

Cultural Heritage Garden Plans Progress at Lone Fir Cemetery

By Don MacGillivray

Lone Fir Cemetery is the oldest and most diverse cemetery in Portland. It began with the burial of Emmor Stephens in 1846, only two years after the location of Portland was determined. The cemetery was placed on the eastern boundary of the donation land claim of James B. Stephens.

Nine years later it was platted as the Mount Crawford Cemetery when Portland's founders needed to move many of their earliest burials to more solid ground. It was renamed Lone Fir Cemetery for the only "lone fir" tree on the small hill within the bounds of the early cemetery.

Today it is estimated that there are over 25,000 graves in Lone Fir Cemetery, many of which are unmarked.

In 1947, Multnomah County built an office building on block 14 of Lone Fir Cemetery and paved much of the site. When the building developed serious maintenance issues 50 years later, the county believed the property could be sold for development. After much consideration

it was decided to sell the property to Metro since they would be a good steward for this significant historic cemetery.

In 2004, human remains were discovered during the demolition of Multnomah County's office building. The work was stopped and after weeks of testing and investigations, officials determined that human remains were still left in unmarked graves near the building.

Block 14 was used for the burial of early Chinese workers in the late 19th and early 20th centuries. It was assumed that all of these graves had been removed and transported to mainland China, but this proved not to be so.

After a long pause, further investigation of the excavation continued and the building continued to be demolished with great care so as to preserve any additional burials. In 2007, Lone Fir Cemetery was listed on the National Register of Historic Places. A year later, the work group with the help of a local landscape architect made public the master plan for a memorial garden to honor the people who were buried here.

In 2008, a work group of interested volunteers and staff gathered together to determine the best course of future action for the site. The work group determined that Portland should honor the memory of these departed Portlanders by creating a Cultural Heritage Garden on this site that would include an interpretive exhibit tell-

continued on page 14

City Council Position 3 Candidate Round Up

By David Krogh

Portland's trend for large numbers of candidates on a ballot for a single City Council position is continuing with the Thursday, May 17 primary, even after the record breaking 2020 election.

Position 3, currently held by Jo Ann Hardesty, has 11 candidates. The common thread to the many candidates seems to be a growing desire to see change in what they perceive as a problem-filled city government that is lacking in responsiveness to public concerns.

To help the public in understanding who the candidates are and what they propose, *The Southeast Examiner* is listing the entire slate of candidates for Position 3 as identified by the City Auditor's Office. The list includes basic information submitted by the candidates, their campaign goals, if provided, and campaign websites, if available.

More information is provided at the City Auditor's Election website, portland-oregon.gov/auditor/26642. Other candidate information was provided from the League of Women Voters' election website, vote411.org.

In addition, the Multnomah County Voters Pamphlet for the May 17 primary, including candidate descriptions and statements, is scheduled to be mailed to voters by Wednesday, April 27, the same day as

ballots start being mailed for this election. Since some of the candidates do not have campaign websites, the voters' pamphlet will be an additional information source.

Ed Baker: not employed; no prior government experience listed; electedbaker.com. Having experienced homelessness, he believes a different mindset and life experiences are required for this council position. He also advocates truth and accountability for the legal system.

Rene Gonzalez: attorney and technology company owner; no prior government experience; reneforportland.com. Gonzalez believes efforts are needed to stabilize the city, stop uncontrolled camping and promote safe housing for those in need.

Jo Ann Hardesty: current City Commissioner Position 3; prior state government experience; joanneforportland.com. Hardesty believes more efforts are needed to support homeless and low income people and stop demonizing poverty. Portland is in a crisis now and stronger community and business efforts are needed to remedy the situation.

Dale Hardt: not employed; no prior government experience noted; no website pro-

continued on page 16

Nine Candidates Seek City Council Position 2

By Kris McDowell

City Council Position 2, a role currently held by Dan Ryan, is one of the races on the May 17 ballot. Ryan faces eight other individuals looking to fill the role and bring their plans on improving Portland to City Council.

Ryan has held the office for two years after winning the 2020 election to fill the position vacated with the passing of Nick Fish. During that time, he's worked to address homelessness, community safety and build housing.

In his bid for reelection, he's focused on moving people off the streets as soon as possible by prioritizing three steps: faster progress to providing safe, clean living spaces; clearing roadblocks to building more affordable housing and improving the construction permitting process; and creating more access to addiction and mental health treatment.

Sandeep Bali came to Portland in 2009, seeing it as a city that was prosperous, clean and full of opportunities for all

continued on page 19

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

WALK SAFE, ENJOY THE VIEW

Take Back the Block
Multnomah County's REACH program and Oregon Walks co-host an event to highlight walking and biking safety. [PAGE 4](#)

Spring Flower Power on Hawthorne
Neighbors work with Dairy Hill Ice Cream to install planters to brighten the street. [PAGE 9](#)

COMMUNITY NEWS

Mt. Tabor Walks and Workshops
Explore the park with the return of two, popular free weekend programs. [PAGE 6](#)

Financial Literacy eBook
OnPoint Community Credit Union has created a free eBook to increase financial literacy. [PAGE 7](#)

GOING OUT

Grammar of the Imagination
Youth and adult performers use children's games as a platform for exploring social norms. [PAGE 11](#)

Vestal Social Justice Night
The annual event expands this year, partnering with PSU and Montavilla Jazz. [PAGE 12](#)

Get The Garden Growing!

We've Got

- Kneeler Pads • Hand Tool Sets
- Shovels • Flower & Veggie Seeds
- Cultivators • Hoses • Loppers
- Pruners • Sprinklers • Rakes
- Gloves • Compost • Soil
- Manures • Bulb Planters
- Weed Pullers • Bow Saws
- Grass Trimmers
- Wheelbarrows • Grass Seeds
- Push Reel Lawn Mowers



Scan to access our mobile webpage



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





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

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

KIRKLAND UNION MANORS

AFFORDABLE RETIREMENT LIVING

For Seniors 62 years or older

- Studio & One Bedroom Apartments
- Affordable Rent Includes all utilities (except phone & cable)

- No Application or Costly Buy-In Fees
- Federal Rent Subsidies Available for those that qualify

503-777-8101

www.theunionmanors.com

3530 SE 84th Ave • Portland 97266

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
examiner@seportland.news
Going Out/Arts & Entertainment:
goingout@seportland.news
Proofreader: Pete Dunlop

1020 SE 7th Ave #14313, Portland, OR 97293
503.254.7550 | southeastexaminer.com

©2022 The Southeast Examiner

Rs

Representatively Speaking

BY STATE REPRESENTATIVE
ROB NOSSE

Many of you know I write an e-newsletter. It really took off during the start of the pandemic when people were hungry for information and updates about what was going on and what the state, county and city were doing in response to the pandemic. It was like we could not communicate enough.

That e-newsletter finally became weekly during the 2021 legislative session and while we don't have a constant drum beat about the pandemic anymore, it is not hard to figure out what people in SE Portland want to hear about. But those issues are not always related to what I do in the state legislature.

That is a long-winded way to say I cannot talk enough about the problems of most concern to my voters, those being housing costs, homelessness and the mental health crisis that is playing out on our streets.

When I first started talking about that topic regularly, I tried to stay in my lane and focus on what state government is doing. I got a few "not good enough" replies which I interpreted to mean all of government - city, county, Metro and state need to work on this problem together and that people wanted to know what I was doing about it with other elected leaders locally.

Now in my e-newsletters, I try to lift up something going on around this problem whether it is my part of government or not. It is not to take credit, but to reveal what is happening because a lot is going on and it isn't all covered in the news. So, let me share a few important positive developments because I know sometimes it feels like nothing is getting done.

We have more shelter beds coming online. On any given night we have more than 1,600 beds, sleeping pods and motel rooms available for use and that is up from 1,350 before the pandemic started.

In March, the county announced that with COVID-19 waning, the Joint Office of Hous-



ing and Homelessness was working with shelter providers to bring another 450 beds online now that more people can be housed with fewer public health restrictions. This is 450 more above the current 1,600.

The safe rest villages that City Commissioner Dan Ryan has been trying to set up have finally been sited. There are seven locations with one dedicated to RV parking. They have not opened yet, but locations have been secured. You can read about them on Ryan's website. While sanctioned camping is not the best solution to our homelessness crisis, it is part of the solution until more housing comes online.

The housing bond measure that Portland residents approved back in 2016 is finally taking hold. It was reported in April that by the year 2023, 1,300 cost-friendly apartments will come online for rental. That is a lot of new apartments!

Meanwhile, Metro attorneys rejected as unconstitutional, twice, the proposed initiative petition from "People for Portland" that would redirect 75 percent of

its voter-approved homeless services away from housing support and treatment to shelters.

Metro is charged with implementing the Here Together Ballot Measure that was passed in May of 2020. That measure is intended to provide services and support to homeless people and those on the verge of becoming homeless.

I am not a "hater" of People for Portland, though I wish its funders would be public about who they are. I thought this potential ballot measure was very misguided.

Last but not least, I don't usually write about the federal government, but in March the US Department of Housing and Urban Development announced that Oregon would receive \$46 million to fund 132 housing projects with Multnomah County getting \$28.5 million to fund over 40 different shelter, housing and homeless services projects in our county.

I also think, based on my observation, that there is a little less unsanctioned camping in our part of Portland than at the peak of the pandemic. Sites that I monitor have been getting cleaned up with perhaps the glaring exceptions of the SE industrial area between the river and SE 12th Ave., Powell Blvd. and of course Laurelhurst Park, which is filling up with tents again.

Unfortunately, we are losing ground on maintaining and bringing more rental property online. A report by ECON Northwest commissioned by relators and Multifamily Housing Northwest that was just released, showing that Portland lost 3987 rental houses between 2015 and 2020. This is a problem I hope to dig into over the next several months and ideally have something ready to address it for the long session that will start in January 2023.

More to come on this topic over the summer. Meanwhile, if you have things you want me to talk more about, please send your suggestions to rep.robnosse@oregonlegislature.gov.

Volunteer with

HumanSolutions



Drivers, home cooks & other volunteers needed!

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

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



Reigning in Health Care Costs

By Nancy Tannler

The Oregon Health Authority (OHA) held their annual public hearing in April focusing on the impact of high and rising health care costs to Oregonians. The meeting represented a large cross section of professionals who could speak from first-hand experience on what is currently going on, and how to work towards comprehensive healthcare reform, in our state.

Since the 1980s, the cost of health care has increased in the US to the degree that we now pay more for health insurance than any country in the developed world. Premiums rose 14 percent, faster than inflation, putting health care insurance out of reach for many people.

The state of Oregon has the third highest rate in the nation. As a society, we are hundreds of billions of dollars in medical debt. Despite our costly health care, people in the US live shorter lives than other developed countries.

The OHA public hearing examined the current situation, listened to stories of those affected, determined weaknesses in the system and offered solutions as to what a better plan might look like in the future. They have set target dates for the process so that health care costs do not outpace wages or the state's economy. The goal is to implement change by 2030.

During the height of the COVID-19 pandemic, there was a significant drop in people seeking medical attention for symptoms other than the virus. Many facilities, where the profit margin is slim, ended up laying people off and curtailing the services they offer during the pandemic.

As people began to resume their regular doctor visits, the system experienced two problems. The first is that health care workers are not all returning to their jobs, especially in rural areas. There is a shortage of critical care physicians and supporting staff. COVID-19 saw more females leaving the profession while more males are becoming nurses.

The second is that, since many people deferred treatment during COVID-19, their ailments became worse. Medical professionals are seeing more patients whose illnesses were compounded due to the lack of early intervention.

The practice of telehealth is a positive benefit that came about due to the pandemic. It is here to stay said Shanon Saldivar of Saldivar Insurance. A lot of people preferred the ease of talking to their doctor online, plus moving forward, this could be a way

to cut overhead costs for medical facilities. In turn this would be passed on to the consumer. Holly Murphy, a hospital health care worker from Eugene, told her story. She has a genetic immune system disease that required special treatment a few years ago. Her \$8,000 deductible—which is about average these days—was not enough to cover all the different practitioners she needed for her treatment and were not covered in her plan. They each had their own deductible.

Eventually daily living expenses took precedence over medical bills and Murphy began “drowning in debt.” She was sent to collections, her wages were garnished and she ended by filing for bankruptcy.

Many hospitals offer what is known as “charity care,” where necessary medical procedures are provided for free or discounted for people who cannot afford to pay. Murphy applied for this at the hospital where she worked. But she earned just enough, \$15 per hour, to be denied.

Murphy's story is a common one said Maribeth Guarino of the Oregon State Public Interest Research Groups (OSPIRG), an independent, state-based, citizen-funded organization and is a member of PIRG, Public Interest Research Groups. PIRG conducts research on the left-of-center healthcare and tax policies for which OSPIRG advocates.

60 percent of bankruptcies are caused by medical debt. The average medical debt in Oregon is \$2,000 per person. This includes all income levels.

The final segment of the hearing was devoted to efforts being made to address health care costs to consumers. Senate Bill 889 (2019 Laws) and House Bill 2081 (2021 Laws) established the Sustainable Health Care Cost Growth Target Program within the OHA.

Doug Boysen of Samaritan Health explained that the biggest problem is the patchwork way medical services and payments are provided. There is not an integrated or cohesive system that links all wellness modalities together or comprehensive insurance policies. As it stands now, every provider is doing their own thing with no incentive to cooperate with other systems. When seeking advice from a specialist the consumer can pay a deductible every step of the way before reaching the doctor they need to see.

An example Boysen used is the patient who is hospitalized for a mental health crisis when

what they need is therapy, detox or rehab. These visits can cost the system about \$20,000 dollars. In a situation like this, if the person in charge could key into a data system that funneled the person to the right help, it would be more efficient saving time and money. There's an estimated \$750 billion in annual waste in the health care system.


