



A burned swath of hill in Mt. Tabor Park along SE 60th Ave. Similar patches can be found in other places along 60th Ave., near the top of SE Yamhill St. and within the interior of the park. Photo by Francesca Silverstein.

Suspects Detained in Mt. Tabor Arson Case

By FRANCESCA SILVERSTEIN, FRANKLIN HIGH SCHOOL'S THE FRANKLIN POST

Three suspected arsonists have been arrested after allegedly setting a string of fires within Mt. Tabor Park. According to the Multnomah District Attorney's (DA) office, the fires began Wednesday, July 15 and ended Friday, September 9, with the purported arsonists, Malik Hares and Samuel Perkins, being detained by Portland Fire & Rescue on the night of Saturday, September 10.

Though information has not been officially released, booking information from Multnomah County Sheriff's Office suggests the third suspect, Wayne Chen, was released due to a court order. The investigation is ongoing and Hares and Perkins' next hearing is scheduled for Tuesday, October 4.

Hares and Perkins were interviewed by police on the night of their arrest after video footage showed them in Mt. Tabor Park around the time of one of the fires. They both admitted their involvement, with Hares disclosing that he returned to the aftermath of the fires and, at times, spoke to the responding firefighters and investigators at the scene. Hares and Perkins were held in the Multnomah County Justice Center until Monday, September 12, when they were released into their families' custody, without bail, until their trial.

Hares and Perkins are on trial for five counts of first-degree arson and four counts of second-degree arson. According to Oregon legislation, first degree arson is a Class A felony punishable by up to 20 years in prison and a \$375,000 fine. Second degree arson is less severe but can still result in up to five years in prison and a \$125,000 fine.

The fires are still under investigation. The investigation is being led by Portland Fire & Rescue but, due to the location of the fires, Portland Parks & Recreation is also involved, having received many of the community complaints.

Community members contributed information about the incidents, and also participated in grassroots nightly patrols of the park. They patrolled the park with shovels, burying fires and then calling 911. In addition to putting out fires, they worked to prevent them by notifying authorities of debris pyres.

The Mt. Tabor Neighborhood Association (MTNA) helped organize the patrols, and based on estimates from the volunteers, more than 33 fires were set during the multi-month period. At least one of those fires was set during a Red Flag Warning for wildfires. A Red Flag Warning is an alert that weather conditions in a certain area make it highly susceptible to wildfires.

The fires were located in numerous

Safe Rest Village Worries Neighbors

By NANCY TANNER

The proposed Reedway Safe Rest Village is an unpopular plan for a group of Lents residents. The Safe Rest Village approach (bit.ly/SafeRestVillages) is a city-led, federally-funded, alternative outdoor shelter model that is paired with wrap-around mental and behavioral health services. The intention is to help transition the people living there into permanent housing within six to nine months.

The zoning code for this type of outdoor village was changed when Portland City Council unanimously passed the Shelter to Housing Continuum in April 2021.

There are six Safe Rest Village sites throughout Portland. In February, Commissioner Dan Ryan and staff from the city and county designated the last two sites, one is the 106 SE Reedway St.

Lents Neighborhood Livability Association (LNLA) Treasurer/Secretary, Char Pennie explained how the community would be adversely affected by this particular outdoor homeless shelter scheduled for their neighborhood. Pennie said that back in 2016 the city began clearing up the toxic soil on the 130,000 sq. ft. property. At the time, there were also exploratory meetings with the public to consider the viability of using this property for some type of homeless encampment. The conclusion at the time was that it wasn't a good location.

One of the more obvious reasons being that there was an estimated 800-1,000 homeless already living in Lents and along what was referred to as the "Avenue of Terror" on the Springwater Trail.

The LNLA put out a survey online asking neighbors what they thought about the idea of a Safe Rest Village. "We had 5,700 responses citywide but very few from the close neighbors who will be most affected by a homeless encampment," Pennie said. "Lents is the most diverse neighborhood in the state. There are a lot of young families living here, as well as new immigrants and people of color who are living paycheck to paycheck, with little time or resources to get involved."

Many of the responses to the survey accused the LNLA of being NIMBY's (not in my back yard) and hating the homeless, but Pennie explains this is not the reason they object to the Safe Rest Village. "It is our understanding that each of the six locations will serve a certain clientele," Pennie said. An example is the Queer Affinity Village, a site focusing on the BIPOC community.

The fear in Lents is that the Reedway Safe Rest Village will house the service-resistant people—those for whom living on the streets is a way of life. Bryan Aptekar, Communications Liaison for the Safe Rest

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International Day of Older Persons: Portland Connections and Communities

By JACK RUBINGER

On December 14, 1990, the United Nations General Assembly designated October 1 as the International Day of Older Persons. Over the next three decades, the number of older persons worldwide is projected to more than double, reaching more than 1.5 billion persons in 2050, according to the United Nations.

A longer life brings with it opportunities, not only for older people and their families, but also for societies. Additional years provide the opportunity to pursue further education, new careers and passions. Older people also contribute in many ways to their families and communities.

The good news is that there are quite a few Portland older persons who are both vital and vigorous with stories that are inspirational and motivational.

Take Liz Dally, for example, the former owner of Hawthorne Auto Clinic. Dally is very involved in Eastside Village, a virtual community for seniors that offers social activities and services for seniors with a fee for membership. One of their

big themes is helping each other age well in their homes. "I think it's important to generate awareness of older people in society and their contributions," said Dally.

Dally, who retired two and a half years ago, wants to remind younger people to keep older people in their lives, starting with asking them about their experiences and their lives. "It's easy for elders to become isolated, so I recommend calling grandma and asking about her life. You may be surprised by what you hear," said Dally.

Others, like JoAnn Herrigel, praise Eastside Village for "making you feel like you just gave a gift when you volunteer."

While people typically request rides to the grocery store and doctor appointments, there have been more unusual requests like helping someone put kitty litter into the trunk of a car because they have a bad back. What Herrigel likes best about working with seniors is that they're so appreciative.

"People get tired of relying on friends

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Representatively Speaking

By STATE REPRESENTATIVE
ROB NOSSE

I am voting “no” on Measure 26-228, the charter reform proposal to remake our city government. There I said it and, believe me, I really want a different/better form of city government. I am hoping that by voting “no” we can have more discussion, take the best parts of what is being proposed and vote on changes next year. Rather than re-cap the measure, I will share my concerns and invite you to consider my observations. Of course, make up your own mind.

The interplay between the city manager, the mayor and the city council is not clear enough. I want a mayor or a city manager to have all the bureaus of government reporting to them for operational and day-to-day purposes. I want the council to focus on policy making, helping their constituents and monitoring the mayor and the bureaus.

I would prefer that we have a mayor who runs the city, so it is clear who ultimately runs things. Most smaller cities have a city manager, hired by the council, who runs the city on a day-to-day basis with the mayor serving more like a member of council. Ideally, we would have one or the other and not a hybrid where it’s unclear who runs the city, making the mayor less relevant.

I am not a fan of four districts with three representatives picked from those four geographic areas for a total of 12 council members. I want a larger council, but I want single-member districts with smaller geographic areas to serve. I want to know that someone represents our part of Portland at city hall and feels responsible to help voters from this area with building permits, policing challenges or anything else. I think this multi-member approach leaves it unclear who a voter should contact when they have a concern, something that is already an issue with our current system.

I am fine with ranked choice voting, but I am not a fan of ranked choice voting in four large districts that are represented by three people with the style of rank choice voting that has been

proposed. The ballot tallying method is hard to understand. Here is a summary I found online: “For City Council seats a “single transferable vote” method is used. Candidates win when they exceed a threshold set by the number of available positions. Ballots are counted in rounds; any candidate exceeding the threshold is elected and the candidates votes above the threshold are proportionally transferred to other candidates based on voter preference. The candidate receiving the fewest votes each round is eliminated and the candidate’s votes are transferred to other candidates based on voters’ preferences. The process continues for as many rounds as necessary until all positions are filled.”

I keep reading it and I am still not sure how it will work. It does not read like the candidates who get the most votes win. I think that is a recipe for suspicion and mistrust. How votes are counted and who wins must be straightforward, especially in a rank choice system.


It seems like one of the goals of this proposal is to ensure that minority communities will more often be elected and thus have seats on council in order to advocate for their interests and needs. I am supportive of that goal. However, this process can also work to get other candidates more easily elected who might appeal to voters who also don’t feel represented based on their ideology. A candidate could appeal to a base of renters, land-

lords, conservatives, “People for Portland” adherents and win. I want candidates to campaign, legislate and work to represent their whole district to the best of their ability and not focus on appealing to a certain segment of voters.

