

Your Neighborhood News Source

Created and Powered by the Love of Community

January

2023

southeastexaminer.com

Our 34th Year

Vol 34 No 1 Portland, OR



Playing with dyed popcorn kernels encourages development of motor skills, and fosters problem solving, sharing and conflict resolution. Photo by Tillamook Cooperative Preschool.

Preschool Seeks New Location

By Jack Rubinger

After 25 years of calling the Presbyterian Church of Laurelhurst home, the Portland Tillamook Cooperative Preschool must relocate. In October, the Tillamook Board of Directors received notice that the school must vacate their classroom at the end of this school year. “We are saddened and truly grieving the loss of our amazing space,” said Anne Lagasse, Tillamook Board President. Throughout the years, families have collaborated to create and contribute to a learning space designed to fit its surroundings.

Over the past 50 years, Tillamook has evolved into a mixed-age, play-based preschool focused on supporting children and their families. The idea for the preschool came about in 1973 when a few neighbors gathered together to build a community of parents dedicated to hands-on involvement

with their child’s education.

Initially starting in a house on NE Tillamook St., the preschool has grown to encompass a large community of families who are united in their dedication to the emotional, social, physical and intellectual development of their children. “We believe that Tillamook’s longevity is a testament to the commitment and involvement of our community members,” said Lagasse.

“We need your help in our search for a new home. We’re currently actively looking in the North, NE and SE areas of Portland. We are hopeful that our collective efforts will result in a successful relocation and keep Tillamook going for another 50 years strong,” said Lagasse. The current space has 1,500 square feet with a large lawn and playground area. Immediate access to outdoors, lots of natural light, bathrooms for kids and sinks for art are also important. She explained that families should be willing to drive.

Teacher Anette Horten has been with the kids and families for 20 years. “The dream is to have a good outside space that’s above ground with lots of natural light, like an outside extension of our classroom,” said Horten, who admired the now closed Opal School which used to be located at the Children’s Museum.

Tillamook accepts applications for children who are at least two years and eight months old to five years old on their first day of school. Children need to turn three on or before December 31 and not turn six during the school year. Up to 19 children are enrolled in a class. Each day, in addition to one teacher, there are at least three parent helpers present for the duration of the class day. This results in an approximate ratio of one adult for every four children.

Families in the two-day class are asked to help about one to two times per month. Families in the three-day class are asked to help about two to three times per

Hacienda CDC and Verizon Open Learning Centers

By Daniel Perez-Crouse

With funding from Verizon, and the support of other community organizations, Hacienda CDC has opened three free learning and tech centers to offer digital access and workforce development. They say local communities will have access to STEAM (Science, Technology, Engineering, Art and Math) education, digital literacy and entrepreneurial learning for visitors of all ages in Portland.

Portland joins Pittsburgh, Houston and Cleveland as cities chosen by Verizon’s Community Forward initiative, with its purported goal of providing under-resourced populations with the skills they need to prepare for tech-oriented jobs—ones where technologies are frequently used.

For this initiative, Verizon partners with an organization ingrained in the landscape of a particular city to expand its existing infrastructure of a local community support space. For example, in Cleveland, Jumpstart worked with Verizon to open two learning centers.

In Portland, Hacienda was chosen to lead. Formed in 1986, Hacienda CDC is a Latino Community Development Corporation that aims to provide affordable housing, homeownership support, economic advancement and educational opportunities. They have 11 affordable housing locations throughout the Portland Metro area. Their roots are in the NE Cully neighbor-

hood, which has been home to some of the largest Latino populations in Portland.

These centers are outfitted with emerging technologies (3D Printers, Glowforge Laser Engraver, prototyping tools, etc.) and powered by 5G to ensure participants have access to next-gen learning. There will also be an assortment of laptops, tablets, DSLR cameras, portable audio recording equipment and traditional writing materials for people to use.

The centers advertise a variety of learning benefits including how to use new technology, tips on producing a podcast or creating videos that help support a business. K-12 students can explore STEAM activities and new technology to connect to higher education opportunities. Adults can build digital literacy skills, find out about workforce development and entrepreneurial programs and apply for opportunities online.

Hacienda noted that the COVID-19 pandemic has magnified the challenges low-income families face by not having internet at home or laptops, desktops and tablets—which heavily limits their ability to succeed and function in today’s technology-dependent world. As stated in their press release, Hacienda’s hope with these new centers is to “decrease barriers between low-income Portlanders and tech resources they need to succeed in a digital world.”

continued on page 8

Preserving Holocaust Survivors' Experiences is Important in Contemporary Times

By Lucy Eckel, Franklin High School’s
The Franklin Post

Year after year, the experiences of Holocaust survivors are lost. With record-breaking rates of antisemitism reported by the Anti-Defamation League (ADL), preserving these experiences becomes increasingly vital. As the generation which survived the Holocaust continues to age, these experiences become less accessible to newer generations.

The loss of Holocaust experiences often leads to youth not understanding the gravity of antisemitism and education and empathy around the Holocaust seems to be lacking within this generation. At Franklin High School, students are witness to and sometimes participate in antisemitic acts, as in the recent incident of swastikas appearing on bathroom stalls. On social media, celebrities like Kanye West are tweeting antisemitic messages. In 2021, a total

of 2,717 incidents of antisemitic assault, harassment and vandalism were reported to the ADL. Preserving and expressing interest in the experiences of survivors is ever so important to help fight the rise in antisemitism.

Debbi Montrose, one of four daughters of Holocaust survivors Alice and Hugo Kern, shares her mother’s Holocaust experience through educational outreach with the Oregon Jewish Museum and Center for Holocaust Education as a way to preserve Alice’s story. Alice Kern, formerly Alicia Luci Koppel, was raised in Sighet, Romania, and had a childhood like anyone else. During her teenage years, she flirted with boys and did normal teenage things until March 1944, when Nazis invaded Hungary. The town of Sighet fell under the direct control of the Nazis and their policies.

continued on page 8

continued on page 4

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

KIRKLAND UNION MANORS

AFFORDABLE RETIREMENT LIVING

For Seniors 62 years or older

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

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

503-777-8101

www.theunionmanors.com

3530 SE 84th Ave • Portland 97266



Pruning & Shaping Removal/Stump Grinding Hedges & Storm Damage

CALL FOR FREE ESTIMATE!

Tom Burke, owner, has 40 years of fast, dependable and professional service.

503.771.4061

treemastersestimates@gmail.com

treemastertreeservice.com

Licensed • Bonded • Insured • CCB#159995



Plus

- Weather Stripping
- Door Sweeps
- Pipe Wraps
- Outdoor Faucet Covers
- Expanding Spray Foam
- Caulking



Scan to access our mobile webpage





DIVISION HARDWARE

3734 SE Division St. • Portland, OR 97202

503-235-8309

Monday through Saturday 8:30 - 6:00

Like us on Facebook

WWW.DIVHW.COM

Rs

Representatively Speaking

By STATE REPRESENTATIVE
ROB NOSSE

I hope you all enjoyed the holidays with your friends and loved ones. Happy New Year! I am excited for what this year will bring and I am not just saying that.

As many of you know, Oregon has a seasonal legislature. We are about to begin the 2023 “long session” on January 9, which goes until the end of June. This month, I am providing a preview of what I am working on and what I expect to happen during the session in terms of broad topic areas that Democrats are prioritizing.

First, I am delighted to be going back to Salem with a Democratic majority and a Democratic governor. During the months leading up to the November election, that was not a foregone conclusion. The “red wave” that was predicted did not show up for a lot of reasons.

I also look forward to tackling the toughest issues facing Oregonians with one of the most diverse caucuses in Oregon history. The Legislature will have a record number of people of color. This is important because we need voices from all of Oregon’s communities at the table. We get better policy when we include multiple perspectives as best as we can. We will also have six legislators, including yours truly, who identify as LGBTQ+.

But even with my party in charge so to speak, that doesn’t mean voters gave Democrats an overwhelming vote of confidence either. In my mind, there is still a strong sentiment out there among my voters here in SE and NE Portland and across the state that things just don’t seem to be working or getting better. That could be any issue whether it is inflation, schools, gun violence, housing costs, houselessness or drug addiction.

While details are still being worked out, my fellow legislators are drafting bills to get at the houselessness and affordable housing crisis; support working families and small businesses; drive down the cost of living; take on the mental and behavioral health crisis; invest in community safety and gun violence prevention; and champion stronger schools.



Another big priority for myself and other Democrats is working with the Governor to get agencies working better. We have invested a lot of money in different programs and agencies over the past few years, but Oregonians are not yet seeing the results from those investments. This session we need to make sure these investments start delivering tangible results.

As for me, I have quite a few priorities/bills that I hope to pass this year. If you read my newsletter, you are aware that I am chairing the House Healthcare and Behavioral Health Committees. In that role, one of my main priorities is to help stabilize our hospital system. We have a shortage of registered nurses and staff in general in our hospitals. We also have a capacity crisis due to seasonal RSV and a winter COVID-19 spike. Meanwhile, we have many hospitals recording financial losses. I am bringing forward legislation to try to address these challenges.

One facet of the problem is that severely mentally ill people are often put in community hospitals, as there is nowhere else they can go. Our state mental hospital is full and we do not have enough secure residential treatment facilities (SRTFs) for people who are ready to leave the hospital but still need a level of care that is like a skilled nursing facility. This

also affects our community hospitals’ capacity and finances. In 2021 and 2022 we invested funds to build more SRTFs. While this money has been slow to go out, I expect to see these beds come online and help ease the crisis at our hospitals. I will work this session to make sure this funding is accomplishing its goals and allocate more if needed.

Another big priority for me is implementation of Ballot Measure 110. I am committed to making sure it works the way it was intended to. Money has been slow to go out and there have been speedbumps, but I am fully committed to properly implementing this measure and treating addiction like an illness, not a crime. If you read last month’s edition of this column, you know my views on this topic. I will work to make sure the money invested in addiction and recovery services makes a real impact on Oregonians’ lives and that it helps to solve our addiction and overdose crises.

Those are some of the topline issues I will be working on in 2023, although I will also have bills to help arts and culture organizations and venues and one to help promote Oregon distilled spirits. I am optimistic we will have a very successful session and help move Oregon forward, but I know there will be some political ups and downs. As ever, much more to come.

SE

THE SOUTHEAST EXAMINER

Serving residents of Hosford-Abernethy, Kerns, North Tabor, Laurelhurst, Montavilla, Mt. Tabor, Richmond, Buckman, South Tabor and Sunnyside neighborhoods.

Total circulation: 20,300
(18,700 mailed copies + 1,600 placed in street stands)
Mailed and distributed the last week of each month.
Founded in 1989.

Publisher/Editor/Advertising: Kris McDowell

examiner@seportland.news

Going Out/Arts & Entertainment:


goingout@seportland.news

Proofreader: Pete Dunlop

1020 SE 7th Ave #14313, Portland, OR 97293

503.254.7550 | southeastexaminer.com

©2023 The Southeast Examiner



RESOLUTION #1

EAT MORE BLIND ONION PIZZA THIS YEAR!

