

Factors Influencing Cleveland Comprehensive Plan

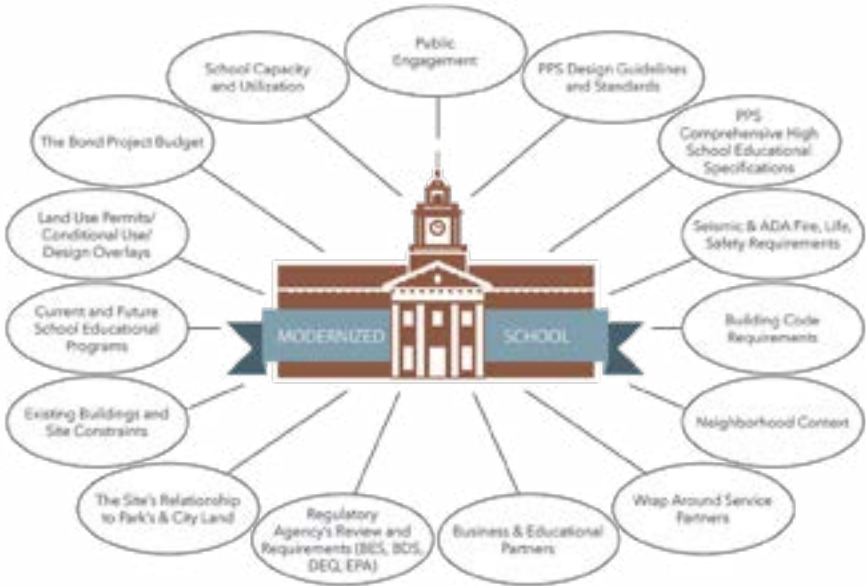


Image from Portland Public Schools Office of School Modernization

Planning Begins on New Cleveland High School

By David Mayne

Starting this fall, Portland Public Schools (PPS) will begin design and planning work to transform Cleveland into a next generation high school. The two-year process will include input from a volunteer citizen committee that will work with the architects and PPS to help shape the design. Funding for the planning effort comes from the 2020 PPS School Improvement Bond. Construction funding for rebuilding the school will come from a future improvement bond.

PPS is seeking a diverse range of engaged citizens to positively contribute to the process through the Cleveland Comprehensive Planning Committee (CPC). The goal of the Cleveland CPC is to develop an equitable and integrated comprehensive plan for a modernized Cleveland High School through authentic community engagement. It will include students, par-

ents, teachers, alumni, administrators, PPS staff, partners, community representatives and a school board member. PPS is especially interested in having current and future Cleveland students on the CPC. Their insights are extremely valuable to the design team as students from other modernization projects have made significant and lasting contributions to the design process.

The CPC collects and synthesizes community-wide input and collaborates around the evolving project details with other members in the Cleveland community. While CPC members are not tasked with making final decisions, their input is crucial in creating a comprehensive plan that the entire community can be proud of.

To apply to be a member of the CPC, visit the Cleveland Modernization website at [pps.net/ClevelandBond](https://pps.net/ClevelandBond). Applications are available in all PPS supported languages. Interested candidates should plan on meeting about once a month in the evening for five to six months. The CPC application process will remain open until mid-September, with the first meeting taking place in late September.

If people are unable to join the CPC, they will still have opportunities to make their voices heard at upcoming Design Workshops. Those dates will be announced on the Cleveland Modernization website. They can also join the project mailing list at [CHSBond@pps.net](mailto:CHSBond@pps.net) to receive updates.

The multi-year PPS bond program has successfully remodeled or rebuilt seven schools with two more, Benson Polytechnic and the new Multiple Pathways to Graduation Building, completing in 2024. Nearby Franklin High was among the first schools to be completed in 2017. Kellogg Middle School was rebuilt in 2021. Jefferson High School is next in line for construction starting in the summer of 2024. Cleveland and Ida B. Wells are the final PPS high schools to be modernized since the start of the district's capital improvement program in 2012. Ida B. Wells will begin its design

Prosper Portland Awards Community Liveability Grants

By Kris McDowell

For the 2023-24 fiscal year, Prosper Portland has awarded \$865,000 in Community Livability Grants to 15 projects from community-based organizations in four Tax Increment Finance (TIF) districts or neighborhoods (Gateway Regional Center, Lents Town Center, Interstate Corridor and Central Eastside). The projects are intended to foster vibrant and healthy neighborhoods and improve the prosperity of area residents and businesses. Of the 15, six are in the Central Eastside.

The Community Livability Grant Program gives funding priority to projects that improve access to jobs and workforce development services; support wealth creation opportunities for small business owners; honor and enhance the neighborhood's cultural diversity and history; deliver a community asset tailored to the community's expressed priorities and opportunities; and advance goals of area-specific action plans.

Bosco-Milligan Foundation, the owner and operator of the Architectural Heritage Center (AHC), was awarded \$30,000 for improvements to the AHC, a non-profit resource for historic preservation. These grant funds will allow them to conduct needed repairs and systems upgrades to their 140-year old historic building so they can continue to be an active community resource. AHC's programming strives to inform and encourage the preservation of historic buildings and public spaces that embody Portland's diverse cul-

tural heritage and to promote the important role of restoration and reuse in our battles to lower carbon emissions and boost housing supply.

\$50,000 was awarded to Central Eastside Together for a series of public art murals. Central Eastside Together is an Enhanced Service District (ESD) within the Central Eastside Industrial Council. They seek to foster a safer district, enhance the pedestrian experience, reinforce economic viability and promote Central Eastside's unique identity through innovative and highly-responsive programs.

On a mission to empower disenfranchised communities to overcome social and environmental injustices and adapt to climate change through urban re-greening, Depave received \$50,000 for community greenspace. They believe paved surfaces contribute to stormwater pollution, whereby rainwater carries toxic urban pollutants to local streams and rivers, degrading water quality and riparian habitats and disconnects people from the natural world.

Friends of Green Loop, a community-based organization that promotes, advocates and helps to advance the development of the Green Loop, will be using the \$16,500 they were awarded to improve the community space at Bear Block. Located at the landing of the Blumenauer Bridge, it's a key opportunity to welcome bike and pedestrian users of the bridge to the Central Eastside and visitors to the Lloyd District and Convention Center. The main

continued on page 15

Accessible and Aging-Ready Housing Shortage

By Nancy Tannler

The housing shortage in our cities impacts all social strata of our population. This crisis is becoming especially serious for our growing senior population. In a recent poll, 86 percent of people 65 and older say they want to remain in their current community and home if possible. This is a quandary for a large portion of seniors who live in car-dependent suburban locations with little or no pedestrian infrastructure. For others, their houses are not equipped with accessibility features like no-step entries, extra-wide doorways and lever-style door and faucet handles that would allow them to age in place.

Here in Oregon, 14 percent of our population is already over 65 and by 2030 one in five people, 25 percent, will be that old. The nuclear family consisting of a mother, father and two children (give or take) used to be the norm, but they make up only 20 percent of today's households. The largest demographic, at 28 percent, is

single adults who live alone.

For apartment-dwelling seniors living on a fixed income, federally subsidized rental housing is scarce. Two-thirds of eligible renters aged 62 and older don't receive any extra housing assistance because allowing more subsidies would put too much strain on Medicare and Medicaid.

Seniors who own their own home face risks too. The rising cost of living, increasing property taxes and medical expenses will force many of them out of their homes. 70 percent of those who reach the age of 65 will eventually need some form of long-term care. Oregon does have a tax deferral program that allows qualifying residents who are disabled or senior homeowners to borrow from the State of Oregon to pay their county property taxes.

AARP has been working with private industry and government agencies to solve the problem of housing for older citizens since 1960. They presented plans

continued on page 3

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# Representatively Speaking

BY STATE REPRESENTATIVE  
ROB NOSSE

Last month in this column I talked about important bills we passed during the legislative session. This month I’m going to talk about a bill that didn’t pass. Let’s call it “How A Bill Doesn’t Become a Law.”

During the 2023 session, I tried to help pass Representative Nancy Nathanson’s House Bill 3013. Unfortunately, we were unsuccessful. It required pharmacy benefit managers (PBMs) to be licensed with the Oregon Department of Consumer and Business Services (DCBS) so we could regulate their business practices better. It also mandated better reimbursement for pharmacists.

You might be surprised to learn that pharmacies can lose money when they fill your prescriptions. Admittedly this is a bit of a “nerd” topic in the healthcare policy space, but it is one that the media, the Oregon Secretary of State Audits Division and other policy makers are starting to focus on, including our own US Senator Ron Wyden.

Here is a little background. Starting in the 1960s, PBMs were formed to assist employers and insurers in choosing and buying medications. Think of PBMs as a middleman between drug manufacturers, your local pharmacy and insurance companies. As spending on prescription drugs grew, so did the PBM industry. PBMs also set the terms of payment for local pharmacies that buy and dispense prescriptions to all of us.

PBMs are paid with a mix of fees and rebates or coupons drug manufacturers provide to help keep drug prices down. Since they help purchase large numbers of prescriptions, PBMs can negotiate discounts from drug manufacturers often in the form of rebates or coupons that can mitigate the rising costs of prescription drugs. However, the discounts they obtain in their negotiations with drug manufacturers are often not publicly disclosed or explained. Nor are the fees that they charge pharmacies. This makes it hard to know how much money they are really saving anyone. (I am happy



to tell readers that starting in September, thanks to the passage of SB 192, rebate amounts will have to be publicly shared.)

Why does this matter? PBM business practices are making it difficult for pharmacies to be in business. To quote an NPR article from earlier this summer, “... employers, pharmacies, doctors and even patients chafe at PBM practices like ‘spread pricing,’ in which the companies pocket money negotiated...”

