment coaches and access utility assistance is by calling 211 or Human Solutions directly at 503.548.0200.

People who want to help can do so in two ways: by volunteering or donating money. Frack notes the organization can’t solve homelessness overnight or by itself – it needs the community’s assistance.

“We need to focus on the main issue; people need a place to live — this is a humanitarian crisis,” she said.

She also recommends that

people educate themselves and get involved with an organization that engages with those in crisis.

“We invite folks to see this situation as the humanitarian crisis it is. Please, don’t focus on the trash, but on the humans in need who are also deserving residents of our community. That’s the real issue facing us right now,” Frack said.

“We need to support each other. We all live in the same place and every one of us deserves a safe place to call home.”

Visit humansolutions.org to learn more about the organization or call 503.548.0200. For more information about The Nick Fish, visit thenickfish.com.

FOR MORE SPECIALS, CHECK US OUT ON FACEBOOK AND INSTAGRAM!

NOW AT FIBERWORKS

Effie's Heart

Clothing for the modern woman who yearns for the true glamour of yesteryear, with an appreciation of eclectic beauty and a taste for life's finer things. Save 10% on all Effie's Heart Clothing through September at Fiberworks.

SHOP SAFELY WITH FIBERWORKS!
ONLINE: www.fiberworks.com
IN-STORE: Tuesday-Saturday 11-5:30pm
Sunday 12-4pm • Monday Closed

4300 SE Hawthorne Blvd
Upper Hawthorne District
503 232 7659 • fiberworks.com

Charter Review Commission Update

By David Krogh

Over the last year, Portland Charter Review Commission has been busy learning the charter process and taking initial testimony from both the public and city officials.

The Commission was briefed on its responsibilities in early March and given information on how other cities are dealing with charter revisions.

The League of Oregon Cities has a model city charter for consideration while other cities (such as Minneapolis, San Jose and Detroit) are currently doing their own charter reviews that could all be examined and compared.

In April, the Commission heard from City Commissioners Jo Ann Hardesty and Mingus Mapps. Commissioner Hardesty expressed a need for the Charter Review Commission to take its time and hear from many diverse sources. She aired a concern about the City Auditor’s Office request for an independent budget.

Commissioner Mapps reiterated one of his campaign goals that the current form of government for Portland needs to be changed as this system of putting elected officials in charge of bureaus they have no experience with is simply not working.

His comments largely reflect the 2019 study put out by the City Club. Mapps discussed the need for the Charter Review Commission to address COVID-19 responses, homelessness and public safety reform.

The Commission heard from City Commissioners Carmen Rubio and Dan Ryan. Commissioner Rubio’s primary focus was on the current form of government. She pointed out far more negatives than positives.

Her suggestions included instituting a City Manager form of government, clarifying communications across city bureaus and offices, creating additional campaign finance reform, improving community safety and accountability and providing biannual budgeting, including clarification of the city auditor’s

functions.

Commissioner Ryan agreed with Commissioner Rubio’s election reform concerns and brought up the issue of silos within City government.

One example of excessive silos has to do with permit processing where as many as six different offices are involved in permit reviews. These offices have different goals, lack transparency and create challenges to improving efficiency.

Then in May, Mayor Ted Wheeler and City Auditor Mary Hull-Caballero met with the Charter Review Commission to share their comments.

Mayor Wheeler wanted to be clear that “the commission form of government is no longer appropriate for a city the size of Portland,” and went on to provide examples as to why this system is not working.

He repeated Commissioner Ryan’s concern that permit processing requires several different bureaus yielding severe inconsistencies. Customer service is also inconsistent for the same reasons.

Regarding public safety, the work of fire, police, dispatch and emergency preparation are all directed separately by Commissioners who may or may not be coordinating their work efforts. Homelessness responses are also challenged by multiple bureaus and Commissioners involved who may not be coordinating.

Coordination with other cities has been a challenge since the mayor “may not have authority over the bureau(s) or area(s) included in the collaboration topic.”

Mayor Wheeler said, “The city is most successful when we work against our form of government, not because of our form of government.”

Wheeler suggested the Charter Review Commission go beyond the City Club’s proposal and consider all options and how they might work for Portland. He mentioned the function of the city auditor office also needs to be addressed.

He concluded by stating

that no mayor or commissioner should be put in charge of the police. He hopes the Charter Review Commission will seriously consider police accountability as a topic for their focus.

City Auditor Hull-Caballero agreed with the mayor that the current form of government needs to change.

She stated, “It’s a relic from the Jim Crow era and frequently means that City Commissioners represent the bureaus rather than the community.”

Hull-Caballero went on to explain the functions of the Auditor’s Office and aired a concern that this is the only office providing checks and balances for the city. She indicated a definite need to clarify the Auditor’s budget, functionality issues and to update outdated Auditor-related language within the City Charter.

During Q&A, Mayor Wheeler suggested a look at Boston’s form of government which is a hybrid including both district-elected commissioners and city-wide commissioners.

Other Charter Review Commission meetings since May have included Bureau managers and public comments; many of whom also echoed concerns over the current form of government and excessive silos. Access to notes from these meetings is at portland.gov/omf/charter-review-commission.

The public can sign up at this site for updates of Charter Review Commission activities and submit written comments and testimony. The next public meeting the public can testify at is Thursday, September 23.

Portland City Club has been active in supporting Charter Review Commission activities and has hosted several Commission members for live public chats. The next one will be Tuesday, September 21, 12-1 pm with Commissioner Anthony Castaneda.

More information is available about this and other City Club activities at pdxcityclub.org.

anchor tag
DESIGN

WEB & GRAPHIC DESIGN

PERSONALIZED SERVICE

PROFESSIONAL RESULTS

anchortagdesign.com

PORTLAND, OREGON ■■■ ESTABLISHED 2017

OPEN

DURING

CONSTRUCTION

Thanks for your patience while PBOT makes SE Hawthorne Boulevard a smoother, safer and more accessible street.

Look-up the construction schedule and project details at:
portland.gov/hawthorne-repave

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"

Online ordering with curbside pickup is here!

Learn more at peoples.coop/online-ordering

(503) 232-9051

3029 SE 21st Avenue

European, Japanese and British Car Specialists

Since 1983

RE-BORN automotive INC.

Shuttle Service
Amazing Folks
Great Coffee
Comfortable
Convenient
Locally Owned
Outstanding
Honest

1800 SE M.L.King Jr. Blvd.
Portland, Oregon 97214
503-231-4947

Check out our Blog @
rebomautomotive.com

Drink Up Fall Flavor



The sights and smells of fall are starting to make their presence felt with cooler mornings and shorter days reminding us that summer will soon be departing. With the change of seasons often comes a change in what we’re eating and drinking.

On the drinking front, Wild Roots Spirits’ Tasting Room is now fully reopen for tastings daily 12-6 pm. Located on the bustling corner of E. Burnside St. and Grand Ave., the space is bright with floor-to-ceiling windows and multiple seating areas. Guests can try the full line of Wild Roots spirits as a flight, as part of seasonally-inspired mini-cocktails and zero-proof cocktails.

Founded in 2021, husband-and-wife team Chris and Ali Joseph own and operate Wild Roots. Their all-natural spirits embody the essence of the Pacific Northwest with over a pound of real fruit in each bottle of vodka. Current offerings include eight fruit-infused vodkas: Raspberry, Apple & Cinnamon, Pear, Dark Sweet Cherry, Cranberry, Peach, Marionberry and Huckleberry; a Cucumber & Grapefruit infused Gin; a non-infused Vodka and a London Dry Gin.

They’ve recently launched a line of Vodka & Soda canned sparkling cocktails in four flavors: Peach, Lemon, Blackberry and Raspberry. The 12 ounce cocktails are sold in four packs and are ready to be enjoyed straight from the can wherever one ventures.

In addition to enjoying Wild Roots’ flavors at their Tasting Room, people can whip up cocktails or non-alcoholic “mocktails” like the Spiced Coconut Cran Cooler pictured above with the help of the recipes on Wild Roots’ website, wildrootsspirits.com/cocktails.

Spiced Coconut Cran Cooler

1/2 cup coconut milk or coconut nectar*
2 ounces Wild Roots Cranberry Vodka**
1 Tbsp maple syrup
5 drops citrus bitters
Juice from 1/2 an orange
Cinnamon

Combine all ingredients and pour into a rocks glass filled with crushed ice. Top with a dash of cinnamon.

Optional garnishes: cinnamon stick and fresh cranberries.

*Coconut nectar is a sweetener that can be found at groceries like People’s Co-op.
**Substitute the cranberry vodka with cranberry juice for a non-alcoholic “mocktail.”

Get Writing with Write Around Portland

The nonprofit Write Around Portland is offering online creative writing workshops every other Thursday, 11 am-12:30 pm September 23 through December 16.

Although writing is often thought of as something done in isolation, Write Around Portland knows there is immense power when writing is done in community.

