



Image by Whole Dog Journal

Dogs and Foxtails: A Dangerous Duo

By Jack Rubinger

Foxtail is a grass-like weed that’s popping up everywhere in parking strips and yards. The weed is out there in abundance in all our parks and trail systems, as well as our neighborhoods. Those who often visit Powell Butte for adventures report they are everywhere in the tall grass out there.

Often, when there are properties for sale, there are foxtails in the parking areas. Professional dog walkers report that this is a problem especially for long hair or curly coats.

“What I teach in my Pet First Aid and CPR classes regarding foxtails and our pets is to avoid them if possible. However, we all know this is not an easy task. We always check our dogs’ fur after hiking or walking for evidence of foxtails,” said Janis Sandlin from Surf’s Pup Dog Walking and Dog

Adventure Services.

“They are most commonly found in the paws, nose and ears but they can also penetrate the genitalia and the eyes. If they are found in the fur they can be easily removed with a simple comb. If they look like they might be partially embedded into the skin, tweezers can be used to pull them out,” she said. “If it’s in any way lodged in the skin or you suspect that it has entered the animal’s body, get to a veterinarian immediately.”

These tough seed heads do not break down inside a pet’s body and they can cause serious infection and death. If not detected and treated, it is possible for foxtail seeds to travel inward to the heart, lungs or brain.

Signs that an animal may have picked up a foxtail, according to People for the Ethical Treatment of Animals (PETA), include limping; swollen foot pads; incessant scratching or licking (particularly of feet or genitals); head shaking or tilting; eye discharge, swelling or redness; and nose discharge or frequent sneezing.

According to PETA, while long-haired dogs are at a higher risk of foxtails’ aggressive attacks, short-haired dogs with open, upright ears are also especially vulnerable, as the barbs can sail directly into the ear canal. April Shahum, Portland Dachshund Rescue, said, “We have taken one stray with foxtails embedded in armpits, side and paws and one dog with an abscess in jaw because of foxtails, but no inhalation cases that we know of.”

Veterinarians agree that foxtail, when inhaled, can go in the nose or also to the lungs causing infections. Festering wound situations can penetrate the spine.

“Foxtails aren’t much of an issue for outdoor cats, and once we rescue cats, they are placed in indoor-only homes, so their foxtail days are over. County public shelters are mostly likely to be dealing with the issues,” said Carma Crimins, Animal Res-

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Do Good Multnomah’s Mobile Support Services

By Lauren Everett

Amanda starts her workday by checking her phone to see if there have been any crises overnight. She sometimes ends the day with a late-night phone call from someone who has just moved into their first home in years. “When I know that they just moved in I will answer my phone and they just need reminding that they’re okay, this is their home.”

As the Housing Retention Specialist for Do Good Multnomah’s Mobile Support Services team, Amanda is there for program participants throughout their housing journey. From helping clients apply for apartments to finding furniture for their new home to offering encouragement and reassurance when they move in, “It’s ever changing, always different. Every day is a new adventure.”

The Mobile Support Services program, which is funded by Metro’s supportive housing services fund, is designed to help people transition from homelessness into permanent housing. The program focuses on serving veterans, seniors and people with disabilities, applying a trauma informed approach to supporting participants. The goal is not only finding stability in a new home but also to improve overall wellbeing.

Amanda’s team includes a social worker, a Housing Access Coordinator and

Brittanie, who is a Peer Support Specialist. Program participants are referred from Do Good’s shelter sites, located throughout Multnomah County.

Amanda and Brittanie work together to help clients with everything they need to be comfortable in their new home and successfully transition to living inside. This includes helping them get practical items like cellphones, furniture and food boxes. They also help with things such as applying for Supplemental Security Income (many participants are not able to work full time or at all), budgeting, paying bills, setting goals and learning how to advocate for themselves with landlords after they move in. Sometimes, it just means offering moral support.

According to Jess Gibly, Director of Supportive Housing Services at Do Good, Mobile Support Services teams play an important role in the organization’s mission. “Shelters are a great resource and can provide folks with much needed stability, security and access to resources, but where do they go from there? Housing programs like [this] are crucial as they draw on the stability that shelters provide to connect individuals to permanent housing, then provides support to help them thrive in housing.” This additional support, she explained, “is the only way to truly end

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Addressing Homelessness with Built for Zero

By Don MacGillivray

There are many causes of homelessness, but the lack of affordable housing is fundamental. It took years to create Portland’s housing crisis and now much of the housing that is being built is not affordable for the people that need it most. The American cities with the highest numbers of homeless people are those with the highest housing prices. The top four regions in America are Los Angeles County (CA), King County (WA), Santa Clara County (CA) and Multnomah County (OR). Each location has approximately five homeless people per 1,000 residents.

Solving the homeless issue is not impossible. Houston, the fourth largest city in the America, decreased the number of people experiencing homelessness by 63 percent in the last decade by providing over 25,000 unhoused residents with homes.

A comprehensive and equitable solution to homelessness may be on the horizon. “Built for Zero” is a movement that is in use in over 100 American cities that have substantially reduced homelessness. It is a systems approach that collects real-time data that helps service providers to iden-

tify and assist the unhoused. 14 of these cities have functionally ended homelessness through the “Built for Zero” program. All three of Portland’s Metro counties are working to implement “Built for Zero.”

To be successful, homelessness needs to be objectified and defined with simple measures about the people and conditions in the communities where they are found. By collecting comprehensive, specific, real-time data, personalized solutions for individuals can be identified; this also provides a comprehensive picture of the whole dilemma.

The data then directs resources to where they can best affect both housing investments and the various solutions to homelessness, leading to appropriate problem solving for each individual situation. When successful, homelessness is reduced to a relatively brief, nonrecurring experience. Often a person’s homelessness ends in less than 45 days.

Outreach teams are working to connect our homeless neighbors to the resources that can help them get off the street. Building trust with the chronically

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Rs Representatively Speaking

BY STATE REPRESENTATIVE
ROB NOSSE

About once a month someone asks me how I got into politics or what is it like to be a state representative. Here is what a typical day or week might look like for me.

I wake up around 5 or 5:30 am. I have coffee and read newspapers, some physical papers, and lots of online ones to wake up my brain and quickly learn about what is going on around our state, nation and sometimes world (though I tend to skim international news). Reading the news is a pretty important part of this job.

After two cups of coffee, I start reading emails. I get a lot of them. I have help reviewing them all, but even with help it is hard to keep up with all the email my staff believes I should actually read. I read and attempt to write thoughtful replies until about 9 am.

To do this job well requires a lot of meetings where you are listening. I try to just listen to what is on people’s minds, their thoughts and ideas. Years of student, community and union organizing before this role have taught me you don’t convince anyone by arguing with them and telling them they are wrong.

Most people have to change their minds on their own. So, I listen to a lot of people - my voters, my friends, my family, experts, agency leaders, employees, other politicians and of course advocates for all sorts of causes and ideas. Ideally, by listening I learn something, as there is A LOT I don’t know and maybe my mind gets changed about an approach to a problem or a policy.

My “lanes” in the legislature these days are healthcare and mental/behavioral health. I am currently chairing the health care committee and the behavioral health committee. Chairing policy committees is both an honor and a daunting task. As has been said many times, health care in the US is complicated and our behavioral health system in Oregon has many challenges. I have



also worked on issues important to workers, tax fairness, as well as the budgets for health care and human services programs.

In general, if you are a constituent, business owner, employer, or a non-profit leader or organization based in SE Portland, I am going to prioritize your concerns and needs. That is why I spend a lot of time checking in on housing and homelessness, which is probably the top concern for many of my constituents.

I fit in as many meetings as I can. I grab a coffee or soda water at least twice a day, read more emails, check in with my staff and other representatives and their legislative staff several times a day and then ideally, I am done by 5:30 or 6 pm. But there is often a meeting, happy hour or dinner that takes up my evening. I sometimes check emails and return phone calls in the evening and during campaign season I might be out talking with voters, attending a community meeting or fundraising. Whether you like it or not, it takes a bit of money to run for office and get your message out.

I might read a few more newspaper articles, but I also try to enjoy a good meal with my

husband or friends along with a glass of wine or two. I like to cook and I am not too bad. So once in a while I make dinner, though probably not as often as my husband does. Maybe I watch a movie or binge on TV shows while I iron my dress shirts. Yes, I do my own ironing. It is a way to keep awake while watching TV, it saves a little money even though people have told me dry cleaning for dress shirts isn’t that expensive.

I work on the weekends, too, catching up on email, taking meetings with people that cannot meet during the week and during election cycles there is campaigning and fundraising. I also take time to read more detailed reports that I just could not find time to read during the week. Yes, I work a lot. This is a job where you can always do more.

Lastly, as I am starting to run over my word count, I got into politics a bit by accident because of my involvement in student government in college. I became the student senator for my dorm my sophomore year. How I got to Oregon and became active in Oregon politics takes more words than I have space for. I’ll save that for another time.

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NorthStar Clubhouse Offers Program to Underserved Communities

By CANDICE JORDAN

Inspired by a request for Diversity-Equity-Inclusion-Accessibility (DEIA) project proposals by SE Uplift last fall, a team of members, staff and volunteers at NorthStar Clubhouse set about identifying a mission to identify a population that is underserved in the Portland Metro area.

Armed with statistics from the City of Portland, the team identified the three largest local language communities of Limited English Proficiency (LEP) groups as Vietnamese, Russian and Spanish speakers. The team developed and submitted their proposal and were awarded two grants totaling \$6,022, funded through the Office of Community & Civic Life with an additional \$1,200 provided by an anonymous donor.

The first in a series of in person events as part of this project will be a presentation directed at the Vietnamese community, Tuesday, September 27, 10:30–11:30 am at the Sokhum Touch Community Center, 10323 NE Glisan St. Local Vietnamese adults who live with a mental health diagnosis, as well as their family and providers, are invited to attend. An interpreter will be present to share program information and member stories. Russian and Spanish presentations are being planned for later this year.

A Vietnamese-American member of NorthStar said, “I joined NorthStar Clubhouse in August 2021. Before I joined NorthStar, I stayed at home a lot and slept too much. I was depressed and had no place to go. I hung out at bars and gambled a lot. I wasn’t able to work full time. Having a place where I spend my time helps me feel productive and happy. I am working again.”

That member went on to say, “Before I joined NorthStar, I did not have any friends. Now I have many friends. Coming to NorthStar has made me feel more



Member Deborah K., IRCO interpreter Tonya E., new member Ngoc Chau D. during the intake process at NorthStar Clubhouse
Photo by Candice Jordan

comfortable socializing. Now I go out to eat with my NorthStar friends and I have company when I go to the movies. It’s really fun!”