Chris De Mars, OHA, spoke of a Value Based Payment (VBP) plan they want to use in Oregon instead of the fee for service payment model. The VBP concept is where the purchasers of health care and payers hold the health care delivery system at large accountable for both quality and cost of care. VBP models can reduce a payer's care costs by 5.6 percent. Bundled payment programs were found to reduce care costs at even higher rates.

For example, if you have a chronic condition such as diabetes, VBP care can help payers by working with one integrated team that already knows them and their health background instead of going to several institutes to get care.

Fee for service payment does not reward quality care; has misaligned incentives; fragmented care; stand-alone providers thrive and they are hospital focused. Identifying waste and inefficiency will result in better care at a lower cost.

The VBP system believes that quality is important; prevention should be an incentive; care should be coordinated; different systems of care should be considered to promote flexibility and creativity in helping a person become well.

Oregon is leading the way as one of the first few states to set a cost growth target to rein in the rising costs of health care. For more information, visit bit.ly/HealthCareCostTarget.



THE BEERMONGERS IS
**OPEN 365 DAYS
A YEAR.**

*Draughts,
bottles,
& growlers...*

Enjoy here, or take to-go!

1125 SE DIVISION ST.

FOR PAWS

TREATS • TOYS • FOOD • GIFTS • BELLY RUBS



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

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.



Volunteer or enroll today!
503-200-3333

CELEBRATING OUR 30TH YEAR
SERVING LOCAL SENIORS

VOLUNTEER-BASED NONPROFIT DELIVERING
GROCERIES, CONNECTION, AND DIGNITY



WESTMORELAND'S UNION MANOR

RETIREMENT LIVING FOR SENIORS 62 YEARS OR OLDER



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

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

APPOINTMENTS GLADLY SCHEDULED!
503.233.5671



Tackle Clutter With a Purpose

By Arashi Young

The days get longer, the weather gets warmer and the neighborhood plants toss pollen into the air. There’s no denying it – spring is here.

Spring is the perfect time to turn over a new leaf and let go of the winter hoard of stuff. If you’ve come out of hibernation with too many acorns, consider donating your lightly used items before throwing them away.

There are lots of places in greater Portland that can help you cut clutter while supporting great causes. Check out these local nonprofit organizations – but be sure to contact them before you drop off your stuff to make sure they can accept your donation.

Home goods

Furniture, kitchenware, appliances – all the things that make a house a home. Consider giving to The Community Warehouse in Portland 503.235.8786 or Tualatin 503.347.2147. Their mission is to connect neighbors in need with essential home furnishings.

The Community Warehouse is one of the few places in greater Portland that accepts mattresses. They are also a great place to donate small appliances like blenders, coffeemakers, toasters and vacuums.

Similarly, Habitat for Humanity 971.229.8888 has four

local ReStore outlets that can receive home goods and building materials too. ReStore is a great place to donate gently used large appliances.

Building materials

Check out the Rebuilding Center 503.331.9291 in N Portland either before or after your next home improvement project. They are looking for reusable building materials like lumber, mirrors, cabinets, flooring materials and more. And they just might have what you need to complete your spring DIY project.

Tool lending libraries

So, you’ve put up that fence and now you have a post hole digger gathering dust in the garage – consider donating your used tools to a local tool library. Tool libraries are volunteer-run community resources that allow people to borrow tools for free. They save people money on tools and allow tools to be reused instead of discarded.

Green Lents Community Tool Library (email librarian@greenlents.org), North Portland Tool Library (email northpdx-toollibrary@gmail.com) and for the Southeast Portland Tool Library, use the contact form at septl.org. The Northeast Portland Tool Library is not currently tak-

ing donations due to lack of space

Creative reuse

The organizations above focus on rehoming or loaning used items. But what if those items could be transformed into entirely new things? That’s the philosophy behind creative reuse or upcycling. SCRAP Creative Reuse collects a wide variety of materials that can be repurposed.

Most left over art and craft supplies are accepted at SCRAP. In addition, there are many off-beat things that SCRAP will take, such as metal keys, small glass jars, coated wire, seasonal decorations, gift wrap and much more.

To see if you have materials that are useful to SCRAP, call 503.294.0769, visit their donation page at portland.scrapcreativereuse.org or email portlanddonations@scrapcreativereuse.org.

There is a thriving reuse community in greater Portland with lots of great places willing to accept donations. But please call first before dropping anything off. And if you have more questions about reuse and donation, Ask Metro at 503.234.3000 Monday-Friday, 8:30 am-5 pm.

This article was originally posted on the Metro website, oregonmetro.gov.

Multnomah County Takes Back the Block

By Sophie McEwen, Franklin High School’s *The Franklin Post*

On April 6, the Multnomah County Racial and Ethnic Approaches to Community Health (REACH) program and Oregon Walks co-hosted an event called Take Back the Block. The event celebrated National Walking Day, Distracted Drivers Awareness Month and National Public Health Week.

One of the main goals of the event was to draw attention to the new walking and biking infrastructure on NE Halsey Street and the parks in the area, places where people can get outside for physical activity. The walk began in Gateway Discovery Park and crossed NE Halsey Street to Knott City Park before returning to Gateway Discovery Park.

Walking and rolling are sources of physical activity for many and access to pedestrian infrastructure can have a direct impact on health. Multnomah County Health Officer Jennifer Vines highlights the importance of walking as one of the best ways to promote personal health, as “...there’s almost nothing that [walking] will not improve, in terms of your mental... and physical well-being.”

The British National Health Service, which advises walking as a form of physical activity, reports that “...regular walking is proven to reduce your risk of some chronic illnesses, including heart disease, stroke, asthma, type 2 diabetes, obesity and some types of cancer. It can also improve your mood and reduce your risk of depression.”

Take Back the Block also highlighted some of the challenges of walking in Gateway and other Portland neighborhoods including sidewalkless streets. “Walkability of neighborhoods is essential. And particularly in communities of color...we see [a] lack of walkable sidewalks, we see lack of infrastructure for walking, we see lack of green space and all of these things that contribute to health,” says District One Multnomah County Commissioner Sharon Meieran.

According to the Portland Street Surfaces Map produced by the Portland Bureau of Transportation (PBOT) in 2018, roughly a third of the length of the city’s streets had incomplete or no sidewalk coverage.

This lack of pedestrian infrastructure has a disproportion-

ate impact on people of color. The Fatal Pedestrian Crash Report (2021) by Oregon Walks states that “a majority (67 percent) of fatal pedestrian crashes occurred in areas where the percentage of people of color is greater than the citywide average.” Other groups disproportionately endangered by lack of pedestrian infrastructure are people with disabilities, people of low income, people experiencing houselessness and older adults.

Oregon Walks Transportation Justice and Communications Manager Izzy Armenta emphasizes the importance of thinking about walking and rolling as physical activity, but also as “a form of mobility that’s essential for everybody,” and says that this event was a way to start, and continue, a conversation about how to make a form of mobility that’s safe and accessible to everyone.

PBOT’s Interactive Crash Map shows nine pedestrian deaths so far this year, putting Portland on the path to continue a rise in pedestrian deaths from 2021, which saw 27 total pedestrian deaths. Changes to pedestrian infrastructure, such as lighting, could be a key part of stopping this rise.

As stated in the Oregon Walks Crash Report, “street lighting was found to be an urgent issue with 79 percent of crashes occurring in the dark with potential lighting inadequacies identified at a majority of these locations,” and that from 2017 to 2019, “100 percent of pedestrian fatalities of those identified as Black occurred when it was dark.”

“Improving lighting, road signage...[creating] safer routes to local destinations, whether that be the local clinic, the nearest church or nearest grocery store” are some of the ways that Taylor Ford, Communications Specialist at Multnomah County REACH, says pedestrian infrastructure can be improved in order to promote walking.

By working with nonprofit organizations, like Oregon Walks, and other government entities, REACH hopes to “ensure that the African-American and African immigrant/refugee experience is uplifted through this work and that the Black community is able to have an influence on any future models for urban design and transportation policy.”



KING DAVID SEZ...

...April snow bring May showers... or flowers?
“Your time has come, now hasten little snowflakes. To vanish quite away; The spring-tide hours are sounding gentle warnings, forbidding you to stay.” – M.E. Hathaway

HAWTHORNEAUTO.COM

503-234-2119

4307 SE HAWTHORNE BLVD, PORTLAND OREGON

KEEP YOUR EYES OUT FOR PEDESTRIANS.

Especially at night!

Share the Road. The Way to Go. Transportation Safety – ODOT

HAPPY MOTHERS DAY!

Celebrate Mothers! Play Hawthorne Blvd "GoMom"

SE Hawthorne has so many eating and drinking establishments and retail shops for treating the Moms in our lives—enough to fill four (4!) GoMom cards! Find personal care, books, crafting, coffee, desserts, flowers, plus an incredible array of handmade and vintage goods and gently used clothing... Browse the boulevard between SE 12th Ave and SE 52nd Ave to find the perfect gift for all your mothers—and others!



GoMom is a little bit like Bingo!

There are two ways to enter the Hawthorne Boulevard Business Association's May 11th prize drawing. We're giving away \$50 and \$25 gift cards, along with gift certificates and items from Hawthorne businesses. Enter as many times as you like, by doing one of the following:

- 1. Play GoMom! Post 5 photos on Instagram of 5 businesses listed across any one row of one of our GoMom cards (horizontal, vertical or diagonal) and tag HBBA @hawthorneblvd_pdx
- 2. Send HBBA a picture of your receipt from a business listed on a GoMom card for purchases made between April 30 and May 7, 2022. Email to: administrator@hawthorneblvd.com

Portland Wine Merchants 1438 SE 15th Ave	ORD 3562 SE Hawthorne	Starflower 3564 SE Hawthorne	Cup & Saucer Café 3566 SE Hawthorne	Jackpot Records Inc. 3574 SE Hawthorne
Samui Thai Kitchen 3676 SE Hawthorne	Dairy Hill Ice Cream 1428 SE 34th Ave	Harlow Vegan 3632 SE Hawthorne	Presents of Mind 3633 SE Hawthorne	Portland Cider Co. 3638 SE Hawthorne
Moberi 3646 SE Hawthorne	3 Doors Down 1429 SE 37th Ave	No Name Pho 1423 SE 37th Ave	Bagdad Theater 3703 SE Hawthorne	Memento 3707 SE Hawthorne
Asylum 3712 SE Hawthorne	Powell's Books 3723 SE Hawthorne	Fresh Pot 3729 SE Hawthorne	Nicks' Famous Coney Island 3746 SE Hawthorne	Pepino's Fresh Mexican Grill 3832 SE Hawthorne
Adorn Body Art 3941 SE Hawthorne	Short Round Vietnamese 3962-A SE Hawthorne	Dworaka Indian Cuisine 3962-C SE Hawthorne	Monster Tea House 3962-D SE Hawthorne	Mio Sushi Japanese Restaurant 3962-E SE Hawthorne

Grassa 1375 SE Hawthorne	House 9 Wellness & Tea 1413 SE Hawthorne	North St. Bags 3551 SE Poplar St	McMenamins Barley Mill 1629 SE Hawthorne	Hankins Hardware 1720 SE Hawthorne
Castagna 1752 SE Hawthorne	OK Omens 1754 SE Hawthorne	Farina Bakery 1852 SE Hawthorne	Kabob 1864 SE Hawthorne	Maruti Indian Restaurant 1925 SE Hawthorne
CineMagic Theater 2021 SE Hawthorne	Black Star Bags 2033 SE Hawthorne	Hot Lips Pizza 2211 SE Hawthorne	Grand Central Bakery 2230 SE Hawthorne	Jam on Hawthorne 2239 SE Hawthorne
Excalibur Books & Comics 2244 SE Hawthorne	Sea Sweets Poke 1505 SE 33rd	Cubo 3106 SE Hawthorne	Backstory Books 3129 SE Hawthorne	Khao Moo Dang 3145 SE Hawthorne
Savvy Plus 3204 SE Hawthorne	Hawthorne Cutlery and Gifts 3208 SE Hawthorne	Rovente Pizza 3249-B SE Hawthorne	Tarboush Lebanese Bistro & Bar 3257 SE Hawthorne	Gold Dust Meridian 3267 SE Hawthorne

Sea Sweets Poke 1505 SE 31st Ave	Cubo de Cuba 3106 SE Hawthorne	Backstory Books 3129 SE Hawthorne	Khao Moo Dang 3145 SE Hawthorne	Que Bacona 3272 SE Hawthorne
The Hazel Room 3279 SE Hawthorne	Tibet Spirit 3288 SE Hawthorne	House of Vintage 3315 SE Hawthorne	Wildish Botanicals 3327 SE Hawthorne	The Perfume House 3329 SE Hawthorne
Road to Tibet Imports 3335 SE Hawthorne	Champagne Poetry Patisserie 3343 SE Hawthorne	Farmhouse Kitchen Thai Cuisine 3354 SE Hawthorne	Imelda's Shoes & Louie's 3426 SE Hawthorne	Supernatural Eco Boutique 3435 SE Hawthorne
Hello India 3500 SE Hawthorne	Classic Collection Hats 3508 SE Hawthorne	Metro Boutique 3525 SE Hawthorne	Sloan Boutique 3526 SE Hawthorne	Potala Imports 3534 SE Hawthorne
Twill 3539 SE Hawthorne	Tender Loving Empire 3541 SE Hawthorne	Fried Eggs I'm in Love 3549 SE Hawthorne	Frog and Snail 3553 SE Hawthorne	Communion 3556 SE Hawthorne

New Seasons Market 4034 SE Hawthorne	Bamboo House 4005 SE Hawthorne	Poke Qube 4111 SE Hawthorne	Next Level Burger 4121 SE Hawthorne	One With Heart 4231 SE Hawthorne
Fat Straw Bubble Tea 4238 SE Hawthorne	Thorne Lounge 4260 SE Hawthorne	Mt. Tabor Fine Wines 4316 SE Hawthorne	Common Grounds Coffee House 4321 SE Hawthorne	Fyberworks Boutique 4300 SE Hawthorne
Float On 4530 SE Hawthorne	The Cavern 4603 SE Hawthorne	Toji Korean Grill House 4615 SE Hawthorne	Exiled Records 4628 SE Hawthorne	Por Que No? Tacos 4635 SE Hawthorne
JaCiva's Chocolatier 4733 SE Hawthorne	Apizza Scholls 4741 SE Hawthorne	Space Room Lounge & Genie's Too 4800 SE Hawthorne	Bar of the Gods 4891 SE Hawthorne	Quarterworld Arcade 4811 SE Hawthorne
The Trough Bar & Billiards 4815 SE Hawthorne	Art Heads Custom Framing 5000 SE Hawthorne	The Sapphire Hotel 5008 SE Hawthorne	Albina Press on Hawthorne 5012 SE Hawthorne	Taber Bread 5051 SE Hawthorne

Download GoMom cards from www.hawthorneblvd.com—or pick them up from Hawthorne businesses.