Their workshop model, refined over 22 years, is suitable for people of all writing levels, from the budding writer to the published author. By offering workshops online, people can attend from wherever they have access to reliable wi-fi or internet connection.

Join in the creativity and community-building with generative writing exercises, sharing, and strength-based feedback by registering at writearound.org.

Preregistration is required for each workshop with registration, one hour before the start of each workshop. Once registered, Write Around Portland will send a Zoom link via email.



write around®
— PORTLAND —

respect. writing. community.

Participants will need an electronic device with internet, camera and microphone capabilities (cellphone, tablet, iPad, Chromebook, laptop or desktop computer), pen and paper and a quiet space to be able to fully participate.

The cost of the workshops are on a sliding scale, \$0-\$30 per person. Workshop fees support the organization’s free communi-

ty writing workshops in hospitals, prisons, affordable housing buildings, homeless shelters and other social service agencies. Each workshop is limited to 10 adults, 18 and older.

Questions can be directed to Volunteer Manager Emily Garcia at egarcia@writearound.org or by leaving a message at 503.796.9224.

Citizen Science and Restoration Trips

The Cascade Forest Conservancy is looking for volunteers to join them for fall Citizen Science and Restoration Trips. Opportunities include Yellowjacket Creek planting and surveying streams for lamprey.

As a volunteer citizen scientist, participants join experienced conservationists to work together to preserve and restore the unique ecosystems in and around Gifford Pinchot National Forest.

Learn and explore while making a positive impact that lasts for years to come.

No prior experience is necessary to volunteer, however volunteers are responsible for supplying their own food, water, camping gear (as needed) and appropriate clothing for the field.

For overnight trips, volunteers and staff will stay at reserved campsites within the Gifford Pinchot National Forest. During colder months, reserved lodging will be at cabins or bunkhouses.



Please note that due to COVID-19, some typical arrangements are not possible and the organization will not be able to provide lodging.

Some sites are easier to reach than others. The Easy 1 to the Demanding 5 rating scale is assigned to each trip so volunteers can select a trip that’s the correct fit for their outdoor experience and comfort.

State and federal COVID-19 guidelines will be followed on these trips. Unvaccinated volunteers are required to wear

masks. Masks are optional for vaccinated participants. Group size will be limited to 10 people (volunteers and staff) and due to the popularity of the trips, the organization encourages people to sign up early.

As of this writing, some trips had filled to “waitlist only” status with others still open.

Details available at cascadeforest.org/trip-signup. Questions can be directed to Science & Stewardship Manager, Amanda, at amanda@cascadeforest.org.

STILL HERE FOR YA!



ORDER FROM HOME
TAKE-OUT
OR DELIVERY

www.pdxdeli.com
FOR LOCATIONS, HOURS & ORDERING

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

Event coming up?

Email details to examiner@seportland.news by the 15th of the month.



Community News

9th Annual Catio Tour

The Feral Cat Coalition of Oregon and Portland Audubon offer two tour options for the 2021 Catio Tour Saturday, September 11, 10 am-2 pm.

The Tour showcases nine distinct outdoor cat enclosures ranging from DIY examples to professional designs in the Portland metro area to inspire ideas that will fit any budget or space.

Keep cats safe from outdoor hazards while protecting wildlife from cat predation.

The Tour can be experienced in-person as a self-guided tour or through online video tours.

The in-person tour is ex-

pected to sell out quickly. Those interested are encouraged to buy tickets early.

In person tickets are \$10 and include a guidebook and hosts and volunteers available at each Catio stop to answer questions.

For those that prefer the online video tour, \$15 tickets offer professionally-created videos of each Catio and interviews with the homeowners about their construction and features along with the guidebook.

The guidebook is complete with details about Catios, photos, quick facts, building materials

and costs that will be emailed to ticket holders approximately one week before the tour.

There will be photos and 360-degree images to allow viewers to fully explore the Catios.

Funds from the Catio Tour support the Portland Audubon's and Feral Cat Coalition of Oregon's *Cats Safe at Home* campaign, which aims to reduce free-roaming cats with solutions good for both cats and wildlife.

Both ticket options are available at CatsSafeAtHome.org. The deadline is September 8 to purchase in person tickets.

Pesticide Study and Panel Discussion

The League of Women Voters of Oregon recently published a study on improving the safe use of pesticides in Oregon. The study identifies five key areas of pesticide policy to be considered with recommendations for action.

To supplement the study, the Portland LWV will be recording a panel discussion, *Pesticides: Balancing Benefits & Risks*, covering what Oregonians should know about pesticides.

Study areas include education, training and labeling; transparency and information gathering; funding, research and evaluation; adaptive management and integrated pest management; and burden of proof and the precautionary principal.

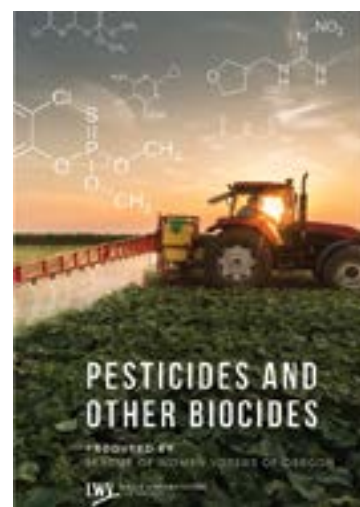
The full 73-page study is

available at lwv.or.org/pesticides-and-other-biocides.

The video recording of the panel discussion will be available for viewing by Friday, September 17 at lwvpx.org.

Moderated by Paula Grisafi, co-chair of the study, the panel includes Amelia Nester, Chair of the League Study and Senior Scientist at Northwest Green Chemistry; Andrea Sonnet, Lead Investigator, Pesticides Program, Oregon Department of Agriculture; Kevin Masterson, Toxics Coordinator, Oregon Department of Environmental Quality; and a speaker from Pineros Y Campesinos Unidos del Noroeste (PCIM), the farmworkers' union.

Local Leagues throughout the state will consider the video



and study to find consensus on how the League should support or oppose policies that will affect the use of pesticides and biocides in the future.

Got Fruit? PFTP Can Help You Share It

The Portland Fruit Tree Project (PFTP) is a non-profit working to increase equitable access to healthy food while strengthening communities by empowering neighbors to share in the harvest and care of city-grown produce.

Now they've recently added another option to their existing harvesting service for people who have too much fruit.

The "fruit hub" is a new walk-in cooler located behind their office at 5431 NE 20th Ave. and the community can drop off

fruit donations there. When fruit is dropped off, all people need to do is email harvestadmin@portlandfruit.org so that the organization can get the fruit distributed to their community partners.

Harvested fruit may not look like the more perfect specimens one would see in the grocery store, but that doesn't mean it isn't edible or suitable for donation.

PFTP offers an easy to understand way to differentiate between "ugly" fruit still suitable for donation and diseased fruit

not suitable for donation, but still edible.

See page five of the PFTP DIY Harvest Kit at bit.ly/PFTP-HarvestKit to determine which category your harvested fruit falls into.

Another option for those with too much fruit on their trees is to alert neighbors when they are welcome to help themselves.

PFTP has established a Facebook group, Share in the Harvest at bit.ly/PFTPgroup, to help people connect.

September Events

PDX INDIGENOUS MARKETPLACE – The Marketplace takes place twice in September. Saturday, September 4, 11 am-5 pm at Tilikum Plaza, 211 SE Caruthers St., and Saturday, September 18, 10 am-4 pm at 432 NE 74th Ave. Visit indigenousmarketplace.org for a list of vendors.

FILL YOUR PANTRY WEEK – A coalition of local food system non-profits brings the Tomato Time pop-up to farmers markets throughout the city, Sunday, September 5-Saturday, September 11. Visit fillyourpantry.org/pop-up-events for a listing of participating markets to stock up on peak of the season produce and utilize the abundance of food grown in the Pacific Northwest.

VIRTUAL TOWN HALL – Rep. Rob Nosse hosts a virtual town hall Thursday, September 7, 7 pm. He will discuss the 2021 legislative session and talk about future legislative priorities. RSVP at bit.ly/NosseVTH.

REDISTRICTING PUBLIC HEARING – Every 10 years states redraw electoral lines. The state legislature received census data in August and is soliciting public testimony about redistricting. District 3 public hearings are Wednesday, September 8, 5:30-6:30 pm and Friday, September 10, 1-4 pm. Visit oregonlegislature.gov/redistricting for more information.

SENATOR RON WYDEN – US Senator Ron Wyden will be the keynote speaker at the Willamette Women Democrats' Thursday, September 9 event. The event begins at 4 pm and will be held via Zoom. Sen. Wyden will highlight current legislative priorities and a Q&A session will follow. Register for the free program at w2dems.com.

INFARMATION ANIMAL WELFARE – Friends of Family Farmers and Small Farm School present the InFARMation Fall Series starting Tuesday, September 14, 6:30-8 pm. The first installment looks at what innovative Oregon farmers and food system organizations are doing to further animal welfare in farming. More on the virtual, free series at friendsoffamilyfarmers.org/2021-infarmations.