Doctors have also testified about PBMs being a roadblock in serving patients by impeding the coverage of necessary drugs. The same NPR article states there, “...are around 70 PBMs in the US through mergers, three of them—CVS Caremark, Optum Rx and Express Scripts—have come to control 80 percent of the prescription drug market, and each brings in tens of billions of dollars in revenue annually...” These quotes illustrate the challenges with PBMs.

My attempt to improve PBM business practices began with my predecessor, State Representative Jules Bailey. Back in 2013, he could not get a prescription filled because his pharmacy—a big chain pharmacy—couldn’t get a fair reimbursement from a PBM for the drug it needed to purchase to fill his prescription. That is how our state started regulating the business practices of PBMs. He built a bipartisan consensus understanding of PBMs for future regulation. I’ve sought, with some successes and some defeats, to advance, in pretty much every other session, PBM legislation of some kind or another to improve

their business practices and hopefully make prescriptions more affordable.

This year I also supported HB 2725, which was sponsored by Representative Christine Goodwin, and has been enrolled into law. It prohibits PBMs from retroactively denying or reducing payments to pharmacies, a major concern among local pharmacies serving patients across Oregon.

Sometimes even a capable legislator isn’t successful at passing a bill. Due to the delay caused by the Senate Republican walkout, the Legislature had to move very quickly in the closing weeks of the session. Lobbyists for PBMs claimed that the bill would have unintended consequences and raise the cost of filling prescriptions for consumers. There wasn’t time to address these concerns and draft another amendment on the last day of the session, so several Senators voted against the bill, and it failed on the Senate floor, something that rarely happens.

I don’t begrudge the Legislators who voted against it. I also don’t want to pass bills that can’t be enforced or contradict other state or federal laws. But I think if we had more time to work on it, concerns about HB 3013 could have been addressed and the bill would have passed.

I won’t give up on ensuring we have more transparency and accountability for these companies given the impact they have on pharmacists and patients. I plan to bring a bill in 2024 to accomplish something similar to HB 3013. As I like to say, “stay tuned.”

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WARRIORS

PPS is seeking input on how Cleveland can be re-imagined. We’re looking for volunteers to join the Cleveland Comprehensive Planning Committee.

For applications and more, please visit  
pps.net/ClevelandBond or call (503) 916-2222





# Send Kids Back to School Feeling Their Best

By Legacy Health-GoHealth

As more than half a million Oregon students prepare to go back to school, Legacy Health offers a back-to-school checklist for health precautions parents may want to take. Alexis Smithers, advanced practice lead at Legacy Health-GoHealth Urgent Care, says, “Transitions are always hard on families, especially kids. It’s a great time to review the basics of healthy practices, from hydration to vaccination.”

Smithers’ top recommendations start with staying hydrated. Drinking enough water regulates body temperature, supports joints, gets rid of waste and may even improve cognitive function in children. The American Academy of Pediatrics recommends kids and teens drink five to eight cups of water per day, depending on age. Kids can start the day off right with a full cup of water and parents should double-check their water bottle is full when they go to school and empty when they return. Refill it once they are home.

Milk is incredibly hydrating and according to some researchers, it may be even more hydrating than water. A study published in the American Journal of Clinical Nutrition found milk’s hydrating effects to last longer than water because the body retains its fluids longer.

Health professionals expect an uptick in cases of COVID-19, influenza and the common cold this fall and winter. The best way to prevent upper respiratory infections is to stay up to date

with vaccinations, such as COVID-19 boosters and flu shots. If kids become ill, contact their pediatrician to discuss symptoms and determine if any treatment is needed.

Symptoms can be alleviated with children’s pain relievers, antihistamines, throat lozenges or decongestants. Offer plenty of fluids to prevent dehydration and loosen congestion. Warm liquids can be soothing, as well.

Make sure kids are getting at least seven to nine hours of sleep per night and taking naps if possible. Adding moisture to the air with a humidifier will help them sleep more comfortably. Contact the pediatrician or visit urgent care if kids are still experiencing symptoms after 10 days.

The start of school, before kids get sick, is a great time to inventory the medicine cabinet. Check expiration dates on over-the-counter medications and make sure prescriptions are filled. Additionally, make sure there is a thermometer, ice packs and a first aid kit that includes bandages in all sizes. Ensure the preferred pain-reducing/anti-fever medications are on hand and ask the pediatrician in advance for the correct dose in case of an unexpected nighttime fever. Pedialyte drinks or popsicles are good for rehydration during an illness.

About 80 percent of infectious diseases are spread by touch, according to the Centers for Disease Control and Prevention (CDC). Clean hands prevent illnesses and the spread of infec-

tions to others. Put hand sanitizers in backpacks and vehicles. Have everyone get in the habit of washing their hands every time they come home and teach kids to cough into their elbow.

Parents of kids with asthma or an allergy that can cause anaphylaxis should have a documented plan in place at school in case of emergency. Ensure the school has the child’s EpiPen and inhalers on hand and that the teacher is familiar with the plan.

Immunizations, including COVID-19 boosters, HPV vaccines, flu shots and others, protect kids against some of the most common and preventable diseases. Work with pediatricians and school administrators to ensure kids are current on all required immunizations. If they are behind on any required vaccinations, make an appointment as soon as possible.

Finally, know about options for after-hours medical help. Plan where to take a sick or injured child after normal hours. Save the pediatrician’s after-hours phone number so it’s readily available for middle-of-the-night questions. Smithers says, “Urgent care is the ideal setting for treating non-life-threatening conditions. The reality is you can’t plan for everything.”

Legacy Health-GoHealth offers pediatric urgent care designed for kids and staffed by pediatric specialists during the day, after hours and on weekends. For more information, visit gohealthuc.com/legacy.

# Accessible and Aging-Ready Housing Shortage

from page 1

for shared housing models that included younger families and retirees living together to the outgoing President Eisenhower and president-elect John F. Kennedy.

These types of changes are now becoming a part of mainstream planning. In the AARP article “Making Room—Housing for a Changing America,” it is said that, “Missing Middle housing is poised to become a critical part of the solution.” This has become an option for homeowners here in Portland. In June 2022 City Council legalized “Missing Middle” housing. Now a majority of residential lots can have a duplex, triplex, four-plex, mixed-income or below-market six-plex, large group co-living home, double ADU or a tiny backyard home on wheels.

In an age of personal digital technology, it is easier for people to live in small spaces. A smartphone can replace a desk, personal computer, bookshelves, CD racks and filing cabinets. And the growth of the sharing economy and an increasing commitment to sustainability are also reasons people are willing to reduce their amount of space.

Some suburban communi-

ties are beginning to alter their zoning rules to allow for more middle housing. There is still a strong resistance to this type of build because of how it might look in some areas. However, just the opposite may be the case as these infill structures often go unnoticed because they blend in.

Another popular trend that doesn’t require a large outlay of money is multigenerational living and homesharing. This is a way to provide on-site assistance for an elderly person and helps ward off isolation—the bane of aging in America. Home Share Oregon (HSO) is a nonprofit that connects homeowners who have a spare bedroom to rent and home seekers in need of affordable housing. More details about their work is available at homeshareoregon.org or 503.515.2397.

After the pandemic, Portland’s downtown office vacancy rose to 27 percent while housing vacancy rates dipped to five percent. The idea of converting some office space into apartments is an option. The problem is the high cost of the conversion. Commissioner Carmen Rubio and her colleagues proposed two incentives that City Council unanimously

passed in March 2023 aimed at spurring residential development in downtown Portland.

One of the policies waives the system development charges (SDCs) to developers. The waiver of these fees will stand as long as the developers convert commercial buildings into residential property and comply with the required seismic upgrade. This exception lasts until 2027. The second incentive will lower the seismic improvement standards for buildings being converted from office buildings into multi-unit residential buildings.

An example of this type of redevelopment is found in Providence, Rhode Island. The Arcade, a Greek revival-style building, fell into disuse in the late 1900’s. In 2008 a developer turned it into a multi-use building with 48 affordable micro-loft units on the top two levels, with retail and restaurants down below.

Many solutions to housing our aging population have already been created and can be found at AARP.org/Makingroom. Moving forward, it will take the people’s foresight and a willing government to implement workable solutions.

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Business Walkabout

SE’s Newest Pizza Place Brings Spam and Salsa to Fermented Dough

By Daniel Perez-Crouse

Once a pop-up and now a permanent fixture, the creative mix of Mexican and Hawaiian/Filipino elements on uniquely fermented dough creates Portland’s newest addition to its growing pizza empire, Pan Con Queso in Living Häus Beer Company.

“I think we’ve all had the same pizzas. You know, the standard margaritas and pepperonis and we just wanted to try something different. Especially since Portland is all about the different cultures here together, you know, it’s got an exciting pizza scene. Also, you know, so many different types of people,” said co-owner and executive chef Henry Martinez.

Martinez and partner Mikeila Magno combine their backgrounds into a unique style of pizza and side offerings. Martinez’s Mexican influence is shown in elements like salsa verde, chorizo and an elote pizza. Whereas Magno’s Filipino and Hawaiian roots can be seen in the Mr. Macarthur pizza with Spam and pineapple. Martinez said the first time someone saw him put ingredients like that on a pizza, they were offended. But then they ate

the whole pie and thought it was great.

Martinez also wants to push boundaries and be more modern with how he ferments and uses his dough. “I read a lot about fermentation. I’m just into experimenting. You know, you’ve got your sourdough, and it’s at its peak. That’s when you do your mix, and we do a little different approach that allows us to extend our fermentation.” He says that’s what gives their pizzas a unique and more modern, bold flavor.

