



Franklin High School students gather to talk about race in weight training class
Photo by Luke Ramsey

Franklin Talks: Normalizing Talking About Race

By MAYA BRYANT, FRANKLIN HIGH SCHOOL’S THE FRANKLIN POST

For the first time in its history, Franklin High School ran its Franklin Talks program; an hour-long discussion surrounding racial equity that took place in school classrooms December 8.

In the 2021 *Successful Schools Survey*, Portland Public Schools (PPS) students were asked to reflect on their experiences talking about race at school.

Only 45 percent of Franklin High School students reported they are encouraged to think more deeply about race-related topics, while the district response averaged 59 percent, according to the PPS website.

Soon after PPS received the *Survey* results, Franklin Talks was established by counselors, the district and the Dean of

Students (also known by her title of Climate and Equity Coach), Julie Palmer, to encourage critical conversations about race in the classroom.

Palmer is Black and she explained how Franklin has molded the district’s directive for conversations about race into their own.

“Last year, the district decided that counselors needed to be more engaged in racial equity work and they were asked to deliver two of four pre-created lessons about race and racism.”

Counselors realized that due to Franklin’s 2,000-student body, the district directive would be a bigger task than they could tackle with the general district lessons.

“Our counselors felt uncomfortable just taking these lessons that someone else made and plopping them down into a lesson,” Palmer said and worked with counselors to create relevant discussions for the Franklin community.

Franklin High School has completed one of the four 90-minute sessions that will be facilitated throughout the year.

Palmer explains, “The first [Franklin Talks] was really fundamental, [discussing]

continued on page 9

Short-Term Rentals Find Their Place

By GABE FRAYNE

Angela Dorsey-Kockler is giving me the quick tour of her short-term rental (STR) in the Richmond neighborhood. Her husband Nick and two young sons follow her up the stairs to a loft above their garage.

The studio apartment she has just finished cleaning for her next guest features a queen-size bed and kitchenette and looks like it was built about a month ago.

“We love it,” she says. “It’s doing so much better than I could have ever imagined.”

Dorsey-Kockler opened her STR and listed on Airbnb in May 2019.

“We were stymied earlier on because the building boom meant that our ‘small project’ just wasn’t worth the while for most outfits,” she recalls.

Temporarily giving up on the idea, she “picked the ball back up again. I knew we were sitting on a great opportunity. We converted a garage loft, which was up to that point just a shoebox of a room that we stored extra junk in.”

Her entry into Portland’s STR community is fairly typical of the more than 2,700 permitted currently listed on portlandmaps.com (although no one seems to know exactly how many of those are still active).

It has now been roughly a decade

since STRs first became a visible presence in Portland. It appears that, after a series of controversies, the industry has finally found its niche.

One controversy that reared its head early on was the concern that STRs were usurping potential additional dwelling units (ADUs) that could have been put to better use alleviating Portland’s long-term housing shortage.

Rob Hertert and his wife Debi co-founded the industry group, Host2Host. He was asked if STRs were having a negative impact on the availability of affordable housing in the city.

He replied, “ADUs are famously known for evolving over the years. It might start as a STR, it might turn into a granny flat, it might be returning kids coming back, it might be an expansion of family.”

Rob pointed out that city regulations limit most STRs to no more than two bedrooms and require hosts to reside on the property for at least 270 days per year.

In addition, he says, hosts must charge their guests a four dollar per night fee which goes directly to the city’s housing fund.

Nonetheless, the concern was not unfounded given how many unpermitted STRs opened their doors in Portland in years past. It wasn’t until 2019 that the

continued on page 4

Universal Design Principle Advances Equity For All

By NANCY TANNER

The 7 Principles of Universal Design were first developed in 1997 by the late Ronald Mace of North Carolina State University, and a group of architects, product designers, engineers and environmental design researchers.

Universal Design (UD) is a guide for buildings, products and communications.

The intention was to create inclusive design solutions that promoted accessibility and usability by allowing people with all levels of ability to live independently.

People with disabilities have battled for centuries against the stigmatization of being disabled. They were marginalized by society like many oppressed minorities, leaving these people in a severe state of impoverishment for centuries.

This marginalization continued until after World War I when wounded veterans

continued on page 8

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

SPRUCING UP THE STREETS

HBBA Starts Clean Ups
The Hawthorne Blvd. Business Association is pairing businesses and community members to clean up the Blvd. PAGE 4

Yarn Bombing on SE Division St.
Knitted and crocheted hearts will soon adorn SE Division St. to celebrate Valentine’s Day. PAGE 5

COMMUNITY NEWS

Free Lead Test Kits
Read up on Portland’s water quality and order at test kit to detect lead in your water. PAGE 6

Foster’s Laurelwood Park Reopens
The project that started in 2013 has wrapped up, resulting in a unique and innovative public space. PAGE 7

GOING OUT

Fertile Ground 2022
The 13th Festival of New Works continues through February 6 online and in person. PAGE 10

Sunday Afternoon Concerts
Artichoke Community Music begins a Sunday afternoon concert series. PAGE 11



Meet Your Friendly Neighborhood Dentist!

Dr. Quinn Hummel of On Q Dentistry is proud to serve his community by providing high-quality care in a relaxed, safe, and welcoming environment. You won't have to race across the city to dentists you don't know to get the care you need. Dr. Hummel provides the below services, and more, all under one roof!

- Dental Implants
- Root Canals
- Sleep Apnea Appliances
- Professional Teeth Whitening
- Crowns & Bridges
- Clear Aligners

Call today to schedule an appointment – we look forward to meeting you!
(503) 796-5449 • 5528 SE Powell Blvd, Portland, OR 97206

FOR PAWS

TREATS • TOYS • FOOD • GIFTS • BELL BUDS

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

Volunteer with

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: 20,300
(18,700 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

©2022 The Southeast Examiner

Rs

Representatively Speaking

BY STATE REPRESENTATIVE
ROB NOSSE

By the time you read this I will be in the midst of another legislative session. Last month I wrote about the bills I was working on and next month I'll provide an update about how the session played out. I won't try to predict the future of how this session will unfold.

I learned not to do that the hard way when I tried to predict the 2020 short session when Republicans walked out and none of my predictions came true. Fingers crossed that won't happen this time.

The legislature is made up of a lot of personalities and understanding them is critical to being successful in politics. Two really important ones are moving on. One is retiring and one is trying to become our Governor.

In mid-January, Peter Courtney, the longest serving Democratic Legislator and longest serving Senate President, announced he is not running again.

Also in mid-January, Tina Kotek, the longest serving Democratic Speaker of the House announced that she is stepping down to focus on her campaign to become Governor.

These two leaders have shaped our state in so many important ways with both their political values and personalities.

Peter Courtney's electoral slogan when he first ran was "Nobody Works Harder" and I think that is pretty true. He is well known as a colorful orator.

In the 1990s, he served as House Minority leader when Republicans were in charge of the legislature.

I can still recount most of the details of the first meeting I ever had with him and his staff when I was a young lobbyist/activist for the Oregon Student Association back in 1993. He encouraged me to "sleep with both eyes open."

Throughout his career, Peter devoted a lot of time and energy to behavioral health issues including reconstructing the Oregon State Hospital in Salem, which (fun fact) was where *One Flew Over the Cuckoo's Nest* was



filmed.

Under his watch, we went from having one of the worst state hospitals in the country to one (albeit still with challenges) to one that is considered state of the art.

He became Senate President in 2003 when that chamber was tied 15 Democrats and 15 Republicans. He has a long list of accomplishments made while serving in that role.

He won passage in a 2013 special session for a cigarette tax increase to boost mental health treatment. We probably could not have gotten the largest tax increase ever adopted in the legislature for schools passed without his leadership during the 2019 session.

As you may know, I spent a lot of time and energy working to improve our state's behavioral healthcare system in the 2021 session. I will miss his leadership in this area. I don't think I would have been as successful in my efforts without his leadership.

It is well known that Senator Courtney doesn't like receiving compliments, but he really was an incredible Senate president and politician. He was also a smart, funny and supportive colleague who cared a great deal about the processes and the legislature as an institution. I am one of many who will miss working with him.

Speaker Kotek's announcement that she is stepping down came a little less out of the blue as many of you knew she is running for Governor.

Tina joined the legislature in 2007 under the speakership of then state representative Jeff Merkley. It was the first time in almost two decades where Democrats had a majority in both chambers and could run the legislature. She became the speaker in 2013 – the first lesbian in the US to be the speaker in a state legislature.

I will miss her leadership greatly. She was instrumental in passing many progressive priorities including raising the minimum wage, expanding access to healthcare and paid leave, standards for cleaner fuel and increasing business taxes to fund K-12 schools.

The speaker's job is a tough one, keeping all the politicians working together making sure we get legislation passed. She is whip smart, dedicated, hard-working and a personal friend who I will greatly miss working with.

I am also lucky enough to know and be friends with her wife Aimee who, like me, got her start in Oregon politics at the Oregon Student Association. I am pretty sure she first met Tina on the campaign trail for her first race to the Oregon House and that is probably when I first got introduced to her.

I will miss both Peter and Tina's leadership. Their experience and care for the rest of the personalities in the building made it possible to get so many things done politically for our state.

Stay tuned for more updates as we do our best to replace them and what the session ahead holds.

BA

Business Association Notes

Hawthorne Blvd. Business Association
By Nancy Chapin

A warm welcome to the Boulevard Beautification Bunch! We recognize there are a few areas on Hawthorne that don't have business people and neighbors looking after them or they are so daunting (some of the graffiti, for example) that it takes special preparation to clean them up. Their first venture out will be Saturday, February 12, 10 am-Noon. Meet at Dairy Hill Ice Cream, SE 36th Ave. and Hawthorne Blvd., and head out from there or if you've signed up for a business block, let us know. Bring gloves, bucket, bags and a picker if you have them; if not, we do.

We are still looking for ideas for Mother's Day Saturday (May 7) specials and or events as well as Father's Day Saturday (June 18). One suggestion is a bingo type card with specials and prizes. We'd really like to highlight businesses in lower and upper Hawthorne to balance out the Street Fair being in the middle. Ideas? Contact administrator@hawthorneblvd.com.

The Boy Scouts will be out again with flags for Presidents' Day Monday, February 21. Some of the holes have disappeared. Let us know if you have one that doesn't get a flag in it or if your business wants to create a place for a flag (a 1/2 to 3/4 inch hole about 8-10 inches deep). Thank you to all the businesses who support the flag project and to the Boy Scouts and their parents who are out early in the morning and make it happen.

See you on the Boulevard!

Update: Homelessness 2022

By Don MacGillivray

In many of Portland's neighborhoods the homeless crisis is increasingly observable. The lack of progress in addressing this crisis is due, in part, to the pandemic, but it is also due to the scale and the complexity of its causes and solutions.

The official number of homeless people in Portland is estimated to be 4,000. This figure is obtained from a physical count taken on a few winter nights every other year. Unofficial estimates of the homeless suggest that it is in the thousands.

Half are likely living in shelters, cars, campers, couch-surfing or in another temporary lifestyle while the others are camping somewhere on or near the streets of Portland.

Last month the "HereTogether" coalition issued the 2022 Roadmap that outlines the way Portland will address the crisis. Several ballot measures, local and regional funding and a large infusion of federal funds should provide the means to solve it. It has the support of key local leaders and over 190 businesses and organizations that eagerly await its implementation.

The five critical areas in the 2022 Roadmap are: 1) increase permanent and emergency housing, 2) implement Regional Long-Term Rent Assistance, 3) expand outreach programs, 4) expand hygiene and sanitation services and 5) increase accountability, transparency and collaboration.

The report gives details about specific goals to be implemented as soon as possible. This is the strongest initiative Portland has seen since the homeless epidemic began in the recession of the 1980s.

The resources to provide housing and services for the homeless have been increasing exponentially in recent years. This fall Portland and Multnomah County approved an additional \$38 million to expand the homeless shelter capacity by 400 beds, increase the number of campsite removals and expand the number of outreach teams.