PORTLAND FLEA – Portland Flea features 65+ local artists, makers and curators of the best vintage, handmade and locally-sourced goods in town. It takes place on two Sundays, September 12 and 26, 11 am-4 pm. Free, outdoor and family/dog-friendly at 615 SE 3rd Ave. More at pdx flea.com.

NATIONAL CHEESEBURGER DAY – Saturday, September 18 is National Cheeseburger Day. Visit the SE Examiner's Facebook page, facebook.com/SoutheastExaminer, and tell us who has your favorite burger. Vegetarian burger favorites, too!

DRUM CIRCLE – PP&R and Touchmark at Fairway Village present a dementia-friendly drum circle Thursday, September 23, 1:30 pm at Portland Memory Garden, 10401 SE Bush St. The event is for people with early-stage memory loss, Alzheimer's or other types of dementia and their caregivers. Held outside, it will be socially-distanced and masks are now required. Contact Shelby at shelby.coshow@portland-oregon.gov or Anita at franzs2008@yahoo.com with questions.

EQUAL OPPORTUNITY DAY AWARDS – Join the Urban League of Portland for their annual awards event Thursday, September 23, 6 pm. They celebrate resilience in the community and spotlight fellow civil rights advocates, social justice champions and equity leaders. Register for the free event at bit.ly/ULPDX2021event.

STREET BAZAAR – The producers behind Portland Flea, Roux Portland and Portland Bazaar bring the bold flavors, bright colors and vibrant energy of Portland's food, drink art and music scene together Friday, September 24, from 5-9 pm. The open-air outdoor event takes place at Nova parking lot at the Electric Blocks, 1615 SE 3rd Ave. More at streetbazaarpdx.com.


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


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


See Jane.
See Jane work.
See Jane work for you.
Jane Swanson
Principal Broker, John L. Scott Real Estate
503.709.5166
janeswansonpdx.com

Corner Store Provided More Than Groceries

By SARAH ZOLLNER CASE

Just after the birth of our second child, we moved into a house on a corner lot in a historic neighborhood, across the street from a corner grocery store.

The little white storefront had been in continuous operation for nearly a century. In recent years, its current owners, Mel and Errol, business and life partners, ran the place on their own, seven days a week, 7 am-8 pm.

When our family arrived on the scene, Mel and Errol were in their mid-70s. They did the ordering, stocking, pricing, greeting, cashiering, bagging, answering the phone, swept the sidewalk and did the bookkeeping in longhand on the backs of used envelopes.

The shop carried a surprising variety of fresh produce and grocery staples. Shoppers could solve their dinner problems, grab a healthy snack on the way to soccer practice or snag a bar of fancy dark chocolate for a last-minute hostess gift.

This is where you bumped into neighbors and marveled at how their kids had grown since summer, where you could pet puppies tied up outside while their owners picked out popsicles from the ice cream freezer and where adults and children alike were greeted by name. The shopkeeper would hold your baby while you wandered the aisles.

This is the place where my daughter, at six years old and armed with a five-dollar bill, had her first opportunity to go to the store “by herself.” I stood watchfully on the front porch as she repeatedly looked left-right-left and finally decided it was safe to cross.

Mel was delighted to assist

this eager first grader in find an onion. Errol counted the change back and made sure she understood how much she had paid, sending her off with his trademark phrase, offered as a farewell to adults and children alike: “Now, straight home with you!”

At Halloween, Errol’s neatly handwritten lists helped him keep track of a dozen or more volunteers for the grocery’s massive annual trick-or-treating event.

Eight stations were set up along the narrow aisles. Hundreds of neighborhood parents and tots would form a line snaking out the door and down the block, waiting for a turn to file through and beg for treats from costumed neighbors who had been conscripted into service.

Errol expected proper manners: children must say “Trick or treat” before being given a reward at each station and “Thank you” afterward. We do not suffer hooligans in this neighborhood. We are raising good citizens.

One day I popped into the grocery for a sweet potato. “Sorry,” Mel said. “I guess I don’t have any right now.” I left empty handed, figuring I’d solve the dinner dilemma another way. Coming home from an errand a while later, I found a solitary sweet potato on my stoop. No bill, no note, just a simple kindness.

Then the day came that “For Sale” signs were posted outside the store. It was inevitable - how long could two aging guys work day in and day out, in a tiring business with penny margins and precious little profit? In their case, the answer was about two decades.

We waited with bated

breath. Would a developer demolish the dilapidated building and build skinny houses in its place? Would someone turn the store into a weed dispensary or convenience store? What would become of the neighborhood grocery, and in its absence, what would become of all of us?

Meanwhile, Mel and Errol continued to operate the business. When the COVID-19 pandemic hit, they masked up and kept working. It soon became clear this pace was not sustainable, even with shortened hours and closing on Sundays.

Errol, the older of the two, could no longer confidently operate the credit card processing machine or count back change. He seemed foggy about names and faces, too. As the pandemic raged on, one day our grocer friends quietly turned out the lights and locked the doors and didn’t open again.

In June of this year, Mel died unexpectedly. The younger and heartier of the two, it was a shock that he left us first. After he passed, family helped Errol transition to a residential memory care facility. The store sits empty, still waiting for the right buyer.

It seems unlikely that it will ever be a grocery again; perhaps it will be reincarnated into something new, but Mel and Errol created a gathering place where strangers became neighbors and even friends outside the weather-worn walls of Taylor Court Grocery.

When they turned off the lights for the last time, they handed the baton to the rest of us to figure out how to be a real neighborhood without them.

Money Talks to Have with College Bound Teens

Nonprofit Take Charge America is encouraging parents to talk with their college-bound teenagers about how to build a strong financial foundation. College may present situations where teens need to make financial decisions on their own, possibly for the first time.

“Many teens don’t intuitively know how to manage money. That’s why it’s critical for parents to sit down with their kids and have an open and honest discussion about financial basics,” said Michael Sullivan, personal financial consultant with Take Charge America.

“Providing that foundation will give kids the confidence to better understand the financial choices they make and properly manage money long after they finish college.”

Four key areas Sullivan identifies are budgeting, credit card caution, identity theft and student loans.

Regardless of income level, having a budget is the founda-

tion of good money management skills throughout life and will help teens track income and expenses while providing a plan of action toward achieving financial goals and curb overspending.

Sullivan says parents should explain the concept of needs versus wants and help teenagers get started budgeting with a spreadsheet or apps like Mint or EveryDollar.

Many college students get into trouble with credit cards so it’s important for parents to discuss the potential repercussions of opening multiple credit cards and the important of making payments on time, every time.

To help them build credit, parents can consider helping them open a secured credit card or add them as an authorized user on one of their credit cards with spending limits.

Identity theft can negatively impact a teenager’s financial life for years. Parents need to explain the importance of protecting financial details, including bank

accounts, credit cards, Social Security numbers and other personal information from scammers and identity thieves.

Teens should be reminded never to share such information with anyone they don’t trust, especially if they are contacted through an unsolicited phone call, email or text.

Student loans are a necessity for many but students may not readily recognize that those loans are not free money and should not be spent on trips or non-school-related shopping.

Parents should talk to them about what expenses the loans are intended to cover (tuition, books, housing) and explain that, unlike scholarships or financial aid, they will be responsible for repaying the loans, with interest, when they leave school.

Visit *Take Charge America*, takechargeamerica.org, or call 888.822.9193 for resources to help individuals and families with a variety of financial challenges.

**SEASON 38
RENAISSANCE
EN VERSO**

A creative exploration of being human. With our emergence from the pandemic, we see the prospect of a new tomorrow, revealing a path brighter than the one we’ve traveled so far.

**OCT 15 - NOV 7, 2021
DÍA DE LOS MUERTOS**
An original, bilingual celebration of the Day of the Dead. Our *espectáculo* will celebrate those who have passed before us with a community altar, a muertos documentary recounting 25 years of programming, poetry readings, and more.

**JAN 14 - 29, 2022
DUENDE DE LORCA**
A play by Dañel Malán that recognizes the life of Spanish poet, playwright, and theatre director, Federico García Lorca. Events include a flamenco dance performance and open mic poetry events.

**MAR 11 - 26, 2022
ANTIGONE AT THE BORDER**
By Marc Pinate, is a contemporary adaptation of Sophocles’ *Antigone*, set near the U.S.-Mexico border. Includes community discussions/panels that will concentrate on immigrant communities & educating DACA youth.

**MAY 13 - 28, 2022
CITY WITHOUT ALTAR**
By Jasminne Mendez, is a two-act play in verse that will amplify the voices and experiences of victims, survivors, and ancestors of the 1937 Haitian Massacre. Events will include open mic with panels, workshops, and art exhibit.

**LEARN MORE AT
MILAGRO.ORG | 503.236.7253**

CRC Bridge Replacement Project

from page 1

concern it won't survive a major earthquake. This aging multi-modal bridge that provides so much value for people and commerce is overdue to be replaced with a structurally sound span.

