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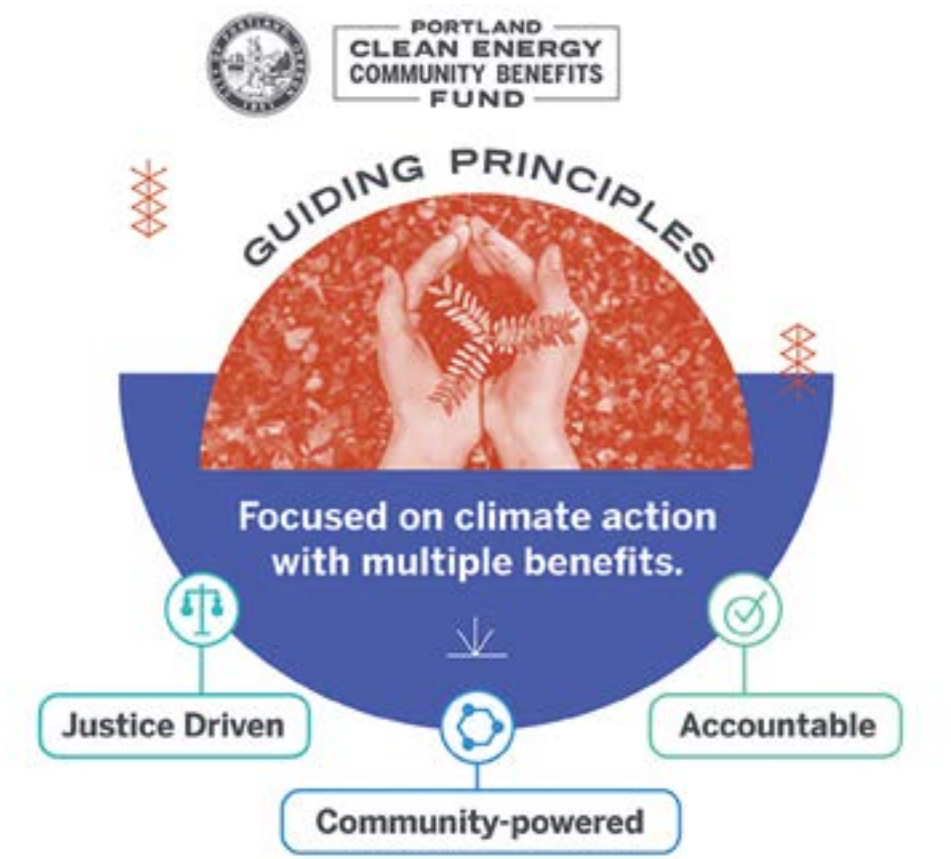
August

2022

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Our 33rd Year

Vol 33 No 8 Portland, OR



Council Approves Millions of Clean Energy Grant Funds

BY DANIEL PEREZ-CROUSE

City Council has unanimously approved the second round of the Portland Clean Energy Benefits Fund (PCEF) recommendations on grantees, totaling around \$120 million.

As a reminder, the initiative was passed by voters back in November 2018. Its self-described goal is to provide a “consistent, long-term funding source and oversight structure to ensure that our community’s climate action efforts are implemented to support social, economic and environmental benefits for all Portlanders, particularly communities of color and people with low incomes.” It is also tasked with reducing carbon emissions while ensuring

the benefits of those reductions happen for frontline communities who have been historically excluded.

Mayor Ted Wheeler has said that there is an “inherent risk” with this venture and that there will be mistakes. “There will be dollars that will go to organizations or programs that will not pan out the way that we hope. It’s our job to mitigate that risk as much as possible.”

Commissioner Dan Ryan has been vocally supportive of this program and said, “Portland needs to be known for taking some risk. We’ve been resting on our laurels for too long.”

The fund generates \$80-90 million annually for clean energy investments and is derived from one percent gross receipts surcharge on Portland sales by corporations with \$1 billion or more sales nationally and \$500,000 or more locally in Portland.

As stated in PCEF’s report detailing this round’s grants, 141 non-profit organizations submitted 162 applications in response to the request for proposal. The amount of funding requested ranged from \$20,000 to \$10 million with an average of just under \$100,000 for planning grants

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Think Out Loud’s Future of Cities

BY DON MACGILLIVRAY

Portlanders are having difficulty just finding housing and they often must take what is available instead of what they need or want. As Portland works to create a sustainable future, all housing should be affordable with a variety of housing types suitable for people of all ages, incomes and lifestyles. When a person’s circumstances change everyone should still be able to find a proper place to live. Communities should include safe places to work, shop, learn and play that make use of alternate forms of transportation and reduce the use of motorized vehicles.

On May 27, “Think Out Loud” on Oregon Public Broadcasting (OPB) aired a program about the future of cities. The ideas expressed in this article are generally those from four of the speakers that participated in the YIMBY (Yes, In My Back-Yard) conference about many new housing innovations and the growth of Portland.

Housing has been a problem throughout the entirety of Oregon’s history since the 19th century. During World War I, Oregon declined to create a housing authority because it was opposed by wealthy landowners. Portland finally got one in 1941 and soon after Vanport became the largest public housing project in the nation with over 40,000 residents. When the disastrous Vanport Flood occurred in 1948, it caused an even greater disaster in the local housing market when a third of city’s residents

left the city because they could not find a place to live.

After World War II, affordable housing for low income people became older housing in need of repair, and therefore of lower value. In recent years older homes and apartments have been sold, rehabilitated and made into ones that are often as expensive as new housing.

In Oregon 150,000 homes are needed to fill the backlog of housing and only 20,000 homes are built each year so a deficit will be with us for a long time. Nationwide 3.8 million new homes are needed. A shortage of housing creates an excessive amount of both financial and social damage within the economy.

Oregon’s land-use goals require cities and counties to provide abundant, diverse and affordable housing for everyone. Goal 10 of the 19 land use goals describes housing. The state Land Conservation and Development Commission is in charge of the oversight of these goals, but they have been reluctant to use their authority to see that they are carried out. Portland is now in its seventh year of a housing crisis and local codes and rules need to be improved.

Portland was the first city in the nation to eliminate the single-family zone. Similar legislation has since been adopted by the states of Oregon, California and Washington in all but the smallest cities. This will increase the housing density in

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Charter Commission Action and Next Steps

BY DAVID KROGH

On June 14 the 20-member Portland City Charter Commission voted to send Phase 1 of its review with proposed changes to the city’s charter to voters. This action culminates two years of efforts which included the receipt of over 1,600 public comments, 15 hours of verbal comments, 81 public hearings and a status summary report of 243 pages. Because of the Commission’s unique status, if 15 of the members support the charter reform Phase 1 package (and in this case 17 members did),

it is sent to voters on the next regular election day, which is in November.

The Charter Commission’s Phase 1 proposal would change Portland’s current commission form of government and how it operates in three ways.

First, ranked-choice voting would be implemented. This allows voters to rank candidates in order of their preference and does away with the need for primary elections for City Council candidates.

Second, four new geographic dis-

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ENJOYING PORTLAND

Sweet and Savory Eats on Division St.
Four food carts next to Books With Pictures are dishing out eats for breakfast, lunch, dinner and dessert. PAGE 8

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Nonprofit ENGIN pairs Ukrainian youth with English-speakers for free online conversation practice. PAGE 6

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Enjoy classic movies outside Wednesday nights in August on the 79th Ave. plaza. PAGE 12

Bruce Lee Films at Clinton Street
Take in five of Bruce Lee’s greatest films, curated to celebrate his impact, at Clinton Street Theater. PAGE 15

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Representatively Speaking

BY STATE REPRESENTATIVE
ROB NOSSE

It was a tough call about what I should write about last month. While this is a bit of “old news” at this point, it is going to be topical for a long time. On June 22, the Supreme Court overturned Roe v. Wade, ending nearly 50 years of federal abortion rights. We knew this was coming because of the leaked opinion that came out in advance of the official decision back in May.

Since 1973, Roe had guaranteed the right to have abortions during the first two trimesters of pregnancy. The Dobbs decision, which overturned Roe, means more than half the states in the US are expected to outlaw or severely restrict abortion access. Indeed, eight states banned abortion on the day of the decision and five more states have in place “trigger bans” designed to prohibit abortion within 30 days of the ruling.

According to the Guttmacher Institute, a non-governmental organization that seeks to improve reproductive health worldwide, 26 states are certain or likely to ban abortion as a result of the court’s decision. In a future column I will probably talk about the implications for other rights we have enjoyed as a result of the Dobbs decision.

I was dismayed by the Supreme Court’s decision. As a man, I strongly believe that every woman/person has the right to choose what to do with their own body. The right to exercise control over one’s reproductive life is a central component of individual freedom and forcing someone to carry an unwanted pregnancy to term strips them of their autonomy and infringes upon their personhood. Whatever one believes about the moral status of fetuses and embryos, the decision to have an abortion should be made by women/patients and their doctors, not by the government.

Furthermore, research suggests that restricting abortion access does not result in fewer abortions, but rather compels women to risk their health and lives by relying on unsafe abortion methods.



Ultimately, the overturning of Roe not only represents a massive step back in our fight for equality and justice but also endangers public health while failing to significantly reduce the number of abortions that occur.

Fortunately, Oregon’s abortion protections are some of the strongest in the country, which means Oregonians do not have to worry about losing access to abortion services now that Roe has been overturned—provided we keep voting for politicians that support access to abortion.

In 2017, Oregon passed the Reproductive Health Equity Act. It guarantees all Oregonians, regardless of income, citizenship status, gender identity or type of insurance, access to reproductive health services, including abortion, family planning and postpartum care. Furthermore, abortions are also covered under the state’s Medicaid program.

In 2018, Oregon voters decisively rejected a ballot measure seeking to ban the use of public funds on abortions. Most recently, the Oregon legislature appropriated \$15 million to the Reproductive Health Equity Fund to provide immediate support, including travel expenses and lodging, for people seeking abortions in Oregon.

I am proud to represent a state which has worked to protect the right to abortion and I support efforts to make the procedure more accessible for all Oregonians. I voted for the Reproductive Health Equity Act in 2017, and I played a role as member of the budget committee in securing

\$15 million for the Reproductive Health Equity Fund.

Almost immediately after the Dobbs decision was announced, Oregon House Speaker Dan Rayfield formed a work group of providers, clinics, community organizations and legislators to make policy, budget and administrative recommendations to strengthen equitable access to reproductive care and abortion services for the coming session in January of 2023.

I also hope other states with Democratic majorities will work to codify abortion protections in their laws, much like Oregon. My heart goes out to women in states such as Louisiana and Ohio (the state where I was born and raised). Both states that have already banned most abortions, which means women may be forced to carry unwanted pregnancies to term if they are unable to travel out of state to get an abortion and do not wish to resort to illegal or unsafe abortion methods.

We as a country must do better. It is important, too, that those of us in states where abortion access exists do not become complacent. Some Republicans are already calling for a nationwide abortion ban, with CNN recently reporting that Congressional Republican leaders are already lining up to support legislation that would impose a nationwide ban on abortion after 15 weeks of pregnancy. All of us who want to see abortion access protected must remain vigilant and politically active. The President and the Vice President are right. We are going to need to vote.

SE

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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
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How to Reduce Waste While Painting

By Arashi Young

We’ve all been there—looking at a wall, thinking it could use a fresh coat of paint and wondering how “Avocado Green” from the 70s got so popular.

Painting is a great way to brighten your space and cover up the regrettable color choices of yesteryear. Some extra planning can cut down on waste, save money and allow your paint to stay fresher, longer.

Before you put your tape up and drop-cloths down, read this primer and your next painting project will pass with flying colors.

Buy only the paint you need

The best way to know how much paint you need is to calculate the square footage of space. To do this, take measurements of the walls and multiply the length by width. A 10 x 8 foot wall is 80 square feet of surface. One gallon of paint will cover about 250 square feet if you are spraying and 300 square feet if you are rolling.

In general, a gallon of paint will cover a smaller space like a bathroom or laundry room. Two gallons of paint will cover a standard bedroom. Plan on needing three gallons for a large bedroom or living room.

We suggest using two coats of paint. In that case, double the number of gallons you’ll buy.

Pick the right weather

Painting under the right conditions saves time and resources. Apply paint when surface and ambient temperatures are 50-90 degrees and relative humidity is 30-80 percent. Look for when these conditions will hold steady

for 24-48 hours. Avoid painting in direct, hot sunlight.

To prime or not to prime?

A best practice is to prime every time. Priming helps paint stick to the surface and covers the current color. Glossy paints, in particular, should start with a coat of primer. Check product guidelines on whether to prime before painting; in some cases, skipping primer can void a manufacturer’s warranty on paint.

There are some instances when you can avoid priming. If the surface is painted and in good condition, make sure it is clean and go straight to painting. If you are making only a small color change color, like going from white to cream, for example, you may not need to prime.

Paint waste disposal

After all the fun of watching paint dry, then comes the cleanup. Metal paint cans that have thin coat of dried paint go in the recycling bin. If the dried paint is at least an inch thick, it needs to be tossed in the garbage. For plastic containers, let the paint dry, remove the lids and then toss in the trash.

