



Photo by Rose City Rollers

Roller Derby Rolls Into Park Rose Middle School

By Jack Rubinger

Kids haven’t had it easy for the past two years with COVID-19 impacting fun, free time and school resources. Way too much time is spent in front of the TV and after-school programs are either too expensive for parents or don’t exist. Kids who aren’t physically active get bored easily.

Now there’s good news rolling in from the Rose City Rollers, who, in partnership with Active Children Portland, are bringing their SkateMobile into Portland schools, starting with Park Rose Middle School. This is a pilot program for kids grade K-8.

The truck comes equipped with skates with outdoor wheels, pads and helmets. As a safety precaution, each kid gets their own bag with their own gear. The program includes two hours of skating after school, plus an after-school meal, because

nutrition is important.

“We want to reduce barriers to access, get more girls and non-binary youngsters involved,” said Rose City Rollers Executive Director Kim Stegeman.

“We want to foster social and emotional team building, confidence and respect. Kids have suffered during COVID-19 with isolation. This program gets kids moving and grooving.”

Kimberly Bergstrom, Active Children Portland, wants the community to know that the SkateMobile is available to PTAs and parties for underserved youth as well.

Roller skating has a kind of cool, non-tech nostalgia that’s needed today. There’s no electronics, no video, no buttons to push. You can go fast, be free with your body and make a lot of noise.

Unfortunately, Oaks Park is the only permanent outlet for roller skating in the Portland area.

For those who enjoy being with kids, being active and getting out, there’s a need for coach-mentors. “These are paid positions, too,” Bergstrom added.

Coach-mentors are the key to the success of Active Children Portland programming. Unlike a drop-in center, coach-mentors work with the same group of 15 kids throughout a season or entire school

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Oregon’s Struggle to Address Mental Illness

By Don MacGillivray

The glowing tributes for Oregon are flawed by a few egregious realities. One is Oregon’s lack of care for the mentally ill.

According to a recent study by Mental Health America, Oregon rates lowest in the US in its care for the mentally ill. Related to this statistic is that Oregon’s ranks second highest in the number of unsheltered homeless people.

According to the National Research Council & Institute of Medicine, up to one in five children living in the US experiences a mental disorder every year. The American Psychiatric Association says 50 percent of mental illness cases begin by the age of 14 and 75 percent before the age of 24.

Preventative mental treatment must become a standard part of generalized healthcare at an early age. Allowing a child to “grow out of it” risks worsening their condition.

Local high schools are making mental health an important focus. Teachers are encouraging active learning experiences to improve students’ attitudes and behavior with arts and crafts, exercise, music, and activities that promote wellbeing. Good mental health enables accomplishment and requires a supportive learning environment.

Portland’s elected officials and mental health advocates understand that Portland’s mental health system is woefully inefficient and underfunded for disadvan-

tagged residents. The mentally challenged must receive treatment to avoid having a crisis. Both short term and long term options are needed to manage circumstances independently in appropriate surroundings.

Over the last 50 years, the government has been downsizing mental treatment facilities because care for patients was difficult and outpatient treatments were becoming available.

In 1995 the Dammasch State Hospital in Wilsonville was closed and then in 2008, the Oregon State Hospital in Salem was closed by order of the US Department of Justice due to poor living conditions and treatment.

Psychiatric treatment could be provided by doctors with outpatient services in the community, thereby saving money while improving outcomes, but funding for these services was not forthcoming and many patients were left without acceptable options.

Mental patients not able to care for themselves often become homeless. A lack of suitable housing only contributes to difficulties. If a crisis occurs, it is the police that are likely responders and this can put a mentally ill person in jail or in the hospital emergency room without getting treatment they need.

In addition, emergency rooms are the most expensive and least effective places to treat mental illness as they are not equipped with personnel, strategies or

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AARP Liveable Communities

By David Krogh

Not many people are aware that Portland belongs to the AARP’s Liveable Community Network of Age-Friendly Communities and States or what that means. Currently 573 communities nationwide and eight states belong to this network.

The program says “elected leadership of these participants have made the commitment to actively work toward mak-

ing their town, city, county or state a great place to live for people of all ages.”

Although AARP to most seems kind of like the AAA of older folks, it also engages with communities to improve or provide services and facilities.

The Livable Communities program prides itself in their statement that people aged 50 and older have the ability “to en-

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SUBTRACTIONS AND ADDITIONS	COMMUNITY NEWS	GOING OUT
New Shop Reduces Packaging Waste Mama & Hapa’s Zero Waste Shop offers personal care and cleaning products, minus disposable packing. PAGE 5	In Season Cooking Fall is the season for squash and gourds. Here’s an easy recipe using the no-peel delicata squash. PAGE 6	Stark Street Studio Holiday Show Meet the artists who shape clay into thoughtful and whimsical gifts at the area’s oldest ceramic studio. PAGE 10
Student Journalists Join the Paper Meet the Franklin High School newspaper team as they add their voices to <i>The Southeast Examiner</i> . PAGE 9	Learn the History of Your House The Architectural Heritage Center offers a series of classes on how to research the history of your house. PAGE 7	The Concerts at Lincoln Street A new first-Saturday music series hosted by the Lincoln Street Methodist Church begins November 6. PAGE 11

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Rs Representatively Speaking

BY STATE REPRESENTATIVE
ROB NOSSE

Given how much I hear about the mental and behavioral health challenges in our city, I thought I would provide an update about what is going on at the state level on this important topic. I serve as one of the co-chairs of the ways and means human services subcommittee in the Oregon Legislature along with State Senator Kate Lieber. For the most part, our committee determines the budget for the Oregon Health Authority and the Oregon Department of Human Services. You may have seen an interview about this in the *Portland Tribune* a couple weeks ago.

I also serve as the vice-chair of the House Behavioral Health Committee. Unfortunately, our state struggles with high rates of substance use disorder, overdose deaths and suicide. Mental Health America ranks Oregon 48th in the country due to our higher prevalence of mental illness and lower rates of access to care. Meanwhile, people with behavioral health needs are “stuck” throughout the system – waiting for beds at the State Hospital stuck in the State Hospital because they cannot be discharged due to a lack of community placements, or stuck in jail or houseless with no way to recover.

Clearly none of this is good. Oregonians need and deserve better. Last session we took a long look at where gaps stood in the system and passed several bills aiming to tackle this.

We passed HB 2980 which funds new peer respite centers across Oregon. Peer respite centers are voluntary, 24-hour, overnight programs that provide community-based, non-clinical crisis support and temporary shelter to help people with mental health challenges find new understanding and ways to move forward.

I was the original sponsor on HB 3046 to try to treat behavioral health like physical health when it comes to access and reimbursement, and to ensure that we diagnose the cause and not the symptom.

HB 2949 provided funding for scholarship and loan for-



givenness and paid internships so that people seeking to work in the behavioral and mental health professions will get financial support to pursue their education and training. We allocated \$80 million to this effort.

The bill has an emphasis on supporting and recruiting people from more diverse backgrounds and experiences to make sure that more in our behavioral health system can offer treatment by someone who has similar lived experiences to them, especially when it comes to race and ethnicity.

Finding housing for people with chronic mental illness is a real challenge. We passed HB 2316 which created the Behavioral Health Incentive Fund to fund the development of community-based housing, crisis intervention services, rental subsidies and other housing-related services to help keep individuals with mental illness and individuals with substance use disorders safe and healthy in their communities.

Those are just a couple bills we passed as part of a larger \$470 million investment to improve our Behavioral Health System.

One other major change came as a result of Ballot Measure 110, which Oregonians approved in 2020. The measure decriminalized the possession of hard drugs. The implementation of this vote was done legislatively through SB 755 which allocates almost \$250 million for the biennium into addiction treatment and harm reduction from cannabis taxes.

This change is part of larger shift we are making from treating addiction like a crime to really treating the cause of the issue and helping individuals to truly heal.

I hope these bills and this budget is just the beginning. We must closely monitor our systems and see where these investments are having the largest impact and where more help is needed.

Meanwhile, almost immediately after session ended, we started hearing about how our mental health and behavioral health employers are struggling to retain their work force. This was due to increased workload, COVID-19 burnout and low pay in a sector already not very well paid.

Candidly, people are leaving for work that is less demanding and better compensated. As the February 2022 “short” session comes closer, watch for bills and budget initiatives to try to fix this problem.

Senator Lieber and I are running a year-long work group to help us understand the challenges in this system more clearly and identify additional solutions that be turned into bills for the 2023 session.

In addition to this work group, this past week I started touring community mental health programs (CMHPs) across Oregon to see the incredible work they do, where they need help, how the laws we passed this last session helped and what needs more attention.

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Local Company Spruces Up Peacock Lane Decoration

By Kris McDowell

Peacock Lane is a SE Portland holiday tradition, with residents of the four-block street decking it out in holiday spirit annually, even as houses are sold and new families move in.

Since 1932 the houses are adorned with lights, nativity scenes, trees and replicas of a variety of colorful holiday characters. The decorating is voluntary and homeowners can choose an over-the-top display while others prefer a more subtle approach.

John LaVeille bought his Peacock Lane house in 1992 and along with it came a red and white, eight-foot-tall decoration of the Grinch and his dog, Max.

The Dr. Seuss duo has been passed along through at least three ownerships of his house with LaVeille adding a cut out in the shape of an open book with the words: “Then the Grinch thought of something he hasn’t before. Maybe Christmas perhaps doesn’t come from a store, maybe Christmas means a little bit more,” painted on by hand.