May Events

MENTAL HEALTH MONTH – May is Mental Health Month, a national movement to raise awareness about mental illness, fight stigma and provide support and education. Visit the National Alliance on Mental illness, nami.org, for additional resources.

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.

CRIBBAGE – Join other cribbage lovers (newbies welcome, too) every Tuesday, 6:30 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+. More at facebook.com/pdxbeermongers.

PORTLAND FLEA – Portland Flea, a gathering for the creators, curators and collectors, is now a weekly event taking place every Sunday April-October, 11 am-4 pm at the Nova Building, 240 SE Clay St. Visit pdxflea.com for a vendor listing and more details.

AHC MAY WALKING TOURS – The Architectural Heritage Center (AHC) offers walking tours in May that include Sunnyside/Belmont, Hawthorne, Ladd’s Addition and other neighborhoods. Visit bit.ly/May2022WT for more details and to register. \$15 AHC members, \$25 non-members.

TEACHER APPRECIATION WEEK – Show your love and appreciation to the amazing educators in your life, May 2-6. The pandemic has ushered in new ways of teaching and learning with teachers at the heart of it all. Find ideas for ways to thank them at bit.ly/TAWMay2-6.

MOTHER’S DAY PANCAKE BREAKFAST – The Sons of Norway holds a Mother’s Day Viking Pancake Breakfast Sunday, May 8, 8:30 am-12 pm at Norse Hall, 111 NE 11th Ave. Ages 13 and up \$12, ages 5-12 \$6, under 5 eat for free.

RIVER CLEANUP – Willamette Riverkeepers hold a cleanup of the Holgate Channel Tuesday, May 3, 9 am-12 pm. The free event is best suited for ages 16+. Details and registration at bit.ly/May3Cleanup.

NATIONAL HOMEBREW DAY – Portland is known for its beer but have you ever thought about brewing your own? Saturday, May 7 is the American Homebrewers Association celebration. Check out local homebrew shops, like SE’s F.H.Steinbart (fhsteinbart.com) to learn more and perhaps start a new hobby.

HOUSE OF DREAMS FUNDRAISER – The volunteer-run, no-kill cat shelter and sanctuary holds a plant and vegan bake sale Saturday, May 7, 10 am-3 pm at 7634 SE Morrison St. All proceeds from the sale of indoor and outdoor plants, decorative pots, garden art and vegan baked goods will benefit the shelter. More at kittydreams.org.



INCREDIBLE EDIBLES SALE – The Multnomah County Master Gardener Association’s annual sale takes place Saturday, May 7, 10 am-3 pm. The annual event offers vegetable plant starts, free workshops, kids’ activities, music, plus food/beverage, garden tool, art and book vendors. The free event will have timed entry. Reserve your shopping slot at multnomahmastergardeners.org/incredible-edibles.

Mt. Tabor Nature Walks and Workshops

The Friends of Mt. Tabor Park is offering two free activities to learn about the biology, history and culture of Mt. Tabor Park—the Saturday Morning Nature and Art Program and the Urban Nature Series.

The first takes place Saturdays, starting at 10 am and lasting for one to two hours. Supplies for various activities will be provided, except for the bird walks where participants are asked to bring binoculars if they have them.

Activities, like Nature Photography, Mt. Tabor Park Bingo, and Watercolor Magic, are designed to accommodate children ages eight and above, adults and families. A tentative schedule of upcoming activities and registration is available at taborfriends.org/saturday-nature-program.

The Urban Nature Series takes place Sundays 2-4 pm with each session lasting two hours or less. The sessions are designed



Photo by Susie Baumgardner

to accommodate children, adults and families who can manage walking on dirt paths and up and down small hills. Participants must come with appropriate clothing and walking shoes for all types of weather and terrain.

Each month there will be a Mt. Tabor Reservoir History Walk, Native Plants Walk, Tree Walk and Volcanic History of Mt.

Tabor Park. Visit taborfriends.org/urban-nature-series to learn more about upcoming sessions and to register.

Participants should meet at the Mt. Tabor visitor center where they will be connected with the activity leader. Contact Hap Pritchard (pritchap@spiretech.com or 503.880.4383) with questions or for more information.

Help Human Solutions Stock Their Pantry

Nonprofit Human Solutions feeds approximately 260 people every day at their three emergency shelters. It’s a huge effort that takes many hands.

Special pandemic funding made the work lighter, but with access to those funds ending, they could use more help from the community. Ways you can help restock the shelters’ kitchens range from things you can do without leaving home to picking up items and delivering them to a shelter.

Human Solutions maintains a shopping wish list through Amazon (amzn.to/3rnuIqu) where you can purchase items like canned vegetables, single serv-

ing cereal and pasta that will be delivered directly to the organization. With just a few clicks of the mouse, you can put the items in your Amazon cart, pay for them and off they go to the shelter’s kitchen.

Another option is to purchase a gift card to WinCo, the top choice as it is close to Human Solutions’ main kitchen. Buy it online at wincofoods.com or pick one up and mail it to the organization. Gift cards to other major East Portland grocers are also appreciated.

Finally, you could pick up a few extra items when you’re doing your own shopping or find things in your pantry to drop off

at a shelter. In both cases, the Amazon wish list is a good guide for the items that are most in need. Keep in mind that food should be shelf stable and unexpired.

In order to keep the shelter locations confidential as a matter of privacy and safety for their residents, go to bit.ly/FillOurPantry and sign up to drop off food or to mail a gift card. You’ll receive an email after signing up with the address and instructions.

Those interested in becoming an ongoing supporter of the shelter kitchens, donating other items or talking with the Volunteer and Donations Team can email volunteer@humansolutions.org or call/text 971.806.7759.

Metro’s Nature Photo Contest

The submission window for nature photos for Our Big Backyard, Metro’s quarterly parks and nature magazine, contest is currently open. The contest asks participants to submit photos showing how they get their nature fix.

For some, it’s time in the backyard, in a local park, on a trail or even watching a bird feed-

er from inside. Nature comes in many ways and forms and it can be celebrated through photography.

Photos taken anywhere in greater Portland, from Forest Grove in the west to the Sandy River in the east to Wilsonville in the south are eligible. Simply send a picture along with your full

name, city you live in and a 50-word caption describing where it was taken, what you were doing or what captured your attention to ourbigbackyard@oregonmetro.gov.

Digitally altered photos are not eligible and only one entry per person. Get snapping and enter by Sunday, May 15.

STILL HERE FOR YA!



ORDER FROM HOME
TAKE-OUT
OR DELIVERY

www.pdxdeli.com

FOR LOCATIONS, HOURS & ORDERING

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



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
treemasterestimates@gmail.com
treemastertreeservice.com

Licensed • Bonded • Insured • CCB#159995





Community News

Financial Literacy eBook Available

OnPoint Community Credit Union has released a free financial literacy eBook to help people better manage amid our current economic complexities, soaring food and energy prices and the Federal Reserve's interest rate increase.

The eBook, entitled "Guide to Financial Wellness," shares in-depth and actionable information to help people pursue better financial outcomes and protect their future.

A 2018 study by the FINRA Investor Education Foundation found that 48 percent of Oregonians lack an emergency fund to cover three months of expenses resulting from illness, job loss or economic downturn. Individuals without an emergency fund lack a buffer against unexpected financial shocks which may threaten

their financial stability.

OnPoint's eBook is aimed at increasing financial literacy. Rob Stuart, President and CEO of OnPoint said, "Our purpose is to build strong communities through financial well-being. Regardless of experience, everyone can benefit from more financial education." Here are just a few of the tips from the eBook.

Understand your financial position

The first step of financial goal setting should be a "gap analysis," a process for grasping the difference between where you are now and where you want to be. Some questions to help with that analysis include: What outcome do I want? What resources do I need to achieve my goals? How will I track my goals?

Set realistic, achievable goals

After a gap analysis, use the "SMART" goals framework to create meaningful goals and provide a roadmap for achieving them. SMART goals are: Specific, Measurable, Attainable, Relevant and Time-bound.

Understand your loan options

Some goals may be achieved by borrowing money but it's important for people to consult with their financial institution to determine which type of loan is best for the situation. Loans can vary significantly in terms of principal, length, interest rate and fees.

Get started now on achieving your financial goals, reduce stress and plan for the future at bit.ly/OnPointeBook.

CFC Science and Restoration Trips

Spend a weekend in a forest, meadow or waterway with the Cascade Forest Conservancy (CFC) by volunteering for one (or more!) of their science and restoration trips. Anyone can join the organization's community of volunteers and become a part of impactful science and restoration projects throughout the Gifford Pinchot National Forest.

June and July opportunities include Surveying for Pacific Lamprey, Beaver Reintroduction Site Visits and Invasives Removal, Post-Fire Tree Monitoring and more.

A full listing of the offerings throughout the spring and fall are available at cascadeforest.org/volunteer/trip-sign-up with a full description including what will be done, the difficulty level (on a scale of one to five), what volunteers need to bring and what will be provided.

At the start of the trips there will be a project overview and then training for the activity the



project is covering. Volunteers typically split up into smaller groups and work for the rest of the day, usually about five hours.

Afterward everyone heads to the campsite, developed campgrounds with potable water and bathrooms reserved by CFC staff. Volunteers can spend the evening as they choose - hanging out around the campfire, going for a nearby hike or reading in their tent.

The second day starts with breakfast and packing up camp. Work generally continues until late afternoon but accommoda-

tions can be made for those who need to be home by a particular time.

Volunteers are responsible for supplying their own food, water, camping gear and appropriate clothing. CFC staff will provide a gear list for specific items for the type of trip you sign up for.

Sign up on your own and meet a whole new group of people or perhaps have a friend join you. Just make sure they fill out a sign-up form for the same trip. Minors 13-17 may attend with a guardian on trips that are ranked three or below in difficulty.

May Events

COUNTY CHAIR CANDIDATE FORUM – The Urban League of Portland presents a virtual candidate forum for Multnomah County Chair Wednesday, May 11, 6-7:30 pm. Visit bit.ly/May11Forum for links to watch on YouTube or Facebook and to submit questions for the forum.

LWV ELECTION RESOURCES – The League of Women Voters (LWV) has posted online voting information on vote411.org and lwvpdx.org to help voters make informed choices. Printed Voters' Guides, video guides and video forums will be online and/or in libraries no later than early May, all providing reliable, nonpartisan information relating to the May 17 election.

EASTBANK ESPLANADE CLEANUP – Willamette Riverkeepers in partnership with SOLVE hold a litter cleanup Thursday, May 12, 9-11 am., meeting at the OMSI parking lot. The event is free and open to all ages, but registration at bit.ly/May12cleanup is required.



FRIENDS & ALLIES SPRING SUMMIT – Portland Parks & Recreation holds their annual Summit to celebrate volunteerism and leadership Thursday, May 12, 5-7 pm. The inspirational evening takes place at Laurelhurst Club, 3721 SE Ankeny St. Free registration at bit.ly/FASummitMay12.

BBB CLEAN UP – The Boulevard Beautification Bunch (BBB), a joint effort between the Hawthorne Boulevard Business Association and neighborhood associations, invites you to help beautify the boulevard Saturday, May 14, 10 am-12 pm. Meet at Dairy Hill Ice Cream, SE 36th Ave. and Hawthorne Blvd. See Hawthorneblvd.com/BBB/FAQ for more information.

ELECTION DAY – Tuesday, May 17 is the date of the primary election. Ballots can be delivered to any Official Ballot Drop Site until 8 pm on election day. Find a drop site near you at multco.us/dropsites.

DISCOVER THE CENTRAL EASTSIDE – The Architectural Heritage Center celebrates the history, architecture and businesses of Portland's inner eastside Thursday, May 19, 5 pm. Get a tour, explore the array of food/beverage/wares in the district and get your guidebook journeying through the evolution of the area. Registration required for the free event at bit.ly/May19AHCevent.



GROWING GARDENS FUNDRAISER – SymbiOp Garden Shop, 3454 SE Powell Blvd., holds a fundraiser Friday, May 27, 9 am-7 pm for growing-gardens.org. 10 percent of sales will be donated to the nonprofit that uses the experience of growing food in schools, backyards and correctional facilities to cultivate healthy and equitable communities. Contact JT at jtyu@symbiop.com with questions.