If you have leftover paint, see if someone else can use it. Try posting on Nextdoor or a local buy nothing group to see if anyone needs paint for a small project. You can also donate latex paint at Habitat for Humanity ReStore locations. For donation information call 971.229.8888.

Paint recycling

In Oregon, paint recycling is paid for by a product stewardship program called PaintCare.

Paint manufacturers are responsible for creating an environmentally responsible program to manage paint waste. Visit the PaintCare website to see where you can drop off paint for free. In greater Portland, paint is recycled through the MetroPaint program.

PaintCare also accepts leftover deck coatings, floor paints, stains and more. The program does not accept paint thinners, auto, marine or craft paints, aerosol cans, glues, adhesives or resins. When in doubt, take them to a Metro household hazardous waste facility or neighborhood collection event.

If you have questions about paint and household hazardous waste disposal, ask Metro’s waste prevention experts at 503.234.3000.

This article was originally posted on the Metro website, or-egonmetro.gov.



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Two friends are sitting on the porch, chatting. The first friend says, “I hear up in the Seattle it rains cats and dogs!” “Oh!” the second friend answers. “That doesn’t sound so bad. I hear in New York City it’s hailing taxis!”



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Business Association Notes

82nd Avenue Business Association

By Nancy Chapin

We are visiting all of the food and drink businesses to encourage them to be actively involved in this year's "Around the World in 82 Dishes" planned for Saturday, October 22-Sunday, November 13. Check out the website, 82ndaveba.com, for more information.

Many groups are meeting to identify their concerns about the future of 82nd Ave. for our neighbors, businesses and community. Major concerns include the need for more affordable housing, no displacement, access to businesses and neighborhoods with more sidewalks and paved side streets as well as additional lighting and safety measures—some of which are happening already. Please contact us at 82ndaveba@gmail.com if you would like to be "at the table" for these discussions.

We are partnering with the JADE District on their cleanup Saturday, August 20. Volunteers can sign up on the SOLVE website or at 82ndaveba.com/cleanup/.

Belmont Area Business Association

By LeeAnn Gauthier

In-person monthly member meetings resumed at the Historic Belmont Firehouse second Thursdays, 9-10:30 am. Please join us to share details of your business and learn about the district's projects and events.

Pam Olson retired as a Board member and as a Farmers Insurance agency, and we are grateful for her service. Board president Dustin Slack and Treasurer LeeAnn Gauthier welcome Maurina Hylland into Pam's vacated Board position, and the Farmers agency at 4711 SE Belmont St.

The colorful 2022-2023 District Walking map is published with help from Col-Tab and our advertisers. The map is distributed at the airport's PDX Welcome Center, District businesses and hotels.

Vendor spaces are filling up quickly and sponsor opportunities are available for the 26th annual Belmont Street Fair at info@belmontdistrict.org. The fair is Saturday, September 10, 10 am-5 pm. Three stage areas feature a DJ, a kid-focused stage and live music by School of Rock, Mo Philips, Pirate Jenny, Amanda Richards, Idle Poets, Shorty and the Mustangs and more. Rent skates from Rose City Rollers and a custom playlist from Silent Disco.

The street fair exceeds \$16,000 in costs for street closures, permit, toilets, garbage, barricades, organizer and stage rentals. Hence we ask fair-facing businesses to respectfully purchase a booth.

Volunteers are needed to update our Squarespace website and for Street Fair. Fun fair projects include a two-hour shift hosting the information booth during the fair, directing vendors to their space (7-10 am), retrieving garbage (11 am-5 pm) and tearing down the information booth, bike racks, street barriers and signs (5 pm).

Details at belmontdistrict.org.

Hawthorne Boulevard Business Association

By Nancy Chapin

The 39th Annual Hawthorne Street Fair is Sunday, August 28, 11 am-5 pm between SE 30th Ave. and Cesar Chavez. Many visiting vendors, non-profits and some of our own brick and mortar businesses and area neighborhood associations will have booths. Echo Theater will have activities on SE 37th Ave. near the Bagdad Theater. The Toyota Main Stage will be at SE 38th Ave. and the Mudbay-Cubo Stage will be near SE 31st Ave. in their parking lot. Both stages have booked several of our local bands; the line-up is on our website, hawthorneblvd.com, along with the a list of vendors.

Neighbors, friends and their friends are invited to check out the Street Fair as well as the many businesses and services between SE 52nd and SE 12th Aves. During the Street Fair, Hawthorne Cutlery at SE 32nd Ave. will host a vintage T-shirt sale to benefit the clean-up projects we're holding every second Saturday, 10 am-2 pm, starting at Dairy Hill Ice Cream, 1428 SE 36th Ave. The funds could hire a pressure washing professional as needed.

You're invited to a get-together at the Space Room Lounge and outdoor patio, 4800 SE Hawthorne Blvd., Friday, August 5, 5:30-7:30 pm. We will have the Street Fair Poster available to hand out as well as the postcards for our neighbors and businesses. Also, besides visiting, you can bring a box or a sack of clean, folded T-shirts and/or sign up to volunteer at the Street Fair. Questions? Contact administrator@hawthorneblvd.com.

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Charter Commission Action and Next Steps

from page 1

tracts would be created by an Independent District Commission with three City Council members elected to represent each district. This expands the City Council to a total of 12 members. Portlanders have long complained that some portions of Portland get less city support and infrastructure improvements due to a lack of representation; this proposal would eliminate that implied bias.

Third, the responsibilities of City Council will change to what most other cities now do. That is a focus on setting policy and budget matters with a mayor elected citywide to run the city's day-to-day administrative operations with the support of a professional city administrator/manager.

Charter Commissioner Becca Uherbelau was asked for information on the proposal and its process. She clarified that the three changes as part of Phase 1 will be voted on as a package and the City Attorney's office is responsible for drafting the ballot measure title and explanatory statement for November's ballot. "Shifting to a new government structure in which City Council can focus on passing laws and a mayor can help implement them will help create a more responsive government," she said.

In the interim between now and November, multiple groups are already forming to voice their pros and cons to the proposal. One campaign in support includes civic groups Building Power for Communities of Color, the League of Women Voters of Portland, Next Up and the Portland City Club. Likewise, the Portland Business Alliance and James Posey, co-founder of the National Association of Minority Contractors of Oregon, have raised concerns over the wording of the ballot measure.

At a public town hall meeting July 18, City Commissioner Mingus Mapps stressed his own reservations. Although changing the current commission form of government was one of his campaign issues, the addition of rank choice voting and a decidedly "different form of geographical representation that does not exist anywhere in the US" is of issue with him. "I'm also concerned about the wording of the ballot measure with its attempt to combine three different changes into one statement." Mapps went on to say that if this proposal doesn't

pass he will be talking to his fellow commissioners about initiating charter changes themselves as "the current system does not work!"

Uherbelau was asked how the Charter Commission is going to respond to concerns in a way that's simpler to understand than their most recent 243-page status report (available at bit.ly/ProgressReport6). "We've had public conversations since 2020 and the proposed changes came directly from them. The changes are intended to be straight forward." Uherbelau also clarified the Charter Commission is not involved with any campaign. "The Charter Commission is there for informational purposes, but not as advocates."

To sum up the proposed changes, Uherbelau stated, "Portlanders should know that the measure will create better access for the public and increased efficiency for City Council operations. The costs to implement this are not expected to increase much as the roles of the Council will change and their need for staff support can be reduced or shared."

But the Charter Commission's work is not over yet. Phase 2 is already underway and will include other changes to the City's Charter, all of which came out of community feedback. How the city deals with climate and environmental justice, provisions for technical fixes to the charter and expanding voting rights are some of the principle issues to be addressed in Phase 2. Phase 2 will procedurally be much the same as Phase 1, with public involvement and informational meetings, hearings and testimony.

Uherbelau said, "Additional changes to the charter could go to the voters in May of next year at earliest." According to the project timeline, if Phase 1 is approved this November, public voting for geographically representative City Council members could take place in November of 2024. The full description of Phases 1 and 2 are viewable at portland.gov/omf/charter-review-commission.

Uherbelau concluded on an enthusiastic note. "Voters will have an exciting opportunity this November to make Portland work better for all of us. This measure is our unified response to what Portlanders told us is the change we need."

Reproductive Freedom Resources

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Volunteer to Help Ukrainians Improve Their English

This summer, Oregonians looking for an easy, hands-on way to help Ukrainians in need can volunteer as online conversation partners at ENGIN. ENGIN, a 501(c)3 nonprofit, pairs Ukrainian youth (ages 13-35) with English-speakers (ages 14+) for free online conversation practice and cross-cultural connection. The program complements humanitarian aid efforts by giving Ukrainians the skills they need to support themselves in the longer term.

ENGIN's free program, launched in March 2020, is the only one of its kind in Ukraine—open to anyone, anywhere, at any time, for as long as they need it. Since the war, demand for ENGIN's services has skyrocketed, as over half of Ukrainians have lost their jobs and millions have been forced to flee the country.

While many Ukrainians study English in school, few can actually speak the language. That's because spoken fluency is almost impossible to achieve without real-world practice. But speaking skills are exactly what many Ukrainians need today—whether to find new jobs or to settle in foreign countries as refugees.

That's where ENGIN's volunteers come in. They hail from all walks of life—from high school students to retirees. For the most part, they aren't professional teachers, don't speak any Ukrainian and have no prior language tutoring experience. But just by chatting with their students for one hour a week, they're making a huge impact on these Ukrainians' lives.

"ENGIN allows any fluent English speaker to make a difference from the comfort of home," said Rose Tatum, ENGIN's Volunteer Manager. "We provide all session materials, training and ongoing support, so volunteers can thrive in our program without any special skills or prior experience."



To date, ENGIN has already connected over 7,000 volunteers with 8,000 students. But hundreds more young Ukrainians are applying to the program each week, so ENGIN's team is actively recruiting volunteers. While operating at such a large scale poses many operational challenges, founder and CEO Katerina Manoff believes that's exactly the point.

"The true magic of ENGIN is scale," Manoff said. "We are using the power of the English language and international connections to transform an entire country. Today, we fight Russia's attempts to isolate and destroy our nation. Tomorrow, a generation of English-fluent, culturally competent young Ukrainians will rebuild it."

Volunteers are asked to commit to at least three months, weekends or weekdays, in the first half of the day (Ukraine is 7-10 hours ahead of the US). It is the volunteer's responsibility to lead each session and decide what to do based on the resources and activity ideas provided. If the student's English is more advanced or as the volunteer and student get more comfortable with one another, some people choose to simply let the conversation flow, covering topics from music to travel to politics.

Both the students and the volunteers will be using video chat for their sessions. In addition, each pair can decide on additional ways to communicate, like Instagram messages, Skype, Google chat, WhatsApp or whatever works best for them.

For full details on the program, visit enginprogram.org.

Preparing For and Handling High Temperatures

The first part of the summer has already brought us days where the mercury has topped 90 degrees and there are likely to be more before summer ends. High heat is most deadly for those who are at-risk, those who live alone, are older or are without air conditioning.

If you are fortunate to have a way to cool off in your own space, consider reaching out to people who might be at risk about ways they can keep cool and seek out cool places. Libraries, community centers, movie theaters and malls are some of the places to go to escape the heat during the warmest hours of the day.

Multnomah County and the City of Portland also have cooling shelters, but shelters aren't opened until triggered by temperatures that reach threshold levels. A list of cooling shelters can be found at multco.us/help-when-its-hot or by calling 2-1-1.

Transportation support may also be available depending on your location.

To keep cool without air conditioning, consider investing in a fan or an air conditioning unit and test it to make sure it works before hot weather hits. Closing curtains and blinds on windows that get direct sun early on days when temperatures are forecasted to be high will help keep indoor temperatures lower.

Other ways to take care of yourself include drinking plenty of fluids, including a sports drink to replace salt and minerals lost through sweat, but avoiding alcohol and sugary drinks, taking a cool shower or bath, wearing lightweight and loose-fitting clothes and avoiding the use of the stove or oven.

Even if you aren't in an at-risk category, high temperatures can be dangerous. Healthy adults might underestimate the effects of

heat on their outdoor plans. They might not bring enough water on a jog or forget to take breaks during a soccer game. If you are out in the heat, rest often in shady or cool areas, wear a wide-brimmed hat, use sunscreen of 15 or higher with "broad spectrum" or "UVA/UVB protection" and pack extra water. Even if you don't drink it, you may encounter someone who could use it.

Heat exhaustion and heat stroke are conditions to keep an eye out for. If you suspect heat exhaustion in yourself or someone else, drink water and get into a cool place immediately. If systems persist or worsen to heat stroke, call 911, move into an air conditioned space, cool down with cold towels/ice and drink/offer water if the affected person is fully conscious. More about heat exhaustion and heat stroke at multco.us/help-when-its-hot/heat-illness-and-first-aid.

PBOT's Cheeky Campaign

A joint campaign between the Pacific Northwest's two largest cities—Portland and Seattle—is using humor to send an important safety message. "Slow the flock down" is a colorful, tongue-in-cheek message designed to encourage people to slow down when driving.

Launching the campaign concurrently is intended to increase the message's visibility throughout the region as the two Vision Zero cities continue to tackle their shared goal of traffic safety.