While Portland has been

in a housing crisis since 2016, the Portland Housing Bureau has opened 3,400 new affordable housing units in the last five years and another 2,900 affordable units are under development. They also manage 15,000 regulated, rent supported housing units across the city.

Multnomah County, in partnership with other organizations, has supported 28,000 households with COVID-19 cash assistance. In addition, the Portland Rental Services Office provides information, referrals and technical assistance for landlords and renters. In 2020 their helpline assisted over 9,500 callers.

In May of 2020, metro area voters approved Measure 26-210 to provide \$248 million per year for 10 years to address the needs of the people experiencing homelessness. It is now known as the Supportive Housing Services fund and it became available in July of 2021.

It can be used for emergency outreach, shelters, paying rent, case management, mental and physical health services, cultural issues and more throughout the three urban counties.

In 2018, voters approved a \$652 million bond measure to create permanently affordable housing across the region. It is expected to build 3,900 units for families, seniors and veterans at a cost of \$167,000 per unit over the next seven years.

The Joint Office of Homeless Services is responsible for the delivery and coordination of homeless assistance for the City of Portland and Multnomah County. They will be receiving a large share of the Supportive Housing Services fund over the next 10 years.

However, the Bureaus of Housing, Police, charities and non-profit organizations have significant roles to play.

Two years ago, the City of Portland swept 2,169 homeless camps. Last year only 248 homeless camps were swept because of the threats of COVID-19. The Homelessness and Urban Camping Impact Reduction Program

manages this work and their website documents their activities.

To report a campsite or people living in vehicles, visit the city's One Point of Contact website, bit.ly/OnePointOfContact. Weekly campsite summary reports, including the locations of reported camps, are available at bit.ly/WeeklyCampsiteReports.

In addition to the support provided by local government and charities, citizens of Portland are frequently being asked to assist the homeless. One of these groups is the Portland Mutual Aid Network.

Since the summer of 2020 the Network responds directly to the needs of unsheltered camps in Old Town and around Laurelhurst Park. They ask the homeless what they need and on a weekly basis, work to provide it. This includes vegan food, a variety of supplies and personal care products. Their motto is Engage – Listen – Respond.

The Bybee Lakes Hope Center is another important service that helps the homeless to work toward their return to a stable lifestyle. A grant from the United Way is funding the expansion of their facility in the old Wapato Jail that will serve 300 homeless people.

Approximately one year ago the SE Uplift Coalition of Neighborhoods formed its Houselessness Action Committee to improve the lives of everyone living in SE Portland.

They serve as a forum for information and discussion about issues related to houselessness and hold meetings on the fourth Monday of the month at 5:30 pm via Zoom. For more information about the committee and the meetings go to seuplift.org.

With the 2022 Roadmap, the funding provided in recent years and the many organizations working to address homelessness it is hoped that solutions to the regional housing challenges will soon be implemented.

The 2022 Roadmap is available at heretogetheroregon.org.



OLD PDX HOMES

Specializing in Old & Historic Homes



Tracy Wiens
Principal Broker

Kristin Fitzgerald
Broker

503.516.8162
tracy@oldpdxhomes.com

 **John L. Scott** REAL ESTATE

[WWW.OLDPDXHOMES.COM](https://www.oldpdxhomes.com)
Licensed in the State of Oregon

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"

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.mrp plywoodinc.com

Crossword Answers

Turn to page 15 for the puzzle.

1	S	O	U	L			5	L	I	P		8	A	G	O		
11	E	A	S	E			12	R	A	R	E		13	R	A	N	
14	A	R	E	A			15	U	N	I	T		16	A	L	L	
				17	V	A	S	E	S			19	O	B	E	Y	
20	O	F	F	E	R	S		23	H	O	W						
25	A	R	E		26	R	I	M		28	T	E	N	T	S		
32	T	E	A		33	E	A	R	T	H		35	E	R	A		
36	H	E	R	37	B	S		38	S	H	E		39	T	E	N	
				40	I	T	41	S		42	E	R	43	A	S	E	D
44	S	P	O	T			47	P	R	I	S	M					
49	T	I	P		50	H	A	I	R			51	U	N	T	O	
55	O	N	E		56	A	D	D	S			57	S	O	U	R	
58	P	E	N		59	S	E	E				60	E	D	G	E	



Portland's Original Wing Joint

4225 N Interstate Ave. - 1708 E. Burnside St. - 3443 NE 57th Ave.

HBBA Starts Weekly and Monthly Clean Ups

By Jack Rubinger

It's midday on a weekday on Hawthorne Blvd. and Uri Kushner, owner of Dairy Hill Ice Cream, is mad as hell. There's a guy passed out, sprawled out in his tiny parking space, and he's been left on hold trying to reach several city agencies for help.

"Is this a job for SOLVE? Is this a job for Central City Concern? Is this a job for Portland Street Response? Of the three agencies, I just hope one of them shows up," he said.

"The city is absolutely broken and we get zero response from the city," he said. "There's all these different groups throughout the city, but we still get no help when it comes to the homeless and cleaning up our city streets. It's not about solutions. There is no solution, so let's just get past that."

Kushner said the city told him that federal funding was coming to help with clean-up efforts, but all that got was eight garbage cans for the area stretching from SE 10th St. to SE 50th St.

"I want to see them roll up their sleeves and pick up garbage," he said.

Kushner feels that it's critical to make the connection between people who live in the neighborhood and people who work in the neighborhood to

clean up the neighborhood.

Now he and several volunteers, including Hannah Wallace and Vincent Dawans, associated with the Hawthorne Boulevard Business Association (HBBA), are taking matters into their own hands.

Their plan calls for weekly volunteer clean-ups to be conducted every Monday at 11 am, meeting at SE 36th Ave. and Hawthorne Blvd. The Monday session focuses on the stretch of Hawthorne Blvd. from SE 34th to SE 38th Ave.

There's also a monthly clean-up which takes place on the second Saturday of the month, meeting at Dairy Hill Ice Cream, for more in-depth cleaning from SE 10th Ave-SE 52nd Ave. Volunteers are asked to just show up. No sign ups are necessary.

Currently, there's one homeless camp in front of Dairy Hill Ice Cream. Kushner is predicting that homeless camps will grow and spread as the warm weather approaches. Along with the camps come more garbage.

Yet some of the garbage problems are created by local residents who think they're doing good by "donating" their worn out couches to the city streets.

In many cases, people in homeless camps don't want a

bunch of old, wet, filthy couches. If you ask them what is really needed, it's things like showers, a place to do laundry, sleeping bags, hats and clothing.

That's where Hannah Wallace steps in. Wallace does outreach with the homeless in the area. She's good at talking to people and helping other volunteers like Dawans pick up trash. Wallace has helped set up shower and laundry services at the Sunnyside Methodist Church, 3520 SE Yamhill St.

"Some homeless folks are trying to encourage others in camps to clean up the camp sites," she said. "We'll go and knock on tents and ask, 'What do you need?'"

Wallace is working on relationship-building and focusing on cleaning one area at a time. "If there's a camp near you, then you have skin in the game."

The church is accepting donations, which they sort and clean. They ask that people wishing to make donations use the Yamhill side of the church.

Dawans has been coordinating clean-ups for the area for about a year, including the AdoptOneBlock program, in which residents clean near where they live. "You don't have to travel 10 miles to pick up trash," he said.

The HBBA clean ups and the AdoptOneBlock clean-ups seem to be intersecting. Dawans and about a half a dozen volunteers showed up to join in on the Monday HBBA clean up hour recently.

Dawans has helped create a mobile clean up kit for volunteers including a large rubber trash bin, a flat head shovel, a broom, a trash picker and extra bags.

He has also adopted the block by the Walgreens at SE 39th Ave. and César E. Chavez Blvd., which he calls a high needs block. Along with a neighbor, he cleans up every week. Another area they focus on is Sunnyside School.

If nobody's using a tent, they might get rid of it. It's just takes observation over time. There is no outreach from the city.

"We're literally on our own and just doing the best we can," Dawans said.

Dan Beard, another neighbor, showed up for the first HBBA clean up session. Beard is volunteering access to dumpsters,

along with Kushner. The principal at Sunnyside School is offering the use of their dumpster for trash collected.

Dawans' plan is to send an email the day before each Monday clean up session and hope folks show up.

"I send emails at the last minute on purpose, because I don't want people to feel that they've got to adhere to a schedule. If you've got an hour, just show up," he said.

Volunteers interested in helping out should contact Uri Kushner: uri@dairyhillicecream.com.

"This is only the second Monday session here. As we start engaging, the trash level drops, and it becomes much more manageable," Dawans said.

Kushner added, "I have a vision of having birthday parties outside my store for kids when the weather gets nice, and making the area beautiful, but I want kids and families to feel safe. Who's ever heard of an angry ice cream man?"

Short-Term Rentals Find Their Place

from page 1

city reached an agreement with Airbnb that required the company to share data with regulators and remove unpermitted listings from its site.

Another concern was paying guests "hosting" raucous parties in their STR, particularly on Halloween.

In 2020, however, Airbnb began blocking one-night reservations on Halloween weekend, which resulted in a 49 percent decrease in parties, according to the company's data.

When members of the Richmond and Sunnyside neighborhood associations were contacted by *The Southeast Examiner* for comment on the nuisance factor sometimes attributed to STRs, one spokesperson replied, "I did not realize Sunnyside had so many STRs."

In 2017, Airbnb (one of several STR platforms) was hit with a discrimination lawsuit brought by three black Oregonians who claimed that the company's requirement that guests post a photo and full names to make a reservation violated the state's public accommodations law.

In January this year, Airbnb agreed to a settlement to only require prospective guests to post their initials, but only in Oregon.

There are, of course, other forms of discrimination as well. Debi Hertert was asked if she knew of STR hosts here refusing to rent to LGBTQ guests based on religious objections.

"I haven't heard of that," she replied, "but we are really

strongly associated with a group called Fabstayz that focuses on LGBTQ travel... I think we have really exceptionally strong support from that group of people."

Just as many of the controversies surrounding these living spaces appear to have been resolved, the pandemic has created new challenges for the STR hosting community.

"At first, we were all pretty devastated," says Debi Hertert, noting that many hosts who simply rent a bedroom in their homes had to quit for safety reasons.

On the other hand, Rob says, "STRs in separate units were more resilient than the hotels were." This is possibly because they were attracting new types of clients, such as family visitors and people working remotely.

As a tenuous sense of normalcy settles over the industry, the hosting community is making an effort to convince the public that STRs are a boon to the local economy.

A tax analysis prepared by Robert Jordan, a North Tabor host, found that between the fourth quarter of 2018 and the second quarter of 2021, the STR share of total lodging taxes paid rose from 13.64 percent to 30.38 percent.

His conclusion? "As the industry adjusted to the pandemic, after only a short adjustment period, STRs were better able to adapt than were hotels and their relative contribution to tax receipts rose accordingly."

EST. 1983

HAWTHORNE

AUTO CLINIC



KING DAVID SEZ...

"While it is February one can taste the full joys of anticipation. Spring stands at the gate with her finger on the latch." - Patience Strong

HAWTHORNEAUTO.COM

503-234-2119

4307 SE HAWTHORNE BLVD, PORTLAND OREGON

Yarn Bombing Spreads Love on SE Division St.

By ELLEN SPITALERI

Don't let the name fool you, yarn bombing is not an act of war. Instead, it is the act of covering objects or structures with crocheted or knitted material in public places. It is a creative activity designed to bring an unexpected rush of happiness to those who see it.

Now fiber enthusiasts will bring their knitted or crocheted hearts on Saturday, February 12 to help decorate the intersection at SE 12th Ave. and Division St. as part of the Division Street Yarn Bombing Project.

If enough people show up, participants can decorate trees and other sites all along Division St. up to where it intersects with SE 20th.

This activity will be "an act of artistic activism," said Heidi Weiss, owner of Lemon Tree Wellness.

The business provides holistic health services, including classes, one-on-one sessions and monthly weekend wellness workshops, is at 1235 SE Division St., the meeting point for the event.

