



Penny Martine and a volunteer cleaning up in the Lents neighborhood. Photo by Lisa Campos.

Angels Watching the City

By Nancy Tannler

Even though 44 percent of Americans own some kind of gun, violent crime rates have been on a steady decline since they peaked in 1991. It was a notable change because crime had quadrupled in the US since the end of World War II. This change can be partly attributed to people like Curtis Sliwa, a NY resident who, in 1979, became frustrated by the lawlessness in the city and in particular the danger of riding the subways. He decided to take action and launched the “Magnificent 13,” an all-volunteer safety patrol that started by riding New York City’s No. 4

train, popularly known as the “Muggers Express.” The popularity of the 13 grew quickly, along with the group’s ambitions and name. You can recognize them now as the “Guardian Angels.” Chapters began springing up all over the country and they came to Portland in 1982. The Angels were at their peak of activity then. Most notable was their vigilance in watching the movements of the controversial Rajneeshees. After they left, patrols waned in Portland but the chapter restarted after the attack on the MAX train in 2017.

In September, the Guardian Angels gave a presentation to the Lents Neighborhood Livability Association (LNLA). They have become more visible in this community partly due to the amount of campers and homeless in the area. The patrolling Angels stand out with their red berets, jackets and t-shirts with their winged insignia on them. Lisa Campos and Penny Martine are dedicated volunteers with the group. Campos has been involved for 17 years. She explained to the LNLA what the Guardian Angels do when they are on patrol, what type of training is required to become certified, who is qualified to volunteer and how to contact them. Campos made it clear that there is a distinction between organized patrols like theirs and vigilantes. They carry no weapons of any kind, just their phones, water and first aid supplies. “What Portland needs is more people on the streets who know what to do when they see criminal behavior,” Campos said. “Everyone can make a citizens arrest.” You ask the person their name, tell them

Racial Slurs Cropping Up on Traffic Signs

By Jack Rubinger

Several neighbors have noticed the n-word being written in pen on many street signs in inner SE along SE 30th Ave. between Division and Salmon, and on SE Clinton between 26th and 37th. It’s the same handwriting each time and the person usually returns after it has been cleaned off. So, it seems pretty predictable. This current wave of vandalism started around the time school was back in session and Cleveland High School has had numerous signs around it written on as well. “We have been addressing graffiti in the neighborhood since August when it first appeared on our campus. We have been following the hate speech protocol used by Portland Public Schools and have been working with our Racial Equity and Restorative Justice Department in framing our work,” said Jo Ann Wadkins, Principal at Cleveland High School. Residents Teresa McCabe and Travis Johnson have been talking with PBOT about helping catch the person, but it’s been a struggle to find a responsive party. McCabe spoke to Harout Akdedian, Ph.D. at the Department of Justice (DOJ) Civil Rights Unit about the traffic signs throughout SE Portland being tagged with the n-word. Akdedian was responsive, calling McCabe on the DOJ’s behalf less than 24 hours after McCabe submitted a bias crime report on the DOJ’s website. In addition to simply validating the serious nature of the hate speech incidents and treating them as the crimes that they are, he was able to

get a PBOT crew out that same week to professionally clean what we had already scrubbed. McCabe and her sister have found more defaced signs and they have received multiple reports via social media of the n-word appearing on traffic signs, bus stops, benches and fire hydrants throughout the area encompassing NE Couch St. to SE Powell Blvd., and SE 30th to Cesar Chavez, including many racial slur tags around Laurelhurst Park and Cleveland High School. They cleaned the signs they found to the best of their abilities. Frustratingly, some of the signs they cleaned earlier in the month have already been defaced again with the same racial slur, apparently by the same person. McCabe believes there are many, many more n-word tags throughout the Richmond, Sunnyside and Laurelhurst neighborhoods for which they don’t have photos. “Seeing this kind of hate speech wallpapering our neighborhood is distressing,” said McCabe. “It breaks my heart to know how many people see that hateful racial slur and then have to live in our city in a climate of fear and hatred.” The signs that were defaced with racial slurs for a second time on October 14 are located directly in front of McCabe’s sister’s home, where her 14-year-old Black nephew lives. McCabe expressed great sadness and disappointment about these incidents. She said, “How do a Black child and his parents not feel like they’re being

continued on page 15

Sports Additions Coming to Laurelhurst Park

By Daniel Perez-Crouse

Anyone who’s driven by or walked around Laurelhurst Park during the last couple of years has probably noticed the off-and-on encampments lining it nearby, especially on SE Oak St. However, that area is now under construction for an expansion of the park, including pickleball courts, a skate ramp, a bicycle activity area, new benches, racks and more. The street in question is owned by the Portland Bureau of Transportation (PBOT). A Memorandum of Understanding (a type of agreement between two or more parties that indicates an intended common line of action) between Portland Parks & Recreation and PBOT helped make this project possible. City of Portland’s Public Environment Manager Officer, Christine Leon, provided some additional details (with consultation from members of Parks & Recreation) on the new park additions. Leon said the space is unique with low vehicular traffic, a sidewalk on one side and the street essentially acting to bi-

sect the park. “We wanted to work with this unique layout to improve the overall quality of the park.” As for logistical challenges around improving the space, Leon said variables such as stormwater, pavement, landscaping, lighting, utilities underground, underlying ownership, trees and other assets were all considered. “Bike and skate feature selection was influenced by the supply and demand issues facing the world right now,” she said. Specifically for the pickleball courts, Leon said the pavement needed to be smoothed from tree root damage and other potholes. When it came to deciding what additions would ultimately be made, Leon said that, “We took input from residents in the neighborhood who regularly use the park and who have advocated for park improvements.” Leon said they also relied on park experts to advise what would best fit and function within the space. “Recreation trends and gaps in the system were also

continued on page 9

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continued on page 15



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Representatively Speaking

By STATE REPRESENTATIVE
ROB NOSSE

The election is over and the results are in. There is a good chance I will be the chair of a combined Behavioral Health and Health Care Committee in January of 2023. The responsibility, given what I know about the state of health care in our state, country and its workforce given my long-time involvement with the Oregon Nurses Association, is daunting. The pandemic has really done a number on hospitals and their workforce, as well as nursing homes and other health-care facilities.

I am also keenly aware of the need to continue to focus on mental health and behavioral health. Just Google “state rankings on mental health and addiction” and Oregon routinely comes up as 49, 48 or even 50. There is much to do.

One thing that will not be on my list is a repeal of Ballot Measure 110. In case you don’t remember, Ballot Measure 110 was approved by voters in the November 2020 election and removed criminal penalties for possession of small amounts of drugs in favor of a health-based approach.

Rather than labeling drug users as criminals, Measure 110 treats substance abuse as a public health issue. It calls for expanded access to lifesaving services from overdose prevention and early intervention services to low-barrier treatment, supportive housing, peer and mentor support and more. Thanks to its passage, Oregon is poised to invest more than five times what we previously spent on addiction and recovery services. People in our communities will be able to access services more quickly, closer to home and by someone who shares their culture and language.

Have there been some big bumps in implementing Measure 110? Certainly. Does the Measure need better support from state agencies? Without a doubt. Did we underestimate the amount of time it would take to get Measure 110 networks set up, contracts signed and services stood up across the state? Yes, we did.

With that said, I believe the



policy is strong and already saving lives. Rather than focusing solely on where implementation could have been handled better, we must acknowledge that the very real, most damaging way that Oregon has been an outlier is that we have been at the bottom of the nation in providing services proven to help people suffering from addiction, while also having one of the highest addiction rates in the country. That is what Measure 110 is attempting to change.

During the election, many campaigns tried to use the addiction and overdose crises for their own partisan advantage, despite the facts. There has been a large-scale misinformation campaign against Measure 110, blaming it for societal problems that are increasing across the country—not just in Oregon where small amounts of drug possession have been decriminalized. It is still illegal to deal and sell drugs.

I don’t disagree that Oregon’s overdose crisis is worsening, but tying that increase to Measure 110 is just plain wrong. The the data does not support this. While overdose rates are rising across the country, Oregon has the 12th lowest drug overdose rate, lower than Washington, California, Nevada, Colorado and most other western states. The fact of the matter is this—the meth and fentanyl crisis we are experiencing would be here even if we had not passed Ballot Measure 110. The Measure did not cause this problem and the whole country is dealing with these prob-

lems, not just Oregon.

I am angry about what is going on in our streets, but that problem only gets fixed by more residential treatment and supportive housing options getting opened up. Putting those folks in jail or forcing them to come into treatment when we have not dealt with what made them houseless and why they turned to drugs and alcohol in the first place will not fix very much.

Criminalizing addiction again and relying on law enforcement interaction is not going to get most people to change their addiction patterns and challenges. Treatment, housing, employment, purpose and human connection will. For me, it boils down to this—we’ve already tried incarcerating ourselves out of this crisis for more than 50 years and that only made the problem worse.