CAREOREGON STARLIGHT PARADE – Kick off parade season with the Rose Festival's Starlight Parade, Saturday, June 4, 7:30-10 pm. See marching bands, floats covered in twinkling lights, eccentric costumed performers and glowsticks galore. Visit rosefestival.org/events/2022/starlight-parade for the downtown route and more details.

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

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"

Buying a new home? We can help!



Professional home inspections from a local inspector you can trust.

Buyer's & Seller's Inspection
Quick Turn Radon Testing
Sewer Line Inspection

Specializing in SE and NE Portland Area homes.

info@HestiaInspections.com
HestiaInspections.com
971-317-8767

Licensed | Bonded | Insured | CCR# 238281



KIM POX KASCH

FOR CITY COMMISSIONER

Ship John

BY ELLEN SPITALERI

The Ship John logo says it all: Made in the USA and Stuff That Holds Up. The shop, located at 4310 SE Division St., focuses on American-made brands that are crafted from sturdy fabrics or leather and are made to last. Many of the items for sale are made in-house.

"The talent that exists within our staff blows my mind on a daily basis. We're lucky to have found such hard working and fun individuals to spend our working days with," said Mike Elias, owner of Ship John.

The shop opened in its current location in June 2021 and Elias said he and his staff love the change of pace the location offers. They were previously located at 1804 NE Martin Luther King Jr. Blvd., where they had been for three years. The Division St. site features "great neighbors and a great location to make and showcase our goods," he said.

Elias noted that he grew up in a small, commercial fishing town in South Jersey on a tributary to the Delaware Bay, where the Ship John Shoal Lighthouse resides.

"My younger days were spent on the bay fishing and working on oyster boats. The lighthouse, being out in the middle of the bay, was a point of navigation throughout my childhood and still is today. The name is an ode to my home waters," he said.

One of the most popular items at Ship John is the Wills Jacket, a waxed work jacket made in the shop. "The Wills was my attempt at improving the work jackets I kept wearing while working as a stone mason," Elias said.

He had been making bags out of a heavy waxed twill from a mill in Bridgeton, NJ, where he went to high school, when it occurred to him to make a jacket from the fabric.

"They've been producing waxed materials for over 100 years with their proprietary blend of Martexin waxes. While there have been waxed jackets for ages, this heavy twill material had never been used for a garment," Elias said.

He cut a few jackets apart, made a new pattern with the stylistic and fit changes he wanted and started sewing. "Eight or so



Ship John exterior
Photo by Mike Elias

hours later I had a jacket put together and it actually worked. It was one of the beefiest jackets I'd ever put on."

He added, "From there I shared a few photos on the interwebs, showed it to some friends and the rest was history." Over the years, with the help of Steven Heard, his partner and pattern maker, the jacket pattern has been fine-tuned.

The Wills Jacket V2 has a mid-weight and sturdy lining that separates the body from the heavy waxed twill. The heavy-duty double zipper lets wearers open up the waist if they're sitting on the bike or on a log around the fire. The 24-oz. waxed twill fabric protects the wearer from the elements and holds up for years and years. This is a customer favorite jacket, so check the website for availability.

The Holcomb Jeans are also best sellers. They are made from black/charcoal Japanese selvage denim and feature a standard five-pocket set up, solid brass hardware and Ship John's new label design of a SJ hang tag secured with a small brass button.

"In addition to our own goods, we carry things from and collaborate with other American-made brands like Wesco, Langlitz, Good Art HLYWD, Dehen 1920, Sullivan Glove, Erling knives, Huron Brass works,

Stormy Kromer and more," Elias said.

He noted that although the clothing at Ship John is generally made for men, "most everything can be relatively gender neutral. I believe that if you like the way it fits your body and your style, then it's made for you."

The shop also offers a full line of leather goods, many made in-house. That includes belts, wallets, card holders, music accessories and more. Also on offer are trucker hats, knives, hatchets, axes and brass items.

Ship John's customer base ranges from "pipe fitters to carpenters to folks who just like the style of the things we produce. "From Oregon to Switzerland, Japan and beyond, we've sent things to folks from all walks of life," Elias said.

Customers can come into the retail shop and see the staff working on items or they can shop online. The shop is open 11 am-6 pm Monday-Saturday; closed on Sunday.

What is the best part about owning Ship John? "Knowing that we stand behind everything that leaves our shop," Elias said.

Ship John
4310 SE Division St.
503.477.6891
Shipjohn.us

SEASON 38 RENAISSANCE EN VERSO

City Without Altar

Written by Jasminne Mendez
Directed by Si Mon' Emmett

Supported by the National New Play Network and the Hampton Family Foundation

In *City Without Altar*, the audience finds themselves between the present and the 1930's on the Haitian-Dominican border, in a time when 'where are you from?' is a question of life or death. This play follows a Haitian family in their struggle to hold onto their sense of home, culture, and body as the looming shadow of genocide threatens to strip them of everything.

Told entirely in verse, this piece of theatre transforms the stage itself into an altar where the spirits of the Parsley Massacre victims can once again be heard.

MAY 13 – 28, 2022

THU, FRI & SAT @ 7:30, SUN @ 2 PM

\$20 – \$27; DISCOUNTS FOR
STUDENTS & SENIORS

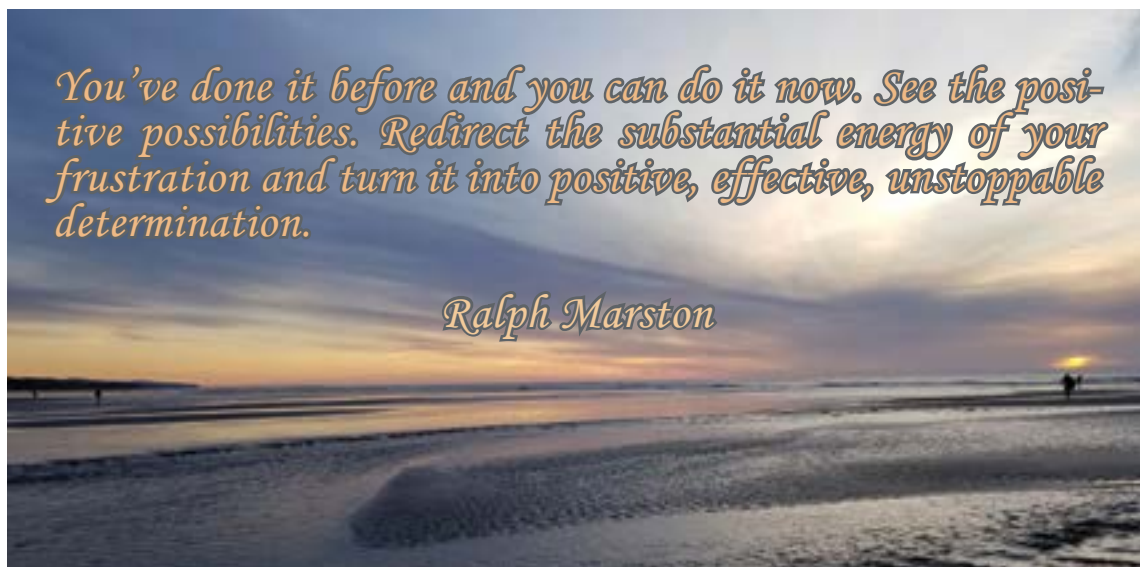
Scan the QR code with your
smartphone for tickets.



Milagro Theatre
525 SE Stark Street
Portland, OR 97214
503.236.7253 | milagro.org

You've done it before and you can do it now. See the positive possibilities. Redirect the substantial energy of your frustration and turn it into positive, effective, unstoppable determination.

Ralph Marston



Spring Flower Power on Hawthorne

By Jack Rubinger

Whether you live, work or shop in the Hawthorne neighborhood, it would be almost impossible not to feel emotionally disgusted with the scene in front of Dairy Hill Ice Cream. This newspaper has been following changes on Hawthorne with an article in January about neighborhood cleanup efforts, led by Uri Kushner from Dairy Hill Ice Cream, and other friends and neighbors.

At the time, there was a lot of head shaking, disappointment and discouragement. Recently things have brightened up considerably. Early morning dog walkers noticed that the homeless camp was gone, replaced with shiny, plant-filled aluminum tubs.

Kushner laid out how it went from the previous situation to where it is now. On Friday, March 11, there were two posts put up declaring the campsite a biohazard and stating it would be cleared in three to 10 days.

“When I saw that, I reached out to Vincent Dawans and Dan Beard, two neighborhood folks that have been helping with clean ups, and we put a plan together,” said Kushner, going on to say, “We noticed small metal planters on SE 37th by Moberi Healthy Smoothies and thought that those would be perfect. Beard and I purchased 10 bins from Wilco Farm Supply. The camp was cleared later in the week. Beard put up caution tape and ordered soil to be delivered.”

After the soil arrived, Kush-

ner said, “While Beard, Dawans and I were shoveling the soil into the bins, a few neighbors spontaneously came out to help. One of them then went and bought 40 flowers and plants and planted them herself.”

That flower power came from Korina Keaton, an artist and painter, who planted a mixture of Pacific Northwest plants: bright colored annuals, herbs like lavender and rosemary, native grasses and peppers for pops of color. Keaton has lived in the neighborhood for eight years.

Kushner explained that there were fewer and fewer actual people living in the camp and that it was turning more into a garbage dump. In discussions with neighbors, several ideas were tossed around for what Kushner calls “our little corner,” including boulders, but ADA status and the sidewalk were a concern. Concerns were raised about what is to prevent another camp from rising up on the site.

“Neighbors in the area have been taking pictures of the camp in front of the store and reporting twice a week about the situation to the city,” said Kushner. He had heard that there had been an uptick in efforts to clean up the city right around the time of the NCAA tournament.

According to the City of Portland’s Homeless and Urban Camping Impact Reduction Program, the Impact Reduction Team cleaned and removed camps at SE

Cesar Chavez Blvd., north of SE Oak St.; SE 162nd Ave. and SE Alder St.; SE 3rd Ave. and SE Oak St. to SE Pine St.; SE 2nd Ave. and SE Oak St.; and SE 36th Ave. and SE Hawthorne Blvd. around the time frame Kushner described.

The Homelessness and Urban Camping Impact Reduction Program assesses each location, helps clean up trash and debris, and evaluates health and safety risks.

“Since the January article in *The Southeast Examiner* appeared, it seems services like Central City Concern have been making themselves more accessible and more responsive,” said Kushner. “We’re increasing lighting at the store, too.”

Neighbor Beard, with Beard’s Restoration and Remodeling LLC., said, “This situation has been tough on business and tough for people who frequent these businesses. If we can all pitch in, we can all benefit.” Beard, who’s been living in the area since 1992, keeps cans of paint with him and covers spots that have been hit with graffiti, hopefully encouraging vandals to go elsewhere.

Beard knows the neighborhood well from working on everything from small kitchen and bath remodels to two-story additions to full-house renovations and new construction.

Nancy Chapin, from the Hawthorne Boulevard Business



Planters on SE 36th Ave.
Photo by Dairy Hill Ice Cream


Association, was near Dairy Hill Ice Cream for a Monday morning cleanup when the city had made the decision to close the campsite and an officer came to post the timeline for it to be cleared. Kushner also explained that Chapin offered some funds to help with clean-up, so everyone submitted their receipts.

The entire cost for the boxes, soil and plants totaled \$2,483.87, according to Chapin.

“We have reimbursed Kushner and Keaton fully and

Beard for the soil out of our Clean up and Safety Fund. We still owe Beard \$1,200 for the planters he purchased. I will be setting up a GoFundMe for our community to replenish the fund and fully reimburse him,” said Chapin.

“We’ve gotten so many compliments,” Keaton said. “We’ve come together as a community. I’m proud about helping make our community safer and cleaner. We’ve all been able to sleep better at night seeing people walking down the sidewalk.”



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.

NOW AT FYBERWORKS




habitat

Habitat is clothing for real women leading real lives. Comfort, fit, and detail create a look that complements your body and sense of self. Save 10% on Habitat this month at Fyberworks.

4300 SE Hawthorne Blvd
Upper Hawthorne District
503 232 7659
Tuesday-Saturday 11-5:30
Sunday 12-4 · Monday Closed

Shop online at fyberworks.com and follow us on Facebook and Instagram for rotating specials!



Author Kathryn Miles at Powell’s

Powell’s hosts a free virtual event with award-winning journalist and author Kathryn Miles and her new true crime book, “TRAILED: One Woman’s Quest to Solve the Shenandoah Murders” Thursday, May 5, 5 pm.

The book looks at the case of Lollie Winans and Julie Williams, two skilled backcountry leaders, who were found brutally murdered May 1996 at their remote campsite in Virginia’s Shenandoah National Park, adjacent to the world-famous Appalachian Trail. Despite an extensive decades-long joint investigation by the FBI, National Park Service Investigators, and the Virginia State Police, this shocking case has never been solved.

Miles, a wilderness expert who taught at the same university where Winans studied, had been haunted by her murder for decades. With gripping and compassionate reporting, “TRAILED” chronicles her all-consuming obsession to solve this notorious case and offers an examination of the disturbing legacy of violence against women in American national parks.

“TRAILED” provides a revelatory look at the lives and legacies of this extraordinary young couple, who had met—and fallen in love—while working at a world-renowned outdoor program for women, and illuminates the root of sexism and bigotry against BIPOC and LG-BTQ+ people in the outdoor community.

Information and registration at bit.ly/PowellsZoomEvent.

From Maxville to Vanport



Portland Jazz Composers Ensemble presents “From Maxville to Vanport,” a multimedia concert of songs and short films with live music featuring vocalist Marilyn Keller as part of the 2022 Vanport Mosaic Festival Monday, May 23 and Tuesday, May 24, 7:30 pm. The performance tells the story of two historic blue collar Oregon towns with a special focus on the African American Oregonians that made them unique.

