



S.E. Portland from Mt Tabor Park

PDX in Motion

By Don MacGillivray

Our city’s growth is a continuing issue for the many citizens that rely on local public services and infrastructure for daily living. Housing needs the most attention as it should, but transportation is a close second.

Due to Portland’s expected growth over the next fifteen years, the number of households in the Central City is expected to double and employment will increase by fifty percent. The Central City is only three percent of Portland’s land area, but it will absorb thirty percent of the city’s population growth. These statistics demand major changes to the transportation infrastructure in the Central City

Forty percent of the land area of downtown is composed of streets and sidewalks making their expansion difficult, if not impossible. Since automobiles use ninety-five percent of the street area and bicycles and transit use only five percent, it seems reasonable that the more efficient forms of alternative transportation should

increase since it is the only way to move people.

By comparison, in Copenhagen bicycle users make sixty-two percent of the inner city trips yet they use only seven percent of the road area.

Six years ago, Portland Bureau of Transportation began planning for the not too distant future. The Central City in Motion (CCIM) report was adopted by resolution before City Council in mid-November. This program plans to create a better city based on a generation of planning that requires a coordinated, far reaching agenda of projects to meet the challenges of Portland’s future growth.

The plans will involve creating thirty miles of low stress bikeways, or hundred safe street crossings, additional miles of transit investments, and improving traffic flow throughout the Central City for an investment of \$72 million over ten years.

To the north, Seattle has experienced even larger growth than Portland and has made numerous changes addressing these difficult issues. They have made significant investments in pedestrian safety, protected bike lanes, and dedicated bus lanes in order to accommodate new ways to get in and out of their central city.

Their work has resulted in a ten percent reduction in drive-alone commuting while the number of jobs increased by 60,000. Seattle’s transit ridership is growing faster than any other city in the country.

Portland hopes to accomplish similar transportation improvements with the Central City in Motion program beginning with eighteen projects planned over the next five years, some of which affect the Central Eastside Industrial District.

SE / NE Grand Ave. will see improvements made to help facilitate the movement of autos, bikes, and transit. There will be new pedestrian crossings at Martin Luther King Blvd. and Grand Ave.; protected bike lanes on 7th Ave. to connect Sullivan’s Crossing to the Tilikum Bridge; and 6th Ave. is a likely location of a section of the future Green Loop, that will include additional pedestrian crossings. The cost is estimated at \$8.5 million.

NE and SE 11th and 12th avenues are

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Seasonal Giving Opportunities in SE Portland

By Jack Rubinger

There’s no shortage of interesting, fun and easy seasonal giving and volunteer opportunities in our community this season.

Here are a few:

- Ben Gernert from Lutheran Community Services is looking for new or gently used coats/jackets as well as diapers. Contact bgernert@lcsnw.org, call 503.731.9590 or visit www.lcsnw.org for more information.

- Windermere Real Estate is running a coat and blanket drive to benefit communities where Windermere real estate brokers live and work. The annual Share the Warmth campaign runs through December 19. Windermere brokers will be collecting new or gently used adult-sized coats and twin-sized blankets for the local community.

In our SE area, donations will benefit Transition Projects, a local nonprofit that helps people transition from homelessness to housing. The public can stop by participating Windermere offices to drop off donations. Windermere locations in SE are 5015 SE Hawthorne Blvd. and 1610 SE Bybee Blvd.

“Beyond helping people buy and sell homes, our real estate brokers have always been committed to their local communities,” said Scott Mitchelson, President, Windermere Real Estate/Oregon & SW Washington.

Since 1989, the Windermere Foundation has contributed more than \$33 million towards improving lives in our communities. For more information, visit windermere.com.

- Artichoke Music is having a sock drive for the homeless they’re conducting in connection with their Holiday Concert, Peace on Earth, Goodwill to All on Saturday, December 15.

Award winning singer-songwriter Beth Wood headlines the show, with a stellar cast of featured performers including:

Mark Bosnian, Megan Cronin & Chris Baron, Ed Haynes, David Gross, Halelupe, Gary Furlow and Alexa MacDonald.