One of the aspects of NorthStar is the sharing of meals and socializing. The member said, “At NorthStar I help make lunch. I have taught other members to make Pho, Salad Rolls, Egg Noodles and Bo Bia. At NorthStar we have social time. I love to play Pictionary. I also love music. Sometimes we dance during social time. I love coming to NorthStar for holiday celebrations such as Thanksgiving, Christmas and New Year’s Day. We have amazing food and lots of fun at our parties. I love our 4th of July barbecues!”

With the grants and additional support from the community, NorthStar Clubhouse hopes to increase the diversity of its membership while helping meet the mental health needs of the three communities. NorthStar has used funds to translate essential documents into the three languages selected for this year. Remaining funds will be used for presenta-

tions and interpreters to ease LEP individuals entry into its program.

NorthStar Clubhouse is a program where adults living with mental health challenges find structure, community and peer support. NorthStar’s community supports ongoing recovery and focuses on social and vocational rehabilitation. NorthStar is a free, non-clinical program that uniquely addresses the negative symptoms of isolation and alienation through member engagement in the clubhouse.

By working together to run this non-profit with other members and staff, members regain confidence and find a sense of purpose. This enables members to progress toward achieving their goals. NorthStar can assist members with employment, education, and other life ambitions. They also have dedicated social time and are open on all major holidays. In addition, members and staff prepare a healthy lunch daily, using their bountiful garden.

NorthStar is accredited by Clubhouse International. Its philosophy is that every member has the potential to sufficiently recover from the effects of mental illness to lead a personally satisfying life as an integrated member of society.

Clubhouses are federally recognized by SAMHSA (Substance Abuse and Mental Health Services Administration) as an evidenced-based practice that serves over 100,000 people every year in over 320 Clubhouses in 34 countries around the world. Multiple studies have proven clubhouse effectiveness, including a significant reduction in hospital stays and a greater sense of well-being for its members.

Any adult living with mental health challenges wanting to go back to work, go to school, access resources or join a supportive community of peers is welcome to check out NorthStar Clubhouse. Open Monday-Friday, 9 am–5 pm, with some Thursday evenings and Saturdays for social events. For more information, northstarclubhouse.org or email communications@northstaror.org.

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Business Association Notes

82nd Avenue Business Association
By Jacob Loeb

The August 20 Jade District Dumpster Day and Solve Oregon cleanup attracted dozens of volunteers and a stream of vehicles dropping off large trash items. Within the first hour of operation, people filled 30-yard dumpsters at two drop-off sites. Instead of closing three hours early, events coordinator, Alisa Kajikawa, picked up her phone and arranged for additional dumpsters. Before the day was done, yet another cycle of dumpsters rolled in to accommodate the overwhelming demand for trash disposal.

Kajikawa, the Jade District Manager, organized this one-day event with funds from Oregon Metro and support from the 82nd Avenue Business Association. The four-hour-long program included a community cleanup and open dumpster access for neighborhood disposal of bulky items.

Volunteers with Solve ventured out with 33-gallon carts to collect trash throughout the area and bring back items of all sizes to the primary dumpster site, located in the Unicorn Inn’s parking lot (3040 SE 82nd Ave.). Nearby campers used shopping carts to roll in trash from their area and help clean up the streets.

Demand for dumpster use far exceeded expectations, and staff eventually had to turn people away. Even after volunteers filled the five, 30-yard trash containers to capacity, a stack of mattresses remained awaiting pickup by a recycler.

Look for future cleanup events on the Solve Oregon website or at 82ndaveba.com/cleanup. Also, mark your calendars for this year’s “Around the World in 82 Dishes” event starting Saturday, October 22 and running through Sunday, November 13. Visit 82dishes.com for more information.

Hawthorne Blvd. Business Association
By Nancy Chapin

When you read this, the 39th Annual Hawthorne Street Fair will be history and we will be planning for 2023 - the 40th time our community will celebrate its existence, sustainability and enjoyment in planning an event for our businesses, neighbors and friends.

What is happening this month is an acknowledgement of the International Day of Peace near the Peace Poles at SE 50th Ave. and Hawthorne Blvd. Officially known as World Peace Day, it is a United Nations sanctioned holiday that is observed annually on September 21 around the world. For more information, visit hawthorneblvd.com/peacepoles22.

The Boulevard Beautification Bunch (BBB) has been busy cleaning up and preparing for both the street fair and World Peace Day. We appreciate their dedication to the Boulevard. The next cleanup will be, as usual, on the second Saturday of the month, September 10, 10 am-noon. For first timers, we start at Dairy Hill Ice Cream at SE 36th Ave. and Hawthorne.

See you next month!



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Dogs and Foxtails

from page 1

cue & Care Fund.

The easiest way to prevent foxtails in parking strips from developing the dangerous seed heads is to mow it every week. Pre-emergent and post emergent herbicides work very well to eradicate it but many people are opposed to using herbicides, for good reason. We should all be careful of all the chemicals we use, synthetic or organic, as they can make an impact on our environment and health. How many people actually read the labels and SDA sheets on the products they use around their home? And do they follow the directions and wear the proper PPE?

Donna Giguere, a local landscape designer said, “I do not recommend herbicides because they are bad for humans, bees, birds, pets and the environment. Weeds tend to move into disturbed areas rather than landscaped areas.”

One non-herbicidal method is to spray white vinegar on foxtails within two weeks of emergence and is very effective at eradicating it. An even better option is to carefully dig them out by hand before they start dropping seeds. Put them directly into a garbage can, not the compost bin, a disposal method that won’t allow the spread of its seeds.

We all love our friendly, furry friends. Keep them away from foxtails whenever possible. Make sure your lawns are safe and free from these nasty weeds. Contact your veterinarian immediately with questions and treatment for foxtails.

autumn

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Weekday Hours Resume at the Tool Library



In response to requests for weekday hours, the Southeast Tool Library (SEPTL) has added Tuesday evening hours (5:30-7 pm) to their schedule, supplementing weekly Saturday hours (9 am-noon). The caveat is that with more open hours, they are in need of more volunteers to staff the tool library.

Located in Hinson Baptist Church, 1137 SE 20th Ave., SEPTL is a community resource that provides home/business owners and tenants with the hand and power tools they need to perform simple maintenance, tend yards and gardens and complete awesome projects. It's also a way to meet and share with neighbors.

The tools available range from gardening to automotive, plumbing to ladders and much more. Great for those who need tools for specific, rather than ongoing projects, and more affordable than purchasing a new tool each time one is needed.

To utilize the tool library, people must live in the SE Uplift area, which encompasses neighborhoods from the Willamette River to 82nd Ave./I-205 and I-84 to Sellwood/Brentwood Darling-

ton, be at least 18 years old and become a member.

Obtaining membership is easy—simply provide a photo ID, proof of address (driver's license, recent utility bill, mortgage statement or similar) and pay a one-time, voluntary donation of \$10-40. The donations are used to purchase and maintain tools for members.

Members may check out tools for two weeks at a time (an extension prompted by COVID-19). However, if you are done with the tools before the 14-day period, early returns are welcomed so the tools can be available to other patrons.

Those interested in helping out SEPTL by volunteering are encouraged to sign up for shifts as often as they can at bit.ly/SEPTL-volunteer. No special knowledge of tools is needed and first time volunteers are trained onsite during their shift. For people who prefer to work behind the scenes, help is also needed to repair tools, take tool photos, maintain the seed library, join the Board of Directors and more. Questions can be directed to volunteers@septl.org.

Placemaking Grants Available

Metro is currently accepting applications for Community Placemaking grants to support community-led, equity centered arts and culture based efforts that strengthen people's connections to each other and the places they care about. Up to \$200,000 in grants, ranging from \$5,000 to \$25,000, will be awarded for the 2023 cycle.

Strong proposals are grounded in racial equity and address a critical community challenge or opportunity. The program seeks to listen to the community and fund ideas for solutions to specific challenges. Many past Community Placemaking grants have focused on healing and restoration. Every community has different needs that require

different approaches.

Community-based organizations with a nonprofit status, community groups or individuals without a nonprofit status with a fiscal sponsor and public agency with community partners can apply. All grant-funded activities must take place within Metro's urban growth boundary, which encompasses the Portland metro.

Past recipients include Vestal Social Justice Night and Storytelling Project, an event that took place in May in partnership with PSU's Artist as a Citizen Initiative and Montavilla Jazz, and the June event at Hacienda Portland Mercado. The Mercado houses multiple businesses and was especially hard hit by COVID-19.

Applications will be ac-

cepted through Friday, October 7 at noon, and will be reviewed by a panel made up of people of color working at the intersection of arts and culture and social justice. Awards will be announced in early January 2023 and grant-funded activities can take place March 2023-June 2024.

Staff are available to help applicants think through their proposals and prepare a strong application. Learn more and ask questions at a virtual info session Wednesday, September 7, 12-1 pm. If you're unable to attend, a recorded session can be viewed.

The links for the live session and recorded session, as well as additional information, can be found at bit.ly/Placemaking-Links.

PP&R Access Pass Offers Financial Assistance

Portland Parks & Recreation (PP&R) has announced a new financial assistance program, designed to reduce cost as a barrier and allow for easier access to participate in PP&R offerings. The new Access Pass builds on prior pilot discount efforts, such as the Pay What You Can Option, and can be used for activities, programs and passes for programs beginning October 3, 2022.

The Access Pass is made possible by the Parks Levy, which voters approved in November 2022, and allows all City of Portland residents, regardless of their financial means, to receive reduced pricing up to 90 percent on PP&R programs and admissions by the Recreation and Environmental Education departments. These include all PP&R community center and pool passes, drop-in admissions, registered activities, personal training, educational preschool and after school programs.

"With resources from the Parks Levy, we can offer



significant discounts for Portland residents and their families to take part in everything PP&R offers," says Portland Parks & Recreation Director Adena Long. "The need for parks and recreation to enhance people's lives and health has never been more clear and we're removing cost as a barrier to participation."

The Access Pass is valid for 12 months from the date of enrollment. PP&R offers income guidelines to help determine if the pass is right for individuals or families, however, no proof of income is required.

Registration and more information is available at portland.gov/parks/discount. Registration can also be done over the phone by calling 503.823.2525 (phone interpretation available) or in person at any PP&R facility. Once registration is complete, people can sign up for any PP&R activity or purchase an admission pass at a reduced cost.

The Access Pass will automatically apply to all eligible activities for 12 months. For drop-in admission, just mention the Access Pass for staff to look up or have a pass printed.

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.

SEPTEMBER EVENTS

COMEDY IN THE PARK – Kickstand Comedy, Portland's home for local comedy, finishes out the season with four Friday shows this month at Laurelhurst Park, SE 37th Ave. and Oak St. Bring your blankets for shows starting at 6:30 pm September 2, 16, 23 and 30. More on the free shows at kickstandcomedy.org.

COME THRU MARKET MONDAYS – The weekly market is an incubator centering Black and indigenous farmer and makers. It takes place September 5 and 19, 3-7 pm at 831 SE Salmon St. with 30+ vendors offering local produce, prepared foods and wellness products. More information at comethrupdx.org.