If this passes as is, it will leave us a more divided city. We can do MOST of the things that the commission has contemplated and at the same time put forth a different proposal(s) that includes a simpler voting method and more clarity about who is in charge—a city manager or a mayor. We can get district representation; we can have ranked choice voting (hopefully a simple ranked choice voting system) and avoid a possible unintended consequence that results in more “fringe” groups running candidates and winning.

I didn’t come to this decision lightly and readers who subscribe to my newsletter know I have been wrestling with this all summer. I have a lot of friends and organizational allies who, like me, want our city’s governmental structure to work better and who support these changes, but I cannot get there. Being a “no” does not mean I am attacking the people who worked on the Charter Commission. They gave us a lot to consider.

Our city government needs to work better for its residents. But the Charter Commission’s proposal will make it harder to get the city back on track. Let’s vote “no” in November and try again so we can get to a better version, a better “yes.”



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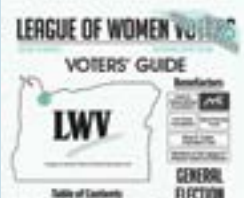
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Growing Gardens Receives EPA Grant to Support Programs

By ELLEN SPITALERI

In late August, the Environmental Protection Agency (EPA) awarded a \$100,000 Environmental Education Grant to Growing Gardens, a nonprofit organization set up to provide gardening education to K-12 students and family home gardeners. This grant will help support and expand Youth Grow, the organization’s school garden-based education program, and the Home Gardens program for Portland residents with limited resources.

In the Youth Grow Program, students will learn about soil fertility, water cycles, plant growth and climate sustainability through agriculture, while adults in the Home Gardens Program will learn environmentally sustainable gardening methods. The projects will reach up to 2,500 K-12 students and 300 adult home gardeners in the low-income and underserved Portland metro area.

Growing Gardens was founded in 1997 to help families on a limited budget start growing their own food, and the Youth Grow program, which extended the benefits of gardening to children, started in 2009, said Anna Garwood, co-director of the Youth Grow Program. “School staff wanted to invite young people to experience nature firsthand and get them excited about eating vegetables,” she said.

Youth Grow Program

Originally started to build school gardens and run after-school garden clubs, Youth Grow now delivers in-depth programming side-by-side with classroom teachers as part of the school day as well as after school and in the summer, Garwood noted. “Today our team teaches about 3,000 students, 12 lessons per grade level, using a curriculum integrating environmental science and cultural food traditions,” she said.



Students harvest salad greens from the school garden at Lents Elementary School. Photo by Growing Gardens.

The organization runs programs at 10 Title 1 elementary schools, including SE Portland’s Kelly, Whitman, Lent, Powell Butte, Patrick Lynch and Cherry Park, and one high school—David Douglas High School. “We are also teaching in Spanish at three Portland Public Schools with dual-language immersion programs,” she added.

“We grow over 1,000 pounds of organic produce and offer tastings in the cafeteria to introduce students to a diversity of fresh local produce,” Garwood said. Cat Ayala, the Youth Grow educator at Whitman Elementary School, said as her students grew, harvested and prepared their salads for a tasting in the cafeteria, she saw them become very in-

vested in their food. “When we did a tasting, almost all the students wanted a bit of salad. Many said it was the best they’ve ever had,” she said, adding that “multiple teachers said

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Lost Restaurants of Portland, Oregon

By DAVID KROGH

The past two years of the COVID-19 era has seen many restaurants and eateries close shop. But such has always been an ongoing occurrence, even without the challenges of a pandemic. In her book *Lost Restaurants of Portland, Oregon*, author Theresa Griffin Kennedy leads us on a journey to explore 20 different popular restaurants that began and ended during several different times in Portland’s history.

The author is a Portlander who, along with her author husband Don DuPay, have previously published via their Indie publishing company, Oregon Greystone Press. In this book, Kennedy’s focus was primarily on popular closed restaurants (which include several that she and her husband have visited).

The focus also includes restaurants with substantial history available. Several people had contacted the author during her book writing suggesting their favorite restaurants be included. But she said, “It takes source materials and if they don’t exist, you can write nothing about said favorite restaurant. You have to stick to the facts and what can be confirmed and corroborated by others.”

The Lotus Cardroom and Cafe, Sambo’s Restaurant, The River Queen, Der Rheinlander, Old Wives’ Tales and Cafe Lena probably had the most history available, making their stories especially unique. The author spent

over three years researching the restaurants and interviewing many of the operators and others with knowledge of these places. This research includes interesting stories along with several recipes of popular food items, including Hungarian Mushroom Soup from Old Wives’ Tales, Horst Mager’s Lentil Soup from Der Rheinlander and Henry Thiele’s German Pancake (the Dutch Baby).

To give a taste of what the book describes (not necessarily related to cooking), Der Rheinlander, formerly at NE 50th Ave. and Sandy Blvd., besides its popularity for birthdays and special events, was also frequented by many celebrities and local elected officials. At one time, Der Rheinlander allegedly purchased and served “black market” lobster until receiving a warning from City Police.

The owner, Horst Mager, was a celebrity in his own right, having had his own cooking program and cookbooks published. Der Rheinlander operated 1963-2016 before being closed and the building razed and replaced with a new Portland Clinic building. The adjacent Gustav’s was also demolished, but had branch locations operating outside of Portland until finally closing in July of this year. According to the Guten Foods website, owner of Gustav’s, only their Vancouver (Gustav’s) and Keizer (Bargarten) locations are still operating.

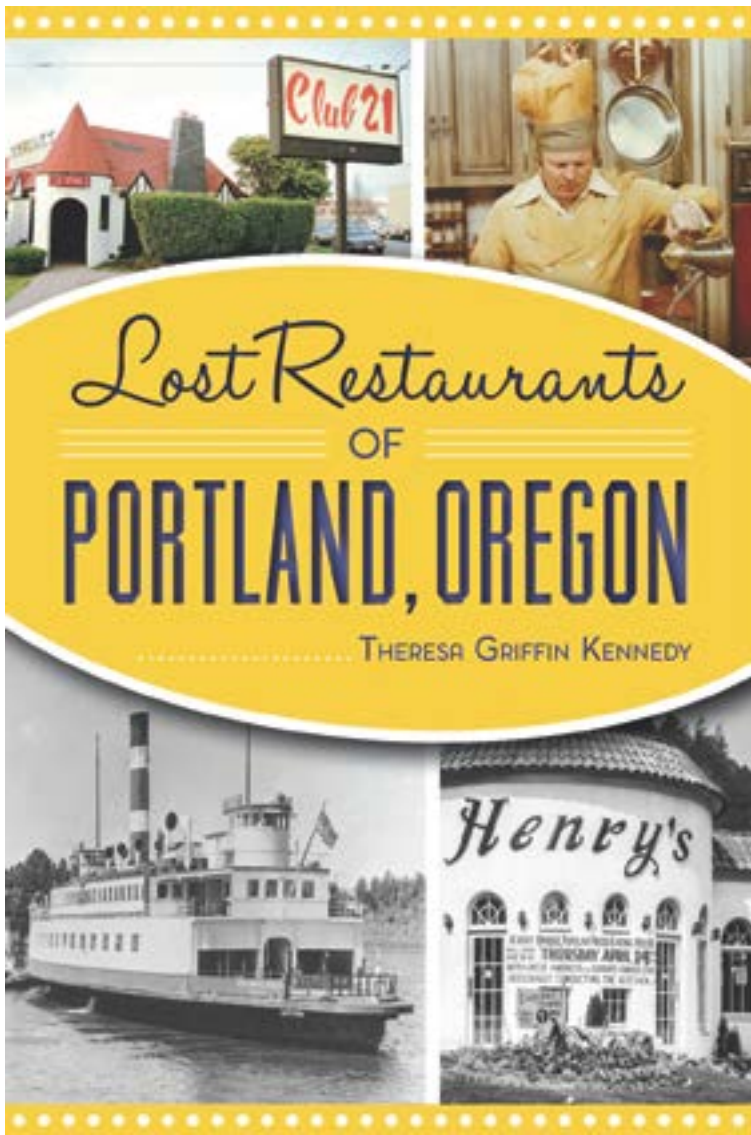
Holly Hart, an attorney

and the owner of Old Wives’ Tales, was a leading advocate for women’s rights and the LGBTQ movement in the Portland area. Old Wives’ Tales, formerly at 1300 E Burnside St.) besides being family friendly and serving healthful meals was also a refuge for feminists, gays, lesbians and anyone else who just wanted a relaxed atmosphere and good food. The business operated 1980-2014 before it closed, the site being re-developed into an apartment building.

Possibly most interesting of the restaurants portrayed is The Lotus Cardroom and Café, formerly at 932 SW 3rd Ave., which operated 1924-2016. This location started as a hotel, but gradually was entirely occupied by the Lotus. Underground tunnels, bootleg liquor, prostitution, gambling and ghost stories are all part of the Lotus’s history over the years. Gradually the place evolved into a location for dancing, dining and a hangout for city hall workers (who only worked a few blocks away).