The final environmental impact statement was completed back in September 2011 and construction was expected to begin in late 2014. Official cost estimates for the new bridge were \$2.8 billion, with about half of the funding relying on tolls.

By 2013, the project was 18 months behind schedule and \$100 million over budget. At that time the CRC replacement bridge was terminated because Washington State lawmakers declined to include a light rail transit line.

The greater definition of the bridge project caused increase concern and criticism of the bridge project increased. Concerns were expressed about the tolling plans because drivers could always avoid the tolls by diverting to the I-205 bridge.

A major objective was to reduce auto congestion, but much of the congestion is caused by the narrow sections of I-5 freeway on either side of the bridge, especially in the NE Portland area.

Climate change and the increased auto traffic were serious concerns. The recession of 2008 called into question the projected employment growth estimates in the region.

A revival of the CRC project was launched in 2017 as the Interstate Bridge Replacement (IBR) after a three-year pause. This will prevent the loss of \$140 million in federal CRC funding if construction begins in 2025.

Project administrators for the new bridge have been meeting with the federal government for three years to determine its potential design and funding.

In April 2019, the Washington legislature along with the Oregon Transportation Commission approved \$35 million to establish a project office to conduct pre-design and planning for the IBR. The work on the environmental review for the project began in 2020.

The problems that must be addressed are many and significant. First is the congestion that slows traffic during peak travel times by as much as eight hours on weekdays.

Second is safety. The bridges have narrow lanes, without shoulders, poor sight distances. There are frequent bridge lifts and substandard ramps. Accidents would be reduced with a modern bridge design.

Third, the bridge is vulnerable to earthquakes because its foundations are in sand rather than on solid bedrock. Freight movement is impaired due to the

congestion and safety problems on this critical West Coast trade route. Greater consideration must be given to pedestrians, cyclists and transit service.

The administrators and planners are committed to an equity-centered public process with outcomes that will not harm the many communities affected by the bridge construction and its future operation of this bridge. They have promised that equity will be embedded in every stage of this project through a transparent and open process.

The data and analysis will be made available to the public online and the public are encouraged to express their opinions in public meetings. Three groups have been assembled to provide organized input and review: an Executive Steering Group, of government representatives; a Community Advisory Group; and an Equity Advisory Group that will include a diversity of minority opinions.

The work on the design and transit options will take place in November and December of this year with a draft IBR solution released to the public in February. The preferred alternative will be submitted to the federal administration in May 2022.

The re-evaluation of the federal environmental review process will be completed by the end of 2023. Pre-construction begins in early 2024 and construction will start in mid-2025.

The capital costs of the IBR should range between \$3.2 to 4.8 billion depending on its design and transit mode. Failure to begin construction on time will require that \$140 million must be repaid to the federal government. The work will be reviewed by the Federal Highway Administration and Federal Transit Administration.

Oregon Congressmen Earl Blumenauer and Peter DeFazio, the chairman of the House Transportation Committee, are on record as supporting the plans for the new IBR bridge, but only if it includes light rail.

Portland City Transportation Commissioner Jo Ann Hardesty is a member of the Executive Steering Group and has stated: "Climate and equity are two of the most urgent needs of our time."

Lawmakers in Washington state continue to express skepticism while offering support for the bridge.

Government leaders say the Biden Infrastructure Plan is going to rebuild the 10 most economically significant bridges in America. The Columbia River Crossing should be on that list, but controversy and delay might compromise the process.

Backyard Science & Discovery Workbook: Pacific Northwest

By KRIS McDOWELL

Summer may be winding down and school may be starting, but there's still plenty of time to take advantage of the beautiful Pacific Northwest to get kids outdoors and using their powers of observation to learn more about the environment around them.

Adults guiding them might even learn a few things, too, as they explore with the *Backyard Science & Discovery Workbook: Pacific Northwest*.

Author Dr. Robert Niese is a naturalist with expertise in Pacific Northwest flora and fauna and the author of Adventure Publications' most recent workbook in their seven-part, region-specific series.

Since the age of 10, he dreamed of becoming an ornithologist (a person who studies birds) and has incorporated that early dream into his life as an educator and researcher.

Dr. Niese was hired by the Slater Museum of Natural History to write and implement science curricula for hundreds of elementary school classrooms throughout western Washington during his undergraduate studies.

As he worked towards his Ph.D. in comparative vertebrate anatomy, he began his blog, Northwest Naturalist (northwest-naturalist.org), where he posts images and quick facts or identification tips about common Pacific Northwest plants, bugs, birds, fungi and other wildlife.

The blog has become a scientific archive of over 600 photos and it ultimately led to him writing this book, his first.

The goal of this book, says Dr. Niese, is "to help young learners connect with the natural world and to practice being naturalists."

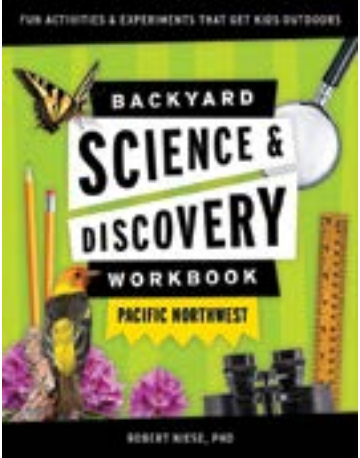
To that end, the book features 25 hands-on science projects that span the whole year; 10 simple introductions to the region's habitats and more than 12 independent inquiries to help in creating hypotheses, observing nature and practicing naturalist skills.

Having taught a wide range of students, Dr. Niese says, "Some of the best naturalists I know are just curious kids with a passion for nature. You'd be amazed at how detailed and insightful the natural history observations of a fourth grader can be."

"In my experience," he continued. "4th and 5th graders are at that age where they're starting to make observations and think like scientists, but haven't lost their drive to discover, be curious and ask questions. It makes them insatiable learners and a joy to teach."

The book's 8.5" x 11" format allows pictures to accompany the large-font text on nearly every page and space for uncommon words to be explained in everyday terms.

There is plenty of room for learners to write answers to the questions and quizzes and create



lists of items like the birds spotted in one's backyard and the details surrounding the discovery of a neat feather, leaf, rock or other natural object.

Observations can start at home and can be expanded to one's neighborhood and beyond as the learner's interest directs and the ability to do so allows.

Dr. Niese is passionate about sharing his knowledge with others and engaging curious minds about the Pacific Northwest's plants, animals and fungi.

He says, "My greatest hope for readers is that they learn something new about nature, get outside and experience it firsthand, then share those experiences with others."

He encourages fellow naturalists to "stay curious."

To buy the *Backyard Science & Discovery Workbook*, visit northwestnaturalist.org or visit your favorite local bookstore.

DREAM • DESIGN • BUILD
BEAUTIFUL

Start your dream here: (503) 251-9900

WEITZER COMPANY
DREAM • DESIGN • BUILD

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 REACH OF CHILDREN.

Black Lives Matter and Oregon Symphony's "Animal Control"



Photo by Nili Yosha

Outside the Frame (OTF) points the cameras towards young Black Lives Matter musicians and the result is a new music video, **Animal Control**, featuring young rappers, Mic Crenshaw, and the Oregon Symphony.

Rose City Rising is a collaboration between OTE, Portland Public Schools and Friends of Noise. Students were invited to submit verses for a concept album about Summer 2020, and to record them at a professional studio with support from professional artists and musicians. Five submissions were selected to produce music videos as part of their film workshops.

Musician/activist/educator Crenshaw asks: “What would the soundtrack to a youth led movement for racial justice in the wake of the murders of George Floyd and Breanna Taylor by police sound like? Maybe the healing and the hurt could meld together in a way that empowers our potential as a society and culture.”

Animal Control premieres at OTF's annual Gala, Riders in the Storm, featuring good films about a bad year by homeless and marginalized youth, screening Thursday, September 30 at the Hollywood Theatre (Covid permitting) and online. Tickets online at tinyurl.com/OTFAnimalControl. See OTFPDX.org for updates.

In a multiverse tending toward chaos, remember to always check the latest COVID-19 updates for in-person events before heading out.

Many venues require proof of full vaccination or a negative test within 48 hours prior to the show.

In some cases, children under 12 may attend if they provide proof of a negative test taken 48 hours prior.

Portland Columbia
Symphony's Pops in the
Park, is Saturday, September
25, 4 pm (Rain date: Sun-
day, September 26, 4 pm) at
Grant Park (NE 33rd Ave.
and US Grant Pl.)

Season passes are on sale and the programs and artists' info, along with their COVID-19 policy, can be found at [PCSymphony.org](https://www.pcsymphony.org).

Crossing Paths

Cascadia Composers presents ***Crossing Paths – New Music of Healing and Renewal***, Sunday, September 26, 5 pm at Leach Botanical Garden, 6704 SE 122nd Ave. Gate opens at 4 pm and the music begins at 5 pm.

