



4511 SE Hawthorne Blvd. mid-demolition. Photo by Marshall Hammond.

Uncertain Future For Vacant Lot on SE Hawthorne Blvd.

By Marshall Hammond

A large empty lot and a chain link fence are nearly all that remain of a troubled complex of vacant medical offices at 4511 SE Hawthorne Blvd. after a demolition crew leveled the buildings between SE 45th and 46th avenues in early October. The fence surrounding the property may soon be gone, too, if Killian Pacific, the real estate developer that owns the property formerly known as Hawthorne Center, follows through on plans to remove it the first week of November.

The neighbors who live around the lot are concerned that if the fence comes down they'll experience problems similar to those that occurred when the property's last tenants moved out in mid-February and squatters quickly moved in to replace them. Fires were a regular occurrence, drug abuse was rampant, and in April a pit bull that had been let loose on the property squeezed through a fence and attacked a jogger, causing serious injuries.

The property became a common topic of conversation and consternation at neighborhood association meetings and

the Portland Environmental Management Office's (PEMO) problem solver meetings. After the dog attack, Ignacio Simon, chair of the Sunnyside Land Use and Transportation Committee for the Sunnyside Neighborhood Association, acted as an intermediary between the neighborhood, Killian Pacific and local government.

One of the first issues was the need for better fencing on the property. "We worked with [Killian Pacific] at the behest of the neighbors living around there to expand that fence all around the perimeter and for it to be flush with the perimeter to improve the situation. The encampments that formed around that building and sometimes inside that building were quite disruptive to the neighbors," said Simon.

Killian Pacific worked with PEMO to acquire short term permits to put up fencing on the public property surrounding the building. With those permits expiring, Killian Pacific plans to remove the fencing the first week of November, according to Chelsea Rooklyn, Brand and Impact Manager.

However, negotiations between the community and Killian Pacific are ongoing. In an email exchange, Jenna Dowding, Director of Portfolio Management, wrote to Rep. Rob Nosse of the Oregon State Legislature, "In order for us to keep the fence, we would need the neighborhood's participation in the cost. The estimate for the rental and repairs, as we've experienced it being damaged, will be approximately \$6,000 for the year. Given the amount of costs we just put into the demolition and the continuing costs for security and janitorial, we're at a point where we can't keep spending funds on items for what is now a vacant lot."

Killian Pacific bought the property in 2016 for \$3.9 million with plans to redevelop it into housing. Those plans have changed now that "market conditions aren't conducive to development" according to Dowding's email. "We recognize that the community will benefit from development sooner rather than later, therefore remain open to selling to someone else. Unfortunately, our basis is very high given our recent investments. We are open to sell-

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PFSP Union Returns to Negotiations with PPS

By Jesse Miller

On Tuesday, September 26 the Portland Federation of School Professionals (PFSP) union voted not to ratify their contract with Portland Public Schools (PPS). The turnout came to 48.61 percent in favor of ratifying the contract and 51.39 percent against. This round of negotiations had the largest voting turnout in the union's history, with over three quarters of PFSP's 1,350 members casting votes. "I voted no, and I'm proud to say that I did," said Shelley Johnson, a paraeducator at Franklin High School.

Though the two parties came to a tentative agreement in mid-September, there was still a list of proposed collective bargaining agreements waiting to be ratified by an official vote. PFSP members felt that the tentative agreement did not sufficiently fulfill their requests for better pay, benefits and training, leading to the majority vote of no. With PFSP voting not to ratify, PPS and PFSP were sent back to the bargaining table.

The PFSP union consists of paraeducators, campus safety associates, secretaries, library assistants, administrative assistants and a variety of other staff who often fly under the radar. People frequently and mistakenly assume these staff members are included in the Portland Association of Teachers (PAT), but their union is entirely separate, as are the agreements they reach. Nonetheless, PPS has been facing backlash from both the PAT and PFSP unions for several years now, as well as from the

Service Employees International Union (SEIU), which includes nutrition service and custodial employees; with the current rising tension of a potential teacher strike, PPS has their hands full.

"We want people to feel prepared for the workplace they are entering and to know that their safety will be prioritized," said Franklin's PFSP site representative Leighta Lehto. The proposed contract with PPS consisted of raising the minimum pay to \$20 an hour, giving long-term employees two \$500 longevity bonuses and providing cost-of-living adjustments.

Currently, there is growing concern in the community when comparing wages to the cost of living in Portland. According to Numbeo, a cost of living database, the present state of the economy puts the average monthly cost of living for a Portland family household at around \$4,783, meaning a livable wage for someone with no children in Portland is \$21.87. Lehto expands, "A three percent raise is not good enough—the offer the district made was not high enough for membership to vote yes, let alone pay their bills and live comfortably."

Many PFSP members believe the unlivable wages are due to a lack of respect from PPS. "We deserve a fair wage for a big job," said Johnson. "I feel like we are underappreciated, and part of what shows up is how we are respected financially." PPS did not respond to requests for comment by the date of publication.

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New Diverter Coming to Deadly Intersection

By Jonathan Maus

Three months after a woman was killed while waiting for a bus on the corner of SE Cesar Chavez Blvd. and Taylor St., the Portland Bureau of Transportation (PBOT) is set to move forward on a change to the intersection.

On July 15, 43-year-old Jeanie Diaz had just finished her work day as the children's librarian at a Multnomah County Library branch across the street from the bus stop when a reckless, speeding, intoxicated driver lost control of their car and rolled onto the sidewalk.

This tragic death on a busy corner of a popular neighborhood greenway street sent shockwaves through the community. It also underscored safety issues on one of SE Portland's busiest, most dangerous streets. In 2021, 23-year-old Austin Boyd was hit and killed by a driver while walking on Cesar Chavez Blvd. at SE Clinton St., just 0.8 miles south of where Diaz was struck.

PBOT has funded plans to reduce

driving lanes on Cesar Chavez Blvd. south of Taylor St. from SE Powell Blvd. to SE Holgate Blvd., and to build a new signal at SE Gladstone St. and Cesar Chavez Blvd. (the intersection where 22-year-old Mark Angeles was killed by a driver while bicycling in 2015). That project isn't slated for construction in the 2024-2025 fiscal year.

The section of Cesar Chavez Blvd. where Diaz died won't receive significant change in the near future. Instead, what PBOT just announced to the Sunnyside Neighborhood Association in October, is a smaller project. They plan to install a diverter at the intersection of Cesar Chavez Blvd. and SE Taylor St. that will prevent left turns to and from Cesar Chavez Blvd.

In an email to Sunnyside advocates, a PBOT staffer acknowledged this diverter doesn't directly address what led to the July 15 crash. "However, in addition to the safety benefits I describe above," wrote the PBOT staffer, "we have found that adding vertical elements, like a diverter, tend to

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Representatively Speaking

BY STATE REPRESENTATIVE
ROB NOSSE

By the time you read this, I will still be traveling in Portugal trying to understand what we could do differently when it comes to Ballot Measure 110 (BM 110) and the addiction challenges that we are facing. I will focus my December column on what I learned. My column in January will focus on the February 2024 short session; this one does in a way as well.

Some of you may recall that in September’s column, I wrote about how a bill doesn’t become a law. I outlined how HB 3013, a complicated bill tackling PBMs (Pharmacy Benefit Managers), ultimately failed on the Senate floor. I also went into a bit of detail about what PBMs do.

This month, I’m previewing how an idea (or rather ideas) become a bill, at the beginning of the legislative process. Think of this as a bit of a preview of the upcoming February session.

Unlike the long session, I am only allowed to submit two bills. When the short session was established by ballot measure in the last decade, the idea was that we only tackle smaller issues, things we didn’t get right in the long session or make budget adjustments. It is constitutionally limited to five weeks.

That said, we have always tackled at least one “big” issue in every short session that I have served, apart from 2020, when the Republican walkout just before the pandemic started prevented Democrats from passing a bill to address climate change. In the 2022 session, the big contentious topic was farm worker overtime pay. For this coming short session, it will most certainly be changes to BM 110, though maybe the process we are engaging in right now with the newly created Joint Committee on Addictions and Community Safety means it will not be as contentious as we try to land on something before we start.

In one of my two bills I am trying to get a bunch of construction and renovation projects for arts organizations that were proposed and vetted for all corners of this state funded, like the Oregon



Film Museum in Clatsop or the Southern Oregon Historical Society, to name two of the 14. Traditionally, the Cultural Advocacy Coalition receives a couple dozen applications for capital improvement projects, vets those applications, and then asks for funding from the legislature. The total funding ask is fairly low, compared to other big-ticket items. However, during the 2023 session, the Ways and Means Committee only funded two requests, both in SE Portland, leaving \$7.8 million in capital projects unfunded.

A lot of these projects are in rural parts of our state, but there are a few in Portland. My plan is to introduce a bill asking for the \$7.8 million for all 14 unfunded projects. I am doing this in my capacity as the leader of the arts and culture caucus in the legislature.

My other bill is likely to be an “omnibus” bill relating to behavioral health and health care. As chair of the Behavioral Health and Health Care committee, I solicited topics from legislators, lobbyists and activists relating to all things health care.

Now I’m going through the task of vetting these topics with my staff and the staff of the committee. The goal is to piece together a bill that addresses several issues in health care all at once. The idea for this is to avoid the two-bill limit by putting a bunch of ideas in one bill, but I have to do it in a way that I am not loading up my bill with controversial or new initiatives. Screenings for postpartum depression at a

pediatrician’s office, mandating coverage for continuous glucose monitors and adjusting licensure requirements for counselors and therapists when it comes to professional disclosure agreements are three of the things that made the cut so far.