The building had substantial local and architectural history according to the author. “Unfortunately, Portland politicians decided against saving the Lotus and it was destroyed so yet another mediocre high-rise hotel could be constructed in its place.”

The author is currently working on a new book to be called *The Lost Bars and Taverns*



of Portland, Oregon. Kennedy hopes to feature 15-20 such locations, all of which have interesting histories to tell. She also collaborated with the late crime history author JD Chandler and may publish at least one of his unfinished works. Writing, in fact, has always been a vocation with Theresa Griffin Kennedy. “I

wouldn’t be a writer today if not for my father’s unflinching support. His name was Dorsey Edwin Griffin and he was a writer, poet and author, too.”

Lost Restaurants of Portland, Oregon is available from the publisher at bit.ly/LostRestaurantsPDX and local sellers like Powell’s and Music Millennium.

Safe Rest Village

from page 1

Village team, said that many people experiencing houselessness want to have the services offered (medical, mental health, addiction and case management) and will only be here by choice.

“Our community feels that we are already bearing a large portion of the city’s homeless,” Pennie said. As stated in a letter to Commissioner Ryan’s office, “you are locating the camp in a poor BIPOC (Black, Indigenous and people of color) neighborhood, you did not use a racial equity lens...thus violating your published, democratically adopted equity guidelines.”

Another concern for this location is that it backs up to Beggars Tick Wildlife Refuge, a sensitive wetland environment that is seldom used. The area became a homeless camp until recently when the police did a sweep of the park. Already campers are pitching their tents again.

LNLA member Keith Wilson gave a presentation to the group about his travels to Amsterdam and his interviews with their homeless advocates. They have been successful in resolving their enormous homeless issue by using the Housing First policy, which is guided by the belief that

people need basic necessities like food and a place to live before attending to their other problems. Portland has used this model to develop programs like Safe Rest Villages.

Pennie said the LNLA is in favor of the Safe Rest Village triage program in theory. They want to be part of the solution to end homelessness but their community has been carrying the weight of Portland’s un-housed and feel like they deserve a break from all the responsibility.

Homelessness has been an issue for decades, in part due to cuts in low-income housing subsidies like Section 8. In 1980 the Department of Housing and Urban Development (HUD) federal subsidies accounted for 22 percent of the budgets of large cities like Portland. By the end of the 80s it was only six percent, an era where homeless in America increased dramatically.

In Portland and other west coast cities, it is estimated that up to 90 percent of homeless individuals come from outside the state or county where they are currently living. The problem they are attempting to solve locally is a problem that was once a national problem.



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What's in Your Attic?



Kathy Withycombe holds a portrait of Gov. James Withycombe, 15th governor of Oregon. Photo by Claire Withycombe.

In an effort to help preserve the state's history and make it accessible to Oregonians, educators, art enthusiasts, history buffs and others, the Oregon State Capitol Foundation is launching the Governors' Portraits Search to locate and catalog missing portraits of former Oregon governors. When the Capitol burned in 1935, many oil paintings were lost. But there are around 27 portraits that were saved and have gone missing.

Last year the Capitol Foundation learned that the great-great-granddaughter of Gov. James Withycombe, Claire Withycombe, discovered a formal portrait of the former governor hanging in her grandmother's home. While it is unknown if this portrait, painted while Gov. Withycombe was still in office, ever hung in the Capitol, its discovery has given the Foundation

hope that other artwork depicting former Oregon governors may still exist.

The missing formal portraits may be in private homes, schools, universities, museums, businesses, courthouses or public buildings. Capitol Foundation board member Bruce Bishop said, "We want to know about the portraits so we can log their existence." The nonprofit does not want to reclaim the portraits and will keep the location of artwork located in residences private.

If you have information about the location of any of the missing portraits (a full listing is at oregoncapitolfoundation.org/project/governors-portraits), please contact the Foundation at oscf@oregoncapitolfoundation.org or 503.363.1859.

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.

Tips for Saving on Groceries

We all know that trips to the grocery store are costing more these days and while we can't eliminate food costs from our lives, reducing the amount of food that gets thrown out can save money and waste less. A 2019 report by Community Environmental Services, part of Portland State University, estimated that the average Oregon household throws away 6.3 pounds of food per week, 71 percent of which was once edible.

To help consumers make the most of their food budgets OnPoint Community Credit Union and Fred Meyer Stores collaborated to create a list of smart shopping tips. "From establishing a sustainable meal prep routine to tracking sales and fuel points, there are many strategies customers can employ to create savings in their grocery budget," said Jeffery Temple, Director of Corporate Affairs for Fred Meyer.

Inventory your pantry, refrigerator and freezer and shop with a list.

Create an inventory list that includes expiration dates and quantities of all food and household items you have on hand. Update your list as you use each item and then add them to your grocery list. This will help you avoid buying too many of one item or not enough of another, saving you additional trips to the store that will cost you more money.

Be methodical when buying in bulk.

While buying in bulk can cost more initially, it can save you money in the long term if you are shopping strategically. Bulk items can limit trips to the store, saving you time, money and gas. However, bulk items don't pan out if you don't purchase and preserve them properly. Nonperishable bulk items like pasta and spices are generally cheaper per unit versus perishables like produce, dairy and meat because they have a longer shelf life. If you do buy perishables in bulk, look at the

expiration date and be realistic about whether you can consume the product before it expires. If not, think twice about your purchase or be sure to wash, package and freeze your items before they go bad.

Create a sustainable meal prep routine.

Spending time every week planning your meals is good for your physical and financial health. Create a sustainable meal plan by starting small, making it enjoyable and maximizing your ingredients. If you are new to meal prepping, begin with planning a few meals and snacks, then build momentum from there. Make meal planning fun by engaging the whole family, from choosing the menu to preparing the meal. Choose ingredients that can be used in other meals. For example, if you're making spaghetti one night, save some sauce and make lasagna.

Pre-portion snacks.

Buy whole fruit and veggies to be cut up, a cheaper and healthier alternative to packaged snacks. Purchase value packs of cured meats, cheeses and crackers and make portioned snack bags. Keep water and healthy non-perishable snacks like trail mix or jerky in your car. Having water and snacks on hand can limit portions and cut down on last-minute trips to the drive-through.

Use your freezer.

Everything from cheese and lunch meat to nuts and pre-cooked meals has a freezer life. Freeze perishable items to extend their shelf life. If you are making a casserole, soup or other freezable meal, double or triple your recipe and freeze additional meals for another time.

Avoid wasting food.

Being a good steward of food saves you money. Keep your fridge at 40 degrees Fahrenheit to avoid over-freezing vegetables or undercooling meats and dairy.

Store vegetables, fruit, meat and butter in their specific compartments. Store items like pasta, coffee and grains in a dark, cool, dry place so they don't grow mold. Keep bananas, tomatoes, peppers and other items that emit gas in your pantry. If a food item doesn't have a long shelf life, don't purchase it until right before you're going to eat it.

Check the unit price of your item.

The unit price for the item you're about to purchase is found on the shelf tag or listed on the product page online. A larger package size could have a smaller per-unit item price.

Keep an eye out for sales and opt-in digital savings.

From weekly deals and savings events to "Must Buy" deals, each Fred Meyer offer is a little different. Double-check the coupon to ensure you are taking full advantage of the savings. Stay on top of every savings and special sales event by checking that your digital account preferences are set up to receive every email. Explore Fred Meyer's mobile app to uncover additional digital savings, then clip coupons directly to your loyalty card for your next shop. (Safeway and other stores typically have similar programs.)

Keep track and earn fuel points.

Using your fuel points to fill up at a local Fred Meyer can save you up to \$1.25 per gallon. Discover more ways to save, such as filling prescriptions at Fred Meyer pharmacies, using Kroger Ship for big purchases, joining the Fred Meyer Boost membership program and taking advantage of extra earning events.

Create a mindful budget with help from the pros.

Visit one of OnPoint's 55 locations (including 20 inside Fred Meyer stores) where you can get help creating a realistic budget that includes responsible monthly grocery expenditures.

OCTOBER EVENTS

COME THRU MARKET MONDAYS – Centering Black and indigenous farmers and makers, the market runs October 3 and 7, 3-7 pm at 831 SE Salmon St. 30+ vendors will offer local produce, prepared foods and wellness products. More at comethrupdx.org.

MURAL UNVEILING – As part of People's Food Co-op's Fair Trade Month celebration, a mural from Chinese-American painter and muralist Alex Chiu will be unveiled Wednesday, October 5. The mural is a partnership with Fairtrade America and will be officially unveiled at 3:30 pm with the celebration running 2-7 pm at 3029 SE 21st Ave.