3345 NE Broadway

503.284.2825


NEW LOCATION!

6031 SE Belmont St.

503.954.2189

www.blindonion.com

Check us out on facebook - blind onion pizza & pub portland



\$5.00 OFF

Any Large Pizza

Blind Onion Pizza & Pub

cannot be combined with any other offer

Monday Special

Family Pizza Night

Buy 1 Large Pizza

Get 1 Small Cheese Pizza

FREE

Blind Onion Pizza & Pub

cannot be combined with any other offer

With this coupon • Expires 1/31/23

Finish Strong

BY DAVID KROGH

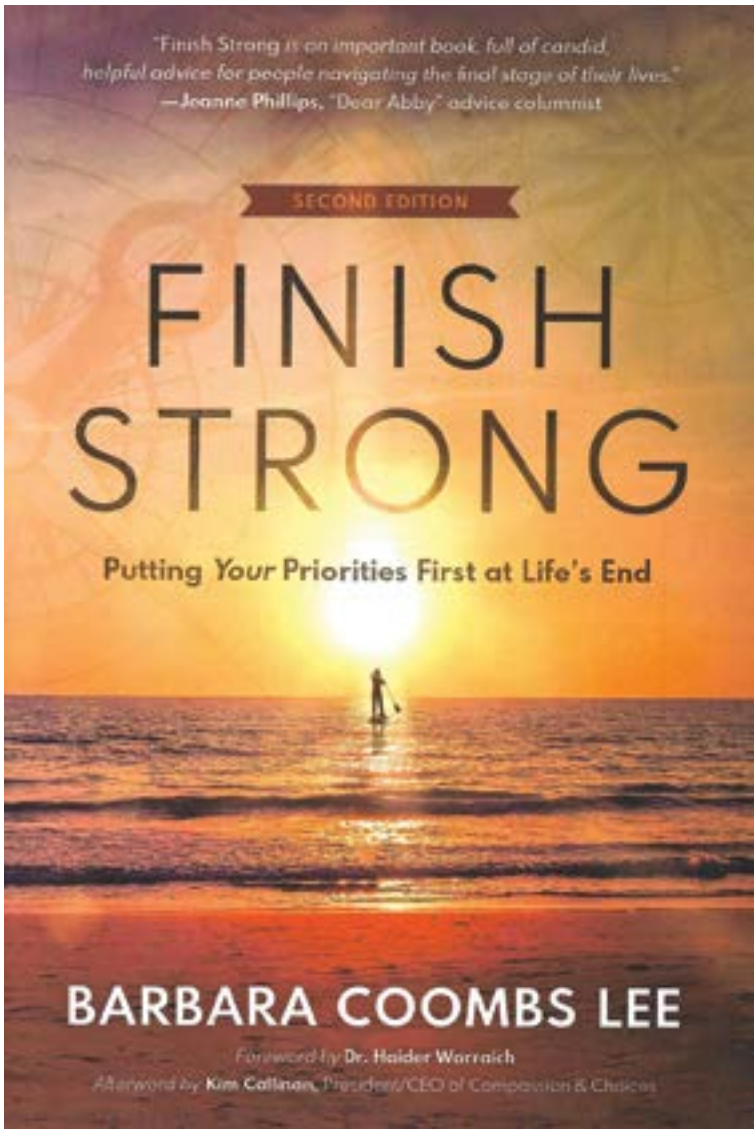
Former ER and ICU Nurse/Physicians Assistant Barbara Coombs Lee explains how to take charge of your end of life care and avoid suffering and stress in her book, *Finish Strong: Putting Your Priorities First at Life's End*. The book is a 2022 update of the 2019 edition of *Finish Strong*. According to the author and Haider Warraich MD, there is a movement afoot regarding end-of-life care for doctors to be partners with their patients and for the patients to be empowered to set their own paths regarding end of life matters. This is the direction *Finish Strong* pursues.

Lee is an Oregonian and nurse-turned-lawyer-turned author and advocate. She co-authored Oregon's Death with Dignity Act in 1994 and is currently President/Emerita of Compassion and Choices, a nonprofit organization that "affirms life and accepts the inevitability of death, embraces expanded options for compassionate dying and empowers everyone to choose end of life care that reflects their values, priorities, and beliefs." Compassion and Choices is also this book's publisher.

Finish Strong addresses a subject area that most people are uncomfortable dealing with or talking about. To help the reader learn that it is okay to talk about death and dying, Lee uses actual first person stories and other examples. In doing so, it could help a person (and their family members) to be better prepared and enjoy life more in the meantime.

Finish Strong identifies several areas of concern that people should address as part of their end-of-life planning. For one thing, it is important to define one's priorities early and to update them as situations evolve. It is also imperative to partner with your doctor so that your desires are considered as part of any care or anticipated treatment. In alignment with this premise, the book discusses over treatment and that a person often benefits most via minimal treatment (also called "slow medicine"), allowing the body's own healing processes to come into play as opposed to over medication.

The book also talks about hospice and its importance. Hospice is defined as "a shift in focus, from cure to comfort." But it's not a place, like the home or



a hospital. Rather, it's a concept of care usually associated with end-of-life patients, but not necessarily always so. Determining the appropriate type of hospice in advance, in conjunction with its location, is one other type of end-of-life planning tool that will help to create peace of mind for those involved.

Other issues and tools are addressed, including advance directives and when to do them, planning around dementia, the involvement of religion and cultural and racial aspects. All in all, this book identifies quite a lot to be considered. But, as is discussed in the book's beginning, early end-of-life planning will greatly reduce the stress of all parties and provide a measure of certainty and comfort. As the author states within the book, "I hope readers come away with a sense of their own authority; feeling empowered to ask questions, test assumptions and decide on a course of treatment that honors the character and meaning of their lives."

Finish Strong: Putting Your

Priorities First at Life's End is available at compassionandchoices.org/finish-strong/about-the-book and through Amazon, Barnes and Noble and Powell's Books.

We wish you a Healthy & Happy
2023



OLD PDX HOMES
Specializing in Old & Historic Homes

As we close 2022, we would like to thank the many families and friends who entrusted us with their buying and selling process in the past year.

If you or someone you know are thinking of buying or selling in the new year, please give us a call as we would love to be of assistance!



Tracy Wiens
Principal Broker
Top 1% PDX Brokers
503.516.8162
tracy@oldpdxhomes.com



Kristin Fitzgerald
Broker
503.929.6990
kristin@oldpdxhomes.com

John L. Scott
REAL ESTATE



WWW.OLDPDXHOMES.COM
Licensed in the State of Oregon



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.

Portland Chimney & Masonry Inc

Looking for a reputable company with a long history of professional services and customer satisfaction?

For well over 35 years Portland Chimney has performed chimney repair and cleaning throughout the Portland Metro area!

Call For A Free Estimate!

(503) 256-9140
info@portlandchimneyinc.com
9136 NE Glisan St., Portland, OR 97220



CHIMNEY INSPECTIONS & CLEANING - CHIMNEY REPAIRS
CHIMNEY REBUILDS - MASONRY - REMODELING

www.PortlandChimneyInc.com

Holocaust Survivors' Experiences Important

from page 1

At the age of 21, Kern was transported by foot and cattle car; separated from her mother and cousins; and sent to a cement building within their destination, Auschwitz-Birkenau. A soldier told everyone in the line to go either left or right. Kern was told to go to the right, but her mom and cousins were forced to the left. When she tried to follow them, the soldier pointed a bayonet at her, saying she needed to go to the right. This was the last time they would ever see each other.

Day after day, she worked physically demanding jobs from sunrise to sunset, would line up for routine counts, was threatened to be sent to the crematorium, was given little food and was stripped of her identity as Alice and replaced with a number tattooed on her arm—A-7903. This continued until January 1945 when Nazis were close to losing the war and decided to evacuate all the people from Auschwitz to factories in Germany. After marching for days, she was put back in a cattle car and transported to Bergen-Belsen, another concentration camp, where she

contracted typhoid fever. She nearly died from the disease, but in April of 1945, she woke up to a soldier speaking English—they had been liberated.

That summer, Kern traveled to Sweden, where she stayed in a converted hospital and began to regain physical and emotional strength. She met her husband, Hugo Kern there, and by December 1946, they were married. Two years later, they immigrated to the US, sponsored by a Longview, WA family, and settled in Portland.

Montrose explains that growing up her mother never talked about the Holocaust or her experiences during it. This meant that Montrose and her siblings didn't know what their mom had been through. "She scribbled on papers all throughout our childhood, we never knew what she was writing. She would stay in the car when she drove us to places, just scribbling and writing," describes Montrose.

Later on, once she was an adult, Montrose recounts when she accompanied her mother speak at a school. Her mother

explained that she had heard on a talk show when she was learning English that if you have something on your mind, you should write it down. Kern would typically hide her writing away when she wasn't working on it. She didn't talk about her experiences until "one time she was sitting next to a minister who saw her tattoo and asked if she could tell him what life was like in the concentration camps. She said she didn't know if she could do that, but that she had written it all down," says Montrose.

She adds that "there is something called crisis shock meaning it takes about 50 years after a major incident before people can internalize the meaning of it." Montrose shares that while it was hard for Kern to talk about her experiences from the Holocaust, "she found that once the students asked, she could just tell. Otherwise, she wouldn't say a word about it [...] Anyone who wanted to know, she would tell."

While these experiences are slowly disappearing, they're not gone yet. As Montrose explains, why would anyone tell if we don't ask? With antisemitism all around us and increasingly visible in younger generations, remembering and sharing the experiences of Holocaust survivors continues to be extremely important.

Rise in Online Scams

By BETTER BUSINESS BUREAU
GREAT WEST & PACIFIC

Tactics used by scammers have shifted drastically during the past several years, according to a new report published by the Better Business Bureau (BBB). Since 2015, online scams have risen by 87 percent. During the same period, scams perpetrated via phone dropped 42 percent.

The recently released, *Start With Trust® Online: BBB Online Scams Report*, is based on two sets of data. The BBB analyzed data of more than 300,000 reports submitted to BBB Scam Tracker between 2015 and 2022 and conducted survey research in July 2022.

"The methods scammers use to target consumers have shifted significantly since BBB began collecting scam reports from the public in 2015," said Melissa Lanning Trumpower, executive director of the BBB Institute for Marketplace Trust.

Leading into the holiday season, this report aims to bring awareness to consumers about the prevalence of scams in today's digital world.

So far in 2022, scams perpetrated online are more prevalent (55 percent) than other delivery methods, with a higher percentage of people losing money when targeted (75 percent). When breaking out scams perpetrated via phone with a monetary loss, scams perpetrated via text message rose from 11 percent in 2015 to 30 percent in 2022. Scams perpetrated via text had a median dollar loss of \$800 in 2022, higher than other reported means of contact. Text message was the most reported offline method used to push people online.

The scam type, with a monetary loss, most often reported was online purchase scams (89 percent), while the number one place people reported being targeted by a scam was while browsing social media (25 percent).