A key piece to the puzzle that is the omnibus bill are things that are not included or left out simply because of the scope of the topic. Either a potential topic is too big (and should be its own bill) or is too expensive. I imagine I will be finalizing the details in this bill right up until the November 9 submission deadline.

That’s the long and short of what I am planning for the 2024 short session so far. I picked these two areas to focus on because passing both bills will result in a healthier Oregon and a stronger economy. Arts and culture are a solid driver of economic activity. They are also fun. When people pay for a ticket for a show, they often end up spending money at surrounding local businesses. The forthcoming health care omnibus bill is an attempt to tackle some of the myriad of issues in health policy in one fell swoop, and frankly give more chances to more advocates with concerns and ideas.

Hopefully I am giving you a sense that a lot of work goes into this process—more than I have the space to share in this column as these are not the only things I am working on; but these are the things that are taking a lot of my time right now. As I always say, more to come and stay tuned.

SE

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Warner Pacific University Receives \$3 Million Grant

BY DANIEL PEREZ-CROUSE

Mt. Tabor’s Warner Pacific University (WPU) was recently selected by the US Department of Education to receive a five-year, \$3 million grant under the Title V Developing Hispanic-Serving Institutions Program (DHSI). In addition to improving services to students, the university says that the grant supports its efforts to turn around an enrollment decline post-pandemic and rebuild its connections to the community in general.

The “Christ-Centered” university, originating as Pacific Bible College in 1937, has transformed over the years—as recently as 2018 with its change from Warner Pacific College to its current title of Warner Pacific University. And this grant appears to be sparking a lot more desired growth from the university. It comes not long after they successfully overcame an accreditation warning issued several years prior.

The DHSI Program provides grants to assist educational opportunities for, and improve the attainment of, Hispanic students. These grants also enable Hispanic-serving institutions to expand and enhance their academic offerings, program quality and institutional stability.

WPU self-reports that 61 percent of its undergraduates identify as students of color and 32 percent identify as Hispanic. Senior Vice President for Advancement & Strategic Communications Jennifer Boehmer said the school attracts such a diverse population because, “We represent the only federally designated Hispanic-serving institution at the university level in Oregon, and are among only a handful of universities of faith with a formal minority-serving focus in the US. It means we are intentional about recruiting and hiring diverse leaders and how we care for our students as whole individuals who reflect the full Image of God. Student research affirms that the more potential students see themselves reflected in their classmates and in their teachers, the more they are compelled to believe they too can be successful.”

Being one of the few universities of faith with a formal minority-serving focus, they attract many Latino students, as does their championship soccer program. Additionally, Boehmer mentioned their academic programs are well suited to students who got their start in community colleges—which tend to serve more ethnically diverse populations.

However, in their press release, Vice President for Enrollment and Student Success Dr. Darilis Garcia said, “Though we enroll a large number of Hispanic students, and are recognized as the most diverse university in Oregon in general, enrollment is not enough.”

With funding from the grant, WPU has three main goals under the title of “Project Avaramos”: to strengthen academic programs, to improve student support and to support institutional infrastructure and outcomes.

Some of the strategies within these three goals include creating community-wide mentorship and coaching initiatives connecting Hispanic students with peers, faculty and community leaders that support students while they are in school, and a new physical space on campus with designated staff to welcome students and lead programming that supports professional development for students and staff.

The grant will also support a push to integrate career considerations and experiential learning into the WPU academic experience. “Outcomes will include

new approaches to curriculum that embed career-thinking and application throughout a major, and developing a new Spanish translation certificate program that will help students graduate with a credential that makes them even more marketable,” stated the press release.

When asked about the specifics of those new approaches, Boehmer said they are still formulating them, but alluded to excitement in improving programs like nursing and said, “Our nursing program is already comprised of 70 percent students of color... just think of what it could mean to our community’s healthcare clinics if they could hire more qualified nurses who have the personal background and professional training to assist an increasingly diverse patient base.”

Boehmer said that due to being a smaller private institution, they have a close-knit community that consistently hears from students about what they want out of their education. “One of the throughlines we hear from students is the desire to polish and professionalize their lived experience through a college education.” This means, as opposed to downplaying their heritage language to better assimilate into the dominant culture, students want to leverage and build off their skills and respective cultural backgrounds regardless of their major. She says things like this helped mold the vision around this grant.

More about WPU and their grant at warnerpacific.edu.

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New Diverter Coming to Deadly Intersection

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slow driving speeds. The location of this installation may not have stopped the exact actions of the driver in the crash three months ago, but it may slow down a different driver, or discourage dangerous weaving, and that could prevent another tragedy in the future.”

According to a PBOT analysis performed as part of their fatal crash review following Diaz’s death, left turns accounted for 25 percent of all crashes at this location while only 1.7 percent of all vehicles entering the intersection were turning left.

The diverter should also improve safety for bicycle riders using the SE Taylor St. greenway

and for people walking across the street to reach the library and other destinations.

As for more significant changes to the intersection like a wider sidewalk and/or a buffer between car drivers and sidewalk users? That could only happen if the existing, four-lane cross-section changed—and barring a strong consensus and political pressure from adjacent residents—that’s unlikely to happen any time soon.

At a meeting of the Richmond Neighborhood Association land use and transportation committee on September 26, PBOT City Traffic Engineer Wendy Cawley said it’s too late to expand

the scope of the planned road diet south of Powell Blvd. “That said, we have talked about when we’re doing the analysis of that project south of Powell Blvd., what does it look like on the pieces north of Powell up to SE Stark St. if we go to a three-lane cross-section? Or potentially even a two-lane cross-section? And so we’re hopeful that there’s some synergy there where we can do some larger analysis.”

If all goes according to plan, the new diverter should be installed by early November.

This article was originally posted on BikePortland.org.

PFSP Union Returns to Negotiations with PPS

from page 1

“If we can access self care, there will be less burnout and we can support our students better and have less staff turnover,” said Lehto. The overall feeling from union members is that jobs that take care of and educate our next generation are facing copious amounts of disrespect on the corporate level.

Inflation has caused many Portlanders, including those in the education field, to take on two or even three jobs to stay afloat. Lehto summarizes that saying, “A lot of workers work one to two additional jobs to make ends meet. We think one job should be enough. [I]n order to support our

students and schools, we should be compensated fairly to thrive and not merely survive. Our bargaining team will be returning to the table to ask for prioritiz[ation of] all workers.”

Lehto said the PFSP union has had further bargaining sessions with PPS in October, resulting in a new tentative agreement. The proposed agreement is scheduled to be voted on at the end of October. PFSP does not currently have a strike on their schedule, but if the union doesn’t vote to approve it, it seems as though the staff and community are ready to bring fair accommodations to their labor.



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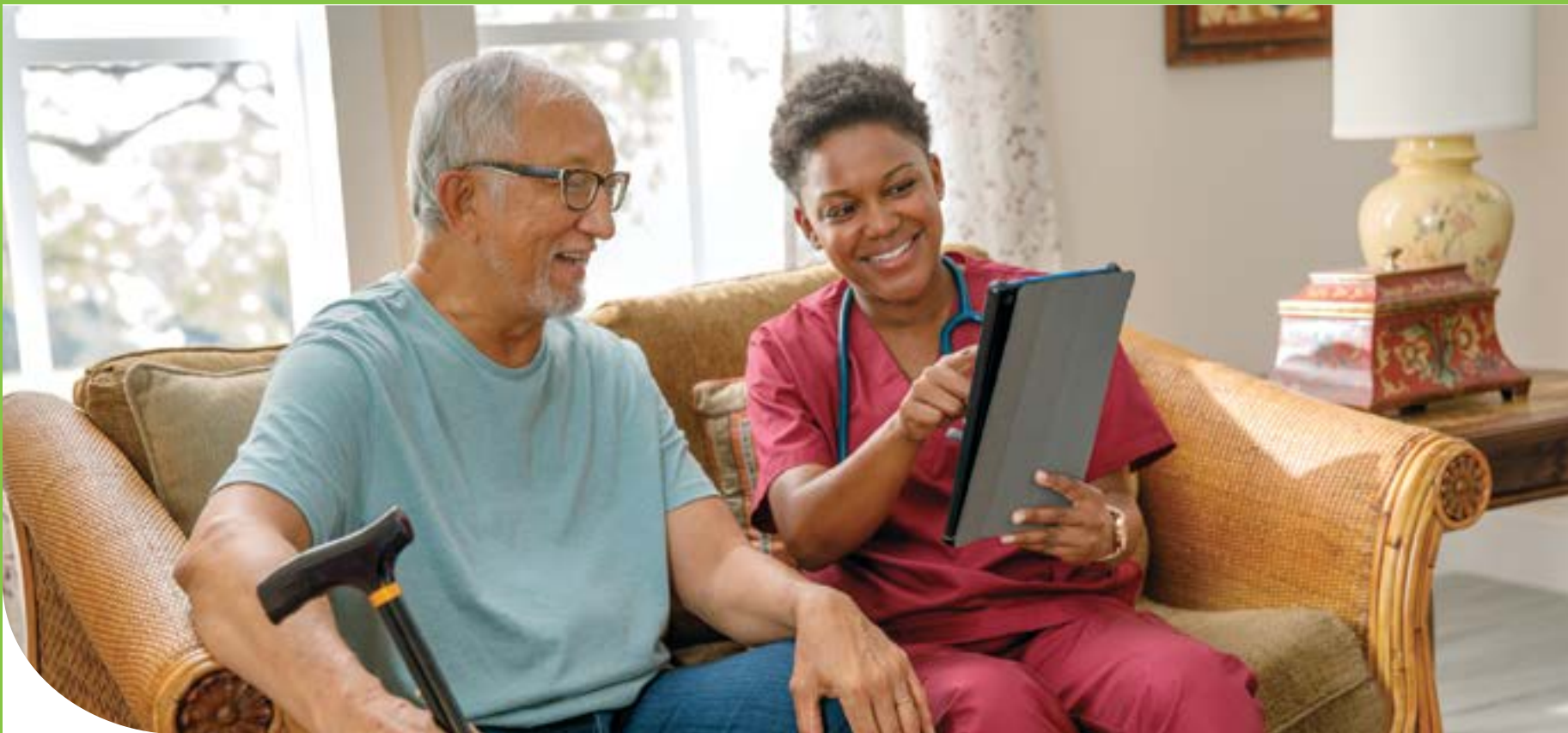
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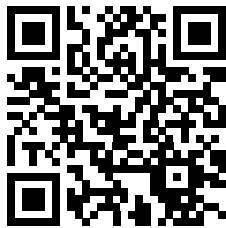
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Leaf Day Collections Coming