The idea behind the activity is to cover fences and trees with bright red hearts to celebrate Valentine's Day and bring a smile to those who drive through the busy intersection.

Weiss chose yarn bombing

for her February event because it met her three criteria for wellness workshops: honoring the environment, supporting creativity and fostering mindfulness.

"Being outside is healing. We will literally be expressing our love for the environment by blanketing the trees with love," Weiss said.

Creating art in any form is healing, she noted, adding that the field of art therapy has grown out of a body of research that shows this.

"Freedom of expression gives us an ability to feel safe in the world as who we are," Weiss said, noting that this is particularly important as the pandemic continues.

As for mindfulness, "Being with others is healing, and being present, being mindful, is the basis of mindfulness training.

"There is a chemistry of kindness, of beauty and of community that helps to promote our health. Science is just beginning to study these kinds of things on our health but has begun to validate that when we do kind things, and when we are in connection with others and see art, it actually has a positive impact on our health," Weiss said.

"Having this physical manifestation of love in the environ-



Tina McDonough and her mother Leah adorn SE 20th Ave. and Division St.
Photo by Ellen Spitaleri

ment will help to express that we love and support each other," she added. "It is literally bringing people together who would otherwise not know one another to achieve a small goal of beautifying a neighborhood and expressing kindness."

There is a physiological response when people see beauty," Weiss said.

She added that when those who pass through the intersection see the big red hearts, they will get a warm feeling.

"It is an inspiration to see what others have created because we know we are capable of the same."

Some might equate yarn bombing with graffiti, but they are quite different, as yarn bomb-

ers always ask permission from business owners before attaching fiber creations to fences and other structures.

"Yarn bombing doesn't cause property damage and can be easily removed," said Tina McDonough, a local resident who is knitting big red hearts for the event.

She wanted to participate, she said, "because it sounded like a joyful thing to do for our community, especially during this pandemic."


"This activity was something I could do while being socially-distanced and foster the feeling of being more connected to our neighborhood. I look forward to spreading a bit of Valentine's love to the neighborhood."

McDonough said she hopes people will smile when they see what crafters have created, adding, "Doing this activity has made me feel that I am more connected to this community. I feel happy to be a part of such a sweet activity."

It all begins at 10 am, Saturday, February 12 at 1235 SE Division St.

Those interested in taking part in the Division Street Yarn Bombing Project are encouraged to knit or crochet red hearts of any size. Patterns are available online on Etsy and other sites. Non-crafters are invited to attend and help with decorating.

For more information, email hello@lemontreewellness.co (not .com).



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.

DREAM • DESIGN • BUILD BEAUTIFUL



Start your dream here: (503) 251-9900



Compound Butters: Easy Yet Indulgent



As a child, one of my favorite snacks at my babysitter’s house was counter-softened butter on saltine crackers. She almost always had butter sitting out on the counter, seemingly just waiting for me to grab a sleeve of crackers and dig in.

These days I rarely have saltines and tend to keep my butter in the fridge and while I’d be happy to enjoy that simple snack, if I want to feel really indulgent, I’ll whip up some compound butter.

Compound butters are one of the easiest things to make in the kitchen to elevate simple butter, and whatever it is spread on, with the addition of a few ingredients. From savory to sweet, they can be used on virtually anything you would usually use plain butter on.

Any butter can be used, but this is a time when it is probably worth it to spend a little extra on a high quality butter. Since compound butters use a small number of ingredients, it is more important to use top-notch ingredients than if butter or seasonings were simply a small part of a laundry list of recipe ingredients.

Also, it is better to use unsalted butter as the salt content in salted butters can vary widely. Unsalted butter gives you a “clean slate” to work with and the results will be more consistent with whatever blend of seasonings you use.

Making compound butters doesn’t take much time, but it is important that you start with softened butter so all of the ingredients can be evenly mixed together. Depending on the temperature of your kitchen, an hour or two on the counter may be enough to soften it to the point where touching it with your finger will leave an indent without it being shiny or greasy.

Savory compound butters are delicious on bread, potatoes and grilled steak or other meats. Sweet compound butters can be spread on toast or waffles, used instead of regular butter in cookie recipes, and drizzled over popcorn.

Spicy Tomato Compound Butter

- ½ tsp smoked paprika
- Pinch chipotle powder
- Pinch kosher salt
- 3 sundried tomatoes (the dry kind, not oil-packed)
- 1 clove garlic
- 2 Tbsp unsalted butter, softened

Puree all ingredients in food processor until tomatoes and garlic are well chopped and everything is blended. Alternately, the tomatoes and garlic can be minced and the ingredients stirred together in a bowl until well blended. Refrigerate.

Sweet & Spicy Coffee Compound Butter

- 1 Tbsp water, heated to nearly boiling
- 2 Tbsp instant coffee granules
- 1 Tbsp brown sugar
- ¼ tsp vanilla or almond extract
- ⅛ tsp cinnamon
- ⅛ tsp nutmeg
- Pinch kosher salt
- 4 Tbsp unsalted butter, softened

Stir instant coffee into water until dissolved. Add remaining ingredients except for butter, stirring until well blended. Add butter and whisk until smooth.

Pour mixture (it will be fairly loose) in a jar or container and refrigerate until firm (overnight ideally).

Water Quality Report and Lead Test Kits

Each year, Portland Water Bureau (PWB) provides the Drinking Water Quality Report to its customers. The report is required by the State and EPA and contains important information about Portland’s drinking water and water system.

The 2021 Drinking Water Quality Report contains results from the 2020 calendar year and can be found at bit.ly/PDX2021Water or requested in hard copy version by calling 503.823.9444.

The Report includes test results of the 200+ regulated contaminants PWB detected in 2020. The regulated contaminant list for water provided by public water

systems is developed by the Environmental Protection Agency. If a known, health-related contaminant is not listed in the report it was because it was not detected by the PWB.

PWB is responsible for providing high-quality drinking water, but it cannot control the variety of materials used in plumbing components in homes or buildings.

Lead enters drinking water from the corrosion of household plumbing materials containing lead, including lead-based solder used to join copper pipe, commonly used in homes built or plumbed between 1970 and 1985 and brass components and faucets

installed before 2014.

Lead in drinking water at elevated levels can cause serious health problems, especially for those who are pregnant and young children.

The potential for lead exposure from water Portland metro area sitting in pipes for several hours, overnight or while people are away at work or school, can be minimized by flushing the tap for 30 seconds to two minutes before using it for drinking or cooking.

Concerned about your water? Free lead-in-water test kits can be ordered from the LeadLine at 503.988.4000 or bit.ly/Order-LeadTestKit.

Grab Your Skates

Oaks Park Roller Rink is open for general, public skating afternoons/evenings six days a week. It is closed Mondays.

It is the oldest roller rink in the country, has the largest skating floor west of the Mississippi and is active, indoor fun perfect for our rainy NW weather.

Public skate times are Tuesdays 3-5 pm, Wednesdays and Thursdays 3-5 pm and 7-9:30 pm, Fridays and Saturdays 1-5 pm and 7-10:30 pm and Sundays 1-5 pm and 7-9:30 pm.

The rink features a mix of Top-40, retro hits and skate specials like Pace Skate and The Hokey Pokey. The Wurlitzer Pipe Organ is played live Thursdays 7-9:30 and during both Sunday sessions.

The \$10 admission per skater includes conventional skate rental in sizes Toddler 7-Mens 17. Specialty skates are available for

rental as well for \$4 (in line) or \$3 (artistic/low-profile). Sizes vary. Personal skates are welcome, subject to inspection.

A limited number of tickets are available per session, can be purchased online 40 days in advance and is non-refundable. Walk-in purchasing is subject to availability.

Have a big group? Purchase 25 or more Open Skate Session admissions and get a reduced rate of \$7.50 per ticket. Tickets include conventional skate rental. Advance reservations are required.

Specialty skate sessions (preschool skate, monthly LG-BTQ+ skate night) and skate classes (SoulFit, Intro to Roller Skating) are listed on Oaks Park calendar (oakspark.com/hours).

The Rink Cafe offers treats for hungry skaters in a retro atmosphere.



Burgers, nachos, soda, beer are available. Outside food and beverages are prohibited.

The Skate Shop has protective gear, skating accessories to make a style “skatement” and Oaks Park merchandise for sale. Those interested in buying their own skates, pros will help you find the perfect fit.

Purchase tickets, learn about the rink rules, sign up for a skating class or book a birthday party package at oakspark.com/roller-skating-rink.

Metro Photo Contest

Metro is currently accepting photos for its quarterly **Our Big Backyard** photo contest. Any photo taken at a park or natural area in greater Portland is eligible.

Have you taken a picture of family/friends, wildlife or stunning sunset?

Along with a photo, include a 50-word description of the experience surrounding the picture being taken. Where were you? What were you doing? What captured your attention?

One winner and two finalists will be selected from submissions sent to ourbigbackyard@oregonmetro.gov. The deadline is Tuesday, February 15.

Winners will have their photos published in the quarterly

Our Big Backyard publication and agree to future use and publication of the photo by Metro.

Winners can select from an annual parking pass, a full-day picnic shelter reservation at Graham Oaks or Scouters Mountain nature parks, a tennis court session or a round of golf for four people including a cart at Glendoveer Golf and Tennis Center.

JEFFERSON KINCAID
M. Ed.

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

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

Helping You to Keep Healthy
Appointment Only

Dreaming
of living
smaller?

ADUs * Multi-Generational * Small Footprint Homes

ConsolidatedLiving.com
Home Design + Consulting
(503) 395-0119
Southeast Portland Based, Women Owned



Community News

Laurelwood Park Reopens

Laurelwood Park, SE Foster Rd. and 64th St., has reopened after years of planning and months of construction, turning it into a unique and innovative public space in the Foster-Powell neighborhood.

The project started in 2013 as the Laurelwood Park Vision and Master Plan, part of the continued development along the SE Foster Rd. corridor. It was dormant until 2019 when \$1.4 million was allocated from the System Development Charges by Portland Parks Commissioner at that time, Nick Fish.

2020 saw root investigations and the identification of hazardous trees by arborists, permits being secured for the project and the start of the bid process with plans to break ground in early 2021.

As 2021 began, it was anticipated that construction would begin in February and would be completed by the fall. Then COVID-19 took us all by surprise. Though construction continued, the initial fall completion date was extended. The renovations were completed just before the calendar turned.

New pathways extend from the plaza to provide connections to Foster Rd. and the adjacent property. The park design includes two lawn areas and three areas for new planting, plus a location designated to receive an art installation.

Portland Parks & Recreation is working with the Regional Arts & Culture Council and



members of the Foster-Powell community on the artist selection process. Once an artist is selected, they will begin work on a piece that will likely be placed in the park near the apex of the property where Foster Rd. and Holgate Blvd. come together.

The plaza and arbor on SE Holgate Blvd. will act as a gathering place and community centerpiece.

Seating walls that extend through the plaza and throughout the park provide places to rest and reflect, in addition to offering

a buffer from nearby busy roadways.

“The renovated park is an instant neighborhood showcase and destination,” says Portland Parks Commissioner Carmen Rubio. “I look forward to joining neighbors to enjoy the transformed, vibrant public space, as well as the cafes, restaurants and other businesses along and near SE Foster Rd.”

Foster Area Business Association (fosterarea.org) looks forward to future events in the space.

OMHOF Accepting Scholarship Applications

The Oregon Music Hall of Fame (OMHOF) is accepting applications for their college scholarship program through February 14, 2022.

Each applicant should be a student studying music, graduating in spring 2022 from an Oregon High School and continuing to college in fall 2022 with a major or minor in music.

OMHOF strives to inspire continuing higher musical education offering assistance with college expenses so students may aspire to a higher level of performance and success in their field of interest.

For the last nine years, con-



tributions from EPB&B have allowed OMHOF to provide four scholarships. This year, scholarships have increased from \$1,000 to \$2,500 each.