Each December, LaVeille has posed the Grinch with his book and Max, illuminated by flood lights in his front yard. Next to the Grinch is a partial string of

lights along the front peak of the house, made to appear as if the Grinch is pulling the lights off the house to steal, and stuff in his big, red Santa-style bag loaded with presents he’s stolen.

Actual theft and vandalism are unfortunate things that happen to some of the decorations every year. In the mid-1990s LaVeille’s Grinch was a target and his head was removed. The break happened mid-season and he had to do an emergency repair. After the repair, the Grinch could be seen sporting a large red bow around his neck to disguise the damage.

Then in 2019, a Peacock Lane visitor accidentally tripped over Max while having his picture taken with his child and Max’s neck was broken.

Due to COVID-19, Peacock Lane did not hold their annual holiday lighting display last year so the Grinch and Max stayed tucked away in LaVeille’s garage. 2020 was only the third year that the street had not been lit up. The other years it was black were in 1941 during the rationing of electricity during WWII and in 1974, the year of the oil embargo.

Earlier this year, LaVeille decided to put his house up for

sale and as part of the preparation processes, wanted to make sure that his Grinch and Max decorations were in better shape for the new owners so that he could continue the tradition of passing them along. He reached out to Weitzer Company, who had done remodeling work on the house, for help.

As a renovation, remodel and new construction company, Weitzer has a full team of carpenters and woodworking shop at their SE Lincoln St. location.

Garrison Connors was the person who did the work for LaVeille, saying, “We are always excited to take on a new challenge and, while we often have interesting and creative projects coming out of our woodshop, this was a fun change.”

Connors continued, “Not since 2010, when we built and installed a metal topper ornament for the roof of another home on Peacock Lane, have we done something quite like this. We love John’s passion for the history of Peacock Lane and it was great to work with him in stewarding this particular piece.”

The Grinch and Max, in their newly spruced-up form, are currently ready and waiting for



John LaVeille, the Grinch (before refurbishing) and Garrison Connors
Photo by Weitzer Co.

the holiday season to arrive when they’ll be once again displayed along with the other decorated houses along Peacock Lane.

Stay up to date on details and dates of this year’s Peacock Lane festivities at their website,

peacockland.org.
Get excited for this year’s event by checking out pictures of previous years’ displays on their social media accounts: facebook.com/peacockln, Instagram @PDXPeacockln and Twitter @PDXPeacockLn.

Addressing Mental Illness

from page 1

resources to handle acute mental health situations. Patients are given short term care and remedial treatment options when long term care is needed.

To deal with this situation in 2013, the police department created five Behavioral Health Unit teams composed of an officer and a mental health clinician who are available 9 am-5 pm on weekdays.

Even so, police officers are first on the scene and must call for the Behavioral Health Unit teams. They get approximately three referrals a day from patrol officers and assist about 500 people a year.

This year, Portland Street Response was created to be an alternate 911 first responder program. It has been a pilot program in the Lents neighborhood, but is expected to go citywide soon.

It is organized within the Fire Bureau and they are developing the Community Health Assess & Treat (CHAT) program to provide 911 callers with connection to the right resources for non-emergency health issues.

Currently those in need of immediate mental healthcare can go to the Cascadia Behavioral Healthcare Urgent Walk-in Clinic at 4212 SE Division St. It is home to Project Respond mobile crisis services that are available by calling 503.988.4888.

Portland created the Unity Center for Behavioral Health (UCBH) four years ago to help address the local mental health crisis. It provides care in mental and behavioral health emergencies in an environment designed to focus on getting people good care quickly and effectively.

The UCBH includes an emergency room for mentally ill patients, a staff of psychiatric providers, nurses, social workers, administrators and over 100 beds for patients with urgent needs.

The Center was a joint effort between Adventist Health, Kaiser Permanente, Oregon Health & Science University and Legacy Health.

Portland is currently building a facility for those in need to use during recovery, the Behavioral Health and Resource Center,

scheduled to open in 2022 to care for patients after leaving a hospital emergency room.

Multnomah County has approved plans for a new 42 bed mental health center and shelter that will cost \$26 million. It will provide space for 60 people suffering from mental illness to recover off the streets and 20 beds for transitional housing. The building is located at 333 SW Park Ave.

The National Alliance of Mental Illness (NAMI) is a national grassroots organization that helps with the education and understanding of the issues around mental wellness. They provide resources, education, training and access to services for the mentally ill and their families.

Our state chapter, NAMI Oregon, offers a toll-free helpline (not a crisis line) open 9 am-5 pm Monday-Friday, at 800.343.6264 to provide assistance for local callers.

Additional resources and information are available at nami.or.org.



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AARP Liveable Communities

from page 1

hance communities through their skills, life lessons, influence and involvement.” Much of this support provided by elders is done free of charge via their volunteer efforts.

Last month, in a virtual conference entitled *Engaging Older Adults: Why it's Good for the Community* AARP explained how it works with different groups (non-profits, neighborhood, businesses and government) to encourage and support local projects of importance to the community.

Speakers from a wide variety of public and non-profit groups presented information about how they work together to solve a variety of locally-oriented problems seniors face in areas such as mobility, safety and communication.

Examples of many collaborative programs that could be initiated in Portland were showcased.

Example presented from several large US cities. The Idaho Walk Bike Alliance worked with state traffic engineers to include the slower walking speed of seniors in crosswalk timing as a safety measure.

The City of Macon, GA worked with community groups in the development of their new main city park resulting in the provision of a community center in the park to serve all age groups.

The Florida Department of

Elder Affairs was able to provide tablets for virtual communications to 300 senior living facilities to help improve family communications during the pandemic.

Hopelink, a community action agency in Bellevue, Washington developed a program to assist elderly, refugee and migrant communities with transportation needs.

AARP in all of this was either a partner, information source or a grant provider. In fact, within the last three years, the group has awarded \$3.6 million in challenge grants to communities or organizations across the country among 376 projects.

Since 2017 no less than 16 projects in 11 cities in Oregon have received several thousands of dollars in AARP grants.

In Portland, the following projects/programs were beneficiaries:

• **Asian Health and Service Center** – Providing support for older adults facing language and cultural barriers by expanding the work of a Response Team offering culturally-specific resources for mental health, food security and more.

• **Ecumenical Ministries of Oregon, Metro HomeShare Program** – A program to ensure that Oregonians can be reached and assisted during the coronavirus pandemic by developing new digital and remote outreach for low-income homeowners or renters.

ers.

• **Verde** – Supporting Verde’s Mobile Home Repair program by funding up to eight home repairs for older adults, families with children and residents with disabilities. Repairs are intended to address critical health, safety and livability issues impacting low-income residents.

• **APANO Communities United Fund** – Engaging elders in the Jade District, teaching them to use technology to increase their mobility and connecting them with community resources.

• **Alberta Main Street** – Promoting the Summer of Alberta program for low-income housing districts and other often-overlooked individuals in order to increase cultural activities for children and expand their access to fun outdoor experiences.

• **City of Portland, Bureau of Planning and Sustainability (Age-Friendly City Program)** – To better integrate residents of all ages, races and abilities, by using grant funds to launch an Age-Friendly Civilian Corps, a business ambassador program and a variety of other community programs. This program is currently underway and can be accessed at portland.gov/bps/age-friendly-city.

• **EngAGE NW** – To help create an outdoor area for residents at Cascadian Terrace that is accessible, sustainable and connects across generations, race and



In a livable community, people of all ages can ...



ethnicity.

• **Cascadia Action** – Providing for Breath of Life to engage and mobilize diverse communities for Clean Air volunteer groups within North and East Portland.

• **Opal Environmental Justice** – To support the Lift Every Voice Transportation Storytelling Project to collect stories of those in need within the area.

The stories will be mapped and shared.

Many information materials and webinars of AARP Liveable Communities are free to the public and can be accessed at aarp.org/livable-communities. Community challenge grant information is provided at aarp.org/livable-communities/community-challenge.



KING DAVID SEZ...
The year has turned its circle, the seasons come and go. The harvest all is gathered in and chilly north winds blow. Orchards have shared their treasures, the fields, their yellow grain, so open wide the doorway, Thanksgiving comes again.

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Business Walkabout

Mama & Hapa’s Zero Waste Shop

By Ellen Spitaleri

Ross Ching knows that Mama & Hapa’s Zero Waste Shop isn’t going to cure climate change, but he hopes it does make people more mindful of where an object comes from and where it goes when it is empty.

“We wanted to change people’s mindset around the environment. A thing’s life doesn’t start when you buy it,” he said.

Ching and his wife Nadia Takla opened the shop at SE 14th Ave. and Stark St. in mid-May, and they love the location because it is close to where they live, the rent is affordable and the big windows let in lots of light.

He noted that he and his wife have a child, so Takla is the Mama in the store’s name, and he is the Hapa. In Hawaiian, Hapa is a person who is mixed race; Ching is half Chinese and half white.

As for the rest of the shop’s name, it refers to the place where customers can get all their household and personal care products minus all the extraneous packaging. People can bring in their own containers to refill or they can take some of the free glass jars in the shop and fill those.

Mama & Hapa’s uses a unique pumping system to dispense liquids, like household cleaners and face wash, so customers do not have to weigh their containers at any point.

The first time Ching went to a zero waste shop, he thought it was a hassle to have to weigh containers before and after filling them. So he did research and came across the Radio Frequency Identification (RFID) system.

When customers come into Mama & Hapa’s, they pick up an RFID card, head to one of the pumps, hold the empty container under the spout, put the card in a holder and keep a careful eye on volume while dispensing the product.