The Portland Bureau of Transportation’s (PBOT) Leaf Day service sweeps 52 districts with the highest concentration of mature street trees and leaves, about a third of the city. Leaf removal in Leaf Day districts is free for residents, with no need to opt in or out.

From November to December, Leaf Day service helps make streets cleaner and safer, keeps storm drains clear and ensures intersections don’t flood. Leaf Day mailers were sent out mid-October and are available online at portland.gov/leaf. The site also lists pick up days by district (most SE districts have two pick up days) and offers the option for people to sign up for weekly text or email reminders.

To prepare for Leaf Day, PBOT has a list of things to remember.

Rake those tree leaves

Rake the leaves you want picked up into the street as close to your scheduled Leaf Day pickup as possible, ideally the day before. Leaf Day service is for clearing the leaves from your street trees but you may add additional leaves from elsewhere on your property as well.

Tree leaves only

Leaf Day is not for all yard debris, just tree leaves. Use regular yard bins for twigs, branches, needles, grass clippings and other debris.



Make space

Keep one foot of space between your pile and the curb for storm runoff and to make it easier for our sweepers. Also allow plenty of clearance between your pile and any vehicle left parked on the street.

Trim your trees

Leave 11 feet of clearance for PBOT’s equipment. Make sure you trim any low-hanging tree limbs over the street so equipment can get as close to the curb as possible and get the best clean.

Move vehicles and other objects off the street

Whenever possible, allow plenty of clearance between your pile and anything left parked on the street, including basketball hoops and garbage bins. Leaf Day service districts are small enough that you should never have to travel more than a quarter mile to park a vehicle outside the boundaries of a Leaf Day district.

Help your neighbors

People are still working from home in large numbers, with vehicles parked longer. Check in with your neighbors so everyone remembers to move their vehicles on Leaf Day.

Buy compost

PBOT crews haul nearly 5,000 tons of leaves to the Sunderland Yard Recycling Facility, 9325 NE Sunderland Rd., for composting each fall. PBOT’s compost is high-quality and monitored for maturation and sizing, per the US Compost Council’s monitoring guidelines.

Compost (available by the half cubic yard or more at \$24 per cubic yard) can be purchased at the facility, open Monday-Friday 7 am-2:30 pm. Most full sized pickups can accommodate a cubic yard of compost.

Contact PBOT with questions by calling 311 or 503.823.4000 or emailing leaf-day@portlandoregon.gov.

Light Pole Replacement and Lighting Upgrades at Parks

Portland Parks & Recreation (PP&R) began replacing dozens of light poles across 11 city parks in October, starting with Colonel Summers Park at SE 17th Ave. and Taylor St. The project to remove and replace poles is necessary as the poles, some of which are up to a century old, have structural anchoring issues that make them unsafe for public use. The entire project is expected to be completed in the spring of 2024. Construction schedules are heavily dependent on weather and the availability of materials, but PP&R expects to add 13 new poles to Colonel Summers Park within the coming weeks.

PP&R also established a partnership with Portland General Electric to install area lighting at other parks throughout the city, including Lents Park, segments of the Springwater Corridor, Peninsula Crossing Trail and Clinton Park, among others. These are small and simple improvements using existing power poles in and around parks to cost-effectively add illumination.

The new LED lights are more environmentally friendly, 66 percent more efficient than the ones they’re replacing, and the bulbs will last longer. The fixtures will be Dark Sky-friendly and will be fully shielded to prevent skyward “spill.” They will be directed at park pathways with less light pointed at neighboring homes. The new light poles and fixtures were selected to replicate the previous ones as closely as possible and lights will be automatically programmed to remain on from dusk to dawn.

Some parks will have additional lights installed to enhance brightness and visibility. Meanwhile, in other parks, fewer lights will be required because the new ones offer better coverage than the ones that were removed.

During construction efforts, people should expect trucks and equipment to temporarily be on paved park paths. Park visitors may need to veer off the path to avoid construction work and obstacles. PP&R is working with the Office of Community and Civic Life to share information with affected neighborhoods and will update the project schedule as circumstances warrant. The current tentative project schedule order starts with Colonel Summers Park and is followed by Sellwood Park, Sellwood Riverfront Park, Irving Park, Montavilla Park, Mt.



Scott Park, Wallace Park, Woodstock Park, Ladd Circle Park, Lair Hill Park and Mt. Tabor Park.

To ensure the replacement of the light poles as quickly as possible, Portland’s Culture & Livability Commissioner Dan Ryan presented an emergency ordinance to City Council April 5, 2023, which allowed PP&R to purchase all replacement light poles simultaneously. The coordinated replacement is speeding up the effort to bring new, safe, energy-efficient lights to the four Portland parks where lights were removed last year for safety concerns.

The project funding effort is an example of different government agencies working together to solve a problem that affects multiple jurisdictions. Metro has recommended approval of PP&R’s request for \$2 million of PP&R’s share of Metro’s Parks and Nature Bond, Local Share resources for the project. PP&R and Commissioner Ryan have also worked with Oregon’s federal delegation to seek additional federal earmarks for the project. In particular, Congressman Earl Blumenauer worked to ensure that \$500,000 for it was included in pending funding legislation.

“We took extraordinary measures to partner with other jurisdictions to address an extraordinary project,” said Commissioner Ryan earlier this year. “I’m proud of PP&R and my team and grateful to our partners, so a project that would usually take a city bureau some years to fix will now take months.”

People are reminded that attaching anything to park light poles is prohibited per Portland City Code 10.12.100. Additional information can be found at portland.gov/lightproject.

NOVEMBER EVENTS

HOLIDAY BAZAAR – All Saints Parish, 3847 NE Glisan St., holds their annual holiday bazaar Saturday, November 4, 9 am-4 pm. Local artists, vintage treasure tables, children’s gift shop, cafe and much more. There’s something for everyone! More info at allsaintsportland.org/holiday-bazaar.

BAZAAR, BAKE SALE & RAFFLE – Saint Anthony Parish, 3720 SE 79th Ave., hosts a bazaar, bake sale and raffle Saturday, November 4, 9:30 am-4 pm and Sunday, November 5, 10 am-2:30 pm. Refreshments available. Need not be present to win the raffle. Call 503.504.1204 with any questions.

WINTER CYCLING WORKSHOP – Join PBOT for a free hands-on workshop Thursday, November 9, 5:30-7:30 pm at Taborspace Annex Room, 5441 SE Belmont St. Maintenance, safety tips and gear recommendations will all be covered. Attendees are encouraged to bring their bike, but it’s not required.

HOLIDAY SALE/SILENT AUCTION – Unity Spiritual Center of Portland, 4525 SE Stark St., holds a holiday sale and silent auction Friday, November 10, 4-8 pm, and Saturday, November 11, 10 am-4 pm. Free admission to shop varied gifts, refreshments and free parking. Vendor booths available (\$40). Visit unityofportland.org for more information.

HOLIDAY BAZAAR & FUNDRAISER– Join House of Dreams Cat Shelter Saturday, November 11, 10 am-4 pm for their popular, 23rd annual Pretty Kitty fundraising event at TaborSpace, 5441 SE Belmont St. A wide variety of hand-crafted one-of-a-kind gifts for people and their pets will be featured, along with a raffle, gently used holiday decor for sale and refreshments. More at kittydreams.org.

LWV TRANSPORTATION CHALLENGES PANEL – The League of Women Voters of Portland (LWV) hosts the panel discussion, “Transportation Challenges–Portland and Beyond,” with government and nonprofit leaders Wednesday, November 15, 7-8:30 pm via Zoom. For more information and registration (due before noon on the 15th) at lwvpx.org.

SYMBIOP FUNDRAISER – SymbiOp Garden Shop, 3454 SE Powell Blvd., holds a fundraiser Friday, November 24, 10 am-6 pm for Native American Youth and Family Center (NAYA) instead of Black Friday. A percentage of sales will be donated to this nonprofit, which provides educational services, cultural arts programming and direct support to reduce poverty to the Portland Metropolitan Area Native American community. Contact JT at jtyu@symbiop.com with questions.