LWV CHARTER REFORM WEBINAR – The League of Women Voters of Portland (LWV) hosts a Zoom presentation Wednesday, September 7, 7-8:30 pm on the Charter Reform measure as it will appear on the November ballot. Hear how and why the Commission decided to recommend the reforms to Portland's government and elections. Register at bit.ly/LWVSept7.

WELCOMING WEEK – Join Civic Life's Immigrants & Refugees Program for the opening ceremony of the 2nd Annual Welcoming Week celebration Friday, September 9, 6-8 pm at Ventura Park, 460 SE 113th Ave. The free event features music, dance, food, speakers and informational booths. More on the September 9-18 events at portland.gov/civic/welcoming-week.

INDIGENOUS MARKETPLACE – Non-profit Portland Indigenous Marketplace supports Indigenous artist and entrepreneurs by promoting public education through public arts. Their monthly event takes place at 432 NE 74th Ave. Saturday, September 10 and Sunday, September 11, 11 am-4 pm in the parking lot with vendors, a raffle and music. More at indigenousmarketplace.org.

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

PANCAKE BREAKFAST – Sons of Norway, Grieg Lodge holds a pancake breakfast Sunday, September 11, 8:30 am-noon at Norse Hall, 111 NE 11th Ave. The fundraiser raises money to support 10 scholarships annually. Enjoy all-you-can-eat pancakes with eggs, sausage, fruit, orange juice and tea/coffee for \$10 adults, \$6 kids 3-10.

MT. TABOR POTLUCK – Friends of Mt. Tabor Park holds a potluck picnic Monday, September 12, 5 pm at Picnic Area A. Everyone is welcome to come learn about what the Friends do, how you can help or just to meet some neighbors. Bring a dish or drinks to share, enter the raffle and enjoy an evening in the park.



Community News

BPS Seeks Public Input on Proposed Projects

The Bureau of Planning and Sustainability (BPS) is currently seeking public input on two projects - the Electric Vehicle (EV) Ready Code Project and the Floodplain Resilience Plan.

The EV Ready Code Project seeks to expand zero-emission transportation options for individuals and households beyond what the market is doing today, specifically in new multi-dwelling housing and mixed use development. The Project will help implement policy direction from the 2017 Electric Vehicle Strategy, an update to Portland's first electric vehicle strategy that was developed in 2010, through changes to the zoning code.

Over the past year, BPS staff have been developing a proposal to require all new multi-dwelling and mixed use development with five or more units that include on-site parking to provide EV-ready charging infrastructure at higher rates than state rules require. Implementation will put the City of Portland in compliance with the Department of Land Conservation and Development's (DLCD) Climate-Friendly and Equitable Communities Rulemaking process. The DLCD's process increases the required percentage of EV-ready parking spaces for mixed-use development to 40 percent. The EV Ready Cod Proj-



ect proposal would increase the requirement to 50 percent.

The Proposed Draft staff report and code amendments are available online and the public will have the opportunity to provide testimony Tuesday, September 13, 12:30 pm. Public testimony is welcome in person at the hybrid meeting (advance registration required by September 12) or in writing. Visit portland.gov/bps/planning/ev-ready for the report and code amendments, information about submitting testimony and to sign up for email updates.

The Floodplain Resilience Plan updates floodplain regulations throughout the city to ensure that new development in the floodplain, including in the Sellwood-Moreland, Eastmoreland, Ardenwald Johnson Creek, Woodstock and Brentwood-Darlington neighborhoods, addresses flood risk from changing climate,

does not jeopardize threatened and endangered species and allows Portlanders to continue to obtain federally-backed flood insurance. BPS staff has been reviewing the comments received November 2021-January 2022 and are making updates in preparation for the release of the next Proposed Draft.

A video of the online open house held in November 2021 is available online at bit.ly/Nov21openhouse and community members can view property-specific proposals on the project's Map App at portlandmaps.com/bps/floodplain/#/map.

A hybrid hearing has been scheduled for Tuesday, September 27, 5-8 pm where testifiers can participate either in person or virtually. Links to register to testify (by September 27) and to attend the meeting virtually at bit.ly/BPSSept27hearing.

10th Annual Catio Tour Shows Off Creativity



The Feral Cat Coalition of Oregon and Portland Audubon present the 2022 Catio Tour with three options to participate: in-person, online videos and a special VIP package. The tour includes a variety of catios, some are pandemic projects, some are updates of catios that have been on previous tours and now updated and some are Backyard Habit certified. There's inspiration for everyone and crafty, creative, clever solutions to fit any budget and space.

The event takes place across the Portland metro area (on both sides of the Willamette) Saturday, September 10, 10 am-2 pm. Those selecting the in-person option will receive a guidebook with catio details, including quick facts with materials and costs, for the 10 catios featured. During the self-guided tour, participants will have the opportunity to meet the homeowners and ask questions about the experience of adding a catio to their home, including the all-important notes about what they would do differently. Catio locations will be grouped into two areas of the metro area.

If you prefer to enjoy the catios from the comfort and safety of your home, at your own pace,

the online option is the way to go. Professionally created videos of the catios, including homeowner interviews, 360-degree images giving you a cats' eye perspective, and photos will be available. Online viewers will have access until at least the end of December and can be viewed it as many times as you would like.

Finally, for those who want it all, the VIP package gives people both the in-person and online benefits, access to a bonus catio, pre-event gathering with coffee and treats, a catio tour t-shirt, swag bag and more.

Raffle tickets are also being sold with the chance to win a 5' x 5' x 30" portable wire catio, \$250 Visa gift card or \$50 gift card to the ReBuilding Center.

Proceeds support the organizations' Cats Safe at Home campaign which aims to reduce free-roaming cats in the Portland metro area with solutions that are good for both cats and wildlife.

Tickets for both the in-person and online option are \$15 (children under 12 free) and VIP packages are \$100; visit catsafeathome.org/catio. There are a limited number of in-person tour tickets so people are encouraged to purchase them early.

Save for School With BottleDrop

BottleDrop, already the most convenient way to redeem your Oregon beverage containers, offers account holders two ways to save for school.

At participating grocery stores visit a BottleDrop kiosk, select "Push Plus," scan your card to your existing BottleDrop account and print off your voucher. Then do your shopping, spending it however you wish and hand the voucher to the cashier to have it deducted from your total. That's 20 percent more school supplies,

food for lunches, school clothes and after school treats at Fred Meyer, QFC, Safeway, Albertsons, Food4Less and more.

BottleDrop accounts can also be linked to an Oregon College Savings Plan (OCSP) for a one-time transfer of funds or to set up a monthly, recurring transfer. OCSP accounts are designed to help people save for education, no matter their budget or timeline. With just \$25 and a few minutes to open the account at oregoncollegesavings.com, start-

ing an education savings account doesn't have to be daunting.

The state-sponsored 529 plan comes with special tax advantages and can be opened by just about anyone—family, friends, even future students. The money grows tax-free and can be used for qualified expenses like tuition, books, room and board, computers and more. It's never too early or too late to start saving and every dollar really does count.

More about Bottle Drop at bottledropcenters.com.

SEPTEMBER EVENTS

CLIMATE CHANGE TALK AT LEACH BOTANICAL – In the Garden's final After Hours in the Garden lecture series, Vivek Shandas from PSU will present "From Trees to Canopies: Climate Implications for Managing our Urban Forest" Wednesday, September 14. Doors open at 6 pm for appetizers and garden strolling; presentation begins at 7 pm. Reservations (\$20 non-members/\$15 Garden members) required at bit.ly/LeachLecture.

VOA VIRTUAL CELEBRATION – The Volunteers of American Oregon Community Changemakers event takes place Thursday, September 15, 7 pm highlighting their work to enhance lives by promoting self-determination, building strong communities and standing for social justice. Watch on KGW or stream at kgw.com/watch. More information at voaor.org/changemakers.

MY PEOPLE'S MARKET 10 – The Market comes to the Bridge Lot at OMSI Saturday, September 17 and Sunday, September 18, 11 am-5 pm. 120+ vendors each day plus local performers, including Bridge City Revival and Taiko ensemble Unit Souzou. Visit mypeoplesmarket.com for additional details.

TRIMET FX GRAND OPENING – TriMet celebrates the new Frequent Express (FX) bus service along SE Division St. Saturday, September 17, 12-5 pm. Enjoy free rides on FX2-Division, entertainment, local food vendors and a giant paint-by-numbers mural. More at trimet.org/fx.

HOUSING FOR ALL AGES – Join AARP Liveable Communities and an array of housing experts for a free, online workshop Wednesday, September 21 and Thursday, September 22. Learn about the ways communities nationwide can provide safe, affordable housing options for people off all ages, life stages, backgrounds, incomes and abilities. More information and registration at bit.ly/AAPRSept2122.

EOD VIRTUAL CELEBRATION – Attend the Equal Opportunity Day (EOD) Celebration from the comfort of your home to celebrate Urban League's successes and build support for their work Thursday, September 22, 6 pm. All funds raised will provide unrestricted revenue that impacts more than 10,000 individuals each year. Register at ulpdx.org/EOD2022.

MUSHROOMS OF OREGON – Join foraging expert Jordan Weiss online Thursday, September 22, 6:30 pm to learn about mushrooms, when and where to find them, if you should pick or observe them, their ecological niches and a few delicious recipes. Q&A will follow the presentation. More at bit.ly/MushroomsSept22.

PDX NIGHT MARKET – Enjoy 175+ of Portland's best vendors celebrating local food, culture, music, drinks and retail at the Portland Night Market Friday, September 30 and Saturday, October 1. Free and open to all ages, the market is held 4-11 pm at 100 SE Alder St. More at pdxnm.com.

Bw Business Walkabout

Great Notion Brewing and Papi Sal's Team Up on SE Division

By ELLEN SPITALERI

The Great Notion taproom that opened at 2105 SE Division St. on June 23 in the former Ether Shoes storefront is the result of a project started by Andy Miller, James Dugan and Paul Reiter in 2014. Together they have 25 years of brewing experience and have won medals in the National Homebrew Competition.

The three men met by coincidence in 2010 when they discovered they lived on the same street in N Portland. Miller and James were homebrewers who began developing recipes and then teamed up with Reiter who has a degree in business and finance, with a focus on start-ups and creative enterprise.

The brewery has three other Portland-area locations: NE Alberta St., NW 28th Ave. and in

Cedar Mill off Hwy 26. "We have always wanted a SE location and this spot fell into our laps and we can't wait to build out the interior," Reiter said.

The owners eventually plan to have an interior bar that matches the aesthetic of the NW 28th Ave. location with wood accents and illustrations of forest creatures. At the moment, they don't have a start date for construction. "The thing we like most about the location is the expansive front outdoor area and the number of small business neighbors nearby," Reiter said.