With a joyful score of jazz, blues, R&B and gospel-inspired music with music by Ezra Weiss, text by Renee Mitchell, video by Kalimah Abioto and historical consultation by Gwendolyn Trice of Maxville Heritage Interpretive Center, the project celebrates lesser-known parts of Oregon’s history.

Maxville, a logging town built in 1923 in Wallowa County, and Vanport, built in 1942 just north of Portland for shipyard workers, were multicultural communities that housed workforces with significant African American and immigrant populations at a time when many Oregonians were openly hostile to them.

“From Maxville to Vanport” looks honestly at the prejudice these people faced and celebrates their resilience, courage and important contributions to Oregon. It tells stories of life, liberty and the pursuit of happiness in the face of remarkable adversity; stories that deserve to be better understood by all Oregonians.

The performances take place at the Soul Restoration Center, 14 NE Killingsworth. Visit pjce.org to purchase tickets (\$5-35).

Rose Festival Kickoff Concert

After two years of virtual activities, the Portland Rose Festival returns to the waterfront, kicking off with the Rose City Reunion Concert Thursday, May 26, 6-7:30 pm.

The Oregon Symphony, in partnership with the Rose Festival and support of Bank of America, presents a one-of-a-kind concert at the RoZone stage in Waterfront Park.

Most symphony concerts in the Pacific Northwest are performed indoors due to the delicate nature of the instruments. This very special open-air concert will feature the world premiere of “From One Rose,” an original song written by Rose Festival Board Member Ron Carr and arranged by Emmy Award-winning and Academy Award-nominated composer Bruce Broughton. Associate Conductor Norman Huynh will lead the Symphony in performing a range of songs from John Williams and other popular orchestral pieces.

The concert is free and open to all ages with low profile lawn chairs and blankets permitted. Bring the whole crew, bring a picnic and enjoy!

Additional details at bit.ly/May26Concert.

Pop-Up Live Show

Pop-Up Magazine is the acclaimed live magazine show, featuring original and unforgettable true stories, art, music and performances from the world’s great and emerging storytellers and journalists.

The show is accompanied by illustration, animation, film, photography and an original score performed on stage by musical collaborators, Magik*Magik Orchestra. Imagine a comedy show, play, concert, podcast and film—all wrapped into one night.

That one night happens Saturday, June 4, 7:30-9 pm at Revolution Hall, 1300 SE Stark St. Tickets (\$39) at bit.ly/Pop-UpJune4.

You Are Magic All Ages Concert



Triple Rainbow photo by Jason Sievers

Portland’s award-winning and acclaimed family band, Triple Rainbow, will celebrate the release of their 15-song, debut album *You Are Magic* Sunday, May 15, 2-4 pm. The all ages concert will be held at McMenamins White Eagle Saloon, 836 N Russell and tickets (\$10, kids under 5 get in free) are available at bit.ly/TripleRainbow.

Since Triple Rainbow debuted on the scene last fall with the international radio hit, “Why Can’t Every Day Be Halloween?,” the trio of July (9), Piper (4) and their dad, Jared Mees, has taken the family music scene by storm, won critical acclaim and a National Parenting Publications Award.

Triple Rainbow exudes positivity and fun while digging deeper into emotions and issues for modern kids. The title track is a sing along anthem about the power of your imagination: “You are magic and you can be whatever you want to be / you’re magic and your brain’s much better than an iPad or a TV / so just close your eyes / feel it growing inside...you’re magic.”

Sonically, Triple Rainbow keeps one foot planted in acoustic folk and the other in driving pop-rock. “We wanted to make a record that kids would love and that their parents would look forward to putting on,” said Jared Mees.

The performance includes special guest June Magnolia, a star studded group of Portland musicians that are reviving historic folk music with an avant garde take, and High Heat, a fourth grade one-person band.

The Nancy Boggs Story at Triangle

The history of Portland is fascinating and triangle productions! loves historical figures. Past plays and musicals have been produced about Tonya Harding, Gracie Hansen, Divine, Billie Holiday, Darcelle and more. Now they focus on Nancy Boggs with *The Nancy Boggs Story: Sex on the River*.

Boggs (Caitlin Brooke) was a divorced mother without many prospects in the Portland of 1880 and with her last few dollars she decided to purchase a scow (equivalent to a medium-sized barge today). She built a two-story building above its lower deck to hold a saloon/dance hall and rooms, providing her space to run a floating bordello, the first west of the Mississippi.

The musical introduces not only Boggs, but two other “sirens”—Portland Liverpool Liz (Lisamarie Harrison) whose property is now Peninsula Park, and a lesser-known but still dynamic personality, Mary Cook (Cyndy Ramsey-Rier).

Sex on the River, complete with nine original songs and the Can-Can, runs Thursday, May 12-Saturday, May 28, 7:30 pm. There will also be a 2 pm matinee Sunday, May 22. Tickets (\$15-35) available at bit.ly/NancyBoggs.

MT TABOR ART WALK
ART IN THE NEIGHBORHOOD

MAY 21-22
Saturday & Sunday • 10am - 5pm

36 Artists • 21 Sites
Preview art, get maps at:
www.MtTaborArtWalk.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

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



Grammar of the Imagination

The evening-length dance performance conceived and directed by claire barrera, *Grammar of the Imagination*, takes place Friday, May 20 and Saturday, May 21, 7 pm and Sunday, May 22, 2 pm (ASL interpreted). Featuring an inter generational cast of youth performers (Jordyn Kubernick, Nila Kwa and Paloma Barrera Rodriguez) and adults (Linda Austin, Allie Hankins and Hanna Krafcik), the work uses traditional children’s games as a platform to explore how play can be a site of imaging radically new social relations or of disciplining and re-enforcing social norms.

Barrera is an artist, activist and educator, author of the zine *el lenguaje nos gusta y nos confunde* and the coeditor of *When Language Runs Dry*. This project is a deep inquiry into the ways power, discipline, care and transformation arise in interpersonal dynamics, a subject matter that has motivated barrera’s work for years.

The performances take place at Performance Works NW, 4625 SE 67th Ave., and tickets (\$0-\$20) can be purchased at tickettailor.com/events/pwnw/626541.

Portland Ballet: Current/Classic



Lauren Kness performs *Concerto in F* in a concert produced by The Portland Ballet. Photo by Blaine Truitt Covert.

The Portland Ballet’s spring concert, *Current/Classic*, is a mixed-repertoire program of contemporary and classical pieces that showcase the academy’s advanced company dancers.

Two concerts will take place Friday, May 13 and Saturday, May 14, 7:30 pm at Lincoln Performance Hall at Portland State University.

General admission tickets (\$15-25) are available at theportlandballet.org or by calling 503.452.8448.

OCT’s Twelfth Night



The Young Professionals Company at Oregon Children’s Theater (OCT) presents *Twelfth Night* as the third and final production of their 2021-22 season. The 90-minute adaptation of Shakespeare’s classic comedy features six teen actors playing all 12 roles in a romantic and raucous tale of twins separated, mistaken identities and complicated love triangles.

The Shakespearean text is a script that can easily be a three-hour production and was adapted by local artist and director Lauren Bloom Hanover. In addition to shortening it, Hanover had to find a way to portray all of the characters with only six performers, a challenge that took analyzing scene transitions to allow actors time to change characters as needed.

A sign language interpreted performance takes place Friday, May 7 and for those who are unable to attend any of the scheduled performances, there is an on-demand ticket option. That option allows a single viewing anytime between Thursday, May 5 and Monday, June 6.

Twelfth Night is recommended for ages 12+ and will be performed Fridays and Saturdays, 7:30 pm and Sundays, 2 pm through May 15 at the Brunish Theatre, 1111 SW Broadway. Visit octc.org/twelfth-night for tickets (\$12-20).

City Without Altar



As Season 38 comes to a close, Milagro is proud to produce, in collaboration with Teatro Luna West and Urban Theater Company, a new play by Dominican-American playwright, Jasminne Mendez. *City Without Alter* is a two-act play in verse that takes the form of a poetic ritual, transforming the stage into an altar amplifying the voices and experiences of victims, survivors and living ancestors of the 1937 Haitian Massacre.

The play follows a Haitian family daily in their struggle to hold onto their sense of home, culture and body as the looming shadow of genocide threatens to strip them of everything. Guided by a diverse and colorful collection of characters, the audience is guided through a reflection of the pain and grief to a resolution where closure, joy and moving on is finally possible.

The show runs Friday, May 13-Saturday, May 28 at Milagro Theatre, 525 SE Stark St. with Thursday-Saturday performances at 7:30 pm, Sunday at 2 pm. Tickets (\$20-\$27) at bit.ly/CityWithoutAltar or 503.236.7253.

pushdot
STUDIO

Artwork Capture
High-Res Scanning
Portfolio Printing
Exhibition Printing
Large Format Printing
Exhibition Mounting

Gallery & Custom
Fine Art Print Studio

2505 SE 11th Ave #104 PDX 97202 503 224 5925 www.pushdotstudio.com

Frida and Diego Are Here



Photo by Hana Layson

IDEAL PDX, a collaborative group of Latino artists established in 2010, has partnered with the Portland Art Museum, 1219 SW Park Ave., on a mural in the Schnitzer Sculpture Court through Sunday, May 29.

The mural beautifully and intricately depicts Frida Kahlo and Diego Rivera’s visit from the Mictlan, the Mexican infraworld, as they bring some of the traditional and cultural symbols of Mexico to the lands of the Multnomah, Cathlamet, Clackamas, Chinook, Tualatin Kalapuya, Molalla and many other tribal territories of the Pacific Northwest. Rich in images of nature and mythology, IDEAL’s mural gives visual language to the ways in which culture, place and movement show up in artists’ practices today.

The collective, comprised of artists Daniel Santollo, William Hernandez, Jessica Lagunas, José Solis and Romina Del Castillo. Both the title and vision behind the work emphasize the presence of Frida and Diego as figures that are in motion, extending their influence in the present day.

Find out more about the IDEAL PDX artists, their journeys, influences and inspirations, at bit.ly/IDEALPDX.

ALBERTA ROSE THEATRE

MAY 2022

1 celebrating 60 years of Green Onions BOOKER T. JONES	11 CONSIDER THIS with Laura Kipnis
6 STEPHANIE SCHNEIDERMAN BAND + STRINGS + Swansea	12 LIVE WIRE RADIO WITH LUKE BURBANK featuring Jon Mooallem Keanon Lowe John Craigie
7 Two of a Kind featuring LANI MISALUCHA & TIM PAVINO	13 JOHN GORKA
	21 two shows! MORTIFIED

SUMMER SNEAK PEEK

JUN 24 gender-bending burlesque cabaret DAPPERLESQUE	AUG 11 Grammy-winning singer-songwriter TIM O'BRIEN + JAN FABRICIUS
JUN 28 Grammy-nominated contemporary Jazz ACOUSTIC ALCHEMY	AUG 13 MARIO AGUILAR
JUL 2 PASCUALA ILABACA Y FAUNA	AUG 20 DARRELL SCOTT

albertarosetheatre.com
3000 NE Alberta • 503.764.4131

May at Alberta Rose



Singer-songwriter John Gorka

May brings another full schedule of performances at Alberta Rose Theatre, 3000 NE Alberta St. A couple of highlights are Stephanie Schneiderman and John Gorka.

Stephanie Schneiderman, with her full band plus a string ensemble, takes the stage Friday, May 6, 8 pm. Blending elements of folk, indie pop music, Americana and electronic music, Schneiderman's songwriting is often compared to artists like Imogen Heap, Regina Spektor and Jem.

Beloved indie rockers Swansea will open the show. The group combines artful narrative and atmospheric sweep with a touch of dancy, off-the-cuff toughness, drawing comparisons to LCD Soundsystem & Santigold. Tickets: \$18 advance general admission/ \$22 at the door.

Saturday, May 14, 8 pm John Gorka, perhaps the quintessential iconic singer-songwriter of the 80's folk scene, makes his only Portland tour stop on this stage. The shy, wry and sensitive singer-songwriter has honed his craft and persona into an unmistakable image that has been both copied and parodied. But the old coat he wove still fits and still suits him well. The old songs ring as true as they ever did and the new ones are just as good.

Tickets: \$25 advance/\$30 at the door. Gorka has requested that all attendees provide proof of full course vaccination and for masks to be worn while inside.

Minors are allowed at both shows when accompanied by a parent or guardian. Visit albertarosetheatre.com to purchase tickets and for a full listing of shows.

Collaborations 2022:
Re/emergence

Cascadia Composers proudly presents their spring concert Saturday, May 14, 7:30 pm at Lincoln Hall, Room 75 on the Portland State University Campus. The performance showcases the variety and depth they are known for as they continue to artistically process the times they are living in and reemerge, revitalized and reenergized.

14 new works from a group of Cascadia Composers members will be presented by a multitude of talented musicians as well as dancers. The kaleidoscope of colorful collaborations are enhanced through video, painting, dance and actors.

Tickets (\$5-20) are available in advance at cascadia.brownpaper-tickets.com or at the door the day of the show.



SINCE 1998

Email: info@artheadsframeco.comFacebook [artheadsframeco](https://www.facebook.com/artheadsframeco)Instagram [@artheadframeco](https://www.instagram.com/artheadframeco)

(503) 232 5299

5000 SE Hawthorne Blvd

Vestal Social Justice Night

Montavilla's Vestal Elementary expands their annual Social Justice Night this year in partnership with PSU's Artist as Citizen Initiative and Montavilla Jazz Thursday, May 26 starting at 4:30 pm.