Three musical ensembles will be in different locations around the upper garden performing 20 minute sets. Masks are required in any crowded or indoor areas of the garden, including restrooms.

Hear performances by Justin Bulava, clarinet; Amelia Lukas, flute; Alexis Mahler, violin; Hannah Penn, mezzo-soprano; Kate Petak, harp; and Dylan Rieck, cello, and new works from contemporary composers. The gardens will feature a sound installation by Daniel Brugh.

Bring your own lawn chairs and a picnic to enjoy on the upper garden grounds. Alcoholic beverages are permitted, but no food or beverages will be sold on-site.

Tickets are \$20 general admission/\$10 seniors and working artists/\$5 students/free for children under 12 and are available online at bit.ly/3sSIQaF or at the gate.

CascadiaComposers.org.

Heavy Metal Art with Mistry and Pratt



“Intersections” by Emily Pratt

September at Sidestreet Arts, 140 SE 28th Ave., features the work of Kathleen Mistry and Emily Pratt. Both have unique relationships with metal and the gallery is filled with their pounded, nailed, etched and cleaved metals.

"Intersections" by Emily Pratt While crafting semi-precious stone jewelry, Mistry is always discovering new methods of texturing and shaping metal. She has created sumptuous copper and silver cuffs, earrings and necklaces using a variety of texture-making techniques including repoussé, etching and reticulation.

Inspired by the discovery and transformation of 3-D materials into 2-D art, Pratt collects worn and rusty man-made metal objects, deconstructs them, and hammers them into assemblages. Each “metal painting” creates a narrative with hints of memory connecting the viewer to a man-made past.

This month's show also features Spotlight Artist Cheryl Quintana and her ceramic animal sculptures and runs through September 26. The Zoom Studio Artist Talk is Sunday, September 12, noon-1 pm. Link at SidestreetArts.com.

Artichoke Music is bringing back live music safely in September. Like other venues, they require a full vaccination to enter, or a negative COVID test within 48 hours for anyone who attends a live event. The instrument store remains open daily and masks are required inside.

A limited number of shows are booked this month, and live audiences are welcome. These include *Saturday, September 11, The Cascade Blues Association's Road to Memphis competition; Thursday September 24, the return of the live Open Mic, and Friday September 25, The Kevin Selfe Trio.*

Artichoke classes are offered all online or outdoors. Sing with Anne Weiss, learn guitar with Adrian Martin, find your blues groove with Steve Cheseborough, play Irish music with Dan Compton from Amsterdam, write songs with Matt Meighan, learn the banjo with Martha Stone, or pick up the mandolin with Rene Berblinger.

Register for classes at ArtichokeMusic.org.

Alberta Rose Resumes Live Music and Performance

The Alberta Rose Theatre resumes live performance this month and their September line up is filled with music highlights, theatrical hijinks and the return of Live Wire.

• Friday, Saturday, September 10-11, 7 pm – **Jimmy Dore** delivers a wallop of political comedy and insight, mocking the Establishment, hurling truth bombs and fomenting discord • Thursday, September 16, 7:30 pm – **Live Wire Radio** returns with Luke Burbank and guests • Friday, September 17, 8 pm – **Rizo: In The Flesh with Jet Black Pearl opening** • Saturday, September 18, 8 pm – **I Put A Spell On You - Nina Simone Tribute** featuring LaRhonda Steele and the Adrian Martin Sextet • Tuesday, September 21, 8 pm – **Kulaikiwi**, Three of Hawaii's leading performers, Lehua Kalima (of Na Leo), Shawn Pimental, and Kawika Kaeo – **The Return of Duffy Bishop** • Saturday, September 25,



Ruthie Foster by Mary Keating Bruton

The Oregon Burlesque Festival • Thursday, September 30, 8 pm – **Ruthie Foster with special guest Mary Flower** • Sunday, October 3, 8 pm – **Darrell Scott with Gary Ogan.**

Alberta Rose Theatre requires proof of a full course of COVID vaccination. Masks are required in all indoor public spaces per the current State of Oregon mandate. For more info see: [AlbertaRoseTheatre.com/covid-safety-policies](https://albertarosetheatre.com/covid-safety-policies).

Experience The Joy Of Family Music

Music Together (MT) offers both in-person and online classes this fall with a variety of types and locations. MT's classes offer a safe environment following CDC, state and county recommendations and mandates.

Lessons are based on the premise that all children are musical and parents are crucial to the process of activating and nurturing their child's musical development. Just like language development, the early years are critical for developing basic music competence.

A new SE location at Sellwood Community House offers classes outside under the pavilion. Fall registration is open now.
See MusicTogether-pdx.com or call Julie, 503.236.4304.



Photo by J. Cabello



**ALBERTA
ROSE
THEATRE**

SEPTEMBER 2021

10 JIMMY DORE SHOW political comedy	24 DUFFY BISHOP NW favorite blues diva
15 THIS MIGHT GET WEIRD BFF podcast gone wild	25 OREGON BURLESQUE FESTIVAL one night only!
16 LIVE WIRE RADIO WITH LUKE BURBANK NPR radio show	26 PORTLAND JUGGLING FESTIVAL
17 RIZO IN THE FLESH the high priestess of cabaret + Jet Black Pearl	29 TOO SLIM & THE TAILDRAGGERS blues rock guitarist + Tevis Hodge Jr.
18 I PUT A SPELL ON YOU Nina Simone tribute	30 RUTHIE FOSTER award-winning acoustic blues + Mary Flower
21 KULĀIWI Hawaiian supergroup	

UPCOMING SHOWS

10/2 • PETE CORREALE | 10/3 • DARRELL SCOTT
10/7 • BOOKER T. JONES | 10/8 • TONY STARLIGHT

albertarosetheatre.com
3000 NE Alberta • 503.764.4131



Go Going Out

arts & entertainment

THE WILD PARTY - A 1926 AUDIO PLAY



The original frontispiece of March's book

Cygnets Radio Hour's new production, **The Wild Party**, by Joseph Moncure March premieres this month and it's a jazz-age, book-length narrative poem bursting with passionate rhythms and excess. Characters of all sorts commit colorful debauchery as the leads, Queenie and Burr, circle each other in a cynical, dangerous game of sexual power.

March wrote the poem in 1926 after leaving *The New Yorker*, where he was the first managing editor. Deemed too racy to publish at the time, in 1928 Pascal Covici took the risk. It was promptly banned in Boston, thus making it a succès de scandale, a scandalous success.

Cygnets presents the entire original text of the poem verbatim, not the bowdlerized version published in 1968. The Theatre produced *The Wild Party* as a stage reading in 1994 and it is directed again by Louanne Moldovan. This production features some of those same actors and the cast includes Don Alder, Gavin Hoffman, Michael Mendelson, Olivia Shimkus, Marilyn Stacey and Andrea White.

Stream *The Wild Party* at CygnetsProductions.com. Subscribe to Cygnets Radio Hour via [Spotify](#), [Apple Podcasts](#) or [Google Podcasts](#).



triangle productions! presents its first show of the new season, **In The Body Of The World**, written by Eve Ensler, author of *The Vagina Monologues*. Live indoor theatre continues with this one-act play with no intermission.

As an activist and artist, Ensler has spent her career speaking out about the female body. While working in the Congo, where war continues to inflict devastating violence on women, she was diagnosed with stage III/IV uterine cancer. Her diagnosis erased the boundaries between her work and her own body.

The play features Raissa Fleming as Eve, is directed by Donald Horn and is an adaptation of Ensler's acclaimed memoir. This is the first time it has been performed by another actor. It is the West Coast premiere.

Performances are September 9-25, Thursdays-Saturdays, at 7:30 pm. See trianglepro.org for tickets and their COVID-19 protocols.



"Kaleidoscope" by Joanie Krug
the turnarounds in life: "They leave us with a different perspective and invite us to land in a new space." Working in both charcoal and oils, she focuses on women in expressive emotional and social moments. She also explores landscapes and interior environments and the myriad ways that color, space and design inhabit a rectangle.

Multidisciplinary artist Sue Friesz spent the late 1990s living in Paraguay, Brazil and Egypt. Her sculptural work draws from the pulse and movement she observes in her surroundings. plants, trees and vines.

Gallery hours are 12-5 pm Friday-Sunday and by appointment 503.705.5669. Face masks are required. See Gallery114pdx.com.

Gallery 114, 1100 NW Glisan, presents **Zig Zag**, a show of paintings by Joanie Krug, sculpture by Sue Friesz and paintings by Kay Danley through Saturday, October 2. The Artist Reception is Sunday, September 12, 1-3 pm with artist talks and readings of ekphrastic poetry by Sarah Bokich, Dale Champlin and Jennifer Dörner.

Portland artist Krug says her work may challenge us to embrace the turnarounds in life: "They leave us with a different perspective and invite us to land in a new space." Working in both charcoal and oils, she focuses on women in expressive emotional and social moments. She also explores landscapes and interior environments and the myriad ways that color, space and design inhabit a rectangle.