The name of the brewery pays tribute to Oregon's most famous novel, *Sometimes a Great Notion* by Ken Kesey, he noted. "Both our classic logo, seen on our sign at all our taprooms, and

our newer cross-axe logo invoke the lumberjack theme of Oregon and Great Notion, but it's the fun-filled forest creatures that you see on our vans that are the real talk of the town," Reiter said.

Ripe is Reiter's all-time favorite beer; it is a seven percent all-Citra hop hazy IPA that was ranked number one IPA by Willamette Week and number one IPA in America out of 324 blind taste-tested from *Paste Magazine*.

Great Notion Brewing is different from other breweries, Reiter said, in three ways: beer, business model and its slogan "Keep Beer Fun." "Great Notion was the first brewery in the Northwest to brew hazy IPAs and continues to primarily focus on that style as well as sours and stouts that taste like fun food dishes, like blueberry muffins, pancakes, sticky buns, orange creamsicles and more," he said.

The brewery's business model focuses on selling the majority of its beer direct to beer drinkers through its taprooms, its one-of-a-kind mobile app and its



Owner Paul Reiter enjoys a refreshing brew on a hot day
Photo by Ellen Spitaleri

website, Reiter said.

As for the fun aspect of the business, "each unique beer at Great Notion is represented by a fun, distinctive character on the front of each can illustrated by California artist Chad Eaton," he said.

Papi Sal's food truck is located in front of Great Notion SE and the food "is a combination of Philadelphia comfort food and Puerto Rican flavors," said owner John Hatch. "We mainly are a Philly sandwich shop with hoagies that use Puerto Rican staple ingredients, condiments and proteins on them. But we do have more Puerto Rican leaning specials and platters from time to time."

Customers love the Jawn, Hatch said, adding that it is a fusion of Puerto Rican and Italian American cuisines: Puerto Rican pork lechon, provolone cheese, sofrito mayo and oil-roasted long peppers on a freshly baked Italian baguette. "It is probably the best pork hoagie in the city," he said.

Hatch said that he is pleased to be the food truck of choice for the new taproom, adding, "Great Notion provides beer made with great attention to detail and we are so excited to be with them."

Great Notion Brewing (greatnotion.com) and Papi Sal's (instagram.com/papisalspdpx) are open from 4-10 pm Wednesday and Thursday; 12-10 pm Friday and Saturday; and 12-7 Sunday.



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PCC Creative Writing Instructor Wins International Award

By Amy Bader

Portland Community College (PCC) creative writing and composition instructor Thea Prieto published her debut novella “From the Caves” in 2021 and is quickly gaining recognition for her writing prowess.

“From the Caves” won the Red Hen Press Novella Award in 2019 and was recently awarded the Eric Hoffer Award for the best small press publication, as well as the First Horizon Award – a distinction awarded to superior work by debut authors. The book is also a silver winner in the 2021 INDIES Book of the Year Awards for literary fiction.

Prieto enjoys bringing her passion for creative writing into the classroom at PCC to advocate for and support writers of all types – from novice writing students who are interested in exploring sci-fi, to those who may be looking for help in finishing their own novels.

“Students often arrive with big ideas and my classes are designed to support all levels and types of creative writing,” said Prieto.

While some students are new to creative writing and starting from scratch, others are building on existing projects with multiple chapters already written. Prieto began her manuscript for “From the Caves” during her own graduate studies at Portland State University.

One of Prieto’s favorite parts about teaching is when her students share their publication credits with her.

“I love to see them continue with their writing after our class



Photo by Amy Bader

is finished and get their work shared and published, either in the PCC literary magazines or out in the community,” she said.

Prieto helps students engage in writing through their own inspirations, and every term she looks forward to the creativity her students will bring to class. Recently, she has found students showing a lot of interest in sci-fi and fantasy, as well as developing storylines for video games and various RPGs (role-playing games).

As a child, she loved listening to music and found herself creating mental film strips to accommodate what she was listening to.

“Each song became a scene, and I’d create a story out of it,” explained Prieto. “I could have gone into different fields—music, film, animation—but writing just requires paper and pencil. It was the most readily available medium to remember my stories.”

Prieto already has another

project that she enjoys working on when she’s not teaching or editing for The Gravity of the Thing, which she serves as editor-in-chief.

Having joined PCC shortly before the college transitioned to remote operations, Prieto is looking forward to supporting students more in person this year at the Southeast Campus. She teaches “Intro and Advanced Fiction Writing and Composition” and serves as a tutor in the campus’ Reading and Writing Center.

“There is a real sense of community at PCC, and I am looking forward to seeing familiar faces on campus again this year,” said Prieto.



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Outdoor School Changes Life and Spawns Film

By Nancy Tannler

Nothing captivates our attention more than listening to a great story. When Vin Chambray presented his short story, “Outdoor Camp” for The Moth four years ago, his spoken word touched a lot of people. “After my story aired there was a flood of response from people everywhere just wanting to check in,” Chambray said.

Not only was the general public moved to respond, but it came to the attention of Ifanyi Bell, Executive Producer Open Signal, and Ime N. Etuk, the famous Nigerian/American producer and director. Their interest started a creative journey that would lead to “Outdoor Camp” becoming a full-fledged movie called “Outdoor School” that will be filmed in Portland this fall (outdoorschoolthemovie.com).

The Moth Community Program provides the space, tools and expertise for people to practice the art and craft of personal storytelling. Chambray’s presentation was a personal story about being 11 years old and living on the streets with his mother and little sister in order to escape a domestic violence situation. The era 90s in Portland.

Melvin—his given name—

quickly became “the man” of the family. During the day, while his mother was working, he and his little sister went to school and afterwards searched for cardboard to sleep on at night and a sheltering tree to sleep under. Their main choice was a special Douglas Fir tree.

Fortunately for them all, Chambray was a natural born hustler and knew how to get what was needed to survive. It was important to him that they keep up appearances so their fellow classmates never suspected they were homeless.

It was when his sixth-grade class goes to Outdoor School that Chambray first experiences the transformative power that nature and the care of stable adults can give to a young child. “This was a week when I got to feel what it feels like to be a kid,” Chambray said. He realized that the poverty he was experiencing did not have to define him or what he wanted in life.

One of Chambray’s anecdotes about camp was the tug of war that ensued between the different cabins. He was reluctant to participate because he did not want his prize possession—a pair of did Deon Sanders Nike shoes—to

get dirty. But for once he was able to set aside his adult-like vigilance to take care of what little he had and join in the fray even if the shoes got dirty. He helped his team win the tug of war. It was after attending Outdoor School that he dropped the Melvin from his name and he became Vin.

Chambray’s family eventually got back on their feet and he went on to college, pursuing a career as a published writer, acclaimed storyteller, international actor and director. It was 20 years later that he decided to submit his personal story to The Moth, thus opening the doors of opportunity to make this movie.

After viewing Chambray’s storytelling performance of “Outdoor Camp” on The Moth, director Etuk immediately wanted to make a movie. Instead, they let the idea incubate for a few years.

In 2018 Etuk, Bell and Chambray founded Lion Speaks, a 501 (c)3 non-profit movement striving towards racial equity in the fields of STEM, film, media and entertainment industry here in Portland. Chambray describes this as “a beautiful collaboration with other partners.”

Lion Speaks offers underrepresented communities of



Ime Etuk (left) and Vin Chambray (right) on set
Photo by Sebastian Rogers

teens and adults educational opportunities to achieve long-term economic stability and career success. The movie will employ their production team from the students of this program, giving them the opportunity to work alongside professional mentors and learn from the best while being gainfully employed.

By waiting on the movie production, the partners garnered nationwide support for the project from various sponsors. Chambray’s story was used to help the organization Outdoor School for All pass a bill in Salem to get more funding for the film. “It’s especially important that kids of color and disadvantaged youth have this opportunity to experience nature,” Chambray said. “The hope is for this to become a nationwide program for school kids.”

In the search to find a little Chambray for the part, the team

cast a wide net from LA to New York through the Screen Actors Guild (SAG). They had narrowed the search down to 15 professional young boys but then the principal of MLK Elementary School contacted Chambray with a kid he wanted him to meet. It didn’t take long for him to recognize that this 11-year-old boy was an archetype of his younger self. He was the one.

The African proverb that says, “Until lions learn to speak, every story will glorify the hunter,” best sums up what Etuk, Bell and Chambray are striving toward in the production company, Laugh Cry Love Entertainment. The times are propitious for waking up the sleeping masses and telling the whole story. It is time people of color are given equal voice in all industries. It is also time for people to remember how important the natural world is to everyone.

Do Good Multnomah’s Mobile Support Services

from page 1

someone’s experience of homelessness.”

Many program participants face barriers to passing a rental application screening and advocating for her clients is a key part of Amanda’s work as Housing Navigation Specialist. Criminal record, eviction, credit, property damage and lack of rental history are some of the most common barriers program participants face.

This advocacy often means writing a letter to a landlord and asking them to give the person a chance by renting an apartment to them.

“I definitely bring it back to myself,” Amanda explained. “Had no one given me a chance

then, you know, I wouldn’t be where I am.”

Amanda has also experienced homelessness, living at times in her car with her kids. Today she’s in recovery, has a bachelor’s degree and overall stability. She tells landlords that her clients are just people and “everybody deserves to be housed.”

When asked if her life experience makes her better at her job, Amanda said, “Yes, I don’t think I could build the rapport I do with people if I hadn’t lived a different lifestyle.” Building empathy and trust through shared experience is an important part of Do Good’s approach to this work.

Brittanie also has life experience that helps her connect with

program participants. “I grew up in a pretty rough kind of environment. So I got to see a lot of the world very fast and it kind of, you know, influenced me when I got older to help people get through that because I was able to get through it.” She describes herself as a person who’s naturally drawn to taking care of other people. She started out doing elder care and then worked at the Queer Affinity Village in inner SE Portland before her current role with Do Good.

Move-in day is one of Amanda’s favorite parts of the job. “I had somebody who moved in on the third and they cried when they got their keys and they were just so grateful. That was so

rewarding,” she explained. “I was so grateful to be able to experience that with them.”

While move-in day can be joyful, it can also come with anxiety and mixed emotions. That’s where the team steps in for support. Amanda tries to give clients time to process the transition in advance, ordering furniture beforehand so they can visualize their new environment.

The move from a shelter, vehicle or the street into an apartment or house is transformational. Amanda was able to advocate for a client who had been unhoused for over 25 years and wasn’t feeling hopeful about getting into housing, who now calls her often “in total disbelief that this is her life now.” Another client who recently moved into his new home set goals of being sober and not gambling, and is maintaining both while searching for employment.

Amanda describes moving into a permanent home as “empowering,” with a positive impact on self-esteem. Brittanie also loves seeing the positive changes in participants’ lives when they’re

housed.

“Just seeing people evolve,” Brittanie said, “I think that’s the best thing. And knowing I was there to aid them in that.”