The shop provides labels to attach to the containers, so customers can identify the products when they get home. Once the containers are filled, customers give the RFID card to the cashier who will use it to determine how much they owe. The shop accepts payment by credit/debit card only.

However, the shop is about more than just refillable bottles. There are many household prod-

ucts, like bamboo utensils, reusable straws, bar soap and toothpaste.

One of Ching’s favorite products is dental floss made from bamboo fiber. “It is black, so you can see all the gunk between your teeth, and it comes in a refillable glass container, so you never need to buy floss in a plastic container again,” he noted.

With Christmas just around the corner, Ching recommended several items as ideal stocking stuffers, including collapsible silicon storage containers and silicon bags to use in place of Ziplock bags, washable beeswax wraps to cover half an onion and unpaper towels.

The latter “fit on your paper towel dispenser, so you can peel one off, use it and then throw it in the laundry,” Ching said.

The shop also sells Fair Trade coffee in glass jars along with stainless-steel mesh coffee filters.

In addition, Mama & Hapa’s offers e-gift cards and the recipient receives an email card to print out, instead of a plastic card. Because much of the stan-



Co-owner Ross Ching uses RFID card
Photo by Dick Trtek

dard colorful Christmas wrapping paper is not recyclable, the shop sells a decorative canvas bag to put all the gifts in.

When Ching and his wife set out to open the shop, they wanted to show people that everyone can re-use and recycle things.

“Do it yourself is the way to go to reduce waste,” he said, noting most of the furnishings in the shop are second-hand or repurposed.

“It doesn’t have to involve buying things. It was good for us to set an example,” he said, adding that he and his wife had three major goals in opening a zero waste store.

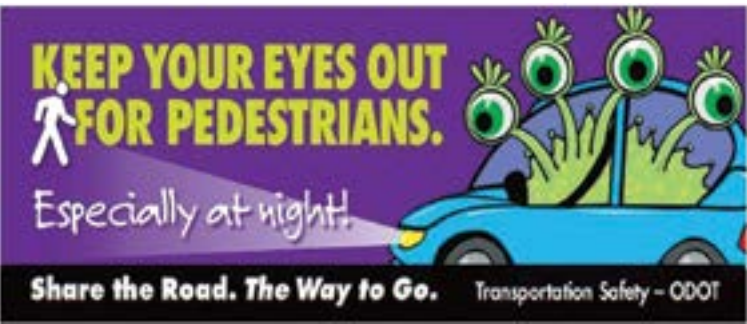
“We wanted to provide free glass jars. It is better to wash out a jar and re-use it, rather than to recycle it. We wanted a system

where customers did not have to weigh their containers and we wanted to be closer to our customers, so people don’t have to spend half a gallon of gas to get to us,” he said.

The overall goal is to be “within two miles of everyone in Portland and see if we can be profitable,” Ching said. He and his wife are hoping to open another shop on Mississippi Ave. in December.

Finally, “we want to be affordable for everyone. Zero waste shouldn’t be expensive.”

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In Season: Delicata Squash



As thoughts of yellow summer squash and zucchini turn to winter squash like butternut, the pin striped delicata squash provides a bridge between the seasons and squash spectrum. Like summer squash and zucchini, the eye-catching squash has an edible rind that does not require peeling. Its flavor is closer to that of a butternut squash, often used as the base for a creamy soup, and can be baked and stuffed like a butternut too.

Delicata squash has been in the US since the 1890s, although it wasn't widely grown until the early 2000s due to its high susceptibility to mildew diseases. Molly Jahn and George Moriarty of Cornell University (NY) developed the Bush Delicata, resistant to mildew and compact in size, making it desirable to both home gardeners and commercial producers. In 2002, the Bush Delicata was named an All-America Selection, a seed industry award, and the highest honor that can be bestowed on a vegetable variety in North America.

An easy entry into trying out delicata squash in the kitchen is a simple roasting of it with onions and thyme. The following recipe, by Adam Hickman, was published in the cooking magazine, *Cooking Light*, October 2013.

Roasted Red Onions and Delicata Squash

- 1 Tbsp unsalted butter, melted
- 1 Tbsp chopped fresh thyme*
- 1 Tbsp honey
- 2 tsp olive oil
- 3 garlic cloves, sliced
- 2 (12 oz) delicata squash, halved lengthwise, seeded** and cut into 1/2-inch slices
- 1 (1 lb) red onion, cut into 12 wedges
- 1/2 tsp salt, divided
- 1/2 tsp freshly ground black pepper, divided
- Cooking spray
- 3 Tbsp chopped fresh flat-leaf parsley

Place a baking sheet in the oven. Preheat to 475 degrees (leave pan in oven). Combine the first five ingredients in a large bowl, stirring with a whisk. Add squash and onion; toss gently to coat. Sprinkle mixture with 1/4 tsp salt and 1/4 tsp pepper. Carefully remove preheated pan from the oven; coat pan with cooking spray. Arrange the vegetable mixture in a single layer on pan. Bake at 475 degrees for 20 minutes or until tender, turning once. Sprinkle with remaining 1/4 tsp salt, 1/4 tsp pepper and chopped parsley.

*If fresh thyme isn't available, 1 1/2 tsp dried thyme can be substituted..
** Save those seeds! Delicata seeds can be roasted just like pumpkin seeds, although baking time will be reduced due to the smaller size of the seeds.

Central Eastside Railroad Petition

Many SE Portlanders are familiar with the wait that has become common in the Central Eastside when trains are blocking the tracks.

This regularly occurs at SE 12th Ave., SE 11th Ave. and SE 8th Ave. with documented wait times from 45-90 minutes. Trains can also be found blocking traffic between Stark and Salmon.

The situation has gotten worse recently as Union Pacific Railroad changed their operations, tripling the length of their trains earlier this year.

The average train is now over three miles long, and a stoppage in one area may affect multiple streets that must cross the tracks.

The Central Eastside Industrial Council, Hosford-Abernethy Neighborhood Association

(HAND) and the Brooklyn Neighborhood have created a petition asking that the Portland Bureau of Transportation (PBOT) make these main arterials through Portland a priority by addressing the blockages.

The blockages are not only frustrating, but they impose major safety risks as cars maneuver around the blockages by going down streets the wrong way and speeding through nearby neighborhoods.

The Bob Stacey Crossing helps alleviate the situation for pedestrians and cyclists near the 11th/12th Ave. crossing, but it is the only such crossing in the Central Eastside.

Buses are impacted by blockages too, with TriMet's #2 and #70 bus lines regularly being rerouted. The new Division

Transit Project, whose goal is to cut down on commute times from East Portland, will likely have to be rerouted regularly as well.

Vehicles idling generate increased carbon emissions and economic development is hindered near the tracks, with a ripple effect of slow freight movement across the city.

Freight transportation is important to our region and a pending federal infrastructure bill could pay for improvements along the rail line. In order to leverage federal funding, however, PBOT must back an improvement program, make the issue a top regional priority and conduct a study to identify short and long-term improvements.

Interested in supporting this push for change? Sign the petition at bit.ly/TrainPetition.

Leaf Day

Leaf Day, Portland Bureau of Transportation's (PBOT) annual service to provide cleaner, safer streets, keep storm drains clear to ensure intersections don't flood, takes place in November and December. The service is free for residents of Leaf Districts, no need to opt in or opt out.

Everyone living in a Leaf District should receive a brochure in the mail with information of the schedule in their area and directions on how to make the most of the service.

Residents can visit portland.gov/transportation/maintenance/leaf-day and enter an address to find out which Leaf District they are in. There is an option to sign up for an email or text reminder from PBOT.

Some Leaf Districts have a single pick-up day while others have two pick-up days.



The day before pick-up, residents should rake the leaves they would like to have picked up into the street. Only tree leaves should be included, with regular yard bins being used for twigs, branches, needles, grass clippings and other debris.

To make pick-up easier for PBOT's street sweepers, keep one foot of space between leaf piles and the curb as well as any vehicles that are parked on the street so sweepers can get as close to the curb as possible. Low-hanging tree limbs (anything below 11 feet) should be trimmed.

Whenever possible, vehi-

cles and other objects should be moved off the street.

Residents of or visitors to certain Leaf Districts in NW, SW and Sullivan's Gulch should be aware that vehicles are required to be moved off the street on cleaning days. Those that remain on the street are subject to a citation and tow.

If your yard/garden could use compost, you can buy it from PBOT's Sunderland Yard Recycling Facility (where PBOT crews hauls the collected leaves).

Details at portland.gov/transportation/maintenance/buy-compost.

Have an event coming up the public needs to know about?
Send your Community News announcements to examiner@seportland.news by the 15th of the month.

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Community News

Urban Nature Series Continues

Mt. Tabor Park's Urban Nature Series continues into November with a series of free outdoor activities emphasizing the natural beauty of Mt. Tabor Park and the importance of large urban forests in our everyday lives. Activities include guided walks, nature presentations and hands-on projects.

Activities take place Sundays, 2-4 pm, and are designed to accommodate children ages eight and above, adults and families. Most activities last two hours or less and may include walking on dirt paths and up and down small hills. Activities start at the Mt. Tabor Visitor Center with the Activity Leader.

The Mt. Tabor Reservoirs **History Walk** takes place November 7, led by Hap Pritchard. The Walk will point out key features

of the reservoirs and their history. Old photographs of the reservoir construction accompany the talk and the system for bringing water to Portland neighborhoods will be covered.