Multidisciplinary artist Sue Friesz spent the late 1990s living in Paraguay, Brazil and Egypt. Her sculptural work draws from the pulse and movement she observes in her surroundings. plants, trees and vines.

Gallery hours are 12-5 pm Friday-Sunday and by appointment 503.705.5669. Face masks are required. See Gallery114pdx.com.



Much has come to light in the last decade regarding Portland's treatment of its Black community when displacement and planned gentrification in the city's Black neighborhoods are considered. Now, a new audio documentary podcast, **Our Fires**, tells the struggles of these neighborhoods through personal histories and presented in three parts.

OB Hill, Donna Maxey and Cleo Davis, from three generations, recall their families' stories and journey through nearly a century of discriminatory city planning that has uprooted entire neighborhoods.

Businessman and historian Hill described the history of displacement of Oregon's Black community as a "rolling crap-game" in which setting down roots in the attempt to build generational wealth was treated by the city much like illegal gambling.

The series begins with Hill's account of living in Vanport in the first installment. Listen now at tinyurl.com/OurFires or on Spotify, iTunes or Soundcloud.



PDXJAZZ presents Pat Metheny and his new group, **SIDE-EYE**, live in concert at Revolution Hall, 1300 SE Stark St. Tuesday September 21, 8 pm.

Metheny remains inventive, curious and unpredictable and is the only musician to win 12 of his 20 Grammys in 12 different categories. Inducted into the **Downbeat Hall of Fame**, he was only the fourth guitarist to be included (along with Django Reinhardt, Charlie Christian and Wes Montgomery) and its youngest member.

His new album, **SIDE-EYE**, features intricate, mostly new music set alongside unexpected and creative re-workings of Metheny classics.

The live band features pianist and organist James Francies and New Orleans drummer Joe Dyson.

Order tickets online at tinyurl.com/MethenySideEye.

Reserved seating, 21+ over. No minors.

Short takes ...arts news of note

THE ARCHITECTURAL HERITAGE CENTER presents Portland Indigenous Marketplace at 701 SE Grand Ave. as a showcase of indigenous arts, crafts and goods on view in the AHC main gallery beginning this month and continuing into fall. The Marketplace is a nonprofit, supporting indigenous artists and entrepreneurs with barrier-free, culturally respectful spaces, promoting public education through cultural arts. See VisitAHC.org/portland-indigenous-marketplace.

BOOKS WITH PICTURES AND CAPTURED BEER BUS partner for a classic grade school-style Book Fair for grown-ups, Saturday, September 11, from 6-9 pm in the food truck pod at 113 SE 28th Ave. This nostalgic pop-up shop will feature a curated selection of graphic novels and quintessential catalogues specifically to delight you after a long day at Rose City Comic Con and a long week of work. While you shop, adults will be able to enjoy great craft beer on tap at Captured Beer Bus. What could be more fun than a Book Fair?? See BooksWithPictures.com.

SONGWRITING AS TRUTH-TELLING offers three new classes: two different groups Tuesdays, September 7-October 12 at 4-6 pm and 7-9 pm; Wednesdays, September 8-October 13, 6-8 pm. Taught by songwriter Matt Meighan, each writer finds their own voice. Write, share, listen to songs and explore songwriting as acts of human communication and connection in this non-judgmental space to deepen your songwriting practice in a live online class. All levels of experience welcome. Enrollment limited to 9 people per class. Six weeks, \$160. Contact matt@MattMeighan.com.

OREGON CHILDREN'S THEATRE'S VIRTUAL GALA, *With a Little Help From Our Friends* streams free September 18. Co-hosted by Portland drag performer extraordinaire, Bolivia Carmichaels, and featuring local luminaries Shoshana Bean, Delphon "DJ" Curtis, Jr, Natalie Joy Johnson, The Skivvies (Nick Cearley and Lauren Molina), and more. The livestream begins at 5:30 pm and the main program at 6 pm. Family-friendly and emulating a live theatre and party atmosphere, local guests can purchase three-course catered meals and kids' meals from Vibrant Table to be delivered to their homes in time for the show (orders must be placed by September 9). Raffle tickets can be purchased ahead of time and during the event. See OCTC.org/gala.

KICKSTAND COMEDY presents the final Comedy in the Park of the summer, Friday, September 10, at Laurelhurst Park and hosted by Seth Allen and Tory Ward. It features comedians Dan Weber, Ben Harkins, Dianna Potter, Chase Bocket, Jaren George, Jake Silberman and Imani. Come early to claim your spot. Bring your pups, your besties, and a picnic for this FREE show. Blankets drop at 6, the show starts at 6:30 pm. See KickstandComedy.org.

THE KINGSMEN AND FRIENDS TOAST MIKE MITCHELL - A Benefit for the Oregon Music Hall of Fame's Music In The Schools & Scholarship Program, Sunday September 26, 6 pm at the Aladdin Theater, 3017 SE Milwaukie Ave. Mitchell was the original guitarist and co-founder of The Kingsmen, the Portland band whose version of *Louie, Louie* was a huge international hit. He passed away April 16 on his 77th birthday. The remaining Kingsmen will play a full show with guests including a rare performance from Paul Revere & The Raiders members Phil "Fang" Volk, Jim "Harpo" Valley, Keith Allison and others. Tickets are \$25 in advance, \$30 door at Aladdin-Theater.com or at the theatre box office.

New Neighborhood Comic By SE Artist

SE cartoonist, and artist-wunderkind, Bridgett Spicer is the force behind **Auntie Beeswax**, a new weekly comic strip featured in *Willamette Week*.

Spicer's Sunnyside neighborhood is the main inspiration: "in the sunny Belmontavilla neighborhood" as well as her own status as a real silly Auntie.

"It's not hard to find things to write about. Just walk outside your front door," Spicer says, musing about her muses. "I hope that Auntie Bee, with her little kindnesses, helping hand, and good heart can spread some positivity, which we all can use."

Follow the strip in *WW* or via Spicer's Instagram page, @AuntieBeeswax.



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

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

ART HEADS
FRAME CO
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



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



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



Scan to access our mobile webpage

Temporary Hours 8:30 - 5:00



DIVISION HARDWARE

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



PROMOTE FOOD JUSTICE. STRENGTHEN OUR COMMUNITY

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





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.

Post-Vacation Detox Tips

Summer vacations are all about relaxing. Often times this extends beyond lounging on a beach or in a hammock and also includes relaxing your rules for what you eat, drink and enjoy.

This means returning to post-vacation life can warrant a little reset, like a detox to get your body back in balance and keep you feeling well as summer draws to a close.

Our bodies are continually removing toxins and dealing with by-products of our habits, both healthy and unhealthy. With a few simple and supportive behaviors, you can bounce back from a little time off and feel great.

To begin, drink lots of water. Proper hydration is essential to help your natural detox processes, especially when it comes to removing them from the body.

For most people, this means drinking the equivalent to half of your body weight in ounces. For example, a 160-lb person should drink 80 oz of water each day, or 10 cups.

It is important to drink more water when you are exercising or consuming caffeine or alcohol.

Moderate exercise is also crucial, as it keeps your blood moving and supports a healthy metabolism. Don't worry about beginning some hard core workout routine; just be sure to stay active and get outside.

Consider taking a 15-minute brisk walk before each meal. Not only does this provide exercise, but it will jump-start your metabolism.

Eat your greens, especially salad mix, radicchio, kale and mustard greens. The leafy vegetables that contain bitter compounds support liver health, particularly after an indulgent vacation.

Greens like kale can be easily added to a smoothie, while salad mix and a poached egg makes a great breakfast. Radicchio makes a wonderful Caesar salad while mustard greens are great in Indian food like saag paneer.

Enjoy fermented foods like kimchi, kombucha, sauerkraut and yogurt. The probiotic content in fermented foods support your microbiome, crucial for getting your whole body (and mind) back in balance.

Fermented vegetables often contain prebiotic fibers which feed the beneficial microbes that live in your gut. These foods pair great with this season, like sauerkraut on a grilled sausage or a no-proof kombucha cocktail. While yogurt is an easy and healthy breakfast choice, kimchi makes a wonderful savory breakfast with leftover brown rice and a fried egg.

Avoid greasy foods for a little while. Stick with fresh veg-

etables and fruits, whole grains, beans and lean proteins to let your body recover from all the fun you've had.

Finally, eat the rainbow as much as possible. During this time of year, Portland's numerous farmers markets are full of amazing colors, from late-season berries to fresh tomatoes and early fall squash.

A variety of colors in your diet ensures a complete spectrum of nutrients that all work together in supporting whole-body health.

Fresh, local produce is noticeably higher in many nutrients like vitamin C, which tend to degrade over time. The Oregon Farmers Markets Association has a list of farmer's markets around the state at oregonfarmersmarkets.org/find-a-market, including mid-week options for frequent campers and weekend warriors.