Nationally, according to the U.S. Department of Transportation's Fatality Analysis Reporting System, speeding is involved



in about 30 percent of all traffic deaths. In Portland, speed is identified as a major factor in half of deadly crashes.

To achieve safe speeds, Portland is redesigning streets, lowering speed limits, expanding its speed safety camera program and educating drivers. Early evaluations of changes on NE 102nd Ave. and NE Glisan St. indicate that these efforts are working. Safe travel speeds lower the risk of crashes occurring. When crashes do occur, safe speeds make it less likely that people are

killed or seriously injured.

The birds featured on Portland's version are Oregon's state bird, the Western Meadowlark. Expect to see it on social media and billboards along the city's high crash corridors.

PBOT will also distribute yard signs at public events this summer and make them available for pickup at The Portland Building downtown and through neighborhood coalitions across the city. Yard sign pickup dates and locations at portland.gov/transportation/vision-zero/flock.

AUGUST EVENTS

FARMERS MARKET THURSDAYS – The Montavilla Farmers Market has added a Thursday evening farmers market weekly through September. "Thursdays on the Plaza" will be held 4-7 pm at SE 79th Stark St. and include five farm/food vendors, a beer garden and live music. More at montavillamarket.org/thursday-farmers-market.

PEDALPALOOZA BIKE SUMMER – The "festival of bikey fun" celebrates 20 years June 1-August 31 with hundreds of different events. Most rides are free and all are open to the public. Visit shift2bikes.org/pedalpalooza-calendar to join in the two-wheeled fun.

BIKE BAG DRIVE – Through September bring your used bike bag into North St. Bags, 1551 SE Poplar Ave., trade them in and get a 20 percent discount to your next purchase. The used bags will benefit the Community Cycling Center and given to low-income cyclists who need them or upcycled if the bags are beyond repair.

COMMUNITY ENGAGEMENT EVENING – SE Uplift, 3534 SE Main St., hosts an evening of resource sharing and conversation about houselessness Monday, August 1, 6-8 pm. Light snacks served and donations of hygiene supplies accepted. Register for the family friendly event at bit.ly/SEULAug1. Contact Alex at alex@seuplift.org with questions.

COMEDY IN THE PARK – Kickstand Comedy, Portland's home for local comedy, holds two Friday shows this month at Laurelhurst Park, SE 37th Ave. and Oak St. Bring

your blankets for shows starting at 6:30 pm August 5 and 26. More on the free shows at kickstandcomedy.org.

5K-ISH FUN RUN/WALK – Join a group of runners or depart on your own self-guided 5k starting at Threshold Brewing in Montavilla Saturday, August 6, 10:15 am. Registration includes one beer and pint glass or swag item. Sign up at bit.ly/ThresholdRun.

TUTORING PROGRAM INFO SESSION – The AARP Foundation Experience Corps is an intergenerational volunteer-based tutoring program proven to help children become great readers. Find out more about the program at a virtual chat Tuesday, August 9, 10 am at us06web.zoom.us/j/5411234710.

FAMILY FUN DAY AND CONCERT – The Black Parent Initiative hosts a day of STEM activities, face painting, music by Tyrone Hendrix, arts and craft, delicious food and more Friday, August 12 at Dawson Park. More at facebook.com/BPIpdx.

CANNABIS EMPOWERMENT DAY – The City of Portland, cannabis business owners, policy makers and advocates celebrate the community at Chapman Square, 210 SW Main St. Friday, August 12, 2-6 pm. Register at bit.ly/CEDAUG12.

WALK-A-THON – The Hellenic-American Cultural Center & Museum holds a walk-a-thon Saturday, August 13 starting at 8 am from 3131 NE Glisan St. Visit hellenicameri



Community News

Volunteer for the PDX Adult Soapbox Derby

The PDX Adult Soapbox Derby is back and they're looking for volunteers to help out on the day of the derby, Saturday, August 20. Volunteering the day of the derby is one of the event's greatest needs and it could not happen without 100+ volunteers to guide the track with a bullhorn, flag to clear the course, patch up racers who've taken a spill and so much more.

Derby day volunteers are required to attend a mandatory volunteer meeting and there are two opportunities to do so—Friday, August 12, 6 pm or Saturday, August 13, 12 pm. During the meetings organizers will discuss how the derby day will go, what volunteers will be doing and the rules of the race so that it is safe for both racers and spectators. There's a lot to go over and there will be time for questions, as well. The meetings will be held in "The Pits" at Mt. Tabor Park, located in the upper summit parking lot just above the Information Center and playground.

There's plenty of before-the-event work volunteers are needed for, too. Saturday, August 6, 8 am there will be a brush



Photo by Jason DeSomer

cleanup at Mt. Tabor to get the track ready for race day. Those interested in helping out should email aaron.f@soapboxracer.com so they can get a head count. Make sure to wear long sleeves and pants, a hat, sunscreen and garden gloves. Don't forget to bring water for the morning's thirsty work and if you are able to bring metal garden rakes and weed wackers, those items are appreciated.

There are also weekly meetings Thursdays, 6:30 pm leading up to the derby in person or via Zoom. Email [volunteer@soap-](mailto:volunteer@soapboxracer.com)

boxracer.com for more information.

What would a Portland event be without beer? The derby won't be a place to find out since Gigantic Brewing has brewed a beer especially for the event—PDX Adult Soapbox Summer Ale. Volunteer your tastebuds to try the "summer loving beer, brewed for the daring, deranged and artistic drivers of the PDX Adult Soapbox derby." Proceeds will be donated to Weird Portland United, a nonprofit that supports the artistic risk-takers that make Portland weirdly wonderful.

Defending Yourself Against Mosquitos

After the wettest spring in 81 years, high water has settled into stagnant pools across Multnomah County, creating a breeding ground for the largest mosquito outbreak since at least 2010. And the worst is yet to come.

Multnomah County Vector Control, the team that conducts mosquito surveillance and control, inspects breeding habitats for mosquitoes and monitors for the presence of mosquito-borne disease. Each year, May-September, the team sets traps in 150 locations and subsequently sends batches to Oregon State University for testing. To date this year the team has trapped over four times the total for all of 2021.

Multnomah County's batches have never yet returned positive results for West Nile virus. But samples from other parts of Oregon routinely come back positive. Last year, ecologists identified West Nile virus in 75 batches of mosquito samples taken across eastern and southern Oregon.

To limit West Nile and other diseases, Multnomah County uses an integrated mosquito management approach designed to keep mosquito populations at a safe level, not eliminate them. Emilio DeBess, public health veterinarian for the Oregon Health Authority said, "A lot of people say there are no mosquitoes in Multnomah County. That's because Vector Control does an amazing job of controlling mosquitoes."

However, since there are still some of those annoying mosquitoes buzzing around, the community is urged to do their part to prevent the mosquito population from growing by dumping standing water around their homes. Mosquitoes can breed in as little as an inch of water. Dumping or



Photo by Multnomah County

regularly changing standing water in kiddie pools, buckets and dog bowls can prevent their reproduction.

Taking protective measures like repairing damaged window and door screens, wearing long sleeves, using bug spray when around mosquitoes and minimizing time spent outside during dawn and dusk when mosquitoes are at their worst, will reduce the chance of being bitten.

In addition to producing itchy bumps or welts, mosquito bites can also transmit West Nile Virus. The illness is mild in most people but in rare cases it can be fatal. Often if West Nile is in an area, crows will start dying before mosquitoes or humans test positive. Report newly-dead crows (within 24 hours of death). Do not report crows that have clearly been hit by a vehicle or electrocuted (hint: look for burned -off feet).

Mosquito facts: a female mosquito can lay up to 300 eggs at a time; it takes just 10 days for an egg to become a blood-sucking adult; mosquitoes hunt us by sensing the carbon dioxide we exhale up to 30 feet away and gauge proximity using our body temperature; mosquitoes can travel up to 20 miles, the equivalent of flying from downtown Portland to Vancouver and back again.

Library Summer Reading Program

Multnomah County Library's 2022 Summer Reading Program is underway. Kids can play online using Beanstack, the easiest way to keep track of books read, or with a paper gameboard available at any neighborhood library.

The Summer Reading program includes an array of fun, free online events for children, teens and families. The program is open to kids of all ages. From families who will have babies this summer, to children learning to read and high school students entering grade 12.

Summer Reading gameboards are available in English and Spanish, with instructions to the game available in Russian, Chinese and Vietnamese. Summer Reading is free and participants can earn books, coupons and other prizes. Youth who finish the game will be entered into the grand prize drawing which includes hosted birthday parties, technology prizes or a gift card.

There are many ways to participate in Summer Reading this year other than checking out books. Youth can check out comics, digital books, games, listen to

music or watch shows and documentaries.

Adults who want to share in the Summer Reading fun can participate through the Read 4 Life adult summer reading program. Gameboards for adults are available in English, Chinese and Spanish. When adults complete four or more activities and submit their gameboard, they are entered into a prize drawing. Read 4 Life is sponsored by the Friends of the Library.

Full details and a link to start using Beanstack available at multcolib.org/summer-reading.

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.

AUGUST EVENTS

cance.org for more information and to register.

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, August 13, 10 am-12 pm. Meet at Dairy Hill Ice Cream, SE 36th Ave. and Hawthorne Blvd. Email BBB@hawthorneblvd.com with questions.

ROSEWOOD SATURDAY CELEBRATION—The summer market series continues Saturday, August 13, 12-4 pm at The Rosewood Initiative, 14127 SE Stark St. A combination of a makers' market and resource fair, it's an opportunity for neighbors to gather and learn. More at rosewoodinitiative.org.

DANCING IN THE PARK—Join DJ Prashnat with Jau Ho! Dance Troupe Saturday, August 13 for a fun, interactive, all-ages Bollywood dance party in Laurelhurst Park. The free event runs 6:30-8:30 pm. More at bit.ly/Aug13danceparty.

CLIMATE CHANGE TALK AT LEACH BOTANICAL—As part of the Garden's "After Hours in the Garden" lecture series, the Wednesday, August 17 talk will look at how to adapt your yard and garden to the new extreme weather events. Doors open at 6 pm for appetizers and garden strolling; Weston Miller's lecture begins at 7 pm. Reservations (\$20 non-members/\$15 Garden members) required at bit.ly/LeachLecture.

PDX ADULT SOAPBOX DERBY—The derby is back after a two-year hiatus on Saturday, August 20 at Mt. Tabor Park. Starting at 10 am, with races running until 4 pm, enjoy food and beverage from vendors or bring a picnic for a day of free family fun. More at soapboxracer.com.

SOUL 2 SOUL 2022—The outdoor event takes place at Washington Monroe Park and Revolution Hall, 1300 SE Stark St., Saturday, August 20, 11 am-7 pm and celebrates black resilience and uniqueness with the intent of building bridges between the African and African American community. More at soul2soulpdx.com.

SUNDAY PARKWAYS IN EAST PORTLAND—The 15th anniversary of this event continues Sunday, August 21 in East Portland, going through neighborhoods they've never been before. Four parks are along the route with each featuring unique experiences. Streets on the route will be closed to car traffic so people can bike, walk, roll and play. Visit portland.gov/sunday-parkways/east-event for the route map and more.

SYMBIOP FUNDRAISER—SymbiOp Garden Shop, 3454 SE Powell Blvd., holds a fundraiser Friday, August 26, 9 am-7 pm for Green Lents. 10 percent of sales will be donated to the nonprofit that provides a tool library, gardening workshops, youth leadership training and other resources/services to promote community resilience and environmental justice for the Lents neighborhood and beyond. Contact JT at jtyu@sympbiop.com with questions.

Sweet and Savory Dishes at Division Food Cart Pod

By Ellen Spitaleri

Food carts were always part of Katie Proctor’s plan for the parking lot at 1401 SE Division St. when she bought Books with Pictures three years ago. “I wanted to bring more thriving businesses into the space to activate the corner and create a destination on this part of Division,” she said.

When she chose the four carts to occupy the space, it was important to her to have a range of different foods that suited people’s dietary needs. “I’m enormously proud of what we are building here,” Proctor said.

The four carts are Honeycuspe, LoveABowl, Ramblin’ Rose Vegan Ice Cream and Underbite. All four cart owners said they love the location of the pod near Ladd’s Addition and the Ford District. They also welcome the camaraderie of the other cart owners and they all appreciate good food and using food to bring smiles to customers’ faces.

Honeycuspe

“It was imperative that our menu be colorful, creative, delicious and that we offered sweet and savory options with equal emphasis in both categories; waffles were the perfect canvas for this,” said Eric Beaudoin, owner of Honeycuspe. Although the name of the cart is a made-up word, the waffles are authentic Belgian waffles, made on a giant

waffle oven imported from Belgium. “The waffles themselves are very light, crispy on the outside and packed with porous caverns of soft dough on the inside,” Beaudoin said.

Customer favorites include the breakfast waffle topped with two soft-fried eggs, sharp cheddar and choice of sausage; the Avalon Clair waffle topped with lavender cream cheese sauce, lemon curd, fresh whipped cream and poppyseed; and the pavé breakfast potatoes. Beaudoin said being a food cart owner gives him “the creative freedom to explore whatever is asking to be brought to life.”