On November 14, the **Native Plants Walk** will educate participants about the plants found along the trails of Mt. Tabor Park, including the native Poison Oak. The walk's route will be partially level and only moderately steep uphill and downhill. Lisa Gervais will be Activity Leader for this walk.

Bob Rodgers leads the November 21 Biology and Cultural History of Trees walk to several areas of the park. He'll talk about the general biological characteristics of specific trees and their cultural history. Trees have been

used as food and medicine, for construction and beautification and have been the source of major construction and restoration programs.

The final walk, November 28, looks at the volcanic history of Mt. Tabor Park. Portland is one of only three cities in the US that has a volcano within its city limits.

Learn about why there are river rocks at the top of Mt. Tabor and if the volcano could come back to life from Activity Leader Bill Brugel.

Register for the walks at taborfriends.org/urban-nature-series and direct questions to Hap Pritchard (pritchap@spiretech.com, 503.880.4348) or Mo Klein (moklein74@gmail.com, 503.704.4488).

AHC Offers House Research Series

The Architectural Heritage Center (AHC) is bringing back its popular series on how to research the history of a vintage home or building this month.

The virtual four-part series takes place on Saturday mornings 10-11 am, starting on Saturday, November 13 and continues (skipping the weekend after Thanksgiving) through Saturday, December 11.

Educator, historian, author and lifelong resident of the Portland area, Val Ballestrem, takes attendees through the steps necessary to uncover the history of your

house or Portland-area building using the latest online sources, local archives and libraries.

Individual session registration allows people to attend one, two, three or all four parts of the series as they choose. Each part is \$10 for non-members and free for AHC members.

Non-members planning to attend all four parts of the series may want to consider becoming an AHC member.

Individual membership is only \$5 more than the cost of the four parts of this program, at \$45 per year.

Membership benefits include complimentary admission to all AHC exhibits and discounted admission to education programs; complimentary use of the AHC library by appointment; invitations to exhibit openings and special events; discounts on AHC rentals; free admission to museums and attractions with reciprocal member, including the Oregon Zoo, Lan Su Chinese Garden and others; and one single-visit exhibit admission pass to share

Registration and membership information at bit.ly/AHCHouseResearch.

MFS-CASH Oregon Seeks Volunteers

MFS-CASH Oregon, in partnership with AARP Tax-Aide Foundation and the IRS VITA program, is offering a free tax preparation program to assist those most likely to overlook their eligibility for the Earned Income Tax Credit, Child Tax Credit and Economic Impact Payments.

The organization is currently looking for tax prep volunteers to prepare accurate returns with ongoing support from fellow volunteers.

Volunteers do not need any

knowledge or experience with tax preparation. To ensure comfort with and knowledge of the tax services they will be providing, MFS-CASH Oregon has developed a comprehensive curriculum, provided at no cost and completely virtual.

Training for volunteers is available through January in a combination of self-directed learning and webinars. The 40+ hour training informs volunteers of the tools needed to prepare taxes and the knowledge to pass

IRS certification.

Once certified, volunteers will be assigned to one of 50 physical tax preparation sites based on interest and availability. There will be virtual/remote options.

During tax season, February 1-April 15, volunteers must contribute a minimum of four hours per week and have access to high speed internet.

For more, visit cashoregon.org, email volunteer@cashoregon.org or call 503.243.7765 x2.

November Events

STORIES WITH FRIENDS – Multnomah County Library offers a virtual, after-school program for emerging readers (K-2nd grade) three Thursdays in November (4, 11 and 18), 4 pm. There will be a longer read-aloud, time to talk about it and a chance to share stories/art with the rest of the group. Register at multcolib.org/events/stories-friends.

LEARN TO PLAY BRAZILIAN INSTRUMENTS – Every Saturday, 11 am-12:30 pm, classes teaching how to play samba and the wide variety of instruments that make up the Brazilian baterias in Rio de Janeiro, Sao Paulo and Salvador, Bahia take place in the OMSI parking lot. Sliding scale cost and additional details at lionsofbatucada.com/join.

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

CONCERT TO HONOR LEANORE BITTNER – A free concert and silent art auction to honor Leanore Bittner takes place Sunday, November 7, 1 pm at The Old Church, 1422 SW 11th Ave. The Mt. Tabor resident passed away and her art will be auctioned off to raise donation for animal welfare organizations. Contact 503.349.9973 for more information.

PORTLAND BOOK FESTIVAL – The 2021 Portland Book Festival will be a hybrid format, with virtual programming Monday, November 8-Friday, November 12 and in-person events Saturday, November 13, including writing workshops. Virtual and in-person passes available at literary-arts.org/PBF.

HOME OWNERSHIP FAIR – The African American Alliance for Homeownership (AAAH) holds its 22nd Annual Fair Saturday, November 13, 10 am-12 pm. The virtual event provides an interactive space for future and current homeowners to learn about first-time home buyer resources, AAAH program services and more. Register at aaah.org.

LWV RESETTLEMENT WEBINAR – The League of Women Voters of Portland presents a panel discussion on the important ways Oregon helps resettle immigrants and refugees. Held virtually, Wednesday, November 17, 7-8:30 pm, email civiced@lwvpdx.org to register.

FILL YOUR PANTRY – Friends of Family Farmers holds Fill Your Pantry Harvest Pop-ups Saturday, November 20 and Sunday, November 21 at Portland farmers markets. Visit www.fillyourpantry.org/pop-up-events for additional details.

CHANUKAH POP-UP – The Chabad Center for Jewish Life, 2858 NE Sandy Blvd. hosts annual pop-up shops Sundays, November 21 and 28, 1-4 pm and Monday-Tuesday, November 22-23, 10 am-2 pm. Menorahs, chocolate gelt, candles, Chanukah facemasks and more. Visit www.jewishnortheast.com or email Rabbi@jewishnortheast.com.

SIP & SHOP POP-UP MARKET – Baerlic Brewing Co., 2239 SE 11th Ave., hosts a pop-up market Sunday, November 21, 12-4 pm. Shop local makers and artists while sipping a drink from Baerlic. More at bit.ly/NovSipShop.

LADYBUG NATURE WALK – Portland Parks & Recreation is holding a nature educator-guided walk for families Tuesday, November 23, 10:30 am at Mt. Tabor Park. The hour-long walk is child-directed and open-ended to allow children to learn through questions, observation and play. Details and registration at bit.ly/LadybugWalks.

SMALL SHOPS – Small Shops Big Hearts unites the community to make holiday shopping fun and rewarding Friday, November 26 and Saturday, November 27. Visit smallshops-bighearts.com/holiday-event-2021 for the shopping guide, discounts and raffle prizes.

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Lardo's Chefwich is a Win-Win-Win

By Kris McDowell

Restaurants throughout Portland have developed ways of giving back to the community. SE-born Lardo has been doing so in the form of their Chefwich program since shortly after they transitioned from food cart to a brick and mortar location

Rick Gencarelli opened Lardo, as “a sandwich shop that worships at the altar of bovine and swine,” at a food cart in SE Portland 11 years ago. They moved in 2012 to the corner of SE Hawthorne and 12th Ave., followed with a downtown location at 1205 SW Washington St. Earlier this year, they also opened in Lake Oswego.

In the midst of opening new locations, Gencarelli started the monthly Chefwich program, inviting local chefs to create a new sandwich and choose a non-profit that a portion of the proceeds will benefit.

Gencarelli said the idea for the program came about because Portland is a very collaborative town and chefs often find themselves working together.

Beyond the collaborative aspect of the program, Gencarelli wanted to feel like part of something bigger than just running a business. He admitted that when the program was launched, “it was so much work.”

In the intervening years, he has refined his process of picking a chef, meeting with them and

then developing the final recipe for the sandwich that will be featured.

The collaborative process varies with each chef, from those that have fully-realized ideas to ones with a broad idea that takes some refinement.

Gencarelli says that he gets inspired by the process and it helps to take him out of his own isolating world of managing his three Lardo locations where he doesn't often get to cook new items.

He enjoys hearing the chefs' stories and learning more about them through the non-profit they choose to have their creations benefit.

Cathy Whims, chef-owner of Nostrana, was the first chef to have a Chefwich at Lardo in early 2013. Her creation was a Straccetti sandwich with bavette steak, provolone cheese, roasted asparagus and horseradish crème fraiche.

The nonprofit she chose was Friends of Family Farmers, an organization that works to promote and protect socially and ecologically responsible agriculture in Oregon.

Gencarelli knew Whims well and was a logical starter for the program. These days, he has chefs coming to him asking to participate and is more comfortable making “cold calls” to ones he is less familiar with, but inter-



Lardo on SE Hawthorne Blvd.
Photo by Rick Gencarelli

ested in highlighting in the program.

He has a strong desire to support young businesses, pop-up and food carts and has found that this is an outlet for him to do that.

Since its inception, the Chefwich program has donated approximately \$300,000 to non-profits during the course of the 96 sandwiches that have been featured on their menu.

There was a brief six to eight month suspension of the program during the pandemic as

he (and so many others) adjusted to different ways of doing business. When he brought it back, he said it brought back a sense of normalcy to life.

For November, the Chefwich comes from Darren Bottinelli, owner/pitmaster of Botto's BBQ. As Lardo did, the Texas-style BBQ started out as a food cart and now has a brick and mortar location at SE Milwaukie and Powell Blvd.

In keeping with the season, the Chefwich will be a hot

smoked turkey sandwich with hot link stuffing and sage gravy on a hoagie roll, served with turkey broth for dipping.