A good vacation doesn't have to manifest long term consequences. Just make sure you support your body's rebalancing.

Simple wellness behaviors, like staying hydrated and active, and eating a variety of plant-based foods all work together to help you rebound from your much-deserved time off.

Andrew Harmon holds a Masters in Nutrition from the National University of Natural Medicine.



Business Association Notes

Hawthorne Blvd. Business Association By Nancy Chapin

Thank you to everyone who was able to join us at the Street Fair on Sunday, August 22! There were 100 booths filled by our businesses and visiting vendors and 1,000s of neighbors and friends came out. Over 100 vaccinations were given at the Multnomah County booth (thank you to Dairy Hill) and the weather mostly cooperated – misting once and raining once – before the day was off to a flying start.

A highlight at the Information Booth was being serenaded towards the end of the day by a talented gentleman from India, invited to the Street Fair by Hello India, 3500 SE Hawthorne. Please thank them by stopping in for lunch or dinner one day soon.

We also appreciated the demonstrations by Echo Theater Company students and friends near the Bagdad Theater at SE 37th Ave. Echo Theater offers classes for all ages and is a haven for people to move and create fearlessly. The 38th Ave. and Mudbay-Cubo stages each had great music all day. Next year we should record them.

HBBA is having a photo contest on Hawthorne and invites you, your family and friends to join in. If you have pictures from the Street Fair or of a business on Hawthorne, please tag our Instagram account, @hawthorneblvd_pdx, or send them to administrator@hawthorneblvd.com to enter. The contest continues until Wednesday, September 22 and selected entries will receive a for \$50 gift certificate to Hawthorne businesses. Enter and win up to two times.

Planning teams will be convening soon to organize events to highlight the businesses and services all along the Boulevard. For 2022, we are planning a May Mother's Day event on lower Hawthorne (SE 12th Ave.-SE 30th Ave.) and a June Father's Day event on upper Hawthorne (SE César E. Chavez Blvd. to SE 55th Ave.). We welcome ideas for each of the projects and team members to plan and activate them in 2022. Contact us at administrator@hawthorneblvd.com or 503.313.1665.

Have a great month everybody!



Neighborhood Notes

HAND
By Jill Riebesehl

The Hosford-Abernethy Neighborhood Association Board had planned to reconvene in-person meetings in September, but will review that decision given the rise of the new delta COVID-19 variant. If an in-person meeting is deemed dangerous, we will continue to meet via Zoom.

For those who would like to be kept informed, add your name to our mailing list by emailing handannounce+subscribe@googlegroups.com. The next meeting will be Tuesday, September 21, 7 pm.

Montavilla Neighborhood Association
By Jacob Loeb

The Montavilla Neighborhood Association (MNA) took August off this year. Members continued to work on area cleanups, website updates and ongoing community support activities.

Cleanup crews focused on Montavilla twice this August. The 82nd Ave Business Association partnered with the MNA in a cleanup covering the neighborhood’s entire length of 82nd Ave. At the end of the month, SOLVE Oregon and JOIN held a cleanup centered around JOIN’s office location near I-84.

Last month MNA launched a new section of the website featuring upcoming events and helpful programs. The section, called Items Of Interest, is available at montavillapdx.org/items-of-interest. This section intends to provide a space for quick updates and notices for those members who do not follow the MNA Facebook page.

MNA is seeking Board members for several open positions. Elections occur in October, with candidates announcing during the September general meeting. This year, there is room for up to six new Board members. With a significant number of seats open, there is an excellent opportunity to shape the Board more equitably. Everyone is welcome to participate. If you are from an underrepresented group, the MNA needs your perspective on the Board. Email mna-email@montavillapdx.org for information if you’d like to serve.

The next General Meeting is Monday, September 13, 6:30 pm. Details and the registration link are available at the MNA website montavillapdx.org/mna-calendar.

Mt. Tabor Neighborhood Association
By John Laursen

MTNA hosted the monthly meeting Wednesday, August 18 via Zoom. Mount Tabor Park is the center of our neighborhood and provides recreation and respite to all users. Learn more about parks events at taborfriends.org.

Most recently Friends of Mt. Tabor contacted RACC and the City of Portland to learn what steps RACC has planned to replace the park statues. Both MTNA and Friends of Mt. Tabor encouraged RACC to engage the public for opinion and input on what will honor the park and its users.

Start training, get the family out and plan to attend the 9th Annual Tar and Feather 5k and 10k Run. The run won unanimous support from MTNA provided there is no amplified sound for the fundraising event on Sunday, October 3.

MTNA will host the next community meeting Wednesday, September 15 on Zoom. Find links for this and all of our meetings, under the “Meetings and Events” tab of our website, mttaborpdx.org. MTNA creates a monthly newsletter about important civic issues, which you can find on our website next to each month’s meeting minutes.

North Tabor Neighborhood Association
By Kim Kasch

The North Tabor Neighborhood Association met on August 17. Emily Coleman from Transition Projects, Inc. (TPI) gave a presentation on TPI’s objectives with information on how neighbors can partner with them as volunteers to support our unhoused neighbors. TPI serves Portland’s population both as a warming and a cooling center in severe weather but that isn’t all.

One of TPI’s main volunteer needs is help preparing meals for the eight shelters they run around town. If you are interested in helping (even if you are considering one meal around the holidays), check out the volunteer page at tprojects.org/meal-provider-program.

There are additional volunteer opportunities, such as sorting mail or teaching a craft at a shelter. If you are interested in these opportunities, check out the page here tprojects.org/how-help-volunteer/volunteer.

Check our website at northtabor.org and sign-up for the newsletter to keep informed of upcoming issues affecting the North Tabor Neighborhood. Join us via Zoom any third Tuesday of the month, 6:30 pm. You can find the link on our website.

Richmond Neighborhood Association
By Allen Field

The Richmond Neighborhood Association held its monthly meeting August 9. Meetings are held via Zoom the second Monday of the month, 6:30-8:30 pm. Preregistration is required and the link to preregister is on the Agenda, posted at the RNA’s website (richmondpx.org) and sent out to the RNA Announce list-serv. To be added to the listserv, email richmondnasecretary@gmail.com.

Steven Fang, developer of the properties at 1812/1822 SE César E. Chavez Blvd., next to Central Christian Church, was on the agenda to update the Board on changes to his plans based on feedback given at the July meeting. He indicated to the Chair before the meeting that he had not heard back from the city on his plans, so he had no new information to provide.

The Board discussed forming a DEIA (diversity, equity, inclusion, access) committee. Board members expressed an interest in attending the Laurelhurst DEIA committee to get ideas on a charter and projects.

Update on Fred Meyer Hawthorne South Entrance: The deadline for Fred Meyer to complete its Design Review application to permanently close the south entrance doors is August 30. City staff informed Fred Meyer that the pending, incomplete application would most likely not be approved. After August 30, Fred Meyer might file a request for code adjustment/waiver to seek the ability to close south doors at 5 pm. It is currently in violation of city code by closing the south entrance and is being fined \$700 per month, which will be doubled in October if the south doors remain closed.

Until an application for code adjustment is completed, there is no land use application for the RNA to vote on. The RNA previously informed Fred Meyer it opposes closing the south entrance and will likely oppose any land use application to that effect, but it will invite Fred Meyer to explain the reasons for closing the south entrance.

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

Crossword Answers
Turn to page 15 for the puzzle.

1	J	O	C	K				5	J	O	T		8	J	E	E	P				
12	A	R	E	N	A		13		14	A	R	A	B		15	A	L	M	A		
16	N	E	N	E	S		17	T	S	K	S		18	C	L	I	P				
19	E	S	T	E	E	20	M	S				21	B	O	A	T					
				22	J	A	P	E	D		23		24	J	I	B					
25	B	I	D	E		26		27		28	G	A	E	L	I	C		30	J	U	T
33	I	N	E	R	T		34			35	C	O	L	A		36	U	S	A		
37	J	A	C	K	O	38	F	A	L	L	T	R	A	D	E	S					
41	O	N	A		42	A	R	I	A			43	B	L	A	R	E				
44	U	E	Y		45	M	A	X	I	M	A		46	U	S	S	R				
				48	M	A	N			50	M	A	D	A	M						
				52	J	E	A	N			54	J	A	N	I	T	O	R			
58	J	O	G	S		59	J	U	N	O		62	I	N	O	N	E				
63	I	S	O	K		64	O	M	A	R		65	S	U	M	U	P				
66	G	E	N	S		67	E	A	T			68	M	E	S	S					

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



CCB#96457
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

Back to In-Person School

from page 1

orientations to build community and helping freshmen get acquainted as they tour a new building.

“We’re teaching to the heart vs. the mind,” he said. “My goal is for the kids to look back and say, ‘I’m glad I had my freshman year at Franklin.’”

Franklin High School is recommending three feet of distancing where possible.