The community-wide celebration will feature collaborative artistic works, by both students and professionals, focused on two of Vestal's five pillars of social justice: community diversity and family identity.

The student-led social justice projects and exhibits were created in response to stories gathered in interviews with fellow students and community members and will be offered outside on the playground and in the gymnasium of Vestal Elementary, 161 NE 82nd Ave.

Montavilla Jazz, stars of Portland's jazz scene who have a history of working with Vestal students, will perform the world premiere of music crafted as a complement to the stories. In the spirit of collaboration, many featured, creative works will reflect the experience of celebrating community, identity and social justice.

Featured artists are Denzel Mendoza, Grammy winning trombonist and improviser; Machado Mijinga, multi-instrumentalist, producer and educator; and Mary-Sue Tobin, saxophonist, bandleader and educator.

A welcoming dinner will take place before the performance at The Yard food carts, located directly across from the school. Complimentary meals, procured through grant funding, will be provided by participating food carts and coordinated with support from Samira Mohamend, owner of Mira's East African Cuisine.

PSU students, working with Erica Thomas, founder of Works Progress Agency, will create a multipart podcast documentary featuring themes from the evening. The podcast will be hosted on montavillajazz.org, in addition to premieres on local radio stations.

Mt. Tabor Art Walk



Now in its 15th year, the Mt. Tabor Art Walk, a juried show and sale, returns Friday, May 20-Saturday, May 21, 10 am-5 pm. 36 Talented neighborhood artists will present their works at 21 sites. Meet the artists in their studios and homes and enjoy the diverse media that includes painting, ceramics, sculpture, photography, prints, metal arts, photography, glass, jewelry, book arts, mixed media and mosaics.

Among the artists are Mark Brody (right), who creates whimsical mosaic sculpture for the garden and interiors; Larry Olson (above), who is known for his spectacular landscape photography; Pamela O'Kane, who sculpts with glass, inspired by forms in nature; and Mila Raphael, who creates vibrant watercolor portraits of people and places inspired by her travels.

Preview the art and download a map for this free event at mttaborartwalk.com.



Arts events, livestreams and fun news? Email your press releases and images to:

goingout@seportland.news

Visit us socially at:

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

Read the digital version at:
southeastexaminer.com

Portland
Storytellers at
Artichoke

Released into the wild after months cooped up on the Zoom stage, Portland Storytellers' Guild members Mike Devenney and Chuck McConnell step onto the Café Artichoke stage with stories reflecting their experiences with music, love and the world Saturday, May 7, 7 pm.

They come to storytelling and music from different directions. Devenney, former priest, teacher, world traveler, is now a triathlete and tennis referee. McConnell has replaced association work, flight instructing, public broadcasting and two Peace Corps tours in Ukraine with storytelling and playing the fiddle.

Come revel all together, tellers and audience, in one place, face to face, sharing stories at Café Artichoke, 2007 SE Powell Blvd. Or if you prefer, enjoy it as a live-streamed event.

Advance tickets (\$15) for the in-person event are available at artichokemusic.org. To enjoy the show live-streamed, log into YouTube ([youtube.com/c/ArtichokeMusic](https://www.youtube.com/c/ArtichokeMusic)) or Facebook ([facebook.com/artichoke.music/live_videos](https://www.facebook.com/artichoke.music/live_videos)).

Asian
Resilience
and Joy

On May 9, Fear No Music continues its landmark 30th Anniversary Season with *Asian Resilience & Joy*, an exuberant celebration of new work by composers from the vast Asian diaspora.

With awareness of the ongoing discrimination towards Asian Americans, the concert offers a vibrant, prismatic look at the multi-dimensional lives and richly diverse influences of Asian cultures. It is sponsored by Oregon Rises Above Hate and coincides with Asian American and Pacific Islander Heritage Month.

Artistic Director Kenji Bunch offers these thoughts on the program: "With this concert... we celebrate the vivid colors, wildly diverse backgrounds and full range of expressions of the human experience, including humor, playfulness, gratitude, and elation."

As one of few BIPOC-led non-profits in the Portland metro area, Fear No Music revels in the bold presentation of music that reflects cultural significance and heritage.

The live concert is Monday, May 9, 7:30 pm at The Old Church Concert Hall, 1422 SW 11th Ave. A virtual concert will be available Monday, May 23, 7:30 pm on the Fear No Music YouTube channel.

Performances are donation-based. RSVP and donate at fearnomusic.org/upcoming. Pay what you can, no one is turned away.



Feathers, Furs and Fins



Michelle Pappas "White Doodle"

The featured group show at Sidestreet Arts for May celebrates the majesty of whales, the sly canniness of crows and much more. Feathers, Fins & Fur runs Thursday, May 5-Sunday, May 29 at the gallery.

Melody Bush, Sharon Comunale, Daniel DeLeon, Alison Grayson, Lisa Laser, Miss Cay, Michelle Pappas and Brett Superstar are the featured artists.



Daniel DeLeon "Kohola"

In addition there's an online preview with slideshow and commentary from the artists Monday, May 2, 6 pm and the First Friday Artwalk May 6, 5-7 pm with the artists in the gallery.

Visit the gallery in person at 140 SE 28th Ave. Thursdays-Sundays 12-5 pm or virtually at sidestreetarts.com to see the artists' celebration of all things animal.

Live Comedy at Gigantic



Gigantic Brewing kicked off their first free "First Thursday" comedy show in April and the laughs continue the first Thursday of each month.

Seth Allen's Live Comedy Extravaganza offers brings Adam Pasi, Marietje Hauprich, Julia Corral-Treasure and Noah Watson to the stage for the next show, Thursday, May 5, 7:30 pm.

Start the weekend early with some beers and laughs. 21+ in the Gigantic Brewery Barrel Room, 5224 SE 26th Ave.

More at [instagram.com/comedyextravaganza](https://www.instagram.com/comedyextravaganza).

Movie Madness University

Movie Madness University at the Miniplex, 4320 SE Belmont, offers both multi-week and single week options for "movie lovers to learn stuff" in May.

For those who can only commit to a single class, there's Mystical Sci-Fi Epic, plunging into the mysteries and wonders of one of the greatest sci-fi cult classics of the new millennium, Tuesday, May 17, 7 pm. Taught by Willamette Week film critic Bennett Campbell Ferbuson, the class looks at a centuries-spanning epic about a conquistador seeking a hidden tree, a scientist studying brain tumors and a grieving astronaut searching for solace in the embrace of a dying star.

Another single class option is Supernatural Cult Horror Tuesday, May 31, 7 pm. Lead instructor Kia Geraths will present a look behind the scenes at the making of the 1981 cult classic supernatural horror film that spawned a franchise and launched a chin from Sam Raimi.

For those interested in multi-week classes there's The Matrix: Trans-lated Wednesdays, May 4-25, 7 pm, a deep dive into all things trans in the four films of The Matrix led by Max Swanson, and a Ground Kontrol-sponsored class, Based on the Hit Game... Thursdays, May 5-26, 7 pm, taught by Dylan Reiff.

More information and registration for all MMU classes at bit.ly/MMUregistration.

Last Stop on Market Street



Oregon Children's Theatre is wrapping up its 2021-22 season with *Last Stop on Market Street*, a musical story about CJ and his grandmother taking a journey through their neighborhood on the city bus. As they meet new people and see new places, CJ begins to realize that looks can be deceiving, everyone has a story to share, and that beauty can be found anywhere...if you know how to look for it.

The music and lyrics are a blend of hip-hop, Motown, gospel and rap, written by Motown legend Lamont Dozier and his son. While the music for *Last Stop* is accessible and modern, the true beauty of the story lies in its inclusive-minded messaging: that everyone has a unique story, that differences should be valued instead of feared and that it is important to have compassion and help others.

The show is based on the award-winning children's book by Matt de la Peña and was adapted for the stage by Cheryl West.

Last Stop runs Saturdays and Sundays, May 1-29. Find tickets (\$15-34) at octc.org or by calling 503.228.9571.

The Texicana Mamas



L to R: Patricia Vonne, Tish Hinojosa and Stephanie Urbina Jones

The Portland Folk Music Society welcomes The Texicana Mamas with their songs of love and desperation, family and celebration, borders and walls and the yearning for a new life to Reedwood Friends Church, 2901 SE Steele St., Saturday, May 21.

The trio is a combination of gifted Latina singer-songwriters Tish Hinojosa, Stephanie Urbina Jones and Patricia Vonne who take the best elements of two musical cultures in order to forge a vibrant bilingual fusion of Tex-Mex songs and stories. They grew up in and around San Antonio and have carved out distinguished solo careers. Together, they sing, harmonize and play off one another flawlessly.

Tickets will be available at the door (\$12-25) or in advance (\$10-21) at bit.ly/TheTexicanaMamas. Doors at 7 pm, show at 7:30 pm.

Youth Jazz Jam at Artichoke

The featured show in May at Artichoke Music is the LIT Youth Jazz Jam, taking place Saturdays May 14, 21 and 28, 3-5 pm. The structured jam session is designed for passionate young student performers but all are welcome. Backline includes a keyboard and a drum set.

Jam leader is the legendary jazz musician Christopher Brown. He is an acclaimed musician, composer, band leader and educator who seeks to be a voice within the advocacy of Jazz music and American culture. Through the expansive range of groups that he has assembled and/or performed with, his musical and personal experiences have led him towards an interest in synthesizing the principles of Jazz with the day-to-day practicalities of life.

Get your pay-what-you-can tickets at artichokemusic.org/live-music.html. Artichoke Music is located at 2007 SE Powell Blvd.

32 YEARS!
TRIANGLE PRODUCTIONS!

WE'RE HERE TO ENTERTAIN YOU!

Portland. 1880. Sex, drugs, crime ran ramped. One woman had a floating bordello on the Willamette River. Ready for her story?

Introducing the "Three Sirens" of Portland

<p>CAITLIN BROOKE Nancy Boggs</p>	<p>LISAMARIE HARRISON LIVERPOOL LIZ</p>	<p>CYNDY RAMSEY-RIER MARY GREEN</p>
---------------------------------------	---	---

The Nancy Boggs Story: **SEX ON THE RIVER** [musical]
MAY 12-28 www.trianglepro.org 503-239-5919

Mr. Madam
CONFESSIONS OF A MALE MADAM

Wade McCollum returns to Portland!

Wade began his career in Portland with triangle [Hedwig & The Angry Inch, Rocky Horror, Blood Brothers] returns to perform in this one-person show about a Male Madam!

June 9-25
www.trianglepro.org

*no one under 16 admitted with out parental consent.



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 @
rebomautomotive.com

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

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.

Exercise for Osteoporosis and Osteopenia

If you have been diagnosed with osteoporosis or osteopenia, it is imperative that you exercise your muscles to help protect your bones. A major cause of disability, especially in middle-aged and older women, these conditions can result in fractures of the hip and spine, which can be devastating to your mobility and independence. However, exercise can help strengthen muscles and bones and improve your balance to prevent falls.

It's never too late to start exercising! If you have osteoporosis or osteopenia, talk to your doctor before you begin. The goal is to find exercises that will be safe and enjoyable. You want to think about what you will stick with for the long-term. Ask your doctor what exercises are recommended and which are contraindicated.

Especially important forms of exercise, as recommended by the Mayo Clinic, are:

- 1) Strength training, especially for the upper back
- 2) Weight-bearing aerobic/cardiovascular activities
- 3) Flexibility exercises
- 4) Stability and balance exercises

Strength training uses external resistance (bands, free weights, machines, etc.) or your own body weight to strengthen all the major muscle groups and can help maintain bone density. Be cautious with exercises or machine adjustments that cause you to twist your spine.

Resistance training should be tailored to your physical ability and not cause or increase pain. Talk to your physical therapist or personal trainer to help you develop a strength training routine.

Proper form and technique are crucial to prevent injury and allow you to get the most benefit from your workout. Avoid exercises that use excessive forward flexion, such as crunches.

Weight-bearing aerobic/cardiovascular activities that will be the most beneficial involve using your body weight with your feet contacting the ground to support your bones. Examples are walking, dancing, low-impact aerobics, hiking and stair-climbing. These exercises work directly on the bones of your legs, hips and lower spine to slow mineral loss. They also benefit heart, lung and circulatory health.

Swimming and cycling have many benefits, but don't provide the weight-bearing load your bones need. However, if you enjoy these exercises, feel free to rotate them in, returning to weight-bearing activity as much as possible.

Flexibility exercises help you move your joints through their full range of motion and keep your muscles, tendons and ligaments working well. Static stretches should be done after a warm-up, or at the end of your session. Do them slowly and gently, without bouncing. Avoid stretches that cause you to flex forward excessively. (Bending backward may be okay if it is cleared by your doctor and does not cause pain.)

Stability and balance exercises help with fall prevention, which is especially important if you have mineral loss in the bones. These exercises work together to keep you more stable and less likely to fall. You can

start with simple exercises such as standing on one leg or ask your physical therapist or personal trainer for other balance exercises that will challenge you, but still be at the appropriate level. Tai chi is another form of exercise that can improve your stability and balance.

Movements to avoid with osteoporosis or osteopenia include the following.

High-impact exercises


Jumping, running or jogging have the potential to cause fractures in weakened bones. Chooses exercises with slow, controlled movements. If you are generally fit and strong, you may be able to engage in somewhat higher-impact exercises than someone who is more frail.

Bending and twisting

Exercises where you bend forward at the waist or twist at the waist, such as toe touches or sit-ups, can put you at risk for compression fractures in your spine. Other exercises to be cautious of due to twisting and bending forcefully include golf, tennis, bowling and some yoga poses.