Bottinelli has chosen OHSU Doernbecher Children's Hospital to be the recipient of the proceeds from sale of his Chefwich.

The Botto's BBQ Chefwich will be available throughout November and when it's gone, it's gone.

Lardo is open daily 11 am-10 pm, plenty of time to try this month's creation.

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BA

Business Association Notes

Hawthorne Boulevard Business Association By Nancy Chapin

The shock of the fire at SE 13th Ave. and Hawthorne Blvd. tore through our community last month. Four businesses and the building owners saw their livelihoods go up in flames. Go Fund Me pages were established for each of the businesses and other fundraisers are happening, too. Visit hawthorneblvd.com for links to the fundraisers.

The historic photos now in the windows at Fred Meyer remind us of Hawthorne's long history and of the many unique and interesting buildings and styles to be found on the Boulevard. HBBA is currently working on a guided walking that will include the past history and present use of many of them.

It is November already. What a strange and challenging year it has been. Fall has brought many of us abundant gardens to be thankful for and we look forward to the lights, joyfulness, stories and healing that the season's holidays and celebrations bring. The Boulevard and its businesses will celebrate Small Business Saturday on November 27 and look forward to our annual tree-lighting at a new location at SE 34th Ave. that weekend, too. Contact administrator@hawthorneblvd.com if you'd like to help make it happen.

82nd Avenue Business Association By Nancy Chapin

Annually, for several years in the fall, 82nd Avenue has celebrated its many international eating and drinking establishments and 2021 is no exception. **Around the World in 82 Dishes** is happening now through Sunday, November 7 and this year, we've added grocery stores. This is your opportunity to check out the dining establishment, grocery store and/or food cart that you've been meaning to. From Sandy Blvd. to Johnson Creek, there are over 200 places to eat, drink and/or shop for your at-home meals.

There are prizes for those who participate. To enter the contest, shop or eat at one of the eligible locations (listed at 82ndaveba.com/around-the-world-in-82-dishes-2021) through November 7. Then post about it on social media with the hashtag #82Dishes. Please include the location's name and pictures of your food or the location visited. Enter as many times as you like. We will select winners at random from Facebook, Instagram, Twitter and TikTok. If you post at a different location or would like to enter without using social media, email 82ndaveba@gmail.com.

Volunteers have been participating in 82nd Avenue cleanups every month since April. The last one for 2021 will be Saturday, November 13 for the area from I-84 to Sandy Blvd. Check with SOLVE if you'd like to help. We will start the rounds again in the spring and invite neighbors to sign up with adoptoneblock.org in an area near you.

The process has started to make the Jurisdictional Transfer of 82nd Avenue from being an Oregon state highway to becoming a City of Portland street. As the center of the city now and the main street and shopping hub for many of its citizens, businesses and neighbors are looking forward to being "at the table" as changes are proposed and discussed. Contact us at 82ndaveba@gmail.com or go to 82ndaveba.com.

Student Journalists Contribute to The Southeast Examiner

BY NORA HUGO
AND SOPHIE McEWEN

The Franklin Post staff are excited to announce they will be bringing young voices to *The Southeast Examiner* this school year by contributing one student written piece per issue starting in December.

The Post is Franklin High School's student-run newspaper led by Editors in Chief Nora Hugo, Sophie McEwen, Oliver Fox and a staff of section editors.

The paper has a total writing staff of 35 sophomores, juniors and seniors with multiple other leadership positions. They rely on connections within the community and partnerships with local businesses to fund the newspaper.

The first issue of *The Post* was published in January 1915 in a magazine format, featuring a dedication to school spirit and a robust literary section.

In the 100-plus years since then, the publication has grown exponentially. Franklin English and Journalism teacher Elizabeth Kirsch took over *The Post* as its advisor in 2014 with a staff of around 25.

With increasing interest in the program, they are able to write about more issues important to the student body and produce

excellent student journalism.

This year marks the largest staff since 2014, and the first year back since learning online during the pandemic. They are focused on creating the best in-person experience for the staff as possible and bringing the community work they were not able to produce last year.

Their mission is to bring a student perspective to local issues and inform the community about current school events. The paper has seven sections; News, Feature, Forum, Sports, Arts & Entertainment, Variety and Literary.

All students at Franklin are welcome to contribute to *The Post* in the form of editorials, opinion pieces, creative writing or art, and the paper is committed to including all viewpoints in their stories.

Striving for factual, informed reporting, stories are edited thoroughly to make sure the paper provides the community with sound, reliable information. Their goal is to interview students and staff at school and members of the wider community.

The Post has published stories about gender inequities in athletics, student perspectives on local elections and even reviews of local food places.

A few years ago, the paper started an investigative team called *Frontline*, dedicated to investigating issues in and around the school with intent to inform the community and raise awareness of inequities that have yet to be addressed.


The first year of *Frontline* investigated school athletics, and continues to report on important issues in the school community, as well as local issues.

The Post staff and community is close-knit and work together to produce the best paper possible.

The staff is incredibly excited to start contributing to *The Southeast Examiner* and look forward to collaborating in the future in order to widen the scope to bring student voices to the forefront of local conversations.


The Post will also be broadening distribution this year, so readers can expect to find copies at local businesses, farmers markets and schools.

All student journalism can be found online at fhspost.com. The most recent issue was published on the website Friday, October 29. Paper copies will be distributed the first week of November.



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Go Going Out

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Stark Street Studio Holiday Show



Stark Street Studio at 2809 SE Stark St. is the oldest ceramic studio in Portland, open for 38 years and counting! The 10 artists working in clay there invite you to visit their Annual Holiday Show and Sale in this safe, art-filled studio.

There are friendly faces and a variety of fine, handcrafted artwork including beautifully made dinnerware, whimsical pottery and sculpture, artful home decor and exquisite contemporary jewelry.

Studio member Babette Harvey says "We are a laid back group of artists who are dedicated to sharing our art and passion with the public. I've been creating art for

about 30 years, always with the desire to share my thoughts and concerns about the world around me.

"The piece **Rabbit With Planetary Journals** (pictured here) speaks to the climate concerns of our planet in a way that also allows a moment of humor. I have always wanted my art to be dark and edgy, but somehow that's not how it comes out in the end. People say my work gives them joy and sometimes makes them laugh. I'm glad of that because I think we all need a little joy right now."

Stark Street Studio follows masking, distancing and hand-sanitizing precautions. Thanksgiving weekend sale hours: Friday-Sunday, November 26-28, 1-6 pm. December sale hours are the same, and open Tuesday-Sunday each week until December 24.

Trust the Song Workshop

Register for the next *Songwriting as Truth-Telling*, a six-week online class series taught by songwriter Matt Meighan, Wednesdays 6-8 pm, November 10-December 15. The class supports each writer in finding their own voice and sharing their perspective. Enrollment is limited to nine people per class, \$160.

Meighan also offers a one-day online workshop, *Trust the Song*, Sunday, November 7, 10 am-3 pm. All levels of experience welcome, \$80. Explore ways to hear the songs that arrive, follow where they lead and deepen trust in our selves to find their voice. For registration or info, email matt@mattmeighan.com.

Bella!

triangle productions! new live presentation is Bella!, written by Harvey Fierstein, presented onstage November 26-December 11.

The action takes place in September 1976. Bella Abzug hides out in the bathroom of Manhattan's Summit Hotel awaiting the results of her bid to become New York's first-ever woman senator. Known as "Battling Bella," she was a fearless lawyer, protester and champion of gay rights.

Wendy Westerwelle takes on the role of Abzug. She has previously portrayed Sophie Tucker, Dr. Ruth and Golda Meir.

This is an indoor event with COVID-19 protocols in place – mask wearing, vaccination certificate, temperature checks, social distancing etc. Tickets are \$15-\$35 depending on seat location and available in advance at trianglepro.org or 503.239.5919.



The Alchemy of Sulphur

Vertical Pool presents the World Premiere of a new Antero Alli film, *The Alchemy of Sulphur*, screening one night only, Sunday November 7, 7:30 pm at the Clinton Street Theater, 2522 SE Clinton St.

Hope (Helia Rasti) is writing a short story for a magazine. When she writes herself into the narrative as a character, she falls in love with the story's main character and her real world relationship starts to unravel. Then she encounters two witches in a forest who take an interest in her potential...

Filmmaker Alli says "I view [the film] as a kind of psychological romance; a courtship with the psyche itself; a passionate intimacy with the imaginal dimension – home of fantasies, psychic projections, dreams, obsessions, phobias, delirium..."

Advance tickets are \$10 at tinyurl.com/CSTSulphur or by emailing verticalsource@gmail.com. Doors at 7 pm and the filmmaker and actors appear in person. See VerticalPool.com.

Cowboy Junkies Ride Into Revolution Hall



Cowboy Junkies photo by Heather Pollack

Cowboy Junkies return to Portland to perform at Revolution Hall, 1300 SE Stark St. in an evening concert, Sunday, November 21, 8 pm. The band is doing its first tour in many months and will include new songs created during these last couple of

years as well as CJ classics.

The Junkies' distinctive sound has made an impression in a quieter way since the group formed in Toronto in 1985 with siblings Michael and Peter Timmins on guitar and drums, and Michael's lifelong friend Alan Anton on bass. Looking for a singer, they asked the other Timmins sibling, Margo.

"I never wanted to be a musician," she said, "but one day Mike asked me to sing. I said yes, but only if I didn't have to do it in front of the other guys. So I sang with Mike for a couple of days, and then he asked, 'Um, do you think it'd be okay if we brought the other guys in now?' I said, 'Well, okay. I guess so, I mean, if we have to.'"