Honeycuspe is open 9 am-4 pm Wednesday-Monday. Closed Tuesday.

LoveABowl

Owner Sarah Esterbrook said she “played around with bowl phrases like ‘load a bowl’ or ‘pack a bowl’ and ultimately came up with LoveABowl, a play on the word lovable.” Best-selling menu items include oxtails made with a house blend of Caribbean spices; pozole, a Mexican stew; and the rose bowl, made with jasmine rice, quinoa, black beans, corn, tomato, avocado, pepitas and salsa. She noted that she uses locally produced HAB sauce, Shirley Temple soda and Portland Microgreens.

Esterbrook cooked in Portland restaurants for years, but with the pandemic found herself working in food carts, as they were the main food businesses that remained open. “I worked hard and saved up enough money to eventually start my own. I love the freedom to create and most of all I love to feed people,” she said.

Hours are 2-8 pm Thursday-Friday and 12-8 pm on Saturday-Sunday.

Ramblin’ Rose Vegan Ice Cream

Owner Mary Allen said she named her food cart after a Grateful Dead song, but it also seemed to be an appropriate name given that Portland is the Rose City and she wanted to incorporate flowers into her ice cream. “I wanted it to be vegan and gluten free so that everyone could enjoy it,” she added.

Customer favorites are soft serve and the BCS caramel scoops, which is brown coconut sugar ice cream with ripples of coconut sugar caramel. “My soft serve flavors change about every two weeks and I incorporate a lot of seasonal fruits,” Allen said.

She always saw herself being a pastry chef at a restaurant or bakery, but when the opportunity presented itself, she decided to put her energy into this food cart.



Food cart owners, (from left) Torrence Lydem, Sarah Esterbrook, Mary Allen and Eric Beaudoin, take a break between customers. Photo by Ellen Spitaleri

“I love ice cream and I love meeting people and creating personalized desserts that everyone can enjoy.”

Her hours are 3-8 pm Wednesday and 2-8 pm Thursday-Sunday.

Underbite

The name of this cart was inspired by his dog’s underbite, owner Torrance Lydem said, adding that incorporating “bite” into the name was a good play on words for a food cart. Lydem has been in the food industry his whole working life and over the last 15 years worked in the assisted-living industry, where he became known for his variety of soups. When he decided to open his own business, he knew

he wanted to feature his soups, but knew he would need to offer sandwiches as well.

“The bestseller sandwich is the BLT-ish. If customers order a soup and sandwich combo, it’s probably the grilled cheese and tomato orange soup,” Lydem said. His menu works well for lunch and dinner for families, he said, adding that his children attended nearby Abernethy Elementary.

All his to-go containers, wraps and utensils are recyclable or compostable; he doesn’t use plastic for his packaging and strives to source his ingredients locally.

Hours are 11 am-7 pm Wednesday-Thursday, 11 am-8 pm Friday-Saturday and 11 am-6 pm Sunday.

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Growing Food and Minds at NorthStar Clubhouse

By Deborah Katz

In the kitchen at NorthStar Clubhouse, 5600 NE Glisan St., the smells are amazing and the mood is upbeat as Nutrition and Wellness staff member Cosmo Disori works with clubhouse members to prepare a healthy lunch: vegetarian burritos and a full salad bar with fruit and cilantro. Music plays on the radio and people socialize while working.

“We grew this in our garden,” member Dee Dee M. says, gesturing proudly at some bountiful lettuce and tomatoes. NorthStar’s large garden currently has 26 different thriving vegetables, fruits and herbs. Members built the garden from the ground up.

NorthStar Clubhouse is a unique, evidence-based, mental wellness community with a non-clinical program. Instead of therapy, members get well by participating in all aspects of running this small nonprofit, which increases their self-confidence and builds skills. Members also combat isolation and gain vital peer support and social connection at NorthStar. Supportive assistance is available for members who want to obtain employment, go back to school or pursue their goals and dreams.

Dee Dee, who’s been a NorthStar member for about eight years, said, “The greatest impact NorthStar has had on me is the friendships I’ve made here. Also, I lose my temper a lot less and I have more patience when people get upset with me about my mem-



Member Dee Dee M. in front of corn, squash and beans.
Photo by Cosmo Disori

ory loss and disabilities.”

Disori added, “What makes NorthStar so special is that we focus on people’s strengths, whereas clinical programs look at people’s symptoms and problems. It’s wonderful to see people wanting to be a part of something, getting things done and growing together. It’s an encouraging thing to witness and be a part of.”

Member Mike S. says, “NorthStar has given me the confidence to establish and enforce boundaries, something I struggled with before. Now I can say ‘no’ to things when I need to, which allows me to better focus my energy on the things I’m passionate about.”

Mental health clubhouses are an award-winning psychosocial rehabilitation model. They revolve around “Work of the Day” meetings, where tasks are discussed and members sign up

to do them. These daily meetings are held in person and on Zoom to accommodate those who are unable to attend in person. In addition to providing structure and meaningful work, NorthStar has holiday celebrations on the holiday itself, to support its members who might otherwise be isolated. The club also has regular social events, which are held in-house, on Zoom and in the community.

Tours are available Monday through Friday, 9 am-5 pm by scheduling in advance at 971.271.7273.

Those interested in joining the clubhouse must be 18 years old or older, live with a mental health diagnosis and live in the Portland metro area. The first step toward membership is to sign up for NorthStar’s weekly orientation by calling the number above. Providers can also submit referrals at northstarclubhouse.org.

How to Successfully Grow Cilantro

By Pritha Golden, Portland
Edible Gardens

While many of us associate cilantro with tomatoes, tomatillos and hot chili peppers, this beloved herb does not like the heat like those other plants do. That means it is easier to grow cilantro in the spring and the fall than it is in the summer, when peppers and tomatoes are ripe. That being said, growing the beautiful cilantro you want from your garden is not out of reach!

Start vs. Seed

As a general rule, cilantro does best when grown by seed. One exception is at the very beginning of the season in late February or early March when it is quite cold. At this time, planting cilantro starts will give you an earlier harvest than you would otherwise get. But from April onward, we recommend planting cilantro by seed.

Cilantro is very sensitive to heat spikes, being in a pot too long and transplant shock. These things can all trigger cilantro to bolt, or shoot up a flower stalk, at which point the leaves start to drop in quality. Planting by seed reduces bolting in cilantro and,

because it matures so quickly, you don’t have to wait long before you get a harvest.

Summer Cilantro

Because cilantro is prone to bolting quickly, the trick to having consistent cilantro from your garden, especially in the hotter months, is to plant it regularly and harvest early, commonly called “succession planting”. The good news, is that a small space can often provide you with lots of cilantro for your kitchen.

Try planting a foot or two of densely planted cilantro once a month to start. You can always make your plantings bigger or smaller based on how much you eat. As well, planting in a location with afternoon shade would be great for your summer cilantro, as it will delay the bolting process.

Shade can come from something that already exists like a tree or fence, or you can create it. Avoid planting in the hottest times of summer.

Slow Bolt Varieties

If you are growing cilantro for the leaves, you will do best to grow “slow bolt” cilantro varieties. We have had success with ‘Calypso’ and ‘Cruiser.’ That being said, if you let your cilantro mature in your garden, the flowers are excellent for pollinators and the coriander seed is also delicious when used in the kitchen. If you let coriander dry on the plant until it is brown before harvest, it will store well for the winter. When you harvest coriander while still green, its flavor is a mix between fresh cilantro and dried coriander. Delicious!



SUMMER | FALL 2022

Mijita Friedita

Written by Ajai Terrazas Tripathi
Directed by Gabriela Portuguese

As a child during the Mexican Revolution, young Frida helps her mother to dress the wounds of soldiers and discovers the world of photography through her father. With the onset of Polio, her parents keep her away from bullies and other harm in the streets, but she is so lonely.

With the help of her imagination, she discovers a world of her own, where she can play and dance, and be herself. She discovers who she truly is, and sets off on her own to become the legendary artist that continues to inspire.

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James Cameron Exhibit at OMSI

By Kris McDowell

The major immersive exhibition *James Cameron - CHALLENGING THE DEEP*, a traveling exhibition produced by the Australian National Maritime Museum, is now on display at OMSI.

Walking into the exhibit, the rest of the museum seems to melt away as the instrumental music immerses visitors in an underwater environment. From there, cinema-scale projections, artifacts and specimens from the expeditions of Academy Award-winning director and deep-sea explorer James Cameron, takes one into the wonders of the deep.

“James Cameron’s passion for the deep oceans and scientific pursuits have placed him at the forefront of underwater exploration. He continues to challenge the deep oceans to unlock their secrets and shines a light on one of the most important and least explored parts of the Earth,” said Erin Graham, President and CEO of OMSI. “We’re excited to showcase how he has merged creative and technical achievements in deep-ocean science, engineering and exploration.”

Cameron has had a lifelong fascination with the deep oceans. He has led eight major deep-sea expeditions and many submersible dives, setting world firsts, including the first solo dive to the Challenger Deep in the Mariana Trench, the first exploration of the interior of the wreck of the RMS *Titanic* and the first seafloor-to-surface live broadcast. He has



Photo by OMSI

also explored deep ocean phenomena such as black smoker hydrothermal vents and discovered new species from the lowest point on earth.

The exhibit includes a recreation of a MIR submersible, a self-propelled deep-submergence vehicle; artifacts from Cameron’s rarely seen personal collection, including some from the design and construction of the *DEEPSEA CHALLENGER*, which was built to withstand water pressure of 16,000 pounds per square inch; and original film props and costumes from Cameron’s movies *The Abyss* and *Titanic*, including the iconic Heart of the Ocean diamond.

Visitors can explore the spectacular and mysterious abyss and discover the shipwrecks of *Titanic* and the German battleship, *Bismarck* and learn about how technologies pioneered by

Cameron for underwater recording, lighting, communication and diving are employed both in his filmmaking and exploration.

The four cinema-scale projections have videos on loop that are timed so that visitors can progress from one to the next, with a few minutes in between to take in other aspects of the exhibit before moving on to the next one. The projections also serve to guide visitors along, introducing them to the next section of the exhibit.

Whether you’re a history/shipwreck fan, fascinated by creatures of the deep sea or a James Cameron movie buff, there’s something for everyone. Admission to the exhibit is included in general admission. More information for the exhibit, which runs through Sunday, September 25, and to reserve tickets at omsi.edu/james-cameron.

Think Out Loud

from page 1

cities by facilitating the construction of more housing and help to address global warming.

Since the zoning reform laws took effect, Portland has built 36 accessory dwelling units, 72 fourplexes, nine triplexes and 10 duplexes for a total of 371 homes in seven months.

New developments in Portland neighborhoods upset many neighborhood residents. Neighbors have often tried to block the development of new housing by protesting at neighborhood meetings and by complaining to the authorities. Usually these housing projects will move forward in spite of the opposition. The owners, developers and officials have followed the rules and any serious changes would delay a project making it more expensive and less affordable.

New housing should not be such an important asset to financial investors. Housing is often required to provide double digit returns and its value as a commodity takes precedent over the functional, utilitarian and societal values.

Homeowners are fed up with the homeless situation in Portland and the public wants the problem solved. Homeless camp-

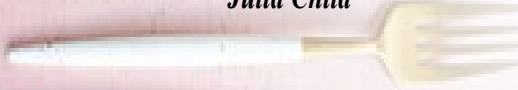
ers living in residential neighborhoods are a threat to lives and property and the authorities often won’t or can’t address situations that occur.

New housing construction would benefit from large scale solutions. Several hundred affordable units per year is not enough and most of the new units under construction are not affordable to those without shelter. Bigger projects that are several thousands of units in size are needed. Lloyd Center, which was recently for sale, was a lost opportunity. It could have been developed as a mixed-use community for as many as 10,000 residents.

Climate change is also becoming an important aspect of new housing, which can provide more efficient energy use, greater freedom of movement and better access to the environment.

The guests in this recent “Think Out Loud” program were the Executive Director of 1,000 Friends of Oregon, the Chair of Albina Vision Trust Board, the Director of the Portland State University Homelessness Research Collaborative and a visiting staff writer from *The Atlantic* magazine. Hear the full program at bit.ly/ThinkOutLoudMay27.

People who love to eat are always the best people.
Julia Child



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FYBERWORKS BOUTIQUE

How to Do a Portland Staycation

By Jack Rubinger

A trip to a Mexico, while not as expensive as Europe or Hawaii, can run a couple about \$4,000 for a 10-day trip including accommodations, food, airfare and car rental.

While out-of-town vacations are fun, invigorating and soul-enhancing, with a little creativity, a small budget and a sense of adventure, one can broaden their horizons, learn to share quality time with their families and help keep the money in the local economy by doing a Portland staycation.

Katherine Endy at The Family Life Coach offered several quick tips. She suggested planning ahead and asking family members what kinds of things they want to do and creating a schedule, so everyone gets to do something they want. She believes deciding how much you want to spend can actually help you relax and just have fun.

One of the perks of being on vacation for parents is not having to cook and clean. Endy recommends hiring a house cleaner, like a high school or college student, to clean during your staycation.