If in doubt, talk to your doctor about the health of your bones. There is no reason why someone with these conditions can't continue to have fun, be active and get stronger and more capable. Plus, exercise has so many overall physical and mental health benefits. Happy exercising!

Lori Vance
Body Image Fitness, LLC
503.351.6476




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
- Professional
- Crowns & Bridges
- Clear Aligners
- Appliances
- Teeth Whitening

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



Spring Clean-Up
Saturday, May 21 • 9am – 1pm
Central Christian Church, 1844 SE Cesar Chavez Blvd
Donations Accepted

YES: Mixed/bulky waste (loose debris must be bagged), electronics, scrap metal and lumber, Styrofoam, reusable items

NO: Construction/remodeling/demolition/hazardous materials, air conditioners, fridges/freezers, paint, sod, concrete, yard debris



U-PRICE IT SALE on reusable items. **You Price It.**
NO items accepted after 12 noon
NO mattresses, couches, armchairs, chemicals, building materials
We reserve right to refuse items that Goodwill will not accept

U-PRICE-IT PLANT SALE – Plants, veggie starts, bulbs, seeds, pots

CNB-SEEN.ORG will replace car/truck taillight bulbs for free

SATO SHARPENING • Mobile knife & tool sharpening

Contact richmondnasecretary@gmail.com or richmondnpdx.org for more info.
Made possible through a sponsorship by Metro's Regional Refresh Fund



Cultural Heritage Garden Plans

from page 1

ing the story of the early Chinese heritage in Portland.

It is estimated that approximately 1,000 Chinese immigrants between 1890 and 1930 were disinterred and returned for reburial in China to be in company with their ancestors.

In addition to the burial of early Chinese workers, Oregon Hospital for the Insane used Lone Fir Cemetery as the burial site for their unclaimed, deceased patients in the late 19th century. It was decided to recognize these people in the plans for the Cultural Heritage Garden in the same cemetery where Dr. Hawthorne is also buried.

Dr. Hawthorne built and managed Oregon's first psychiatric hospital 1861-1883 on a site near SE Hawthorne Blvd. (previously Asylum Ave.) and SE 11th Ave. in the city of East Portland.

It has been 15 years since

the work group began its work to create and develop a Cultural Heritage Garden in Lone Fir Cemetery at SE Morrison St. and 20th Ave.

Recently \$4 million from the Metro's 2019 parks and nature bond has been dedicated to design, develop and construct the project over the next four years. It is welcomed by the Lone Fir Cemetery Foundation, the Chinese Consolidated Benevolent Association, the Mental Health Association of Portland and inner SE neighborhoods in addition to the Metro Parks Department.

The Cultural Heritage Garden will be a place that honors the stories of these people that have been forgotten to history. Now the work can continue with further community engagement, project development and construction with a renewed design.

As work on the Cultural

Heritage Garden continues, the earlier design is likely to be refined to reflect any new information that will provide a more complete story of the early Chinese community and the troubled people confined at Oregon's first asylum for the mentally ill.

When complete, the Cultural Heritage Garden will feature memorial elements of these people that were once interred here. It will also feature a new pedestrian entrance into Lone Fir Cemetery with illustrations and artwork providing information about the history of the site as well as an attractive space for all the users of the cemetery to pause and reflect on their memories of their loved ones.

The project is dedicated to the stories of these marginalized groups and now their contributions to the City of Portland will be remembered and honored.



Original Pants
T-Shirts Hats
Long Sleeve
Short Sleeve



WORK WEAR



324 SE GRAND
503-234-7538



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.

Five Ways to Manage the “Second Pandemic”: Your Mental Health

Pandemic pressures of the last two years and new global concerns are taking a toll on our community’s mental health. In Oregon, about one in four adults have a diagnosable mental health illness, and nationwide data shows about 40 percent of adults have experienced a mental or behavioral health issue during the pandemic.

With COVID-19 restrictions easing up locally and in other areas of the country, some people may have heightened feelings of anxiety or stress heading into spring.

While we cannot control what comes next, springtime offers a chance to reset and breathe deeply knowing that, literally, brighter (or at least longer) days are ahead. The change of the season reminds us of starting anew and forming new habits to ignite healing and support for living our best lives, no matter what is happening in the world.

Here are five tips to help manage your mental health and come out stronger this spring.

Curate connection with others
Humans are social creatures. We need community. Social engagement is associated with a stronger immune system and better physical and mental health. We challenge you to consider saying “yes!” to the next three social opportunities that arise for you.

You might also value joining a group based on shared interests, such as a hiking group, cooking club or tie-flying team. Not only will this help reintroduce you to group activities, but can also help normalize feelings of loneliness, anxiety and stress

during the pandemic.

Think of food as information

Each bite of food feeds your cells for better or worse and has the power to turn on healthy signals or bad ones. The next time you are feeling stressed or sad, steer clear of sugary or high-fat comfort foods. Although these foods may bring temporary highs, multiple studies link high sugar diets with depression.

Instead, opt for whole foods that offer nutrient-dense calories far more effective in fostering healthy functioning be it mind or body. Also take note of how fast you eat. We digest better when we are in a relaxed, calm state. Imagine food and drink as fuel for maximum energy and clarity.

Slow down and be present

A mindfulness practice can sound intimidating, but at its core it’s quite simple. Being mindful means staying in the present and really feeling and experiencing the current moment. Research shows that being mindful can help lessen the stress response and calm a person.

So, how to start? The next time you brush your teeth, focus on what it sounds like, feels like and tastes like – take these mental notes the whole time you are brushing. Or the next time you walk your dog, skip the podcast and instead observe the natural beauty on your walk, what the air smells like and the neighborhood sounds. Notice what comes up for you as you take these mindfulness moments and observe how/ if it changes your stress response.

Reset in nature

We spend most of our lives

in shoes with rubber soles disrupting our energetic connection with the earth. Now that the days are longer and the weather a bit more cooperative, take yourself on a walk, hike or bike ride and enjoy a different view.

Forest bathing is the latest trend that shows walks in nature can reduce stress by lowering blood pressure and certain hormones. Not all of us have access to the forest, but many of us have access to the outdoors and can find a grassy or sandy area to ground our feet and get moving.

Above all, seek support

There is absolutely no shame in needing support. It can be lifesaving in severe cases, but can also teach us to listen to ourselves, reframe our thoughts and unveil patterns and scripts we’ve held onto that are no longer needed.

Seek the support you need whether that be meeting with a licensed therapist or having a regular coffee date with a trusted friend or confidant who can give support just by showing up consistently. You should never have to work through things alone.

If you are in crisis, you can call the National Suicide Prevention Lifeline 24 hours a day, seven days a week at 800.273.8255. Press 1 for the Veterans Helpline.

Applying these tips can help you navigate this spring, a season of change, to usher in a stronger mind and body with a new outlook for a healthy, balanced and abundant year.

Derek Crain, LICSW, is co-founder and CEO of Mindful Therapy Group.



OLD PDX HOMES
Specializing in Old & Historic Homes



Tracy Wiens
Principal Broker



Kristin Fitzgerald
Broker

503.516.8162
tracy@oldpdxhomes.com



WWW.OLDPDXHOMES.COM

Licensed in the State of Oregon



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



Best Price!
Best Quality!

NATURAL FURNITURE

7960 SE Stark St. 503-284-0036
Open 7 days NFPDX.COM



INNER GATE
HEALTH & WELLNESS

**CHIROPRACTOR
DR. MEGUMI
JOINS INNER GATE
APRIL 11TH**



Megumi Moskowitz DC

VISIT: INNERGATEPDX.COM
CALL: 503-284-6996 (SE ANKENY CLINIC) CALL: 971-279-2294 (NE HALSEY CLINIC)

TRANSPARENCY, ACCOUNTABILITY AND
THE EXPERIENCE TO LEAD PORTLAND

SIMONE FOR AUDITOR

SIMONEFORAUDITOR.COM



PAID FOR BY FRIENDS OF SIMONE REDE





Neighborhood Notes

HAND
By Jill Riebesehl

At our upcoming annual May meeting, the Hosford-Abernethy Neighborhood Association (HAND) is inviting our neighbors to hear about and share tentative plans for a tiny house village. For decades, our neighborhood has tried to make a small piece of city-owned land usable. It is a stub of SE 19th Ave. that separates Division and Clinton streets. We had hoped for a community garden, but it was determined to be too small. The lot has seen many uses, from open space to garden respite. The most recent is a series of tent campsites. Two fires, a violent incident at New Seasons and dangers posed to New Day School motivated HAND, nearby neighbors and the city to plot a new course.

At the meeting we will get a rundown on the history of what we call Avalon Park and a report as to ongoing discussions for its future. A representative from Reach Community Development (which owns properties that border Avalon) will present a tentative idea for 10-12 shelters, with a central area to provide showers, water, cooking and garbage facilities. We will get a report on the Beacon Village tiny house project on NE 76th Ave.

We want HAND residents and businesses to know these talks are occurring, to ask for opinions and to solicit participation. Our meeting is Tuesday, May 17, 7 pm and will be held via Zoom. We will broadcast far and wide on how people can connect.

In other HAND news, Rene Gonzalez, City Council candidate, introduced himself and answered questions. Chris Eycamp, HAND chair, reported on the Oregon Health Quality’s Bullseye Glass smokestack tests. He said the health impacts are unknown, that perhaps the DEQ-mandated filters are working and it is unknown if the problem is solved. Since this began, he said, the agency has changed a “huge amount toward caring for people.”

We look forward to seeing you and would rather it be in person, as these gatherings have long have been, until COVID-19. We hope next year we can say goodbye to Zoom and resume sharing our successes, concerns and changes the old-fashioned way.

Put this on your calendar: Tuesday, May 17, HAND, tiny houses.

Montavilla Neighborhood Association
By Jacob Loeb

Neighborhood organizations rely on the work of volunteers in the community. None of the civic services performed by the Montavilla Neighborhood Association (MNA) could occur without our citizens taking a turn participating in its governance or activities. Currently, a shortage of involved members is hampering MNA activities.

Neighborhood associations are shaped by the people who work within them. The current members are all caring and dedicated people who want to improve our shared environment. However, we lack the numbers needed to take on anything beyond the basic functions of the organization. Fortunately, as a reader, you can help solve the current shortfall. Your active interest in Montavilla is a good sign that you care for the neighborhood and that is an excellent place to start before getting involved.

The MNA has over five vacancies on our Board. The organization has the ability to fill those positions by a vote outside the regular election cycle. Consider joining the Board or one of our committees. If you sleep in Montavilla, work in the neighborhood or own property here, we could use your help. Please email jacob@montavilla.org for more information or come to the meeting and see what the MNA can do with your support.

The next MNA meeting is Monday, May 9, 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 Nadine Fiedler

MTNA hosted a community meeting April 20 on Zoom. The main topic of discussion was the preservation of Reservoir #6 in Mt. Tabor Park, the largest, most visible and visited reservoir. This reservoir is currently empty for repair work, but the city budget does not currently have an allotment for repairing it and restoring the water in the reservoir.

Nominations are now open for those who would like to join the MTNA Board. If you are interested, please email contact.mtna@gmail.org before Wednesday, May 11. We heartily welcome new members and would love to have broader neighborhood participation!

MTNA will host its next community meeting on Zoom Wednesday, May 18, 7 pm, when we will run our annual elections. Find links for this and all of our meetings, under the “Meetings and Events” tab of our website mttaborpdx.org.

North Tabor Neighborhood Association
By Kim Kasch

The North Tabor Neighborhood Association met on April 19. Two guests came from the Charter Commission: Gloria Cruz and Bryan William Lewis. Cruz and Williams gave a PowerPoint presentation regarding the process the Charter Commission has gone through and indicated the Charter Commission will be making their recommendation soon. The Charter Commission’s main points currently are: allowing Rank Choice Voting (RCV) to appoint the District Commissioners; having 12 members represent geographical areas in Portland - four districts with three members in each district; City Council will focus on setting policy while the mayor will nominate a City Administrator to run the bureaus; and the current City Commissioners would no longer oversee the bureaus, but would focus on setting policy

We also had Catherine Thomasson, who is running for House District 45. Thomasson’s top items on her platform are: climate change policy that protects people and provides thriving wage jobs; fighting for affordable housing and rental assistance; health care access for all; markedly improved access for mental health and addiction services; and limiting campaign contributions and stopping corporate and dark money donations. You can see more about her platform at CatherineforOregon.com.

Kim Kasch, who is running for Commissioner Position 3, also spoke about her top four platform items: safety/sanitation, affordable housing/houselessness, revitalizing the economy of Portland and climate challenges.

Join us for our North Tabor Neighborhood Association meetings on the third Tuesday of each month via Zoom at northtabor.org.

continued on page 19



INHABIT > REAL ESTATE

Have you considered buying or selling real estate, but don't know where to start in today's market?

Market conditions require an experienced guide more than anything else right now. For 22 years, I have lived and worked in the heart of SE Portland. I was honored to help 45 families buy and sell homes in 2021 alone. I know I can help you too. Let's win in this market together!





Eric Hagstette
Principal Broker
eric@inhabitRE.com
(503) 313-6476
inhabitRE.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.



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

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

Mike - 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


POLYMATH Studio


Architecture & Design



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

 Houses

 Additions

 ADUs

503-395-8383

polymathstudio.com

CRAIG ANDERSON PLUMBING INC.



Trusted in Portland For Over 21 Years

CCB# 100658

Licensed, Bonded & Insured

Phone: 503-232-1060

2730 SE 15th Ave, Portland OR 97202

SERVICE • REMODELING • REPIPING

ADVERTISE HERE...

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

Let them know about your service

503.254.7550

examiner@seportland.news

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

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

THE CAREFUL REMODELERS, INC.