Since then, the group has released 25 albums including their breakthrough classic from 1988, *The Trinity Session*. Their music has appeared in dozens of films including *Natural Born Killers*, *Prelude To A Kiss*, *Silver City*, *The Good Girl* and many television shows.

Tickets are available at tinyurl.com/CowboyJunkies2021. Proof of vaccination or negative COVID-19 test required for entry.

Live Music at Artichoke Returns

Artichoke Music is presenting live shows again and that is mighty good news. This month's highlights include Saturday, November 6 – **Brian Odell**, 8 pm; Sunday, November 7 – **John Silliman Dodge**, 7 pm; Friday, November 12 – **Espacio Flamenco's Tablao**, 7:30 pm and Saturday, November 13 – **Tom May and Doug Smith**, 7 pm.

At live shows, proof of vaccination is required for all performers and audience. No exceptions. All shows will be livestreamed on Facebook Live and YouTube.

Artichoke Music was nominated for its first Muddy Award for virtual livestream production from the Cascade Blues Association (CBA). During the last year and a half, the venue produced 13 videos of the CBA's monthly meetings. The videos have generated over 5,000 views. Winners will be announced this month. The link for the playlist can be found at youtube.com/artichokemusic/playlists.

Artichoke's sound man Gary Furlow deserves the accolades. Sarah Wolff, who just joined the Artichoke production team says, "Gary is a wealth of knowledge and is always willing to share it with anyone interested in learning. I love hearing his stories about those massive productions he oversaw before the digital age."

The full schedule is at ArtichokeMusic.org.

Alberta Rose Extravaganza!

Alberta Rose Theatre's November schedule offers plenty of big shows LIVE. Here are but a few of the month's highlights.

- Wednesday 11/3, 8 pm: **Led Kaapana**, Slack Key Guitar Grand Master – Hear his extraordinary baritone and leo ki'eki'e (falsetto) voice too.

- Thursday 11/4, 8 pm: **Coffis Brothers, AJ Lee & Blue Summit** – Two very different northern California bands who take care crafting timeless songs.

- Sunday 11/7, 7 pm: **She's Speaking** – Oregon women songwriters backed by a superb band,

performing their original songs and songs by women who inspire them.

- Wednesday 11/17, 8 pm: **Dar Williams** – Listenable literature songs and a new album, I'll Meet You Here.

- Thursday 11/18, 8 pm: **Erin McKeown** with guests **The Cabin Project** – McKeown is a musician and writer known internationally for her disregard of stylistic boundaries and brash and clever electric guitar.

- 11/30-12/11, 8 pm: **A White Album Xmas**: The annual holiday circus tribute to The Beatles with the Cascadian Freak Family featuring **The NowHere Band** and **Rose City Circus**. A 3 pm matinee 12/5 too!

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

AlbertaRoseTheatre.com for more info.

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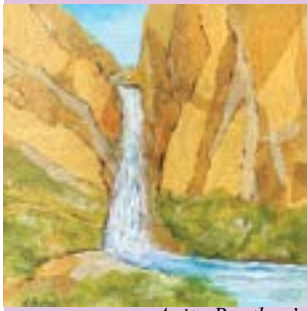
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Ceramic artist Austin, crafts "functional clay canvases" –platters, flower vases, tea cups with saucers and sturdy coffee mugs. Each is designed with whimsical sgraffito images and colorful hand-mixed glazes. Her wrens, purple lotus blossoms and lily pads make each ceramic piece a functional work of art.

The Online Preview is Wednesday, November 3, 6 pm as a Zoom meeting and First Friday Artwalk is in person and live November 5, 5-7 pm. Sidestreet's monthly Artist Studio Talk is Sunday, November 14, Noon-1pm. Zoom meeting links at SidestreetArts.com.

DISCORDANCE



Photo by Jonathan Sielaff

Nakatani is a percussionist, composer and sound artist who creates distinctive music using his adapted bowed gong, an array of drums, cymbals and singing bowls. He has released 80+ recordings and fronts a large ensemble called the Nakatani Gong Orchestra. He teaches master classes at universities and conservatories around the world. Originally from Japan, he makes his home in the desert near Truth or Consequences, New Mexico. See tatsuyanakatani.com.

Sonnet says, "Discordance is a series showcasing artists who's discipline encompasses noise, free improvisation and musique concrète. Artists involved are both regional and afar."

random (8) at Agenda



"Color and Scale"

Noah Matteucci's random (8), the new exhibit at Agenda Gallery, 4505 SE Belmont St., runs from November 13-December 12. The show is an installation of woodblock prints combining digital technology with analog printmaking. Matteucci writes looping algorithms that generate images of noise creating randomized pixelated grids. The grids are physically mapped by hand onto a printing matrix using woodblocks and inked and printed on paper with a table-top etching press.

The title of the work, random (8), refers to the function in the code that generates random numbers (1 to 8) used to assign the color of each pixel/woodblock: 1 = cyan, 2 = magenta, 3 = yellow, 4 = black, etc.

Matteucci is a printmaker living and working in the Fine Arts Department at WSU Vancouver. The Artist Reception is Saturday, November 13, from 3-6 pm.

See NoahMatteucci.com and Agenda-PDX.com.



Imago Theatre does it again as Conor McPherson's version of The Birds takes one of Hitchcock's most iconic films and transforms it into a chilling onstage chamber drama.

The four characters struggle to survive an intensive airborne apocalypse in this new version more faithful to Daphne du Maurier's original than the celebrated film.

Director Jerry Mouawad, producer Carol Triffle, actor Matt DiBasio, lighting designer Jon Farley and sound designer Myrrh Larsen collaborated on the production. The play sounds perfect for the scary time of year.

The Birds is presented Fridays and Saturdays, November 5-20 live at Imago Theatre, 17 SE 8th Ave. The curtain goes up each night at 7:30 pm and tickets are \$20 at tinyurl.com/imagobirds.

Audiences are required to follow mask mandates and must show vaccination cards and photo ID upon entry. They must be fully vaccinated for COVID-19 or show proof of a negative test taken within 48 hours of the performance date.



Meagher photo by Chad Lanning

The Driveway Concert Series has morphed into a new form due to the weather.

The Lincoln Street Concerts are a first Saturday fete, held inside and hosted by Lincoln Street United Methodist Church, 5145 SE Lincoln St.

The series alternates between guitar trios and piano trios (no singers or wind instruments due to safety concerns), beginning Saturday, November 6 with the Ryan Meagher Trio.

The Jazz Director of the Metropolitan Youth Symphony, Meagher (pronounced Marr), explores original material with a trio featuring pianist Steve Christofferson and bassist Tom Wakeling, both of who have shared the stage for decades.

Music starts at 4 pm and is presented free, thanks to Music-Portland.

See ryanmeagher.com.

Short takes
...arts news of note

3 LEG TORSO CELEBRATES 25 YEARS – A special concert at the Atlantis Lounge/Mississippi Pizza Pub, 3552 N. Mississippi Ave., November 12, 8 pm. Courtney Von Drehle, 3LT's celebrated accordionist said, "If you've been in Portland long, you'll remember Mississippi Ave. as being a lonely street with shuttered shop windows. 20 years ago, our former bass player and friend, Michael Papillo moved into an apartment above the Pub, and we were thrilled to discover a new oasis that was unique, fun, and friendly – They also served MUSIC!" Doors at 7 pm and will sell out quickly. Advance tickets at tinyurl.com/Torso25th. Proof of vaccination required. 21+.

THE PORTLAND BALLET - The premiere of John Clifford's *A Christmas Carol: The Ballet*, takes place Thanksgiving weekend, Saturday and Sunday November 27-28 at Lincoln Performance Hall at Portland State University, 1620 SW Park (at Market St.). Two performances each day at 1 and 4 pm, tickets start at \$15. The show features all new choreography and an original score composed by Karl Moraski. Advance tickets and info at theportlandballet.org or 503.452.8448. Audience is required to wear masks and show proof of vaccination.

MIKE DILLON'S PUNKADELICK – At the Jack London Revue, 529 SW 4th Ave., Saturday, November 27, 9 pm. Dillon, the "punk rock provocateur" and "jazz vibraphone visionary," has performed with Les Claypool, Primus, Rickie Lee Jones, Ani DiFranco and others for 25 years. With his own bands and Mike Dillon's New Orleans Punk Rock Percussion Consortium, Texas-native Dillon combines Zappa-esque eccentricity, Fishbone punk funk and Milt Jackson-influenced vibraphone majesty. General admission. PDXJazz member seats available. 21+. Tickets at tinyurl.com/mikedillonPDX.

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9 southern blues rock PAUL THORN	20 americana queen of the minor key EILEEN JEWELL
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Wellness Word

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

Feeling Good Now and Throughout the Holiday Season

COVID-19 has given many people pause to reflect about their priorities and to make changes.

It's hard to know any real statistics on how many people made long and lasting changes to their habits and lifestyles and how many people felt (and maybe still feel) stuck in the flight/fight/freeze response to COVID-19.

Psychologist Rick Hanson suggests that, of a group of people facing a life-altering opportunity or challenge, typically one third make significant and lasting changes, one third make some changes, and one third stay stuck or end up in a worse situation.

The good news is that you can move out of the stress response and back into a window of tolerance so you can navigate towards feeling better in your body and the wellness outcome you want.

Two key elements are being willing to pause and being willing to feel. Here are three short practices. You can focus on one or work with all three.