“There is such a thing as going too sour and too far. But if you’re manipulating the process, whether it’s with refrigeration or leaving the dough out longer, you’ll see a drastic difference in flavors. And that’s what we are trying to do. We say our pizza is fermented for four days. But I’ve let it ferment for six days and it’s like wow, I can’t believe it’s still going. It’s still rising, and it’s not overly sour.” Martinez says this gives them some leverage if the bread were to accidentally ferment a bit longer and not have to worry about it ruining the flavor.

Originally, they wanted to start a food cart but the recent

rules around septic systems made that difficult. After meeting one of the owners and operating a pop-up space at Living Häus Beer Company, they found another option. The brewery wasn’t doing much with their kitchen space so Martinez suggested the possibility of renting it. The brewery was all for it. “It was honestly by luck.”

Martinez says they also have big ideas for their small kitchen and are toying around with new offerings already. “I am currently working on other breads. I want to do a traditional telera bread for some sandwiches.” Martinez also loves making English muffins and wants to do some type of brunch service in the future. “One of my and Magno’s favorite things is fried egg and Spam breakfast sandwiches. Maybe on Sundays in the future.”

Martinez said growing up, a friend of his would come over on Fridays and bring pizza. Martinez would always ask, “Que es eso?” or “What is that?” His friend would respond saying “pan con queso” in a teasing way. “It just had a ring, and I always thought it was funny. And when



Owners Henry Martinez (left) and Mikeila Magno (right)  
Photo by Daniel Perez-Crouse

you think about it, pizza is bread and cheese.” That also goes into the experience Martinez wants people to have eating at his restaurant. “It’s just really good bread that has some really good toppings.”

Pan Con Queso is open

Monday-Thursday 3-10 pm; Friday and Saturday 12-11 pm; and Sunday 12-9 pm.

**Pan Con Queso**  
628 SE Belmont St. (inside Living Häus Beer Company)  
panconquesopdx.com

A promotional advertisement for Fyberworks Boutique. It features two women modeling clothing. The woman on the left is wearing a long, brown, textured cardigan over a black top. The woman on the right is wearing a teal, textured sweater. The background is a light yellow with large, stylized green and blue text that reads "AUTUMN AT FYBERWORKS". To the right of the women, there is a text box with information about a 10% discount on LIV by Habitat clothing. At the bottom right, there is a logo for Fyberworks Boutique, which consists of a stylized 'f' and 'w' in white on a dark blue background, with the words "FYBERWORKS BOUTIQUE" in white text below it.

LIV by Habitat is clothing artfully designed with you in mind, using dynamic prints and internationally sourced fabrics as their canvas. Save 10% on all LIV by Habitat clothes this month at Fyberworks.


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## Fire Station Reopening Celebration

Fire Station 23, located at 2915 SE 13th Pl., was originally closed in 2011 and is now set to fully reopen. The closure was due to city budget cuts and, although a two-person rescue crew was assigned to the station in 2017, the crew was not the type that responds to fire calls or motor vehicle accidents. Earlier this year, Portland Fire & Rescue (PF&R) and Portland Firefighters Association (PFFA) Local 43 worked together to apply and secure federal funding. The grant, called the Safer Grant, provides funding to allow city officials to fully staff Station 23.

Local 43 has been working since the 2011 closure to reopen the fire station with a fully staffed firehouse and gained support from retired Fire Chief Sara Boone and Fire Commissioner Rene Gonzalez. The Safer Grant was also supported by Representative Earl Blumenauer, Senator Ron Wyden and Senator Jeff Merkley. “We know the grant will run out in two years, and we are optimistic city leaders and others who support neighborhood fire stations will find a permanent funding solution,” said Isaac McLennan, President of PFFA Local 43.

Fire Station 23 takes pride in serving the Hosford-Abernethy



Photo by Local 43 representing Portland Firefighters.

and Brooklyn Neighborhoods. “The reopening of fire station 23 is a community celebration for the people who live in the southeast neighborhoods who may feel more at ease to know, after 12 years, they now have a fully staffed fire station again,” said McLennan. “If they have a fire at their home or business, firefighters will respond within minutes and hopefully save lives or property,”

The community is invited to celebrate the reopening of Station 23, Saturday, September 2, 11 am-2 pm. A number of communi-

ty and city representatives will be speaking at the event, including Isaac McLennan, Portland Firefighters Association Local 43; Station 23 Captain Rob Hutchins; Ryan Gillespie, Portland Fire & Rescue Interim Fire Chief; Rene Gonzalez, Portland City Commissioner of Public Safety; LC Hanson, Brooklyn Action Corps; Christopher Eykamp, Hosford-Abernethy Neighborhood Association; and a representative from the Hawthorne Boulevard Business Association. Meet the station’s firefighters, tour the station and enjoy a barbeque.

## What the Self-Serve Gas Bill Means For Drivers

Now that House Bill 2426 has been approved by the Oregon Legislature and signed into law by Governor Tina Kotek, drivers in Oregon have a choice between service from an attendant and self-serve gas statewide. There are still some different rules for

non-rural counties (of which Multnomah is one) and rural counties.

In Multnomah County (and other non-rural counties), gas stations must offer attended service, but may also offer self-serve gas at no more than half of their

pumps during operating hours. If offering a self-serve option, the gas station must provide signage so customers can identify which pumps allow self-service and which pumps are attended service. Gas stations are not required to offer self-service and may choose to continue to offer attended service only. Additionally, gas stations must charge the same price for gas from self-service and attended service pumps.

For an instructional video for those who are new to pumping their own gas and interested in doing so, as well as details about rules for rural counties, visit [choiceatthepump.com](http://choiceatthepump.com).

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## Paid Leave Oregon Benefits Begin

Paid Leave Oregon, a new program that will allow eligible Oregonians up to 12 weeks of paid time off, starts this month. The program is paid for by both employees and employers and allows employees to choose when and how to take time off for family, medical or safe leave; pays employees a percentage of their wages while they’re on leave; and protects an employee’s job and role if they’ve worked for the same employer for at least 90 consecutive days.

The program ensures that individuals, employers and families of every kind have the time and support they need to care for themselves and their loved ones when they need it the most. The benefits can be used for “qualifying life events,” such as caring for and bonding with a child in their first year (including births, adoptions and foster care placement); a family member with a serious health condition; the employee has a serious health condition; and if the employee or their child(ren) are survivors of sexual assault, domestic violence, harassment or stalking.

Paid Leave Oregon defines “a serious health condition” as an illness, injury or physical or mental condition that requires inpatient care; poses an imminent danger of death or possibility of death in the near future; requires constant or continuing care; involves a period of incapacity; involves multiple treatments; or involves a period of disability due

to pregnancy.

Anyone is eligible for benefits through their employer if they made at least \$1,000 the year before they apply for the Paid Leave Oregon benefits. This includes people who work full time, part-time and at more than one job or employer. Self-employed individuals and independent contractors are not automatically covered but can choose coverage. Similarly, tribal governments are not automatically covered (or required to participate), but may also choose coverage. Federal government employees are not eligible for Paid Leave Oregon benefits.

September 3 is the first day that eligible employees can start taking paid leave. A listing of documents needed for each type of leave, as well as a benefits calculator, are available online. For example, a minimum wage employee who makes \$28,080 annually (\$540 weekly), will receive \$540 for one week of Paid Leave benefits. A median income employee earning \$67,058 annually (\$1,289.50 weekly) would receive a \$1,057.44 weekly benefit. The program encourages eligible individuals to use the Frances Online portal to apply for Paid Leave Oregon benefits as it is the quickest and easiest option.

The Frances Online portal, a complete definition of a serious health condition, how contractors and self-employed individuals can choose coverage and more details are available at [paidleave.oregon.gov](http://paidleave.oregon.gov).

## Join or Lead a Group Walk During Steptember

STEP  
TEMBER

A Month of Walking Fun on Foot

Oregon Walks, sponsored by PBOT, is encouraging folks to enjoy the start of fall by going on and leading walks in their neighborhood during the month of September with their Steptember program. Walktober, Steptember’s predecessor, was developed as the “Pedalpalooza for walking,” and this year’s event is the next iteration of the idea.

Oregon Walks is an organization dedicated to promoting walking and making the conditions for walking safe, convenient and attractive throughout the state. They partner with community-based groups and organizations; advocate with partners for better laws, more sidewalks and signed crosswalks, education programs, community improvements

designed for pedestrians and increased funding to support these activities; and have a calendar of events that include not only walks but other walking-related events in the Portland area.

Some walks currently on their calendar are a Dementia Friendly Walking Group, BrooklynPDXScenes, that highlights some of the quirky aspects of the Brooklyn neighborhood and AARP NeighborWalks.

For those interested in leading a walk, Oregon Walks has suggestions for deciding what your walk will be about, tips for planning the route and advice for spreading the word. Check out [oregonwalks.org/steptember](http://oregonwalks.org/steptember) to find a walk to join, submit a walk and more.



## Two Neighborhood Greenway Projects Underway in SE

The Portland Bureau of Transportation (PBOT) is currently working on two neighborhood greenways that go through SE neighborhoods. The 70s Neighborhood Greenway is a new route between NE Sacramento and SE Flavel streets around the 70s avenues. Construction on the project is currently underway, continuing for the rest of the year, and will provide enhanced crossing treatments such as curb extensions, islands, rectangular rapid flashing beacons, cycle tracks and multi-use paths for pedestrians and bicyclists.