“Explore your own city or town as though you’d never been there before. If you go into it with openness, curiosity and wonder, you’re bound to discover someplace you’ve never visited or didn’t even know was there,” said Endy. She suggested making the at-home part novel-eat meals outdoors, “camp out” in the living room or the backyard, allow the kids to stay up a little later or eat dessert every night.

Backyard/Driveway Fun

Corn hole is a fun game that can be played by both kids and adults. All you need are two slanted boards, each with a hole located near the top, plus four bean bags per team. Score points by getting the beanbag near or into the hole. Stores like Target carry corn hole kits, but it’s so much more fun to build one or have someone build one for you.

To make your own, check out Dan’s Custom Wood Designs & Custom Cornhole Boards. Work with him and he’ll help you choose what kind of wood to use. They can customize the boards, (like the Sasquatch one above) and you’ll wind up with a game that’ll last for years that won’t cost an arm and a leg (less than \$200). Contact Dan at



971.406.6943.

Back in the day, whiffle-ball was a fun baseball spin-off involving a plastic bat, ball and a garage door for a strike zone. Two or four can play. It’s possible to throw wild curve balls. Use the neighbor’s driveway for the out-field.

While sandboxes have been around for years and there are plastic ones that can be purchased at stores, building your own sandbox is super fun and pretty cheap. Kids are fascinated with digging and playing in dirt, which is why a sandbox is a perfect alternative to the backyard mud pit. Self-contained, free of debris and easy to dig up with the most plastic of toys, a sandbox can keep kids occupied for hours.

Building a sandbox is simple. Stack lumber in a square, fasten it together and fill it with sand. For about \$300, a sandbox can be easily built with materials found at most hardware stores. Years later, the sandbox can become a raised bed for plants.

Start Your Own Summer Camp

Portland boasts a wide range of summer camps for kids. But it takes a bit of creativity and logistics to create your own summer camp. Start by talking to friends and learning their schedules. Then, determine who has time to take five to six kids for an afternoon. Set up a schedule, then let the fun begin—and use that homemade sandbox. The benefit is that different families can take responsibility, creating pockets of time to work and do errands.

For those whose kids need more structure, the USA Gymnastics Clubs is offering half day and full day gymnastics camps for kids ages 5-12 now through August 26. Parents can book by the day or by the week.

Free Music

For staycationing adults, the folks at Ship Ahoy Tavern on

SE Gladstone are hosting open mic nights on Wednesdays out on their outdoor patio. The talent level is pretty good and the enthusiasm and audience participation level are outstanding. It’s mostly guitar players and singers, but one day a saxophone player showed up, resulting in an impromptu band being formed. Just remember to buy a beer—or two.

For a family-friendly music scene, People’s Co-op also has free music on Wednesdays, as part of their farmer’s market.

Staying Cool

Instead of buying an air conditioner, consider creating a DIY air conditioner. Just fill a shallow pan or bowl with ice and place it in front of a fan. As the ice melts, the fan will pick up the cold water particles and blow them around the room creating a cool mist.

Entertainment

Teatro Milagro has a great event planned for families Saturday, August 13. They are launching a touring show for schools about the young Frieda Kahlo. The play will officially run in schools starting in September.

Also on Saturday, August 13, 6:30 pm, at Laurelhurst Park there’s going to be a free show by DJ Prashant and the Jai Ho! Dance Troupe.

On Thursday, August 18 at Essex Park, Sabroso, a Latin funk band, will play a free concert at 6:30 pm.

Sewallcrest Park is hosting a free movie, *Raya and the Last Dragon*, Saturday, August 27, 7:30 pm.

Portland summers are the perfect season for staycations as the weather is beautiful, people are outside and there’s a much looser, more fun vibe. Now is the best time to get to know your neighbors and catch up. Ask them what they’re doing for fun. Share your plans and resources.



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Of the Moment at OSA



The Gallery at the Oregon Society of Artists (OSA) presents *Of the Moment: Plein Air & Alla Prima Showcase* Thursday, August 4-Wednesday, August 24. Plein Air painting and Alla Prima painting captures the essence of a scene, the attitude of a landscape or the character of a moment. Most often completed in a single sitting, these works feature lively and impressionistic views, bold gestures and impromptu mark-making. For the Plein Air and Alla Prima Showcase, we’re looking for works that characterize these techniques and capture the fleeting moment. Whether painting in plein air or alla prima, we want to see work that expresses the spontaneity and immediacy of documenting the ever-changing world.

Of the Moment will be juried by Barbara Jaenicke, a renowned artist, known for her light-filled landscapes and painterly, impressionist style. She has won Plein Air Magazine’s Plein Air Salon competition multiple times, been featured in and written for Pastel Journal and Artists Magazine and holds the distinction of Master Pastelist in the Pastel Society of America.

Awards will be presented on opening night, August 4, 6-8 pm. The Gallery, at 2185 SW Park Pl., is open Monday-Friday 10 am-4 pm and Saturday 1-4 pm. More at osartists.org.

OCT 2022-23 Season

The Oregon Children’s Theater (OCT) kicks off its 2022-23 performance season with *Be the Hero of Your Story*. The season will offer five Mainstage productions and three shows—*Pestilence: Wow!*, *The Mad Ones* and *Impulse: Sweet 16*—produced by its acclaimed teen company, the Young Professionals Company. In addition to public performances, OCT will welcome schools back for a full season of field trips and daytime performances of all five Mainstage productions as well as *Impulse: Sweet 16*.

“This season’s selection of stories is inspired by heart and tenacity,” says Artistic Director Marcella Crowson. “Young people have the unique ability to look at a situation with a kind of fearlessness and imagination that can sometimes elude grown-ups. When many adults say, ‘We can’t,’ children will say, ‘Why not?’ The young characters on our stages this season become the heroes of their stories by asking questions and tackling problems using teamwork, bravery and determination. We hope that these acts of heroism can translate into the everyday lives of children and families long after they leave our theatres and classrooms.”

In the winter of 2021, the organization resumed in-person programming and has been careful to adjust, adhering to COVID-19 safety guidelines, while always prioritizing the safety of its artists and patrons. This next season marks the first full season OCT has produced since 2018-19. Tickets and more information about at octc.org.

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Movie Madness University

Hollywood Theatre’s Movie Madness University (MMU) is “where movie lovers go to learn stuff.” In August, learn stuff about *Everything Everywhere*, New Zealand cinema, and director Ken Russell, in two separate classes.

Starting Thursday, August 4, “Everything and Everywhere (Again and Again)” is a four-week class led by Max Swanson, a filmmaker/performer, writer, educator and organizer who teaches at NW Doc and PSU and is the co-producer of local drag and art collaborative Max & Mars Present. Each week the same film will be screened, with a look at a different cinematic element that composes it from narrative and story in week one, sound in week two, imagery and mise en scene in week three and finishing with a finale discussion in week four. In that, the sociopolitical, philosophical and supernatural threads as an Asian, queer, immigrant story about ending cycles of generational harm and situate the film in the larger story of its creators lives’ and the trajectory of contemporary times will be explored. Reserve your seat at bit.ly/MMUEverything.

The four-week course on Mondays, “Intro to New Zealand Cinema,” will explore key entries in the history of New Zealand film canon and introduce actors and directors who continue to shape cinema today. MMU Lead Instructor Kia Anne Geraths, a filmmaker and educator, has taught previous classes including Documentary Filmmaking and Cult Horror of the 70s, 80s and 90s. Grab a spot at bit.ly/MMUNewZealand.

The first of two courses on Ken Russell run Tuesdays in August. “Ken Russell: Controversies.” Lavish, experimental, contentious and bold, Ken Russell’s films challenged audiences and garnered the director both admiration and notoriety in his 55-year career. The course will consider Russell’s most provocative and controversial films, from a sci-fi exploration of consciousness to an 80s erotic thriller to a 1971 film that’s widely considered to be one of the most controversial ever made. Kia Anne Geraths will teach the course. Snag a spot at bit.ly/MMURussell.

Wednesdays in August, beginning August 10, will be MMU’s “Crash Course Ken Russell: Biographies.” During the 1970s Ken Russell (best known for *Women in Love* and *Tommy*) directed a string of creative biographical films focused on artists—primarily composers as well as a sculptor and an actor. As with many of his films, Russell’s voyages into their lives are lavish, sumptuously photographed and nonlinear. His attempts at biography aren’t necessarily factually correct, but the moods invoked might be truer to reality.

For a full lineup of the films being screened, email education@moviemadness.org with “class titles” in the subject line. The course is curated by Hollywood Theatre Membership Manager Destyne Norwood. Sign up at bit.ly/MMUKenRussell.

William Byrd Festival Returns

After a two-year pause, Cantores in Ecclesia is bringing back the William Byrd Festival with a celebration of the music of Thomas Tallis and William Byrd with a focus on the work of Tallis, Byrd’s teacher and mentor, alongside music by Byrd himself, and will include services, concerts and lectures.

Mark Williams, Informator Choristarum & Organist at Magdalen College, Oxford, UK, returns to share the direction of Cantores in Ecclesia with the Choir’s resident director, Blake Applegate. Lectures will be given by Dr. William Mahrt of Stanford University, Dr. Ross Duffin of Case Western University and Portland’s own Dr. Kerry McCarthy, whose book, *Tallis*, was recently published by Oxford University Press.

The Festival will open with



a concert of choral music including Tallis’s famous *Lamentations* in the Church of St. Philip Neri Friday, August 5 and will culminate in a concert, also at St. Philip Neri Sunday, August 21, featuring works by both Tallis and Byrd, including Tallis’s magnificent *Mass Puer natus est nobis* and Byrd’s moving *Ne irascaris, Domine*. Masses and lectures will be held at Holy Rosary Church and there will be an organ recital and Evensong at Trinity Episcopal Cathedral Sunday, August 14.

The full program and further details may be found at byrdfestival.org. Tickets for the August 5 and 21 concerts are available at the door or in advance (\$25 general admission/\$20 seniors and students) at brownpapertickets.com or by calling 800.838.3006. All other events are free admission with a freewill offering.

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Montavilla
Movie Nights



Wednesday nights in August are Montavilla Movie Nights with classic films shown in the plaza at the corner of SE 79th Ave. and Stark St. Wednesday nights tend to be quiet in the neighborhood so to help bring foot traffic and make these movie nights a success, local businesses will be offering special snack boxes or a 10 percent discount.

Natural Furniture has chosen to sponsor the first film, *Ferris Bueller’s Day Off* on August 3, followed by *The Sandlot* from Mr. Plywood, *Don’t Tell Mom the Babysitter is Dead* brought to you by Wink Vintage, *Dazed and Confused* from The Observatory and finishing out the month is a yet-to-be-determined movie from Redwood. Follow the Montavilla East Tabor Business Association (METBA), metba.org, to cast your vote for the final movie via their social media poll.

Movies start at dusk, 9 pm. Grab some popcorn from The Academy Theater across the street, beverages from Threshold Brewing and bring your own snacks for the outdoor flicks.

Dungeons &
Flagons



Adventurers! Are you a 3rd level Halfling bard? A 5th level half-Orc paladin? A Dragonborn druid? Do you seek fame, glory, and treasure? Are you willing to test your might and wit against the forces of Evil?

If you like Dungeons & Dragons or even think you might like Dungeons & Dragons, this is the event for you. Come out Monday, August 1, 4:30-9 pm for an evening of D&D, beer and a delicious meal prepared special for all of us tavern folk.

Bring your mightiest 20-sided die, 5th Edition character sheet, dice, something to take notes with and your bag of holding to Gigantic Brewing, 5224 SE 26th Ave., where adventure awaits.

Tickets (\$45) include two beers, meal and four-hour adventure run by a skilled Dungeon Master. Purchase at bit.ly/DandDatGigantic, selecting your character level at purchase. Questions? Feel free to reach out to Josh at josh@5440brewing.com.



Lose Yr Mind Fest VIII

The Lose Yr Mind Fest has announced the full line up for the 8th annual independent music festival celebrating some of the best artists in rock, psychedelic, post-punk and garage. This year’s primarily local line up features 23 bands and two music showcases across four venues in Portland’s Central Eastside neighborhood Friday, September 2-Sunday, September 4.

Fueled by the nostalgia of the 90’s, the lineup dives into the past to create a new blend of fresh and eclectic post-punk sounds. Highlights include various Portland-based hometown stars such as ‘sad rock’ Soft Kill, psychedelic-pop band The Dandy Warhols and indie-folk MAITA, whose sophomore record *I Just Want to Be Wild for You* dropped in February.

While the mix of artists at Lose Yr Mind Fest includes local favorites, Psychic Bloom’s soulful garage rock from Tehran and Orquestra Pacifico Tropical’s Colombian cumbia rhythms show that the festival sounds go beyond borders and genres. Along with a majority of female-fronted bands, the festival emphasizes BIPOC and LGBTQ+ representation, making it the most diverse Lose Yr Mind Fest to date.

Schedule and tickets (\$25-120) available at bit.ly/LYMF2022. Ticket options include daily tickets, weekend passes, “starving artist” rates and a hero weekend pass that includes a merchandise bundle.