Keep a clear image of how you want to feel in your body

Feeling better might be described as being steadier, lighter, clearer, in less pain, more warm-hearted, more energetic, more open, more flexible, more peaceful, happier, more content or stronger. You may have other ideas on what feeling better means to you.

Once you are able to identify what better feels like, you now have a goal or touchstone to keep in mind. Invite yourself to feel one or two of these qualities

in your body for 10 seconds right now.

Banish limiting beliefs

Identify what is getting the way of feeling better. Some of the barriers may be thoughts like:

- I don't deserve it. Why should I feel good when there is so much suffering in the world?
- I don't have time. Too many people depend on me and I have too much to do to think of myself.
- I'm sick or in chronic pain, so feeling better isn't even available to me.
- I'm too stressed and can't even imagine feeling good or better right now, if ever.

If you have the thought "I'd like to, but..." there is a barrier to entry. Feeling better is available to you, but requires you to be willing to press pause on the thought pattern or belief.

There are very simple practices for this and the simplest takes a single minute, the One Minute Meditation.

Take a single minute to pause, set a timer and focus on something in this present moment – the feeling of the chair underneath you and your feet on the floor; noticing the sounds in the space around you; or feeling the temperature of the air against your skin. Absorb your full attention into this thing.

Even within 60 seconds you may find that your mind wants to wander back to its habitual thoughts, so gently return your attention to the chair, sounds or air on skin. Even if you have to usher yourself back 10 times in 60 sec-

onds, it is worth the effort.

This practice will give you a taste of feeling better for this one minute. Allow yourself to marinate in feeling okay and absorb this into your body. With enough repetition, you can turn this state of feeling better into a long-lasting trait.

Develop a gratitude practice

It may sound cliché, but it is a powerful practice and turns everyday ordinary experiences into meaningful ones. Again, it requires you to press pause and reflect on your experiences, as ordinary as they may be, and honor things you may take for granted.

For example, we don't notice our generally good health until something hurts or we become ill, but consciously remembering how you felt on a walk or exchanged a smile with someone in passing or enjoyed petting a furry friend makes meaning from everyday experiences.

As you become more attuned to how you are feeling, as you press pause for one minute several times a day for these practices, slowly that one minute practice will turn to two, which will then turn to three, and so on until your awareness permeates every moment of your day and feeling better becomes normal. The state becomes a trait and that feels good.

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Roller Derby Rolls Into Park Rose Middle School

from page 1

year. The paid positions are generally two to three hours a day, Monday through Thursdays.

Kiyauna Williams has been with the SUN after-school program for over five years and works with all the various partners and nonprofits to help deliver quality after-school activities for students. Williams has experienced first-hand the impact of various programs in youth development.

"Being able to do something active for fresh air after school is awesome," said Williams. "We're getting teachers involved too, because it's good for kids to see teachers in a different light. It's important to be physically active because childhood obesity is a problem in our community."

"While several kids have skated before, some haven't. The

main thing is that they're all having fun," she continued.

Active Children Portland has been involved in the community for 10 years. During that time they've worked to reduce barriers to sports, increase health and nutrition opportunities, enrich academic engagement and provide a safe, mentor-led after-school environment for kids in underserved communities.

The program started with soccer for 100 kids at six schools. Since then, they've expanded to serve 32 metro area schools and sites for over 1,200 kids annually. They've added custom nutrition programming from the OHSU School of Nutrition, creative writing, service learning projects, STEM-based social entrepreneurship, and camps.

The Rose City Rollers mis-

sion is to serve women, girls and gender expansive individuals who want to play the team sport of roller derby, connect with an inclusive community, and realize their power both on skates and off.

The league consists of four home teams: an internationally-ranked travel team, two junior derby programs, a developmental competitive program and a recreational program with skaters ranging in age from seven to 60 years old. It is made up of over 400 smart, tough, accomplished women, girls and gender expansive individuals who skate fast, hit hard, and defy stereotypes about athletes in women's sports.

For more information about SkateMobile, contact RoseCityRollers.com or acportland.org.



Neighborhood Notes

Buckman Community Association By Susan Lindsay

The Buckman Community Association will deviate ever so slightly in November and meet Thursday, November 18, 7 pm. This is due to the national holiday on what would normally be our meeting day, the second Thursday of every month.

Multnomah County will present changes to the preferred alternative for the Earthquake Ready Burnside Bridge. This project was forced to reconfigure existing plans to cope with reduced funds and downtown building standards which mandate the west side of the new bridge to be free of above-the-bridge supports.

State Representative Rob Nosse will attend to address statements made by Portland Police regarding their “hands being tied” by the legislature to explain why they stood by passively while vandals caused \$1.5 million in damage to downtown in October.

Additionally, Commissioner Sharon Meiren has been invited to attend to address the county current and planned actions with the street level mental health crisis many neighbors and business partners report.

Portland Charter is up for review, with the notion that perhaps our system of government might finally go the way of the Dodo Bird. Debbie Kitchin and Candyce Avalos, current members of the City Council -appointed body to review the City Charter, will be invited to attend.

For December, we are working to get City Commissioner Dan Ryan to the meeting which will be held Thursday, December 9. We are working to kickstart our campaign for Historic Buckman street sign caps, as you may have seen in other parts of the city. We believe these identifiers will enhance neighborhood cohesiveness and pride, but they are mandated to be installed by the PBOT and must be made durable to specs and are therefore, not cheap. If you are skilled in design, we’ll need one for our cap, or in crowdsourcing funds to get this project going. We welcome your involvement.

For anything BCA related, email buckmanboard@googlegroups.com or visit buckmanpdx.org.

HAND By Jill Riebesehl

The Hosford-Abernethy neighborhood board had planned to spend 20 minutes at our October meeting getting acquainted with SE Uplift’s (SEUL) new director, longtime Portlander Nanci Champlin, and taking care of a couple of concerns. Instead, conversations with her lasted 90 minutes, much of which included the relationship between the city, SEUL, Portland neighborhoods and their neighborhood associations. We at Hosford-Abernethy were concerned about a proposed by-law change regarding SEUL board membership, which for one thing would have received a short, two-week public notice.

On the day before our meeting, an unusually large gathering of several groups and agencies met to discuss the future of the small piece of land on SE 19th Ave., off Division St. At present, people who are houseless have set up on the site, adjacent to New Day School, and other properties. Attendees included New Day School, HAND, Reach Community Development, Portland Parks & Recreation, Community & Civic Life, transportation bureaus, City Repair and Friends of Portland Community Gardens. The goal is to work out a solution for the right use of the property. Conversations are ongoing.

Official actions taken at our October meeting included directing our representative on the SEUL Board to vote against the by-law change; endorsing the Oregon Railroad Heritage Foundation’s effort to raise money from Connect Oregon for installation work on the locomotive turntable at the Rail Heritage Center that includes encouraging the state’s Department of Transportation and Transportation Commission to support the project; and supporting our Land Use Historic Resources Subcommittee’s communications with the city regarding the ongoing Historic Resources Code Project Revisions process.

The next HAND Board meeting is Tuesday, November 16, time TBA. One item on the agenda will include an architectural presentation of plans for an apartment building at 2624-2636 SE. Division St. It would be five stories and have 52 units, of which two to four would be affordable. Everyone who lives, works or owns property within HAND’s boundaries is welcome at our Zoom meetings.

Montavilla Neighborhood Association By Jacob Loeb

Montavilla Neighborhood Association (MNA) conducted Board member elections October 11. A representative from SE Uplift created the online ballot and conducted the election, presenting results that evening. Three new candidates and two returning Board members secured their positions by receiving at least 51 percent of the votes.

After Leah M. Fisher, Interim Executive Director of SE Uplift, presented the election results, new and outgoing Board members met to assign positions on the Board. First-time candidate, Scott Simpson, is the new Land Use & Transportation Chair. He replaces Adam Wilson, who did not run for reelection, but intends to continue work on the Land Use Committee. New Board members Ben Weakley and Holly Wilkes are taking Member at Large positions.

The acting Treasurer, Sarah Hartzel, will continue in that role for the next two years. Matt Moore will start his second, two-year term as Outreach & Communications Chair.

New MNA Chair, Jacob Loeb, thanked the outgoing Board members for their years of service to the neighborhood. Louise Hoff (Chair 2019-2021), Alice King (Vice-Chair 2019-2021), Lindsey Johnson (SEUL Liaison 2019-2021), Adam Wilson (Land Use & Transportation Chair 2019-2021) and Ron Thrasher (Fundraiser Chair 2017-2021) all received framed certificates of appreciation. In October of 2019, almost all board members left simultaneously. The new Board jumped into their positions with very little guidance or institutional knowledge. The pandemic’s disruptive force further challenged the group’s efforts. However, each person on the Board served the neighborhood with determination and expertise.

The upcoming General Meeting and Board Meeting is Monday, November 8, 6:30 pm. Details are available at montavillapdx.org/mna-calendar.