For an application, see omhof.org/music-education-scholarships. Completed applications

and required supplemental information are accepted by US Mail only. Online submissions not accepted.

Contact Janeen Rundle, Director of Music Education Programs, at Janeen@omhof.org for more information.

February Events

CLEAN UP HAWTHORNE – The Hawthorne Blvd. Business Association invites the community to help keep Hawthorne Blvd. Clean every Monday at 11 am, meeting outside Dairy Hill Ice Cream, 1428 SE 36th Ave. No registration in advance, just show up with a large trash bag, wearing gloves. Garbage pickers, small rakes and shovels helpful.

FAMILY MOVIE MATINEE – Kids can watch a great movie and adults get to enjoy happy hour prices at Steeplejack Brewing Co., 2400 NE Broadway St. Movie begins at 3:15 pm, happy hour pricing 3-5 pm. Visit steeplejackbeer.com.

CRIBBAGE – Join other cribbage lovers (newbies welcome, too) every Tuesday, 6 pm at The BeerMongers, 1125 SE Division St., for tournament-style cribbage. Opponents are paired randomly and winners advance through the ranks to determine the winner. 21+ and proof of vaccination required. More at facebook.com/pdxbeermongers.

PERMACULTURE CLASS – The first class of the 10-month series from Permaculture Rising, “Planning, Design and Framework”, takes place Wednesday, February 2, 7-9 pm via Zoom with a focus on the macro perspective to the microclimate. Taught by permaculture expert Marisha Auerbach, classes can be purchased individually (\$25) or as a series \$100 for five, \$185 for all 10. Sign up at permaculturerising.com/grow-your-own-produce-workshop-series.

PORTLAND WINTER LIGHT FESTIVAL – The Festival, an annual event of the Willamette Light Brigade, a nonprofit arts organization, builds community by bringing art and technology to inclusive audiences invigorating Portland in the winter months. The free event is Friday, February 4-Saturday, February 12. Details at pdxwlf.com.

OAS GENERAL MEETING – The Oregon Archaeological Society holds its next general meeting via Zoom Tuesday, February 8, 7 pm. Guest lecturer Dr. Katelyn McDonough will speak about her work at the Connley Caves. More at bit.ly/OASFebMeeting.

LWV CHARTER REVIEW DISCUSSION – The League of Women Voters of Portland is holding an online panel discussion on the Portland City Charter Review Commission with Julia Meier, Charter Commission Project Manager, and Charter Commissioners Candace Avalos, Amira Streeter and Melanie Billings-Yun Wednesday, February 9, 7-8:30 pm. Register at bit.ly/LWVFeb9 to receive the Zoom link.

WINTER INTEREST WALKS – Leach Botanical Garden Head Gardener Scott Hoelscher leads guided walks through the garden Friday, February 11 and 25, 1-2 pm. Learn about a variety of plants, those with noteworthy bark, seed pods, fruits, buds and flowers and enjoy plants that offer visual delight in the winter months. Free for Garden members/\$5 non-members. For ages 12 and up only. More details and required advance registration at leachgarden.org/winter-interest-walk.

WINTER PRUNING WORKSHOPS – Portland Fruit Tree Project offers three opportunities in February to increase the beauty and productivity of fruit trees with hands-on pruning classes at Parkrose Community Orchard, 12505 NE Halsey St. Saturdays (12, 19 and 26) 11 am-1:30 pm, \$40. Register at bit.ly/PFTPpruning.

CUPID’S UNDIE RUN – Join others virtually or in-person Saturday, February 12, 12-4 pm for a fundraising run to support those affected by neurofibromatosis. The party and “fun run in your undies” takes place at the Space Room Lounge, 4800 SE Hawthorne Blvd. \$40 registration per person at my.cupids.org/cur/city/portland.

ZWICKELMANIA – The Oregon Brewers Guild’s open-house style celebration of Oregon craft breweries takes place at breweries across Portland, Saturday, February 19, 12-4 pm. Brewery tours, educational talks, meet-the-brewer opportunities and more. Visit oregoncraftbeer.org/2022-zwickelmania for more details and participating locations.

FEE-FREE RECREATION DAY – Monday, February 21 (President’s Day) is the second fee-free day of 2022 for most day-use recreation sites in Oregon. To find a Forest Service recreation site near you, visit fs.usda.gov/main/r6/recreation.

MCL GOOD TALK BOOK DISCUSSION – Join the Multnomah County Library Wednesday, February 23, 3-4 pm, for a facilitated conversation around Mira Jacob’s *Good Talk: A Memoir in Conversations*, this year’s Everybody Reads book. Register for the online event at bit.ly/MCLGoodTalk.

CSA SHARE FAIR – The Pacific Northwest CSA Coalition hosts its 7th annual CSA Share Fair Sunday, February 27, 10 am-3 pm at The Redd, 831 SE Salmon St. Meet local farmers, ranchers and fishers and learn about CSAs. CSA share sign up and seasonal cooking demos at this free event. More at pnwcsa.org/csasharefair.

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.

Universal Design Principle

from page 1

returning from Europe expected the US government to help them recover their self-reliance and self-sufficiency in return for their service to the nation.

President Franklin Delano Roosevelt, the first president with a disability, was a great advocate for the rehabilitation of people with disabilities, but even then the disabled operated under the notion that a disability was an abnormal, shameful condition to be medically cured or fixed.

World War II vets placed increasing pressure on the government to provide them with rehabilitation and vocational training. Despite these advancements, people with disabilities still did not have access to public transportation telephones, bathrooms and stores.

Office buildings and work-sites with stairs offered no entry for these people, so many talented and eligible people were locked out of opportunities for meaningful work.

It wasn't until 1973 when the Rehabilitation Act was passed that protected the civil rights of people with disabilities by law.

The Rehabilitation Act provided equal opportunity for employment within the federal government and in federally-funded programs, prohibiting discrimination on the basis of either physical or mental disability.

The Rehabilitation Act Section 504 also established the Architectural and Transportation

Barriers Compliance Board, mandating equal access to public services (such as public housing and public transportation services) to people with disabilities and the allocation of money for vocational training.

Today our society is moving towards more user-centered designs that identify and address the needs, abilities and limitations of the user without making an obvious statement.

As people are living longer, the idea to age-in-place has become more desirable. Architects are incorporating Universal Design concepts into their new builds and remodels, making homes adaptable for a lifetime.

Green Hammer employed Universal Design Principles when they designed Ankeny Row, 2501 SE Ankeny St. The idea was to build a home that uses less energy and is available to everyone.

Erica Dunn, Green Hammer Director of Design, said, "Ankeny Row was designed so people could age-in-place with ease of use and mobility a top priority."

This included no steps to the front door, a bedroom on the ground floor, showers without a curb, extra space in the kitchen for navigating a wheelchair and selecting door hardware with levers instead of knobs. This was back in 2015.

Green Hammer realized this type of building just makes sense so they continued to implement these principles even on projects

not specific to aging-in-place. They are currently finishing six Zero Energy Townhomes at Rose Villa and recently finished a Zero Energy home in the Richmond neighborhood.

Bill Bailey, managing partner of Waterleaf, designed the Seven Corners building at SE 12th and SE Division St. Their company began working with Oregon State University in 2021, whose policy is to incorporate Universal Design into all their Capital Improvement and Maintenance projects.

Waterleaf incorporates UD in as much of their work as possible. Their most recent undertaking is the Fuller Station Housing project, located off of Johnson Creek Blvd. in Happy Valley.

"This philosophy to incorporate accessibility as universal right, rather than simply an accommodation," Bailey said, "has inspired our work and helped to focus our design for both new buildings, as well as renovations."

Universal Design does not only apply to buildings, but massive strides are being made in communications as well.

Portland State University (PSU) Universal Design Lab (uLab) director Samuel Sennott developed the Augmentative and Alternative Communication (AAC) app Proloquo2Go. It serves people with disabilities and specifically, those with complex communication needs.



Ankeny Row
Photo by Jon Jensen, Green Hammer

Sennett said PSU's uLab follows the procedures of Universal Design for Learning (UDL) developed by CAST (cast.org), an organization who coined the term.

Over the past 30 years Sennett said the assistive technology and special education fields have embraced the principles and practices of UDL, making it easier for people with impaired hearing or language barriers to interact with the rest of society.

The Universal Design Principle is becoming a new standard for design in all areas of life. The resulting products, services or environments are something that can be used by everyone regardless of age, size, ability or disability. It removes one more social barrier in our quest to make this an equitable world.

Find out more about the 7 Principles of Universal Design at bit.ly/7PrinciplesUD.

jewel-tones

AT FYBERWORKS

VERSO Jewelry is wearable art inspired by the timeless beauty of the Pacific Northwest. Layers of translucent paper are shaped around metal forms and sealed in resin, echoing the colors and movement of our rivers and forests. This month at Fyberworks save 10% off all jewelry.



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

Check us out on Facebook and Instagram for rotating specials!



WE HAVE EXTRA WARMTH



Scan to access our mobile webpage



Do it Best **DIVISION HARDWARE**
3734 SE Division St. • Portland, OR 97202
503-235-8309
Monday through Saturday 8:30 -5:00
 Like us on Facebook WWW.DIVHW.COM 



URBAN GLEANERS
FOOD FOR ALL

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

Franklin Talks

from page 1

why we were doing this, talking about some tools like the [Courageous Conversations] Compass and understanding the emotional part of it; the belief part of it and the action part of who we are and what we do.”

The February 16 session will focus on Racial Bias, March 14 will focus on Racism and lastly, May 18 will discuss Anti-Racism.

“We really hope that the anti-racism session provides a little bit of hope and some opportunities for people to see what they can do,” Palmer says.

The implementation of Franklin Talks has raised a few questions from students and some worry that Franklin Talks is only an attempt to fix a discrepancy of statistics.

Oliver River Satalitch (grade 12) is white, and was a participant of Franklin Talks.

“Focusing heavily on that [Survey] data has given Franklin...an air of wanting to fix a lag in numbers instead of teaching students how to be empathetic and mindful about race,” he said.

Palmer suggests another explanation for the motivations behind Franklin Talks. “There is a call to action for our communities to be looking at ways to normalize the application of a racial lens across all curriculums,” she says.

Previously, Grant High School started something similar called Race Forward, with Palmer’s help.

She said, “They have been doing Race Forward for probably seven years and it has been systematized. It is part of the culture at Grant High School...and it is making an impact.”

Students at Franklin High School are hoping that Franklin Talks will be a platform for conversations about race to happen beyond structured time.

Yukpa Wright (grade 12), is Oglala Lakota and Klamath, and a student at Franklin High School nominated to be a co-facilitator for Franklin Talks. Wright and other students are hoping to normalize dialogue about race within broader classroom settings.

“As a student of color, I have definitely had a lot of awkward experiences in classes because there is no general education built into the classroom community,” says Wright.

Facilitators of Franklin Talks were made up of different teams. Some classrooms were being led by their classroom teacher, yet others had a student co-facilitator or even Principal Frazier.

Not all classrooms got the opportunity to have a student facilitator in their classroom, such as that of Satalitch who explains how that went for them.

“Our conversation felt more like a lecture. It is in the name ‘Franklin Talks,’ but we did not talk, we were talked to.”

Student representation within facilitators sets a precedent for the understanding that students find this racial equity work important too. Seeing white staff and students be vulnerable is important as well.

Palmer said, “It is so impactful for white people to see other white people being vulnerable owning their role, owning their understanding of their role of race in every institution.”

Franklin Talks may be a work in progress, as many racial justice initiatives are, but it is a stepping stone to a more inclusive culture that holds space for courageous conversations.

Palmer said, “We want to cultivate young people who can leave Franklin...and have the ability to appreciate lived experiences that are different from yours.”

Super Cities! Portland

By DAVID KROGH

Super Cities! Portland is the latest in a series of books from Arcadia Children’s Books a division of Arcadia Publishing.

The book’s author is Portland resident Cindy Collins-Taylor, a self-employed writer/editor with a Masters degree in Journalism and years of editorial experience in publishing.