54 percent of survey respondents said the scammer claimed to be from a legitimate organization. Of those who reported being targeted by an impersonation scam, 50 percent said the scammer pretended to be a business. When targeted by an impersonation scam, 68 percent of survey respondents said they did not ask the person to provide verification.

Online purchase scams continued to be the most reported scam type to BBB Scam Tracker

in 2022, making up 30 percent of all scams reported, with 71.6 percent reporting a monetary loss. The reported median dollar loss for this type of scam rose from \$101 in 2021 to \$114 in 2022.

When looking at the ages of 18-24, the reported median dollar loss for this scam type increased 25.8 percent from \$124 in 2021 to \$156 in 2022. When compared to other demographics, this age group reported the highest median dollar loss.

Prevention tips

How and where you search, research and conduct transactions may impact your susceptibility to online scams. Tips for avoiding losing money to online scams include:

If the deal looks too good to be true, it probably is. Price was the top motivating factor for people who made a purchase and then lost money. Scammers offer hard-to-find items and highly sought-after products at great prices.

Before you buy, do your research with a trustworthy source. One of the best ways to avoid scams is to verify the offer and avoid making snap buying decisions.

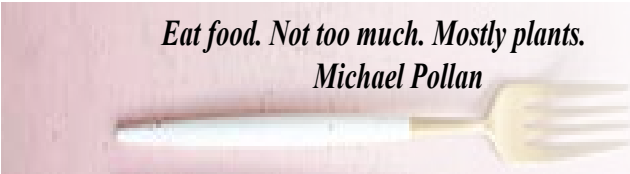
Avoid making quick purchases on social media. 25 percent of survey respondents reported being targeted while browsing social media.

Use secure and traceable transactions. Avoid paying by wire transfer, prepaid money card, gift card or other non-traditional payment methods.

Don't believe everything you see. Scammers are great at mimicking official seals, fonts and other details. Just because a website or email looks official does not mean it is. For example, if a business displays a BBB Accredited Business seal, you can verify its legitimacy by going to BBB.org and looking up the company.

Be skeptical about anyone who reaches out to you unsolicited. Survey respondents told us scammers produced fake business cards, websites, credentials, ratings and more to convince consumers they were legitimate.

Visit [BBB.org/ScamTracker](https://www.bbb.org/ScamTracker) to report a scam and learn more about other risky scams at [BBB.org/ScamTips](https://www.bbb.org/ScamTips).



EST. 1983
HAWTHORNE
AUTO CLINIC

KING DAVID SEZ...
*Wishing you Happy Holidays and a fantastic
New Year from our family to yours!*

HAWTHORNEAUTO.COM
503-234-2119
4307 SE HAWTHORNE BLVD, PORTLAND OREGON

Kids are everywhere.
Drive like it.

Bw Business Walkabout

Shoofly Vegan Bakery and Café

BY ELLEN SPITALERI

Shannon Levens, owner of Shoofly Vegan Bakery and Café, loves to look around the café and see it filled with people enjoying a hot drink and a pastry to ward off winter chill.

After working in the wholesale baking business for nearly seven years, Levens began looking for just the right spot for a retail outlet. When she walked into the space in the Ford Building, at SE 11th Ave. and Division St., she knew she had found it. She loved the exposed brick walls and when she discovered that there were a number of creative start-ups upstairs, she decided to open the vegan café in September 2021.

Originally from Pennsylvania, Levens chose the name Shoofly because it reminded her of a recipe for Shoofly pie, a Pennsylvania Dutch specialty. As she began “veganizing recipes,” she decided to make the Pennsylvania Dutch idea her niche, as customers can tell by looking at some of the décor in the café and the signboard outside. The vegan aspect of the café means that she and her bakers use no animal products: no butter, eggs or milk.

“We have great plant-based alternatives to those products so our customers don’t miss them,” Levens said. She uses Beyond Butcher products for her sausage, poblano and corn handpies. For her ham and cheddar quiche, she uses a local product from Dingers Deli and her bacon alternative comes from another local company, East Village.

There are savory handpies and breakfast sandwiches and a rotating soup menu for weekday morning and noon dining. Thursday through Saturday Shoofly offers a brunch menu with biscuits and gravy, quiche and side salad.

But the star of the show is the pastry case, loaded with scones, muffins, cupcakes, cookies and so much more. Levens said her favorite pastry is the Dutch apple cake, made from her mother’s recipe, and a customer favorite is the cinnamon roll. This time of year, specialty drinks include a peppermint mocha, cardamom-orange latte and the Shoofly latte, made with molasses.

She said that she has an “amazing crew” that helps her come up with new ideas for baked goods.

“I have a full-time cake decorator, a person who does the



Pennsylvania Dutch design elements on the Shoofly Vegan Bakery and Café signboard reflect owner Levens’ heritage. Photo by Ellen Spitaleri.

quiche and another who does the handpies; I like to let the other bakers show off their skills,” Levens said.

It is challenging running the café alone, she said, adding that sometimes it is difficult for her to keep her personal life separate from her work life. However, it is rewarding to see the “hustle and bustle of a neighborhood café.”

Levens is committed to the idea of serving the community with more than just pastries and hot drinks. Inside the café is large box from the Free Lunch Collective, a group that works toward enhancing community building and food access for all. “They have a humanist approach to houselessness and they distribute food supplies weekly; we all need to help our neighbors,” Levens said.

Currently the group is collecting gently used winter clothing items and sleeping bags, but people can also access Free Lunch Collective’s Instagram account and donate money to the group.

On an amusing note, Levens said that sometimes when freight trains block the nearby intersection, people get out of their cars and order drinks and baked goods while they wait for the trains to move.

Shoofly Vegan Bakery and Café is open Monday-Saturday, 8 am-3 pm; closed Sunday.

Shoofly Vegan Bakery and Café
2505 SE 11th Ave., Suite 101
971.229.0188
shooflyveganbakery.com

Unlike most other bees and wasps, honey bees do not hibernate in the winter. Instead, they stay active and cluster together, warming the hive with their body heat.

STILL HERE FOR YA!

ORDER FROM HOME
**TAKE-OUT
OR DELIVERY**

www.pdxdeli.com
FOR LOCATIONS, HOURS & ORDERING

COMING TO MILAGRO

WRITTEN & DIRECTED BY
ALICIA DOGLIOTTI
JANUARY 13 - 28, 2023

Join us for the world premiere of the multi-media, bilingual, and environmental play. Juan Carlos and his wife Gloria create a way to use technology and intelligent seeds to reforest lands devastated by wildfires. With the help of Hermano Enrique, a monk with a green thumb, they form CO2 Revolution to restore the forests of the world.

DIRECTED BY
Julia Rosa Sosa
MARCH 3 - 18, 2023

The beloved story of romance and revolution, once again presented in Spanish, makes its triumphant return to Milagro Theatre this Spring! Follow the unlikely friendship between a hopeless-romantic postman, Mario, and the renowned Nobel-Prize winning poet, Pablo Neruda, during the transformative era of 1970s Chile. With Neruda’s mentorship, the tongue-tied Mario strives to win over the heart of the daughter of a local inn-keeper, Beatriz Gonzalez.

Milagro Theater | 525 SE Stark St
For information and show tickets:
503.236.7253 | milagro.org

Columbia Gorge Photo Contest



The Friends of the Columbia Gorge’s 8th annual photo contest is underway and accepting submissions through midnight Sunday, February 12. The Gorge is a natural scenic treasure, protected as a federally designated National Scenic area. Thanks to protection efforts by the Friends and others who love this wild, wondrous place, visitors can keep coming back to their favorite vistas, year after year, season after season.

To take part in the photo contest, capture images with any kind of still photography instrument—camera phone, DSLR with multiple lenses, pinhole camera or other—and visit gorgefriends.org/photocontest to submit them.

The contest has seven main categories—Community & Culture, Scenic Eastern Gorge, Scenic Western Gorge, Waterfalls, Wildflowers, Wildlife, Youth Photographer—as well as a Camera Phone Photo sub-category. The sub-category can be used in conjunction with any of the main categories by checking the box during the submission process.

The Friends remind visitors to please stay on trails and pack in, pack out when taking photos. Also make sure to prepare for your trip properly based on weather conditions. Ready, Set, GORge (readyssetgorge.com) has tips and resources to make the most of your visit, including transportation options.

Winning photographs will be publicly announced in late spring, with winners and honorable mentions being contacted via email by Friends staff. The grand prize is \$250, a large print of the winning photo and a \$225 gift card from Pro Photo Supply. Winners of each category will receive a large print of their photo and a \$75 gift card from Pro Photo Supply. Honorable Mentions will receive a large print of their photo. The Camera Phone sub-category will receive a large print of their winning photo plus a prize to be announced.

Get inspired to take your own or simply enjoy some amazing photos at bit.ly/GorgeFriends2022winners where last year’s winners are listed.

EV Ready Code Project Update

The Electric Vehicle (EV) Ready Code Project seeks to expand zero-emission transportation options for individuals and households beyond what the market is doing today, specifically in multi-dwelling housing.

The project augments recent state codes and rules to require that parking associated with new multi-dwelling and mixed-use developments provide the infrastructure needed to make 50 percent of parking spaces “EV-ready” (i.e. providing the electrical conduit connections for new or future charging equipment) and will help implement policy direction from Portland’s Climate Emergency Workplan through changes to the zoning code.

In late October, the Planning and Sustainability Commis-

sion (PSC) voted to recommend approval of the EV-ready project to City Council with some amendments. The amendments increase the flexibility for locating the chargers and equipment in parking lot landscaping, while forwarding the proposal to require new developments with five or more dwelling units to make at least half of the accessory on-site parking area EV-ready. The recommendation complies with and augments state rules provided through House Bill 2180 and the Department of Land Conservation and Development (DLCD) led Climate-Friendly and Equitable Communities Rulemaking process.

Staff was working at the end of 2022 to update the Proposed Draft (available at bit.ly/EVReadyUpdatePDX), to accommodate the PSC recommendations, as well as developing the ordinance and findings for City Council.

In early January the MapApp, portlandmaps.com/bps/mapapp, will be available for people to submit testimony, as well provide instructions for testifying in person. A City Council hearing is tentatively scheduled for Wednesday, January 25.

At the hearing, City Council will consider any additional written and oral testimony prior to making a final decision in early 2023. Details about the hearing will be posted on the project website, bit.ly/EVReadyProject, closer to the date of the hearing. People can sign up to receive email updates there as well.

Preventing the Flu

Remember the seasonal flu? That annoying bug that went around every winter, usually peaking January to March, that took you down for at least a few days with a cough, sore throat, body aches, fatigue and more? Although COVID-19 has been our main focus the last couple of winters, the seasonal flu is still around. Now that people are gathering in-person—at schools, workplaces, personal gatherings and more—and may have let their guard down in terms of disease transmission, it’s important to remember that the flu bug can still bite.