GUN SAFETY DISCUSSION – The League of Women Voters of Portland present a four-person panel discussing reducing gun violence Wednesday, October 5, 7-8:30 pm via Zoom. Marge Easley will serve as moderator for panelists Guadalupe Guerrero, Pastor Edward Williams, Dr. Kathleen Carlson and Paul Kemp. Register for the free event by October 4 at bit.ly/LWVSept7.

DIGITAL LITERACY INFO SESSION – Find out more about The Rosewood Initiative's 16-week Digital Equity and Literacy class series at an information session Thursday, October 6, 4-6 pm at 14127 SE Stark St. Registration at bit.ly/RosewoodDL.

BBB CLEAN UP – The Boulevard Beautification Bunch (BBB) invites you to help beautify the boulevard Saturday, October 8, 10 am-12 pm. Meet at Dairy Hill Ice Cream,

SE 36th Ave. and Hawthorne Blvd. Email BBB@hawthorneblvd.com with questions.

COMMUNITY ART SHOW – 30+ artists from the Radius/Ulna Community join together to create a large community exhibit Saturday, October 8, 6-9 pm at Olympic Mills Commerce Center, 107 SE Washington St. The opening reception is free and open to the public. Find a listing of the artists at jolyfnry.com/events.

PANCAKE BREAKFAST – Sons of Norway, Grieg Lodge holds a pancake breakfast Sunday, October 9, 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.

MULTNOMAH CHAIR FORUM – The Urban League of Portland hosts a virtual candidate form with Multnomah County Chair candidates Jessica Vega Pederson and Sharon Meieran Monday, October 10, 6-7 pm. Find YouTube and Facebook links to livestream the event at bit.ly/ULPDXOct10.

BOOKMARK 2022 – Literary Arts' annual fundraiser takes place virtually Wednesday, October 12, 6-7 pm. Free to stream, the event will feature pieces from Oregon writers, an update from Executive Director Andrew Proctor and more. Access the livestream and make an optional donation at avcast.me/bookmark to ensure readers and writers of all



S2H Zoning Refinements

In 2021, Portland City Council adopted the Shelter to Housing Continuum (S2H) project to address the crisis of homeless Portlanders. The code changes made it easier to site homeless shelters and created a new community service use in the code called “outdoor shelters,” which allowed certain shelters outright without first needing Council approval.

As the City launched the Safe Rest Villages initiative and the Joint City-County Office of Homeless Services continues to

operate existing facilities and open others, several implementation issues arose as shelter operators sought to permit new outdoor shelters.

Several proposed code refinements that address these code barriers and unanticipated technical issues through the Shelter to Housing Continuum—Part 2 (S2H2C2) Proposed Draft. It is available for public review and comment, in advance of or with public testimony at the Tuesday, October 11 public hearing.

Starting at 12:30 pm, proj-

ect staff will give the Planning and Sustainability Commission a briefing on the Draft. Immediately following the briefing, the meeting will be open to public hearing and testimony can be given in person or in writing.

Submit written testimony using the Map App tool (bit.ly/S2HC2MapApp) or by US Mail. To provide oral testimony, advance registration is required by Monday, October 10. Visit bit.ly/S2HC2Registration to register and for information on submitting written testimony by US Mail.

Dear Stranger Connects Oregonians

Dear Stranger, a letter-exchange project from Oregon Humanities, offers a chance for connection by inviting Oregonians to write letters to someone they’ve never met. The ongoing program provides prompts for each round of letters and the current prompt asks writers about memory: “Who or what should we remember? How do you make new memories and how do you process old ones? When do you choose to document them and when do you hold them internally?”

The aim of Dear Stranger is to create shared understanding among Oregonians with different backgrounds, experiences and beliefs. The premise is simple: write a letter, get a letter and

make a new connection. Oregon Humanities has operated Dear Stranger since 2014, with each round of the project asking writers to address a different question or theme. More than 1,000 people have exchanged letters through the project to date.

“Dear Stranger asks us to intentionally reflect and share about our experiences,” says Lucy Solares-Steger, the coordinator at Oregon Humanities who runs the Dear Stranger project. “While at first this can be daunting or challenging, many letter writers find that they’re able to work through these experiences by writing them out, and through this, make a really impactful connection with another person.”

Instructions for participation are available on the Oregon Humanities website, oregonhumanities.org. Letters are swapped anonymously and each person receives a letter from the person who received the one they wrote. What happens next is up to the writers. If they’d like to write back, they can do so through Oregon Humanities.

Letters should be addressed to Oregon Humanities, Attn: Dear Stranger, 610 SW Alder St., Suite 1111, Portland, Oregon, 97205. Oregon Humanities will exchange letters postmarked by October 31.

Questions about the program can be directed to programs@oregonhumanities.org.

Transportation Plan Comment Period Open

A new survey is open to allow the public to share their thoughts on investments in sidewalks, bikeways, roads and transit around the greater Portland region. The survey is part of Metro’s update to the 2023 Regional Transportation Plan to address the needs of people who live, work and travel in the region today while preparing for the future.

Metro updates the Plan ev-

ery five years and includes policies and projects that will cover the region’s vision for the many ways people and businesses will move around now and for the next 25 years. Questions about experiences getting to school, work, parks, shopping and other important places, in addition to what changes people would like to see in the future, will help Metro identify the type of projects

and programs that are needed to provide safe, reliable and affordable travel for everyone.

The survey closes Monday, October 17 and the feedback will be shared with the Metro Council and other regional leaders. It should take 5-10 minutes to complete and is available in English, Spanish, Chinese, Vietnamese and Russian. Comment today at bit.ly/MetroRTPsurvey.

Everybody Reads 2023 Book Chosen



Multnomah County Library (MCL) has announced the Everybody Reads 2023 reading selection, Ruth Ozeki’s award-winning novel *A Tale for the Time Being*. The book tells the story of two strangers who live on opposite sides of the world.

Nao is a Tokyo teenager who can no longer cope with the bullying she is experiencing at school. She decides to commit suicide, but first writes the story of her beloved great-grandmother, a Buddhist nun. Ruth, a novelist living across the Pacific, finds a Hello Kitty lunchbox washed up on the shore of her remote island with Nao’s diary inside—possibly debris from the 2011 tsunami.

In alternating chapters, the stories of Nao and Ruth unfold, and as they do, Ozeki addresses questions about the nature of time, existence and identity. Through the intersecting stories, themes of bullying, loneliness and compassion are addressed and ideas of quantum physics, mythology and connection explored.

Ruth Ozeki is a novelist, filmmaker and Zen Buddhist priest. Her books have garnered international acclaim for the way they integrate issues of science, technology, religion, environmental politics and global pop culture. *A Tale for the Time Being* won the LA Times Book Prize, has been published in over 20 countries and was shortlisted for

the The Booker Prize, the world’s leading literary award for a single work of fiction.

Everybody Reads is a community-wide reading project that brings together people across Multnomah County to read the same book at once. In partnership with Literary Arts and The Library Foundation, Everybody Reads is an opportunity to connect, discuss and engage.

Hard copy books will be available for free at all neighborhood libraries beginning January 2023. Those too eager to wait to read the book until 2023 can borrow it from MCL in eBook, downloadable audiobook and book formats currently.

High school teachers around the county who are willing to commit to reading and discussing the book during the program can also apply through October 31 to receive books for their classrooms at bit.ly/MCL-TeacherApplication.

In 2023, the library will host a series of events for people of all ages to explore the book’s themes of time and how we are linked together by common and uncommon human experiences. Look for event details to be posted at multcolib.org/everybody-reads.

The final event, “An Evening with Ruth Ozeki,” will occur on Thursday, March 16, 2023, 7:30 pm, at the Arlene Schnitzer Concert Hall.

OCTOBER EVENTS

ages and backgrounds can experience the power of storytelling.

LAURELHURST PARK WORK PARTY – The Friends of Laurelhurst Park will have a work party Thursday, October 13, 9 am-12 pm at 3600 SE Ankeny St. All tools are supplied but make sure to bring work gloves and wear work shoes/clothes. Email aliceknouff@comcast.net with questions.

CHARTER REFORM DEBATE – The City Club of Portland hosts a debate between supporters and opponents of Measure 26-228 Friday, October 14, 12 pm. Register for the virtual event at bit.ly/CharterDebate.

REACH FUNDRAISER – REACH Community Development celebrates 40 years of community impact at their fall fundraiser Tuesday, October 18, 4-7 pm at Revolution Hall, 1300 SE Stark St. Learn more and contribute to REACH’s mission-critical work at reachedc.org/reach/2022.