She and her husband Steve moved to the Mt. Tabor area from Washington, DC in 1995 and live in SW with their two children.

Collins-Taylor’s primary incentive for writing this book was to share interesting places to visit in Portland and its fascinating history.

“Through doing online research and talking to friends I also found some quirky and new-to-me attractions that Portland has to offer, such as The Freakybuttrue Peculiarium and Museum and the Portland Puppet Museum.”

Super Cities! Portland is 96 pages in length and will surprise you with how many photos and information are crammed in both a well-organized and interesting format.

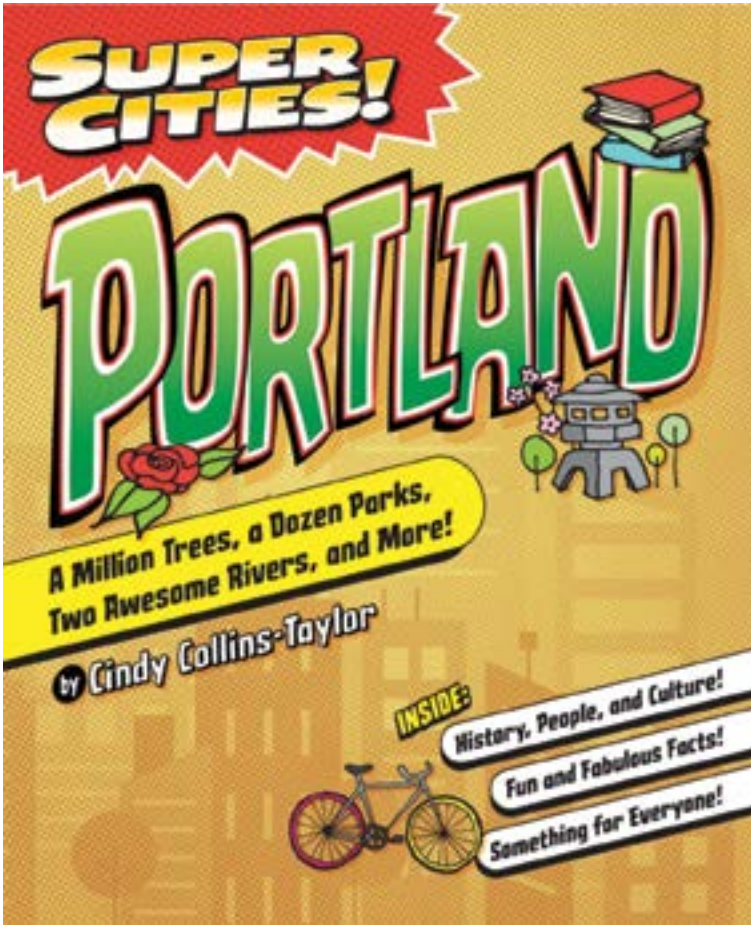
A basic map starts the reader out. Multiple factoids are provided about many aspects of Portland people might not be aware of. The book lists a number of Portland’s quirks such as its naming by a coin toss and its many nicknames.

A history summation, cultural discussions, local animals, sports and suggested sightseeing locations are provided along with a Portland humor page with riddles and a listing of haunted locations.

Many of the informative tidbits are depicted as cellphone text conversations while others take on the appearance of sticky notes.

This book does not cover any site or discussion in great detail. Rather, it is intended as an overview to pique one’s interest in learning more and exploring within Portland. Also, it is a tool that can be used by all family members planning or on a trip.

While the book provides



an outline of what’s here, readers need to do their own homework to ascertain what businesses/events are operating and what their business hours are in light of the ongoing pandemic.

The *Super Cities* series is family-friendly and intended for ages 7+. It focuses on a basic guide and history for six cities (Portland, Seattle, Houston, Chicago, San Francisco, the Twin Cities) and one national park (Yellowstone).

Collins-Taylor explained how she got into writing this book.

“I had a great template in the draft of a book on Seattle (*Super Cities! Seattle*) written by Jim Buckley. The *Super Cities* books have many common elements. I also used the same lighthearted tone that the Seattle book featured.”

One of the things that didn’t make it into the book was part of the reason her and her husband moved to Portland.

She said, “The city offers such easy access to spectacular nearby destinations, such as mountains, the coast, the Gorge, rivers, lakes, forests and the high

desert.

“Because of space restrictions, we couldn’t include some wonderful places in the ‘*Not Far Away*’ chapter.

“Specifically, I’d done short write-ups of Silver Falls State Park, the city of Bend and Mt. St. Helens that didn’t make it into the book. I also wish we’d had space to mention Enchanted Forest, the charming throwback amusement park near Salem.”

She is working on another book she said, “...a children’s storybook called *Dandelion Journey*. My collaborator, Rae Findley, is doing the illustrations. We hope to get it out by mid-year through self-publishing.”

Super Cities! Portland is available at local stores including multiple Powell’s locations, Music Millennium, 3158 E Burnside St., Presents of Mind, 3633 SE Hawthorne Blvd., and online at Amazon.com.

For additional information on Arcadia’s Children’s Books, visit arcadiapublishing.com/imprints/arcadia-childrens-books.



Volunteer or enroll today!
503-200-3333

CELEBRATING OUR 30TH YEAR
SERVING LOCAL SENIORS

VOLUNTEER-BASED NONPROFIT DELIVERING GROCERIES, CONNECTION, AND DIGNITY





European, Japanese and
British Car Specialists

Since 1983

RE-BORN
automotive INC.

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

Check out our Blog @
rebormautomotive.com

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

HAVE AN EBT CARD?

BUY \$1, GET \$1

TO SPEND ON FRESH FRUITS & VEGGIES!



(503) 232-9051

peoples.coop/double-up-food-bucks

3029 SE 21st Ave

Go Going Out

Robin and Linda Williams Concert



Robin and Linda Williams

Beloved folk duo Robin and Linda Williams return to the Rose City for a Portland Folk Song concert Saturday, February 19. This year finds them performing as a duo again.

Michigan school teacher Linda met Robin, musician from the Carolinas, at an open stage. They combined

their voices in harmony, a musical career that has carried them across the US and Europe was born.

Now they've played Carnegie Hall, the Grand Old Opry, Radio City Music Hall, Austin City Limits, the Ryman Auditorium, Mountain Stage and theaters, festivals and coffeehouses everywhere.

It's honest, heartfelt music and mighty fine medicine in times like these. Their 23 albums are staples of folk radio and, like their press says, "They don't play at being country; they are country."

The concert is at the Reedwood Friends Church, 2901 SE Steele St. The music starts at 7:30 pm and doors open at 7. Tickets are \$21-25 general admission, \$18-22 for PFS members, \$10-12 for ages 12-18 and under 12 are free. Order tickets online at PortlandFolkMusic.org/events.

Fertile Ground Fest Streams On



Lori Van Dreal

The 13th Fertile Ground Festival of New Works, continues through Sunday, February 6. FG22 features in-person and online programming. Here's two of many on-demand suggestions:

Dorothy's Dictionary by EM Lewis – Angry high schooler Zan (Benicio Delgado) is forced to help Dorothy (Lori Van Dreal), an ailing librarian. Each of them might have what the other needs if they can find the

words. A story about how good books, careful listening, friendship and kindness can help even when you're lost. Tickets: tinyurl.com/FGDorothy.

Crossroads at Chambersburg by Fred Coopridge – Frederick Douglass and John Brown were dedicated to the abolition of slavery and in August, 1859, Brown invited Douglass and Shields Green, a fugitive slave, to meet him and his lieutenant, John Henry Kagi, at an abandoned stone quarry in Chambersburg, PA. Streaming via YouTube. Donations appreciated.

See the whole schedule at FertileGroundPDX.org.

arts & entertainment



The Laurelthirst Pub is back doing what it does best, presenting live music nightly, often free and always good.

This came straight from the Thirst's mouth: "We shut down for a little while due to Omichronic Issues, but we're back in the swing and hoping you all wanna come around for music and fun."

Proof of vaxx, a negative COVID-19 test within 48 hours and masks are required for indoor attendance. There's an improved outdoor seating area for better weather.

This month's highlights:

Thursday, February 4, 9 pm: **Kassi Valazza Band / Jay Cobb Anderson**; Saturday, February 12, 6 pm: **Kris Deelane & the Hurt**; Wednesday-Saturday, February 16-19, 9 pm: **Jerry Joseph's Acoustic Residency**; Thursday February 24, 9 pm: **Barna Howard/Blue Darling/Weezy Ford**.

Laurelthirst is on the edge of SE Portland at 2958 NE Glisan St. See Laurelthirst.com.

Winterfolk, Carsie Blanton Peter Rowan & Mother Hips

Alberta Rose Theatre, 3000 NE Alberta St., presents live performance in music, spoken word and acrobatics each month. There's plenty good evenings a-coming too! A few of February's highlights:

• **Saturday, February 5, 7 pm – Winterfolk 33** – Portland's annual folk music benefit for JOIN and this year's headliner is **Kate Power and Steve Einhorn**. Others on the bill are **Mary Flower, Kristen Grainger & True North, Michael Henchman, Ben & Heidi Sadler and Tom May, Donny Wright & Matt Snook**. JOIN assists folks find and maintain housing throughout our metro area.

• **Wednesday, February 23, 8 pm – Carsie Blanton and special guest, Alisa Amador** – Inspired by artists that include Nina Simone and Randy Newman, Blanton writes anthems for a world worth saving. She's performing with her four-piece "Handsomeness Band." Alisa Amador opens.

• **Friday, February 25, 8 pm – Mother Hips with guests Ashleigh Flynn and The Riveters** – Mother Hips have released 10 studio albums of new California rock and soul, inspired by the harmonies of the Beach Boys, The Band and the Buffalo Springfield. Psychedelicacies abound! Ashleigh Flynn & the Riveters open.

• **Sunday, February 27, 8 pm – Peter Rowan's Free Mexican Air Force featuring Los Texmexicanos** – Grammy winner Peter Rowan's career began with Bluegrass veteran Bill Monroe, got psychedelic with Seatrain, then founded Old & In the Way with Jerry Garcia and Vassar Clements. Los Texmexicanos are Grammy winners too combining Tex-Mex conjunto, Texas rock, blues and R&B.

Full vaccination and masks are required for entry to all shows, Fully vaccinated minors are okay accompanied by a parent or guardian. See AlbertaRoseTheatre.com.



Carsie Blanton



Peter Rowan's Free Mexican Airforce

Blue Cranes: Voices



Photo by Jason Quigley

Portland jazz ensemble Blue Cranes have released their fifth album, **Voices**. The ensemble has a live show as a part of the 2022 PDX Jazz Fest, Saturday, February 26, 6 pm at Alberta Abbey, 126 NE Alberta St. Tickets are free, but registration is required at AlbertaAbbey.org.

Voices is an extended tone poem with new rhythms, atmospheric, powerful stories and vocal contributions from our city's evocative singers. The group reached into a vision and the album's lyricism and outside-the-box arrangements are a further evolution for Blue Cranes.

"We wanted to push ourselves and our collaborators into unfamiliar territory," says co-founder Reed Wallsmith. "It is very much a Blue Cranes album at heart – written and performed in the spirit of collaboration and discovery."

Blue Cranes are Wallsmith on alto sax, Joe Cunningham on tenor sax, Rebecca Sanborn on keyboards, Jon Shaw on bass and Ji Tanzer on drums. **Voices** at the concert will be Laura Veirs, Laura Gibson, Rebecca Sanborn and Reed Wallsmith.

Even with vocalists and lyrics, the ensemble was able to improvise in the songwriting process. The opener, **Brave Little Girl**, was created entirely in the moment, with singer Holland Andrews' vocal using phrases from a poem by Nico Alvarado. The song **Ursula** was built around stream-of-consciousness singing from Laura Gibson. **Tatehuari** is a collaboration with Pink Martini's Edna Vazquez and Y La Bamba's Luz Elena Mendoza, juxtaposing vocals, its lyrics of fire and rebirth and a breathtaking sound. Other voices on the album are Annalisa Tornfelt, Redray Frazier, Gavin Castleton and Peter Broderick.