Influenza (the flu) is a virus that spreads from person-to-person through the air and on hard surfaces, as well as in droplets from sneezes and coughs. Most people recover from the flu in a week or two, but for some people the flu can be very serious and deadly. Those most at risk are people 65 and over, pregnant women, young children, those with weak immune systems due to disease or medication and those with chronic medical conditions like asthma, diabetes and heart disease. Complications for high-risk people include pneumonia, bronchitis, sinus and ear

infections or worsening of their asthma or chronic heart disease.

To reduce the likelihood of getting the flu, the Oregon Health Authority (OHA) recommends a flu vaccine for everyone over the age of six months. There are many strains of the flu and they are always changing so each year’s flu vaccine is designed to protect against three or four of the strains most likely to cause the disease that season. Even when the vaccine doesn’t exactly match a strain, it may provide some protection and reduce the severity of the flu. It can also help prevent you from spreading it to your family and other people.

Beyond getting the flu vaccine, OHA reminds people that there are simple ways to reduce the spread. Wash your hands often and use alcohol-based sanitizer when soap isn’t available. Limit close contact with sick people and if you’re sick, limit your contact with others. Cover your nose and mouth then you cough or sneeze. Avoid touching your eyes, nose and mouth. Clean and disinfect surfaces.

If you do contract the flu, rest, make sure to drink plenty of fluids and take acetaminophen or aspirin for fever. Stay at

home and avoid contact with others. In severe cases, emergency care may be needed and antiviral drugs may be recommended.

Signs that children should be taken for emergency care include fast or troubled breathing, bluish skin color, not drinking enough fluids, not waking up or interacting, fever above 104 degrees and fever with a rash. In adults, seek help if there is difficulty breathing or shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion or severe or persistent vomiting. In both children and adults, the return of flu-like symptoms with a fever and worse cough after they appear to be improving, indicate the need for medical attention.

Cases of respiratory viruses—especially the flu—continue to put a strain on hospitals. Dr. Dean Sidelinger, health officer and state epidemiologist at OHA, says, “Using common-sense approaches for preventing these viruses can keep you safe and that reduces demand for scarce hospital beds.”

If you haven’t already received the flu vaccine, visit vaccines.gov or visit 211 to find a nearby flu clinic.

Mr Plywood

BUILDING MATERIALS



Family Style Customer Service
Delivery Service • Custom Cutting • Special Orders

7609 S. E. Stark Sreet • Portland, OR 97215
Phone: 503.254.7387 • Fax: 503.254.7663

www.mrp plywoodinc.com



The Invisible Killer

Carbon monoxide is known as the “invisible killer” because it is an odorless, colorless poisonous gas.

- Never use a gas range or oven for heating.
- Never burn charcoal indoors.
- Never use a portable gas camp stove indoors.
- Never use a generator inside your home, basement, or garage or less than 20 feet from any window, door, or vent.

multco.us/cold



Slot Car Race Sets!

Available by Appointment
in North Portland!

See Link in Webpage
for Current Inventory!
Most Scales and Brands!
New and Used Sets!
Vintage and Modern!

Email Steve at:
BMXPICKLE@ArtCycles.com
TEXT OR CALL STEVE:
503.726.6270

SlotCarSteve.com

WINTER STOREWIDE CLEARANCE SALE!

ALL ACCESSORIES,
CLOCKS & LAMPS
20% OFF!

5 DRAWER CHEST
Unfinished.
Reg. \$461.⁰⁰
**SALE PRICE:
\$379.⁰⁰**

While supplies last. Hurry in for the best buys!

NATURAL FURNITURE
7960 SE Stark • 503-284-0655
www.NaturalFurniturePdx.com

Left Field

GARDEN SUPPLY

Poultry and Rabbit Feed &
Supplies, Quality Tools, Books
Gifts, Footwear, Irrigation
Indoor & Outdoor Plants, Pots
Seeds & Cover Crop, Compost
Organic Fertilizer, Soil, Straw

6540 SE Foster Road
leftfieldgardensupply.com
(503)771-0486



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.



Coping With Cold Weather

Just before Christmas Multnomah County and the City of Portland issued a state of emergency to alert people to the life-threatening temperatures that were forecasted in the coming days and to give the County the maximum flexibility to respond. With the return of spring’s warmth still months away, there is a good chance there will be more bouts with cold temperatures like that one. Here are some things to know when the mercury drops.

The County and City lead a group of agencies working together to support shelters when extreme weather occurs. City and County leaders meet daily, consulting experts to jointly determine when shelters will open and for how long using the most up-to-date forecast from the National Weather Service.

The four shelter locations are posted on Multnomah County’s Care for When It’s Cold page (multco.us/care-when-its-cold). All sites will welcome pets and will be accessible to people with disabilities. Free transportation to warming shelters will be available by calling 211 or by accessing TriMet during the emergency. TriMet will not turn away anyone traveling to a warm place who cannot afford to pay fare during



the state of emergency. Riders should let their driver know they are headed to a warm place.

Additionally, Multnomah County’s 18 libraries (visit multcolib.org for locations and hours) are open for daytime warming and the County’s new Behavioral Health Resource Center, 333 SW Park Ave., is serving as a daytime warming center and helping people get into the severe weather shelters. The Joint Office of Homeless Services continues its enhanced crisis street outreach efforts, working with mutual aid groups and its contracted outreach providers to provide cold-weather survival gear and information about severe weather shelters.

Winter weather is especially dangerous for older adults, people with disabilities and anyone experiencing homelessness. Check on your neighbors: knock on their

door or give them a call to ask if they need help. If you’re going to the store, ask if they need anything. If you are concerned about someone who is not dressed for the weather conditions, call the non-emergency response line (503.823.333) and request a welfare check. If someone outside is unsheltered and their life appears to be in danger, call 911.

211info.org provides up-to-date information on weather conditions, available resources, where to find the nearest available shelter and transportation options. If you do need to go out, the National Weather Service lists weather warnings, TriMet Alerts will list any service interruptions and ODOT TripCheck updates road conditions across Oregon. Make sure to dress warmly and plan for trips taking longer than usual.

Preparing Gardens for Winter Weather

Not only do we need to prepare ourselves for the cold, snow and ice that we may see in the winter, but our gardens will benefit by getting a little TLC when the weather gets frightful. Portland Nursery and the Portland Fruit Tree Project offer the following suggestions.

Potted plants

Potted plants have less insulation from the cold and can be moved to a cool room of the house, or the garage, for the duration of the most extreme temperatures. Even moving the containers close to the house, protected from cold winds if possible, can help them. Frost blankets are another option for containers that can’t be moved.

In-ground plants

For borderline hardy plants

like Hebe, Camellias and Star Jasmine, add mulch and cover the plants with a frost blanket. Plastic tarps are not recommended as they don’t allow for air circulation. Frost blankets should only be used temporarily as extended use can trap moisture, encouraging rot.

Trees

Consider wrapping trees that are not cold hardy below 20 degrees or young trees that have not had time to establish their root system. Any fruit that is left on the tree (i.e. Yuzu, loquat) should be harvested.

Mulch

Shallow roots can be damaged by freezing air temperatures. Adding a layer of composted garden mulch or bark will help protect them. Newly planted trees

will be more resilient with a good layer of mulch under their canopy.

Winter vegetables

Kale, chard, onions, garlic and shallots are fine left uncovered, however broccoli and cabbages should be protected with row covers, frost blankets or cold frames. If temperatures dip to 17 degrees for a prolonged period, lettuce should be harvested.

Watering

Cold temperatures accompanied by precipitation will often provide adequate moisture. To be on the safe side, check for watering needs. Water helps roots remain durable while also protecting against desiccation.

More seasonal tips by month at portlandnursery.com.

Shelter to Housing Continuum–Part 2 Update

The Shelter to Housing Continuum took effect in 2021 and expanded the housing and shelter options for individuals and households with extremely low incomes. The second part of it, the Shelter to Housing Continuum–Part 2 (S2HC2), is an extension that proposes several zoning code refinements previously adopted.

In September, the S2HC2 Proposed Draft was published publicly (see bit.ly/S2HC2ProposedDraft). In October the Planning and Sustainability Commission (PCS) held a public hearing. At a November work session PSC voted to recommend approval to City Council with amendments.

With the PCS recommendation, the proposal will head to

City Council for a hearing scheduled for Wednesday, February 8. Portlanders will be able to testify on the Recommended Draft, which includes the proposed changes, at that time or in writing via the MapApp (portlandmaps.com/bps/mapapp). Additionally, those interested can sign up for email updates at bit.ly/S2HC2EmailSignUp.

Central Eastside Commuter Passes Available

The Central Eastside Commuter Pass—created by the Central Eastside Industrial Council (CEIC) Transportation & Parking Advisory Committee (TPAC), Portland Bureau of Transportation (PBOT) and TriMet—is a Hop Pass that can be activated for up to six consecutive months for \$17 each month. The Commuter Pass is available to those who live or work in the Central Eastside Industrial Parking District (zones G and N) and are not participating in a PCC or TriMet Universal Pass program.

The Pass allows participants to ride TriMet busses, MAX Light Rail, WES Commuter Rail and the Portland Streetcar. In addition, the Commuter Pass can be used on C-Tran Limited bus-

es that travel either to TriMet’s Delta/Vanport or Parkrose Transit Centers where riders may transfer to a TriMet vehicle.

The Pass is different from existing Hop Cards and will be mailed out by TriMet. Once the new Hop card is received, individuals can visit myhopcard.com to register it. The Pass will then be active as long as the \$17 is paid by the 10th day of each month. Unlike traditional Hop Cards, the Pass is not currently available to be loaded onto a phone; the physical card will need to be tapped on the reader to board TriMet vehicles.

For full Commuter Pass details, application and map to identify boundaries of zones G and N, visit bit.ly/CommuterPasses.

ANDY & BAX
LOGO WEAR
S/S T-SHIRTS
L/S T-SHIRTS
TANK TOPS
HOODIES

ANDY & BAX
324 SE GRAND
503-234-7538

JANUARY 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.

VIKING PANCAKE BREAKFAST – The Sons of Norway’s Grieg Lodge hosts a pancake breakfast Sunday, January 8, 8:30 am-12 pm at Norse Hall, 111 NE 11th Ave. The breakfast features all-you-can-eat pancakes served with eggs, sausage, fresh fruit, compote, orange juice and coffee or tea. Adults \$10, children ages 3-10 \$6, under 3 are free.

BBB CLEAN UP – The Boulevard Beautification Bunch (BBB) invites you to help beautify the boulevard Saturday, January 14, 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.

SYMBIOP FUNDRAISER – SymbiOp Garden Shop, 3454 SE Powell Blvd., holds a fundraiser Thursday, January 26, 9 am-7 pm for Rahab’s Sisters. 10 percent of sales will be donated to the nonprofit that works to build community through radical hospitality with women and gender-diverse individuals marginalized by poverty, houselessness, sex work, violence or substance use. Contact Juliet at julietm@symbiop.com with questions.