This includes returning to things they love to do, like playing music. Even though shelters are an important part of the support system, Brittanie explained that there’s nothing like having your own space. For many people, just being able to breathe and relax without looking over their shoulder is a significant positive change.

At the end of the day, the human connection might be the most important part of Brittanie and Amanda’s work. As Brittanie explained, “I can’t tell you how many times I’ve just sat down with someone and they were just, like, instantly, you know, calm or at ease.” She thinks this is because “humans thrive off connection, like we’re here to connect with people. And yeah, I just think it means everything to them.”

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



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DOC-O-RAMA Series

The DOC-O-RAMA series screens five documentaries celebrating those who were bold enough to call for change—through personal growth, style, community, social justice or culture. The series is presented by PAM CUT and tickets can be purchased individually (\$12) or as a series pass (\$45-\$55).

Workhorse Queen from director Angela Washko, a 2021 Sustainability Labs Fellow, starts off the series Friday, September 16, 7 pm. It explores the complexities of reality TV’s impact on queer performance culture by focusing on the growing divide between members of a small town drag community. By day, Ed Popil worked as a telemarketer; by night he transformed into drag queen Mrs. Kasha Davis. After seven years of auditioning, Popil was cast on *Ru Paul’s Drag Race* and thrust into a full-time entertainment career at age 44.

Saturday, September 17 has a double feature starting at 12 pm with *All Man: The International Male Story*. Gene Burkard, a once-closeted GI, found freedom in San Diego where he transformed men’s fashion into something cosmopolitan, carefree and trend-setting. The International Male mail-order catalog generated millions in revenue and changed the way men would look at themselves, at each other and how the world would look at them.

Following that at 3 pm is *Wilderness*, about Silver Platter, a Latino LA LGBTQ+ bar. The documentary integrates elements of fiction and documentary structures to vividly portray director Wu Tsang’s multi-layered relationship with the bar and explores her role as an artist and activist.

The final two documentaries run Friday, September 23, 7 pm and Friday, September 30, 6 pm. *Aggie* explores the nexus of art, race and justice through the story of art collector and philanthropist Agnes “Aggie” Gund’s life. She is internationally recognized for her robust and prescient support of artists—particularly women and people of color—and her unwavering commitment to social justice issues.

In the final installment of the series, *Moonage Daydream* is a cinematic odyssey exploring David Bowie’s creative, spiritual and musical journey with never-before-seen footage and performances spanning his 54-year career. The film includes 40 exclusively remastered Bowie songs and is the first film ever sanctioned by the Bowie Estate, with local access to the artist’s archives.

All screenings take place in Whitsell Auditorium at the Portland Art Museum. Tickets and additional details at bit.ly/DocORama.

Anniversary Celebrations Organ Recital



Organist Matthew O’Sullivan will put Saints Peter & Paul Episcopal Church’s 1959 Wicks pipe organ through its paces Sunday, September 25, 5 pm. O’Sullivan’s performance will feature music by musicians with significant anniversaries in 2022, including Cesar Franck, who was born 200 years ago and almost single-handedly kickstarted the tradition of great French organists that endures today; and Ralph Vaugh Williams, born 150 years ago, who was one of Britain’s best-loved composers.

O’Sullivan is Director of Music at St. Bart’s Episcopal Church in Beaverton and teaches organ at Lewis & Clark College. He was an Organ Scholar at Christ’s College, Cambridge, and loves bringing new audiences to the organ. In 2019 he was honored to be the performer of an hour long TV special featuring the organ on Montana PBS.

Antero Alli Film at Clinton St.

Portland filmmaker Antero Alli premieres his newest flick, “Tracer,” a cat and mouse yarn unraveling through a maze of under-world drug culture, quantum nonlocality and a fractured family trying to pick up the pieces, at Clinton Street Theater Tuesday, September 20, 7:30-9:30 pm.

The Psi-Fi Noir Suspense film has Erik returning home to reunite with his family after seven years of world travel. He first visits his ex-girlfriend, Polly, with high hopes of rekindling their love, but Polly has changed. She now channels a Polish ancestor in a vlog on her mission to expose the corruption of the Patriarchy. When Erik visits his father, Leo, on his yacht, his boyhood superhero fantasies of his father are tested against Leo’s shady, perilous past. Finally, he sets out to find out why his mother, Corinna, abandoned him as a boy. Meanwhile a psychic hitman in the Russian mafia experiments with a new designer drug to increase his remote viewing skills.

Finnish-born Alli is an underground filmmaker whose deep background in creating experimental theatre imprints his films with surrealistic and theatrical sensibility. He is also an author with seven titles in print, as well as an astrologer.

Alli and the all-Portland cast (Rick Wilding, Kasia Caravello, Benjamin Ervin, Ellen Pinney, Douglas Allen, Sage Reilly, Michael Streeter and West Ramsey) will be in attendance. Tickets (\$10) at bit.ly/TracerCST.

Call for Artists/Performers

Artists and performers interested in being part of the 2023 Portland Winter Light Festival (PDXWLF) are invited to attend a virtual information session Tuesday, September 13, 6:30-7:30 pm. The Zoom session will answer questions like: What kind of exposure will my work get during the festival?, What are the requirements to show work in the festival? and Can I show my work indoors or outdoors?

The festival is a city-wide, vibrant outdoor arts festival held at the height of winter, when there are fewer free cultural events taking place in the city. Its mission is to build community through collaboration between organizations, businesses, artists and guests by bringing cutting-edge art and technology to diverse audiences while invigorating the city in the winter.

The 2022 festival was a banner year, featuring over 135 popup art installations that filled retail spaces, storefronts that had been empty for years, public spaces, hotel lobbies and businesses. Around 189,000 attendees explored all corners of the city during the eight nights of the event, including four major anchor art sites with illuminated sculptures, video projections, popup performances, food carts and more.



PDXWLF takes place Friday, February 3-Saturday, February 11, 2023 and applications for artists and performers are being accepted through September 23, 2022. Installations must include a lighting component, be family friendly and suitable for a diverse audience. Both those without a location for their installation and those who have a venue to show their work are invited to apply. Full details and applications available at pdxwlf.com.

Ted Grimm at Reedwood

The Portland FolkMusic Society is proud to present Tim Grimm Saturday, September 17 at Reedwood Friends Church, 2901 SE Steele St. A bit of a Renaissance man in the performing arts world, Grimm has blended his love for songwriting, travel and the storytelling of acting for the past 20 years. He sings with warmth and intimacy, his songs full of descriptive details, many relating to the rural upbringing that has shaped his life.

Since 2000, Grimm has released more than 10 solo albums and his single “Woody’s Landlord” became the number one folk radio song in 2016. His most recent recording, “Gone,” was released last year and debuted as the number one folk album for March 2021.



Grimm’s performance is the first of nine in the 2022-23 concert season. Doors open at 7 pm for the 7:30 pm show. Tickets (\$10-\$22) available at bit.ly/TimGrimm. Season tickets, which include this show, are also available.

PORTLAND FOLK MUSIC SOCIETY

2022-23 CONCERT SEASON

Tim Grimm

Saturday
September 17

For the past 20 years Tim Grimm has blended his love of songwriting, travel and acting. He sings with warmth and intimacy songs full of rich descriptive details; many relating his rural upbringing. Since 2000 he has released over 10 solo albums.

Deidre McCalla

Saturday, October 8

Distinctive Contemporary Folk

Dave Stamey

Saturday, November 19

Cowboy Folksinger Storyteller

Concerts are held at the
Reedwood Friends Church
2901 SE Steele St, Portland.
7:30 PM. Doors open at 7:00 PM

Single Ticket Prices	On Line	At the Door
General Admission	\$22	\$25
PFS Members	\$19	\$22
Ages 12-18	\$11	\$12
Under 12	Free	Free

www.portlandfolkmusic.org



Stevie Baker, Soprano, has over 15 years of diverse voice and choral experience and is thrilled to collaborate with O’Sullivan. She is the current music director and singer in residence at Saints Peter & Paul and is beginning her second year as an elementary music teacher in the North Clackamas school district.

This is a free event, with organ chamber tours and refreshments to follow the performance. The church is located at 247 SE 82nd Ave., with entrance through the gate on SE Pine St. See sppdx.org for more.

MYTH, MIRTH, AND TRUTH

A performance from local Portland artists

SATURDAY,
September 3rd, 2022
Doors open at 7pm

Artichoke Music,
2007 SE Powell Blvd.
Portland, OR

for more information visit us at
PORTLANDSTORYTELLERS.ORG

Free Story Swap, 2nd Friday every month
St. Philip Neri, 2408 SE 16th at 7:00pm

The Next Big Thing in Food



In “Shark Tank” style, the grand finale of the Oregon Angel Food 2022 (OregonAF) event will reveal which one of the final four food and beverage makers will receive an angel investment of \$200,000 Saturday, September 17, 1-6 pm. The event, hosted by the Oregon Entrepreneurs Network (OEN), includes a marketplace featuring regional food and beverage entrepreneurs, product sampling and access to a beer garden and food trucks with items for sale. Marketplace companies based in SE Portland include Sebastiano’s, Bobbie’s Boat Sauce, Cultured Kindness, Flourish Spices & African Food, Smith Tea Maker and Ranger Chocolate Company.

Earlier this year, the OregonAF education and investment program kicked off a month-long investment-readiness and mentorship series for food and beverage makers. More than 50 entrepreneurs from across Oregon and SW Washington applied for consideration with OregonAF angel investors. During July and August the investors met with and evaluated each company, which included a review of financials, tours of commercial kitchens and an evaluation of their products. The field was narrowed to the final four last month - Mickelberry Gardens (herbal honey tonics and beeswax-based skin care), GoNanas (vegan, gluten free and allergen-friendly banana breads), Saena Baking Co. (dessert oriented baking products) and One Stripe Chai Co. (who has been an anchor at the Montavilla Farmers Market for years)—and now it’s up to the finalists to win the hearts of the panel of investors with their presentations.

This is the fourth year of OregonAF, but only the second time it has taken place in person. The 2020 and 2021 events were virtual and Amanda Osborne, OEN Executive Director says, “We are going big this year with this signature event. It’s a great time for foodies, budding foodies and the community at large to discover new Oregon food and beverage products, buy some to take home and find these products at local grocers following the event.”

Jovani Prince, founder and CEO of The Cracker King, received the Taster’s Champ Award at OregonAF 2020 and will serve as emcee for the main stage finale. The event takes place at The Redd on Salmon, 831 SE Salmon St. Tickets (\$15-75) are available at bit.ly/OregonAF2022. Entrance is free for children under 12.

Nina Simone Tribute, Folk Sounds at Alberta Rose



Saturday, September 10 LaRhonda Steele (above) sings the timeless songs of Nina Simone as a member of the nimble sextet led by guitarist Adrian Martin in “I Put a Spell on You.” The sextet is composed of Steele on vocals, Mark Steel (piano), Michelle Medler (saxophones, flute, vocals), Leah Hinchcliffe (upright bass, electric bass, vocals), Mike Snyder (drums) and Adrian Martin (guitar, vocals).