See BlueCranesMusic.com.



Talilo Marfil

122nd

Portland's Talilo Marfil is a Filipino-American hip-hop recording artist and two-time RACC Grant Award Winner.

His latest video single, **122nd**, was made with a sense of urgency after a year that saw a record 92 homicides here in the Rose City and the recent loss of one of his 18-year-old mentees.

"The track is a candle for those lost and a light to those continuing to hold on," Marfil says.

122nd Ave. is a side of Portland often described as "forgotten" and the video, directed by Aeon Visuals, takes the viewer on a first-person journey down the street to a mural that tells a story of the people that make this place.

As a Pacific Islander in poverty, Marfil ended up making decisions that put him on the streets, in jail, and eventually, prison. Released at age 21 and guided by spiritual values and a hunger to reclaim his culture, he inspires those with similar challenges.

See the video for 122nd at TaliloMusic.com.

STORYTELLING!

- Monthly shows every 2nd Saturday of the month
- Monthly story swaps on the 2nd Friday of the month

VISIT US TODAY!

www.portlandstorytellers.org
to register for shows
or get more info

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

Hearts & Flowers Group Show
February 3~27, 2022

Feature Artists

John Opie (pictured)
Gail Owen
Anna Magruder
Phyllis Flury
Gia Whitlock
Melody Bush
Denise Krueger

Sidestreet Arts Thursday~Sunday, 12-5:00
140 SE 28th Ave 503-327-8064
Portland www.Sidestreetartspdx.com

Go

Going Out

arts & entertainment

HEARTS AND FLOWERS



Peony by Gail Owen

February's returning daylight brings Sidestreet Arts' annual Hearts and Flowers Group Show in the gallery at 140 SE 28th Ave.

Artists Phyllis Flury, Anna Magruder, John Opie, Gail Owen and Gia Whitlock are featured in this all-things-Valentine inspired show February 3-27.

Gail Owens' linoleum prints meld three of her artistic passions: wood-carving, printmaking and oil-based inks. Oregon's northwest

flora and fauna populate her colorful prints and her linocut is pictured here.

The online preview is Wednesday, February 2, 6 pm. This month's First Friday Artwalk is February 4, 5-7 pm with the show's artists in the gallery talking shop.

All works online and in the gallery are available for immediate purchase. This is a cash and carry show.

See SidestreetArts.com.

CMNW Double Concert Live and Streaming

Chamber Music Northwest (CMNW) presents a double header of concerts this month at The Old Church, 1422 SW 11th Ave. Built in 1882, it is the oldest Portland church still standing on its original site. Both concerts will be in-person events and streamed for those at home.

Thursday, February 10, 7:30 pm –

Pianist Jeremy Denk performs Bach's Journey of Wonder: *The Well-Tempered Clavier*. It streams online February 24-March 3, 7:30 pm.

Bach's piece celebrates its 300th anniversary this year and Denk wrote: "What you find here is completely new, rejuvenating, alive; it doesn't bother tugging at your heartstrings, it just enters your bloodstream."



Jeremy Denk

Thursday, February 24, 7:30 pm – German tenor Christoph Prégardien comes to town for a rare US concert with *Poetry in Performance* accompanied by pianist and CMNW Artistic Director Gloria Chien. It will stream online, March 10-March 17 each night at 7:30 pm.

Prégardien is one of the world's great lyric tenors and a preeminent interpreter of German Lieder; art songs for voice and piano inspired by poetry. He will sing the heart of the great romantic songs by Beethoven, Schubert and Schumann.

Visit CMNW.org for tickets and stream links.



From "Mississippi Masala"

Reel Movies at Clinton Street Theater

Clinton Street Theater is open for in-person screenings and their calendar is full and brimming over with art house and foreign films, many you may not see anywhere else.

The month starts with a film that's a constant Moebius loop like the universal recycling symbol as CST's annual screening of **Groundhog Day** is presented Wednesday, February 2, free to the entire community.

REEL Feminism is back on Monday nights and **Mississippi Masala** screens on Valentine's Day. Filmmaker Mira Nair's luminous tale takes a long look at love's complexities. The film is set in modern India, Uganda and the American South, blended and simmered into a rich, fragrant fusion feast.

Each Friday throughout the month at 7:30 or 8 pm, CST hosts a Robert Bresson Festival with Clinton Cult Classics after, at 10 pm. The list goes on and there truly is something for everyone.

All guests of the Clinton Street are required to mask up, regardless of vaccination status. Please attend public indoor events only if you are fully vaccinated.

See the whole calendar at cstpdx.com.

Afternoon Shows at Artichoke

Artichoke Community Music, 2007 SE Powell Blvd., adds Sunday afternoon shows to their February series, a great idea in these days of early darkness.

• **Sunday, February 6, A Fine Mess** – Peter Yeates, Rich Gillette and Mike West; energetic and skilled musician-vocalists performing Irish, Scottish and American Folk Music. These guys are the real deal.

• **Sunday February 27, Oregon Mandolin Orchestra Chamber Ensemble and Big North Duo** – The Oregon Mandolin Orchestra brings the beauty of mandolin music to the stage with opportunities for local musicians to perform.

Big North Duo plays music from a deep catalog of classic swing, blues and country. It's always straight from the heart.

Music begins at 3 pm for both shows and they're open to all ages. Tickets are \$10. Proof of vaccination required for all performers and audience. No exceptions. All shows livestreamed on Facebook Live and YouTube. See the full schedule is at ArtichokeMusic.org.

BRING YOUR KIDS TO MUSIC MILLENNIUM DAY

SATURDAY FEBRUARY 19TH 10AM - 6PM

FREE GIFT BAG TO ALL 18 & UNDER (FIRST 200)

PERFORMANCES BY:

TRIPLE RAINBOW 12pm

The duo of July Mees (9) and her dad Jared Mees explore both the silly and sensitive sides of childhood through lighthearted, upbeat and layered songs.

YOUTH MUSIC PROJECT BAND 2pm

Students from the program will perform the music they've been learning for the last term! This Organization offers group and private music lessons.

MUSIC

MILLENNIUM

(503) 231-8926

32ND & E. BURNSIDE

Short takes
...arts news of note

PDX JAZZ FEST – The 19th annual Jazz Fest is February 17-26 with 30+ events at multiple venues headlined by Grammy award winners Ron Carter, Robert Glasper, Gary Bartz, Diane Schuur, Brad Mehldau and Flor De Toloache. The lineup includes: Makaya McCraven • The Soul Rebels • Lakecia Benjamin • Marc Ribot • The Cookers • Sasha Berliner • Brandee Younger & Dezron Douglas • Mel Brown B-3 Organ Quartet with Christopher Brown • Julana Torres' La Colorá featuring Bobby Torres and more. PDX Jazz staff, volunteers and patrons at Fest must be vaccinated against COVID-19. See the schedule at PDXJazz.com.

THE VERY HUNGRY CATERPILLAR – The show is presented by Oregon Children's Theatre, Saturdays and Sundays, February 26-April 24, 11 am and 2 pm at Winningstad Theatre, 1111 SW Broadway. Based on Eric Carle's book, a menagerie of 75 colorful puppets come alive with new stories: The Very Busy Spider, 10 Little Rubber Ducks and Brown Bear, Brown Bear. A Presentation in Español, el Domingo, 3 de abril, en 2 pm and a Sensory-friendly show, April 9, 11 am for families with neurodiverse and very young children. (Tickets for this performance, call OCT at 503.228.9571.) Other tickets online at OCTC.org.



PLAY READING MONDAYS – PassinArt African American Theatre presents plays from Javon Johnson and Vicki G. Hampton. **Monday, February 7, 7 pm** – *The Spanish Jade at 5 SE Martin Luther King Jr. Blvd.* A story of unlikely characters brought together by fate, their hunger for acceptance, love and equality challenged by society, religion and sexuality. • **Monday, February 28, 7 pm** – *The Learning Curve at Cerimon House, 5131 NE 23rd Ave.* Benjamin Craft, science teacher at Urban High School for 20 years, has daughters a few years from college. Craft leaves Urban High for a higher-paying job at Privilege High, a private, mostly white school on the other side of town – and a learning curve. Seating is limited for both readings and proof of COVID-19 vaccination, photo ID and mask are required. See PassinArt.org.

TINDER LIVE! WITH LANE MOORE – A Valentine's Day comedy show with a Tinder twist at Mississippi Studios, 3939 N Mississippi Ave, Monday, February 14, 7 pm. The show is improvised as Moore weighs in on Portland-area Tinder profiles, reading them aloud while the audience votes whose profile gets swiped next. She's the author of *How To Be Alone* and writes for *The Onion* and *The New Yorker*. See LaneMoore.org.

ALBERTA ROSE THEATRE

FEBRUARY 2022



5 33rd annual
WINTERFOLK
a benefit for JOIN PDX

22 2022 Biamp
PDX Jazz Festival
THE COOKERS
presented by PDX jazz

10 **DAVID ARCHULETA**
OK, ALL RIGHT TOUR 2022

23 **CARSIE BLANTON**
+ Alisa Amador

11 FALL IN LOVE
WITH FLAMENCO

25 **MOTHER HIPS**
+ Ashleigh Flynn
& the Riveters

12 + 13 **MORTIFIED**

18 **BOOKLOVER'S BURLESQUE**
Cozy Classics

27 **PETER ROWAN'S FREE MEXICAN AIRFORCE**
feat. Los Texmaniacs

19 23rd annual Portland
CLOWNS WITHOUT BORDERS
benefit show

28 + MAR 1 **JUDY COLLINS**

albertarosetheatre.com
3000 NE Alberta • 503.764.4131



TidalWave Comics' *Tribute: Betty White* celebrates the extraordinary life of the actor, writer, wit and humanitarian who was a celebrated Hollywood presence for seven-plus decades.

It includes her renowned love of animals, tracing her life from the earliest days of television to her time on the Golden Girls and beyond.

Written by Michael Frizell and Patrick McCray, illustrated by Ramon Salas and Todd Tenant, the 30-page comic is available digitally wherever eBooks are sold and as a hardcover via Amazon. TidalWaveComics.com.

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

MANAGED MOVES

SERVING SENIORS SINCE 2006

MOVING

DOWN SIZING

ESTATE SALES

CLEAN OUTS

NOW HIRING

Call for a free consultation 503.780.7136

ManagedMoves.com

ODOT: #198404

USDOT: #2899598

Best Price!

Best Quality!

NATURAL FURNITURE

7960 SE Stark St.

Open 7 days

503-284-0036

NFPDX.COM

R U READY

For the Unexpected?

EMERGENCY PREP

SOLD HERE

ANDY AND BAX

324 SE GRAND

503-234-7538

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

PORTLAND FRUIT TREE PROJECT

Ww

Wellness Word

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

Mobility and Movement as We Age

We often discover that things begin to hurt as we age. Joints may become arthritic or lose their protective synovial fluid and cartilage. Muscles, tendons and fascia become stiffer. We may respond to that by not moving the painful area.

While this is understandable, ceasing movement is the worst thing you can do for your body. As the body ages, mobility is essential; if you stop moving, you will lose the ability to move.

Having a strength training and balance program is very important, but it will not be fully effective if the soft tissues of your body are bound down and restricted through immobility. Motion is lotion. The more you move the body, the looser your joints and soft tissues can become.

In addition to moving through as much of a full range of motion as possible, self-massage and stretching are essential. For those who need to avoid getting down on the floor and/or using a foam roller, there are plenty of other options available.

There are two basic types of stretching: static and dynamic. Static stretches are best done when the muscles are already warm, such as at the end of a workout. These are held at the end range of motion for several seconds and then released. They work very well for lengthening tight muscles and improving flexibility in your joints and tendons.

Dynamic stretches are used when you get up in the morning or at the beginning of a workout. Examples of these are loosely rotating the body to let the arms swing around the torso, soldier

kicks and neck rolls. You can do shoulder rolls, hip circles and ankle circles, as well as hula-hoop circles at the waist.