Luckily, two years after voting Measure 110 into law by a 17-point margin, independent polling shows a majority of Oregon voters still support the law. Voters want Measure 110 to remain in place. It is a transformational law that we should celebrate. But we also need to set expectations and have a realistic understanding that transformational, system-wide change takes time.

This is a multi-year process. I am very committed to addressing the criticism that has rightly come up during this past year in the 2023 session. As I like to say, stay tuned. We need to give it a chance.



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Safe Routes to School Expanding to Include High Schools

By LULA HUGO, FRANKLIN HIGH SCHOOL'S THE FRANKLIN POST

Portland Bureau of Transportation (PBOT) is attempting to expand its Safe Routes to School (SRTS) program to encompass Portland high schools, in addition to kindergarten through eighth (K-8) grade schools, for the first time since its conception in 2005. In an interview, PBOT spokesperson Hannah Schafer said the focus of SRTS has primarily been on K-8 schools simply because of funding and capacity. But “it has become clearer and clearer that [PBOT needs] to expand that work into high schools.”

SRTS aims to protect students on their way to school whether that be walking on foot, biking or on public transportation. However, expanding the focus to include high schools will bring deeper examination into controlling traffic that students drive in to get to school every day. Schafer spoke about projects that will greatly improve the commutes of students in SE Portland, namely at Franklin High School and Cleveland High School.

One of these projects is an overhaul project on SE Powell Blvd. that aims to improve the safety of students traveling to school on that street. Powell is a street that students use to access Franklin, Kellogg Middle School, Creston K-5 and Cleveland High School. PBOT will be working with the Oregon Department of Transportation (ODOT) on this project because Powell is a state highway and is therefore the state’s responsibility. However, PBOT has specific insight into what the communities on and around Powell need.

Schafer shares that the PBOT does outreach projects to gauge what citizens of all ages need in terms of transportation improvements. “These are conversations that we’re trying to have with Portlanders as adults, but we should be having with Portlanders of all ages at all times. And we should be thinking about these things on a regular basis,” she explains, acknowledging the fact that voices of all ages contribute to which projects PBOT focuses on, especially when it comes to SRTS.



Regular midday traffic at the intersection of SE Powell Blvd. and 82nd Ave., streets that are part of future planning to make commuting to schools in SE Portland safer. Photo by Phillip Wentik.

The bulk of the funding for these projects and smaller projects like redesigning single crosswalks comes from Fixing Our Streets, Portland’s locally funded street repair program. According to the SRTS Project Planning website, 2016 Measure 26-173 passed a 10-cent gas tax and heavy vehicle use tax that all Portlanders pay at the pump to raise money for these projects.

The website also reveals that 56 percent of the money raised by Fixing Our Streets will go to street maintenance, while 44 percent will fund safety improvements; \$8 million from the tax was pledged specifically to SRTS. Additionally, that money is split between five school districts in Portland, as well as split by high school clusters within the district to “ensure that projects [are] funded across the city,” the website states.

Another new project coming out of SRTS is Transportation Academy, a high school program designed to educate teens on transportation concepts beyond what they have learned in driver manuals or at school. The program will cover real-world factors like sensitivity to vulnerable road users like bikers that teen drivers may not consider, as well as promote multimodal literacy, climate connections, transportation equity, civic engagement and Safe Systems.

Safe Systems is the US Department of Transportation’s (DOT) approach to making travel safe for all road and sidewalk

users, their objectives on DOT’s website being safer people, roads, vehicles, speeds and post-crash care. Transportation Academy is in the pilot stage and the first implementation will be in the Parkrose school district of Portland, with PBOT and ODOT partnering to create the program, using a grant from ODOT.

Schafer states that Transportation Academy is intended to be expanded to most, if not all, Portland high schools in the future. As it stands, there is no timeline for when the program will enter Portland Public Schools (PPS), but Schafer says the agreement that will enable Transportation Academy’s expansion is underway and PPS is actively hiring an SRTS coordinator for the school district.



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Use Caution With Buy Now Pay Later Services

By Kris McDowell

Providing an alternative to using a credit card for their purchases, some retailers offer “buy now, pay later” (BNPL) services. Consumers are generally well aware of the interest rates their credit card purchases incur, but it’s important to understand that buy now, pay later options aren’t without their own risks. According to Take Charge America, a nonprofit offering financial education and counseling service since 1987, these services are responsible for \$100 million in annual transactions and millions of Americans are using them.

“People love the convenience, but there remains a lot of misunderstanding surrounding BNPL services and their impact on people’s financial lives,” said Amy Maliga, a financial educator with Take Charge America. “With that confusion, it’s easy to miss the potential risks. That’s why it’s always important to take a closer look at a new service or product—especially ones that make it easier to part with your hard-earned money.”

Before using BNPL services, Maliga says it’s important to keep in mind the following:

They are a form of credit.

BNPL providers may pro-

mote themselves as a simpler way to pay for everyday purchases without relying on debt or credit, but don’t be fooled—BNPL payments are a type of credit. And if you miss a payment, some services charge late fees or interest. Be cautious when using these services, as you can easily get in over your head.

You’ll likely spend more.

There’s a reason retailers aggressively promote BNPL—people tend to spend more using these services. A LendingTree survey found two-thirds of shoppers spent more using BNPL plans than they would have otherwise. Before completing that latest purchase, check your budget and bank account. Be sure you can really afford what you’re buying instead of putting yourself at risk of falling into debt.

Inconsistent credit score impacts.

Most BNPL providers don’t report on-time payment data to the major credit bureaus, meaning you receive none of the upsides of responsible repayment. However, negative events like missed pay-

continued on page 8

Shotgun Seamstress

By David Krogh

Shotgun Seamstress is an anthology of eight different fanzines created by Osa Atoe. “The zine came out of the experience of being the only Black kid at the punk show. It was a cut and paste fanzine I started in 2006 when I lived in Portland, Oregon.”

Atoe is the daughter of Nigerian immigrants to the East Coast of the US in the 1970’s. She moved to Portland by herself in 2001, living here until 2008. Having learned to play the violin at a young age, she developed a great interest in punk music. “Aside from playing music and writing, I was a columnist for ‘Maximum Rock’n’Roll’ magazine. Later I also booked shows for touring bands fronted by women, non-binary and LGBTQ people under the name ‘No More Fiction.’”

During her time in Portland, Atoe played the violin in the all-girl punk band New Bloods with whom she toured through both North America and Europe. “I was probably making coffee then, but my career was never the center of my life; my jobs were to finance my punk life.”

Atoe said that she enjoyed her years in Portland, where she shared a house with several others, many whom were also band members and was thoroughly into Portland’s vibrant music scene. In addition to her music interests, being a strong advocate for women’s and LGBTQ rights, Atoe volunteered for events, many of which were fundraisers for local social justice organizations.

Shotgun Seamstress (the book) was written over time between 2006 and 2015, first in Portland and later in New Orleans. The name Shotgun Seamstress came from how her mother described Atoe’s attempts at sewing; that is, a shotgun approach to sewing. This, Atoe felt, was also appropriate for her zines as none of her zine content was predetermined.

The book itself (and the zines within) almost have the appearance of a scrapbook (which is how many zines are done). Contained within are segments of typing, clippings, photos, drawings and whatever else Atoe could paste into it to follow her themes. “Punk isn’t about longev-



Osa Atoe photo by Soft Skull Press.

ity or technique—it’s about urgency and primal expression. Being in bands, making zines and organizing events helped me build the confidence to share my creative projects with others without worrying if they were good enough.”

Reading through *Shotgun Seamstress* was enlightening. It includes a lot of punk culture, Black music discussion and interviews with performers, both local and nationwide. All the contributions within were either provided by Atoe, music colleagues or through the zine culture she had networked with.

The anthology offers insight into Black issues and concerns of the day, but still has a primary focus on Black music culture. “In predominantly white movements, including the punk scene and activist circles, there is a total lack of understanding about what real Black people (and specifically Black women) have to do to make it through the day.” That is one of the most prominent points Atoe’s zines are attempting to illustrate.

An interview with Detroit musician Mick Collins from the bands the Dirtbombs and the Gories is one example of interesting discussion about issues involving Black music and (in this case) cost of living. From Issue 3 (in 2009), Mick Collins suggests that hip hop music in Detroit killed punk music and overall set Black music back 20 years. Also discussed was the cost of living

and the fact that both Portland and Detroit were still affordable at that time. (Atoe verified that this was before the dramatic housing market increases in the 20-teens due to gentrification and in-migration housing demands within Portland.)

After moving to New Orleans and working in music for several more years, she took a clay modeling class in 2013. Then she continued with clay classes for two more years. She had become hooked by clay artistry. “I still did bands for a while but phased out of that as pottery took over my need for enjoyment. Working with clay helps me to enjoy the ability to create new projects without controversy.”