MULTNOMAH COUNTY CHAIR DEBATE – The City Club of Portland hosts a debate between County Chair candidates Jessica Vega Pederson and Sharon Meieran Wednesday, October 19, 12 pm. Register for the virtual event at bit.ly/CityClubDebate.

SYMBIOP FUNDRAISER – SymbiOp Garden Shop, 3454 SE Powell Blvd., holds a

fundraiser Friday, October 21, 9 am-7 pm for The Uprise Collective. 10 percent of sales will be donated to the nonprofit that works to open spaces and provide support for people with targeted identities to engage in social uplift in their own communities, outside of privileged, hierarchical models. Contact Juliet at julietm@symbiop.com with questions.

BONE BALL – Dog rescue One Tail at a Time holds their fundraising gala Saturday, October 22, 6-11 pm at The Redd on Salmon, 831 SE Salmon St., as well as offering a virtual option. Featuring a silent auction, golden ticket raffle, open bar, all vegan dinner buffet and puppies, this is a party not to miss. Tickets at e.givesmart.com/events/syZ.

NO IVY DAY – Join Portland Parks & Recreation for their 19th annual volunteer event to help remove ivy and other invasive weeds from Mt. Tabor Park Saturday, October 29, 9 am-12 pm. Wear closed-toed shoes, long pants and long sleeves. Instructions, tools, gloves and snacks provided at this family friendly event. Register at taborfriends.org/weed-warriors-registration.

HOLIDAY BAZAAR – All Saints annual holiday bazaar takes place Saturday, November 5, 9 am-4 pm at All Saints Parish, 3847 NE Glisan St. Shop unique gifts for the holidays from local artists, vintage treasure tables, children’s gift shop, cafe and more. Kick off the holiday season under twinkle lights with food, music and treats just for kids. More at allsaintsportland.org.

International Day of Older Persons

from page 1

and family, so it’s nice to provide services that can be transactional or long-term, based on your needs,” said Herrigel.

Derianna Mooney, an 81-year-old, who moved to Portland in 1998 from Texas, worked as a hospice nurse. She believes that the line between birth and death is a thin one. Mooney spends her time counseling families about helping people die naturally or with medication or by just stopping eating and drinking.

She believes in the joy of living and is grateful that we all have expiration dates, like packages of cheese. Her philosophy? “Don’t work too hard at delaying death, go out quickly.”

Mooney provides counsel based on the death with dignity law. She once taught at Linfield College and worked at Providence. She prefers taking care of people in their homes and she loves the greenery and tall trees of Portland.

Mooney even had a book dedicated to her, *The Day I Die*, written by Dr. Anita Hannig. Mooney, who lives in the Creston Kenilworth neighborhood has a housemate and keeps busy and active through volunteering and mentoring.

“One of the best things about being 81 years old is that you don’t have to filter yourself,” she said. “You can be candid,

open and a little ornery.” She added, “Life is about how you spend your time, not how much money you make.”

Another resource for older Portlanders is AGE+, which was created to champion a new vision for successful and equitable aging for all Oregonians by empowering communities, linking generations and stimulating innovation to make longer life an opportunity, not a burden, especially for isolated and underserved older adults in rural areas.

AGE+ has a proven model and methodology to help communities develop a multi-generational, sustainable network of resources to support vulnerable older adults.

For over 60 years, Portlander Joe Hickerson has performed and lectured over a thousand times throughout the US and in Canada, Finland, Ukraine and the United Kingdom. His repertoire includes a vast array of folksongs and allied forms in the English language, many with choruses. Pete Seeger has called him “a great song leader.” Hickerson calls himself a “vintage pre-plugged paleo-acoustic folksinger.” In 1960 he wrote the fourth and fifth verses of “Where Have All the Flowers Gone.”

While he’s not playing guitar anymore, he says his singing is better than ever and believes that he’ll be mellowing in his



Photo by Peter Kindersley, Center for Ageing Better.

progress to full maturity. “If I live to 97 (I’ll turn 87 on October 20), I can state that statistics show that very few people die at that age. And I’ll still have a sense of humor,” he said.

Hickerson’s beau, Holocaust survivor and Portland resident Ruth Bolliger, 84 years old, met at Oberlin College in Ohio. The two spent the summer of 1957 traveling and teaching and performing folks music at summer camps.

They eventually parted, then re-engaged 47 years later at one of Hickerson’s shows. Bolliger has lived in Portland since 1975. She remembers when kids would walk by themselves to


school. She also remembers when the homeless problems weren’t so bad and she feels sad about it. But she’s also scared to get too close. Still, she loves Portland and says, “I don’t know where on earth I’d rather live.”

There are likely thousands of fascinating older persons in our community. If there’s an independent living or assisted living community near you, find out how to volunteer by doing an activity. It could be something as simple as reading the newspaper or walking someone’s dog. Let’s give older persons a renewed respect, as we’ll all reach that special stage in our lives at some point in the future.



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AND MORE!
(Lineup subject to change)







Joan Cirillo & Roger Cooke



Josie G. Mendoza & Hugh Mackworth



PORTLAND



Growing Gardens Receives EPA Grant

from page 3

that they have never seen so many students eat salads at lunch.”

Another part of Youth Grow is the teen after-school program at David Douglas High School, where Corey Pierson, food system educator, teaches three after school clubs. The Gardening Club focuses on cultivating a thriving courtyard garden and plot in the adjacent community garden. The youth harvest and donate all of the organic produce to the school-based food pantry. Teens in the Cooking Club enjoy preparing recipes from around the world with this produce and other ingredients.

Youth in the Environmental Action Club seek solutions to local environmental issues that they identify. Last year, the students sought to implement a composting program after witnessing the tons of trash generated by school meals.

“One innovative aspect is that the high school youth join our educator at Cherry Park Elementary School once a week, where they develop leadership skills by teaching cooking and gardening to younger students,” Garwood said. She added, “Garden-based learning builds childrens’ sense of contributing meaningfully to their community, while teachers consistently report that project-based learning is an excellent way for students with a range of academic, language and physical abilities to engage in learning.”

Home Gardens Program

The Home Gardens program partners with low-income



Youth Grow educator Kathy Barry shows Davis Elementary School students how to harvest sunflower seeds. Photo by Anna Garwood.

households and families in Portland, Gresham, Milwaukie and Oregon City neighborhoods to eliminate the barriers to starting a sustainable food-producing garden. “Food insecurity is at an all-time high in our nation and we believe that having access to healthy food is a human right,” Garwood said. Through this three-year, no-cost program, Growing Gardens provides all the tools and resources to start and sustain a home-scale garden.

To qualify for this program, families who live in SE, NE or N Portland and who are at or below 185 percent of the Federal Poverty Level are invited to apply for the Home Gardens program at growing-gardens.org/home-gardens. The program provides a garden installation, plant seeds

and starts, compost, tools and educational workshops. It also matches up beginning gardeners with more experienced gardeners to provide one-on-one mentoring throughout the season.

After an initial garden consultation to determine the best location for their home garden, participants will be able to choose an in-ground garden, a container garden or an accessible raised-bed garden. They will get help from their mentor and will also be given written garden resources in English and Spanish.

Garwood added, “When participants graduate, they will have the skills to save seeds, care for the soil and maintain their garden each season, while being self-sufficient in growing healthy food right at their home.”



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CORRECTION

In “Dog and Foxtails: A Dangerous Duo” in the September issue it was incorrectly reported that the easiest way to prevent foxtails was to mow them every week. That is ineffective and people are encouraged to hand pull the foxtails or spray with herbicides or white vinegar. *The Southeast Examiner* regrets the error.

Reproductive Freedom Resources

Planned Parenthood
503.875.7820
plannedparenthood.org

National Abortion Foundation
800.772.9100
prochoice.org

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Arts & Entertainment

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The weekend leading up to Halloween offers options for people to tour a collection of Dia de los Muertos altars by bike, as well as a run/walk at Mt. Tabor Park.

Saturday, October 29, 1-4 pm a Central Eastside District-wide alter bike tour starts at Milagro Theatre, 525 SE Stark St., with bike decorating and then visits a collection of Dia de los Muertos altars, or ofrendas (oh-fren-dahs). Constructed at various Central Eastside businesses, the altars honor deceased loved ones by displaying framed photos of them, as well as some of their favorite items. Some people even write notes for the departed to come read, as the holiday is believed to reunite the living and the dead. Altars typically have representations of earth (displayed as food), water (left in pitchers for spirits to drink), wind (paper banners) and fire (candles) incorporated into the display. Each altar will carry traditional elements while the creativity of the individual artists who created them will shine through. There is no cost to attend; however, registration is required at bit.ly/AlterBikeTour.