Mt. Tabor Neighborhood Association By Brian Mitchell

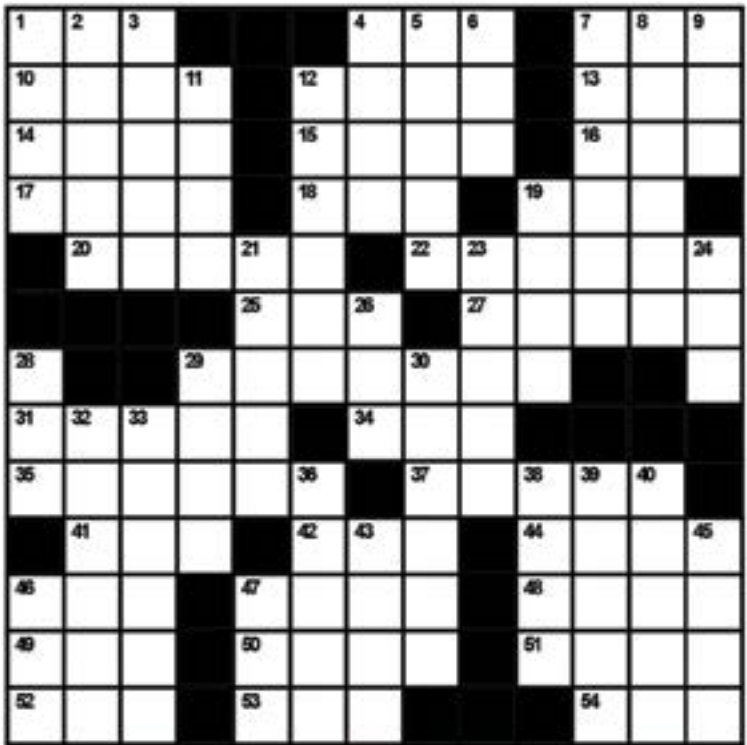
MTNA hosted an October community meeting on Zoom. We extensively discussed Commissioner Mingus Mapps’ September 19 op-ed in *The Oregonian*. The MTNA voted to support the framework of his public safety proposal which includes universal body cameras for accountability; an expansion of non-police social responders through the Portland Street Response program; and a recognition of Portland’s dangerous gun violence with a request for the Police Bureau to be funded enough to respond to this issue.

MTNA hosts its next community meeting via Zoom Wednesday, November 17, 7-8:30 pm. Find links for this and all of our meetings, under the “Meetings and Events” tab at, 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.

continued on page 15



Work Your Noggin'



- Across**
1. Kind of chair
4. Cigar leftover
7. “Tea for ____”
10. Fiddler’s place
12. Elder or alder
13. Unhappy
14. Shake
15. Listen
16. Holed up
17. Recipe direction
18. Squeal (on)
19. Grab a stool
20. Perspicacity
22. Put away
25. Journey part
27. Way in
29. Wins over
31. Played on a stage
34. Soda drink
35. Alerted
37. Lawn game
41. Summer month
42. Actor Lowe
44. ____ in on
46. Wielded the baton
47. Not prerecorded
48. President’s office
49. Exist
50. Partner of “done with”
51. Military diner
52. Little League coach, often
53. Jack’s inferior
54. Pronoun
- Down**
1. Type of dealer
2. Underground network
3. “War of the Worlds” for example
4. Side by side?
5. Reservations
6. Lady’s
7. Weekend wear
8. One taking orders
9. Eccentric
11. Bracken
12. Triples
19. Princes, e.g.
21. Playground chute
23. Beat
24. Impart color
26. “The ____” (teen store)
28. Gossip
29. Just say no
30. Cat burglar
32. Candid ____
33. Made a baseball card transaction
36. Spin
38. Pronoun in a Hemingway title
39. Feels great affection for
40. Defeat utterly
43. Rachel Ray equipment
45. Further
46. Schoolboy
47. Parking ____
- Answers found on page 15

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Neighborhood Notes

from page 13

North Tabor Neighborhood Association By Kim Kasch

The North Tabor Neighborhood Association (NTNA) met Tuesday, October 19, 6:30 pm to perform Board Member elections for the NTNA. At next month’s meeting officers will be selected.

Elected to the Board were: Robert Jordan, Patty Lackaff, Sarah Mongue, Jules Unger, Greg Scott, CJ Alicandro, Kimbra Kasch, Lars Kasch, Ross Hiner, Suzanne Gardner, Stephanie Kaza, and Lisa Maddocks.

Come to our neighborhood association meeting to have your voice heard and let us know if you are interested in applying for the IT opening (details below).

Nanci Champlin, the new SE Uplift Executive Director and Leah Fisher were present. Leah was a guest speaker who discussed SE UpLift’s New Grant webinars Thursday, October 28, 6-8 pm and Tuesday, November 2, 11 am-1 pm.

Unfortunately, NTNA is losing our current Informational Technology (IT) Board Member, Keith Dechant, and we are looking for a new volunteer to fill his role. The duties of this IT role include:

1. Posting content to the website (meeting announcements, minutes, other miscellaneous information)
2. Posting meeting announcements to Facebook and NextDoor
3. Hosting the Zoom meetings (including recording)
4. Uploading the meeting video to YouTube for neighbors in our NTNA to view
5. Managing the MailChimp mailing list

North Tabor Neighborhood Association meetings are held every third Tuesday via Zoom, 6:30 pm. Find the link at northtabor.org.

Richmond Neighborhood Association By Allen Field

The Richmond Neighborhood Association held its monthly meeting October 11. Meetings are held via Zoom the second Monday of the month, 6:30-8:30 pm. The link to preregister is on the Agenda, which is posted to the RNA’s website, richmondpx.org, and sent out to the RNA Announce listserv. To be added to the listserv, email richmondnasecretary@gmail.com.

Jonny Lewis, Program Director of the city’s Homelessness and Urban Camping Impact Reduction Program, described the program, the One Point of Contact system for reporting problems with homeless camps, how complaints are processed and camps evaluated under an assessment matrix, what happens when a camp is posted for removal, how people’s possessions are handled and the impact of COVID-19 on the program.

Two ways to report to the One Point of Contact system are PDXreporter.org and calling 311. The city then does an assessment, outreach to connect people with services and maps out next steps. If complaints and problems reach the threshold to remove, notice of removal is posted. Lewis encourages people to report problem sites once a week, but it’s not necessary for many people to report on the same camp, unless it’s a problem they have personally experienced.

Pre-COVID-19, the city removed 40-60 sites per week with 24-48 hours response time. With COVID-19, the CDC recommended not removing camps. Since July 2020, camp removals resumed, with three to 10 removals per week and one to 14 days response time. His program is seeking more funds from the city and working on new data dashboard.

Lewis spoke about the growing homeless camp next to Sewallcrest Park, saying that the city has visited it many times to offer outreach and services. It was posted for removal for exceeding the city’s threshold matrix.

The discussion included resources available for homeless individuals: shower and hygiene services (Harbor of Hope and Hygiene4All), housing assistance (Home For Everyone), meals (Beacon Village PDX), the Homelessness Toolkit on his program’s website, SE Uplift’s Houselessness Resource Guide and its monthly Houselessness Action Committee (contact matchu@seuplift.org).

If you see a homeless person having a mental health crisis, contact the Multnomah County Call Center 503.988.4888. Mobile mental health crisis response teams are part of Project Respond Crisis Intervention, a program of Cascadia Behavioral Health Center. If it’s not an immediate emergency, contact the police non-emergency line 503.823.3333 to request a Welfare Check on the person.

The Board voted to donate to NARA (Native American Rehabilitation Association) \$467 of its net proceeds from small claims judgment it obtained when it counterclaimed against a frivolous lawsuit.

The next meeting is Monday, November 8. Please attend if you want to be more involved in and informed about your community.



Crossword Answers

Turn to page 13 for the puzzle.

1	A	2	R	3	M			4	A	5	S	6	H		7	T	8	W	9	O
10	R	O	O	F			12	T	R	E	E				13	S	A	D		
14	M	O	V	E			15	H	E	A	R				16	H	I	D		
17	S	T	I	R			18	R	A	T					19	S	I	T		
		20	S	E	N	S	E		22	S	T	O	R	E	24	D				
						25	L	E	G		27	E	N	T	R	Y				
28	J					29	D	I	S	A	R	M	S						E	
31	A	C	T	E	D			34	P	O	P									
35	W	A	R	N	E	36	D			37	B	O		38	W	39	L	40	S	
		41	M	A	Y			42	R	O	B			44	H	O	M	45	E	
46	L	E	D			47	L	I	V	E				48	O	V	A	L		
49	A	R	E			50	O	V	E	R				51	M	E	S	S		
52	D	A	D			53	T	E	N					54	S	H	E			



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SOLD

Community Events

Portland Book Festival

Portland Art Museum
Monday, November 8-Saturday, November 13
literary-arts.org/about/programs/portland-book-festival

Founded in 2005 by local writer Larry Colton and renamed in 2018, the annual festival has always featured an impressive lineup of local and national authors and a book fair. Portland Book Festival’s new iteration combines virtual programming and in-person events, celebrating contemporary literature in a way that feels, well, contemporary.

Pittock Mansion Christmas

Pittock Mansion
Monday, November 22-Saturday, January 4
pittockmansion.org/events

Pittock Mansion Christmas celebrates the wonderful world of animals with this year’s *Critters Make Merry* exhibit. From reindeer and polar bears to lions and mice and a few in between, volunteer decorators transform the Mansion’s rooms into enchanting animal havens. Tickets for this year’s event are limited due to capacity restrictions. All tickets must be purchased online in advance.

Phil Knight Invitational

Moda Center
Tuesday, November 16
pkinvitational.com/

ESPN Events and the Rose Quarter are excited to unveil the Phil Knight Invitational (PKI), returning to Moda Center. This year’s men’s basketball matchup will feature Brigham Young University and the University of Oregon. Both teams are coming off an NCAA Tournament appearance and are projected to reach the Tournament again this season. Purchase tickets to attend in person or watch on ESPN.



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



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