Retrospective Group Show



August 2022 marks Pushdot Studio Gallery’s 20th anniversary and to celebrate, they’re excited to show works from all the gallery’s 20 years. The retrospective of artists they’ve had the honor and pleasure to show will be open Friday, August 5-Friday, September 30.

It kicks off with an opening reception August 5, 6-8 pm for a walk down memory lane, a lane that is filled with the community that has supported the gallery on their unbelievable journey. The Pushdot family wouldn’t still be around without the many photographers, artists and creatives that have contributed.

Pushdot is located in the Ford Building, 2505 SE 11th Ave., Suite 104 and open Monday-Friday 8:30 am-5 pm. Free admission. More at pushdotstudio.com.

Stick to Your Guns at Bossanova



Celebrating their recently released album, *Spectre*, hardcore band Stick to Your Guns is playing at the Bossanova Ballroom, 722 E. Burnside St., Friday, September 2.

The show is the second date of their North American headline tour, which runs through October 1. Joining Stick to Your Guns are Kublai Khan TX, Belmont, Koyo and Foreign Hands.

Stick to Your Guns has vocals by Jesse Barnett, Andrew Rose on bass, George Schmitz on drums and Chris Rawson and Josh James on guitar.

The all ages show starts at 6:30 pm, with doors at 5:30 pm. Advance tickets (\$23) now on sale at bit.ly/StickToYourGunsSept2; \$25 at the door.

Montavilla Jazz Festival

After creating spaces for jazz around the city throughout the pandemic—on the big screen, in parks, on the playground and in driveways—Portland’s Montavilla Jazz Festival 2022 returns for its ninth season August 19–21. The concerts feature an array of emerging and established local artists at Portland Metro Arts, 9003 SE Stark St., and expands its footprint to four venues across the city.

Kicking off the festival is Portland Jazz Composer Ensemble’s *The Heroine’s Journey*, a double-bill of newly commissioned works from veteran vocalist Marilyn Keller and alt-jazz singer-songwriter Rebecca Sanborn, at Alberta Rose Theatre Friday, August 19, 8 pm.

Pianist/composer Kerry Politzer headlines the festival with LA-based guest trumpeter Alex Norris joining her Quintet Sunday, August 21 and Saturday night adventurous saxophonist Rich Halley is joined by NYC’s Matthew Shipp Trio. Both shows are at Portland Metro Arts and start at 8 pm.

This year’s Montavilla Jazz Festival includes two late-night sets at The 1905–Friday, August 19, virtuoso multi-instrumentalist and mentor George Colligan showcases for young Portland jazz artists and Saturday, August 20 a rare performance by drummer/Composer Barra Brown’s Quintet offers melody-driven improvisational ensemble of inventive original music.

“Montavilla [Jazz] is doing so much for the music right now, really cultivating that community-driven aspect,” 2019 Festival artist Charlie Porter told NPR’s Jazz Night in America. “There are so many crushing musicians in Portland and they should have more opportunities to play…it’s a problem of having a place for them to



go do it.” Executive Director Neil Mattson shares, “Montavilla Jazz has been focused on turning the ‘issue’ of venues into an opportunity to look at spaces creatively. If people haven’t been to the festival before, they may be surprised at the high-quality, intimate venues right here in Montavilla. Portland has an embarrassment of riches: world-class jazz from straight-ahead to outright, outside your front door and we’re proud to be creating space and a platform for these artists.”

Find the complete festival lineup and tickets (\$5-35 per concert) at montavillajazz.org. Discounts available for advance purchases, students and Arts for All available for some concerts. Limited day passes for Saturday and Sunday performances at Portland Metro Arts for \$50-60 and full festival passes run \$155-185.

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A rental of a VR TO GO all-in-one headset allows you to experience breathtaking, unexpected and moving moments where you’re not just watching passively on the couch—you are immersed in the space and actively a part of the story. Reimagine date nights, family nights, friend hangs and me-time with a simple rental.

The selected projects change quarterly and are curated by PAM and Phi Centre, the premier multi-media hub for VR and immersive art in North America. All of the featured projects have won awards at major international festivals and are considered some of the best work in the world, showcasing the possibilities of what’s next. Through August 26 the projects come from France, Belgium, Canada, the US and Taiwan.

Each 72-hour rental (Friday to Monday or Tuesday to Friday) includes the use of one Oculus GO headset pre-packaged with the immersive projects. Full instructions and a custom interface make it as simple as pointing, clicking, selecting and experiencing over 100 minutes of the best VR storytelling experiences in the world. Rentals (\$50 general/\$45 PAM members) available at pamcut.org/screenings-experiences/vr-to-go.

Lumen Odyssey at Imago



Lumen Odyssey, an intergalactic trip to the inner mind, runs at the Imago Theatre Friday, August 26-Saturday, September 17, 7:30 pm with a 2 pm matinee Sunday, August 28. In Jerry Mouawad’s meta-physical sci-fi adventure, a woman (Carol Triffle) of astronomical hubris reunites with her down-to-earth daughter (Brenan Dwyer) to trip the light fantastic from galaxy to galaxy and heartbreak to heartache. Theirs is a life-changing journey that starts in a city center and ends at the edge of the universe; an eternal conflict communicated in hushed tones, primal screams and seriocomic jests; a mad race to a diabolical future by way of an invisible subway that speeds along at 186,000 miles per second. Familial conflict has never been so phantasmagorical, so paradoxical, so tragically fun.

Onstage as in life, mother-daughter relationships can be... unpredictable? Complicated? Epic? Take your pick. But the generational divide between the two women takes this conflict to fantastical extremes. How else to describe a world in which the matriarch fashions herself as the Mother of the Universe?

Tickets (\$20) available at imagotheatre.com/lumen.html.

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Camp Crush Album Release



The Portland-based new wave pop duo consisting of singer/songwriter Jen Deale and husband/drummer Chris Spicer has released their new EP *Always?* After meeting in 2010, they discovered their shared love for the mood, drama and songwriting of bands like The Cure, New Order, Berlin and the National. After getting married shortly thereafter, they launched Camp Crush and began channeling those influences into their own brand of dramatic pop.

Following the release of several singles and their first EP, *She's Got It*, Camp Crush began collaborating with Grammy Award winning engineer and producer Rian Lewis, resulting in 2 EPs in 2019 – *Run* and *Feel Something*. Two of their songs, “Fireflies” and “I Would Run,” are featured on PDX Pop Now compilations.

Deale’s approach to music faced a big test at the beginning of the pandemic. A new EP had been written and studio time planned for March 2020 and Camp Crush made the decision to forge ahead even as the world paused. They worked virtually with their producer/engineer and began recording sessions from their home, finding that the situation removed the time constraints of the studio and allowed them to focus on getting it right. “It’s really satisfying to see the end product become something so special, something that came out of a major hardship,” Spicer said.

As things begin to open back up, Deale says, “We can’t wait to get back on the road and play shows again.” They played two shows in July, a performance at Mississippi Studios and at the Oregon Trail Brewfest. Visit campcrushmusic.com to keep on top of future performances and to access the new EP.

RISK/REWARD Presents
Allie Hankins

Following her successful performances at On the Boards’ Fragmented Flow Festival in June, Allie Hankins brings *By My Own Hand, Part 1: GHOSTING* to Performance Works NorthWest Friday, August 5-Sunday, August 7.

With the word “ghost” as a thread to tie together ideas of self-effacement, the impossibility of memory, the slipperiness of language and associative thinking, *GHOSTING* centers deconstruction. It questions attempts we make at containment; at naming; at establishing lines and boundaries. Soundtracked by echoes and reverberations of past performances, rehearsals and experiments, the show is an excavation and repurposing of the performance’s shadow or ghost.

The always compelling Hankins populates the space with light, shadow, haunted objects, dancing and songs as she toys with the perceived power of the systems we use to define ourselves—things such as astrology, psychotherapy and dream interpretation. As the piece unfolds, *GHOSTING* coyly points to the futility of upholding a fixed persona in life or in performance.

Allie Hankins is a dancer/performer/maker and resident artist/steward of FLOCK Dance Center, a creative home to Portland’s experimental dance artists founded in 2014 by Tahni Holt. In 2013 she co-founded Physical Education, a critical and casual queer cooperative comprised of herself, keyon gaskin, Taka Yamamoto and Lu Yim. Physical Education hosts open reading groups and lectures, curates performances and teaches workshops nationally.

Tickets for the three 8 pm performances are available at risk-reward.org/event/by-my-own-hand and are pay-what-you-can, represented as a sliding scale. If the preferred amount is not listed, contact katie@risk-reward.org. The August 5 show will be ASL translated (a language Hankins is learning when not performing) and will be available for live streaming as well as in person.

Playing at
Cafe Artichoke
in August

The lineup of shows at Cafe Artichoke in August include a benefit for Ukraine and Mary Flower with special guest Adam Scramstad.

Friday, August 13, 8-10 pm award-winning songwriter Ron Shaffer performs a benefit for Ukraine. Shaffer has been featured on shows such as “Evening Becomes Eclectic” on KCRW and his latest record, *Broken Windows*, has gotten radio airplay around the world and wherever music is streamed.

Tickets are \$20 and doors open at 7:30 pm. Seating is first come, first served. At the request of Shaffer, vaccination cards will be required as well as masks when not eating or drinking.

Mary Flower takes the stage with special guest Adam Scramstad Saturday, August 20, 7-9 pm for an evening of world-class solo/duo acoustic finger-style, ragtime, slide and blues guitar music.

Flower’s immense finger picking guitar and lap-slide prowess is soulful and meter-perfect, a deft blend of the inventive, the dexterous and the mesmerizing. Her supple honey-and-whiskey voice provides the perfect melodic accompaniment to each song’s story.

Adam Scramstad is an award winning solo acoustic finger-style, slide and blues musician, born and raised in Oregon. Scramstad’s repertoire covers a broad range of early American Folk and Blues and he is also known for his strong and creative songwriting. Tickets are \$20 and doors open at 6:30 pm.

Find a full listing of Cafe Artichoke shows and purchase tickets at artichokemusic.org/LiveMusic.html.

Satori Call for Singers

Change up being a member of the audience at a show to being part of what the audience is coming to enjoy by joining Satori Men’s Chorus for their 2022-23 season.

Satori Men’s Chorus is a non-auditioned, multi-level choral group where people of all ages and musical abilities have the opportunity to sing, grow as musicians and enjoy friendship and harmony. They perform at least three concerts between September and mid-June featuring a variety of musical styles, including traditional, contemporary pop, Broadway, folk, classical, jazz and gospel.

Some of Satori’s members have been singing for many years. Others are returning to what they loved at an earlier time. Maybe it’s time you returned to the joy of making music as well.

Satori is committed to maintaining a safe and welcoming atmosphere for everyone. All are treated with respect and dignity. All are welcome into Satori. The Chorus is not affiliated with any political or religious organization. All members are required to have up to date COVID-19 vaccines and booster shots. The Chorus rehearses in an air-purified location.



Satori’s in-person and Zoom rehearsals begin Wednesday, September 7. Potential new members are welcome to attend rehearsals while the Chorus prepares for Satori’s first concert of the season. Sight reading is not required and you don’t have to audition. You do have to be able to match pitch and promise to practice. All voices that sing in the Tenor/Baritone/Bass registers are invited to try out.

Practice tracks are used to help learn the music. Members pay dues, currently \$35 per month, which goes to pay the director, purchase music and to defray general operating expenses.

Additional information is available at the Satori Men’s Chorus website, satorichorus.org, or at weekly rehearsals. Rehearsals are held on Wednesday evenings, 7-9 pm at Unity Church of Portland, 4525 SE Stark St.

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DARRELL
SCOTT
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Hawaiian music with
PAULA FUGA

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The Granny
Crawl



The Granny Crawl comes to Portland! Put on your best grandma attire and get ready to crawl to five different participating bars/breweries, including Threshold Brewing & Blending and Montavilla Station, in the Montavilla neighborhood, Saturday, August 20, 5-10 pm.

Tickets are available single, as a two-pack and as a four-pack (\$12-35) at bit.ly/GrannyCrawlPDX. Your wristband will provide access to the crawl and exclusive food/drink specials at all of the participating venues.

Hirsch and Lambert at Sidestreet Arts



Gary Hirsch "The Happiest Thing in the Universe"

Gary Hirsch and Roberta Lampert are the featured artists at Sidestreet Arts for the month of August. Hirsch is a prolific painter, street artist, improviser and presenter on the magic of the improvised creative process. He creates visual worlds where he explores universal themes of joy, fear and how our inner and outer lives help shape our reality.

You may have seen his many murals on the exterior walls of the Sidestreet Arts building and now you have a chance to bring ones like this 2' x 3' acrylic on wood piece above into your own space.



Roberta Lampert "Sundown Vase"

Having lived in the Portland area since 1978, Lampert particularly enjoys her proximity to wilderness areas and incorporates those influences into her work, which focuses on shapes and textures inspired by nature. She has developed a production line of thrown and hand-built electric-fired porcelain. Of late, she has also joined the local wood firing community, capturing the organic effects of flames, ash and wind on her pieces.