Sunday, October 30 the Friends of Mt. Tabor Tar N Trail 10k/5k and kids 5k takes off at 9 am. Runners and walkers of all types are invited to the scenic and challenging course that winds up and down a mix of tarmac and trail in Portland's favorite volcano park. This marks the 10th year of the race, benefitting Friends of Mt. Tabor Park. Advance registration at bit.ly/TarNTrail or at the park the day of the race. Pricing ranges from \$25 for the 10k run to \$15 for the 5k run/walk and for kids 12 and under, the 5k is just \$5.

Jam Packed Month at CST

Halloween month is a big one at Clinton Street Theater (CST) with a laundry list of horror films and special events, too many to go into all of them, but here are three of them to peak your interest. First off is *Trailermania Monsters Edition* on Sunday, October 9, 4 pm, projected from the 16mm reels of archivist Greg Hamilton and guest archivist Stuart McPherran. Whether it's body snatchers, mummies, vampires or men from Mars, you'll see some classic horror and sci-fi movie trailers from the 1930s through the 60s, featuring some of the most influential cinema of both genres. Travel back in time, beware of the moon, visit strange new worlds and scare your pants off with this vintage journey into the creepy unknown.

Then on Thursday, October 13, 7-9 pm it's the director's cut of William Friedkin's 1973 classic *The Exorcist*. One of the greatest supernatural thrillers of all time, it's unsettling like no other.

Finally, the theater that has the longest-running screening of *The Rocky Horror Picture Show* in the world, presents three opportunities for special screenings with the Clinton Street Cabaret shadow cast. Choose from Saturday, October 1, 15 or 22 shows, all of which start at 11:59 pm. Tickets for these, and all CST shows, at cstpx.com.

Arnold Pander at Pushdot



Friday, October 7-Friday, November 25 original watercolors on paper depicting floral still life in various states of bloom by Arnold Pander are the subject of the exhibit, "Anthesis," at Pushdot Studio Gallery.

The passing of Pander's mother in 2016 took him to a very reflective place and his artwork took an inward turn. He was submerged into the sensual and fragile creative medium of watercolor. With each new series of works in this pigment-based, traditional art form, he exercised his mind and soul. The process took him from a state of mourning to a place of healing and also allowed Pander to find a new language in which to create.

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

The Waysiders at Laurelthirst



The Waysiders are back for their first Monday Happy Hour show at Laurelthirst Pub, 2958 NE Glisan St., with their original country music featuring Bafrielle Macrae. Sisters Joanna and Gabrielle front the band with close vocal harmonies that only happen between siblings, with the band bringing a distinctively vintage sound to the new and old music they play. Drawing on the traditions of swing, rock and roll, old time and rhythm and blues, the Waysiders deliver a new brand of classic country all on their own.

Get out and enjoy some dancing or just listen to great music Monday, October 3, 6-8 pm at this free, 21+ show at the oldest independent music venue in Portland.

Record Release and Concerts

Cappella Romana releases *Heaven and Earth* Friday, October 14 with concerts following that weekend. Inspired by the Higgs boson discovery, *Heaven and Earth* is a musical meditation on Psalm 103 by six Orthodox composers, including a double-choir motet by the late Richard Toensing. It is sung in English with the traditional Orthodox refrains, with members of 45th Parallel Universe directed by John Michael Boyer joining for Travenner's *Ikon of Light*.

The release is available both as a physical CD as well as downloadable in MP3 and other digital formats (\$12-25). An accompanying booklet provides an extensive essay on the work, the full texts used in the composition, composer notes, full translations and beautiful photography.

To celebrate the release, performances will take place Saturday, October 15, 8 pm at St. Mary's Cathedral downtown and Sunday, October 16, 3 pm at The Madeleine Parish in NE. Tickets (\$5-53) available at cappellaromana.org/concert/heavenearth.

October Ukulele Workshops

Avery Hill, performing artist, songwriter, storyteller and teacher of music, offers two options for ukulele instruction this month, both on Saturday, October 15. In the morning (10 am), Ukulele Arrangements will be offered online via Zoom. An adaptation of the in person Ukestra Workshop, it allows solo players to participate remotely. Basic knowledge of playing ukulele from notation is recommended. Learn melodies and arrangements.

For those that prefer in-person instruction, join Hill in the afternoon (1 pm) for Beyond Basic Strumming at Lincoln St. Church, 5145 SE Lincoln St. Try new rhythms and fingerpicking patterns to liven up your ukulele repertoire; learn how to choose a strum pattern for a particular song. Full details and newsletter sign up at averyhill.studio.

ALBERTA ROSE THEATRE

OCTOBER 2022

1 RIZO
Prizmatism

3 MASTERS OF HAWAIIAN MUSIC
George Kahumoku, Jr.
Daniel Ho & Tia Carera

4 LOUDON WAINWRIGHT III
+ Tony Furtado

5 an acoustic blend of traditional & contemporary
The Arcadian Wild

6 Queer history as told by Portland's most intoxicated drag performers
DRUNK HERSTORY

7 A PHENOMENAL CONCERT
the journey of Blues & Gospel in America

8 FOOLISH MORTALS
a Haunted Mansion Burlesque Cabaret

13 LIVE WIRE RADIO
WITH LUKE BURBANK

14 HAWAII LIVE
featuring HAPA

15 PORTLAND POWER COUPLES
Marv & Rindy Ross
LaRhonda & Mark Steele
Kate Power & Steve Einhorn
Colin Hogan & Brian Link

16 THE QUEBE SISTERS
+ The Catnip Brothers

18 North American roots + harmony-heavy soul
THE BROS. LANDRETH

20 LAURIE LEWIS & THE RIGHT HANDS
+ KRISTEN GRAINGER & TRUE NORTH

23 SOUVENIERS
the songs & stories of John Prine

26 SCIENCE ON TAP
The Sounds of Life
How Digital Technology is Bringing Us Closer to the Worlds of Animals & Plants

27 The Saloon Ensemble presents

28 THE NITEMARE

29 B4 XMAS

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Arts & Entertainment

Slow Jam Fizz Returns

After a nice summer break, Slow Jam Fizz returns on the second Friday of each month for an online jam. Each session is led by different, amazing leaders with fiddle/banjo tunes that vary in their definition of “slow.” Some may be too fast for you, some may be too slow. But who cares? If it’s too fast, give it a try anyway as there’s nothing to lose. Nobody will be able to hear you if you screw up.

The online format also offers the ability to enjoy jam leaders from all over rather than just your local community, as well as the ability to hear the details of the leaders’ playing. Get the Zoom link for the Friday, October 14 jam by emailing slowjamfizz@stickerville.org, then grab your instrument for the 5:30-6:30 pm session. You can also join via YouTube at bit.ly/SlowJamFizzOct.

PDX Open Studios



Portland’s oldest annual art studio tour is bigger and better than ever in its 24th year. The four-day, two-weekend event features 119 artists that will open their studios all across Portland to the public to inspire, educate and offer their works for sale October 8-9 and 15-16, 10 am-5 pm each day.

Portland Open Studios is a local nonprofit that creates a unique educational opportunity for the public to witness art in the making, learn about media/materials and the business of creative endeavor. It is also a platform for local artists to thrive, engage and be part of a community that values the arts.

The organization has thoughtfully provided ways for attendees to sort through the large number of artists participating by offering the ability to search artists by name or media and to search by communities/neighborhoods on their website, portland-openstudios.com. They’ve also had some of their favorite creatives design curated tours based on individual themes and have downloadable maps. It doesn’t get any easier than this.

Every artist has something special planned for visitors, including demonstrations, take-home gifts and others that may surprise you. The event is open to all ages, but pets should be left at home.

Got Super Heroes? OMSI Does



Opening Saturday, October 8 at OMSI is Marvel: Universe of Super Heroes. The breathtaking exhibition celebrates Marvel’s 80-year history, from the iconic characters to the creators who’ve told the stories. Featuring hundreds of artifacts, including original comic book pages, interactive displays, life-size statues of your favorite super heroes and costumes and props from Marvel films and TV programs (most of which is not on public display outside of the exhibit), it is an experience beyond imagination.

“We are thrilled to bring this exhibit to OMSI because we believe Marvel’s message resonates with so many of our visitors and connects with our own philosophy,” said Erin Graham, President and CEO at OMSI. “The comics and movies encourage us to find our inner strengths and to strive to make the world a better place. At OMSI, we believe our differences are what make us outstanding and we’re committed to creating spaces where people feel welcomed, respected and galvanized to effect positive change in our community and beyond.”

Marvel: Universe of Super Heroes traces the story of the company and its influence on culture, while uncovering the narratives of individual characters such as Captain America, Spider-Man, Black Panther, Captain Marvel and Doctor Strange; giving insight on how Marvel has influenced and drawn inspiration from the ever-changing tides of popular culture. The exhibit traces how Marvel stories have responded to historical events and addressed wider issues such as gender, race and mental illness; and honors pioneering creators such as Stan Lee, Jack Kirby and Steve Ditko, whose imaginations made Marvel into the endlessly expansive fictional universes we know today.