FAIR TRADE POP-UP – Just Cause, a fair trade store, will be popping up at Portland Mennonite Church, 1312 SE 35th Ave., Saturday, December 2, 9 am-3 pm. Shop holiday items, home decor and apparel from 25+ countries in Central and South America, Africa and Asia.



Central Eastside Safety Provider Hired

The Central Eastside Together (CET) Board of Directors and Safety Committee has selected Securitas as the Central Eastside Industrial Council’s (CEIC) new safety provider. Securitas was selected after CET held three community conversations, received hundreds of survey responses and evaluated potential security providers through a Request for Proposals process.

Based on community feedback, the Safety Program will prioritize three areas of service—presence, de-escalation and safe walk chaperones. Safety Ambassadors will be present in patrol cars and on foot, deployed district-wide daily, 6 am-2 am. The Safety Ambassadors will be unarmed and wear CET-approved and -branded uniforms.

They will connect with people experiencing houselessness respectfully and compassionately, communicating and coordinating in ways that lead to proactive, positive outcomes for all.

The Safety Ambassadors will also provide chaperone services for individuals needing safety going to/from their cars or public transport with response within 15 minutes. Safety services are available to all who live, work and visit the Central Eastside. For service, call 503.236.6830 ext. 702 or email safety@ceic.cc.

As an Enhanced Service District, CET provides safety, cleaning and district enhance-

ment for Central Eastside businesses and residents beyond the City of Portland’s basic services. These services are funded through a Property Management License fee paid to the City of Portland’s Revenue Division and distributed to CET to steward for maximum community impact.

Carolyn Holcomb, Interim Executive Director of CET and CEIC said, “The Board and Safety Committee have worked hard to identify a new provider; we are confident Securitas is the right partner for our community.” National security firm Securitas has offices in Vancouver, WA.

Community feedback also expressed the importance of improved transparency through reporting and tracking. To address that, some of the incidents that Securitas will regularly track include the number of incidents or requests for services related to vandalism, emergency mental health, police contacts and chaperoned walks, as well as providing an annual report to CET.

“We know that safety is among the top concerns in our community,” said Mike Larkin, CET Board Chair. “We will continue to prioritize safety resources in this area and collaborate with our affiliate organization, Central Eastside Industrial Council, the City and Portland Police Bureau to continue advocating for the businesses, residents and visitors of the Central Eastside.”

Medicare Open Enrollment and Free Counseling

The annual Medicare Open Enrollment period, known as the “Medicare Advantage and Prescription Drug Plan annual election period,” “annual enrollment period” or “AEP” began mid-October and runs through Thursday, December 7. During this enrollment period, people with Medicare have the opportunity to make changes to their health plan or prescription drug plan, choose a Medicare Advantage plan or return to Original Medicare (also known as Medicare Part A and Part B).

Medicare health and drug insurance plans can change their costs and offerings every year. A person’s individual health needs can change each year as well. Now is the time for Medicare beneficiaries to review their coverage options and make a choice that best meets their needs, but knowing where to start can be tough.

Medicare beneficiaries should pay close attention to their “Plan Annual Notice of Change” packet, which recipients should have received from their current plan earlier this fall. This packet contains specific information about any changes in coverage, costs or participating providers

that will go into effect January 1, 2024.

Medicare participants can make plan changes by calling 1.800.MEDICARE, and they can compare options and enroll in plans online at [medicare.gov](https://www.medicare.gov). Additionally, the Oregon State Senior Health Insurance Benefits Assistance (SHIBA) office creates a guide to Medicare plans available in Oregon, which is available at shiba.oregon.gov.

The Multnomah County SHIBA program provides one-on-one counseling to help consumers understand their plan changes, identify important issues and compare their current coverage with the Medicare plans available in 2024. This assistance is free, unbiased and available to anyone on Medicare regardless of their income.

“SHIBA is so valuable to our community,” said John Henry Crippen, the Multnomah County SHIBA program supervisor. “When people needing help with Medicare get connected to the SHIBA program, they are so relieved to discover that there are free, unbiased experts in their corner.”

Choosing Medicare coverage is very individual, and ev-

eryone approaches it differently. Some basic questions to ask include does the plan cover my prescriptions?; does the plan cover the doctors I want to see?; and can I afford the costs associated with the plan? SHIBA Medicare counselors are available to assist with answering these questions and to help find a plan that meets a person’s needs at the most affordable cost.

The SHIBA Program began providing Medicare Open Enrollment assistance in person at numerous different sites throughout the community beginning in October. One-on-one counseling sessions are also available; call 503.988.3646 to schedule an appointment. Additionally, SHIBA offers a video that covers Medicare eligibility and enrollment; Parts A, B, C and D; covered services; Medicare insurance policies; and problem resolution. Watch the video at [youtube.com/watch?v=8vpUuF1Bxt8](https://www.youtube.com/watch?v=8vpUuF1Bxt8).

A SHIBA appointment is not required for making plan changes during Open Enrollment. Medicare participants can make plan changes by phone by calling 1.800.MEDICARE, and they can compare options and enroll in plans online at [medicare.gov](https://www.medicare.gov).

Speed Safety Cameras Installed at SE Powell Blvd. Intersections

The Portland Bureau of Transportation (PBOT), in partnership with the Portland Police Bureau (PPB), is expanding the city’s use of cameras in traffic enforcement as part of the Vision Zero program to end traffic deaths. Two new speed safety cameras, at SE Powell Blvd. near SE 22nd Ave. in the eastbound direction and SE Powell Blvd. near SE 34th Ave. in the westbound direction, were recently installed, adding to the 20 cameras that were already operating and issuing citations (or warnings) in Portland. The city’s contractor will have additional cameras operational by the end of the year with plans for additional ones to be constructed in 2024.

The contractors are installing speed safety cameras, which are mounted to a pole and enforce speed limits. They’re also installing intersection safety cameras, which provide enforcement of speed limits and red-light compliance. In addition, some long standing red-light cameras will be upgraded to enforce both infractions.

Contractors are installing cameras along high crash corridors and at some of Portland’s most dangerous intersections to reduce dangerous driving behaviors and prevent traffic deaths and serious injuries. In total, the city will soon operate 40 safety cam-




eras throughout Portland. This is part of Vision Zero’s effort to eliminate traffic deaths and serious injuries on Portland streets.

“With more traffic enforcement, we can send a strong signal that the reckless driving we’ve all seen in recent years is unacceptable in Portland,” said City Commissioner Mingus Mapps, who oversees PBOT. “These cameras are a tremendous supplement to the essential work of our Portland police officers. With more enforcement, and more investment in rebuilding our streets to make them safer for everyone, we can get people to slow down and drive safer.”

“With these cameras, we are giving people a strong incentive to slow down and drive more safely,” PBOT Director Millicent Williams said. “We have seen a decisive drop in dangerous driving very soon after we added cam-

era enforcement on several high crash corridors, so I am eager to grow this program as quickly as possible. With Vision Zero as our guide, we need a community wide effort, and we need to use every tool available, if we are to reduce and eventually eliminate traffic deaths in Portland.”

To give drivers an opportunity to adjust, there will be an interim period when the bureaus will first send warning letters. After the warning period, the PPB and PBOT will issue citations. Speeding citations fines range \$170-\$440. Red-light running citations result in a \$265 fine. New signage ahead of all speed safety cameras will warn drivers about the new cameras. Commonly used travel apps also warn travelers about the presence of cameras. A full list of cameras can be found at visionzeroportland.com/safetycameras.



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Amish Memories

By DAVID KROGH

Amish Memories is a new three book series by local author Leslie Gould. Gould is the author of over 40 novels, many dealing with stories about Amish people and their adventures with others. The first book in this series is *A Brighter Dawn*, published in March 2023. The second book is *This Passing Hour*, to be published this month. The third and final book will be called *By Evening's Light*, expected to be published sometime in 2024.

A Brighter Dawn is a dual-time story, meaning it moves back and forth between the main character (Ivy) in modern day (2014) Clackamas County, OR, and an ancestor (Clare) who visits Germany during the late 1930s. The plot revolves around the mystery of Ivy's parents' deaths and Ivy's desire to understand her relationship with Clare's visit to Germany.

This Passing Hour is not necessarily a sequel to *A Brighter Dawn* as much as it is a continuous family story, but this time involving Ivy's younger sister, Brenna. This story is also dual-time and takes place in Lancaster County, PA, in 2017. In it, Brenna deals with several life situations and also hears from her great, great Aunt Roxene about their family's involvement with a German prisoner of war camp that was in the area during World War II.

Both completed stories are lively, interesting and easy to read. The author has done a commendable job inserting factual historic and location references. In addition, the reader should not be confused over the references to both Amish and Mennonite



Author Leslie Gould

church groups. The Amish and Mennonite church groups are related and are both considered to be Anabaptist Christian church fellowships. The Amish are more conservative and are often referred to as Pennsylvania Dutch or Old Order Amish. The Mennonite groups do not live as simplistic of a life as do the Amish, and it is not unusual for members to interact.

Regarding her background, Gould has degrees in history and communications from Judson Baptist College and a graduate degree in creative writing from Portland State University. Her studies have included comparative religions and her award-winning writing background has included Amish fiction and history, Christian fiction and editing.