Atoe currently lives in Sarasota, FL and has her own clay studio. She still does the occasional zine (which she sells at the Brown Recluse Zine Distro, brownreclusezinedistro.com/about) and has a blog which discusses both her zines and book at shotgunseamstress.blogspot.com. However, her primary work now-a-days is in clay. You can visit her clay artistry website at potterybyosa.com and also watch her at work on YouTube.

Shotgun Seamstress is published by Soft Skull Press (softskull.com) and is available or by order at most independent booksellers, as well as online through Powell’s Books, Amazon and Barnes and Noble.



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From College Dropout to Award-Winning Para-Professional

BY AMY BADER

Tyler Duncan's journey at Portland Community College (PCC) began like many students—undecided on a career path and trying to overcome financial challenges to get by. Through a work study opportunity, Duncan's path unexpectedly changed course and just a few years later they have been nationally recognized for their extraordinary work as a technician in Library Services at PCC.

After having to drop out of college several times to make ends meet, Duncan (who goes by the pronouns they/they) realized it would be easier to make enough money and have the time and resources to study if they could work on campus.

One day while doing homework at the computer center, Duncan saw a sign advertising a library work study position; this was the perfect opportunity to learn new skills and earn money in a job where their identity as a student was prioritized. They applied and the rest is history.

Through flexible schedules, Duncan was able to continue their studies at PCC, while growing and developing professionally. They were promoted to work as a full-time Stacks Technician at the PCC Library on the Southeast Campus and quickly realized they had found a career path they loved.

"As a technician, I am constantly in touch with students and I get to help people from so many different intersecting identities get the support and resources they need to be successful—it's amazing I get to do this for my job," said Duncan.

Duncan's passion for equity, justice and belonging comes through in the way they show up to support the diverse needs of the students and community members who utilize PCC's libraries. "I feel like the work we do here ends up directly, positively affecting people's lives," said Duncan.

Duncan's role, like many others rooted in onsite and in-person interactions, had to pivot significantly when COVID-19 forced college operations to go virtual. They switched from or-



Tyler Duncan photo by Amy Bader.

ganizing books and resources and supporting students, to managing projects and event programming. They also took the lead on an initiative to support colleagues in the remote environment—a role that earned them national recognition this year.

Duncan was awarded the NISOD Excellence Award 2022 for stepping up to serve the needs of their division to cultivate connection during quarantine, to help alleviate feelings of isolation and foster a sense of community.

"It's an honor to win this award, but I had a lot of help and would love to share my medal with the rest of my team," said Duncan. "It's good to know that my efforts have been appreciated and that I'm on the right track—that community-based programming is important and that we as colleagues are important to each other."

This fall term, there is a new energy on campus, and Duncan looks forward to getting to support students again in person to encourage their aptitudes and passions as they explore their educational and career paths.

"I was really encouraged as

a work study student to pursue being a library paraprofessional because they saw that spark in me," Duncan added. "If you see a spark in someone, help them run with it. Even if you are a low-income student like I was, community college can be a way to find what you really want to do."

THE SOUTHEAST EXAMINER DECEMBER 2022 5

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Radon exposure is the second-leading cause of lung cancer in the US after smoking and it is the leading cause of lung cancer among non-smokers. When radon is inhaled it can become trapped in the lungs and cause damage by releasing radiation. Over time, exposure to high levels of radon increases a person's risk of developing lung cancer, a risk that is greatly increased for smokers.

Much of the east side of Portland is in the moderate category for indoor radon risk levels. The classification levels take into consideration four factors: 1) the number of single-family residential locations with a test result, 2) the maximum test result value, 3) the average test value and 4) the percentage of locations with a test result that was greater than or equal to 4 pCi/L within a zip code. The Radon Risk Map, updated earlier this year, can be found at bit.ly/RadonRiskMap.

Regardless of the risk level assigned to your home's geographic location, the Oregon Radon Awareness Program (ORAP) recommends all homes test for radon, as the level can vary from

neighbor to neighbor. Winter is when levels are expected to be the highest, due to windows and doors being closed tight. It is also the best time to test a home.

Radon test kits can be found at most hardware stores and are typically priced \$15-\$25. The organization Nonprofit Home Inspections also offers a free radon test kit to those that qualify as low/moderate income levels. Those that qualify will receive a test kit with instructions on how to use it and paid postage to return it to the testing laboratory. Results will be sent directly to the person who submitted it; none of the personal information will be shared with any other organization. Visit <https://nonprofithomeinspections.org/product/free-radon-test/> to see if you qualify.

If high levels of radon are detected, there are radon mitigation systems, usually effective within 24 hours, that certified companies can provide. A list of companies in Oregon with at least one radon mitigation technician on staff who has been certified by the National Radon Proficiency Program or the National Radon Safety Board is at bit.ly/Radon-MitigationCo.

Home radon test kits should not be considered as a substitute for professional testing. Professional companies can also be hired to test your home. Find a listing of qualified testing companies at healthoregon.org/radon.

In addition to reducing radon and the risk of developing lung cancer, mitigation systems address the infiltration of air, which may reduce the humidity level in the basement of a home.

Adopt a Storm Drain

As we turn the corner from fall into winter and the weather becomes wetter, the Portland Bureau of Transportation (PBOT) is once again encouraging residents to adopt a storm drain.

Portland's storm drains, also known as catch basins, help with stormwater runoff and prevent flooding. If drains get clogged with fallen leaves and other debris, it can lead to dangerous ponding along city streets and intersections. PBOT crews work hard to keep more than 58,000 storm drains clear, but they can't always get to them all. That's why they're asking Portlanders to adopt storm drains..

PBOT thanks all Portlanders who have already adopted storm drains in their neighborhoods to help keep them free and clear. For those interested in joining those who have already adopted a drain, PBOT offers some tips for clearing storm drains.

Use a rake, shovel or broom. Don't use your hands.

Wear gloves. Be careful of sharp objects.

Wear reflective clothing so people driving can see you.



Watch out for traffic.

Only clear drains you can reach from the sidewalk. Don't stand in the street and don't clear drains that are in the middle of a street.

Clear drains before the rain, whenever possible.

Clear 10 feet on both approaches to the drain.

Watch for standing water to avoid slipping or stepping on sharp objects.

Make sure adults are supervising if children are helping.

Clear surface debris only. Call PBOT Maintenance Dispatch 24/7 at 503.823.1700 for

any emergency hazards or if the drain is still clogged after removing surface debris.

Never lift storm drain grates. They are very heavy.

Don't put leaves in the street. Place leaves in your green yard debris roll cart for curbside pickup. If you have too much for the cart, simply use lawn bags and place them next to the roll cart for pickup.

If the drain is still clogged after you've removed the surface debris, report it online at pdxreporter.org, call Maintenance Dispatch or email pdxroads@portlandoregon.gov to report it.

Natural Gas Cooking and Indoor Air Quality

Many factors contribute to indoor air quality, including using a natural gas stove. During a season when we may be doing more cooking inside, NW Natural has tips to keep your indoor air quality healthy.

Anytime you are cooking, it's important to have good ventilation. Exhaust fans remove emissions directly at the stove before

they mix into the surrounding area. They also increase the overall air exchange in your home, removing pollutants.

Make sure that your range hood or exhaust fan vents to the outside. If yours recirculates the air back into the kitchen, open windows or use an exhaust fan in another room while cooking.

Having carbon monoxide

and smoke detectors installed is also important. Carbon monoxide is an odorless, colorless gas that can result from a malfunctioning natural gas stove and can be deadly.

To ensure your natural gas stove is operating correctly, a no-cost annual equipment inspection with NW Natural can be scheduled at bit.ly/NWNatInspection.

DECEMBER EVENTS

CRIBBAGE – Join other cribbage lovers (newbies welcome, too) every Tuesday, 6 pm at The BeerMongers, 2425 SE 11th Ave., for tournament-style cribbage. Opponents are paired randomly and winners advance through the ranks to determine the winner. 21+. More at facebook.com/pdxbeermongers.

COAT DRIVE – Living Room Realty, livingroomre.com, has partnered with Impact NW to collect and deliver new coats to babies, children, adults and seniors in need. Drop off a new coat (with tags) at 421 SE 10th Ave., Monday-Friday 9 am-5 pm through Wednesday, December 14.

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

RED YARN AT TABORSPACE – Join Red Yarn and his loveable critter puppets to sing, dance and experience the joy of community in the Taborspace Sanctuary, 5441 SE Belmont St., Monday, December 5 and 12. The 45-minute performances start at 10 am; suggested donation of \$10-\$20 per family. More at redyarnproductions.com.

INFARMATION RAW MILK CONVERSATION – Friends of Family Farmers is hosting a virtual conversation Thursday, December 8, 6-7:30 pm about the current situation for Oregon raw milk producers and the organization's proposal for the 2023 legislative session to make changes to the current law. Register at bit.ly/RawMilkDec8.