Visitors will be able to explore concept sketches, props and costumes from Marvel Studios blockbusters like “Captain Marvel” and “Guardians of the Galaxy,” enjoy the opportunity to travel through the mysterious mirror dimension of Doctor Strange, take photos next to life-size representations of favorite Marvel characters, including Black Panther, Spider-Man and the Hulk; test the capabilities of the Iron Man armor inside Tony Stark’s lab with an augmented reality experience; and view original art from some of Marvel’s most notable comics from the past eight decades, including the very first Marvel comic.

Marvel: Universe of Super Heroes will thrill collectors and casual fans alike with its immersive set pieces and interactive installations accompanied by a soundscape created by acclaimed composer Lorne Balfé that brings the Marvel Universe to life. The exhibition has been curated by a team that includes three scholars of comics—Benjamin Saunders, Matthew J. Smith and Randy Duncan—all of whom are university professors and experts in their field. Renowned comic book writers and editors Ann Nocenti and Danny Fingeroth also contributed their time and knowledge in order to create a fully-formed picture of the Marvel phenomenon.

Tickets (\$24-30 general admission/\$11-14 members), available at omsi.edu, include entry to OMSI’s Turbine Hall, reimagined Science Playground and Natural Sciences Hall.

Another REALM

October 5~30

Sidestreet Arts
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Erica Gibson
Shelly Durica-Laiche
Anna Magruder
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www.Sidestreetarts.com

Music Together Fall Season

Music Together of Portland, the premiere early childhood music program for children ages birth to eight years and the adults who love them, invites you to experience the joy and magic of music this fall. Create family memories that will last a lifetime and connect with other families in your neighborhood as you sing, dance and jam along. Registration is open until Saturday, October 22 with weekly classes running through Saturday, December 10.

It’s never too early to start singing, dancing and playing musically with little ones. Classes are offered in person at six different sites, including two in SE Portland, and online. Classes are organized by age group: Babies (musical parenting classes for new parents with babies 0-8 months), Mixed Age (family music time with babies, toddlers and preschoolers), Big Kids (music and movement for ages 4-5) and Rhythm Kids (drumming, singing and dancing for ages 5-8).

To try a class and experience the magic firsthand, visit musictogether-pdx.com or call 503.236.4304.

Vino Veritas Music Series

Montavilla’s Vino Veritas wine bar announces a new weekly Thursday night music series in October, featuring piano trios led by local drummer Brent Follis. Starting at 7:30 pm, music lovers can enjoy the intimate setting along with a wide selection of local and global wines (available in glass pours or by the bottle) and small plates, snacks and sweets.

The series, entitled “Some of my best friends are...pianists,” highlights Follis’ close musical friendships with local piano legends. October 6 it’s smooth jazz icon and prolific recording artist Tom Grant who nimbly walks the line between jazz tradition and modern pop. The following week, Grammy-nominated Randy Porter brings a rich palette of sonorities found within his imagination and the depths of the piano. Porter is followed by leading pianist/composer in the Portland jazz scene, Kerry Politzer, on October 20. The last Thursday of the month, 40-year veteran of Diana Ross’ band George Mitchell joins Follis.

Vino Veritas is located at 7835 SE Stark St. and due to limited seating, reservations are recommended. Call 503.208.2583 or email trevor@vinoveritaspdx.com.

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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.

Train Your Brain For Taking in the Good

If you are feeling anxious, hopeless or can't seem to shake a feeling of fear or general gloominess, you are not alone. If you do not suffer from feelings of anxiety or depression, you likely know someone who does. It is useful to know how our brains are hardwired so that we can better understand how and why anxiety and depression hijack us.

To put it simply, our brains are hardwired to safeguard our survival around three fundamental needs - safety, satisfaction and connection. If you are under attack and your physical survival is at risk, your body instinctively goes into an ancient autonomic mode of fight, flee, freeze or submit. These are intelligent responses to threats that can save your life.

However, the stresses of modern life trigger us to perceive threats regardless of any contrary facts or beneficial experiences that may exist in the same space. If you read the news (online or otherwise), your inner alarm may be triggered frequently due to the volume of "bad news" that media highlights. "Negativity bias" is well-known in the media, meaning bad news garners more attention than good news and it is directly related to our brain bias toward the negative and toward threats to our survival.

As a result, the "good news" or "good facts" that exist wash away and are not absorbed. You could have 10 great things happen in your day, but if there is one negative experience, it effectively erases the 10 great things.

This is a critical piece of information to know about your brain. You aren't a negative person, nor are you fundamentally

flawed. You don't have a broken brain; you have a normal brain. Your brain is doing exactly what it was designed to do, but modern life circumstances exaggerate the need for hyper-vigilance and the fear response. Unfortunately we can be easily manipulated by those who understand this and know how to stoke our fears. However, once you understand how your brain functions, you can regain the upper hand.

In the world of neuroscience, neuroplasticity is the ability of the brain to modify, change and adapt itself (both structure and function) in response to learning and life experiences. We can notice good facts around us and actively let them in.

Here's another good fact - we have the brainpower to override an overactive threat response. With practice and consistency we can redirect our brains to bias towards more beneficial experiences. Understanding that our hardwiring to safeguard against threats is exactly that-hardwired-so that it will be there when we need it the most, even if we are happier, healthier and enjoying a greater sense of wellbeing.

A variety of programs exist to teach building awareness but I'll talk specifically about Positive Neuroplasticity, the work of psychologist and meditation teacher Dr. Rick Hansen. The fundamental idea of Positive Neuroplasticity is to train the brain towards rewards or beneficial experiences and invite them into our brains and bodies; to "install" them and encourage the body to "digest" the good. Like with a savings account, the more beneficial experiences you bank, the more enriched you will feel.

This is not about fabricating positive experiences and sweeping negative experiences under the rug. Using your mind, you make the positive experience larger and more important than the negative while understanding that positive facts can occupy the same space as the negative.

What good facts exist in real time for you? Finding good facts does not negate the bad ones, it simply balances the equation. Name three good facts that exist for you right now. Examples may include having a roof over your head and a safe place to sleep, having clean water to drink and food nearby or having someone who cares about you-a friend, family member or pet.

Take an extra 30 seconds with each good fact that you've identified and savor it. Sense what this good fact feels like in your body. Allow each good fact to sink in and register in your internal savings account.

A consistent practice of noticing and registering good facts in your daily experience will start to tip the balance in your brain towards wellbeing. Consider it nourishment, like eating fresh vegetables or fruits, that contributes to your overall sense of balance and wellness.

This is the tip of the iceberg. There are other practices that can take you deeper into wellbeing, but it is wise to start simply and stay consistent before tackling the next phase. I'd love to hear how this practice works for you.

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Neighborhood Notes

HAND
By Jill Riebesehl

Fall is here, schools are finally back in full session, and we have a handful of issues to attend to in our neighborhood. At the September meeting, the Hosford-Abernethy NA Board and attendees focused on two river-based situations. But our attention also ranged wider as we gathered more information on the November vote to rewrite Portland's City Charter; learned of progress on a proposed tiny village; and agreed to donate \$100 to the International Day of Peace celebration September 21 on SE Hawthorne Blvd. We also received a brief introduction to the Sustainable Southeast Community Coalition (S2C2).

The Board voted to go on record regarding two efforts: OMSI's plans for a large riverfront development and the loss of a piece of the Holman Dock at the Portland Boathouse complex. Regarding OMSI, our neighborhood has many suggestions and concerns and will be voicing them via written communication, plus voice at the city's next planning meeting. About the dock: three years ago, a 120-foot section, called the load freeboard dock, was damaged, preventing easy access from the river for swimmers and small boats. The city is marshaling federal, state and local agencies to replace the dock, hopefully by July. We support a quick resolution. Our neighborhood wants full access to the river back.

HAND does not take positions on elections, but does present information to our residents. In July, we heard from a Charter Commission member who recommended against changes to the City Charter. At the September meeting, we heard from a commission member in favor, as well as a person versed in the long-standing issue of the need for changes in our city government.

There is a bit of land on SE 19th Ave. off Division St. for which HAND has been trying for decades to find a constructive use. We sense progress: Reach Community Development and the non-profit We Shine are drawing up plans for a 12-pod tiny village, with fencing, on that spot, a place that is now and has been intensely misused. The effort involves city bureaus, neighbors and relevant and nearby charities, and may see some resolution by year's end. A finished project would include a Good Neighbor agreement and a village council to set rules. Housing would be transitional, granting residents a two-year stay.

Anyone wishing for more details on our discussions will be able to find the meeting minutes on the HAND website. Our next meeting, via Zoom, is Tuesday, October 18.