Although not Amish or Mennonite herself, Gould has Amish ancestry and said, "A good

friend, Marietta Couch, who grew up Amish in Indiana, helps with editing for accuracy regarding Amish and Mennonite practices and culture." Another friend and author of Amish works, Mindy Starns Clark, advises Gould and has co-written with her. Gould is also an avid historical researcher and includes accurate historic elements and discussion into her fictional settings. For example, although *A Brighter Dawn* is a fictional story, the author discusses in great detail the issue of Anabaptist church support for the socialist regime in World War II Germany. This type of detail to actual history helps to make Gould's stories especially realistic.

Gould and her family have visited Lancaster County, PA and other Amish communities many

continued on page 15

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Mazamas Mountaineering Center

By Marshall Hammond

At first glance, the Mazamas building looks like a temple belonging to a fraternal organization with a fascination for goats. The building is actually a repository of knowledge, a home to secrets of mountaineering and a history of a fraternal organization dedicated to exploring, preserving and advocating for the mountains.

The first floor of Mazamas Mountaineering Center, 527 SE 43rd Ave., holds a large lecture hall and gymnasium complete with three climbing walls, one of which simulates ice climbing and can be hacked at with a climbing ax. The lower level of the building contains the library and archives.

The library is one of only five stand alone mountaineering libraries in the US. Its collection includes hiking and climbing manuals, guidebooks and mountaineering biographies. The archives contain much of the recorded history of the Mazamas, including institutional records, oral histories, manuscripts, films and over a million photographs. The building is also home to a large collection of artifacts, jackets, boots, pickaxes and other items, many of which are over a

100 years old.

The Mazamas were founded July 19, 1894, when a group of 196 mountain climbers, including 38 women, gathered on the summit of Mt. Hood with the intention of creating an elite mountaineering society. Among them were some of the most prominent Portlanders of the time, including William Gladstone Steel, Fay Fuller, Henry Pittock and Rodney Glisan. In 1946 the Mazamas became a non-profit organization and retains that status today.

Steel was the driving force behind the Mazamas and organized the founding of the society. He was later instrumental in getting Crater Lake designated as the sixth US National Park. Steel suggested Mt. Mazama to the US Geological Survey as a name for the volcano that contains Crater Lake.

Steel was also responsible for the original requirement that a member of the Mazamas must have summited a glacial peak. That requirement was lifted by a Board vote this January. “Now anybody who agrees with the mission of the Mazamas, which is to inspire everyone to love and protect the mountains, can join the Mazamas. Pretty low bar. Re-

ally anybody can join the Mazamas,” said Mazama Board President Greg Scott.

For decades after its founding, the Mazamas were one of the preeminent mountaineering groups in the Northwest. Their expeditions and outings were a frequent feature of Oregon newspapers throughout the 1900s. On some occasions, Mazamas were called on to mount rescue operations of lost or fallen hikers.

Up until the 1970s the Mazamas conducted their own scientific research, collecting data on glaciers and flora and fauna that are still valuable to climate researchers today. They were also some of the first to fly over and photograph Oregon’s mountains in airplanes.

The Mazamas advocated for the protection of natural spaces, fighting multiple proposals to install aerial tramways in the Columbia River Gorge on Mt. Hood and other areas, and advocating against efforts to reduce the size of Olympic National Park.

Much of the Mazamas artifact collection and history will be on display from November to March at the Oregon Historical Society.

These days the Mazamas



Drone photo of Mazamas building. Photo credit Mazamas.

continue to lead “outings,” or trips that last five days or more, to locations across the country. The next scheduled outing is to Hawaii’s Volcano National Park in January. The Mazamas also lead shorter trips around the Northwest, including hikes, climbs and even “street rambles” through Portland. For \$40, Mazamas members can summit Mt. Hood.

The Mazamas also teach classes in rock climbing, canyoneering, skiing, first aid and other wilderness related subjects and host educational presentations and events including programs for children.


The Mazamas’ Conservation Committee continues to closely monitor initiatives that

impact the mountains and wilderness areas of Oregon and Washington, including a controversial gravel mining operation in the Columbia River Gorge east of Washougal, as well as the Western Oregon State Forests’ Forest Management Plan and Malheur Community Empowerment for the Owyhee Act (S 1890).

The Conservation Committee recently contributed language to a position statement as part of the Green River Valley Alliance to officially oppose mining in the Mt. St. Helens area.

To learn more about the Mazamas, including how to become a Mazama, or to sign up for a class, climb, hike or outing, visit mazamas.org.

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Arts & Entertainment

Tomorrow Theater Opens on SE Division St.

World-class artists bring the curtain up on Tomorrow Theater, a new space devoted to expanding what constitutes cinema, art and multimedia storytelling, opening Friday, November 3. The 250-seat theater’s programming is designed to inspire and surprise audiences and artists no longer content to be contained to a single medium, label or art form.

Opening week features legendary artist David Byrne taking over the theater with an interactive and live presentation of *Reasons to be Cheerful*, in a special Portland-themed edition. Founded by Byrne, *Reasons to be Cheerful*, is a nonprofit online magazine which aims to inspire curiosity about how the world can be better and to encourage people to be part of that change. He’ll guide audiences through the stories that inspire him to think differently on how to change for whom, by whom and how we approach the future.

Programming for November unfolds around the theme “unorthodox,” which celebrates artists pushing boundaries and challenging the status quo. In addition to Byrne’s performances, there’s *FAM JAM//Missing Link Immersive*, for the whole family, Friday, November 10, 6 pm. The film from Laika features the charismatic Sir Lionel Frost, who considers himself to be the world’s foremost investigator of myths and monsters. The trouble is, none of his small-minded, high-society peers seem to recognize this. The night includes behind-the-scenes goodness, coloring book sets and real puppets from the film. Tickets are free for both adults and kids, but must be reserved in advance (limit five per family).

For the 21+ crowd, there’s *Blind Date Night with A24* Sunday, November 12, 6 pm. This one is for Nicolas Cage fans and surrealists, with hapless family man Paul Matthews discovering his life turned upside down when millions of strangers start seeing him in their dreams. When his nighttime appearances take a nightmarish turn, Paul is forced to navigate his newfound stardom. Is it a dream? Or is it a new reality? Tickets are free, but must be reserved in advance (limit two per household).

The diverse and eclectic screenings, events and happenings take place 24 nights a month, with many of them being one-night-only events. Find more information, a full line up of shows and tickets at tomorrowtheater.org. The theater is located at 3530 SE Division St.

Two Nights of OMSI Science Pub



The month of November offers two nights of Science Pub at OMSI. The first, *A Savory and Unsavory History of Canned Food*, takes place Wednesday, November 8, 7-9 pm. While Portland can pickle most anything, its history of food preservation goes much deeper than that. Oregon played an instrumental role in one of the most exciting developments in food technology in the industrial age—canning. From its origins and explosive failures to its transformation of American eating habits, Jennifer Burns Bright (writer, editor, educator, forager, preserver and gardener) will crack the lid on modern preservation.

Next up is *Every Brain Needs Music*, Wednesday, November 14, 7-9 pm. Whenever a person engages with music—when a piano student practices a scale, a jazz saxophonist riffs on a melody, a teenager sobs to a sad song or a wedding guest gets down on the dance floor—countless neurons are firing. This multimedia presentation by Larry S. Sherman, pianist and professor of neuroscience at Oregon Health and Science University, explores all the ways we encounter music and how the brain functions and even changes in the process.

Both events offer in-person and Zoom options. *A Savory and Unsavory History of Canned Food* is at OMSI, 1945 SE Water Ave., and *Every Brain Needs Music* takes place at McMenamins Kennedy School, 5736 NE 33rd Ave. Advance tickets (\$5 suggested donation) are recommended and can be purchased at omsi.edu.

push/FOLD’s Annual Festival

push/FOLD proudly celebrates the fifth anniversary of Union PDX, its annual festival of contemporary dance that brings cutting-edge choreography from around the world to Portland. The work of local dance artists is shared on the global stage Thursday, November 16-Sunday, November 19 and is especially impactful for mid-career dance professionals.

Established as a cultural highlight of the region’s autumnal event patchwork, Union PDX remains mission-driven in its dual approach that combines the presentation of far-reaching talent with countless performance and educational opportunities for local artists. Open to the public, this year’s Festival:23 features two world premieres and two Portland premieres in addition to other new dance works by local, national and international contemporary artists in the genres of Street, Bharatanatyam, Contemporary Break and more.

Full festival offerings also include a student outreach performance, six professional-level master classes taught by the festival artists and two professional development workshops. Facilitated Artist Talks follow the 7:30 pm performances Friday, November 17 and Saturday, November 18 in which topics of conversation include process, artistic development, work features and artist experiences navigating their communities and the world today.

A closing Festival Soirée takes place after the 4 pm public performance Sunday, November 19, where attendees can mingle with the artists and celebrate the vitality of dance in Portland. Each show is approximately 90 minutes long with intermission and has a livestream option.

For a full listing for master classes, workshops, educational opportunities and tickets, visit pushfold.org/unionpdx/festival-23. Tickets range from \$5 Arts For All to \$55 Supporter options. All performances at Hampton Opera Center, Portland Opera, 211 SE Caruthers St.

Sarah Heckles Art Exhibit

Sarah Heckles’ *Audacious Onions* solo art exhibition is currently running through Thursday, November 30 at Eastside Coffee Bar & Workspace, 1315 SE 20th Ave. The exhibition is Heckles’ Portland debut, making it extra special for her, having previously shown in Taiwan and Montana. Eastside’s unique space has a strong connection to the community and “serves one of the best coffees” she’s had.