One of the key project elements is a major crossing improvement at SE 78th Ave. and SE Foster Blvd. The improvement will include two-way cycle track connection, curb extensions, new median islands and high-visibility crosswalk markings. The \$4.5 million project was funded by both federal funds and System Development Charges,

one-time fees paid by developers when they build something new that covers part of the cost of our transportation system.

The 60s Neighborhood Greenway is a north-south greenway that will connect destinations in South Tabor, Mt. Scott-Arletta and Foster-Powell neighborhoods and establish low-stress neighborhood streets that are great places to walk, roll, bike and play. The project is currently in the design phase with construction planned for this fall.

Features to be included are speed bumps and wayfinding signage; painted sharrows; improved visibility as needed at intersections by pulling on-street parking back from corners; and signage and striping improvements at certain intersections. Traffic diversion is not planned on this greenway due to low vehicle volumes. The project is paid for by Fixing Our Streets, Portland's gas tax and heavy vehicle use tax.

## \$80k Available for Civics Education

The Oregon State Capitol Foundation (OSCF) is accepting applications for a third round of the Civics Education Initiative (CEI) program. OSCF established this initiative "to fund programs that educate adults and students about Oregon's legislative process, state and local budgets, public administrative processes, governmental history and the essential importance of citizen involvement in all phases of public policy decision-making." The initiative will award organizations with existing or aspiring civics education projects and programs that teach the value of civic engagement and expand appreciation for Oregon's state and local government. Applications must be received no later than September 30.

In early 2022, the nonprofit funded programs for the Oregon Alliance of YMCAs, Classroom Law Project and League of Women Voters of Oregon, amounting to \$24,000. Later that year, six applicants received a collective \$50,000, including the Young Leaders Program, Healthy Democracy and Foundations for a Better Oregon. OSCF will award as much as \$80,000 to successful applicants for the 2023-24 CEI program.

In Spring 2023, the League of Women Voters of Oregon held Mock Elections for middle and high school students. Gretta Descamp of Kellogg Middle School said, "Thank you so much for including me in this process! It was a lot of fun, and I'd love to be included again in the future.

It was great to participate for many reasons, and it also helped me research and prepare my own vote!" Jefferson High School student Luke Griffin said, "I utilized material to create a couple of lessons focused on historical voter suppression, current voter suppression, and how Oregon is trying to expand voting. I also added my own information about political parties, an easy way to determine how to vote for politicians and ballots, and types of taxes which fund programs."

Eligible programs and proposals for the 2023-24 CEI program will expand civics education classroom and extracurricular activities; provide experiences for Oregonians to learn about Oregon's government; inspire civic engagement and public service; support travel costs for groups to visit the Oregon State Capitol; share the history of our Capitol and local and state governments; tell the stories of Oregonians who made a difference in Oregon's civic life; or support research or advanced study of significant public policy topics.

Following the September 30 application deadline, the OSCF Education Committee will evaluate applications and make a final award decision at their December meeting. Selected awardees must sign their Award Agreement and supply a program status report halfway through the program as well as a final report once they've completed their program. To apply to or learn more about the Civics Education Initiative, visit [bit.ly/CEIprogram](http://bit.ly/CEIprogram).

## Tips for Watering Wisely

Portland Water Efficiency Services offers tips to stop being "irrigated" by water waste. Residents are encouraged to water wisely by using water-efficient technologies that help save money and reduce water waste.

If you water your landscape with hoses, there are devices that can help you water more efficiently. Soaker hoses are a cheap alternative to drip irrigation systems for watering shrubs and bushes. They release water to plants through thousands of tiny pores that drip water slowly and evenly at low pressure.

Portable sprinklers with rotor action lay down water at a slower rate than those with a constant spray pattern. By applying water at a slower rate, there is more time for the water to be absorbed into the soil instead of running off. Those that water low to the ground will prevent misting and evaporation into the air. Hose timers for manual sprinklers allow you to set the start time and duration of the watering session. Battery-operated, electric or wind-up timers are all available, typically attaching to the hose bib.

Drip irrigation is one of the most efficient ways to water plants, shrubs, vegetable gardens and outdoor container plants. With drip irrigation, water works its way slowly into the soil and goes directly to the roots of the plant, keeping evaporation to a minimum. It is ideal for clay soils, where adding too much water too quickly can result in puddles and runoff.

Most garden centers carry drip irrigation kits or components with either drippers/emitters, bubblers or microsprayer heads. A drip watering system needs low water pressure to work properly, which can be done with a pressure regulator. To avoid over watering, installing a timer on the hose bib is recommended. With



regular maintenance, a drip system can be very efficient and help you save water.

For those who have in-ground irrigation systems, consider replacing clock timer controllers with a WaterSense-labeled smart controller. Smart controllers act like a thermostat for your irrigation system. Instead of watering at specified times, they can adjust watering schedules based on local weather or soil conditions. Portland Water Bureau customers who install an approved WaterSense-labeled irrigation controller are eligible for rebates up to \$100 for residential accounts and up to \$500 for commercial or multifamily accounts.

A new smart controller must be programmed carefully and wired correctly to achieve water savings. If you'd rather hire a professional than doing it yourself, the EPA's WaterSense program certifies irrigation professionals who practice water-efficient techniques.

Another way to reduce water waste is by reducing the pressure. In most homes, wa-

ter pressure is 40-80 pounds per square inch (psi), yet most pop up sprinklers are designed to operate at 30 psi. If your irrigation pressure is too high, consider lowering it to reduce misting and runoff. WaterSense-labeled sprinkler bodies can be used at each sprinkler or pressure regulators, either near each system valve or for the whole system.

Multi-stream rotating sprinklers are another option. These sprinklers have thin, rotating streams that apply water to a landscape more slowly and evenly. This allows the soil more time to absorb water, resulting in less water runoff from sloped landscapes.

Water Efficiency Services also offers a Weekly Watering Number email/text messages system based on your zip code. Sign up to receive the weekly updates, issued through mid-October, and take the guesswork out of watering.

To sign up for the Weekly Watering Number notifications, find links to rebates and a list of certified irrigation professionals, visit [bit.ly/WaterWiselyPDX](http://bit.ly/WaterWiselyPDX).

## SEPTEMBER EVENTS

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

**WORLD PARK(ING) DAY ON HAWTHORNE** – Celebrate World PARK(ing) Day Friday, September 15 at SE 37th Ave. and SE Hawthorne Blvd. Parking spaces will be turned into parklets, making public gathering spaces, and envisioning what might be possible for a community plaza in the heart of Hawthorne. More at [s2c2pdx.org](http://s2c2pdx.org).

**ROSH HASHANA** – In honor of Rosh Hashana, Chabad of Northeast Portland invites you to gather with neighbors and friends for the 10th annual Shofar in the Park Sunday, September 17, 4:30 pm. Mark the Jewish new year with meaning and melody at Wilshire Park, 4116 NE 33rd Ave. More at [jewishnortheast.com/shofarpark](http://jewishnortheast.com/shofarpark).

**LWV PANEL DISCUSSION** – The League of Women Voters of Portland (LWV) presents the panel discussion "Portland is Changing! Charter Implementation Successes and Challenges" Tuesday, September 19, 7-8:30 pm. The panel will discuss the work that is being done in preparation for the change in Portland's government and election system coming in 2025. Speakers' names and bios, along with instructions for attending the online event at [lwvpdx.org](http://lwvpdx.org). Register by September 18, 8 pm to attend.

**INTERNATIONAL PEACE DAY** – Thursday, September 21, 3-7 pm, celebrate International Peace Day at SE 50th Ave. and SE Hawthorne Blvd. Hosted speakers and performers from the Ukrainian community will help to raise awareness about what is happening in their country and elevate calls for humanitarian support. Additional details at [s2c2pdx.org](http://s2c2pdx.org).





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# Founding Member of the Gay Liberation Front Writes Memoir to Inspire Future Activism

By Daniel Perez-Crouse

*We Set the Night on Fire: Igniting the Gay Revolution* is a memoir by Martha Shelley, one of the founding members of the Gay Liberation Front. It recounts her upbringing as the daughter of Jewish refugees in New York City and charts her development as an activist through the 1960s and '70s.

“To be honest, in some ways, I was a young brat. And there are things I regret. Times I was not nice to people. But there’s a saying that nice girls don’t make history,” said Shelley. Some of the history she made was organizing the first gay march in response to the Stonewall Riots of 1969, taking a central role in the Lavender Menace action and so much more.

When she recounted an instance of being thanked for all she’d done, she said, “I had a ball. Nobody shot me, I didn’t get thrown in jail, I didn’t get thrown in a psyche ward and given electroshock therapy, which they did to a lot of gay people. I had a blast and I’m still here. There’s no need to thank me.”

In addition to providing insight into her life and development, the book recounts the history and culture surrounding her. Shelley wanted to focus on the economy in particular. “My father brought home \$70 a week take-home pay. And he was able to support a family with that. Our purchasing power and economy have gone down. That means a lot. I was able to live in a little slum apartment and work three days a week and spend my time being an activist. That had a lot to do with the economy. So what are people going to do now? How do we deal with those individuals in this country who own as much wealth as half the population?”

This leads to one of the main purposes of the memoir: “I’m hoping what it does is inspire the younger generation to tackle problems that are facing us today. Specifically, climate change and economic inequality.” And Shelley said that if she were young and looking for a cause in today’s world she’d, “focus first on climate change. If we don’t have that, we won’t have a world. Nothing else we fight for is going to matter, because we’ll be dead.” From there, she says people should focus on one thing that



is impacting them, their families and neighbors the most, and use that to guide them.