OREGON HUMANITIES CONVERSATION – When does work feel like a source of power? What does it mean when people turn to each other to make change and form unions? Join a conversation about class, labor and power with Vanessa Veselka, Thursday, January 26, 7 pm. Attend virtually or in person. Purchase tickets (\$15) or register for the livestream at bit.ly/Jan26VanessaV.



Pat Conner
Broker Licensed in OR
pat@altpdx.com
503.577.5896

Best to You & Yours

"I'm here to help with any of your real estate goals, questions, or ideas."

Life long Portlander, home remodeler, musician, music store owner. Wishing 2023 to be your best year yet!

Word of mouth is the best compliment one can give or receive!

3144 SE BELMONT STREET
PORTLAND, OR 97214
INFO@ALTPDX.COM // 503.238.7617
WWW.ALTPDX.COM

portland's alternative
REALTORS®

Hacienda CDC and Verizon Open Learning Centers

from page 1

CEO of Hacienda CDC, Ernesto Fonseca, said that “More than 60 percent of the families Hacienda serves in its affordable housing programs access the internet only through their smartphones. That’s a huge barrier when you’re trying to participate in school, fill out a job application or manage your business only through your phone.”

Hacienda is also partnering with organizations like Oregon State University, FreeGeek, Portland Community College (PCC), Portland Public Schools and Day One Tech to provide classes and materials. For example, their

website advertises that Free Geek will be offering free laptops and introductory digital literacy classes to “first-time computer users.”

The centers will be operated by Hacienda in partnership with local, community-based groups—depending on their area and location—like Home Forward, POIC and more. The NE Portland tech center will be located in the Cully neighborhood, on the first floor off of Hacienda’s headquarters (it’s also near Las Adelitas, Hacienda’s newest and most modern-looking housing project).

A second location will be at the New Columbia campus

of Portland Opportunities in the North Portland Industrialization Center Camp and Rosemary Anderson High School. A unique aspect of this location is a professional-level audio recording studio that includes a full mixing board and two soundproof rooms. PCC’s SE Campus in the Jade District will be the site of the third location.

Hacienda advertises that the learning centers will be free spaces open to schools, community groups and the public. More information about the spaces can be found at haciendacdc.org/community.

FOR PAWS
TREATS - TOYS - FOOD - GIFTS - BELLY RUBS



**3340 SE DIVISION ST.
503-235-3204**

SHOP IN STORE OR ORDER ONLINE FOR IN-STORE PICKUP AT SHOP.FORPAWSPDX.COM

Preschool Seeks New Location

from page 1

month. On parent helping days, parents are asked to be at the school to help from 8:30 am until approximately 12:45 pm.

Preschool is a short, but critical window in a family’s life. Everything is new and exciting, and long-term relationships are often forged. In some cases, parents welcome the separation and

the time away from their kids, even for a short time. Some kids are overwhelmed emotionally and physically. It’s the beginning of a long road for parents filled with decisions about education, play, logistics, cost and time.

For those who’ve been through the experience, there are poignant memories of singing, snacks or the kid who loved playing with blocks and was perfectly happy doing that all day. But envisioning life past these few years is tough to do when you’re in the middle of it. Who can you rely on for help?

Roz Ramberg’s daughter Genevieve is in the two-day class. She loves the school because of the parental involvement and the community vibe. “Teacher Anette has helped me be a better parent,” said Ramberg. “She makes you feel you’re not alone with your personal challenges and issues with your kid.”

Ramberg shared that being in the Laurelhurst neighborhood is a big draw. “The thought of not knowing where we’re going to be is filling our family with uncertainty. Are we going back to square one? Will there be a place for us?,” she said.

To support efforts to find a new location, families are posting

on Facebook and using social media to draw attention to their situation. “It’s hard and expensive to find real estate that offers outdoor space,” said Ramberg. “We’ve loved the many opportunities for kids to explore, scoop sand and beans, dress up and play with animals, trains and cars. Tillamook is a very magical space,” she said. “Teacher Anette loves the kids so much. They even have a special rose garden dedicated to a student that passed away.”

Horten, the one and only employee, believes it’s important to foster independent spirit and allow kids to self-regulate. Anne Paulson, whose five-year-old son Willie is in his second year at Tillamook, was drawn to the school’s play-lead style and the autonomy the children are given. She’s on the relocation committee and she plans to continue to help at the school. “This has been a wonderful experience and we’ve learned so much from all the families and friends we’ve met,” she said. “Teacher Anette believes in the kid’s voices. She’s great at conflict resolution and she’s super sweet.”

If you know of a space that may work, contact Anne Lagasse at president@tillamookpreschool.org or call 503.830.3946.

HAVE AN EBT CARD?

BUY \$1, GET \$1

TO SPEND ON FRESH FRUITS & VEGGIES!



(503) 232-9051

peoples.coop/double-up-food-bucks

3029 SE 21st Ave

A COZY WOOD FIRE IS A HEALTH HAZARD

Wood smoke is made up of particulate matter and chemicals that are unhealthy for everyone.



Multnomah County

multco.us/WoodSmokeStatus

MONTAVILLA Farmers Market

Winter Dates

Dec 4 & 18	Jan 8 & 22	Feb 12 & 26
Mar 12 & 26	Apr 9 & 23	montavillamarket.org

SLOW THE FLOCK DOWN

SAVE A LIFE.



PBOT

Portland Vegan Dining Month Returns

By Taylor Helle

For the third year, Portland vegan dining will be enhanced as restaurants across the city debut new vegan dishes encouraging locals to go vegan for the month of January. Created by Vegans, Baby founder Diana Edelman and organized by Portland Vegans, this plant-based initiative aims to introduce locals to the vegan lifestyle through an immersive and community driven experience.

With the generous support of local participating restaurants, locals will be able to dine out around the city and find amazing vegan food options. This will hopefully encourage participants to go vegan after the month or even consider a more plant-based diet. The event also helps to introduce new spots to vegans who dine out, while showcasing diversity around the city.

“I am so excited to enter into the third year in Portland in partnership with Portland Vegans,” says Edelman. “The city has such a dynamic vegan dining scene and I am thrilled to have an event here that encourages people to dine out during the month and give restaurants—both vegan and vegan-friendly—a try for a good cause.”

Throughout the event, a portion of the proceeds from all featured vegan dishes will be sent toward aiding Life of Riley Dog Rescue, a foster-based dog rescue in Oregon. Life of Riley is a non-profit that functions entirely off

of donations and volunteers, with the goal of finding loving, forever homes for dogs that are facing the fate of an overcrowded, high-kill shelter.

The month itself is supported by Veganuary, a nationwide, non-profit campaign sponsored by ACE Natural, a green and socially responsible NY-based food distributor. Hundreds of thousands of people in the US partake in the Veganuary global challenge every year, providing a sense of community and accountability for participants as they navigate the month.

Those who would like to explore incorporating vegan recipes into their home cooking can visit the Veganuary website for easy access to vegan inspiration. Additionally, they can also subscribe to the Veganuary mailing list to receive delicious recipes, celebrity cookbooks, nutritional advice and coaching emails throughout the month.

For locals to further engage in the event, they can follow along through @portlandvegans on Instagram, where vegan eats around the city are showcased. The account will be sharing information on participating restaurants for Vegan Dining Month 2023 and posting mouthwatering pictures and videos as the month continues. “This is my fourth year participating in Vegan Dining Month with Vegans, Baby,” says Instagram account owner, Bunny,

“and it is always such a blast to connect with and spread the word about the many amazing dining establishments Portland has to offer!”

Portland restaurants also benefit from engaging in this experience. It’s an opportunity for Portlanders to support local restaurants, as well as provide participating locations the ability to further connect with the community and learn about the plant-based demand as they debut brand new vegan dishes.

The restaurants participating in Portland Vegan Dining Month include Spoons on 13th, CoKiea’s Kitchen, Wicked Kitchen, Top Burmese (four locations), Homegrown Smoker, The Mocking Bird, V3, Pizza Thief and Kati Portland. For a full list of Portland Vegan Dining Month restaurant partners and menus, visit bit.ly/PVDM2023.



The Mac Daddy Burger from Homegrown Smoker.
Photo by Portland Vegans.

KEEP YOUR EYES OUT FOR PEDESTRIANS.

Especially at night!

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

NEW YEAR KICK OFF THE

WITH FYBERWORKS' JANUARY CLEARANCE

SALE ROOM SPECIAL
30-50% OFF
SALE PRICES

Thank you for helping us help others! Your purchases at Fyberworks in 2022 enabled us to help our community with donations to non-profit organizations such as Rahab's Sisters, Meals On US, Planned Parenthood, and House of Dreams.

4300 SE Hawthorne Blvd • Upper Hawthorne District • 503 232 7659 • Shop online at fyberworks.com • Tues-Sat 11-5:30 • Sun 12-4 • Mon Closed

Portland Music Month at Artichoke

Artichoke Music is pleased to be a Music Portland partner venue for Portland Music Month (PDXMM). The second annual citywide, multi-venue celebration of the city’s world-class live music scene is a far-reaching strategic marketing campaign that seeks to engage new fans, spur show attendance and promote year-round music discovery.

The first week of January has Thursday Night Coffeehouse, a celebration of local and touring artists coming together in an intimate setting, with Dan Dover, Avery Hill, Jon Lee and Rich Waggoner; and First Friday with Lloyd Jones featuring Ty Curtis. Three shows take place the following week starting with Texas to Oregon with a Randy Lewis Brown solo set and a songwriters-in-the-round set where he is joined by Ken Gains and Carl Solomon. There’s also Listen Up: A Curated Series by Portland Radio Project and Artichoke Music featuring female and non-binary singer/songwriters emerging in the Pacific Northwest; and Dylan May & The Message bringing their original funk, soul, jazz and rock.

Avery Hill and the John Bunzow Band perform the next weekend and the last weekend of the month has Great Aunt, an Australian band embarking on their first US tour, and internationally known and award-winning picker, singer/songwriter and teacher Mary Flower; and Corkey Coreson’s second CD release, with special guests from an all star Portland cast.

A portion of each ticket for these shows will go toward PDXMM to support musician grants. Visit artichokemusic.org/performance.html to purchase tickets and for additional show information.

Escape the January Doldrums at Alberta Rose



Red Bird and The Colin Trio

The calendar may have turned to 2023, but Alberta Rose Theatre continues to roll on with another month packed with shows. Escape the chilly weather outside, the confines of your abode and warm up in Portland’s premier setting for acoustic music, art house films and live performances. Here are just three of the offerings for the month.

Saturday, January 7, 8 pm Deb Talan (of The Weepies) takes the stage. She’s been writing songs since she was 14 years old, started Portland band Hummingfish with her friend Mark and formed The Weepies with Steve Tannen, who played shows all over the country and world (touring on a real tour bus!). Playing songs for people takes a close second to Talan’s primary preference for listening to people and he knows music heals and songs can be prayers.