In this collection Heckles worked with onion skins to celebrate moving boldly, bravely and fearlessly in one’s body and space. “I seek ways to animate mundane and overlooked natural elements, pushing the inherent stillness of these materials toward a vibrant and spirited form, inspired by the human body and the joyful rhythmic ways in which we move. The technique is careful and exact. My goal is to allow nature to reveal its organic line. The worn, misshapen and raw edges are honored and intentional,” she says. All of her works on display will also be available for purchase.



ALBERTA ROSE THEATRE

NOVEMBER 2023

3 SMASH THE MIRROR
a Portland Tommy experience

4 LIVE WIRE RADIO
WITH LUKE BURBANK
Portland Book Festival edition

5 Seffarne
a fundraiser for Moroccan Earthquake Relief

6 BELONG ART COMMUNITY
presents LEE DEWYZE & BELONG RESIDENT SHOWCASE

7 DEB TALAN
(of the Weepies)

8 THE STEEL WHEELS

9 DERVISH

10 BOOKLOVER’S BURLESQUE
Myths and Legends

11 MORTIFIED

12 TOM WAITS
TRIBUTE EXPERIENCE
the Heart of Saturday Night

14 ALASDAIR FRASER & NATALIE HAAS

15 JOHN JORGENSEN
BLUEGRASS BAND

16 THE GREATEST GENERATION
Share Your Embarrassment Tour

17 SUNDOWN
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18 CRYING ON THE CAMINO

18 GARCIA BIRTHDAY BAND

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Arts & Entertainment

Legendary Makers Market

Asian American Town, in partnership with the Portland Night Market (PDXNM), is proud to present the inaugural Legendary Makers Market: An Asian American Night Market. The event is a celebration of Asian American storytelling across food, craft, media, music, wellness and art in the Pacific Northwest. The event takes place Friday, November 3 and Saturday, November 4, 4-11 pm both days, at PDXNM's location (100 SE Alder St.).

The Market is poised to make history as the largest pan-Asian American-centered event ever held in Oregon. Over 125 vendors and partners are expected, along with film screenings coordinated in partnership with Theatre Diaspora. Works from notable AAPI/Asian American filmmakers Mike Truong, Luann Algosio and more will be shown.

There will be a Wellness Refuge coordinated by Whitney Handrich and Jenna Nishimura with yoga, acupuncture and massage; art activations featuring a community zine building project led by A'misa Chiu; and entrance mural art by Alex Chiu and Rebecca Nguyen.

"Legendary Makers Market is a significant milestone for Portland's Asian American community as it looks to amplify contemporary narratives and challenge the 'perpetual foreigner' stereotype," comments Tom Sollitt, creator of Asian American Town.

Emma Evans, Executive Producer of the PDXNM, says, "This market serves as a demonstration of tangible allyship, transparency and collective empowerment. The Portland Night Market not only extends its support through resources, but is also collaborating closely to ensure that the event lives up to the top-tier experience we have earned the reputation for delivering since 2015."

There is no charge to attend the event, however those wishing to skip the line can purchase a Fast Pass Ticket (\$10/day) at pdxnm.com.

FNM's Ustvolskaya Concert

Fear No Music (FNM) presents De-Mystifying New Music: Concert 2 Sunday, November 12, 11 am at Reed College. Kenji Bunch, FNM artistic director, and Jeff Payne, co-founder and piano, de-mystify Galina Ustvolskaya's 4th Piano Sonata. Ustvolskaya, the only female student of Shostakovich at the Leningrad Conservatory, had an unofficial ban on her works other than the public propaganda she was forced to write for the Soviet authority until she was 41 years old.

The hour-long informal, interactive, lecture/performance experience is complete with pastries from Bella's Italian Bakery and coffee by Badbeard's Microroastery. Tickets (\$25 or more per patron suggested donation) available at app.arts-people.com. The performance will be held in Eliot Hall, Chapel, 3203 SE Woodstock Blvd.

Portland Book Festival Events Cover PDX



Cover to Cover, a part of the Portland Book Festival, features events taking place throughout Portland Monday, October 30-Sunday, November 5. These Books are Bananas: A Pajama Party Story Time takes place on the 30th, 3-4 pm, in Hammer + Jacks REC Room, 6406 SE Foster Rd. Join Oregon picture book creators Zoey Abbot, Kate Berube and Carrie Tillotson in an event that will be ripe with stories (including *Banana*, *Second Banana* and *B is For Bananas*), songs, snacks and crafts. All ages are welcome; pajamas and stuffies encouraged.

Wednesday, November 1, 7 pm Honey Latte Cafe, 1033 SE Main St., hosts Oregon Humanities Live. Join the editors of Oregon Humanities magazine for an evening featuring Saeeda Wright, Leanne Grabel and other recent contributors reading essays and poems for an all ages event.

Thursday, November 2 offers up three events at SE locations. Hora de Cuentos Bilingue Del Dia de Los Muertos (Story Time presented by Linda Letra Bilingual Books) is part of the Day of the Dead celebration at the Portland Mercado. Up Up and Away with Propeller Books celebrates recent and forthcoming releases with samples from the work of Propeller authors at Up Up Books. There's also Rebels & Priestesses - A Conversation on Adapting Women of the Golden Dawn by Mary K. Greer, for the stage at Raven's Wing Magical Co-Op (offered both in person and virtually).

With too many events to mention them all, both in SE and across the town at partner locations, find the full Cover to Cover schedule at pdxbookfest.org/cover-to-cover-schedule. A Portland Book Festival pass is not needed to attend Cover to Cover events. While many events are free, some are ticketed individually by program partners or venues.

Potters & Friends: Out of the Box



"Hanging Fish" Raku fired 2-D wall art by Ha Austin

The November show at Sidestreet Arts features work by potters that also happen to be friends—Julie Asbury, Ha Austin, Terri Axness, Becky Clark, Sheryl Riley, Jean Teitelman and Jenny Watson. These were friendships made while working at the Oregon Potters Association or learning side by side in community center classes or places of employment. Their communal love of ceramics has made for enduring friendships and allowed this show to culminate.

The artists were each given the challenge of interpreting the theme "Out of the Box." Some took a literal approach to the theme, others more artistic. In the end, each artist created something they would not normally make. Whether learning new ceramic techniques or creating rabbits climbing out of boxes, the artists tested themselves. Delightful surprises were made in this exploratory show.

"Hanging Fish" from Austin, is "work that I do not routinely do...handbuilding and Raku firing ...totally out of my wheelhouse."

Axness commented that, "The theme for the show captured my imagination both literally and figuratively. The art piece, 'Steppin' Out,' is actually a horse stepping out of a box that has stamped definitions for 'Out of the Box,' representing both the literal and figurative definitions of the theme."

Watson started literally interpreting the theme, "hand-building a box which became a carved table light. Moving along in my exploration, I built a box behind a flat form. Finally, I threw a form (not so boxy), which I altered and added pieces to, something I had not done before."

Take in all of the artists' works Thursday, November 2-Sunday, November 26, 12-5 pm at Sidestreet Arts, 140 SE 28th Ave. Go even deeper by attending the First Friday Artwalk November 3, 5-7 pm with the artists in the gallery. Can't make it in? Visit Sidestreet Arts online at sidestreetarts.com.



"Steppin' Out" medium Raku by Terri Axness



"Square, Carved Table Candle" oxidation fired porcelain by Jenny Watson

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Wellness Word

Editor's note: Wellness Word is an informational column which is not meant to replace a healthcare professional's diagnosis, treatment or medication.

The Road to Recovery: How Chiropractic Care, Acupuncture and Massage Can Help After an Accident

Auto accidents can be traumatizing experiences, leaving victims with physical and emotional damage that may linger long after the collision. While immediate medical attention is crucial for addressing acute injuries, many accident victims struggle with chronic pain, stiffness and PTSD issues in the aftermath.

Fortunately, chiropractic care, acupuncture and massage are all excellent therapies to help alleviate post-accident symptoms and promote overall healing. In this article, we will explore how these holistic approaches to health and wellness can be valuable components of recovery after an auto accident.

In Oregon, all auto-insurance carries a \$15,000 benefit for everyone involved in an accident, regardless of fault. This money can be used to access chiropractic care and acupuncture without any referral required and those providers can refer for massage therapy services. To use this benefit, a medical claim must be opened with the insurance company by contacting an adjuster. With an open claim, clinics will bill the auto insurance directly.

Chiropractic care focuses

on diagnosing and treating musculoskeletal disorders, particularly those related to the spine. After an auto accident, it's not uncommon for individuals to experience neck and back pain due to whiplash, spasmed muscles and misaligned vertebrae. Chiropractors are specially trained to evaluate and adjust the spine, aiming to restore proper alignment and function. Chiropractic care can help after an auto accident in a number of ways.

Pain Management

Chiropractic adjustments often provide immediate pain relief by releasing pressure on nerves and reducing inflammation. This can be particularly beneficial for those with whiplash injuries, which often lead to neck and upper back discomfort.

Promotes Healing

By properly aligning the spine, chiropractic adjustments facilitate the body's natural healing process. This includes reducing inflammation and improving blood flow. Proper blood flow brings essential nutrients to injured tissues, accelerating recovery.

Non-Invasive Approach

Chiropractic care offers a non-invasive alternative to surgery or long-term medication use. This allows patients to avoid potential side effects and downtime associated with recovery from more invasive therapies or pharmaceutical treatments.

Prevents Chronic Issues

Addressing these painful conditions early can prevent the development of chronic conditions that may arise if these issues are left untreated.