The following Saturday night (17th), Tracy Grammer (right) takes the stage. One of the most beloved acts in contemporary folk music, she has performed on stages since 1997. With pristine fingerstyle guitar, percussive strums, dynamic vocals and incantatory narratives,

Grammar delivers a polished, personal show notable for its melodies, heart-forward content and engaging, authentic delivery. The show is Grammer’s return to Portland for the first time in years.



For the last Sunday in September (25th), Jeffrey Foucault brings his instantly recognizable sound that is a decidedly Midwestern amalgam of blues, country, rock’n’roll and folk. He’s become one of the most distinctive voices in American music and built a brick-and-mortar international touring career on multiple studio albums, countless miles and general critical acclaim.

Tickets for these shows and more at albertarosetheatre.com.

33rd Season of Triangle Productions!

The 33rd season at triangle Productions! kicks off with “The One-Act Play That Goes Wrong,” Thursday, September 8-Saturday, September 24.

The comedy-farce is a 1920s whodunit with “everything you never wanted in a show,” including an unconscious leading lady, a corpse that can’t play dead and actors who trip over everything. Part Monty Python, part Sherlock Holmes, the Oliver Award-winning comedy that will leave you aching with laughter, all in 75 minutes.

The show features Joe Healy, Lisamarie Harrison, James Sharinghousen, Alex Fox, Melissa Whitney, Gary Wayne Cash, Jason Coffey and Dave Cole. Single show tickets \$15-\$35 or as part of a season ticket show package (\$96-\$137.50). Tickets and full season details at trianglepro.org.

Adam Levy at Artichoke



Photo by B.E. Bixby Photography

Adam Levy takes the Cafe Artichoke stage with Christopher Benson and Dan Phelps Friday, September 9. The rootsy singer-songwriter/guitarist is not strictly jazz or blues or Americana; his music comprises elements of all three. Levy is widely respected as a guitarist, never stepping into the solo spotlight without something meaningful to add to a song, and a nuanced accompanist.

He’s joined for the 7 pm show by bassist Christopher Benson and multi-instrumentalist Dan Phelps. Expect to hear some of Benson’s songs along with Levy’s. Phelps will provide pulse and atmosphere throughout. Tickets (\$20) available at artichokemusic.org/LiveMusic.html.



The 4th Wall: Trivia, Game Nights and More

The 4th Wall PDX, Hawthorne Blvd.’s cinema-themed cafe and lounge, has a month filled with trivia, game nights, weekend cartoons and more. Trivia has become a staple of their business and each Tuesday night at 7 pm there’s a new theme. The month starts off with Lord of the Rings, followed by Seinfeld, Star Wars and ends with Futurama. Seinfeld trivia night, September 13, is sponsored by Stone Brewing and there will be prizes, swag and Stone beer.

Game nights range from a Mario Kart Tourney on the 14th to weekly Tabletop Thursday tabletop games (think Scrabble, Catan) to a retro game night where they are teaming up with their friends at Retro Game Bar for a throwback game night that



includes a Goldeneye (N64) Tournament. Saturdays 9 am-3 pm there are cartoons playing for kids and kids at heart, complete with plenty of sugary cereal to choose from. There are also comedy shows, an open mic poetry show and bingo. Full details at the4thwallpdx.com.

MMU’s Two September Classes

This month, Movie Madness University (MMU) is excited to announce that a new instructor has joined their team. Jeff Oliver is a filmmaker and teacher who makes his MMU debut with a class on Black Independent Cinema which takes place four Thursdays (8, 15, 22 and 29), 7 pm. Take a trip through the “New Jack Swing” era of Black independents cinema. In the 1980s and 1990s, filmmakers Robert Townsend, Kathleen Collins, Charles Burnett and Cheryl Dunye produced groundbreaking, pioneering work—though it was often neglected in favor of white contemporaries like Quentin Tarantino, Kevin Smith and Steven Soderbergh. The class will explore and contextualize four key films from pivotal Black directors. Along the way, the class will chart the earliest days of Black independent film with Oscar Micheaux and explore how the industry changed after the glut of Blaxploitation films in the 1970s.

Additionally, Max Swanson presents an exploration of movie musicals that double as soundtrack vehicles Mondays (5, 12, 19, 26), 6:30 pm. Popular music and popular cinema have long collaborated in celebrity-making, with a relationship that exists at the intersection of spectacle and commerce. The class will look at some of the greatest and goofiest music movies of the 1960s-1990s—and the bands that made them. Along the way, questions like: Why do we love to see musicians (try to) act? How did these movies come together? Are any of these movies actually...good? will be explored.

Email education@moviemadness.org with “film titles” in the subject line for a complete list of titles that will be shown in the classes. Registration (\$60-\$75) at bit.ly/MMUSept.



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Arts & Entertainment

Mijita Friedita: One Night Only at Milagro

Milagro Theatre’s latest production, *Mijita Friedita*, takes the stage Saturday, September 17, 2 pm for one performance only. The play looks at the life of young Frida, a child during the Mexican Revolution. She helped her mother dress the wounds of soldiers and discovered the world of photography through her father. When she contracted polio, her parents kept her away from bullies and other harm on the streets, but she was lonely.

She countered the loneliness with the help of an imagination that allowed her to discover a world of her own, beyond the four walls of her room where she could play, dance and be herself. She goes to a fiesta with her imaginary friend and the characters of her imaginings. There she discovered who she truly was and set off to become the legendary artist that continues to inspire today.

Melody Wells-Benitez plays the title role and is joined by Paulina Jaeger-Rosete as her mother, Mathilde; Dylan Hankins as her dad, Guillermo Kahlo; and



various other characters. The cast is directed and choreographed by Gabriela Portuguese, costumed by Andrea Acosta and Lawrence Siulagi provides design and videography.

Playwright Ajai Terrazas Tripathi graduated from Oregon State University and for 20 seasons managed the education programs of Teatro Milagro. He has performed in a variety of roles and written three plays for young audiences.

Tickets (\$20 adults, \$15 students/seniors) at bit.ly/MilagroSept17 or 503.236.7253.

New TidalWave Comic Book

TidalWave Comics is proud to announce the addition of a Stevie Nicks comic book to its popular “Female Force” series focused on women who make an impact around the world.

“Female Force: Stevie Nicks” is written by Michael Frizell with art by Ramon Salas. The 22-page comic book is available both digitally and in print and can be found on multiple platforms. The book will be available in hardback with cover by famed comic book artist Yonami, as well as a paperback cover by Ramon Salas.



Rolling Stone named her the “reigning queen of rock and roll” and one of the 100 greatest songwriters of all time. She’s been honored by the Rock and Rock Hall of Fame—twice, received eight Grammy nominations and won two as a solo artist and one with her band, Fleetwood Mac. Stevie Nicks’ passion and unrelenting drive to succeed as an artist are explored in this new comic book.

Writer Frizell, an educator at Missouri State University in Springfield, said, “There’s a popular meme that talks about how Taylor Swift writes sad songs about her exes, but Stevie Nicks makes her exes sing songs she wrote about them explaining how horrible they are, and every time I see it, I laugh. Stevie’s fearlessness makes her a rock legend and explains her staying power and popularity.”

The book is available digitally, paperback and hardcover on Amazon at amzn.to/3AQ6pXF.

Literary/Arts Journal Accepting Submissions

Cirque, a journal for the North Pacific Rim, is accepting submissions for its next edition through Wednesday, September 21. The twice-a-year literary/arts journal was founded in 2009 and invites emerging and established writers living in the North Pacific Rim (Alaska, Washington, Oregon, Idaho, Montana, Hawaii, Yukon Territory, Alberta, British Columbia and Chukotka) to submit short stories, poems, creative nonfiction, translations, plays, book reviews, interviews, photographs and artwork for the winter issue. Submissions cover a wide range of topics and are not restricted to a regional theme or setting.

Paul Haeder, projects editor for *Cirque*, says, “In a time of chaos and nuclear brinkmanship, the arts especially count. No, poetry is not dead. No, creative writing is not only for English majors. Yes, art does count more in a time of plague, war, chaos.” He added that the recently published 170-page Summer Solstice issue, No. 24, includes Portland and Oregon writers and artists.

Visit cirquejournal.com/submissions for full submission guidelines and a link to the Submittable portal for online submissions. Additional questions can be directed to cirquejournal@gmail.com.

Those interested in reading the journal can view it online or for \$30, purchase a hard copy at amazon.com/dp/B0B6L9TFCH. Subscriptions are also available.

PDX Jazz Fall Season



Photo by Fabrice Bourgelle

The fall season of PDX Jazz runs September 14-November 11 with eight exciting shows spanning the Portland metro area, including “The Comet is Coming,” which hits the Revolution Hall stage Saturday, October 1, 8 pm.

Featuring King Shabaka on saxophone, Danalogue on keyboards and Betamax Ohm on drums, the trio debuts music from their record “The Comet is Coming,” a soundtrack to an imagined apocalypse, destined to destroy illusions. It will manifest new realities, perceptions, levels of awareness and abilities to coexist. The musical expression is forged in deep mystery and about overcoming fear, embracing chaos and the peripheral sight that might summon the fire. Tickets (\$25-30) to the all ages, seated event at pdxjazz.org/event/the-comet-is-coming.

Other shows take place at the Jack London Revue, Winningstad Theatre and Star Theater downtown and The Reser in Beaverton. Full details at pdxjazz.org.

Broke Gravy and Friends

Kickstand Comedy, the folks behind Comedy in the Park at Laurelhurst Park, present Broke Gravy and Friends, a one-night-only throwdown from Portland’s dopest improv team Saturday, September 10, 8 pm at Clinton St. Theater. Chris, Leon and Eric (the Broke Gravy boys) are ready to send off the summer in style with a little help from their friends Flynnne Olivarez, Mary C. Parker and Monica Daily.

The amazing storytellers will step on stage and do their thing, using their stories as inspiration for improv comedy. The show is guaranteed to be something you’ve never seen before and will never see again. Plus a portion of every ticket will go towards Kickstand Comedy’s BI-POC Improv Program.

Broke Gravy uses improv comedy, storytelling and podcasting to discover truth between the blurry lines of the daily grind. As



three Black Americans, they utilize their unique voices to spark thoughtful conversations on and off comedy stages. Through a candid dialogue, they exchange their experiences with those of their audiences—exploring deeper perspectives on comedy, relationships and humanity. They’re also funny AF.

Presale tickets are available at bit.ly/BrokeGravy for \$15 or \$20 at the door. Doors open at 7:30 pm.