A double release party takes place the following Saturday (January 17) starting at 7 pm. Red Bird and The Colin Trio are both female-fronted groups that can’t be pinned down; create music that dances in and out of soul, jazz, funk, americana, rock, roots and the blues; and are packed with musical talent nurtured by years of experience and a deep passion for their craft. Red Bird will be releasing a full album and The Colin Trio a new single. The show is part of Portland Music Month, with \$1 from ticket purchases going directly to Music Portland to support the work they do in the community.

The next weekend offers two opportunities to take in Portland’s all-star rock band LOVE GIGANTIC performing Pink Floyd’s classic album “Dark Side of the Moon” in its entirety, accompanied by aerial dance and choreography by Brandy Guthery and a dazzling light show. Musical performers include Sarah King, Arthur Parker and David Langenes (Nowhere Band); Chet Lyster and Joe Mengis (Eels); Jenny Conlee-Drizos (The Decemberists); Michael Nelson (Climber); Kristi Evans; and Jon VanCura (Marchfourth). Both performances start at 8 pm.

Tickets available at the door and in advance at albertarosetheatre.com; minors are allowed when accompanied by a parent or guardian.

Ukulele Concert and Classes

Local performing artist, songwriter, storyteller and teacher of music Avery Hill has several events planned for January, including three ukulele classes and a concert, all taking place at Artichoke Music. The ukulele classes offer opportunities for those new to the ukulele, as well as those who have more experience.

Introduction to “Ukestra” on Tuesday, January 10, 6-8 pm will provide instruction on getting to know the notes on the fretboard, learning the basics of music notation and tablature (how to read music off the page) and work on some melodies to be played together with others as an orchestra of ukuleles (a “ukestra”).

Starting Thursday, January 26 and running into mid-March are two other ukulele classes in back-to-back time slots, allowing those interested to be able to take both of them. Ukulele For Beginners runs 6-7 pm and covers all the basics for early success in ukulele playing, including how to hold and scum the instrument, a variety of songs and other essential skills. Motown for Ukulele (7:15-8:15 pm) is a mixed-level class that is a romp through 1960s Detroit, including songs like “Heard It Through the Grapevine,” “My Girl,” “Ain’t No Mountain High Enough” and more.

Hill takes the Artichoke Music stage Friday, January 20, 7 pm for her first solo show since the release of her 2015 album, *Dreams & Ghosts: A Family Album*. With a voice both wise and curious, she’ll be sharing all new material, delivered with her signature mix of truthful storytelling and transporting melodies.

More about Hill at averyhill.studio and full details/registration for the classes at artichokemusic.org.

Books With Pictures Events

In January, SE comic shop Books With Pictures, has two events—one at a partner location and one at their space on 1401 SE Division St.

First up is Cozy Queer Reading Hours at Sonny’s House of Tattoos & Treasures Saturday, January 21, 12-4 pm. Combat seasonal badbrain snuggled up in a lovely space reading some good books. Bring a friend and browse a selection of cozy queer favorites, grab a comfy chair and settle in. Chat about your favorite feel-good queer tales. It’s like what a book fair would look like playing low-fi, making your brain do a big cat purr. Sonny’s is located at 2504 NE Sandy Blvd.

The following weekend, Books With Pictures hosts local creator Aaron Durán, celebrating the release of “Season of the Bruja.” Swing by, get your copy signed and tell Aaron how much you love his stuff. The event takes place 3-5 pm Saturday, January 28.

Abstract By Nature Exhibit



The January exhibit at Sidestreet Arts features artists Rebecca Arthur and Geralyn Inokuchi. Opening on Thursday, January 5 and running through the end of the month, it will be highlighted by the First Friday Artwalk the following day when both artists will be in the gallery 5-7 pm.

In Arthur’s recent work, she looks to the cosmos for inspiration. She captures the bold textures, movement and lighting of the universe on her ceramic vessels like “Grey Landscape I” (above), a Saggar fired ceramic with horsehair. Arthur is a master of both hand built and wheel thrown ceramics and finishes each piece with either Western Raku firing or pit firing.

Oregon Coast resident Geralyn Inokuchi enjoys painting the extreme storms she sees on her daily walks. Each painting is created from the observations she’s made and the lasting impressions the environment has left on her. Her striking landscapes make use of many layers of glazing and opaque paint to create luminous works.

Sidestreet Arts, 140 SE 28th Ave., is open Thursday-Sunday, 12-5 pm and works can also be viewed/purchased at sidestreetarts.com.

PORTLAND FOLK MUSIC SOCIETY

2022-23 CONCERT SEASON



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.



John Reischman & The Jaybirds

Saturday, March 18

Bluegrass sound blends original songs and instrumental with Appalachian old-time music for a truly unique sound.

Concerts are held at the Reedwood Friends Church

2901 SE Steele St, Portland.

7:30 PM. Doors open at 7:00 PM

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

www.portlandfolkmusic.org

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

goingout@seportland.news

Visit us socially at:

Facebook.com/southeastexaminer

Read the digital version at:

southeastexaminer.com

Arts & Entertainment

David Francey in Concert



The Portland FolkMusic Society is proud to present authentic folk singer David Francey Saturday, January 21 at Reedwood Friends Church, 2901 SE Steele St. Francey is a winner of multiple JUNO awards, saying, “Folk is about chronicling your times,” and he does just that in three-minute increments.

For over 20 years Francey toiled as a railyard worker and carpenter (among other things) while writing poetry, setting it to melodies in his head and singing it to himself as he worked. He never imagined earning a living from music but when he was in his 40s his wife encouraged him to share his songs and sing in public. He has released 11 albums and has had his songs covered by artists such as The Del McCoury Band, The Rankin Family, James Keelaghan and Tracy Grammer.

Tickets (\$12-24) for the 7:30 pm performance are available at bit.ly/DavidFrancey.

Ukrainian Festival



The John Daniel Teply Gallery, as part of the International Mural by Mail Project, has curated two Saturdays full of Ukrainian art and heritage—January 21 and 28—at Lloyd Center. The event is centered around Ukrainian folklore and art, with family friendly workshops, all alongside large-sale murals.

The Project was designed to give artists the opportunity to network and communicate visually with other artists on a global scale. The artists, coming from diverse cultural backgrounds and artistic persuasions, collaborated to create the murals in an exchange done entirely by mail.

January 21 starts off with a puppet show, followed by an interactive puppet show, a pin workshop and finally a pysanky (painted eggs) workshop. January 28 has artist talks, a guided virtual Ukraine cultural site tour, poet discussion, one act plays, dance and a Ukrainian cooking show.

Both days run 1-6 pm and tickets (\$10-20) can be purchased at bit.ly/UkraineEventPDX.

Cappella Records' Upcoming Release

On Friday, January 20 Cappella Records presents its 30th release, *A Byzantine Emperor at King Henry's Court: Christmas 1400, London*. Musical worlds collide against the backdrop of international politics and war, taking listeners back in time to 1400. The Byzantine Emperor Manuel II Palaiologos sought foreign aid for besieged Constantinople and spent Christmas in the court of English King Henry IV.

Under the direction of Cappella Romana founder and music director Alexander Lingas, the same men and women who brought the *Lost Voices of Hagia Sophia* to 44 weeks on Billboard bring to life medieval Byzantine and Sarum chant and royal ceremonial. Performed by two very different historic choirs, one singing in Greek and the other in Latin, they celebrate the feast of Christmas at London's Eltham Palace.

The 70-minute recording is broken into three sections: From the Services of Christmas Eve, From the Services of Christmas Day and At Second Vespers on Christmas Evening. Visit bit.ly/Jan20Release for download and streaming options.

Oregon Music Census Open

Input is needed from musicians and music businesspeople on the State of Oregon's Music Census. The state has authorized an important statewide census for all independent musicians, music businesses and music venues to measure the impact of independent music on the economy. Those who make any money in music are encouraged to visit OregonMusicCensus.org to complete a brief (5-10 minutes) anonymous survey.

The census will collect the state's first quantified information about the economic, employment and demographic scope of Oregon's music economy. Never before has Oregon's commercial music economy and impact been examined so it is no surprise that the economic realities of professional, independent music are not visible to policymakers or investors. Through the advocacy efforts of MusicPortland and MusicOregon, the state legislature has funded comprehensive emerging sector market analysis of commercial music and live performance.

The data will be used by Business Oregon and researchers at Portland State University's Northwest Economic Research

**MUSICIANS
TEACHERS
STUDIOS
VENUES
LABELS**
BE COUNTED
→ OregonMusicCensus.org

Center (NERC) to complete the state's first economic impact studies of commercial music and live performance. The study will inform future music-supporting policy initiatives and programs.

Complete this census if you are an income-generating recording, composing or performing musical artist; own or operate a business that hosts live music (from dedicated concert halls to occasional live music programming at a bar or restaurant); own or manage any kind of commercial music business, including but not limited to a recording studio, record label, music retailer, instrument or gear maker/fixer, professional support (manager, agent, lawyer, etc.), distribution, marketing, creative support (video, photography, graphic design, etc.). The census is open through Sunday, January 15.



SINCE 1998

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

(503) 232 5299
5000 SE Hawthorne Blvd

Kickstand Comedy Classes



Kickstand Comedy has the most experienced teaching staff in Portland and whether it's your first time doing comedy or you've got some years under your belt, they have a class for you. The improv, sketch and stand-up classes run between six and eight weeks in length and take place at 6118 SE Belmont St.

Improv classes are offered multiple days of the week and from a variety of instructors. “Intro to Sketch” takes place Tuesdays with Michael Zimmer. There's also an online class, “Intro to Stand Up Comedy” with Jake Noll in which students will leave the course with at least five minutes of polished material, ready to hit the stage.

In addition, there is a free one-night-only “Intro to Improv” workshop exclusive to BIPOC students taught by Eric Simons. There's also a three-week class in which Paul Stein shares tips and tools on what works, what doesn't and the three things that should always be considered when producing a show in “Produce Your Own Show.”

Full details and registration at kickstandcomedy.org. Register by January 6 and receive \$25 off with code “WORM.”

**ALBERTA
ROSE
THEATRE**



JANUARY 2023

7 DEB TALAN
(of The Weepies)

11 OREGON SYMPHONY
presents
OPEN MUSIC
with **VIJAY IVER**

12 a live, multi-sensory musical experience
CANDLELIGHT
Vivaldi's Four Seasons + more

13 two shows
CANDLELIGHT
a tribute to
Taylor Swift

14 RED BIRD +
THE COLIN TRIO
music release party

20 a piece for
21 assorted lunatics
THE DARK SIDE
Pink Floyd's
Dark Side of the Moon
aerial dance+live music
with **LOVE GIGANTIC**

26 CONSIDER THIS
with
VANESSA VESELKA

COMING UP IN 2023

FEB 2
MATT ANDERSEN
+ **MARIEL BUCKLEY**

FEB 15
JOHN MCLAUGHLIN

MAR 16
VANESSA COLLIER

APR 21
WILLY PORTER

APR 24
RON POPE

albertarosetheatre.com
3000 NE Alberta • 503.764.4131

KIRKLAND ANNEX APARTMENTS

AFFORDABLE RETIREMENT LIVING 503-774-8885



7810 SE FOSTER ROAD
PORTLAND, OREGON 97206

THE UNION MANORS.ORG

- STUDIO & ONE-BEDROOM APARTMENTS
- AFFORDABLE RENT WITH NO APPLICATION FEES
- FEDERAL RENT SUBSIDIES AVAILABLE FOR THOSE THAT QUALIFY
- IDEAL URBAN LOCATION NEAR SHOPPING, BUS LINES, AND RESTAURANTS
- SMALL COMMUNITY ATMOSPHERE - RELAXED AND FRIENDLY





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

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



AFFORDABLE GROCERIES AND SOCIAL CONNECTION FOR HOMEBOUND SENIORS!