Additions – Bathrooms - Kitchens

Since 1979 503.774.2810

Old homes lead paint certified renovator



CCB#96457

Carefulremodelers.com



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



Murphy Construction

Renovations | Remodeling | New Construction

www.Murphy.Construction

503-319-3437

A South East Portland neighbor since 1997 CCB #216870

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



UNITY ELECTRICAL SERVICE

(971)739-7380

unityelectricalservice.com

- Locally Owned & Operated
- Full Electrical Service
- Residential Specialists
- Panel & Service Updates
- Troubleshooting
- New Circuits
- Home Solar Systems

CCB#234553

Blue Dun Painting

Expert interior painting

Custom raised vegetable beds

Call Denny at 503.484.6525

bluedunpainting.com

denny.bixby@yahoo.com

CCB#174741





Neighborhood Notes

from page 17

Richmond Neighborhood Association By Allen Field

The Richmond Neighborhood Association held its monthly meeting April 11. Zoom meetings are the second Monday of the month, 6:30-8:30 pm. The link to preregister is on the agenda, which is posted to richmondpx.org and the RNA Announce listserv. To be added to the listserv, email richmondnasecretary@gmail.com.

Division Permit Parking Pilot Program: Kathryn Doherty-Chapman, PBOT, updated the Board on the parking permit program that has been on hold the past two years. The 2018 RNA Board voted for PBOT to include Division in a Pilot Parking Permit Program. A permit area was proposed for Hawthorne but was voted down by neighbors in the affected area. PBOT revised the program to have a Stakeholder Advisory Committee (SAC) first design the program for Division and then put it to vote. A SAC was formed, but was put on hold due to COVID-19.

At the May 9 meeting, the Board will consider whether to resume with a parking permit program. Please come to the May 9 meeting to share your thoughts and concerns on parking on and near SE Division St. and having a parking permit program.

RNA Board Election: The election will be Tuesday, May 10, 6:30-8:30 pm at Central Christian Church, 1844 SE Cesar Chavez Blvd. The candidates for seven open seats are: Richard Bruno, Heather Flint-Chatto, Allen Field, Simon Kipersztok and Matt Tucker. They will be invited to give brief candidate statements at the May 9 RNA meeting and written statements are on the RNA’s website (under the Board Election tab). As in past years, people can vote in-person or drop off ballots at the church. Ballots will be emailed to the listserve and will be on our website. People must deliver their own ballot.

Richmond Spring Clean Up: Saturday, May 21 will by our Spring Clean Up at Central Christian Church, 1844 SE Cesar Chavez Blvd. Mixed/bulky waste will be collected, as well as electronics (computers and peripherals, stereos, microwaves), Styrofoam and metal. Reusable items are sold at our U-Price-It-Sale. Our large U-Price-It Plant Sale will be back. Items that are not accepted: demolition, remodeling or construction debris, air conditioners, refrigerators or freezers. This event is sponsored my Metro and donations are accepted.

We are partnering with Peaceful Villa to help their residents dispose of mixed waste and electronics/metal/Styrofoam recycling, and with CNB-Seen to do truck and auto rear light bulb replacement to prevent pretext stops by the police.

Our next meeting is Monday, May 9. Please attend to be more involved in and informed about your community.

Sunnyside Neighborhood Association By Gloria Jacobs

Our April General Meeting, held both in-person and on Zoom, included a Candidates Forum with the City’s Metro No.6 and Commissioner No.3 candidates. The Q&A discussion covered the concerns of governance, housing, public safety and community issues. A very lively and collaborative conversation was had by both groups of candidates and our neighborhood is grateful for their participation.

SNA Board elections will be held at our June 9 meeting in the SE Uplift parking lot (3534 SE Main St). No experience required and existing Board members can help you navigate this role. It’s a great way to get involved in your community. Please join us at the Thursday, May 12 SNA General Meeting to learn more.

Welcome to our newest committee lead. Jamie Smith will be partnering with the SNA to help manage the Land Use & Transportation committee. We’re very excited to have her support.

We’re still searching for a Newsletter Communications & Advertising Coordinator. Please reach out to board@sunnysideportland.org for details.

Thank you to all our recent Sunnyside newsletter donors. We really appreciate your generosity and goodwill. There is a donation link on the SNA website if you would like to contribute to newsletter’s expenses (sunnysideportland.org/donate-to-our-newsletter). We also have advertising spots if you have a business or want to spread the word about something to your neighbors.

Our Thursday, May 12 meeting will be held via Zoom. Details and the agenda will be posted on our website (sunnysideportland.org) on Tuesday the 10th. The General meeting will be 7-8:30 pm with the Board Meeting to follow directly after (8:30-9 pm). Please join us.

Paying Off Debt as Retirement Nears

By Kris McDowell

Take Charge America has been offering financial education and counseling services since 1987. Michelle Sullivan, personal financial consultant with Take Charge American, says, “Although paying down debt in retirement can be challenging, you’ll regain a sense of financial freedom and be able to enjoy your hard-earned money.”

Remember to budget

You can’t pay off your debt without a budget, which gives you a clear picture of your income and expenses. Make any necessary spending changes to prioritize debt repayment. Many budgeting tools are available including apps like EveryDollar or Mint. You could also use a spreadsheet.

Prioritize your needs

Paying off debt should be a priority heading into or in retirement. Be cautious of spending

too much on adult children. Offer non-monetary assistance, such as childcare, if they are struggling financially.

Sell big-ticket items

Consider selling big-ticket assets like RVs, boats or extra vehicles on platforms like Craigslist, Auto Trader or Boat Trader.

Book a gig

Generate additional income on your own schedule with the gig economy. Drive for Uber/Lyft or consider renting out a spare room on Airbnb/VRBO. If you’re handy or can perform odd jobs, TaskRabbit can connect you with people who need help with tasks from dog walking to deliveries. Find part-time remote work on sites like FlexJobs or UpWork.

Explore debt consolidation

Balance transfers on credit cards, a home equity loan or a

debt management plan can provide interest rate relief and allow you to make a single monthly payment rather than juggle multiple payments. Remember to carefully consider fees associated with any consolidation loan or balance transfer.

Downsize

If you own your home and have equity, consider selling and moving into a smaller, more affordable house. Use proceeds to pay off debt.

Beware of scams

Watch out for scams that claim to help you eliminate debt or offer some sudden financial windfall. They feed off your stress and anxiety.

For more, visit takechargeamerica.org; credit counselors are available Monday-Friday, 5 am-5 pm PST.

Nine Position 2 Candidates

from page 1

people, businesses and communities. He’s passionate about ending urban camping, providing public safety, stopping the process of creating Safe Rest Villages and incentivizing the building of affordable housing. Bali says, “I won’t stand and watch Portland be destroyed by senseless crime, addiction and violence. Every community needs to thrive again. It’s time to get Portland back to being a city that every member is proud to live in.”

Chris Brummer’s website is sparse on information about his campaign other than stating that, “One of my guiding principles is that new evidence requires a reassessment of previous positions and ideas.” How and what he is looking to focus on if elected is unclear beyond that statement and he did not respond to the paper’s request for information about his campaign.

Oregonian Steven Cox views the city’s current policies regarding homelessness and public safety as “clearly failing” and his campaign is based on identifying and implementing policies and programs that are proven effective in making the community safe. To address homelessness, he sees getting people off the street and into shelters quickly to be of the utmost importance. Hand-in-hand with shelters are investments in the mental health system and addiction recovery services. His angle on public safety comes at the issue by dealing with drug addiction via short term jail terms with treatment starting while of-

fenders are in custody.

“We are in a crisis and the only solution is to invest in communities in real time,” states the front page of AJ McCreary’s website. The native Portlander’s priorities are housing justice, including an immediate stop to homeless camp sweeps; climate justice to lead the charge to model what a green city can truly be; community safety through community-led safety initiatives that prioritize community needs and improve the quality of life for everyone; and economic development in the form of creating an equitable path to business resilience and workforce viability that breathes life into economic hubs.

Michael Simpson has seen Portland change, and not for the better, in the 12 years he’s lived here. His campaign platform is focused on revamping “failing leadership” and taking action to resolve major issues the city faces: the homeless crisis and affordable housing; a short-staffed police bureau and gun violence; and climate change. Simpson’s website sums it up with, “We need real long-term strategies backed by evidence and coupled with compassion.”

Candidates Avraham Cox, Sophie Sumney-Koivisto and Renee Stephens do not have websites and did not reply to *The Southeast Examiner’s* inquiry for information on their campaigns.

Visit vote411.org for additional information on these candidates and information on all candidates on the May 17 ballot.

Get Better Gas Mileage

By Kris McDowell

With gas prices at record levels it’s a good idea to take steps to increase your gas mileage. For over 100 years, AAA has been helping travelers and their website (aaa.com) reminds drivers that, “The way you drive directly affects your fuel economy. Follow these tips to get better gas mileage. You just may make fewer gas station stops and save money too.”

Plan your trips

Map a route before you go to minimize unnecessary turn-arounds and backtracking. Avoid peak traffic times. Combine errands and go to “one stop shops” where you can do multiple tasks (banking, shopping, etc.).

Watch your speed

Fuel economy peaks at around 50 mph on most cars, then drops off as speeds increase. Reducing highway speeds by 5-10 mph can increase fuel economy 7-14 percent.

Drive conservatively

Avoid “jack rabbit” starts, rapid acceleration and hard braking, which can lower fuel economy by 15-30 percent at highway speeds and 10-40 percent in stop-and-go traffic.

Avoid excessive idling

A car engine consumes one

quarter to one half gallon of fuel per hour when idling, but a warm engine only takes around 10 seconds worth of fuel to restart. Where safe to do so, shut off your engine if you will be stopped for more than a minute.

Avoid rush hour

Take advantage of flex work hours to avoid commuting during peak traffic times.

Anticipate road conditions

Watch the traffic ahead and “time” stoplights to maintain momentum and avoid unnecessary stop and go.

Use cruise control

Driving at a consistent speed on the highway saves gas. However, never use cruise control on slippery roads as it could cause a loss of vehicle control.

Shift gears efficiently

If your car has a manual transmission, upshift as soon as practical. When coming to a stop, use the brakes. Do not downshift to slow the car.

Drive to warm the engine

In cold temperatures, start the engine and then drive the car normally to warm the engine. Driving brings the engine to operating temperature more rapidly and thus, saves gas.

THE CAPLENER GROUP

at Windermere Realty Trust

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

Caplener Group Homes For Sale



PENDING
1410 SE 53rd Ave. \$799,000
1911 Craftsman 4 BD, 3 BA
2,921 Total Sq. Ft.



PENDING
214 SE 74th Ave. \$545,000
1953 Mid-Century 3 BD, 2 BA
1,420 Total Sq. Ft.



8054 SE Salmon St. \$499,000
1908 Bungalow 3 BD, 1 BA
2,022 Total Sq. Ft.



PENDING
3801 SE Woodward St. \$775,000
1910 Craftsman 3 BD, 3 BA
2,822 Total Sq. Ft.



4026 SE Pine St. \$Call Listing Agent
1923 Bungalow 3 BD, 3 BA
2,748 Total Sq. Ft.



704 NE Killingsworth Ct. \$Call Listing Agent
1907 Bungalow 3 BD, 2 BA
2,048 Total Sq. Ft.

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:

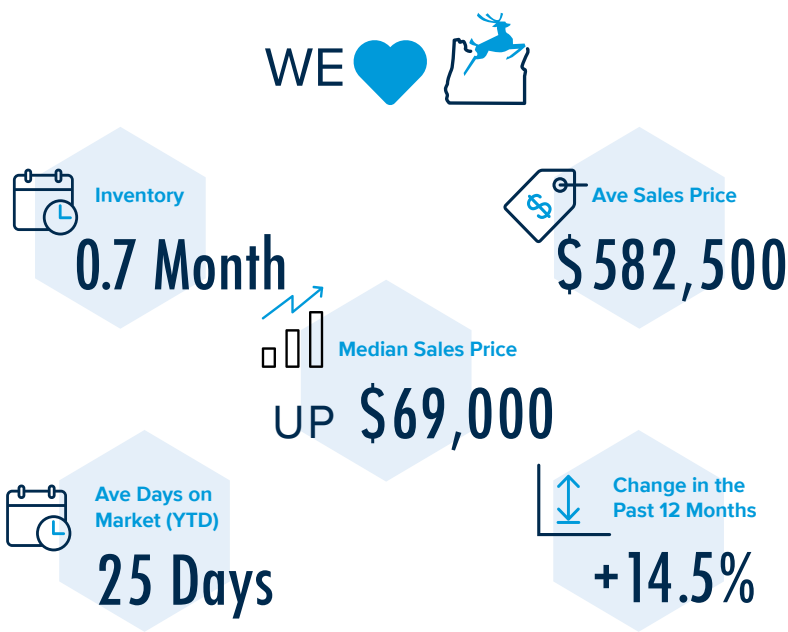
Mt. Tabor Art Walk
mttaborartwalk.com
Saturday, May 21 - Sunday, May 22
10 am - 5 pm

Mt. Tabor Art Walk is a great opportunity to view local art in multiple mediums. This year they have 21 sites and 36 artists working to promote their high-quality visual art. Sponsored by local businesses, this is a great way to get in touch with your neighborhood!

Montavilla Farmer's Market
montavillamarket.org
Every Sunday 10 am - 2 pm

Come visit this vibrant marketplace just off of SE Stark St., providing our diverse community with access to high-quality, local and healthy food.

HOW'S THE PORTLAND MARKET DOING?



Windermere
REAL ESTATE
WINDERMERE REALTY TRUST

Data is courtesy of the RMLS.



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