As a means of inspiration, she references the gay revolution and its success. “Before Stonewall, there was only a handful of people who were ‘out’ in public across the nation. We were scared and in the closet. Then what happened is those handful led little organizations - pleading to be part of the American middle class. To be accepted into the mainstream. And some of us, including me, didn’t give a rat’s patootie about the mainstream. I was against the way things were. People need to have the guts to get out and fight, or we are all going to fry.”

Shelley also noted what helped make a difference with the gay liberation front was how they united amongst groups with singular goals. “We focused on our issues, but we also aligned with the other groups. And that made the difference. That’s why Stonewall wasn’t just a riot and then went away. We organized afterward. We made alliances and got

the radicals on our side. When we got the radicals on our side, then the liberals moved in. Finally, it gets to the point where someone like Dick Chaney comes out in favor of gay marriage because his daughter is gay.”

Someone recently asked Shelly how she would like to be remembered. “I don’t care,” she said. “What matters is what can I do today to help make it a better world. What can I do to help my neighbors and friends and the world in general? That’s all. When I’m dead, I won’t care. Unless there’s an afterlife, in which case I have some requests...”

Shelly has a long career of writing. She’s written poetry and articles, published novels and posts on her blog. She said that the memoir was a “joy” to do. Moreover, her wife, Sylvia Allen, helped edit the book and is a writer herself. They both currently live in Portland.

To purchase the book, visit [bit.ly/WStNoF](http://bit.ly/WStNoF) and for additional works by Shelley, visit [ebisupublications.com](http://ebisupublications.com).

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## Clinton Street Fair Returns

After a three-year hiatus, the Clinton Street Fair returns with a live music stage, DJs, vendors, sidewalk sales and more Saturday, September 16, 10 am-5 pm. The fair will be centered on the intersection of SE 26th Ave. and Clinton St., with a stage in front of the historic Clinton Street Theater and vendor booths along SE 26th and SE 25th Aves.

Known for its music, the street fair will have Pete Krebs and the Catnip Brothers (12 pm), The Montgomery Wards (1:30 pm), The Rocky Cabaret Presents the Time Warp (2:30 pm), Desir (3 pm) and DJ Couches aka Chris Suslanrenko (3:45 pm). The Jeremy Wilson Foundation, which helps members of the music community in times of medical crisis, is their non-profit partner.

Check out the Facebook event, [bit.ly/ClintonStreetFair](https://bit.ly/ClintonStreetFair), for updates. Email organizer Anne Marie DiStefano with questions at [amdistefano@gmail.com](mailto:amdistefano@gmail.com).

## PDX Recovery Film Festival

Bridges to Change, a non-profit organization dedicated to helping the community access critical mental health, addiction treatment and housing services, hosts their third annual PDX Recovery Film Festival Sunday, October 1 at Revolution Hall, 1300 SE Stark St. The annual event showcases winning short films that promote awareness of addiction, mental health issues and homelessness in a creative and impactful way.

The event to supports Bridges to Change’s mission to provide housing to those who need it most, support recovery through the lens of lived experience, promote well being through behavioral health services and advocate for those the systems have ignored. Hosted on the heels of September’s Recovery Month, the festival provides attendees with an afternoon of entertainment that also increases visibility of the experience of homelessness, recovery and mental health that may otherwise be minimized in popular media.

A red carpet pre-event takes place at 1 pm. Doors for the festival open at 2 pm with films starting at 3 pm. Due to the nature of the content, the festival is recommended for ages 18 and older. Tickets for the event and pre-event at [pdxrecoveryfilmfestival.com](https://pdxrecoveryfilmfestival.com).

ALBERTA ROSE THEATRE

SEPTEMBER 2023

1 NINA SIMONE tribute  
I PUT A SPELL ON YOU  
LaRhonda Steele and  
the Adrian Martin Sextet

2 10th annual  
3 MONTAVILLA JAZZ FESTIVAL

4 THE DEAD DAISIES  
THE BLACK MOODS

6 The Arcadian Wild

7 DAPPERLESQUE

8 ROSE CITY  
9 CIRCUS presents  
CIRCLES & LINES  
with THREE FOR SILVER

10 CANDLELIGHT  
Vivaldi's Four Seasons

11 TAIMANE

12 NOSFERATU  
classic horror movie w/  
live soundtrack from  
INVINCIBLE CZARS

13 CANDLELIGHT  
Taylor Swift tribute

15 DREAMS  
16 night of FLEETWOOD MAC  
+ all things STEVIE  
feat. GLITTERFOX and  
ACOUSTIC MINDS

17 TONY STARLIGHT SHOW  
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seeing the big picture : how  
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21 LOUIS MICHOT

22 OREGON BURLESQUE  
FESTIVAL

23

24 TRACY GRAMMER

25 PRINCE AGAIN  
a tribute to PRINCE

26 MASTERS OF HAWAIIAN MUSIC  
George Kahumoku Jr  
Led Kaapana - Jeff Peterson

29 THE SALTY SIBLINGS  
the HARVEST HOOTENANNY

30 LED ZEPPELIN tribute  
FOOL IN THE RAIN  
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## Two Local Choruses Seek Singers

Fall may mean back to school for some, while for two local choruses it means time to get back to work and they are both looking for new voices to join them. People of all ages and experience levels are invited to bring their love of singing to Aurora Chorus and Satori Men’s Chorus.

Since 1992, Aurora Chorus has honored the strength and beauty of women’s lives through the art of choral singing. The non-auditioned choir is currently looking for singers. Any self-identifying woman who shares a love of singing and the Chorus’ mission of inspiring and reflecting the universal yearning for peace is welcome. Their singers are a variety of ages, come from various walks of life and have varying musical skill levels.

The Chorus has three concert terms per season: Fall (September-December), International Women’s Day (January-March) and Spring (March-June). Rehearsals take place Thursday evenings, 7-9:15 pm, at PSU’s Cramer Hall room 453, beginning September 14. Singing in the Chorus requires the ability to match pitch, attend most rehearsals, memorize music and pay fees. The groups is composed of about 50 singers from the Portland/Vancouver metro area.

In an atmosphere of personal growth and cooperation, the Chorus is proud to provide both novice and experienced singers with a space for developing a love of singing into an understanding and appreciation of choral technique, healthy vocal production, musical expression and musical literacy. The repertoire crosses centuries, continents, cultures and languages, leaning toward contemporary composers and arrangements of contemporary singer/songwriters. The programming is woven together through the themes of compassion, justice, women’s empowerment and peace for all people and all of life.

Visit [aurorachorus.org](https://aurorachorus.org) for more information. Those with questions or an interest to join can submit their information through the website’s Contact Us page.

What’s an option in the Portland area for those who love to sing and want an outlet to belt out music from Broadway, the Great American Songbook, classical pieces, gospel and current pop music? The answer is Satori Men’s Chorus and they’re looking for some fresh voices to join them.

Some Satori members have been singing for many years. Others are returning to what they loved at an earlier time. Maybe it’s time you returned to the joy of making music, as well. Satori Men’s Chorus is a non-auditioned, multi-level choral group where all ages and musical abilities come together for the opportunity to grow as musicians and enjoy friendship and harmony. Membership in Satori Men’s Chorus is open to anyone who sings in the tenor, baritone or bass registers, regardless of sex or gender identity. Reading music is not required as they use practice tracks to help learn the music.

When the chorus started in 1993, it was a time when political issues affecting people’s personal lives in Oregon were very divisive. The founders of Satori Men’s Chorus offered a peaceful alternative. The dream was to establish a place where men could come together and sing, and, in doing so, encourage a cohesiveness and strength that seemed to be missing in their world. Out of this came Satori’s mission of “Men Singing Peace.” With dedication and passion, Satori Men’s Chorus still encourages that mission, which means just as much now as it did then.

They perform at least three concerts each season. The Winter-time concert will be Saturday, November 18, 7:30 pm at Unity of Portland, with the specific dates for the Liberty (March) and Fun in the Sun (June) concerts TBD.

For information on joining, visit [satorichorus.org](https://satorichorus.org) and attend one of the season’s first three rehearsals, taking place Wednesdays in September (6th, 13th and 20th), 7 pm at their rehearsal space, Unity of Portland (4525 SE Stark St.).

BETHANY PRATT & MICHAEL PRATT

SEPT 2023



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SEPT 1, 5-7PM



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Thursday-Sunday, 12-5pm

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## Sidestreet Arts Features the Pratts

This September Sidestreet Arts is delighted to feature the artwork of father and daughter duo Michael and Bethany Pratt. The Pratts have been a mainstay of the Portland scene, both as major supporters of the Portland art world, as well as renowned artists themselves.



“Genesis Series #14,” acrylic on paper in black frame, 18” x 24” by Michael Pratt

Michael’s work is composed of paintings and mixed-media sculptures. His paintings are thematically abstract and characterized by a sense of spontaneous composition, tonal balance and harmony. Michael’s sculptures are a series of small, fantasy-driven dioramas with the crow as the central theme. His career in ceramics (both pottery and tile making) and painting spans 50 years, with numerous shows in Oregon and Washington.



“Wren,” mixed media , 14” x 7.5” by Bethany Pratt

When looking at Bethany’s sculptural wire-work you can very much see her many years as a jewelry maker. Bethany takes wire and knits, welds and manipulates it into miniature human armatures. As a lover of antique dolls, these works are her take on a classic doll and doll clothes. The high level of detail found in her work gives every piece a personality. Accordingly, each one is given a human name by Bethany. Her love of the Day of the Dead and animals is also evident in her work.