A LOCAL NONPROFIT SERVING PORTLAND SINCE 1989



store to DOOR
503-200-3333
StoreToDoorofOregon.org



Volunteer or enroll today!



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.

Dealing With Seasonal Depression

Many of us have experienced seasonal affective disorder (SAD), also known as the winter blues. Caused by shorter daylight hours in combination with cloudy and rainy weather, it can cause a biochemical imbalance in the brain leading to feelings of sadness, lethargy and depression. You may be tired, have low energy, anxiety, irritability, withdraw socially, sleep more and have an increased appetite during winter months. Ironically, Portland ranks number one in rates of seasonal depression. Here are some recommendations to help you make it through the dark season.

Vitamin D
Many of us have low vitamin D levels, which are exacerbated in the winter months with less exposure to regular sunlight. Talk to your doctor about having your levels checked. Many professionals recommend regular vitamin D supplementation. Because the recommended dose varies widely, it's best to periodically check your blood levels. Under no condition should you use tanning beds as a substitute, as they pose a very high increased risk of skin cancer.

Get outside in the morning
While this can be difficult for those who go to work before dawn, if it is at all possible, get outside at some point in the morning, or at least get exposure to natural light through a window. Doing this may help you feel less lethargic, since your body responds to natural light by decreasing melatonin.

Blue lamps or bright light lamps
There has been some evidence shown that SAD therapy lights can help those with seasonal affective disorder. Recommendations are generally 20-30 minutes per day in the morning. Never look directly at a bright light; rather, set it off to the side so that it can be seen from the corner of your eye. And don't forget to turn on the lights inside and open your blinds.

Walk or exercise outside, preferably in a green space
Being in nature and in natural light can help lessen the symptoms of SAD. While it may be difficult or impossible during foul weather, when you can, get outside and enjoy walking or winter sports. Or try going to a park or other green space to help calm your mind and lift your spirits.

Self care
Good habits such as getting enough sleep, practicing gratitude, meditation, eating well (limiting junk food), doing exercise you enjoy, stretching, getting a massage and limiting alcohol and caffeine can all help get you through the winter season feeling better both physically and mentally. Through trial and error, figure out which things work best for you. Try to embrace this season rather than ruminating about how much you dislike it or simply longing for spring.

Light up your space
Make your interior and exterior spaces cozy rather than

dark by using strings of lights, candles and other decorations that make you feel happy and bring warmth to the area. Especially after the December holidays are over, the lack of decorations can seem bleak, so some lighted trees and festivity can be just the right touch. You want to be able to see things that bring you joy. Don't forget to enjoy cozy blankets and fireplaces as well.

Plan a vacation and connect with others
If you are thinking about taking a vacation in the coming year, often just making plans or reservations can give you a boost. And make sure to regularly connect with others, either in person or through phone or video chats so that you don't feel isolated. Connecting to friends and family can really help. You can also try a new sport or hobby. Don't plan on just hibernating all winter.

Antidepressants and psychotherapy
Talk to your doctor if you are still struggling. Oftentimes talking to a professional therapist and/or an appropriate dose of antidepressants can help. There is no shame or stigma in caring for your mental health.

And, of course, give yourself comfort. Hug a loved one (including pets!), read a good book, eat good food and enjoy cozy sweaters.

Lori Vance
Body Image Fitness, LLC
503.351.6476

BE CART SMART

EACH CART PLAYS A PART

Follow these guidelines to recycle with confidence at your home. Note that apartments and businesses have different guidelines.

COMPOST TIPS



1. Choose a container for your kitchen. You can line it with newspapers, a paper bag or an approved 2- 3-gallon compostable bag.



2. Collect food scraps while preparing meals, scraping plates and cleaning the fridge of leftovers. **Every little bit counts!**



3. Empty food scraps into your green compost roll cart frequently for weekly pick-up.

GARBAGE	RECYCLE	COMPOST	GLASS
 <p>GARBAGE Coffee cups/tubs/pots, paper/plastic plates, take-out food containers/wrappers, drink cups/stirers, cutlery, frozen food packaging/trays, plastic cups/tubs, plastic bags, facial tissue, wipes (all), painted/stained wood, plywood, incandescent light bulbs, garden hoses.</p>	 <p>PLASTIC Bottles with a neck (8-oz or larger), tubs (8-oz or larger), plant pots (4" diameter or larger), buckets (5 gal or smaller).</p>	 <p>FOOD SCRAPS Meat, poultry, seafood, bones, cheese, eggshells, bread, pasta, grains, beans, nuts, fruits, vegetables, coffee grounds, spoiled food.</p>	 <p>GLASS Place in yellow bin or other plastic container with a "glass only" sticker.</p>
 <p>MUST BE BAGGED Pet waste, cat litter, diapers, feminine hygiene products, ashes, sawdust, packing peanuts, broken glass, disposable gloves and masks.</p>	 <p>METAL Aluminum, tin and steel food cans, empty dry metal paint cans, empty aerosol cans, aluminum foil, scrap metal (shorter than 30" long and less than 30 lbs).</p>	 <p>YARD DEBRIS Weeds, leaves, vines, grass, small branches, flowers, house plants, plant clippings.</p>	 <p>JARS & BOTTLES All colors of glass. Labels are OK too.</p>
 <p>PUT IN SEALED CONTAINER Put kitchen fats/oil/grease in sealed container before putting in garbage.</p>	 <p>PAPER Newspapers, magazines, catalogs, phone books, flattened cardboard boxes, scrap paper, cartons (milk, juice, soup), shredded paper (in paper bag).</p>	 <p>OTHER Paper napkins, paper towels, coffee filters, tea bags, pizza delivery boxes.</p>	 <p>DEPOSIT BOTTLES Redeem at BottleDrop Centers or recycle at the curb.</p>
<p>NO: Computers, monitors, TVs, batteries, compact fluorescent lightbulbs (CFLs), hazardous waste, chemicals, batteries (Call for disposal options: 503-234-3000).</p>	<p>NO: Plastic bags, plastic cups/tubs, diapers, propane cylinders, coffee cups/tubs/pots, take-out containers, styrofoam, containers under 8 oz, medicine bottles.</p>	<p>NO: "Compostable"/"Biodegradable" containers, household garbage, pet waste, diapers, plastic bags, lumber, dirt, ashes, rocks, branches larger than 4" thick and 30" long.</p>	<p>NO: Light bulbs, drinking glasses, vases, broken glass, ceramics, Pyrex.</p>



Neighborhood Notes

HAND
By Jill Riebesehl

The Hosford-Abernethy Neighborhood Board took a December break, but didn't lose sight of some ongoing concerns. Two involve situations that lie on our borders: the river and state-owned Powell Blvd.

TriMet, spurred on by the fatal collision between a bicyclist and truck in October, is considering adjusting the #70 bus route in order to make it safer for students who cross Powell Blvd. at SE 26th Ave. We also have a representative on a new multi-agency working group dealing with the busy arterial. Anticipating summer, we are continuing our push to improve Willamette River access for swimmers, urging Prosper Portland to replace the Holman swimming dock that was removed a couple of years ago.

At our upcoming Tuesday, January 17 Board meeting, we will be discussing the bus route change for students who live south of Powell Blvd. and take the #70 bus to get to Cleveland. Buses would turn east from Milwaukie onto Powell, then north at either 21st or 26th Aves., letting students off in the neighborhood or at the school. The route would then turn west on Division St., then onto Ladd Ave. and finally continue northbound on 12th Ave. to NE Portland. The previous route of the #10 bus used Ladd and took riders downtown. Among HAND's concerns are the potential for bike/bus conflicts and reduced access to the Central Eastside Industrial District.

This discussion is top of our agenda and we are eager to hear from neighbors about safety on Powell Blvd., TriMet's proposed route changes or whatever else is on your mind. People can contact our chair, Chris Eykamp, at chair@handpdx.org. Also, please attend our Board meeting starting at 7 pm via Zoom, posted on our website and on Facebook. We anticipate a lively discussion and would love for you to be a part of it.

Mt. Tabor Neighborhood Association
By Dave Petrozzi

MTNA hosted our regular meeting December 14 via Zoom. We wrapped up the year with a conversation on strategic objectives and brainstormed which speakers and events to host during upcoming months. As we continue to refine our communications strategy, the MTNA is seeking a social media intern. Can you help bring together our various digital outlets and improve the way we serve neighbors? Please reach out to us if you're interested in volunteering your time and deepening your ties to the community.

Our next meeting will be Wednesday, January 18, 7 pm via Zoom, featuring a presentation on emergency preparedness. Find links for this and all of our meetings, under the "Meetings and Events" tab of our website, www.mttaborpdx.org.

North Tabor Neighborhood Association
By Ross Hiner

The North Tabor Neighborhood Association did not hold a monthly meeting in December. The new board of Directors is looking forward to 2023 as an opportunity to increase engagement across the neighborhood. If you have interest in getting involved or ideas for neighborhood initiatives, please join us at our next meeting Tuesday, January 17, 6:30 pm via Zoom. Come to have your voice heard and meet your new North Tabor Neighborhood Association Board members! Learn more and check for updates at NorthTabor.org.

Richmond Neighborhood Association
By Allen Field

The Richmond Neighborhood Association (RNA) held its monthly meeting December 12. Zoom meetings are the second Monday of the month, 7-9 pm; however, the RNA does not meet in January. 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.

Rob Nosse, Oregon House Representative for District 42, gave a legislative update that included the House Democrats planning session addressing improved government effectiveness, housing, homelessness, climate change, I-5 Bridge, workforce challenges, public safety, measure 110, the opioid crisis and more. He answered questions from community members in attendance.

Zef Wagner, Portland Bureau of Transportation (PBOT), gave a presentation on the Hawthorne Area bike greenways. The existing bike greenways at SE 29th, 41st, 52nd, Harrison and Salmon will be retrofitted with safety improvements. Several new bike greenways are proposed for SE 23rd, 34th and 45th. The 34th Ave. proposal would install diverters at Hawthorne Blvd. to prevent north/south auto traffic from crossing Hawthorne, a traffic change that will likely be controversial in the neighborhood. PBOT will conduct public outreach and update its traffic data counts before making any decisions on adding new bike Greenways. A copy of Wagner's presentation is on the RNA's website under the Meetings tab for December 2022.

continued on page 15

9,500 pounds of fruit harvested that would otherwise have gone to waste. 1,100 families in need supported. With your help we can do even more. portlandfruit.org/donate



ACUPUNCTURE
SPORTS MEDICINE
CHIROPRACTIC MEDICINE
NATUROPATHIC MEDICINE
MASSAGE THERAPY



Naturopathic doctor focusing on women's health, digestion and autoimmune disorders.