Artichoke requests bringing one pair of warm winter socks which will be distributed to Portland’s homeless community through the good works of Transition Projects. Transition Projects assists more than 10,000 people annually, with a special focus on veterans, women, couples and people with disabilities.

Tickets are \$15 and available via Brown Paper Tickets at 121518.brownpapertickets.com.

- The Community Music Center (CMC) raises money year-round and has a December appeal to give need-based scholarships to music students who can’t afford the cost of lessons on their own. Sometimes, families need help keeping lessons going during hard times like having lots of bills from a medical emergency or rent increase.

The Center has helped homeless children find joy in their day, given them something to look forward to, and given foster kids a consistency in their lives. CMC has helped a lot of young families for whom lessons would be financially out of reach.

They’ve been serving SE Portland since 1959, enhancing the community by providing access to quality instruction and opportunities to learn about, make, and enjoy music.

Donations are accepted online at communitymusiccenter.org, via phone at 503.823.3177, or in person at 3350 SE Francis St.

- Montavilla Farmers Market (MFM) is increasing access to healthy food in our community.

Right now, one in seven neighbors experience food insecurity. You can help!

Everybody Eats helps households in need access fresh, quality produce through a dollar-for-dollar SNAP match. Montavilla Farmers Market has provided more than \$60,000 of matching funds to families in

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SE Updates

E-scooters update

Hear ye, hear ye, e-scooter haters and lovers. The experiment is over. With some 676,000 trips logged covering 775,000 miles, the pilot program ended last month.

While Portland Bureau of Transportation has been collecting data since last July about whether scooters help or harm by decreasing car trips, increasing mobility and whether favorable comments outweigh negatives, it is not too late to tell the City what you really think about the madcap motorized vehicles that scoot in and out of traffic, around the elderly, baby carriages and bicycled.

To learn more: or to share your experience email: E-scooter@portlandoregon.gov or leave a phone message at 503.823.7483.

No Comment Allowed on RIP Revisions Update

City Council’s hearing of an expansive revision of the Residential Infill Project (RIP) proposal to allow multi-units in virtually all single family zoned neighborhoods is delayed until next summer.

That means Portland residents have more time to prepare comments for or against the project. What they won’t have is an opportunity to present their cases prior to Council hearings..

Outrage and legal machinations are mounting over concerns that RIP will rip-up the fabric of stable neighborhoods and incentivize demolition.

The controversial expansion

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By MIDGE PIERCE

Feeling Scroogey Portopia? Take heart. Donation buckets and poetry posts are full. Little Libraries balance give and take. Phones re-charged once campaign solicitations stopped. Leaves pile high for free street pick-ups along with fantastic tales of forest floor rake-ups.

E-scooters stopped packing emergency rooms. Local doctors stepped out of their lane to speak gun safety to Power. Naked Bikes rode a Vote Naked blue wave to spin again. Dinosaurs and gnomes still rule in-fill shrinking gardens.

Portopians spend almost as much on December decor as on Halloween installations. Plastic Santas await wishes like rolling back water bills to 1958. Trinkets grow from lightpoles.

Still not festive? Mash-up familiar tunes like the Twelve Days of Christmas/Kwanzaa Hanukkah or Bodhi Day by singing how glad you are you voted for, metro housing for the poor.

Or, try dreaming of a bright Christmas, with campaign coffers glistening and politicians listening, to entreaties that millions unspent, pay Portlanders' rising rent.

An ode might inspire like Joy to a Sustainable World, so Next Gens might see, rows of Richmond bungalows still demolition-free. Sing Jingle bells, with political tricks and tells that jangle Portopians apocalyptic fears, with post-truthiness of the last two years.

Anyway you cut it, thank Portopians' edginess, purging straws and the politically incorrect; culling roosters from backyard coops and passing bonds against property owners' self interest.



Safe Online Shopping

By JOHN PALMERI, BRANCH MANAGER, ONPOINT COMMUNITY CREDIT UNION HAWTHORNE BRANCH

As the holiday season approaches and the spirit of holiday giving takes hold, it's a good time to take a few simple steps to protect against cyber-grinches. According to recent

studies published by the Pew Research Center, 51% of US adults bank online, and eight in ten Americans are online shoppers. Online shopping and banking is on the rise, as is online fraud as cyber criminals target shoppers.