BBB CLEAN UP – The Boulevard Beautification Bunch (BBB) invites you to help beautify the boulevard Saturday, December 10, 10 am-12 pm. Meet at Dairy Hill Ice Cream, SE 36th Ave. and Hawthorne Blvd. No advance registration required, just show up with a large trash bag, wearing gloves. Email BBB@hawthorneblvd.com with questions.

MONTAVILLA HOLIDAY MARKET – Threshold Brewing's holiday market returns Saturday, December 10, 12-5 pm at SE 79th Ave. and Stark St. Grab some cheer and enjoy a European-style outdoor/indoor market featuring local artists and hand-crafted items sure to make unique gifts. Threshold will also be serving their traditional hot mulled Polish beer.

CAROLING AND HOT CHOCOLATE – The Foster Area Business Association will have carolers spreading holiday cheer with festive music and free hot chocolate at locations along SE Foster Rd. Saturday, December 10. Visit fosterarea.com for locations.

THE ART GARAGE SATURDAY SALE – Saturday, December 10, 1-5 pm The Art Garage, 3219 SE 62nd Ave., hosts a sale with locally made craft items like wood earrings, ceramic cups, ornaments, art and hand sewn items. The Animal Saving Club, a group of Mt. Tabor Middle School seventh graders, will also be selling card sets to benefit Elakha Alliance. More at annestorrs.com/galleries.php/saturday-holiday-sales.

EDUCATIONAL MORTGAGE EVENT – A free educational mortgage/home ownership event takes place Wednesday, December 14, 10-11:30 am at Flying Pie Pizza, 7804 SE Stark St. A panel of pros will discuss how mortgages can help you now and in the future. Call Rachel Hemmingson at 971-207-2806 to reserve your space (and pizza).

PEACOCK LANE LIGHTS – The residents of Peacock Lane will be displaying their holiday lights Thursday, December 15-Saturday, December 31, 6-11 pm. Running nightly between SE Stark and SE Belmont St., the lights can be viewed from vehicles (most nights) and on foot. Additional details at peacocklane.org.

URBAN LEAGUE COMMUNITY CONVERSATION – The 5th Annual All of Us conversation takes place Thursday, December 15, 6-7:30 pm, discussing the public defense system and public safety. Register for the virtual and in-person (limited number of in-person seats available) event and find more details at ulpdx.org/CCPDX2022.



Tips For Lowering Energy Bills

Heating costs for this winter are expected to increase significantly, with the US Energy Information Administration estimating that those who rely on natural gas for heat will see a 28 percent increase from last year. About half of Multnomah county households use natural gas for heat, so to keep your home at its peak comfort level and get the most from your natural gas appliances, NW Natural has some tips.

Program your thermostat.

Set your thermostat to 65-68 degrees during the day and 58-60 degrees at night during cooler months.

Adjust ceiling fans.

Use ceiling fans to push down hot air in the winter and make cool air feel cooler in the summer.

Use draperies, awnings, blinds or shutters on all windows.

Use of window coverings

slows the loss of heat through glass on cloudy days and at night. On sunny days, keep window coverings open.

Keep furnace filters clean.

A dirty filter slows air flow, making the system work harder and wasting energy. For standard furnace filters, change them once a month during the fall and winter season.

Adjust and clean vents.

Make adjustments based on the season and room location. For example, heat rises, so upstairs rooms need less of it. However, even in an average-size house, don't close more than one or two vents. To extend the life of your furnace, vacuum vents regularly to keep air flowing freely. Restricting airflow can shorten its life.

Limit the use of ventilation fans.

Use kitchen, bath and other

fans only as needed, especially in the winter, limiting their use to no more than an hour. Greater use can blow away a houseful of warm air.

Wash dishes and clothes with full loads only.

In the kitchen, scrape food residue off plates instead of using water to rinse them. In the laundry room, wash clothes with cold water.

Close dampers on fireplaces and woodstoves.

When not in use or after a fire is completely out (which could take several hours), make sure to cut off warm air escaping by making sure dampers are closed.

Visit nwnatural.com/ways-to-save/manage-energy-use to find additional ways to manage energy use, including low-cost home improvements and upgrades.

Tips on Open Enrollment and Assessing Health Care Coverage Options

The annual open enrollment period for health coverage is currently open. It is the only time when anyone who is not offered coverage from a job or a public program like the Oregon Health Plan or Medicare can enroll in health coverage through the Oregon Health Insurance Marketplace, often with financial help. All Oregonians who do not currently have health coverage available are encouraged to apply.

Eligibility rules have changed this year, making health coverage more affordable for thousands of Oregonians. Previously, people offered health coverage through a spouse or parent's employer could not access financial help if the least expensive plan offered to only the employee was considered affordable. The Affordable Employer Coverage Tool will help determine eligibility based on these new rules.

Nearly 80 percent of Oregonians who applied for financial help qualified in 2022. The average amount of financial help received was \$483 per month.

Oregonians have choices when it comes to choosing their health plan. All Oregonians have at least four insurance companies and 26 plans to choose from.

Free local help is available throughout the state. Locate licensed insurance agents and trained community groups at OregonHealthCare.gov/GetHelp.

There is also OregonHealthCare.gov, which offers a quick and easy-to-use window-shopping tool where users can preview what plans and savings are available to them. The tool also allows users to see which plans cover their prescription drugs and are networked with their preferred doctors or hospitals. A new tool available on the website can help you figure out if job-based coverage is considered affordable.

For those who have the option of job-based coverage, this time of year can be used to review how they are using health services and decide if they should stay with that plan or switch to another. It's also a good time to assess one's overall care costs to ensure that the plan chosen will work best for the coming year's budget. Jeff Underwood, UnitedHealthcare, offers seven tips for those who are assessing job-based coverage.

Consider all your options.

Take time to understand and compare the benefits, services and costs of each plan so you can figure out which will work best for you. UnitedHealthcare offers an insurance lingo video, bit.ly/

UHCInsuranceLingo, which explains common health insurance words like premiums, deductibles, copays, coinsurance and out-of-pocket maximums.

Check your prescription benefits.

Knowing how to get the most out of your prescription benefits may help you manage costs. Check into discounts and lower-cost alternatives, including generics, which may be available. You may also be able to fill your prescriptions at a participating network pharmacy or with home delivery by mail—two more money-saving options.

Check for mental health coverage.

In addition to in-person mental health care, you may have access to a large virtual network of therapists and psychiatrists. Some health insurers also offer advocacy services to help you find the right type of behavioral health care.

Don't forget about specialty benefits.

Additional benefits, such as dental, vision, hearing or critical illness insurance, are often available and may contribute to overall well-being.

Look into wellness programs.

Many health plans offer incentives that reward you for taking healthier actions, such as completing a health survey, exercising or avoiding nicotine.

Anticipate next year's health expenses.

If you're expecting a significant health event in the next year, such as surgery or the birth of a child, compare the differences in plan designs for that specific situation, including any out-of-pocket costs.

Consider a plan with virtual care services.

If you're busy or just prefer connecting with a doctor from the convenience of your home, consider choosing a plan that includes 24/7 virtual care. You may have access to virtual wellness visits, urgent care and chronic condition management.

Sign up through the Oregon Health Insurance Marketplace through Thursday, December 15. Deadlines for making changes to job-based coverage vary so make sure to check with your employer. Either way, don't miss this opportunity to make sure your 2023 coverage meets your needs.

Explore Postwar Housing in SE Portland

While the Architectural Heritage Center's (AHC) walking tours are on their annual winter hiatus, the "Mid-Century Modest: Postwar Housing and the Growth of Southeast Portland" exhibit is on display, giving people the opportunity to explore these SE homes from the comfort of their gallery.

In the first half of the 1950s, Portland witnessed explosive growth in new house construction. New neighborhoods popped up across the metropolitan area, particularly on the edges of town and often beyond the city limits. With financing secured through the Federal Housing Administration or the GI Bill, many white working-class families found that for the first time they had the opportunity to own their own homes. At the same time, however, African Americans were all but excluded from this system.

"Mid-Century Modest" provides a glimpse of some of the houses constructed in SE Portland during this boom period. Each of the 12 featured houses had a different builder and represent 11 different subdivision developments. These new houses were distinctively modern and featured some of the latest amenities, like built-in dishwashers and



Home on SE Lincoln St. in Cherry Blossom Park, built in 1953 and featured on that year's annual "Parade of Homes." Photo from AHC collections.

attached garages. However, most were otherwise modest in appearance, size and affordability.

The house photos are from a collection of more than 400 photographs taken between 1952 and 1955, by or on behalf of Robert Johnstone, who was a realtor in Portland from the 1940s until his death in 1986. Johnstone worked with two major Portland real estate firms during this period: Henry F. English and City Realty Co. Both companies regularly advertised homes for sale in local newspapers, including several featured in this exhibit.

The collection was donated to the AHC by Ken Hawkins in 2022 and can be viewed during museum hours, Thursday-Saturday, 11 am-5 pm. Located at 701 SE Grand Ave., it is closed December 24, 25 and 31. General public admission is \$8; AHC members and children 18 and under are free.