Montavilla Neighborhood Association
By Jacob Loeb

The next Montavilla Neighborhood Association (MNA) meeting will feature the proposed mural by Hector H. Hernandez that will soon appear at the corner of NE 82nd Ave. and Glisan St. The public art project is part of the new Jackson's convenience store and gas station currently under construction on the prominent corner. After the presentation, MNA members will vote on new Board members for the 2022-2024 term.

The MNA selected Hernandez for this project in 2022 to create a sizeable ceramic-tile mosaic incorporating the neighborhood's diversity. He will install the artwork along a street-facing wall that backs a new corner plaza at the outer edge of the gas station. This meeting will be the first time residents can see the proposed artwork ahead of its installation in 2023.

Annual Board Member elections for the MNA occur in October. Two out-of-cycle appointed members are running for a full two-year term. Former chair Louise Hoff returned to the Board this year as the Parks Chair and new MNA member Natalie Mallis recently joined the Board as the SE Uplift Liaison. Both are seeking a full term and are unopposed. Additional Board seats are open this year and existing MNA members can self-nominate at the general meeting before the election. People interested in joining the Board should email jacob@montavilla.org for more information about running for an open position.

The next MNA meeting is Monday, October 10, 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.

North Tabor Neighborhood Association
By Ross Hiner

The North Tabor Neighborhood Association hosted a general membership and Board meeting September 20 via Zoom. The general meeting included a presentation and discussion on a proposed five-unit apartment development near NE 55th Ave. and Flanders St. A representative from the developer provided an overview of the project, status update and fielded questions/concerns from the neighboring community. The Board meeting included routine updates from committees and liaisons.

The next NTNA meeting will be a general membership meeting and will include election of the next NTNA Board. NTNA is seeking neighbors interested in getting involved to join the meeting and learn more about NTNA and how you can participate. If you or someone you know is interested in getting involved in the neighborhood association, please join us Tuesday, October 18, 6:30 pm. Zoom link and more info at northtabor.org.

continued on page 15

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Neighborhood Notes

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Richmond Neighborhood Association By Allen Field

The Richmond Neighborhood Association held its monthly meeting on September 12. Zoom meetings are the second Monday of the month, 7-9 pm. The link to preregister is on the agenda, which is posted to richmondpx.org and the RNA Announce listserv. To be added to the listserv, email richmondnasecretary@gmail.com.

Most of the meeting was devoted to a lively discussion and Q&A on the Charter Commission proposal. Andrew Speer and Vadim Mozyrsky gave a brief For and Against presentation on the proposal that was followed by a very informative Q&A discussion. You can listen to the discussion via the audio recording on the RNA’s website under the Meetings tab.

The Board voted to support the RNA Houselessness Committee’s request for \$300 to supply more hygiene kits for the homeless, following up on the Committee’s earlier project to supply hygiene kits.

The Board also voted to donate \$200 to be a sponsor of the International Day of Peace event September 21 at SE Hawthorne Blvd and 50th Ave. that is being organized by the Hawthorne Blvd. Business Association and Sustainable Southeast Community Coalition.

Our next meeting is Monday, October 11. We hope you can attend.

Sunnyside Neighborhood Association By Gloria Jacobs

At the September 8 SNA general meeting, we had a broad discussion about the charter reform proposal that will be on this year’s November ballot. Past issues of the SNA newsletter have information; details are also available at portland.gov/omf/charter-review-commission. We had two former Charter Commission members present to us. Melanie Billings-Yun represented the Yes side while Vadim Mozyrsky represented the No side. There was a lively debate; in the end the members in attendance decided that SNA would not take an official position since no consensus could be found.

The Board decided to make some changes this year in how Board duties are split up and the schedule for general meetings. General meetings will now occur every other month, with the next general meeting in November. The Board will continue to have monthly meetings and everyone is always welcome to join. Seeking to deepen the knowledge and experience of all members of the Board, we are going to have a rotating slate of presiding officers over the course of the next year.

The Sunnyside Neighborhood Association and Sunnyside Shower Project Committee (SNACC) recently hosted an art show featuring works by neighbors living outside. The event was a big success and raised \$364 to go toward repairing windows at the Sunnyside Methodist Church, which is the home of the Project. SNACC is working to extend operating hours of the Project and we hope to have it open four days per week by the end of October. If you are interested in attending, next month’s SNACC meeting will be Thursday, October 20, 6:30 pm. Please check the website or email emmcadden@gmail.com for location, hours and information.



Business Association Notes

82nd Avenue Business Association By Nancy Chapin

Several restaurants and food carts have signed up so far for the 7th Annual Around the World in 82 Dishes event on and near 82nd Avenue. Mark your calendars for Saturday, October 22-Sunday, November 6 to have the opportunity to win \$50 Gift Certificates by sharing pictures of your venturing out to revisit your favorite places or try out some new ones. Visit 82dishes.com for more information.

Hawthorne Blvd. Business Association By Nancy Chapin

The newly organized non-profit Sustainable Southeast Community Coalition (S2C2) hosted a gathering September 21 at SE 50th Ave. and Hawthorne Blvd. to honor the United Nations International Day of Peace. It was a very special event with Ukrainian singers and musicians, tables with information about our local neighborhood associations (members of the S2C2 Coalition), community organizations and several speakers taking part and supporting the event.

The history of the Peace Poles moving from the former Hawthorne Hostel to their current location at the gateway to Mt. Tabor Neighborhood Association was shared, along with inspiring words from the United Nations’ national and local representatives. Further details can be found at hawthorneblvd.com/peacepoles22. Watch for next year’s event on September 21, 2023.



Mt. Tabor Arson Case

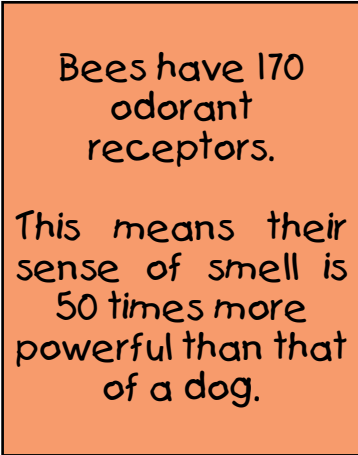
from page 1

parts of Mt. Tabor, including one across the street from a residential area. While no flames spread to the housing, parts of the hillside and foliage are still scorched.

In an update on the situation, Portland Fire Chief Sara Boone thanked community members for their “proactive efforts, tips and leads” which “played a significant role in keeping each other safe while protecting a valuable and natural forested park setting.”

There are multiple resources the community used that are available to members of the public who witness arson or anything else of concern. The Arson Tip Line is 503.823.4673 (503.823. FIRE).

The Park Ranger Dispatch line is 503.823.1637, available to respond seven days a week 7:30 am-5 pm. Park rangers are an outlet for help in responding to conflicts and rule violations. While rangers can provide basic first aid, all serious medical emergencies and criminal concerns should be referred to Portland Fire & Rescue and the Portland Police Bureau at 911. Additionally, if someone spots a fire in progress, they are advised to immediately call 911.



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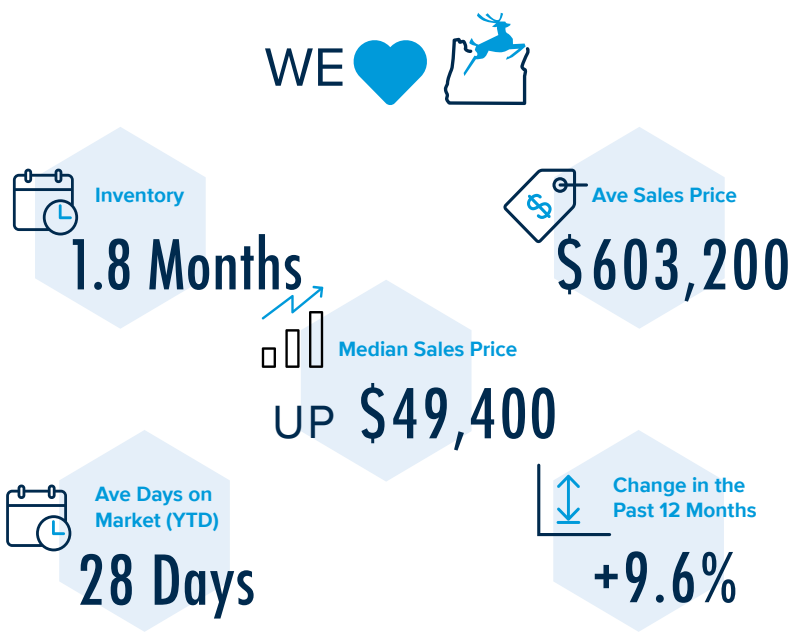
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