Acupuncture is a natural therapy using the insertion of tiny, sterile needles into areas that improve blood circulation, promote relaxation and reduce pain. After an auto accident, acupuncture is a valuable therapy to improve healing times and calm the nervous system. Acupuncture can benefit accident survivors in three ways.

Pain Relief

Acupuncture is effective in relieving both acute and chronic pain by calming the nervous system and triggering the release of

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BA

Business Association Notes

82nd Avenue Business Association By Nancy Chapin

We are working hard to create an area that our community wants to visit to eat, shop, go to the movies, school and check out other activity opportunities such as The People's Court at 2700 NE 82nd Ave. In fact, The People's Court will celebrate the last weekend of the Around the World in 82 Dishes event on November 4! The 82 Dishes Passport program will continue throughout Winter, Spring and Summer.

We added two new rose gardens in October. One is at the Central City Concern building and the other at Springwater Carts. We have a few more roses to plant if you have a location for them. Contact 82ndaveba@gmail.com with questions or for information.

Foster Area Business Association By Jeff Lynott

The Foster Area Business Association recently unveiled its long-planned billboard atop the historic Phoenix Pharmacy building, 6615 SE Foster Rd. FABA worked with local artist (@wokeface) from Higher Self to design the advertising image, and the result is a bright and cheerful image that proclaims Foster as a place to "eat, drink, shop and play." This campaign will coincide with FABA's upcoming holiday promotion, where we'll incentivize eating, drinking and shopping with a digital passport that rewards people for supporting local businesses. Stay tuned for more info on this campaign, which will run between Thanksgiving and Christmas. Event details will soon be posted online at fosterarea.com/events.

Hawthorne Boulevard Business Association By Nancy Chapin

The Boulevard Beautification Bunch comes out the second Saturday of every month, 10 am-noon. Neighbors and businesses meet either in their own area or at Dairy Hill Ice Cream, located on the corner of SE 36th Ave. and Hawthorne Blvd. The next date is November 11. There are also Hawthorne area volunteers and city staff from PEMO keeping up with the illegal graffiti and tagging in the District.

We are looking forward to the many neighbors, visitors and community members that celebrate Hawthorne as a favorite shopping, entertainment and eating destination. Watch for Lights on the Boulevard and festive window decorations during the winter holidays. Mark your calendar for Sunday, December 3 to join your neighbors for holiday ornament-making, music, Santa Claus and hand-made holiday gifts to purchase and appreciate. We will be at Rivermark Credit Union's parking lot from 2-5:30 pm.

Questions? Contact administrator@hawthorneblvd.com.

Neighborhood Notes

HAND
By Jill Riebesehl

Darkness has overtaken the Hosford-Abernethy Neighborhood Association's (HAND) monthly meetings on the St. Philip Neri campus. We will have a signboard outside the administrative building where we meet, so don't be shy if the campus looks deserted.

Two big-city situations dominated the October meeting. A group representing the HAND and Brooklyn neighborhoods to monitor and answer neighbors' questions about the Clinton Triangle safe rest village that opened this summer were welcomed to visit the site. They described it as clean, orderly, well-thought out and staffed. There are 180 people in residence, many of whom are surviving trauma. But already 40 people have become "document ready" for moving to rental housing. The drug-free sanctuary allows dogs, provides meals, has some open space, small storage space, permits guests and respects residents' privacy.

This will arrive too late for anyone reading it and almost too late for public participation, but took up a good bit of our time and many thought it relevant to our neighborhood. Several of us attended an October presentation by the Office of Planning and Sustainability, which is preparing rollbacks to development standards. The deadline to get changes and comments before the Planning Commission was October 24. The next step would be City Council approval and then zone codes changes. Ideas had been solicited from builders and were advertised as ways to encourage more residential infill. The HAND Board, somewhat concerned, voted to submit a letter with comments and constructive suggestions.

Heather Flint Chatto, principal at Design + Planning and co-founder of the Division Design Initiative, attended our meeting and described several interesting innovative ways to think about and provide urban infill.

The HAND Board welcomes new members as well as neighbors and business people to our meetings to share their concerns and ideas. We exist to hash out ways to enhance our neighborhood. At the October meeting, we voted to organize as a tax-exempt, nonprofit, otherwise known as a 501(c)3. This federal status will establish us in the public eye as non-political, able to accept tax-free donations and exclusively dedicated to the HAND neighborhood.

We meet at 7 pm on the third Tuesday every month, except December and August, in the conference room of St. Philip Neri.

Montavilla Neighborhood Association
By Louise Hoff

Neighborhood associations are open to all residents, property owners and business owners in the neighborhood. Our goal is to build informed, inclusive and participatory neighborhoods that support our social and ecological well-being.

Organized neighbors can shape the future of our communities, including envisioning and enacting positive change. Through collaboration, we co-create the communities we want to inhabit.

Our elections are deferred until November because of the membership list not being updated in a timely manner due to all of the constraints we have had with two public meetings and monthly virtual meetings. If you cannot attend the online meeting Monday, November 13, 6:30 pm, please contact jacob@montavilla.org for ballot instructions.

Scott Simpson, who chairs our Land Use & Transportation Committee, has been very active bringing more attention to the need for more safe crosswalks on NE Glisan St. We are particularly concerned with the Greenway crossing at 70th Ave. and the need for a crosswalk at 80th Ave. On 'parking day' a temporary crosswalk was used to measure pedestrian crossing frequency.

Sarah Hartzel, our Southeast Uplift (SEUL) liaison, announced that SEUL community grants are available in November. She herself is interested in street painting ideas.

Montavilla Parks & Gardens Committee members Lisa Wilcke, Tree Steward volunteer with Portland Parks & Rec., Nick Day, Roger Warren and I hung the new tree tags on the 53 trees in our local CSS Arbor-um, a Learning Landscape behind Clark Elementary School. This local treasure is open to the public. Our committee hopes to sponsor a special event to hand out maps and legends to guests.

We are all very sad to see Jacob Loeb, Chair, step down from his position at the next meeting, after fulfilling his tenure. He has brought so very much attention to us all about the many city projects happening on our streets. He is on several other boards and very active in the community. Matt Moore, who has provided so much great graphic design, is also stepping down after completing his tenure but promises he will still help out. Local Montavilla residents or business owners interested in joining our association or joining the board as a community member, running for office or starting a committee should go to montavilla.org and let us know.

Mount Tabor Neighborhood Association
By David Petrozzi

The Mount Tabor Neighborhood Association held our regular monthly meeting October 18 via Zoom. We hosted a representative from the Portland Police Department and enjoyed a conversation centering on how neighbors can access real-time dashboards for statistics on crime, as well as the department's ongoing community outreach. Next was a thorough presentation from a member of the Government Transition Advisory Committee, detailing the most significant charter changes that will affect how Portland's government is organized, as well as how citizens will vote in future elections. The meeting concluded with several updates on communications and general MTNA business.

We invite you to join us at our next monthly meeting Wednesday, November 15 via Zoom. You can find links for this and all of our meetings under the "Meetings and Events" tab on our website, mttaborpdx.org.

North Tabor Neighborhood Association
By Kim Kasch

The North Tabor Neighborhood Association (NTNA) had a hybrid (in-person and virtual/Zoom) neighborhood meeting Tuesday, October 17. We discussed having an Emergency Preparedness Summit in the near future at one of our upcoming neighborhood meetings.

Also discussed was the proposed draft to change requirements for developers in the City of Portland (including a change to not require them to inform neighborhood associations of their plans), as well as the proposed implementation of new tolls to pay for bridges in Oregon.

Alex Cherin, SE Uplift, came and discussed the many community committee offerings of the organization, as well as information regarding opportunities for grants funded by SE Uplift. Visit seuplift.org for more information.

In an effort to promote neighborhood businesses and community centers, NTNA is spotlighting local organizations. We are asking for residents or representatives to submit a photo and short business blurb to board@northtabor.org to be highlighted in the "Local Spotlight" section of our North Tabor Neighborhood Newsletter.

continued on page 15



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from page 13

If you do not receive our digital newsletter, you can sign-up at northtabor.org and please plan to join us at our monthly meetings, every third Tuesday of the month, which are listed on our website.

Richmond Neighborhood Association
By Allen Field

The Richmond Neighborhood Association (RNA) held its monthly meeting October 9. Meetings are the second Monday of the month, 7-9 pm, except January, held in-person at Central Christian Church, 1844 SE Cesar 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 and the RNA Announce listserv. To be added to the listserv, email richmondnasecretary@gmail.com.

Nathan Vasquez, Multnomah County Candidate for DA, attended the meeting. He summarized what he sees as problems with current DA, highlighting statistics, and explained how his approach would be different. Much Q&A followed.

The Board voted to send a letter to Commissioner Rubio and Home Forward over Home Forward's management and operation of Peaceful Villa, and policy gaps on oversight and public process in Home Forward's redevelopment of the Peaceful Villa affordable housing complex at SE 47th Ave. and Clinton St.

The Board discussed changes to its Group Agreements guiding how meetings are run.

If you would like to help deliver the quarterly Richmond Newsletter, contact richmondnasecretary@gmail.com.

The next RNA meeting is November 13. 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

The South Tabor Neighborhood Association continues to bring together neighbors, local businesses, city officials and nearby neighborhood associations to address shared safety concerns. On November 16, 7 pm come meet neighbors and State Representative for House District 46 Khan Pham at All City Church (2700 SE 67th Avenue). For additional details visit southtabor.org. And while there, be sure to join our mailing list!