For more, a historical overview of postwar era housing, the Portland Bureau of Planning and Sustainability's East Portland Historical Overview and Historic Preservation Study can be found at bit.ly/PostwarHousing.

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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.

Buy Now Pay Later Services

from page 4

ments or collections activity are likely to be reported. This makes it even more critical to make your BNPL payments on time and avoid missing any.

No consumer protections.

Because of BNPL’s standard four-installment payment plans, these services fall outside the purview of the Truth in Lending Act. Federal law requires five installments before triggering any regulations. Translation: consumers have no protection from any potential predatory or deceptive lending practices with BNPL providers.

Lending Tree reports that BNPL is most popular with shop-

pers ages 18-24, an age group that may be more leery of using credit cards. Often BNPL repayment terms are every two weeks, rather than the standard once a month payment that credit cards typically have. This can make it easier to miss payments, resulting in late fees and/or interest being charged.

It’s easy to get caught up in the buying of gifts for loved ones during the holiday season. Before hitting the stores in person or online, take a realistic assessment of what you can afford to spend. Whether you intend to use cash, a credit card or are offered a BNPL option, you’ll be keeping your long term financial health in mind.



URBAN GLEANERS
FOOD FOR ALL

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

BA

Business Association Notes

82nd Avenue Business Association By Nancy Chapin

The 7th Annual Around the World in 82 Dishes was better than ever this year and we look forward to even more of our food and drink businesses getting involved next fall.

We are inviting more businesses and locations to add Rose Gardens in the Spring to honor the 17 years of being named “The Avenue of Roses.”

We’ve been serving the business community for 44 years and look forward to more. Keep up with us at 82ndaveba.com. Our best wishes to you all for your best year yet in 2023!

Belmont Area Business Association By LeeAnn Gauthier

President, VP and Secretary of the association, Dustin Slack, has moved his office of NextHome Bridge City off of SE Belmont St. and will be rotating off the Board. Treasurer LeeAnn Gauthier runs Portland Paralegal Services in her Buckman condo. Both have served four years of their three-year term. New members are sought for our Board of Directors to assist new Board addition Maurina Hylland of Farmers Insurance.

Our member meeting is moving to the second Tuesday of each month, 9-10 am, at the Historic Belmont Firehouse, 900 SE 35th Ave.

Membership applications are being mailed out in December for the 2023-2024 district walking map. You may renew a membership or join at belmontdistrict.org/become-a-member.

Our 2022-2023 district walking map is in a second production run after all of the first 7,590 copies were disbursed, primarily inside the Sunnyside newsletter. The Portland airport visitor’s center, hotels and local businesses also distribute the map.

Schmoosers sought! Volunteers needed for a few hours for follow-up on our membership drive. Thanks to volunteer Annie Lehman of PDX Commons Cohousing, who spearheads our social media posts, and volunteer bookkeeper Sarah Prevost of Mintage Labs who creates our monthly financial reports.

The Annual Meeting will be in February 2023, location to be determined. Raffle prize donations are greatly appreciated as is Hoda’s Middle Eastern Cuisine for their many years of donating catering.

To share your business news/events, to volunteer or if you have questions, please contact info@belmontdistrict.org.

Hawthorne Boulevard Business Association By Nancy Chapin

We continue our second Saturday cleanups (10 am-Noon), meeting at Dairy Hill Ice Cream, 1428 SE 36th Ave. We welcome newcomers to join us and appreciate the regulars and businesses that help us keep Hawthorne clean and welcoming. Stay in touch with us at hawthorneblvd.com.

Our Boulevard businesses send you best wishes for a healthy, happy, abundant 2023!



Warm up FOR THE holidays



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Bw Business Walkabout

Backstory Books & Yarn

BY ELLEN SPITALERI

“I really love connecting with people and learning what they are looking for. I love helping people get what they need and seeing how it empowers them,” said Amanda Doimas, owner of Backstory Books & Yarn, 3129 SE Hawthorne Blvd.

Doimas had been a knitter for a long time and when she thought about opening a used bookstore, she was intrigued by the idea of adding yarn. Most people are familiar with used bookstores and trading books for credit towards other books. Doimas does the same with yarn, knitting needles, crochet hooks, spinning wheels and other fiber-related gear.

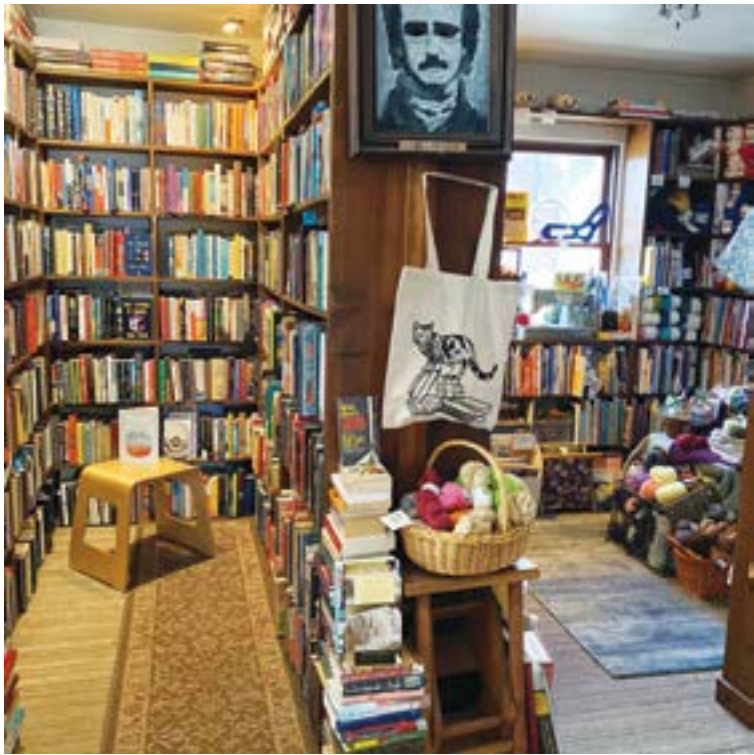
“It seemed a good fit to me and I knew that my knitting friends and I had such hoards of yarn with no place to send it back out into the world for other knitters,” Doimas said. “I hadn’t thought it would be so novel when I put it together, but it turns out it was a genius idea,” she said. “I see knitters, crocheters and weavers light up when I explain the used yarn idea to them. It is delightful to have so much interesting vintage and discontinued yarn coming into the shop.”

Doimas opened Backstory, her first bookstore, in a building at the Carts on Foster food cart pod in 2014, then moved to SE 60th and SE Foster Blvd.

In the summer of 2018, she added the concept of a fiber-arts exchange when she moved the shop to the previous home of Hawthorne Boulevard Books. The best thing about the location on Hawthorne “is being in a space that was Hawthorne Boulevard Books for about 35 years,” Doimas said.

She noted that there was a time in the 1980s and 1990s when there were almost a dozen bookstores on the street. “I love the tradition of places that cater to a trade and it thrives, with so many shops and dealers,” Doimas said.

Being a business owner



The cozy interior of Backstory Books & Yarn showcases shelves of used books and buckets of yarn and other fiber supplies. Photo by Amanda Doimas.

without a business background is a situation she has found to be challenging. Also, she considers herself an anti-capitalist at heart and added that she could be making more money selling things other than used books and yarn. “But I just don’t think I could live with myself. I always see myself in the poor students that come in looking for cheap books they can afford; it isn’t good business, but I try to provide a little something for everyone.”

Doimas said that there are about 10,000 books in the shop, so it is obvious that she cannot have read all of them. However, she does try to familiarize herself with as many as possible, often by reading just two or three pages of a book to gain an understanding of it. She specializes in books by Black authors, nautical books and fiber-arts related books because she wants to be responsive to what her customers are looking for.

Personally, she has found herself reading more mysteries, because “when the world outside seems difficult and demoralizing,

there is always a tidy solution to comfort me at the end.” She also likes to read books of essays, as they are one-on-one conversations with the author.

“My favorite thing about bookstores is the serendipity of finding things on the shelf that I didn’t know I was looking for. You go to a shelf looking for something and then another book speaks to you in some uncanny way.”

She believes part of the magic of bookstores is that they reflect the personality of their owners, who choose the books. Doimas added, “Going into other bookstores, I feel like I’m entering a conversation with the shelves of books, learning through the books that were chosen and those that are missing.”

Backstory is open Wednesday-Monday, 12-6 pm; closed Tuesday.

Backstory Books & Yarn
3129 SE Hawthorne Blvd.
971.282.3332
Backstorybooksandyarn.com

Sports Additions Coming to Laurelhurst Park

from page 1

considerations. Something that was a fairly straightforward setup and low barrier was desired.”