A key tip for any mobility work is that it should not be extremely painful. Make sure you stay at 5 or below on the pain scale of 1 to 10, otherwise your body may rebound to protect itself. You may feel a slight to moderate discomfort, but there should never be sharp or severe pain.

Seated massage can be done with a kneading-bread motion of your hands for bigger areas like the calf muscles and the upper trapezius by the neck (for the latter, think of someone giving you a neck rub). You can also use this technique on the upper thigh muscles of the quadriceps and hamstrings.

Smaller areas such as the hip flexors at the tip of the quadriceps or the piriformis area in the back (underneath the gluteal muscles on the lateral side), can benefit from using just a couple of fingers (index and middle finger) in a circular motion to help release tension and stuck fascia. This technique can be used at the back and sides of the neck which are frequently very tight.

Another method is to use a small ball such as a tennis or lacrosse ball. You can use the wall, the back of a sturdy chair or even the floor to press the ball against. Control the pressure and adjust according to the tenderness and sensitivity of a particular spot.

Roll up and down and side to side. You can use a heating pad on the area before you begin self-massage.

Stretches such as the cat/

cow on your hands and knees (or in a chair) for spinal mobility or lying on your back in bed and pulling the knees to the chest and then allowing them to drop to each side are excellent to add into your routine on a daily basis.

Other basic stretches such as the door frame stretch for chest and shoulder area, standing stretches for the calves and hip flexor muscles and seated stretches for the hamstrings and hips are important as well.

There are many valuable resources available online, but always consult a certified personal trainer or physical therapist in person if possible if you are uncertain how to use any of these techniques. As always, consult your physician if in doubt as to whether any form of exercise is appropriate for you.

Remember, reducing movement when something hurts is not the answer. This will only result in the painful area and surrounding tissues continuing to stiffen and tighten.

Fascia and muscles are made to move and restrictions will form if this does not happen. This can result in immobility and imbalances all the way up and down the body's chain, from head to toe.

Stretching and mobility work are self-care that your body needs. It may be uncomfortable at first, but as your body begins to relax and get used to being treated well, it will repay you by feeling better and moving better.

Lori Vance

Body Image Fitness, LLC

503.351.6476

WESTMORELAND'S UNION MANOR

RETIREMENT LIVING FOR SENIORS 62 YEARS OR OLDER

Westmoreland's Union Manor has been part of the Sellwood- Moreland Community for more than 55 years. Many of our residents have raised their families in this special neighborhood and have since retired and chosen to make their home at Westmoreland's Union Manor, free from the worries and expenses of home ownership. Walking distance to shopping, dining, movies, golf, parks, and so much more. Our residents enjoy the convenience of the beauty/barber shop, pantry store, community vegetable garden, library as well as participating in our numerous clubs and activities.

www.theunionmanors.org

CURRENTLY AVAILABLE:

ONE-BEDROOM

MARKET RATE APARTMENTS

(No HUD subsidies or income limits)

\$1,475 MONTHLY

(Includes All Utilities Except Phone & Cable)

OFFICE HOURS:

WEEKDAYS 10:00AM - 4:00PM

6404 SE 23RD AVE • PORTLAND, OR 97202

APPOINTMENTS GLADLY SCHEDULED!

503.233.5671



Neighborhood Notes

HAND By Jill Riebesehl

Every 10 years, Portland looks anew at its charter (in many ways like the Constitution) under which the city is organized. Julia Meier is Portland’s project manager for the current Charter Commission who spoke to the Hosford-Abernethy NA Board at our January meeting. The Charter Commission will review how our government works. The 20 City Council-selected volunteers have been active for more than a year and will be presenting recommendations in early summer to City Council. If they pass muster, voters will get to choose in November. The Charter Commission’s work will be in two phases, the first to investigate various forms of city governments; perhaps recommend changing ours; and, in concert with that change, to suggest changing the time and manner of our city elections. Phase two will follow later. The commission’s overall goals are to provide for more voices to be heard at elections and for city councilors who will be easy to reach, look like the community they represent, understand community needs, answer to the people and safeguard democracy.

Julia left us with two emails for ideas and suggestions: julia.meier@portlandoregon.gov and charter-review@portlandoregon.com. She said all suggestions and comments (with names deleted) are available on their website. For general information, visit portland.gov/omf/charter-review-commission/learn-more-about-charter-review-and-meet-your-commissioners. Interested residents can find lots of information on this subject on the internet.

State Rep. Rob Nosse opened our January meeting by laying down several items he hopes will be taken up at this year’s short legislative session (February 1-March 7). He listed farm worker overtime, more legal aid for immigrants, bonuses for COVID-19 essential workers, timber tax reliance and campaign finance review. Our Board had supported Rob’s effort to move along sanctioned housing (which has certain rules). He said he doubts we can get all the housing we need and we are going to need alternatives. He is working with Rep. Dawna Sanchez and a host of groups to attack mental issues. He explained the difficulties of passing campaign finance reform.

In addressing criticisms of the state government, Rob acknowledged that success in delivering services has been slow, but it is now, among other things, sending unemployment checks and housing relief money. Some of the slowdown can be attributed to the difficulty in integrating information technology with established standard operating procedures. Members of the Board discussed further reasons for slow government action and discussed with him the problems with mental and behavioral health services.

HAND’s next meeting is Tuesday, February 15, 7 pm via Zoom. Everyone who resides, has business or is interested in our neighborhood is welcome.

Montavilla Neighborhood Association By Jacob Loeb

At the January 10 meeting, Montavilla Neighborhood Association (MNA) hosted two engaging conversations focusing on the Portland Charter Review process and a new 10-unit housing village at the Bridgeport United Church of Christ. MNA members and community volunteers hosted a styrofoam recycling event a few days after the meeting, collecting 400 lbs of material.

Charter Review Commission representatives joined the meeting to elaborate on phase 1 of the Portland Charter review process. The conversation outlined possible changes to the mayor’s position and commissioner’s roles in Portland’s government. These proposed changes will appear on the November ballot this year seeking voter approval.

Members of Beacon Village (beaconvillagepdx.org) spoke to the group about the alternative shelters they provide in the parking lot of Bridgeport UCC, along with other supportive services offered to the houseless community. Colin Wonnacott explained his role as Village Coordinator and answered questions from attendees. Most questions centered around ways to support and contribute to a successful program. Beacon Village staff hope this program will become a model for other groups willing to donate their property to these temporary shelters.

On January 15, volunteers gathered in Montavilla Church’s parking lot at 9204 SE Hawthorne Blvd. Members of the community and MNA Board members collected packing styrofoam leftover from the previous year and transported that material to a recycling facility. Residents filled a trailer full of the often discarded material and received over \$400 in donations for the MNA operating fund. MNA members expressed their appreciation for access to the church’s property, the event organizer Ron Thrasher and the community volunteers that made this program possible.

The next MNA meeting is on Valentine’s Day, Monday, February 14, 6:30 pm. Details are available at the MNA website (montavilla.org/mna-calendar). Audio recordings of the previous gatherings are available online at montavilla.org/pdx-mna-meeting-podcast.

Mt. Tabor Neighborhood Association By Jim Pierce

Mt. Tabor Neighborhood Association holds meetings the third Wednesday of most months to welcome all those who live, work or own property in Mt. Tabor. At its January 19 meeting, MTNA discussed fiscal sponsorships and the success of the Thorburn street safety initiative in which neighbors raised funds for the speed bumps constructed several years ago and more recently, traffic calming measures at specific intersections.


Neighbors raised safety concerns about propane tanks and open fires at a car camp that has been relocating throughout the neighborhood and the lack of hazard coordination between city bureaus. A Board member reported two car fires near Mt. Tabor Park. The Air Quality Action Committee indicated that letters are being prepared for air quality violators. Friends of the Park reported that it is hiring a 30-hour coordinator and that elections will be held in March.

Considerable discussion was given to the Water Bureau’s inaction on filling Reservoir Six’s large basins. Mt. Tabor’s Reservoir task force indicated the inaction to fix and fill the basins is in breach of a resolution implemented at the time of reservoir decommissioning. The resolution called for keeping the basins filled to historic levels. Instead they have been empty for months.

During a report on SE Uplift’s upcoming vote on whether to record meetings, discussion ensued about the need for Coalition transparency in order to avoid misunderstandings and unfounded accusations that pit members against each other. To ensure transparency and avoid misrepresentations, MTNA records its meetings.


The meeting ended with timely reminders that NAs were established as holistic organizations to give all Portlanders voice in city planning by welcoming all groups and individuals. Neighbors are encouraged to attend the next meeting, February 16, 7 pm. For newsletters, minutes, meeting links and more visit mt-taborpdx.org.

continued on page 15



INHABIT > REAL ESTATE


**A NEW YEAR.
A NEW BEGINNING.**



At Inhabit, we provide a collaborative culture, extensive education, and unparalleled support for our brokers. If you are a real estate agent that wants to perform at the highest level possible, then we would love to make your acquaintance.

Call or visit us online to learn more!

CONFIDENTIAL INQUIRIES WELCOME!



Eastside HQ
3121 SE Division St.

Pearl Office
937 NW Glisan St. #115

SW Washington | Vancouver
908 Esther St.

inhabitRE.com | 503-762-7958

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.



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

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

STILL HERE FOR YA!



**ORDER FROM HOME
TAKE-OUT
OR DELIVERY**

www.pdxdeli.com
FOR LOCATIONS, HOURS & ORDERING

As

At Your Service



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

Owner/Operator

503.704.0100

danbollard@yahoo.com

#CCB 189748

Eliz. Ins. Bonded

cc# 185355



Michael Burnett

For Quality Craftsmanship

All Phases of Interior & Exterior Painting

 now accepting VISA

(503) 282-8032

www.mjbrestitution.com



Fresh Air Sash Cord Repair, Inc.

Old windows that work!

Patty Spencer

503.284.7693

www.freshairsash.com

Licensed, Bonded, Insured
CCB/LBPR #184991
WA Registration #FRESHAS796DR

Preserving the past since 1999



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



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



ADVERTISE HERE...

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


Let them know about your service

503.254.7550




examiner@seportland.news

POLYMATH Studio

Architecture & Design



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



Houses

Additions

ADUs


503-395-8383

polymathstudio.com

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 #48132

Blue Dun Painting

Expert interior painting
Custom raised vegetable beds

Call Denny at 503.484.6525

bluedunpainting.com

denny.bixby@yahoo.com

CCB#174741





PORTLAND EYE CARE

SAMUEL ADELMAN O.D.

4133 SE Division St.
Portland OR, 97206

503.444.7639

EYEPDX.COM

LOCAL EYECARE • GLOBAL EYEWEAR

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

NEED TREE CARE?

Call Quinn!

ISA-Certified Arborist
Third Generation Southeast Portlander
CCB # 236788

Tree Pruning † Removal † Consult

(971) 275-2409 † leightonslimbservice@gmail.com

Tom Leach Roofing

45 years roofing your neighborhood.

503-238-0303

TomLeachRoofing@Comcast.net

CCB# 42219



Murphy Construction

Renovations | Remodeling | New Construction

www.Murphy.Construction 503-319-3437

A South East Portland neighbor since 1997 CCB #216870

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

THE CAREFUL REMODELERS, INC.

Additions – Bathrooms - Kitchens

Since 1979 503.774.2810

Old homes lead paint certified renovator



503.535.4577
carefulremodelers.com



Neighborhood Notes

from page 13

Richmond Neighborhood Association By Allen Field

Richmond Neighborhood Association holds its monthly meetings via Zoom the second Monday of the month, 6:30-8:30 pm, except in January when the Board holds an annual Board retreat. The link to preregister for the monthly 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.

This year the Board retreat was held via Zoom. The Board did a SWOT exercise, discussing its Strengths, Weaknesses, Opportunities, Threats.

The next meeting is Monday, February 14. The Native American Rehabilitation Association of the Northwest (NARA) is on the agenda to describe their organization and programming. In the fall, the RNA donated to NARA its net proceeds from a small claims judgment it won. The court awarded it enhanced costs based on the frivolous nature of the lawsuit.