See the Pratts’ work at Sidestreet Arts, 140 SE 28th Ave., Thursday-Sunday 12-5 pm through Sunday, October 1. Find them online anytime at [sidestreetarts.com](https://sidestreetarts.com)



AE

Arts & Entertainment

### Anne Weiss Offers Music Classes

Anne Weiss is known for her enormous bluesy voice, great guitar chops and striking stage performance. As a teacher, she offers everything from private lessons in guitar and voice to community college courses, blues workshops and community choirs.

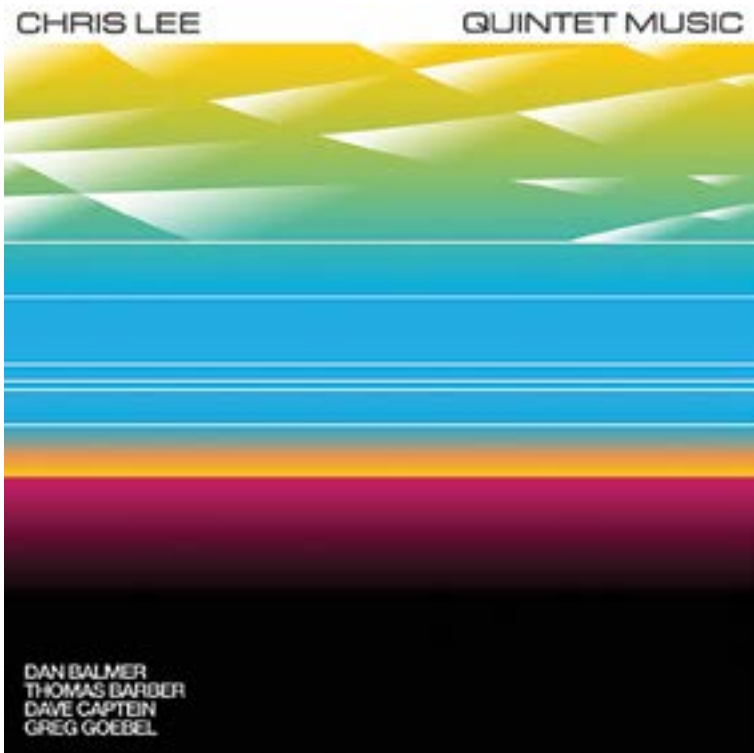
Starting in September she has three class series in SE Portland near East Mt. Tabor/Montavilla. Everyone Welcome Community Choir runs Tuesdays, 11 am-12:30 pm, September 5-October 3. It's a non-audition singing class and choir rolled into one where the number one reason for returning is fun. Instead of choral music, the choir uses songs from around the world including African, folk, gospel, Balkan, rounds, Hebrew and reggae. It focuses on pitch, breath, harmony and rhythm. Any skill level and all ages are welcome. \$120 for all five weeks or \$30/drop in.

For new guitarists there is Beginner Blues Guitar Wednesdays 10-10:50 am September 6-October 4. All that's required is that students know how to play C, D, E, G, A and B7. Come tuned and ready to work on a number of different styles, patterns, rhythms and songs. For those who know the basics, Intermediate Blues Guitar is Wednesdays, September 6-October 4, 11-11:50 am. The class will cover piedmont, Chicago and delta blues styles, licks and tricks and new material to help students progress.

Each guitar class is \$120 for the full five weeks or \$25/drop in or take both for just \$200. Additional information and registration at [anneweiss.com/classes](http://anneweiss.com/classes).

Arts events, livestreams and fun news? Email your press releases and images to: [goingout@seportland.news](mailto:goingout@seportland.news)

### PJCE Album Release From Chris Lee



Portland-based jazz drummer and composer Chris Lee, a long-standing veteran of the local jazz scene known for his creativity and musicality, releases his debut album, *Quintet Music*, Friday, September 15. The album features Lee on drums, Dan Balmer on guitar, Greg Goebel on piano, Thomas Barber on trumpet and Dave Captein on bass. The debut album is composed entirely of Lee's original compositions and explores a wide range of emotions and textures.

"Besides being a drummer and vibist, I've always written music. I'm not a terribly prolific composer but over the years I've managed to put together a fair body of work. So when the opportunity arose, I had a backlog of pieces I'd wanted to record and decided a quintet (trumpet, guitar, piano, bass and drums) would serve this music particularly well. I knew I wanted Dan on guitar and Dave on bass, and was fortunate to get both Greg and Tom, who both fit perfectly. Dan and I had our first band together as teenagers. Dave and I went to the same grade school, but didn't play together until later when we formed a trio with Dan," said Lee

The album opens with "Can He Wheel Her?," a cheeky nod to the great trumpet player and composer Kenny Wheeler, who often had punny titles. It opens with a reflective, rubato piano intro and shifts to a driving rhythmic tune with clever rhythmic hits. Barber's melodic statement perfectly captures the essence of Wheeler and his harmonic support and timbre have undertones of a John Abercrombie influence. The opening track clearly states that the players and the vibe are the real deal and they're not going to be bashful about that.

The album, which comes in at just under an hour in length, finishes with "(A Little) Travelin' Music." It's a little ditty that came to Lee as he was heading out on a tour, a swinging piece that captures the camaraderie the musicians have shared for decades.

In sum, this album exhibits technical mastery from each musician and powerful compositions from Lee. It exemplifies the best of what PJCE Records has to offer: compelling original music played by master musicians from Portland.

Pre-orders of both the digital album and CD, \$7 and \$10 respectively, are currently available at [pjce.bandcamp.com/album/quintet-music](http://pjce.bandcamp.com/album/quintet-music).

### BLUE FIRE World Premiere

"BLUE FIRE" by Antero Alli makes its world premiere Thursday, September 21, 7 pm at the Clinton Street Theater (CST), 2522 SE Clinton St. The film follows an elite A.I. coder that faces a collision between the algorithms of the VR worlds he's creating and the archetypal dimension of the greater Collective Unconscious. He finds solace in a rural farm house he rents from a professor of psychology who lives next door with a student he mentors on her dreams. Over two days, the dreams of all three impact their daily discourse in unexpected ways, unhinging their lives through a vortex of a greater reality. "BLUE FIRE" spins the controversial A.I. phenomena beyond the consensus narrative of destroying the world versus saving the world toward a radical vision of the future.

The premiere is a benefit for CST and advance tickets (\$10) can be purchased at [cstpdxtickets.square.site](http://cstpdxtickets.square.site).

### PDX Jazz Festival Performance

A new date for the Charlie Musselwhite + Curtis Salgado show from the Portland Jazz Festival has been announced and tickets are on sale at [pdxjazz.org](http://pdxjazz.org). Thursday, September 14, 8 pm, the rescheduled show takes place at Revolution Hall, 1300 SE Stark St. Doors open at 6:30 pm, with "Talkin' Blues" conversation with Ashley Kahn at 7 pm.

Musselwhite's 50 years of non-stop touring, performing and recording have reaped huge rewards and he's proof that great music only gets better with age. With more than 20 albums under his belt, he is at the top of his game, a revered elder statesman of the blues nowhere near ready to hang up his harps. His depth of expression as a singer and an instrumentalist is unexcelled and only continues to grow deeper.

Award-winning vocalist, instrumentalist and songwriter Salgado is revered worldwide for his ability to wring every ounce of soul out of every song he performs. Famed not only for his powerhouse live shows, but also his 10 previous albums and passionate and insightful original shows. After 40 years of recording, performing, touring and songwriting, Salgado is back with "Damage Control," his first full band album in four years and packed with fresh, original material.

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Alfred Chandler Chair of Political Economy, Johns Hopkins University  
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OCTOBER 24 / LIXIN COLIN XU

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There is a cartoon showing a straight line with an arrow and the caption says, “How we think life should be.” Next to it is a tangle of lines and loops with an arrow and the caption reads, “How life really is.” In other words, life is not a linear process with milestones that everyone accomplishes neatly and on time. To navigate the ups and downs, acceptance becomes a superpower that opens doors to a more joyful and fulfilling existence. While it’s easy to get caught up in the pursuit of perfection, embracing acceptance offers us a delightful alternative.

Let's face it, life rarely goes according to plan. We might strive for flawless achievements and pristine outcomes, but deep down, we know that perfection is a moving target. Acceptance provides a refreshing perspective, reminding us that life's quirks and imperfections can bring joy and growth. By embracing acceptance, we can navigate through life with a smile and a lightness of being.

Humor is a powerful tool in acceptance. When we learn to laugh at our own foibles and mistakes, we release the burden of self-judgment. Remember that time you tripped over your own feet in a crowded room? Instead

of drowning in embarrassment, embrace the moment, share a laugh and move on. Acceptance allows us to see the humor in our imperfections, providing a refreshing break from the pressure of appearing flawless.

One of the key facets of acceptance is relinquishing the need for total control. Life has a way of throwing curveballs when we least expect it, and attempting to control every aspect is an exhausting endeavor. Embrace the art of surrender, marveling at life's unpredictability. Allow the river of life to take its course, going with the flow instead of fighting against the current. In the grand scheme of things, releasing control can free us from unnecessary stress and grant us the space to breathe and enjoy the journey.

Change is inevitable, whether we like it or not. By resisting change, we often find ourselves stuck in a never-ending struggle. Consider how technology has transformed our lives; accepting and adapting to these changes allows us to reap their benefits. Embrace the unfamiliar, embrace the unknown and embrace change. Remember, we are a “work in progress” ideally growing and evolving until our last breath.

Acceptance extends beyond ourselves; it encompasses embracing the diversity of the world around us. Each person is unique, with their own idiosyncrasies and perspectives. Instead of judging or trying to change others to fit our expectations, let's celebrate their individuality. Embrace the beauty of diverse opinions, cultures and personalities. Embracing others for who they are nourishes meaningful connections and widens our horizons.