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Portland Radio Project

A new monthly series from Portland Radio Project begins in September with Portland’s premier acoustic and singer/songwriter listening room, Artichoke Music. For the first show of “Listen Up: Amplifying Pacific Northwest Women Singers/Songwriters,” three emerging Pacific Northwest female singer/songwriters—Nyah, Ronnie Carrier and Erin Westfall—will take the microphone for a rich evening of independent voices and powerful stories.

Inspired by artists as diverse as Billie Holiday and D’Angelo, Oregon’s R&B/Soul artist Nyah is gaining a following for mesmerizing live performances and original material. Once described as “Sarah McLachlan meets Nirvana,” Portland-based folk-rock songwriter Ronnie Carrier’s musical world is like a haunted house with friendly ghosts and her musical narratives are as catchy as they are clever. Salem-based Erin Westfall brings alt-pop with soaring melodies and soulful vocals to the mic.

Doors open for the Friday, September 16 show at 6:30 pm, show at 7 pm. Tickets (\$15) available at artichokemusic.org/LiveMusic.html. Seating is first come, first served. In the case of a sold out event, patrons may be required to share tables. For parties of four or more, please call ahead to 503.232.8845 to make reservations.



Arts & Entertainment

PJCE Album Release



Photo by Douglas Detrick

PJCE Records, a grassroots recording label documenting the wide variety of original music being created by Portland area jazz composers and improvisers, has a new release coming out at the end of the month. Pianist/composer Ezra Weiss, bassist Jon Shaw, and drummer Tim DuRoche combine different ends of the jazz gene pool to create the EP, “Amazing Life.” Available on pre-order prior to the Friday, September 30 release date at bit.ly/PJCEAmazingLife, it is a rich murmur of sound that reflects the deep relationships of its creators.

The warmth and mutual respect between this Portland-centric group of players and composers lie at the core of “Amazing Life’s” organic vibe. Weiss and DuRoche share a 20-year friendship despite, operating in parallel jazz universes; Weiss more straight-ahead and DuRoche more “out.” Both Weiss and DuRoche have played with Shaw for years, with DuRoche and him often alongside saxophonists/composers Reed Wallsmith and Joe Cunningham. Shaw’s versatility made him the perfect bridge between Weiss and DuRoche’s approaches. Wallsmith and Cunningham, known for their melodic and deeply human music, were natural composers to contribute to the project. Weiss then brought in the work of his musical theater collaborators, The Bylines, the performing and composing duo of Reece Marshburn and Marianna Thielen.

Looking at the center of this stylistic Venn diagram, DuRoche reflected, “What resonates so much for me with this are the space, nooks and crannies, and contours that evolve—through patient listening, mutual affection, and overall cinematic quality.” As for Weiss, he hopes that listeners find “the perfect way to sit with a glass of wine for half an hour.” Listeners familiar with Weiss, DuRoche and Shaw will likely be surprised to hear them in this context, giving each other the support and freedom to stretch into unfamiliar shapes.

Weiss, Shaw and DuRoche hope that listeners will find empathy, healing and a genuine outreach of emotion in the project, which certainly contains their own processing of the pandemic experience. DuRoche, in particular, hopes listeners will find, “A surrender. Not giving up or giving in, but an invitation to a different kind of generosity amid so much noise in the world.”

A release concert will take place Tuesday, October 4 at The Old Church near Portland State University.

PDX Design Festival

AIGA Portland, a professional organization for design, is hosting a brand-new, week-long celebration of design Monday, October 3-Saturday, October 8 at venues both online and in-person throughout Portland. The PDX Design Festival (PDXDF) aims to bring together designers of all disciplines, design enthusiasts and friends of the design community to celebrate and advance the community’s collective crafts. The inaugural festival is organized around the theme of connection in recognition of the design community’s need to come together, reengage and rekindle ties with one another.

“As we work toward bringing PDXDF to life, we recognize that we’re following in the footsteps of beloved events like Design Week Portland and Portland Architecture and Design Festival,” says Jordan Hall, Partnership Director and Festival Lead for AIGA Portland. “PDXDF cannot continue their legacies. We can only try our best to answer the needs of our community in the moment we find ourselves in. The message from our community has been loud and clear: we’re ready to connect again. Our hope is that PDXDF can be a space for designers of all disciplines to reconnect with each other, to share knowledge and to reignite our passion.”

PDXDF will feature a series of community-driven events including keynote speakers, exhibitions, community art, hands-on workshops, performances, markets and more, all hosted by Portland’s thriving design community. In addition, AIGA Portland will host the opening night and closing night parties for all festival attendees.

All-access passes are \$25 for AIGA members and students, \$45 general admission, available at pdxdesignfestival.org. Some events require masks and/or proof of vaccination.

Projekt2022

39-year-old Portland-based Projekt Records is home to artists in the electronic, ambient, space music and ethereal genres. With over 89 million tracks streamed in 2021, the label flourishes with bi-weekly releases of new and classic titles. Surviving throughout the decades where so many others perished, Projekt continues to nurture the careers of its select roster of artists.

2022 has been no different with more than 50 stellar releases. Projekt2022, a new label sampler, brings together 14 tracks, primarily from the label’s ambient side with a touch of ethereal dark-wave. These sonic worlds tempt the listener toward dream and contemplation.

Discover the latest from veteran synthesist and ambient composer Steve Roach, as well as the re-issue of a legendary 1981 cosmic classic from Michael Stearns. Beautifully introspective guitar-based electronic from Erik Wøllo soothes the soul.

New to the label is Peter Phippen with his mystical flute music that channels ancient voices. Black Tape For A Blue Girl’s string-laden emotive whirlwind complements Paulina Fae’s sensual dreampop.

Australians theAdelaidean and Deepspace, Arizona’s Serena Gabriel working with Steve Roach, Italians Jarguna and Lorenzo Montanà invite you to dreamlike realms. Europe’s Alio Die & Dirk Serries create liquid soundscapes of sonic beauty. California’s Forrest Fang mixes western and eastern influences on a deep sonic dive.

Download or stream the expressive music at bit.ly/Projekt2022.

Benefit Concert for Ukrainian Students

World-class performers and Western Seminary neighbors David Ewart and Leslie Garman perform in a benefit for Ukrainian students Sunday, September 11, 2 pm at Western Seminary, 5511 SE Hawthorne Blvd. The concert will present classical music by Eastern European composers and Ukrainian songs.

Portland native and violinist Ewart has performed on many record dates and live events with artists such as Phil Collins, Madonna and Celine Dion and has recorded over 500 motion picture scores. He has also performed as concertmaster with the Portland Chamber Orchestra, Tucson Symphony and Florida Symphony. Ewart is joined by piano accompanist Garman.

Tickets include concert and refreshments and are \$20 in advance (available by calling Bonnie Elkholtz at 503.817.1897) or \$25 at the door. All of the money raised will be added to a scholarship fund for Ukrainian students.

Comic Con Afterparty

Books With Pictures, 401 SE Division St., will be hosting Block with Party, the only official Rose City Comic Con afterparty Saturday, September 10, 6-10 pm.

The evening includes live music by the legendary Rob B., a reading from “Incredible Doom” vol. 2 by creators Matthew Bogart and Jesse Holden and a cornucopia of talent at Fan-Castic Four, a roundtable of fan-favorite Marvel podcasts. At the table will be Eisner Award-winning writer Douglas Wolk (“Voice of Latveria”), Miles Stokes (“Jay & Miles X-Plain the X-Men”), Bryan Stratton, Robb Milne and Jamie Wegner (“Marvel by the Month”), and Matthew Howell and Jacob Balcom (“Werewolf by Night”), with special guests including Dark Horse editor, Jemiah Jefferson, Eisner and Ignatz Award-nominated creator Sloan Leong and Eisner Award-winning comics maven Katie Pryde.

Don’t miss this incredible evening. Additional details at bookswithpictures.com.

Axness and Reed at Sidestreet

This month Sidestreet Arts’ featured show artists are ceramics artist Terri Axness and print-maker Donna Reed. Their works will be on display sale all month at the gallery, 140 SE 28th Ave., Wednesday-Sunday 12-5 pm.

Known for her diverse and whimsical ceramics, artist Terri Axness fires her nature-inspired ceramics, like the Jumping Sockeye wall hanging (right), in electric and gas-kilns. She is a master at both throwing and hand-built ceramics; she uses her lifetime of experience in creating unique and collectible pieces.

Print-maker Donna Reed’s designs are very bold, graphic



and show a playful side to her subjects. Her latest art, *Farm Series*, is a body of work that harkens back to her childhood spent on a small dairy farm in Minnesota. She uses up-cycled boxes and drawers to enhance and showcase her lively bird prints.

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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.

A Common Shoulder Injury: Rotator Cuff Tears and Strains

Rotator cuff injuries are common, especially as you get older. A rotator cuff tear or strain makes it difficult to raise and move your arm. You may have shoulder pain and arm weakness. Rest, pain relievers and physical therapy can help, but some people will need surgery.

The rotator cuff is a group of four stabilizer muscles and tendons in your shoulder. They help you lift and move your arm. Rotator cuff injuries occur when the tendon is pulled away from the arm bone.

Both a tear and strain have similar symptoms of pain, swelling and stiffness. With a tear, the arm can barely move overhead and sharp pains occur. Strains tend to happen over months or years of overuse and feel like a dull ache deep in the shoulder.

Symptoms of a rotator cuff injury:

Recurrent pain, especially with certain activities

Pain that disturbs sleep or prevents you from sleeping on your injured side

Grating, clicking, popping or cracking sounds when moving your arm

Limited range of motion of the arm and shoulder, and muscle weakness

Difficulty and pain when lifting the arm up or reaching behind your back

Shoulder pain that worsens at night or when resting your arm

Shoulder weakness and struggling to lift items

Rotator cuffs tears can be partial or complete. With an incomplete or partial tear, the ten-

don is still somewhat attached to the bone. With a complete tear, the tendon separates completely from the bone and there is a hole or rip in the tendon.

There are multiple causes of rotator cuff tears and strains. Most commonly, it occurs over time as the tendon wears down with age and use (degenerative tear or strain). People over 40 are most at risk.

Bone spurs, bony growths that form on the top of the shoulder bone, can also be a cause. These bone spurs rub against the tendon when you lift your arm, eventually causing a partial or complete tear.

Decreased tendon flow occurs as you get older and blood flow to the rotator cuff decreases.

Overuse, by making repetitive shoulder movements during sports or on the job, can stress muscles and tendons, causing a tear.

In some cases, it is an acute injury from an accident.

A rotator cuff tear or strain can get worse without treatment. A complete tear can make it almost impossible to move your arm. This can result in chronic pain and make it very difficult to use the injured arm. Tears do not heal on their own without surgery, but many patients can improve function and decrease pain with nonsurgical treatment, by strengthening their shoulder muscles. About eight out of 10 people with partial tears get better with nonsurgical treatments, but it can take up to a year for the condition to improve.

Nonsurgical treatments include resting the affected side to give your shoulder time to heal.