Roberta Lampert "Cornfield"

The show runs Thursday, August 4-Sunday, August 28 with the artist in the gallery for the First Friday Artwalk on the 5th, 5-7 pm. Sidestreet Arts, 140 SE 28th Ave., is open Thursday-Sunday, 12-5 pm and online at sidestreetarts.com.

Alberta Rose's August Shows

August performances at Alberta Rose Theatre include Tim O'Brien with Jan Fabricius (right) Thursday, August 11, Darrell Scott Saturday, August 20 and Paula Fuga, Friday, August 26.

O'Brien started touring nationally in 1978 with Colorado bluegrass band Hot Rize and included his bluegrass hits "Walk the Way the Wind Blows" and "Untold Stories." Over the years, O'Brien has collaborated with his sister Mollie O'Brien, songwriter Darrell Scott, and noted old time musician Dirk Powell, as well as with Steve Earle, Mark Knopfler, Dan Auerbach and Sturgill Simpson.

Living in Nashville since 1996, O'Brien's skills on guitar, mandolin, fiddle and banjo make him an in-demand session player. He tours throughout the US and abroad, was awarded song of the year in 2006 by the International Bluegrass Music Association and named best male vocalist in 1993 and 2006. He was inducted into the West Virginia Music Hall of Fame in 2013.



Darrell Scott (left) comes from a musical family with a father who had him smitten with guitars by the age of four, alongside a brother who played Jerry Reed-style as well. From there, things only ramped up with literature and poetry endeavors while a student at Tufts University, along with playing his way through life. After recently touring with Robert Plant and the Zac Brown

Band, producing albums for Malcolm Holcomb and Guy Clark and being named "songwriter of the year" for both ASCAP and NSAI, these days find him roaming his Tennessee wilderness acreage hiking along the river, creating delicious meals with food raised on his property and playing music. He often leads songwriting workshops to help people tell their own truths with their stories, and is as busy as always writing, producing, performing, and just plain fully immersing himself in life.

Paula Fuga and her band return to the Alberta Rose for an evening of contemporary Hawaiian music. Exquisite vocals, powerful lyrics and gorgeous melodies have earned Fuga widespread critical praise and an incredibly dedicated fan base. She is complex, intelligent and real, her songwriting and performances filled with depth and passion. It is almost impossible to peg her into one genre—with a beautiful disposition, sweet island vibes and Hawaiian roots reggae in the mix, her music has been called modern Hawaiian soul. She is praised for her deep intensity and emotion with a personal style that is widely appealing, endearing audiences to her around the world.

Her first release, *Lilikoi*, earned her the Na Hoku Award (Hawai'i's "Grammy") for Most Promising Artist of the Year in 2007. A blend of tradition and evolution, her music features soul and jazz-infused lyrics, seamlessly mixing English and Hawaiian languages, supporting herself on 'ukulele with her two piece band and an engaging voice that makes immediate connection with audiences.

Doors open at 7 pm, show 8 pm and minors are allowed when accompanied by a parent or guardian. Tickets for these shows and information about the full lineup at albertarosetheatre.com.

Bruce Lee Films at Clinton St.

Spanning multiple days this month, the Clinton Street Theater screens Bruce Lee's greatest films, shown in curated order, rather than by release date, in order to celebrate his impact on the world.

"Bruce Lee's influence on modern culture cannot be overstated," says Clinton Street Theater co-owner Aaron Colter. "From countless homages in video games, comic books and films like *Kill Bill* (2003), there's really no one else as iconic as Bruce Lee. And it's not just his movies. He was a poet and a teacher. His hybrid martial arts philosophy paved the way for modern MMA. He continues to be an inspiration all over the world. His philosophy of 'be water' was adopted by protesters in Hong Kong during the 2019 anti-extradition movement. There's even a statue of him in Mostar, Bosnia that was unveiled in 2005 as a symbol of peace. Everyone still knows Bruce Lee today, not because he was a celebrity, but because he embodies strength and perseverance."

The series kicks off with *Fists of Fury* Monday, August 15, followed by *Enter the Dragon*, Saturday the 20th, *The Way of the Dragon*, Thursday, the 25th, *The Big Boss*, Monday the 29th and finishes with *Game of Death*, Tuesday the 30th.

Limited festival passes are available for the full five-film set in addition to tickets for individual screenings at cstpx.com. All shows start at 7 pm.

Black Domain Photo Exhibit

Running through September 24 at The Architectural Heritage Center (AHC) is the exhibit "Black Domain" featuring photographs by Portland-based artist Intisar Abioto that examine the lived history of Black place. Through portraits of Black Portlanders in their homes, at work, in creativity and at worship, the exhibit captures places of architectural, cultural and historical relevance to the city's Black communities.

The homes, small businesses, community centers and other sites in Abioto's photographs have deep cultural meaning that illuminates their architectural significance. From these spaces, even the most intimate, emanate experience of Black life, rest and restoration, authority, education, creativity, comfort and solace.

"Black Domain" is the largest solo exhibit to date of work by Abioto, a multidisciplinary artist who works across photography, dance, research and writing. She has been documenting Black presence in Oregon since 2013,



Retired librarian Patricia Welch at home by Intisar Abioto, 2022

including The Black Portlanders photo essay and blog and the Black Legend, Black Oregon exhibit at the Oregon State Capitol in 2019.

AHC, 701 SE Grand Ave., is open Thursday-Saturday, 10 am-5 pm. Admission is free for AHC members/\$8 for the general public.

Driveway Jazz and Lincoln Street Concerts

The Driveway Jazz Series is featuring four concerts in August and now there's even more music to enjoy with their sister series at the Lincoln Street United Methodist Church, 5145 SE Lincoln St.

The Driveway Jazz Series is funded by the Regional Arts and Culture Council and the Concerts at Lincoln Street are funded by the PDX Events Action Table.

The first two Fridays (August 5 and 12) feature the Cheryl Alex Trio (flutist-vocalist Alex with Dan Gaynor on keyboards and Brent Follis on drums) and the George Colligan Quartet (pianist Colligan is joined by John Nastos on saxophone, bassist Eric Gruber and drummer Michael Raynor), respectively.

The middle of the month has back-to-back shows. The Adam Carlson Quartet with trumpeter Justin Copeland Quartet start the weekend Friday, August 19 and the next night is the Concerts at Lincoln Street's only August performance with the Kareen Kandi World Orchestra.

Vocalist Sherry Alves and pianist Cassio Vianna wrap up the month Friday, August 26 with their bossa nova and Brazilian standards.

All shows start at 4 pm. More information and live streaming at facebook.com/drivewayjazz/events.

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Wellness Word

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

Keep Hiking All Summer With Four Tips for Knee Health

Portland is surrounded by amazing hiking. We have trails that offer views, trails that challenge our strength and trails that meander through quiet meadows. Taking good care of our knee joints today will allow us to comfortably enjoy all of these trails for many years to come.

First, a bit about knee anatomy. The two largest muscle groups acting on the knee are hamstrings in the back and the quads in the front. The quads straighten the knee and the hamstrings bend the knee. The balance in strength between these muscles is an important component of knee health. The quads are often stronger than the hamstrings; in order to achieve balance we need to strengthen the hamstrings and stretch the quads.

Strengthen Your Hamstrings

Many of us experience pain in the back of the knees and thighs or buttock while hiking. Pain in these regions is often due to hamstring tension. While our first instinct is to stretch the hamstrings, it is often more important to do strengthening exercises for the hamstrings. Here are two exercises for hamstring strength.

Glute bridges: Lie on your back with knees bent to 90 degrees and feet flat on the ground. Lift the pelvis off the ground and hold for one breath. Return the pelvis to the floor. Try starting with two sets of 10 repetitions. There are many variations of the

glute bridge to make the exercise more challenging.

Dumbbell deadlift: Stand with feet hip-width apart. Have a light dumbbell in each hand. This is your starting position. Hinge forward at the hip while allowing the knees to bend slightly. Keep your back flat and lower the weights along your shins. Then, keeping your core strong, push through your heels and return to the starting position. Try starting with two sets of 10 repetitions.

Foam Roll Your Quads

The quad muscles, in the front of the thighs, are often the strongest muscles in the lower extremity. In order to balance out all of the forces pulling on the knees, it is essential that we create length in the quads by either foam rolling or stretching.

Foam rollers for the quads are 10-inch diameter hard foam tubes. They can be found at most exercise equipment stores or online.

How to foam roll your quads: Start by lying on your front and placing the foam roller under the top of one thigh. Bend the opposite leg away from the roller. Allow your weight to settle in your forearms and shoulders. While using your upper body for support and to control the pressure, slowly move your body weight forward allowing the foam roll to roll towards the knee. If you find sore places, hold over those areas for an extra breath.

Foam rolling can be very uncomfortable at first; this changes quickly with practice. We recommend starting with 30 seconds to a minute on each quad two times a day.

Manage Downhills Carefully

The knees experience heavy compressive forces while going downhill. Being mindful of your movements will minimize the impact of these forces. Instead of locking your knees when descending steeply, keep your knees slightly flexed and maintain a slow, steady pace.

Try walking in a zig-zag motion, rotating the pelvis left and right so that the knees don't always face downhill while descending. Remember to stay controlled and go slowly.

Invest in Your Footwear

Having footwear that is in good condition and well-fitting is important for maintaining healthy knees. Make sure you have enough cushion under the heels to absorb the impact forces; this protects the knees. There are many inserts to help you achieve a tighter fit and increase under foot cushion.

Your shoes or boots will need to be upgraded regularly. We recommend buying new hiking boots or shoes every 500-1000 miles. Remember it costs more to fix knees and feet than it does to buy new gear.

Many Portland stores have experienced staff that can help you choose footwear that is right for you. We have found the staff at REI particularly helpful.

We look forward to seeing you on the trails this year!

Oliver Leonetti L.Ac is a Certified Sports Medicine Acupuncturist and Co-founder of Inner Gate Health & Wellness. Learn more at InnerGatePDX.com.



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Neighborhood Notes

HAND By Jill Riebesehl

At the July meeting of the Hosford-Abernethy Neighborhood Association, Board members and others in attendance moved their attention to the city as a whole.

Coming up in November, voters will be able have their say on a totally new organizational structure of the local government. Every 10 years, elected officials select a group of residents to take a good look and, if necessary, propose changes. The Charter Commission, which has been working on the task for more than a year, is suggesting we enlarge City Council, set up four specific geographical districts, change the function of the mayor, create the position of City Manager and rearrange voting procedures.

To get a better understanding, we invited commission member Vadim Mozyrsky to describe the proposal, as well as share problems he sees at this point with the finished product. Next month, the HAND Board’s goal is to host a guest who can speak more favorably. Vadim’s concluding remarks came down to this: With all the large problems facing our city, to totally change our governing structure in 2024, rather than take it one change at a time, would be disruptive. Anyone interested, can check out commonsensepdxgov.com.

Winding up the summer, we are looking forward to Movies in the Park at Sewallcrest Park on Saturday, August 27. Three neighborhoods are sponsoring the fun and games. Activities will start mid-afternoon with the movie *Raya and the Last Dragon* at sundown. And the next day, for many blocks along Hawthorne Boulevard, people can walk the avenue at the Hawthorne Boulevard Business Association’s annual street fair.

Upcoming HAND Board meetings include a retreat at Revolution Hall Tuesday, August 16 and Zoom meeting Tuesday, September 20, both at 7 pm. All are welcome.

Montavilla Neighborhood Association By Jacob Loeb

The Montavilla Neighborhood Association (MNA) added two board members at the July 11 meeting. That evening, the Board also voted to create a Parks Committee focused on seeking grant opportunities to activate Montavilla’s three public parks. Ahead of the street fair, the Board authorized a budget for event prizes, approving the purchase of various logoed merchandise.

Former MNA Board Chair, Louise Hoff, returned to a leadership role in the organization. She will chair the newly formed Parks Committee and fill a vacant seat on the Board. That new committee needs more members to join. Please email louise@montavilla.org to inquire about joining that group and making the parks more active.

New Montavilla resident, Natalie Mallis, has joined the MNA Board as the SE Uplift Liaison. She will fill a valuable role in the organization, connecting our neighborhood to the surrounding community.

On July 31 the Montavilla Street Fair returned after a two-year hiatus. The MNA had a booth at the event and gave away many prizes. If you missed out on picking up some MNA items, please come to our next meeting for details on acquiring your own Montavilla branded clothing, drinkware and stickers.

The MNA Board is taking a summer break in August. Our next meeting is Monday, September 12, 6:30 pm. Register for the Zoom link 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 July 20 on Zoom. The lively discussion covered important topics, such as fire safety in Mt. Tabor Park when the reservoirs are empty, and next steps that have been taken to further involve Commissioner Mingus Mapps and his office in talks about the repairs and the future of the drained reservoirs. MTNA would like to be responsive to neighbors’ concerns and issues and invites neighbors to email topics for future meetings or just to respond about your interests and concerns to mtna@gmail.com.

MTNA will host its next community meeting on Zoom Wednesday, August 17, 7 pm. All neighbors are invited to attend! Find links for this and all of our meetings under the “Meetings and Events” tab of our website, mttaborpd.org.

continued on page 19



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Neighborhood Notes

from page 17

Richmond Neighborhood Association By Allen Field

The Richmond Neighborhood Association held its monthly meeting Monday, July 11. Zoom meetings are the second Monday of the month, 7-9 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.