Finally, acceptance allows us to find peace within ourselves. It's about accepting who we are in this very moment, flaws and all. Self-acceptance means forgiving ourselves for past mistakes, being kind to ourselves in the present and trusting in our potential for growth. By accepting ourselves unconditionally, we create a solid foundation for happiness, confidence and personal fulfillment.

When we open our hearts and minds to acceptance, we embark on a journey of liberation. By embracing the messiness, imperfections and unpredictability of life, we can transform our outlook and live with greater joy and contentment. So, if you can, release your grip on idealistic expectations and, with a twinkle in your eyes, embrace the magic that lies within acceptance. Whether it's laughing at ourselves, letting go of control, embracing change, accepting others or finding peace within, the benefits of acceptance are endless.

What are you resisting that would benefit from acceptance? What are you clinging to that would give you more freedom by loosening your grip? I'd love to hear how this practice worked for you.

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NN

Neighborhood Notes

**HAND**  
**By Jill Riebesehl**

In a brief August meeting, the Hosford Abernethy Neighborhood Association (HAND) Board voted to approve a Good Neighbor Agreement that includes the Brooklyn Action Corps, Central Eastside Industrial Council and the city in regards to the new shelter site on Gideon managed by Urban Alchemy. Representatives had been meeting for weeks to figure out what it would take for the community to feel comfortable with the Clinton Triangle Temporary Alternative Shelter Site (Clinton TASS). It is hoped the GNA will be a template for subsequent sites throughout the city. It is not a code of conduct, but more a statement saying what the city is willing to give in exchange for inconvenience to residents. It is understood to be a work in progress.

At HAND’s next meeting, Tuesday, September 19, 7 pm at St. Philip Neri, the Board and HAND neighbors will flesh out how a Clinton Triangle Oversight Committee will operate. See the HAND website, [handpdx.org](http://handpdx.org), to read the agreement (a work in progress) and for additional meeting details.

**Montavilla Neighborhood Association**  
**By Louise Hoff**

The 10th Montavilla Jazz Festival is September 1-3. Musicians will be performing in various venues, including Metroarts, 1905 and Rose Theaters and Mt. Tabor amphitheater, which has been their inspiration for new compositions. Check out the program and get tickets on their website, [montavillajazz.org](http://montavillajazz.org), and read about all that they create in our community.

The Montavilla Street Fair was a great success with a huge turnout. Montavilla is becoming a hub for great Portland food as we become home to more restaurants, pubs and food carts. Food is also the main feature at the Montavilla Farmer’s Market every Sunday 10 am-2 pm on SE Stark St.

Montavilla was also the site of the annual International Jade District Festival at PCC. What a turnout...and once again featuring excellent food, as well as booths with crafts, plants, public information, art and ceramics. So many residents enjoyed the sunshine, having lunch on the lawn or enjoying the booths while children were running through sprinklers and eating snow cones.

Berrydale Park was filled with children and families for a pizza party on August 22 to kick off the new school year at Clark School. Leaves are getting crinkly and beginning to turn, spider webs are appearing in the yard and other early signs of fall are here.

Many curbs were updated this summer and we have more lighting along NE Glisan St. A new priority is safety and additional crosswalks along the street.

Montavilla Neighborhood Association had a public meeting at the Robot Room on August 23 and hopes to have another meeting with neighbors soon, both to discuss issues impacting our neighborhood and to learn more about the association and the role we play in our city government. A great opportunity to consider is joining us on the board! Board elections are in October.

Our next board meeting is Monday, September 11, 6:30 pm via Zoom. The public can attend but not participate. Find information on attending at [montavilla.org](http://montavilla.org).

**Mt. Tabor Neighborhood Association**  
**By David Petrozzi**

MTNA hosted our regular monthly meeting August 16 via Zoom. Neighborhood safety was the central topic of our agenda, featuring city officials from the Mayor’s Office, Portland Fire & Rescue, Portland Parks and Recreation, the Homelessness and Urban Camping Impact Reduction Program and the 311 Communications Coordinator. Neighbors were invited to ask any question they desired on the topic of safety, and a highly informational roundtable discussion ensued with special attention to community resources available for reporting issues and addressing problems, including the city’s new 311 phone service, as well as the PDX Reporter app.

Make your voice heard and work to create an even better Mount Tabor! Bring your ideas and questions to our next monthly meeting, which will be held Wednesday, September 19 via Zoom. Please find links for this and all of our meetings, under the “Meetings and Events” tab of our website, [mttaborpdx.org](http://mttaborpdx.org).

**Richmond Neighborhood Association**  
**By Allen Field**

The Richmond Neighborhood Association (RNA) held its monthly meeting August 14. Meetings are the second Monday of the month, 7-9 pm, except January. Meetings are now held in-person at Central Christian Church, 1844 SE Cesar E. Chavez Blvd.; people can also participate via Zoom. The link to pre-register for Zoom is on the agenda, which is posted to [richmondpx.org](http://richmondpx.org) and the RNA Announce listserv. To be added to the listserv, email [richmondnasecretary@gmail.com](mailto:richmondnasecretary@gmail.com).

James Crooker, the new Commander for East Precinct, Portland Police Bureau, discussed the challenges in addressing various crime issues and progress he hopes to make. There was extensive Q&A. He hopes to have Neighborhood Response Team officers attend more RNA meetings to interact with neighbors more frequently about crime and safety issues.

Rob Galanakis requested the Board to sign onto a letter expanding a Cesar Chavez Rose Lane project. The Board stated it needed more information on the project, particularly from PBOT, and wanted to see much more community outreach and input before recommending major, and likely very controversial, traffic changes on Chavez. The Board instead voted to send a letter to PBOT requesting information on the Rose Lane project and on traffic calming approaches, and to invite a PBOT representative to attend an RNA meeting.

Heidi Barth and Ann Clack described history and current programs of the Van Veen Heritage Garden ([vanveennursery.com](http://vanveennursery.com)) to spread information and awareness of the garden, located at SE 42nd Ave. and Franklin St.

The next RNA meeting is Monday, August 14. Everyone is welcome. Come and check out a meeting and learn about ways to get more involved in your community.

**South Tabor Neighborhood Association**  
**By Cathy Kudlick**

With summer winding down and school starting up, the STNA has been turning its attention to safety in South Tabor. At our August Board meeting we hosted three city officials—Lt. Israel Hill of the Portland Police Bureau’s East Precinct, Wendy Cawley of the Oregon Department of Transportation and Tova Peltz of the Portland Bureau of Transportation. Together we discussed the ongoing challenges that have led to

*continued on page 15*



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# Neighborhood Notes

from page 13

several recent traffic deaths along our stretch of SE Powell Blvd., including three deaths in a single street racing incident just two blocks away as we were leaving our July Board meeting .

Lt. Hill focused on efforts to combat the growing popularity of street racing throughout Portland and in particular along Powell west of 82nd Ave. He described this stretch as “a perfect racing street” because there are currently 13 blocks without a central median or signalized crossings.

Discussion turned to members’ impatience with the lack of progress on a TriMet-led pedestrian safety improvements project on Powell and Division that was funded in 2016 and originally scheduled for completion in 2019. This includes adding a number of signalized pedestrian crossings on Powell between the South Tabor and Foster-Powell neighborhoods. We discussed TriMet’s latest project update which shows it pushed back once again, with construction not starting until summer 2024.

Cawley and Peltz shared their agencies’ perspectives and pledged to see how they can expedite reviews and permitting, but ultimately, it’s up to TriMet to keep the project moving.

The convergence of disproportionate traffic mortality rates (10 traffic deaths since 2019 occurring within one to two blocks of the planned crosswalks), the coming start of the school year (accompanied by new PPS boundaries that require students to cross busy SE Powell), and the apparent lack of urgency felt by TriMet to advance this project have inspired frustration and calls for action. If you are impacted by this issue, you can submit public testimony to the TriMet board by email, virtually, or in person at their September meeting ([trimet.org/meetings/board](https://trimet.org/meetings/board)).

Our next meeting, like all our meetings, will be in person and open to the public. It will be held on Thursday, September 21, 7 pm at All-City Church on SE 67th between Clinton and Taggart streets. Representatives from Portland’s Safe Streets Program will lead a workshop and answer questions. Join us to improve our neighborhood and meet your neighbors!

## Sunnyside Neighborhood Association By Gloria Jacobs

Hi neighbors! I hope you all managed to stay cool during this oppressively hot weather and had a restful summer.

Earlier this summer, librarian Jeanie Diaz was killed by a drunk driver who struck her as she was waiting for a bus on SE Cesar Chavez Blvd. With four lanes of traffic, vehicles traveling at a high speed and narrow sidewalks, this area of Cesar Chavez is extremely dangerous. PBOT has identified a stretch of Cesar Chavez (from I-84 to SE Stark St.) to receive a Rose Lane—a dedicated bus lane—in each direction. Rose Lanes not only reduce delays for bus routes, they keep cars and trucks from driving continuously on the outer two lanes of the road. Cars and trucks can enter the Rose Lane only when turning right onto a neighborhood street. At the August board meeting, we discussed a letter to PBOT that asks for an extension of the Rose Lane south to Division or Powell. The letter can be read in full on [Sunnysideportland.org](https://sunnysideportland.org). At our Thursday, September 14 General Meeting, we hope to get your feedback on the specific traffic calming and safety measures PBOT should implement along Cesar Chavez.

The SNA will staff a table at the Belmont Street Fair. Stop by Saturday, September 9 and introduce yourself.