You may need to modify activities and stop certain work and sports for a period of time. A sling can be used if you find it hard to avoid using the affected arm. Nonsteroidal anti-inflammatory drugs, if tolerated, can be taken to minimize pain and swelling. Steroid injections are another option to ease pain and swelling.

Physical therapy can be sought to learn strengthening and stretching exercises. Your personal trainer can work with your physical therapist to help you with these. While a personal trainer can't diagnose a rotator cuff injury, they can refer you for treatment if it appears to be a possible tear or strain.

Your healthcare provider may recommend surgery if you have a complete tear or nonsurgical treatments don't help a partial tear. You may also need surgery if your job or athletic interests would be affected by the injury.

To prevent a rotator cuff tear or strain, it's important to keep your muscles and tendons both strong and flexible. Your personal trainer or physical therapist can teach you stretching and strengthening exercises to do at home or at the gym. Common exercises are range-of-motion movements for the shoulders, and internal and external rotation. Other exercises to target different parts of the deltoid muscles can be helpful. Your trainer or therapist can also help you work around any other shoulder issues you may have to help you get and stay stronger and pain-free.

Lori Vance
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Neighborhood Notes

Montavilla Neighborhood Association By Jacob Loeb

The Montavilla Neighborhood Association (MNA) skipped the August meeting to give members a summer break and Board members a rest after a successful showing at the Montavilla Street Fair. The next meeting will feature information regarding Portland Community College's (PCC) 2022 bond initiative and information concerning a Montavilla Dumpster Day later in the month.

Amy Bader, PCC's Community Relations Manager, will present information about the 2022 bond measure appearing before voters in the November 8 election. Attendees will hear about the measure and then have an opportunity to ask questions. If voters pass the proposed bond, funds will go directly to projects improving access to higher education.

On August 20, members of the Montavilla community joined the Jade District in a Dumpster Day and Solve Oregon cleanup. In total, event coordinators filled five, 30-yard dumpsters with rubbish collected from city streets and neighbors looking to discard bulky items. After four hours of accepting community dropoffs and bringing in more dumpsters to meet demand, staff had to turn people away.

The event's popularity indicates a great need in the city to remove bulky trash. Consequently, the MNA will announce plans to host another neighborhood Dumpster day in September. Details will be revealed at the next meeting and through the email newsletter.

The annual Board member elections are in October. People interested in joining the Board should attend the next meeting or email jacob@montavilla.org for more information about running for an open position.

The next MNA 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 August 17 on Zoom. Three special guests attended to talk about plans for the empty reservoirs in Mt. Tabor Park- Jodie Inman, chief engineer of the Water Bureau; Goldann Salazar, policy adviser to Commissioner Mapps and Water Bureau liaison; and Katie Meyer, Mapps's chief of staff. Inman shared the two-year schedule for repair, which indicated that the Water Bureau is going ahead with plans to use ground-penetrating radar to investigate the voids that were discovered under the floor of the reservoirs, and they will continue to seek funding for further study and repairs. Neighbors had many serious questions and concerns for them and the discussion will continue.

MTNA is planning to host a meetup event for new residents of the neighborhood, either the end of September or the beginning of October. We hope this will help new Taborites connect with people and learn about the role of the neighborhood association and how the city government operates. Look for fliers around the neighborhood and we'll post an update here.

MTNA will host a community meeting on Zoom Wednesday, September 21, 7 pm. Find links for this and all of our meetings, under the "Meetings and Events" tab of our website, mttaborpdx.org.

North Tabor Neighborhood Association By Kim Kasch

At the August North Tabor Neighborhood Association meeting, we discussed upcoming officer elections, scheduled for the month of October, as well as CJ Alicandro stepping down as chair of the NTNA. Ross Hiner volunteered to step into this position in the interim. We also discussed partnering with the Mt. Tabor Neighborhood Association to assist with a spring clean-up.

Please join us at our monthly meetings, the third Tuesday of the month at 6:30 pm via Zoom. You can find more information at the NTNA website, northtabor.org.

Richmond Neighborhood Association By Allen Field

The Richmond Neighborhood Association held its monthly meeting on August 8. Zoom meetings are the second Monday of the month, 7-9 pm. The link to preregister is on the agenda, which is posted to

continued on page 19



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Neighborhood Notes

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richmondpx.org and the RNA Announce listserv. To be added to the listserv, email richmondnasecretary@gmail.com.

Peaceful Villa Affordable Housing Redevelopment - Several members from the redevelopment project team (Bora architects and Home Forward) gave an overview of the redevelopment plan of the affordable housing complex on SE Clinton between at 46th and 47th Aves. They presented many schematic drawings of the redevelopment plan. Email richmondnasecretary@gmail.com if you want a copy of the presentation.

There are currently 70 units on the four-acre site. Several buildings are in need of complete rebuilds due to settling of the foundation, causing several buildings to be sinking. Plans are for 180 units, mostly studios and one-bedroom apartments in three- and four-story buildings with lots of green space between buildings. Density regulations allow for 500 units to be built with .25 per unit parking provided. Construction is expected to begin 2024 with residents returning 2026.

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

Sunnyside Neighborhood Association

By Gloria Jacobs

At the August Board Meeting we elected Chris Waldmann as President but we will rotate the responsibilities of President between four board members over the coming year. Each person will assume the presidential duties for three months but Chris will remain the official elected President.

General Meetings will be on the second Thursday of the month, every other month. There will be a General Meeting in September, November, January, etc. (One way to remember the timing is they happen in odd numbered months.)

Melanie Billings-Yun from the City Charter Review Commission will speak at the Thursday, September 8 General Meeting about the upcoming Portland Charter Commission ballot initiative, so come with questions. We would like the SNA membership to vote on whether or not to endorse the initiative. We need at least 15 members to hold a full vote. Please join us either in person at Southeast Uplift, 3534 SE Main St., or on Zoom, 7-8:30 pm. Meeting link on website.

The next SNACC meeting will take place Thursday, September 15, 6:30-8 pm.



Letters to the Editor

Editor's note: Letters to the Editor should be less than 300 words and The SE Examiner reserves the right to edit them for length or content.

To the Editor:

You've probably noticed the glare of the new LED headlights. These are now common on all buses, trucks and cars. I first really felt the effect of these lights on a cross-country trip. After driving late into the night, for a couple of nights I realized that my eyes just couldn't take the intensity of the glare from oncoming headlights and I switched to only day driving.

While LEDs themselves are a good thing - they use less power and last longer than incandescent bulbs, thus saving electricity – their growing use has - created many problems. Let me focus here on buildings and houses.

Night lighting of structures is a tricky thing. You can put any LED into a socket to light your home, but if you're considering people who walk around at night, LEDs can be blinding. They should be faced down and not out. Walk in front of your house or business at night and look back at the lights - if you can't look at the lighting for 10 seconds, then the light is too bright.

This is true for area businesses and schools as well. LED lights are being installed without much consideration as to where the light is shining. The school near my house (Richmond) installed LED lights that now shine into my second story window – three blocks away! So, this is an example where one person (or light) can do a lot of damage. The solution is for those installing LEDs to think carefully about where the light will shine and adjust accordingly. Thanks for considering this when you install LED lights (or any lights really).

Albert Kaufman

To the Editor:

I read with weary disdain the ad for the upcoming event, “The Granny Crawl comes to Portland!” From where, I wondered? Whose tired, unimaginative, clichéd idea was it to have younger-aged individuals don their “best grandma attire...?” What exactly would that attire consist of? Shawls, for certain. Glasses, of course, frizzy grey wigs... I am busting a gut laughing at the mere thought. And there is a handy color photo, should those already lacking imagination wish for some inspiration.

I recently earned a degree in Gerontology and was inspired to pursue this subject as I have always been troubled by the manner in which our senior population in the US is treated - disrespected, dismissed, discarded. Ageism. The last bastion of discrimination. And it isn't going anywhere, except onward and upward when people think a bar hopping brood of Golden Girls-lookalikes is a swell idea of a night out.

The people they mock are their mothers, their teachers, their sisters, themselves, if they are lucky enough to be around a few decades from now.

I am disappointed *The SE Examiner* would promote such an affronting event, thereby aligning itself with an indolent mindset—at once supporting disdain for our elders while fostering an unquestioning ignorance of the richness, depth and boundless discoveries they have to offer us. Easier to make fun of those whose life stories are countless, absorbing, complex, entertaining, moving... If only we bothered to listen.

Louanne Moldovan

Built for Zero

from page 1

unhoused is extremely important as they often do not want to give up their independence for a temporary solution. They continue to receive attention to ensure that they do not return to homelessness within two years. Feedback is requested from local stakeholders including first responders, behavioral health practitioners, child welfare and other service providers working with the homelessness. As the system grows the overall system improves as the experience, knowledge and resources increase.

The “Built for Zero” program was developed by Community Solutions in 2014. A few of their sponsors include Kaiser Permanente, Providence Hospital, Bank of America and the MacArthur Foundation along with many other corporations.

Locally “Built for Zero” is involved with local government and the Interfaith Alliance, a faith-based community of congregations that work to mitigate the causes of poverty; Shelter Now, a network of organizations working collectively to organize and advocate for diverse housing solutions; and Here Together, a coalition of community leaders that worked to pass and implement the region wide funding measure to end homelessness.

Multnomah County is the primary lead in solving the homeless crisis in partnership with the City of Portland and other regional partners. There will be major increases in money from federal aid, taxes and local bond mea-

asures as officials look to make progress with the homeless crisis and its related issues.

The budget of the Multnomah County Joint Office of Homeless Services will increase by almost 60 percent in this fiscal year. Much of the increase comes from the Metro Supportive Housing Services fund that was adopted by the voters in 2020. It is one of the largest homeless services measures in the nation and Metro's three counties receive approximately \$200 million each year. It has increased the number of shelter beds for people living on the street. It also provides rental assistance with supportive services and has helped several thousand households avoid eviction, along with other initiatives.

The only way to solve homelessness is with significant investments in housing for those that can only afford lower rents. Some of the ideas under consideration to help those in need include more long-term rent vouchers, eviction reform and prevention measures, support for landlords and renters with the “Move In Multnomah” program, purchase of low-cost hotels and buildings for temporary housing and the financial support of other affordable housing programs.

The solutions to the housing crisis will require the expertise of capable people working together and cannot be accomplished piecemeal. The homeless need decent places to live and the ability to get help to work through their problems.



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Neighborhood Happenings

Community Events:

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audubonportland.org/go-outside/swift-watch
Chapman Elementary School
1445 NW 26th Ave.

During the month of September, thousands of Vaux's Swifts drift through the city on their annual migration. One population of these birds has been returning to the Chapman Elementary School smokestack in NW Portland since the 1980s. Head over to the school about one hour before sunset to see the birds gather and swirl before making their way into their roost for the night.

Belmont Street Fair
belmontdistrict.org/belmont-street-fair
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