Sunnyside Neighborhood Association By Gloria Jacobs

How we can build a stronger community for local residents, business owners and members of local worship? Let us know.

We brainstormed fundraising strategies to generate revenue of \$5,000 yearly to sustain the neighborhood newsletter, which reaches nearly 3,000 households and 8,000 people. There is a donation link on the website (sunnysideportland.org/donate) for contributions. We are also planning an outreach advertising campaign to local businesses.

We currently have two open positions: Land Use and Transportation Committee Chair and Newsletter Communications and Advertising Lead.

Going forward, the Diversity, Equity, Inclusion, and Accessibility Committee’s work will be incorporated into the core of the SNA organization. One of the first initiatives will be a Culture Statement for the Sunnyside neighborhood.

The SNA Board does not support PBOT’s proposal for residents to self-fund speed bumps. However, we do support the idea of alternative traffic calming solutions that are more cost efficient and provide a call to action for safety, including paint traffic control signage around crosswalks, stop signs and schools as well as to install planters and trim back landscape overgrowth near stop signs to help create clearer visibility.

To learn more about any of these initiatives or get involved, email board@sunnysideportland.org.

Our next meeting is Thursday, February 10, 7-8 pm with the Board meeting afterwards. The agenda will be posted on the SNA website (sunnysideportland.org) Tuesday, February 8.

SE Café Owner Overcomes Coffee Industry Barriers



Café Zamora owner Hector Mejía Zamora
Photo by Portland Community College

BY JAMES HILL, PORTLAND
COMMUNITY COLLEGE

The fair trade coffee industry isn’t always fair to small farmers like Hector Mejía Zamora and his family.

The owner of SE Portland’s Café Zamora has made coffee growing and roasting his life. He grew up working on a small Guatemalan farm owned by his late father where he harvested beans and sold them to suppliers.

He knows first-hand how hard it is for smaller farms like theirs to break into a coffee market, which can result in them being stuck in a cycle of poverty.

Following in the footsteps of his mother and other members of his family who immigrated to the US for a better life, Zamora was asked by his family to immigrate as well.

The goal was to get an education focused on business and change that cycle by growing their brand. In addition, he could support small coffee farmers and their employees, not only in Guatemala, but throughout the industry.

To get started on his business path, Zamora’s oldest brother José recommended that he enroll at Portland Community College (PCC) after he immigrated to Portland.

His brother had studied at a community college when he had moved to the US and enjoyed the wide range of classes and quality of instruction. Zamora learned from him that a community college is an easy and affordable way for him to transfer to a four-year university.

He enrolled at PCC in 2014 and passed the English for Speakers of Other Languages (ESOL) test. This catapulted him into 100-level writing and reading courses. These allowed him to attend business classes with confidence and learn how to create and grow a coffee roasting company.

“It was an interesting experience,” recalled Zamora. “It was very diverse and I got to know people from all over the world. Speaking my mind with no fear of how it sounded to people was very helpful. The college was a door to a new progressive world.”

He purchased a bicycle from Goodwill for \$15 and fixed it up so he could travel the city and get to his job at a fast food restaurant cooking hamburgers. Nine months later, he transitioned to a job as a washer in an optical lab.

“Soon, I was able to buy a car and started driving for Lyft,” he said. “I met a wonderful lady who, after hearing my story about my dream of distributing my coffee in the US, helped me to get in touch with a local roaster who later introduced me to a Guatemalan roaster.”

He used his business training at PCC to make a deal with that Guatemalan roaster to sell green beans from his family farm and eventually to others. This eventually led Zamora to find an opportunity to open a store in SE Portland where he could sell his roasted beans and coffee, locally.

“I then met another passenger, who after hearing my desire of opening a coffeeshop, told me that there used to be a coffeeshop at a building he owns, and if I was interested in checking it out,” said Zamora, so he jumped at the opportunity.

“We went to the building that same day instead of going to his house to drop him off. And while being there, I realized that there also was the equipment to open a cafe,” he added.

On May 15, 2019, Cafe Zamora was born. Zamora is now building the business to accomplish his father’s dream of selling high-quality coffee directly to the consumer while assisting his fellow small farmers.

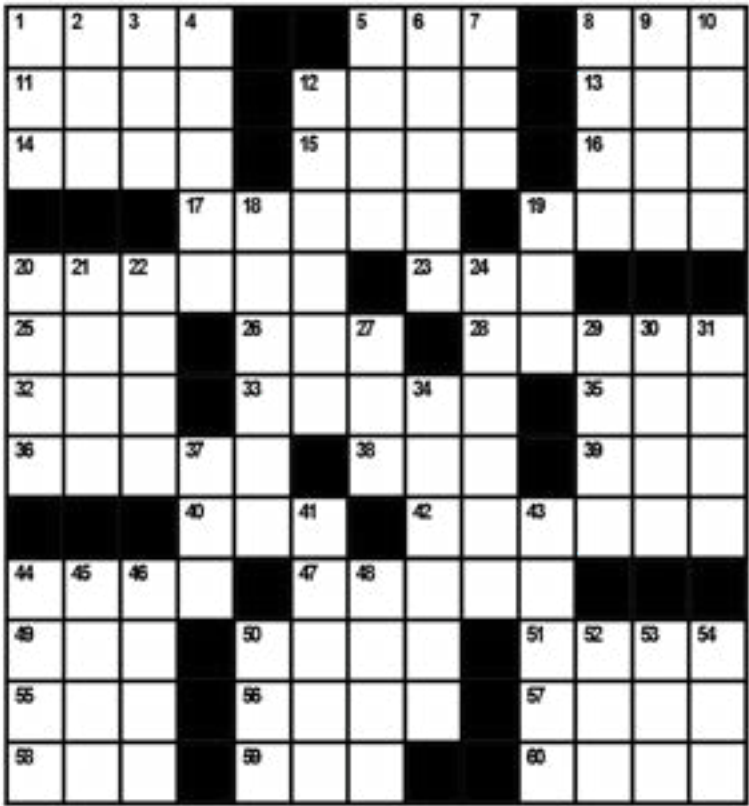
He credits PCC for opening that door to the opportunity to achieve his dream of building his family’s coffee business.

“After a year on business, and while dealing with a pandemic, the foundation of my business is getting stronger,” said Zamora, who had to shutter his cafe for 40 days due to COVID-19 in March 2020.

“Many challenges have come already, and surely, many more will come. The growth has been significant, and the purpose and the vision of what the coffee we serve can be for, has turned out to be more than what I originally imagined.”

Work Your Noggin'

- Across**
- 1. Spirit
 - 5. Collagen target
 - 8. Years ____
 - 11. Nonchalance
 - 12. Scarce
 - 13. Took off
 - 14. Geometry calculation
 - 15. Apartment
 - 16. Apiece, in scores
 - 17. The Mayans and Ancient Greeks painted on them
 - 19. Observe
 - 20. Proposals
 - 23. Reporter’s question
 - 25. “____ you sure?”
 - 26. Border
 - 28. Canvas shelters
 - 32. Hot drink
 - 33. Current location
 - 35. Cambrian, for one
 - 36. Thyme and sage
 - 38. This girl
 - 39. Bottom of a royal flush
 - 40. ____ too much
 - 42. Wiped out
 - 44. Radio ad
 - 47. Rainbow making glass
 - 49. Tout’s offering
 - 50. 1967 musical
 - 51. “Render ____ Caesar”...
 - 55. Lunch hour
 - 56. Combines numbers
 - 57. Go bad
 - 58. Corral
 - 59. Consult
 - 60. Lip
- Down**
- 1. Arctic, for one
 - 2. Dinghy propeller
 - 3. Finish, with “up”
 - 4. Approved absence
 - 5. Pool division



- 6. Galway native
- 7. Dearest
- 8. Intelligent horse breed
- 9. Battering wind
- 10. “____ the lonely”
- 12. Part of CIS
- 18. Take into custody
- 19. Fall behind
- 20. Sworn declaration
- 21. Let go
- 22. North Carolina’s Cape ____
- 24. Miscellany
- 27. “____ Robinson” - Song from “The Graduate”
- 29. New Jersey hoopsters
- 30. Maple, for one
- 31. Hourglass contents
- 34. Belonging to them
- 37. Bridle part
- 41. One in a black suit
- 43. Tickle pink
- 44. “Cut it out!”
- 45. Durable wood
- 46. Uncover
- 48. Carnival attraction
- 50. Possesses
- 52. Doze off
- 53. Big jerk
- 54. Source of iron


Answers found on page 3

THE CAPLENER GROUP

at Windermere Realty Trust

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

Caplener Group Homes For Sale




4012-4014 SE Salmon St.
1979 Duplex
1,648 Total Sq. Ft.

\$660,000
2 BD, 1 BA Per Unit



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

\$740,000
3 BD, 2.2 BA



SOLD


5104 SE 50th Ave.
1914 Bungalow
1,624 Total Sq. Ft.

SOLD
\$548,000
3 BD, 1 BA



7602 SE Ramona St.
1956 Bungalow
1,393 Total Sq. Ft.


\$549,900
3 BD, 2 BA



PENDING

4317 SE Clinton St.
1930 English
2,107 Total Sq. Ft.

\$799,900
3 BD, 2.1 BA



PENDING

2712 SE 49th Ave.
1923 Bungalow
2,516 Total Sq. Ft.

\$635,000
3 BD, 2 BA

Want to earn the most value for your home? We're your neighborhood listing experts. Call or email us today for a confidential market analysis. **503.232.4763** / thecaplenergroup@windermere.com

Neighborhood Happenings

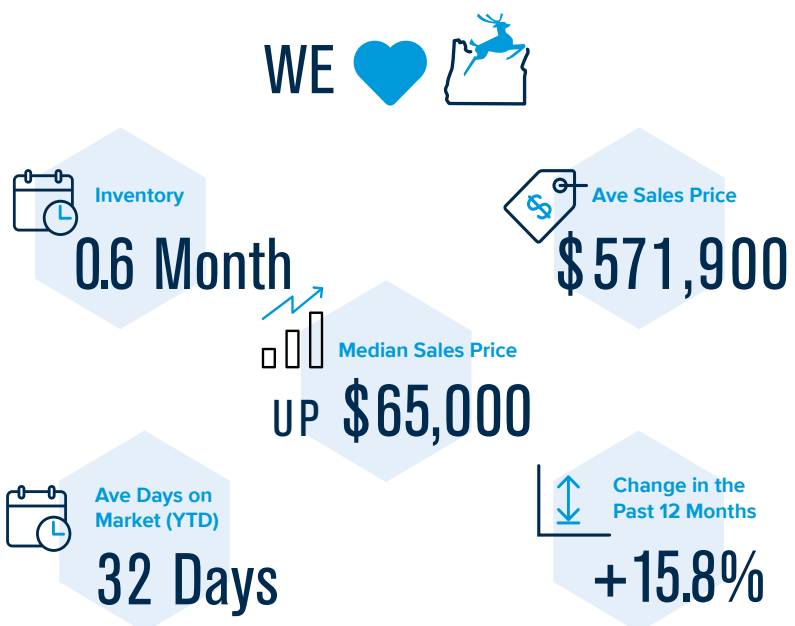
Community Events:
Red Cross Blood Drive
redcross.org

The Red Cross is experiencing the worst blood shortage in over a decade. The dangerously low blood supply levels have forced some hospitals to defer patients from major surgery, including organ transplants. Your donation is desperately needed.

Support Local Businesses:
Malka
malkapdx.com
503.899.4345

The team behind former food cart Carte Blanche has transformed into a charming brick and mortar restaurant right on SE Division St. Eclectic food with a strong influenced from Southeast Asia. Order over the phone or via delivery app. **Absolutely delicious!**

HOW'S THE PORTLAND MARKET DOING?




Windermere
REAL ESTATE
WINDERMERE REALTY TRUST

Data is courtesy of the RMLS.



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**



View our latest listings today.
thecaplenergroup.com