Portland Police Sgt. Grover Robinson updated the Board on the stabbing in Sewallcrest Park on July 8, although he was not one of the responding officers. A homeless person apparently living at the corner of SE 32nd Ave. and Hawthorne attacked another homeless person near tents next to the park on SE 31st Ave. The victim was stabbed several times and was seriously injured, but survived the attack. The attacker was arrested. He apparently knew the victim prior to the attack. As it is an ongoing investigation, Sgt. Robinson could not provide additional information. Police have been visiting the park more frequently since the incident.

The RNA, with co-sponsor HAND neighborhood association, is presenting Raya and the Last Dragon, a free movie in Sewallcrest Park on Saturday, August 27. As in past movies at Sewallcrest, Sunnyside Neighborhood Association will likely join as a co-sponsor, but they did not meet in July to vote to be a co-sponsor. The movie starts at dusk, around 8:30-8:45 pm. Come early to put down your blanket and low-back chairs.

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

Sunnyside Neighborhood Association By Gloria Jacobs

Happy Summer! The Board came up with a new SNA General Meeting schedule. Starting in September, they will be held every other month. Board meetings will continue monthly. Our next General Meeting will be Thursday, September 8, 7 pm. Check the SNA website in early September for details.

The next Board Meeting is Thursday, August 18, 6 pm. at the Sunnyside Environmental School park on the corner of SE 35th Ave. and Yamhill. We will vote on new officers and set the agenda for the September meeting. Remember that, although Board meetings are open to the public, only Board members can vote. In future, Board meetings will be right after the General Meeting on the second Thursday of the month. In months when there isn't a General Meeting, we'll start the Board Meeting at 7 pm.

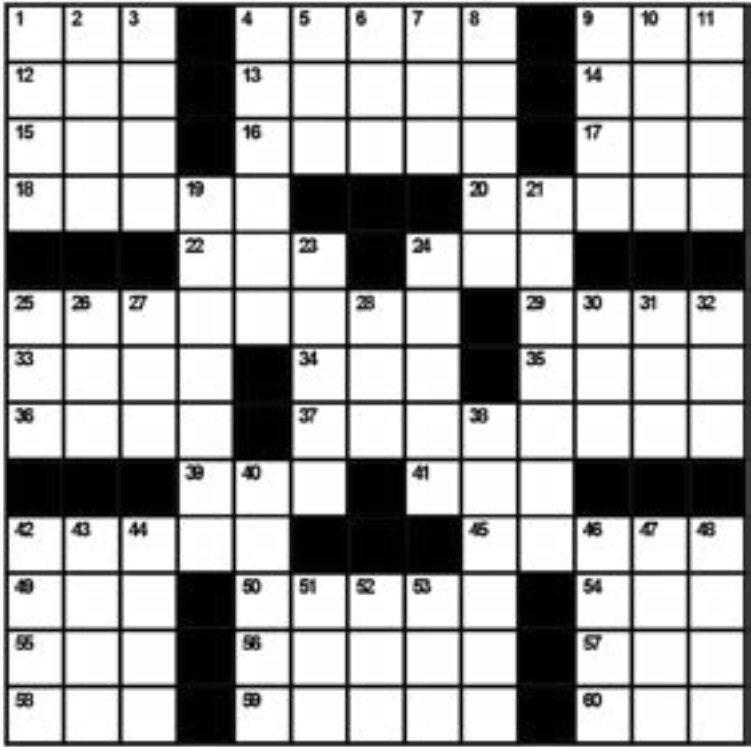
We're still looking for someone to take charge of finding advertisers for the newsletter. Contact us at board@sunnysideportland.org if interested. Also, please contact us with any upcoming agenda items or guest speaker suggestions.

The Sunnyside Shower Project needs volunteers! Consider contributing to your community and getting to know your housed and unhoused neighbors by attending one of our New Volunteer Orientations in August. You will get an overview of the tasks required during a two-hour shift, as well as an introduction to basic concepts of de-escalation, conflict management, and non-violent communication.

We will meet outside at the Sunnyside Environmental School park (corner of SE 35th Ave. and Yamhill) on Thursday, August 18, 7-8 pm and Saturday, August 20, 1-2 pm. RSVP to Emily McCadden at emmcadden@gmail.com. If you can't attend but would like more information about volunteering with the Sunnyside Shower Project, contact Hannah Wallace at hannahmwallace@gmail.com.

Work Your Noggin'

- Across**
- 1. Large amount
 - 4. Defeat
 - 9. Shade of blonde
 - 12. Gallery tool
 - 13. Came to
 - 14. Figure out
 - 15. For some purpose
 - 16. Kind of ink
 - 17. ____ start with your performance...
 - 18. Strike back
 - 20. "I ____ return"
 - 22. KFC piece
 - 24. Legume
 - 25. Best-loved
 - 29. Quarry
 - 33. Mellows
 - 34. Pops
 - 35. Knight's apprentice
 - 36. Post-it
 - 37. Architectural ____
 - 39. "Tinker, tailor, soldier, ____" movie
 - 41. Disinform
 - 42. Utah, for one
 - 45. Mind-numbers
 - 49. Omega or flaxseed
 - 50. Sentient
 - 54. Luck or roast
 - 55. It's ____ over
 - 56. Pink color
 - 57. "____ moment, please!"
 - 58. Truck starter
 - 59. Hostile force
 - 60. Opposite of used
- Down**
- 1. Whiskey ____
 - 2. Relaxation
 - 3. Carpet layer's calculation



- 4. Restaurant employee
- 5. Control
- 6. Scepter of authority
- 7. Go on a run?
- 8. Coquette
- 9. Three oceans touch it
- 10. Wall Street order
- 11. Hades
- 19. Most dear
- 21. More joyous
- 23. Lightheaded
- 24. Piano part
- 25. Cool
- 26. Green light
- 27. Check for accuracy
- 28. Road cover
- 30. Escaped
- 31. Lay an ____ (mess up)
- 32. You betcha!
- 38. To a great degree
- 40. ____ and quiet
- 42. Saturate
- 43. Scrabble piece
- 44. Team up (with)
- 46. Fairy tale's second word
- 47. Departed
- 48. Dish cooked in a pot
- 51. Came in first
- 52. "You ____ my sunshine"
- 53. Computer memory

Answers found on page 3.

Council Approves Clean Energy Grant Funds

from page 1

and just over \$2 million for implementation grants.

On the larger end of funding, the Hacienda Community Development Corporation is requesting \$9,400,000 (over a four-year period) to provide cleaner air, increased comfort, better health, reduced financial burden and improved social outcomes for 1,000 Portland residents through upgrades to six multifamily communities with a total of 243 units. On the lower end, there are organizations like PROUDGROUND requesting \$147,568 to bring clean energy and lower electric bills directly to income-qualified homeowners living in permanently affordable homes.

During the July 13 City Council meeting, Mayor Wheeler said there were some "notable issues" with round one of the initiative. "It was the first round, there were refinements to be made and I feel there have been refinements," he said.

The report detailing this round of grantees does address multiple attempts at refining. For example, when applications request more than \$100,000, they are flagged for additional review if they are new, requesting a large amount of funding relative to organization size, proposing a project in a line of work that is new to their organization and/or if there were questions about their budget.

Mayor Wheeler also expressed concern around some of the newer organizations and ones less experienced in the fields they are requesting funds for. When he asked why there weren't more seasoned organizations in this field applying for grants, there was not a clear or definitive answer during discussions.

This same experiential sentiment with organizations receiving funding is present in the report. Only five of the 26 planning grants awarded in the first round have been completed. The remainder are expected to complete by the end of the 2022 calendar year. The report explains, "Many recipients of planning grants are small organizations who, because of their newness to grant funding coupled with the challenge of planning during a pandemic, are needing additional time to complete their projects."

Before giving his approval on the funds, Commissioner Minus Mapps wanted to open future dialogue around his own concerns he has over policies and procedures. One, in particular, was the council's relationship with the

fund and that he'd like more clarity on that going forward. "Even though I've looked at every grant, I feel like it would somehow be inappropriate and unrealistic for me to offer specific amendments to each one of those grant proposals."

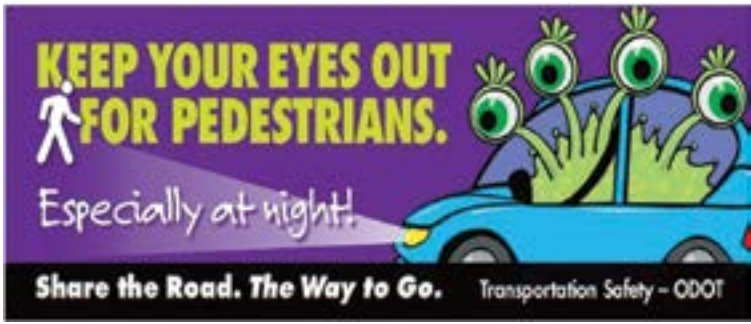
While not directly addressing this point, in discussing future improvements to the fund's oversight and implementation, Mayor Wheeler mentioned that, "I think there's large agreement that it would be desirable to have more public input on the individual grants. It's very hard for a city council to do due diligence on dozens of proposals. But the community probably knows something about every one of these organizations."

Mayor Wheeler additionally pushed for increased rigor with evaluation and oversight to ensure that potential conflicts of interest are not an issue. "We are on notice from the media that they are not going to hold the committee accountable, the vetting process accountable, but they are going to hold us as elected officials accountable. And that's fair. But in turn, the burden is on us to make sure there's due diligence," he said

In response to some of these concerns, among others, Commissioner Carmen Rubio said, "We can both invest in climate resiliency and carefully develop a responsive accountable program." She also said, "As the commissioner in charge, I have directed the PCEF staff to carry out further due diligence efforts over the next 45 days. And they will be reporting back upon their findings." Rubio mentioned many additional oversight plans and specifically highlighted that, "we have given director Donnie Oliveira the authority to revoke any grant award before the grant agreement is executed."

Commissioner Jo Anne Hardesty shared concerns over this and did not want unfair or excessive barriers being placed on organizations of color. She asked, "Are we going to create two systems here where we are over-scrutinizing communities of color and continuing to let white contractors do whatever white contractors are gonna do? I think we have to set a standard and hold everybody to the same standard."

For those interested in looking over the proposal in detail, including all of the aforementioned grants, it is available for download at efiles.portlandoregon.gov/record/15244720.



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\$629,900
3 BD, 1 BA



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1913 Bungalow
2,506 Total Sq. Ft.

\$500,000
3 BD, 2.1 BA



SOLD

2728 NE 32nd Ave.
1932 Tudor
3,327 Total Sq. Ft.

\$1,050,000
4 BD, 3 BA



SOLD

3280 SE Madison St.
1902 Farmhouse
1,776 Total Sq. Ft.

\$659,000
3 BD, 2 BA



925 SE 68th Ave.
Mt. Tabor Craftsman
3,241 Total Sq. Ft.

Main House: 4 BD, 2 BA
Lower Unit: 2 BD, 1 BA
Detached Living Quarters: 1 BD, 1 BA

\$1,150,000



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1950 Colonial
3,197 Total Sq. Ft.

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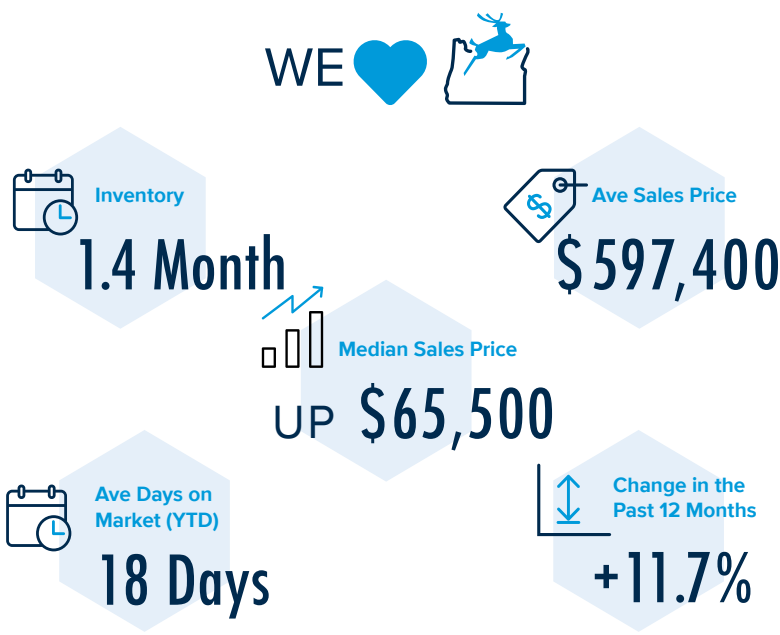
Bridge Pedal
providence.org/lp/bridge-pedal
Sunday, August 14

Portland's annual Bridge Pedal is a celebration of the city's iconic bridges and biking culture. Get the opportunity to cross Portland' car-free streets and bridges including the upper decks of the Marquam and Fremont Bridges. It's one of the city's favorite summertime traditions.

Hawthorne Street Fair
hawthorneblvd.com
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