It’s easy to see how pickleball would be in that conversation as it has massively grown in popularity, especially within the Portland metropolitan area. Players galvanized at Sellwood park last year in an attempt to repurpose and repair old tennis courts into pickleball courts. And many have flocked to the newer, indoor facility in Clackamas that opened in the spring. There are not many dedicated spaces for those who want to play, but from early sketches of the planned Laurelhurst revisions, it appears that they’ll be four more courts for

pickle ballers to gather around.

Also, one of the most discussed aspects of this project is the “displacement” of people camping in that area. There have been sweeps of that area in the past, but they’ve re-populated over time (as is a common cycle throughout the city). However, this will now make it a more permanent situation with ongoing construction and entirely new spaces that will likely be used consistently. And despite citizens in that area asking the city to clear them in the past, many outlets have reported locals and activist groups have concerns over people who were moved.

In response to this dialogue, Leon said, “We have outstanding

partnerships with city bureaus supporting our work to create quality public spaces. Personally, I do hope that the people living outside in the elements in unsafe and unsanitary conditions will ultimately utilize a sanctioned campsite or shelter space to reside in as they wait for permanent housing.”

Leon said that work will continue through the early winter and that many of the construction projects are dependent on weather and supply-chain availabilities, making it difficult to nail down a specific timeline or expected completion date. Currently, there are no plans for other parks to get similar treatment.

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Photographs of the NW Music Scene



Pushdot Studio welcomes JJ Gonson’s “Photographs of the Northwest Music Scene circa, 1980s and 90s” through Friday, January 27. The Boston-based photographer has been obsessed with music since the time she was a small girl. In the mid-1980s, Gonson discovered it was possible to get access to musicians and bands by signing on to shoot live and posed photos for magazines and newspapers. She started by shooting hardcore and punk bands around the Boston area; when she moved to Portland in 1990, she continued to work with both live music shots and portraits.

The exhibit is the result of her decades of work and the collection combines intimate portraits of musicians, friends and fans live on stage and candid moments off stage. The archive includes pictures of Kurt Cobain, Elliot Smith, Jane’s Addiction, Black Flag and hundreds of other punk and independent bands. Gonson’s work has been published in books, fanzines and magazines and can now be seen at Pushdot Monday-Friday, 8:30 am-5 pm.

Pushdot, located at 2505 SE 11th Ave., Suite 104 (Ford Building), is an art gallery and a digital imaging resource for artists, graphic designers, photographers and companies that require archival printing services, high quality scanning, artwork capture, exhibition mounting services, prepress retouching, color work and proofing.

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*GHOST 'IMPERA'

*FLEET FOXES 'FLEET FOXES'

*AMANDA SHIRES 'TAKE IT LIKE A MAN'

*JACK WHITE 'FEAR OF THE DAWN'

*ODESZA 'THE LAST GOODBYE'

*JACK WHITE 'ENTERING HEAVEN ALIVE'

*REX ORANGE COUNTY 'WHO CARES?'

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Art Walk Call for Artists

The 16th annual Mt. Tabor Art Walk takes place Saturday, May 20 and Sunday, May 21, 2023. The juried event showcases artists living in the Mt. Tabor neighborhood, a limited number of guest artists and promotes high-quality visual art in a variety of media.

The Walk is currently accepting applications from artists who wish to participate in the event. Saturday, December 31 is the deadline to submit applications, images and fee for jurying at early bird pricing (\$60). After that, the regular application fee (\$75) applies through the final deadline, Tuesday, January 10. Applicants will be notified via email January 31 and those that are not selected will be refunded their application fee, less a \$30 non-refundable jury fee.

All art must be original, visual (no performance) and of high quality. Reproductions of the artist’s own work is allowed. All items for display and sale must be made by the artists. As part of the application process, artists will submit three images of the strongest work they intend to show during the Walk.

Artists must exhibit within the neighborhood boundary (E Burnside St. south to SE Division St. and SE 49th Ave east to SE 76th Ave.). At least 75 percent of the selected artists will be located in this area. A limited number of additional artists, residing outside of the neighborhood but within Multnomah, Clackamas, Washington and Clark counties, will be allowed to participate, dependent on available hosts in the neighborhood.

Visit mttaborartwalk.com for additional submission details, artist responsibilities and more.

ZooZoo at Imago

Imago Theatre is bringing its globe-trotting production *ZooZoo* back to Portland this holiday season. Bugeyes, hippos with insomnia, arrogant anteaters, introverted frogs, paradoxical polar bears, acrobatic worms, self-touting accordions and tricky penguins fill the stage with wonder, awe and humor. Since 2009, *ZooZoo* has toured internationally, following on the heels of Imago’s signature work, *FROGZ*.

The show runs Friday, December 9-Sunday, January 1 and is recommended for ages 4+. With both matinees and evening shows, there are plenty of opportunities to catch it before the critters are packed off into Imago’s company storage, a museum of fascinating creatures. Get tickets at onthestage.tickets/imago-theatre or by calling 503.231.9581.

Crime and Comedy Classes at MMU



Wednesdays in December, Movie Madness University (MMU) presents the first in their new “Genealogy of Comedy” series. Using their expansive collection of televised sketch comedy, the class explores some of the unique connections, comedic lineages and subversive and lesser-known programs that influenced or inspired many popular modern sketch shows. From “Who’s on First?” to “F**k Your Couch!” every sketch show has roots that can be traced through regional comedy scenes, improv theaters and influences from the original sketch shows that inspired them.

Dylan Reiff, co-founder of Portland’s Kickstand Comedy, teaches the four-week class that starts at 6:30 pm weekly. Enjoy watching a unique program of themed sketches each week and plan to discover some new cult favorites along the way.

Mind the gap, hop on the tube and explore London’s gritty underbelly Thursdays, 7 pm (starting December 8). In Intro to British Crime Films, writer, producer and media educator Jeff Oliver will guide the class through a deep dive of the iconic genre of British crime films, from post-war Ealing Studios films to the eclectic insanity of cinema from the “Cool Britannia” era.

Walk through the madness of Cockney rhyming slang and maybe even compete to see who has the greatest Michael Caine impression. After each week’s movie there will be an instructor-led discussion. For a complete list of the movie titles that will be shown in this class, which range from 1955 to 1998 flicks, email education@moviemadness.org with “film titles” in the subject line.

Tuition for each class is \$75; \$60 for Hollywood Theater/Movie Madness members. Classes will be limited to 18 participants and proof of vaccination is required for all. Visit hollywood-theatre.org to register.

ALBERTA ROSE THEATRE

DECEMBER 2022

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2 X-MAS

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4 spectacular and

5 tribute to The Beatles

6 featuring

7 The NowHere Band

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11 IT'S A

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12 BELONG ART

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21 THE KLEZMATICS

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22 CANDLELIGHT

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Festivus for the Rest of Us

Portland’s Central Eastside ‘70s inspired, all-day cocktail bar and restaurant, Hey Love, hosts a one-night-only tradition to celebrate the Seinfeldian holiday with the airing of grievances, feats of strength and of course, a pole. Starting at 4 pm Wednesday, December 12, Hey Love will feature a DJ set from Chaach playing all 90s NY hip hop and R&B.



A special menu of Jewish-Chinese fusion includes favorites like Soup For You, a giant matzo ball in hot and roast duck broth with shredded roast duck and purple cabbage, and I Was in the Pool! There Was Shrinkage!, a Nathan’s famous all beef kosher wiener wrapped in an egg roll, fried golden and served with sauerkraut and Chinese hot mustard.

There will also be They’re Real...and They’re Spectacular, two sticky hoisin soy glazed flanken (beef ribs) grilled and covered in BBQ sauce and accompanied by oyster sauce-glazed Chinese broccoli and ube steamed rice, and Yada, Yada, Yada, steamed bao buns, sliced corned beef, Swiss cheese sauce, sauerkraut, 1,000 Island dressing and caraway crumble.

Hey Love is in the Jupiter NEXT Hotel, 920 E Burnside. Minors are allowed until 9 pm.

Posada Milagro 2022



Milagro Theatre invites you to Posada Milagro 2022, a festive annual Latino Christmas celebration filled with fun for the whole family. The free event takes place Sunday, December 18, 1-5 pm. There will be arts and crafts workshops, Spanish storytelling, pinatas and original theatrical performances. In addition, Tortilleria Y Tienda De Leon will be offering authentic Mexican food for purchase throughout the day.

Free tickets will be distributed on a first come, first served basis starting at 1 pm at Milagro, 525 SE Stark St. Folkloric dance and music performances will begin at 2 and 4 pm, featuring Co-secha Mestiza, Collectivo Son Jarocho de Portland and Associate Artistic Director Daniel Blanco.

The Multiverse at OMSI Science Pub



Have you ever wondered if there’s another universe out there beyond the one we observe and inhabit? If so, what is it like? How large is it and is it large enough that there might even be other universes that have unfolded exactly the same way our own unfolded, with nearly identical Milky Ways, Suns, Earths and even ourselves? If just one of the innumerable quantum outcomes had occurred differently, how would those other universes differ from our own? Could there be other copies of ourselves out there that made just slightly different decisions, leading to wildly different outcomes? These questions might fill our minds with wonder and lead to wildly imaginative stories for us to tell, but science has quite a bit to say about this multiverse, as well.