We have a lot planned for our September 14 General Meeting. Continuing the theme of pedestrian safety and traffic calming, both State Rep. Rob Nosse and (hopefully) Jonathan Maus at Bike Portland will share their ideas (and listen to ours) on how we can advocate for, and get, safer streets. Rep. Nosse will also give us an overall update on his work in the legislature, touching on housing, homelessness, addiction treatment and behavioral health issues. Come join us for the meeting, 7-8:30 pm, at SE Uplift (3534 SE Main St.). The agenda will be on the website, [sunnysideportland.org](https://sunnysideportland.org), a few days before. There is no SNACC or LUTC meeting this month.



# Business Association Notes

## 82nd Avenue Business Association By Nancy Chapin

We still have roses available for more rose gardens and the bushes are getting tired of waiting for new homes. Please let us know if a business or location on 82nd Ave. may have room for three, or up to nine, beautiful rose bushes.

The Around the World in 82 Dishes planning team is at work now getting ready for this mid-fall event. If your restaurant or cart wants to be involved let us know!

Contact [82ndaveba@gmail.com](mailto:82ndaveba@gmail.com).

## Hawthorne Blvd. Business Association By Nancy Chapin

Greetings from the Hawthorne District! It has been a great summer, although a bit too hot at times, and now we are looking forward to the celebrations and opportunities that fall and winter bring with ongoing monthly events and specific celebrations. There will be more last Friday get togethers up and down the Boulevard. The second Saturday of each month, 10 am-Noon, cleanups are still happening, starting at your place or at Dairy Hill Ice Cream on SE 36th Ave.

The International Peace Day Celebration will be at SE 50th Ave. and SE Hawthorne Blvd. Thursday, September 21, 3-7 pm, Find out more at [s2c2pdx.org](https://s2c2pdx.org).

We are already looking forward to Halloween, fall colors, planning for the winter holidays and more! The annual tree lighting event will be held Sunday, December 3. Stay tuned for more details.

If you would like to be on our Hawthorne News list or on an event planning team, please contact [administrator@hawthorneblvd.com](mailto:administrator@hawthorneblvd.com).

## Foster Area Business Association By Jeff Lynott

The Foster Area Business Association (FABA) is hosting their end-of-summer business mixer Thursday, September 7, 6:30-8:30 pm. The location is still to be determined; follow us at [fosterarea.com/events](https://fosterarea.com/events) to learn more.

FABA is also working on their fall lineup of “Discover Foster” tours; these tours are a great opportunity to learn about Foster’s history and get to know some of the businesses that make the district so great. All tours will be listed on our website and FABA’s Eventbrite page [tinyurl.com/yr8a48zc](https://tinyurl.com/yr8a48zc). If you are interested in getting involved with FABA, please email [fosterarea@gmail.com](mailto:fosterarea@gmail.com).

from page 1

and planning process at the same time as Cleveland.

In addition to the modernization work, the PPS Bond program has performed health and safety improvement projects that have upgraded every aging school in the district with water quality, security upgrades, new roofs, asbestos, radon and lead paint stabilization, new fire alarms and sprinklers, ADA improvements and seismic retrofits. This work is vital to our city because most PPS schools were built before WW2.

Cleveland High School was originally founded in 1916 on land that is now part of Portland State University. In 1929, a new three-story building was completed on its current location, replacing the Clinton Kelly School that was located there previously. Cleveland High was designed by architect George Jones, who had created a number of PPS schools. The concrete structure has a wire-brushed, stretcher-bond brick veneer with terra cotta ornament in a Classical Revival style. Art-Deco style ornamentation, characteristic of the time, was used inside the building. The existing building encompasses a total of approximately 254,200 square feet. The school’s property is spread across three parcels of land totaling just under 12 acres.

Planning and Design is set to begin in early fall of 2023 with the development of a Cleveland Comprehensive Plan. The Planning and Design phase will continue over the next two years.

# Community Liveability Grants

from page 1

area will contain a beer garden and food with rotating vendors, bike parking, two stages and covered seating. The parking lot to the north of the area will be used on weekends as a market space for vendors. The grant funds will contribute to construction costs, the majority of which comes from private funding. They hope to be open for a special grand opening event early this fall.

Literary Arts will be using their \$123,000 in grant money for the renovation of a new headquarters at 716 SE Grand Ave. When the community-based nonprofit, which works to engage readers, support writers and inspire the next generation with great literature, began, they had seven staff. Now with 18 staff (22 when they fill vacant positions), serving 75 percent more students, offering 70 adult writing classes and producing the Portland Regional Book Festival, their programming has exceeded their physical constraints, necessitating a new home. The space will establish a permanent home for the organization that includes new public cultural space. This month they will begin renovations with completion and move-in anticipated to take place Summer 2024.

Miracle Theatre Group, the Northwest’s premiere Hispanic Arts and Culture Organization, received \$15,900 for capital improvements. They will be using this grant to match with a grant received from Travel Portland to do improvements to sound, add a portable teak dance floor and install an exterior mural at their community gathering space, Zocalo. The goal is to have the improvements done for the opening of Season40 Hope, Courage & Resilience, which kicks off with *Worry Dolls* September 15.

Since 2006, Prosper Portland has awarded nearly \$14 million to 245 community livability projects across multiple neighborhoods and TIF districts. Prosper Portland Executive Director Kimberly Branam said, “Our investment in these community-serving projects demonstrates our commitment to the programs and initiatives of neighborhood districts that are vital to the city’s continued stabilization and growth. We’re so pleased to continue helping community organizations fulfill the aspirations of their neighborhoods and better serve diverse populations throughout the city with this year’s grants.”

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# THE CAPLENER GROUP


at Windermere Realty Trust

PORTLAND REAL ESTATE  
Southeast & Northeast Specialists  
(503) 232-4763 | thecaplenergroup.com


## Caplener Group Homes For Sale




**3127-3129 SE Belmont St.** **\$795,000**  
Live/Work Opportunity 2 BD, 2 BA  
1,901 Total Sq. Ft. + Commercial Space



**6535 SE Pine St.** **\$2,225,000**  
Lot #4: Mt. Tabor Modern 3 BD, 2.1 BA  
2,735 Total Sq. Ft.



**SOLD**  
**3403 SE 63rd Ave.** **\$460,700**  
1989 One-Level 3 BD, 2 BA  
1,222 Total Sq. Ft.



**PENDING**  
**6444 SE Stark St.** **\$1,295,000**  
1953 Mid-Century 4 BD, 3 BA  
4,790 Total Sq. Ft.



**SOLD**  
**3519 SE Yamhill St.** **\$750,000**  
1906 Craftsman 3 BD, 3 BA  
2,244 Total Sq. Ft.



**SOLD**  
**3022 SE Tibbetts** **\$575,000**  
1910 Bungalow 2 BD, 1 BA  
2,069 Total Sq. Ft.

Want to earn the most value for your home? We're your neighborhood listing experts. Call or email us today for a confidential market analysis. 503.232.4763 | thecaplenergroup@windermere.com

## Neighborhood Happenings:

Portland Oktoberfest  
pdxoktoberfest.com  
Pioneer Courthouse Square  
Friday, September 22–Saturday, September 23

Portland Oktoberfest invites locals and visitors to experience the fusion of German heritage and Oregonian flair. Enjoy German-style food, beer, costume contests, music and more! Visit their website for ticket information.

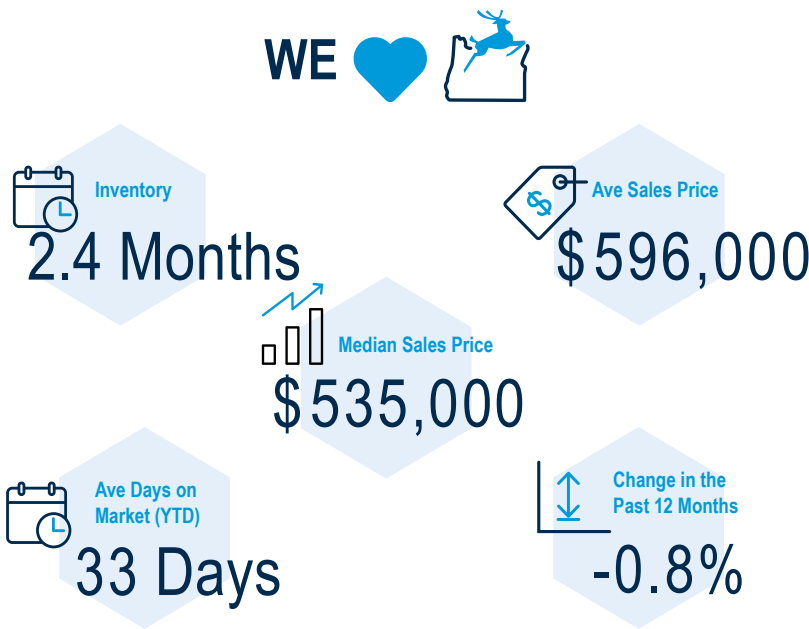
Belmont Street Fair  
belmontdistrict.org/belmont-street-fair  
September 9, 10 am-5 pm  
SE Belmont St.

Stretching from SE 33rd Ave. to César Chávez Blvd., the annual Belmont Street Fair is one of the largest-attended street fairs in Portland offering food, retail vendors, live performances and fun activities for folks of all ages!

Montavilla Farmers Market  
Thursdays on the Plaza  
July-September 4 pm-7 pm  
SE 79th Ave. & SE Stark St.

Running through the end of September, visit the Montavilla evening market on Thursdays for local fruits and veggies, and stick around for live music, beer or a frozen treat!

## HOW'S THE PORTLAND MARKET DOING?



**Windermere**  
REAL ESTATE  
WINDERMERE REALTY TRUST



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

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



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