If you can't make this meeting, try another one. We meet the third Thursday of every month at 7 pm.

Sunnyside Neighborhood Association
By Gloria Jacobs

The Sunnyside Neighborhood Community Care committee is organizing a Winter Clothing Drive for our houseless neighbors Saturday, December 9 in the basement of the Sunnyside Methodist Church/The Groves on SE 35th Ave. and Yamhill St. Volunteers will be on hand to collect donations of winter clothing and gear 10 am-1 pm. The main event will be held 2-6 pm. Please donate (for all genders): pants, jeans and sweatpants; sweaters and sweatshirts; T-shirts-short and long-sleeved; long underwear; new underwear (men's and women's); new or lightly worn socks (wool preferred); raincoats/winter coats; boots, tennis shoes and hiking shoes; tarps, tents and sleeping bags; and warm hats, gloves, scarves and belts (no children's clothing or dressy/formal clothing). If you would like to help publicize the event or if your workplace wants to donate gear, clothing or gift cards, please email Diana Deumling at dianadeumling@gmail.com.

Our next General Meeting is on November 9. There will be several presentations. Officers from Central Precinct will provide an update on public safety. Cascadia Action, a nonprofit that advocates for clean air, will attend. They, along with neighborhood associations and other stakeholders, are fighting companies in North and NE Portland over air quality and have asked the SNA to endorse letters written by the neighborhoods most affected by the most dangerous industrial polluters in the city. You can read the letters at tinyurl.com/45a29dnj. For more information, visit portlandcleanair.org. Plans are underway to renovate the Belmont Library and add an addition for a total of 15,000 square feet, more than doubling the available square footage. Library director Vailey Oehlke and the project architect will provide an update and want to hear the neighborhood's thoughts on the most important features for the renovated building.

Uncertain Future For Vacant Lot

from page 1

ing, but want to acknowledge that with our basis this is much higher than it normally would be for a land deal," wrote Dowding.

Simon wants the neighborhood to have input on how the property will be developed and is pushing to get the property developed quickly. "We're trying to reach out to nonprofit housing developers and private developers in the area to see if there's any interest with them to buy up this lot and start development as soon as possible," said Simon.

Another potential buyer Simon will be approaching is the City of Portland itself. "There has recently been a lot of interest within the neighborhood and within our association to see if we can lobby the city to purchase this lot and turn it into a community space, whether that looks like a small park, or a plaza, or maybe

a combination of things including even a private public partnership where part of the lot can be taken up as a small community space and the other part can be developed."

Simon's efforts to engage the city are just beginning. His next step is to draft a letter on behalf of the Sunnyside Neighborhood Association to Portland Parks and Recreation to advocate for turning the lot into a "community space."

"Once that happens it really will become a sort of grassroots effort. We have a lot of neighbors around the area who are very interested in this. We're all connected through a Slack channel and we're trying to organize perhaps a letter writing campaign or a campaign to sign up at a city public hearings-related to the Bureau of Parks and Recreation to advocate

for this cause," said Simon.

For the time being, the future of the lot at 4511 SE Hawthorne Blvd. remains uncertain and development may be a long way off. Killian Pacific has offered to rent the lot short term until it finds a buyer or development plans change, but without working electrical and plumbing hookups, it is unclear whether any potential renter will want to invest in a short term rental.

Members of the community who would like to contribute to efforts to turn the lot into a community space can contact the Sunnyside Neighborhood Association by emailing board@sunnysideportland.org and attending the next Land Use and Transportation Committee meeting, which will be held Thursday, December 28, 8 pm at SE Uplift, 3534 SE Main St.



from page 13

endorphins, the body's natural painkillers. This helps alleviate pain from injuries sustained during the accident.

Stress Reduction

Auto accidents are emotionally distressing, leading to symptoms that can include insomnia, anxiety and other PTSD-like symptoms. Most people find acupuncture to be a surprisingly relaxing therapy. It should be performed in a well-designed clinic that is warm, quiet and provides an excellent environment for deep relaxation.

Improved Circulation

Acupuncture enhances blood circulation to damaged tissues, promoting healing and reducing inflammation. It is often a pain-free therapy allowing access to damaged tissue that is otherwise too sensitive to be worked on directly.

Massage therapy is a hands-on approach to healing that involves manipulating soft tissues, such as muscles and tendons, to promote relaxation and reduce pain. After an auto accident, massage therapy can play a crucial role in recovery by addressing various physical and emotional symptoms.

Muscle Tension Release

The force of an impact during an auto accident can cause muscles to tighten and spasm. Massage therapy helps relax tense muscles and reduces the pain associated with muscle spasms.

Increased Flexibility

Through gentle stretching and manipulation, massage therapy can improve joint flexibility and range of motion, making it

easier for patients to regain mobility.

Stress Reduction

The calming nature of massage therapy alleviates stress, anxiety and depression, common psychological reactions to auto accidents.

Enhanced Circulation

Like acupuncture, massage therapy increases blood flow to injured areas, helping to speed up the body's natural healing process and reduce inflammation.

Scar Tissue Management

Massage therapy can also assist in breaking down and reducing the formation of scar tissue, which may develop after an accident.

Auto accidents can leave lasting physical and emotional scars, but chiropractic care, acupuncture and massage therapy offer excellent tools for recovery. These holistic approaches address a range of issues, from pain management to emotional well-being, by promoting healing, restoring balance and reducing stress. If you've been involved in an auto accident, consider incorporating these alternative therapies into your recovery plan.

Consult with healthcare professionals experienced in these fields to determine the most appropriate treatment approach for your specific needs. With their guidance, you can embark on the road to recovery and regain your physical and emotional well-being.

Oliver Leonetti L.Ac. , Inner Gate Health & Wellness
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Amish Memories

from page 8

times for research and to interact with Amish families. She says she learns the most just by sitting down to dinner with them and talking. As to ideas for stories, Gould draws on many sources of inspiration including Shakespeare, historical events and family trips. "I always keep a travel journal and once I come up with an idea, I research just how it could occur," she explained. She has been especially interested in World War II as her father was in the US Army in Europe at that time. "I've actually drawn on the emotions of my mom and dad during World War II and come up with story ideas based on diaries and scrapbooks from the period."

The books don't fall into a standard genre or reader demographic. Gould said, "Amish books are their own genre," and Amish book readership interest

has grown expansively and extended far beyond that of early Amish romance novels. "Current Amish stories are not necessarily young adult oriented, although principal characters often tend to be young adults. Surprisingly, the main audience is women aged 40 on up. They seem to be drawn to that type of a simple lifestyle involving people of faith with strong work ethics."

Gould lives in Portland with her family and is an active member of the Willamette Writers and the Oregon Christian Writers groups.

The Amish Memories series is being published by Bethany House, a division of Baker Publishing Group and the books can be purchased at bakerpublishing-group.com/bethanyhouse. For more about Gould, visit lesliegould.com.

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9-12 years: Penny H. (Age 9)

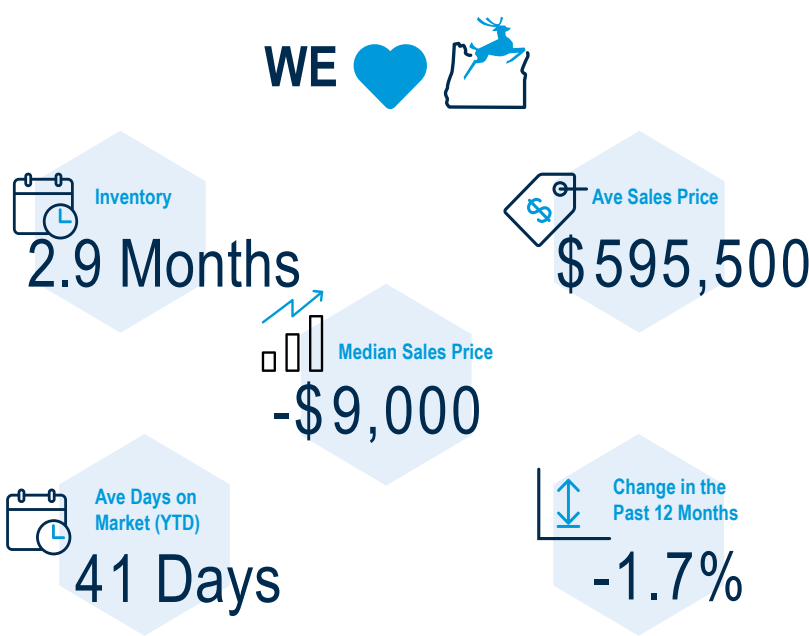
Congratulations to our winners of the October SE examiner issue coloring contest! We'd like to thank everyone who participated and sent in a drawing. In addition to the winners receiving \$30 gift certificates, we will be sending all the remaining participants a \$5 gift certificate to Kids at Heart in the mail. Great job on the amazing coloring! We'll have your artwork in our front window until November 15th. Happy Halloween!

Neighborhood Happenings:

Ha Ha Harvest Comedy Festival
hahaharvest.com
Friday, November 24-Sunday, November 26

The Ha Ha Harvest Festival is gearing up for their 5th annual comedy showcase this Thanksgiving weekend! The event has expanded this year to encompass 11 stages, 100 comedians, 45 shows and five short film screenings. Don't miss your chance for a truly unforgettable comedy experience! The full lineup, ticket prices, and venue information can be found on the website.

HOW'S THE PORTLAND MARKET DOING?



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Data is courtesy of the RMLS.



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