Dr Heather Krebsbach ND LAC

VISIT: INNERGATEPDX.COM

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

As

At Your Service



PORTLAND EASTSIDE
REMODELING & RESTORATIONS

CALL TODAY (971).808.5151

ReidRemodelingLLC



For Quality Craftsmanship
All Phases of
Interior & Exterior
Painting

(503) 282-8032

www.mjbrestoration.com

ECOHEAT

INC

CCB: 165150

Design
+
Installation

ENERGY EFFICIENT GAS FURNACES • AIR CONDITIONING • GAS FIREPLACE INSERTS
DUCTLESS + DUCTED HEAT PUMPS • TANKLESS WATER HEATERS • RADIANT SYSTEMS
503.708.9889 . WWW.ECOHEATPDX.COM . HQ@ECOHEATPDX.COM



DAN'S LANDSCAPE MAINTENANCE

No job is too big or too small

- Yard clean up • Flower bed clean up and installation
- Pruning & trimming • Stump grinding
- Natural/Organic available • Free estimates

Dan Bollard 503.704.0100
Owner/Operator danbollard@yahoo.com



Fresh Air
Sash Cord Repair, Inc.

Old windows that work!

Patty Spencer
503.284.7693

www.freshairsash.com

Licensed, Bonded, Insured
CCB/LBPR #184991
WA Registration #FRESHAS796DR

Preserving the past since 1999



Locally Owned & Operated

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

(971)379-7380

unityelectricalservice.com

CCB#234553

Tom Leach Roofing

45 years roofing
your neighborhood.

503-238-0303


TomLeachRoofing@Comcast.net

CCB# 42219

CZ BECKER COMPANY

WOOD FLOORS

A Family Owned Business Since 1982



503.282.0623

Restoration Repairs & Refinishing
State of the Art Dust Containment
Installation of New Wood Floors
Environmentally Friendly Finishes

www.czbecker.com

CCB #48132

NEED TREE CARE?

Call Quinn!

ISA-Certified Arborist
Third Generation Southeast Portlander
CCB # 236788

Tree Pruning † Removal † Consult

(971) 275-2409 † leightonslimbservice@gmail.com



Murphy
Construction


Renovations | Remodeling | New Construction

www.Murphy.Construction 503-319-3437




A South East Portland neighbor since 1997 CCB #216870

POLYMATH Studio

Architecture & Design



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



Houses Additions ADUs

503-395-8383 polymathstudio.com

JEFFERSON KINCAID

M. Ed.

L.M.T. #1394
Certified Medical Massage
Registered Kinesiotherapist
Certified Trager Practitioner
The Reconnection

(503) 736-1081
1135 S.E. Salmon
Portland, OR 97214

Helping You to Keep Healthy
Appointment Only

Blue Dun Painting

Expert interior painting
Custom raised
vegetable beds

Call Denny at 503.484.6525

bluedunpainting.com
denny.bixby@yahoo.com
CCB#174741



THE CAREFUL REMODELERS, INC.

Additions – Bathrooms - Kitchens

Since 1979 503.774.2810

Old homes lead paint certified renovator



CCB#96457
Carefulremodelers.com



PORTLAND
EYE CARE

SAMUEL ADELMAN O.D.

4133 SE Division St.
Portland OR, 97206

503.444.7639

EYEPDX.COM

LOCAL EYECARE • GLOBAL EYEWEAR

SUN DOG CONSTRUCTION.COM

REMODEL - RESTORE - REPAIR

Basements, Attics, Conversions
Kitchens, Bathrooms, Additions
Interior/Exterior, Moisture, Rot,
Maintenance/Handyman service
BIG JOBS, small jobs, Design...



LICENSED
BONDED/INSURED
CCB #173347

503.957.7559 AUTUMN SUN PARDEE
sundogconstruction@mac.com



Neighborhood Notes

from page 13

The Board voted to send a letter to Home Forward offering to co-host an open house on the redevelopment of the Peaceful Villa affordable housing complex on SE Clinton, between 46th and 47th Aves. The letter also described concerns raised by neighbors about the redevelopment plan.

The Board appointed a new Richmond Newsletter Editor, Christina Wolfe Nochisaki. It also voted to submit an application to the city to sponsor a free Movie-in-the-Park for Sewallcrest Park for summer 2023.

The Board voted to sign a Third Amended Good Neighbor Agreement between the Hawthorne Theater, neighbors and the RNA to reflect modifications to the agreement from the change of management of the theater.

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

Sunnyside Neighborhood Association By Gloria Jacobs

Happy New Year Sunnyside! We had a very successful clothing and gear drive to help our houseless neighbors in this cold and wet season. Thank you to SEUL for providing a warm and inviting space. Thank you to New Seasons, Grand Central Bakery and Fried Egg I'm in Love for generous donations of food. Thanks, too, to Crossroads Trading, Mix Tape, the Mountain Shop and Next Adventure—all of which donated boxes of warm clothes or gift certificates. The biggest thanks of all to our volunteers for taking the time during this busy holiday season to connect with neighbors living outside. Kudos to the SNACC team for putting together such a wonderful event!

The SNACC committee continues to seek in-kind and financial donations, as well as volunteer support to sustain a new four-day shower schedule at the Sunnyside Community Center. If you are interested in volunteering, email sunnysideshowerproject@gmail.com. If you'd like to donate, visit sunnysideshowerproject.org/donate. Next meeting is Thursday, January 19, 6:30–8 pm. at Southeast Uplift.

The SNA Board met on December 8 for our monthly meeting. We talked about filling positions as well as ways that the SNA can work to improve our diversity and equity lens in the work we do for the neighborhood. We are looking for volunteers for the following positions: Treasurer, At-Large Board Members and Land-Use & Transportation Committee Chair. Want to learn more? Please reach out to board@sunnysideportland.org.

Our next general meeting will be Thursday, January 12. We will be talking about a proposed expansion to the greenways system in Sunnyside and a potential endorsement of Quiet Clean PDX's quest to limit the use of gas-powered leaf blowers.



Business Association Notes

82nd Avenue Business Association By Nancy Chapin

In 2022, the Avenue celebrated its seventh annual Around the World in 82 Dishes. This 45th year of 82nd Avenue Business Associations will be a busy one.

The Board of Directors is growing and involved in many important projects, such as the transition of 82nd Ave. from a state highway to a Portland city street in 2023. The opportunity to create an even more vibrant shopping, eating, studying, playing and living area with necessary services and a pleasant green environment is very exciting. The eighth annual Around the World in 82 Dishes event will be held again in October/November.

We are working to get pictures of the District's current Rose Gardens and assisting interested businesses in planting their own Rose Garden this Spring. The Association will also support the 17th Annual 82nd Avenue of Roses Parade "Roses in the Heart of Portland" Saturday, April 29.

If you would like to help with any of these projects please contact us at 82ndaveba@gmail.com or send a message from the website, 82ndaveba.com.

Belmont Area Business Association By LeeAnn Gauthier

Membership invitations will go out via US mail in January so keep an eye out. We're also looking for schmoozers! Would you like to visit local businesses to remind owners about the membership drive and annual dinner? Send us an email.

Our monthly member meetings have moved to the second Tuesday of the month, 9-10:30 am at the Historic Belmont Firehouse, 900 SE 35th Ave. Please join us for our next meeting, Tuesday, January 10.

Our annual dinner meeting is Tuesday, February 21, 6-9 pm at a location in the Belmont District. Show your support with donations of raffle prizes, wine/beer and ideas for a fun speaker. Tickets are just \$15 each or two for \$25, available at BelmontDistrict.org or mail a check with your member renewal/application.

The district Walking Map will be re-printed soon by Col-Tab. Contact us if you'd like to help deliver to local businesses or hotels. You can pick up copies in the district or by contacting Board members Dustin Slack, Maurina Hylland and LeeAnn Gauthier at info@belmontdistrict.org.

Hawthorne Boulevard Business Association By Nancy Chapin

Welcome to 2023! This year the Association celebrates 40 years working and playing with the businesses, our neighbors and the community. We will celebrate HBBA's history at the 40th Annual Meeting Thursday, March 16. Please share your ideas for location and content.

Mark your calendar and let your summer visitors know that the 40th Annual Hawthorne Street Fair will be Sunday, August 27 this year.

Thank you to the city for the additional trash containers that have just been placed. If you know where another one is needed or if you have a tree that could have lights on it to create a safer walking environment, please let us know.

Also, the Association has budgeted a few hours a week to expand the use of social media for celebrating Hawthorne's shops, services and eating and drinking establishments.

To contact us, email administrator@hawthorneblvd.com.



Letter to the Editor

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

To the Editor:


I have read and enjoyed your newspaper for many (20) years. Your homey and challenging articles help to bind our little collection of houses, apartments and businesses into an actual community. You help make SE Portland special.

I write in support of State Representative Rob Nosse's December 2022 column defending Oregon Ballot Measure 110, passed by the voters in 2020, which abolished criminal penalties for simple possession of small amounts of "hard" drugs (including the usual suspects we love to hate) and directed the police to treat drug use as a medical, not a criminal, problem.

Nosse acknowledges that Measure 110 has had a rocky roll-out, but then so has every other mental health initiative in this and every other state. He acknowledges that there has been a fentanyl epidemic and a homelessness epidemic, but those tragedies have nothing to do with Measure 110. He correctly criticizes those politicians who try to link Mea-

sure 110 to larger issues. Nosse has the wisdom to see the future and the courage to describe it like it is. This paragraph is really good: "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." Congratulations, Representative Nosse. You are one of the early, prescient leaders ushering Oregon into a better era when drug users will be treated as patients, not criminals; when the police will have more time to chase real criminals, because they will be spared the chore of hunting down folks wanting to get high; and when the cartels and street gangs will slowly abandon the drug trade, replaced by pharmacies and dispensaries. I am glad I voted for you.

Mendel Rivers



THE SOUTHEAST EXAMINER

A monthly newspaper serving SE Portland

Subscribe!

If you don't already receive The Southeast Examiner, subscribe & never miss an issue.

1 year subscription = \$18
Email the following information to
examiner@seportland.news or mail to:
The Southeast Examiner
1020 SE 7th Ave #14313
Portland, OR 97293

Name: _____
Address: _____
City, State, Zip: _____
Phone: _____
Email: _____

Purchase a subscription for yourself or as a gift.



Homes the Caplener Group sold in 2022

HOW'S THE PORTLAND MARKET DOING?



Data is courtesy of the RMLS.



5015 SE Hawthorne Blvd., Portland, Oregon
Gold Level Sustainable Office

To schedule an appointment,
call us at (503) 232-4763



View our latest listings today.
thecaplenergroup.com