One high school teacher said, “Right now the plan is to be three feet apart with masks and going back to normal. I’m struggling with how we’re going to address social and emotional stuff. And I somehow have to review everything that was supposed to have been learned in the past one and a half years. Hopefully, that will be discussed when staff training starts.”

Author Claire Lerner, LC-SW-C, said that the re-opening of childcare centers and schools has parents both ecstatic and anxious. Lerner believes most parents are desperate for their children to be back with their friends, playing and learning.

“It’s hard,” she said. “And everyone needs a break.”

She offered several tips to help ease transitions, recom-

mending reconnecting with peers from school before your child returns to their program. If the child responds positively to interacting with peers on video chat, set up virtual play dates or make plans for socially-distanced encounters.

Connect with the teacher/provider. Request time for your child to do a virtual or in-person meet-and-greet with their teachers/caregivers.

Visit the program in advance. This is especially important if your child is starting in a new classroom or new school. Play on the playground. Explore inside the school if this is allowed.

The unknown causes anxiety. The more your child is re-familiarized with their old program or becomes familiar with the new setting, the less fearful they are likely to be.

Create a back-to-school plan with your child. Let your child know a return to school or childcare is coming up. Talk through any new health and safety rules they can expect, like social distancing and mask wearing.

Create a visual calendar to show your child exactly when they will be returning to his program to make it concrete. If you

have photos of your child participating in the program, tape one onto the date when they will be returning. You can make a book out of these photos that you can look at together leading up to the return to school to remind them of their positive experiences there.

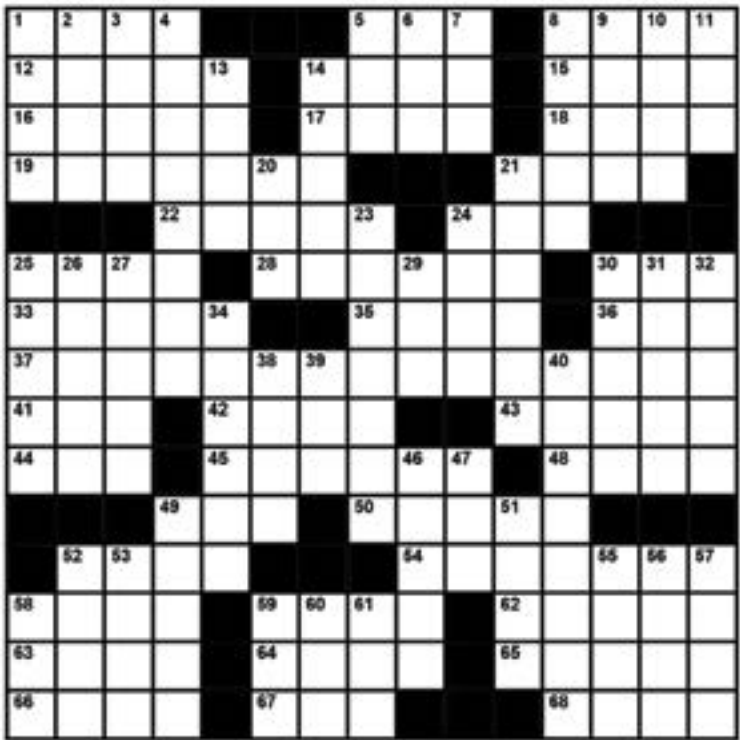
Parents are understandably concerned about sending their students back to in-person school. Some may even prefer continuing distance learning.

Outgoing high school seniors are excited about starting college in the coming weeks and will be challenged with many new situations, new friends and academic offerings not available in high schools.

According to Portland Public Schools, high schools are planning to host mobile vaccination clinics at major events, although PPS cannot mandate the COVID-19 vaccine for students. Everyone 12 years old and up who gets a COVID-19 vaccine at a Multnomah County Department site qualifies for a Visa gift card.

For more information about Multnomah County Vaccination vaccination plans, the information line at 503.823.4000.

Work Your Noggin'



- Across**
- 1. Athletic type, slangily
 - 5. Little bit
 - 8. Rugged transportation
 - 12. Stadium
 - 14. Kuwaiti or Qatari
 - 15. Mater lead-in
 - 16. Bogota babies
 - 17. Sounds of disapproval
 - 18. Hair holder
 - 19. Respects
 - 21. Fleet component
 - 22. Made fun of
 - 24. Triangular sail
 - 25. Endure
 - 28. Manx, e.g.
 - 30. Project
 - 33. Languid
 - 35. Pepsi, e.g.
 - 36. Canadian neighbor
 - 37. Handy multitasker
 - 41. ____ mission

- 42. Soprano’s song, maybe
- 43. Make a loud sound
- 44. One-eighty
- 45. High points
- 48. Gorbachev was its last leader (abbr.)
- 49. James or John, e.g.
- 50. Address a woman, politely
- 52. French writer Cocteau
- 54. Custodian
- 58. Exercises, in a way
- 59. 2007 Ellen Page movie
- 62. Words with hole or all
- 63. Isn’t injured
- 64. Actor Sharif
- 65. Give a recap
- 66. Trains, with in
- 67. Pack away
- 68. Predicament

- Down**
- 1. Miss Marple of mystery

- 2. Blast furnace input
- 3. Copper coin
- 4. Unthought-through reaction
- 5. Next year’s grads
- 6. Bourbon-barrel wood
- 7. USA alternative
- 8. One of the brothers Grimm
- 9. “Enchanted” Anne Hathaway role
- 10. Glow, in a way
- 11. Soft food
- 13. Totally confused
- 14. Drifting, maybe
- 20. Fig. of concern to a car buyer
- 21. Antacid (abbr.)
- 23. Spout off about
- 24. Dump
- 25. Small and delicate thing
- 26. Vacuous
- 27. Rot
- 29. Internet laughter symbol
- 30. Disloyal one
- 31. Computer operators
- 32. Type of gun
- 34. Without exception
- 38. Hall of Fame quarterback Tarkenton
- 39. ____-en-Provence
- 40. Lightweight metal
- 46. Collegian’s decision
- 47. Programming language
- 49. Divers’ gear
- 51. Liquor
- 52. “Light My Fire” singer, Feliciano
- 53. “Ghostbusters” role for Harold
- 55. Volume
- 56. Culpability
- 57. Sales people
- 58. Dance
- 59. Mud
- 60. “Kill Bill” star, Uma
- 61. Jazzman Adderley

Answers found on page 13



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!



Pearl Office

937 NW Glisan St #115

Eastside HQ

3121 SE Division St.

inhabitRE.com

info@inhabitRE.com

503-762-7958





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

PENDING



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

\$ 585,000
3 BD, 2 BA



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

\$ 740,000
3 BD, 2.2 BA

SOLD



1318 SE 58th Ave.
1932 Tudor
3,209 Total Sq. Ft.

Last offered \$ 875,000
4 BD, 2 BA

SOLD



1728 SE 71st Ave.
2011 Custom Craftsman
3,665 Total Sq. Ft. +
336 Sq. Ft. detached ADU

Last offered \$ 1,450,000
4 BD, 3.1 BA +
1 BD, 1 BA ADU

SOLD



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

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



2826 SE 41st Ave.
1910 Bungalow
2,045 Total Sq. Ft.

Last offered \$ 629,900
3 BD, 1 BA

Community Events

Oregon Wine Country Half Marathon

Friday, September 3
oregonwinecountryhalf.com

Here in Oregon, the sun is shining, we have been able to hug a friend for the first time in a long time, our (resilient and amazing) neighbors who lead local businesses are gearing up for a busy summer and wine is pouring at many of our favorite tasting rooms. This summer you will be able to run, sip and celebrate with us in spirit as we take the 2021 Oregon Wine Country Half Marathon virtual. Our events are all about a flavor for everyone and the virtual experience is no exception. You can run, jog or walk a 5k, 10k or half marathon, and you can go for it solo, relay-style with a partner or as a full team. And of course, there will be wine involved!

Belmont Street Fair

SE Belmont St. from SE 33rd Ave. to SE 39th Ave.
Saturday, September 11
travelportland.com/event/1652134

The Belmont Street Fair is one of the largest attended street fairs in Portland. With food and retail vendors of all kinds, show-stopping performances and activities for all ages, the Belmont Street Fair is fun for everyone.

Rose City Comic Con

Oregon Convention Center
Friday, September 10 - Sunday, September 12
rosecitycomiccon.com

Portland's premier pop-culture event, Rose City Comic Con, is produced locally with a focus on creating a fun and friendly event for everyone. While its primary focus is that of comics, comic creators and the creative process, Rose City Comic Con also provides its attendees with access to gaming, sci-fi, cosplay, anime, fantasy and everything in between. Its goal is to provide you with a rewarding, fun and family-friendly event experience.



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

Windermere
REAL ESTATE
WINDERMERE REALTY TRUST

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

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

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

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

THE CAPLENER GROUP
at Windermere Realty Trust

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

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

or visit us online at www.thecaplenergroup.com