Join Ethan Siegel, the world’s greatest, and Portland’s favorite, science communicator, at OMSI Tuesday, December 6, 7-9 pm to hear what we know about the multiverse: in science, in fiction and beyond. Siegel has a PhD in cosmology, is a former professor of physics and astronomy at the University of Portland and Lewis & Clark College, a career he left behind to work full time on communication under the banner Starts With A Bang! He now spends his days writing stories, articles and books; creating podcasts and videos; and delivering talks to curious minds all across the world. If you’ve never heard him speak or read his writings, you’re in for a treat.

Advance tickets (\$5 donation) for in person attendance are recommended and there is also a Zoom option (advance registration required). Both can be found at bit.ly/OMSIDec6.

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Coen Brothers Series at CST

During December, Clinton Street Theater (CST) offers Coen Brothers fans a series of four of their films starting with *Blood Simple* Monday, December 5 and Tuesday, December 7. This first film by Joel and Ethan introduced viewers to the brothers’ inimitable black humor and eccentric sense of character, a sensibility that has helped shape the course of contemporary American cinema. This razor-sharp modern film noir takes place deep in the heart of Texas where a sleazy bar owner, suspecting his wife is having an affair, hires a private detective to confirm his suspicions—only to have the crosshairs turned back on himself. Playfully shot by Barry Sonnenfeld, featuring a haunting score by Carter Burwell and a cunning performance by Frances McDormond, the career-launching film for the Coen Brothers defined their work since.

Up next is *Burn After Reading* the following Monday and Tuesday, starring Brad Pitt, Frances McDormand, George Clooney and John Malkovich. When a disk containing mysterious information from a CIA agent (Malkovich) ends up in the hands of two unscrupulous and daft gym employees (Pitt and McDormand), they attempt to sell it. After Malkovich’s character rejects their sales pitch, they visit the Russian embassy.

Mid-December has *Fargo* showing Thursday the 15th, Sunday the 18th and Monday the 19th. The 1996 homespun murder story follows Minnesota car salesman Jerry Lundegaard’s inept crime as it falls apart due to his and his henchmen’s bungling and the persistent police work of the quite pregnant Marge Gunderson (McDormand).

Finally, just before Christmas (Thursday, December 22-Saturday, December 24), *The Big Lebowski* comes to the screen. Ultimate LA slacker Jeff “The Dude” Lebowski, mistaken for a millionaire of the same name, seeks restitution for a rug ruined by debt collectors, enlisting his bowling buddies for help while trying to find the millionaire’s missing wife. This annual CST tradition is screened in 35mm.

All of the shows start at 7 pm with tickets available in advance at ctspdx.com and at the door.

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2022-23 CONCERT SEASON

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Saturday, December 10

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David Francey
Saturday, January 21
Scottish born Canadian carpenter turned singer-songwriter. Winner of 3 Juno Awards.

Kray Van Kirk
Saturday, February 18
Finger-style guitarist with a 12-string guitar and a precise soaring baritone.

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Ages 12-18	\$11	\$12
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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.

Incorporating Gratitude Into Everyday Activities

As the bustle of the holiday season takes us by storm, squeezing in a moment or two of gratitude can refuel your creative energy. With more energy coming from within, you may find you have more to give to others.

A pause to pay attention, which can be playful and silly, is all it takes to be thankful for the present moment. It can be layered over everyday activities, training your brain to focus on those things you appreciate. Here are some ways to focus your mind on gratitude.

As you take note of the weather, look outside. What's the weather like today? Whether rain and storm or sunshine and still, there's always an angle to find something to be thankful for. Thank you for the crisp cold day, for you make my tea and sweater extra delightful and cozy.

As you brush your teeth, focus your mind on appreciating the health of your body. It's a way to remind yourself of all the parts of yourself that are working for you all the time, often unnoticed until something isn't functioning right. Thank you to my teeth, for you make it so easy for me to enjoy all the good food I eat.

As you water your plants (and/or feed your pets), take a few deep, grounding breaths, then truly look at them with undivided attention. Say hello and tell them why you're grateful for them. Feel the appreciation you have for them reflected back at you, as they say thank you, too. Thank you to my fern, for you bring beauty to my home and fresh air that I greatly enjoy.

As you walk, whether walking the dog, going to work or simply strolling through your home, it is a perfect time for expressing gratitude. It can be as simple as repeating the words "thank you" with each step or you can notice specifics about the day that you're



One of Mackenzie Bakewell's gratitude spots where she journals, draws and colors.

appreciative of. Thank you to the trees that line the streets, for you uplift my energy with your vibrantly colorful leaves.

As you turn on your phone, realize how amazing it is that our devices can connect us to people all over the world. They unlock learning, laughter and all kinds of ways to create. Taking a moment to feel grateful—for anything in your life—each time you go to check your phone or even computer is an easy way to start mixing grateful moments throughout your day. Thank you to my phone, for you keep me connected, creative and up-to-date on all that's happening in the world.

Making gratitude a daily habit, a planned pattern for your thoughts, is known to be very good for you. The trick is to remember to pay attention, to pause and to purposefully appreciate something specific in your life.

Give it a try right now. Slowly take a few deep breaths. Start with a simple repetition of "thank you, thank you, thank you." Then, fill in this phrase "I am thankful for _____ because _____."

Mackenzie Bakewell is an artist and author based in the Pacific Northwest. Find her work at JourneyofColors.com.



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Neighborhood Notes

HAND
By Jill Riebesehl

Serious discussion of community involvement dominated the November meeting of Hosford Abernethy NA's Board and neighbors. Top of our list was working out how to proceed in planning for a tentative tiny house village in an open space off SE Division St. on SE 19th Ave. HAND sees a Good Neighbor Agreement as crucial and is establishing a group to research what all one would entail.

It recently came to light that the city's Office of Community and Civic Life (OCCL) has been pursuing guidelines for how to engage with Portlanders. We would like to be a part of the discussions and signed off on a letter requesting that. Here is an excerpt:

"A project designed to enhance public engagement should itself benefit from a rigorous public engagement process starting as early as possible. Waiting until the plan is crystallized to talk with key stakeholders like neighborhood associations is too late—we would like the opportunity to shape the goals and the process as well as the outcomes. Community engagement is, after all, the work we do every day."

Our suggestions: invite Michael Montoya of OCCL to a meeting to discuss the project further; possibly invite leaders from other NAs to discuss this; ask Southeast Uplift and other coalitions to host a meeting to discuss this; or even hold a citywide meeting with all NAs to share in what is happening and help everyone understand the process and how things will move ahead.

Last, but not least, for the better part of our meeting we discussed how to more clearly hone our mission and develop goals to help make our work as volunteers more inclusive and useful to our neighbors. We were guided by Paul Leistner, PhD PSU in public and urban affairs, longtime participant in neighborhood involvement.

The Board will not officially meet in December but will gather to socialize, as we have long done in December. All are welcome; the wheres and whens to be posted on our website.

Montavilla Neighborhood Association
By Jacob Loeb

The Montavilla Neighborhood Association's (MNA) Board voted to extend the Board Chair's term until a new person is selected or the next election in October 2023. A proposed change to the MNA meeting format received a majority vote and will begin in January 2023. The last meeting of 2022 will feature a speaker from the Portland Police Bureau and an update regarding the planned sanctioned camping sites for up to 150 people.

The MNA Board voted to change the meeting format starting in 2023 to focus on governance. Those meetings will continue to occur online via Zoom on the second Monday of the month, 6:30 pm. The public is welcome to attend, but people must request a space on the agenda in advance if they want to speak.

The general membership meetings will take a new form, returning to in-person events and rotating through several locations. The intended result of the change is to meet people in the neighborhood where they naturally congregate. This location will shift through the area to be accessible to all residents of Montavilla. The MNA welcomes location suggestions and feedback regarding these changes.

The next MNA meeting is Monday, December 12, 6:30 pm. This general membership meeting will be the last online meeting and future events will occur in physical locations. Register for the Zoom link at the MNA website, montavilla.org/mna-calendar. Audio recordings of previous gatherings are available online at montavilla.org/pdx-mna-meeting-podcast.

Mt. Tabor Neighborhood Association
By Dave Petrozzi

MTNA hosted our regular community meeting November 16 via Zoom. We reviewed our communications and neighborhood outreach efforts, as well as brainstormed discussion topics and guest speakers for the upcoming year. Is there a particular topic or speaker that you'd like to see? We exist to serve our community and would love to hear from you.

Our next meeting will be a general strategy session Tuesday, December 14, 7 pm via Zoom. Find links for this and all of our meetings, under the Meetings and Events tab of our website, mttaborpdx.org. MTNA also creates a monthly newsletter about important civic issues, which you can find on our website next to each month's meeting minutes.

Richmond Neighborhood Association
By Allen Field

The Richmond Neighborhood Association (RNA) held its monthly meeting November 14. 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 Community Safety Forum hosted by the RNA. Representatives from the Portland Police Bureau's Neighborhood Response Team, the city's Community Safety Program

continued on page 15

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Neighborhood Notes

from page 13

and the Public Environmental Management Office (PEMO) described the programs and services they offer. Officers Nate Kirby-Glatkowski and Amelia Floher, Central Precinct, explained the roles of the Neighborhood Response Team, which focuses on addressing chronic livability issues, property crimes, graffiti investigations and providing patrol support. Richmond straddles two precincts: Central and East, divided by Cesar Chavez Blvd. However, they are not the first point of contact for people needing to contact the police. Contact 911 for situations involving an immediate threat to life or property (i.e. crime in progress), otherwise, for non-emergencies contact the police non-emergency line (503.823.3333) or file an online police report.

Sarah Berkemeier, Safe Blocks Program Coordinator, Central Team, described the changes to the Community Safety Program which was transferred to the Office of Management and Finance. Its programs include Safe Blocks, Office of Violence Prevention, Rose City Self Defense and Safe Summer PDX.

The Safe Blocks program offers trainings on Neighbors Together (formerly known as Neighborhood Watch), Crime Prevention Through Environmental Design (CPTED), Personal Safety and General Safety Training Development. To request or inquire about these trainings, contact sarah.berkemeier@portlandoregon.gov if you live west of Cesar Chavez Blvd, and Jacob.Brostoff@portlandoregon.gov or Mary.Tompkins@portlandoregon.gov if you live east of Chavez Blvd.

Christine Leon described the role and duties of the recently formed PEMO, which was created in May 2022 by emergency declaration of the mayor to work across the different bureaus to streamline the cleanup of trash, graffiti, illegal dumping and abandoned cars. They gather input from the community and business districts, create activation strategies and coordinate neighborhood cleanups.

Much of the meeting was devoted to responding to questions and concerns posed by audience members.

The Board voted to submit a grant application to SE Uplift to fund a telehealth booth that would provide the homeless with better access to medical and mental health service providers.

Our next meeting is Monday, December 12; we hope you can attend.

South Tabor Neighborhood Association By Tina Kimmey

Another year is almost gone, but we’re still working on ways to bring neighbors together in the South Tabor neighborhood. In 2022, South Tabor hosted a neighborhood yard sale day, a BBQ with our new neighbors at Findley Commons, a pop-up pumpkin patch and a Halloween parade. We couldn’t have these activities without our Board members; Juan, John, Nate, Vigdis, Brian and myself. These are just some of the more visible activities we had in 2022. More behind the scenes work is done at the Land Use and Powell Frontage Road Committees as well as Board and general meetings.

But we need your help to be able to do more for our community in 2023. We are in need of volunteers to chair Communications and Events, as well as a volunteer to kick off our Diversity committee. There are other roles to fill and helping hands are always welcome. Visit our website, southtab.org, to stay abreast of our activities. After all, you don’t want to miss next year’s activities, including the re-painting the street at SE Woodward St. and 67th Ave.

Our Board meets the third Thursday of every month (except December) so head to the website and sign up for our email list or meeting information, be it a link or address once we meet in person again, along with agendas and contact information. Happy Holidays!

Sunnyside Neighborhood Association By Gloria Jacobs

A big topic at the November 10 SNA meeting was Mayor Wheeler’s new plan to open large designated campsites across the city and to gradually ban unsanctioned camping by Portland’s houseless residents. The pilot site would open with space for up to 150 people. They eventually expect to have six sites, with space for up to 250 people at each site. The mayor’s office says that each city-owned site would be managed by a private contractor, providing two meals, heated tents and access to service providers. The camps would be fenced and have security, including the 1,000 feet surrounding each site. The SNA Board will have its next monthly meeting Thursday, December 8 and we will return for our next general meeting in January.

The Sunnyside Shower Project and SNACC are hosting their 3rd annual winter gear and clothing drive collecting donations at Southeast Uplift (3534 SE Main Street) Saturday December 10, 10 am-1 pm. They are in need of adult winter weather items in all sizes. If you can’t drop off donations on December 10, email Hannah Wallace (hannahmwallace@gmail.com) to arrange another time. Items needed are new socks and underwear, winter hats, gloves, sweaters, sweatshirts, long and short sleeve t-shirts, sweatpants, long underwear, jeans, pants, boots, rain resistant outerwear, blankets, sleeping bags, tents and Hothands handwarmers.

Peacock Lane’s Christmas lights start Thursday, December 15 and end on Sunday, December 31 (6-11 pm). The Hot Cocoa Booth will be open December 15-24 while supplies last. Pedestrian-only nights will be Thursday, December 15-Saturday, December 17. Starting Sunday, December 18, vehicles can drive down the Lane. Please plan ahead as traffic will get heavy.

Angels Watching the City

from page 1

they are under arrest and that they have the right to remain silent. Do not touch them and immediately call the police. “It’s good to know the direct number of your neighborhoods police officers.”

The East and Central Precincts divide coverage of SE Portland. The East Precinct Neighborhood Response Team (NRT) covers Cesar Chavez Blvd. and east; the Central Precinct covers the area west of Cesar Chavez Blvd. To find out who your East Precinct NRT officer is call 503.823.4800. Call 503.823.0097 for the Central Precinct.

Most people would probably not feel confident enough to do this without some back up or training and that’s where groups like the Guardian Angels come in. “We are trained in first aid, CPR, self-defense and, most importantly, how to talk with people who are on the edge.”

The Guardian Angels are active on the eastside of Portland, patrolling areas gangs tend to congregate in and homeless encampments. Their main routes are Old Town, Downtown, Lents, Park Rose, NE Portland and the MAX routes. They will go where people request their presence.

“What we learn is to en-

gage with street people, talk their language, ask them how they are doing, offer them water if it’s hot. If they are camping illegally or amidst trash we explain what they are doing wrong and how to correct their encampment before the authorities make them.”

The Angels always approach a volatile situation cautiously beginning by negotiating with the person in crisis, trying to talk them down but they are trained to intervene physically if necessary. “We make it clear to all potential volunteers that this patrol is not without its risks.”

The Guardian Angels is looking for more volunteers.

Racial Slurs

from page 1



Photo by Teresa McCabe.

specifically targeted by a white supremacist in their midst? How could they not fear for their safety on a daily basis? I cannot believe in the year 2022 that my sister, the mother of a Black child, has to walk out her front door every morning with a bottle of graffiti remover in the hopes of preventing her son from seeing the racial slurs that have reappeared overnight on their street.”

McCabe expressed appreciation for how responsive and helpful the DOJ has been regarding this matter. “I came away from my multiple interactions with the DOJ feeling confident that they take crimes of this nature seriously, they understand that this type of crime has serious consequences (i.e. that this isn’t a graffiti problem or a neighborhood beautification project, it’s a hate crime problem indicator),” said McCabe.

Her interactions with the Portland Police Bureau (PPB) have been less favorable. “I find it unbelievable that there is not yet a detective within the PPB whom I can contact to file a report,” said McCabe. “These crimes require proper investigation and the PPB is derelict in its duty to the residents of Portland, especially its Black residents, by not having resources dedicated to the inves-

tigation of bias crimes in our city at this time.”

Through incredible persistence, McCabe eventually found a PPB officer assigned to the case, Officer Nate Kirby-Glatkowski, who is currently in charge of an open investigation. Kirby-Glatkowski said that photographic or video evidence is most actionable and that if caught, the perpetrator would be charged with Criminal Mischief II. Kirby-Glatkowski said that anyone who gets photos of the perpetrator or new graffiti should send them to graffiti@portlandoregon.gov, attention John Stepp who is part of the Graffiti Abatement Program.

There is also an online form to report graffiti and request removal, portland.gov/bps/graffiti/graffiti-report, but for investigative purposes, it’s best for neighbors to take their own photos of racial slurs and send them directly to John Stepp at the above address, as he is the one who is working with Kirby-Glatkowski on this investigation.

The DOJ also has a bias crimes hotline for people to report incidents like the n-word graffiti. Their hotline is 1.844.924.BIAS and more information about bias crimes and the importance of reporting can be found at bit.ly/DOJbias.

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giganticbrewing.com
4343 SE Hawthorne Blvd.

Gigantic Brewing is opening their third location, on Hawthorne Blvd. in the former Hawthorne Fish House building. Expect a wide array of beers on draft, as well as locally made wine. Now open!

Lights on Peacock Lane
SE Peacock Ln.
peacocklane.org
December 15-31

Since 1932, each house on Peacock Ln. has been decorating for Christmas. Mostly Tudors, the houses are decked with creative lighting displays, Christmas trees and colorful holiday characters. Car free nights run December 15, 16 and 17.

Happy Holidays Portland!

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