You can reduce your risk of being targeted by online criminals by shopping in-person at neighborhood retailers and

supporting local merchants. Some amount of online shopping seems unavoidable and if you find yourself needing to make that last-minute purchase from an online retailer, these tips can help keep your information safe and secure.

The Department of Homeland Security Emergency Readiness Team (US-CERT) has

see next page



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Frida Kahlo art work



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Portland Neighbors for Diesel Action

BY WESLEY WARD, PORTLAND
NEIGHBORS FOR DIESEL ACTION

Clean-air construction on public sites in seven years?! Is that the best we can do?

Our City Council and County Commission are preparing to vote in December on their joint proposal for reducing diesel pollution at publicly-funded construction sites.

A public hearing will be held on the Clean Air Construction Standard, December 13 at City Hall.

Following the hearing, the Council and Commission may adopt it as a procurement requirement for contractors on public construction sites.

This is an important step in the overall campaign to reduce diesel emissions, especially their pervasive, ultra-fine and highly dangerous particulates that enter lungs and bloodstreams and find their way to internal organs and even our brains.

While we support this small

foot-in-the-door, we want our leaders to do much better for a healthy Portland.

Join us at City Hall on December 13, at 8:30 am to rally in support of a stronger, more effective Clean Air Construction Standard.

We want our leaders to strengthen the proposed program as follows:

1. Compress the phase-in schedule as much as possible.

2. Ensure that the oldest, dirtiest diesels will not be allowed to install minimally effective filters and then be grandfathered until they age out or die.

3. Expand the program soon to apply to private construction projects assisted by city or county grants.

3. Provide clear funding plans to ensure rigorous administration, onsite monitoring and enforcement, and annual public reports.

4. Provide incentives and financial assistance for small contractors to comply early with

later requirements in the phase-in period.

The proposal, if adopted, will limit idling and gradually require older diesels to install filters or be replaced. These requirements will be phased in over seven years from the date of adoption, starting with the oldest and dirtiest diesels.

The program will apply only to off-road diesels with 25+ horsepower and to dump trucks and cement trucks serving public construction sites.

If managed well, this initiative may have a positive effect on Portland's overall diesel contractor market. It may also be a model for other cities and counties in Oregon and even for state-funded construction sites.

For information on the Clean Air Construction proposal, go to portlandoregon.gov/brfs/article/702876. For detailed comments on the proposal, see tinyurl.com/yavvj3ah

Shopping

from previous page

identified three common ways attackers target online shoppers:

- **Using fake websites and emails to get shoppers to share account information** – Attackers pose as legitimate retailers, or pretend to be a charity, especially during the holidays or after a natural disaster.

- **Intercepting insecure transactions** – If a retailer does not use encryption, attackers may be able to intercept your information during a transaction.

- **Targeting vulnerable computers** – If your computer is not protected, it is vulnerable to being accessed by an attacker who may be able to view your information.

There are simple precautions an online shopper can take to help protect against attackers and fraud. Here are just a few:

- **Use a credit card in lieu of a debit card.** If a fraudulent transaction takes place on your credit card, at least the funds won't automatically be pulled from your checking account while you are settling the dispute. Protect yourself by only shopping on sites with HTTPS and a padlock icon to the left or right of the URL. The 's' at the end of HTTPS stands for secure and ensures all communication between your browser and the web is encrypted.

- **Be proactive.** Routinely check all of your financial statements and history for suspicious or questionable charges. Contact your financial institution immediately if you find unauthorized activity on your accounts.

- **Don't open attachments or click on URLs in unsolicited emails from vendors and people you don't know.** These may be phishing scams that contain links that will download malware on your computer or lure you into entering personal information. Be aware, the email may even appear to be from someone you know but

look or sound suspicious.

- **Use strong passwords, and do not use the same passwords for multiple websites.** Consider increasing the complexity of passwords or use phrases, and regularly change passwords for added security.

- Most importantly: **Think before you click.** If something seems off, it likely will require a little investigation before clicking the link or message. Resist the urge to respond to enticing subject lines that sound too good to be true. Stay alert and take protective measures to ensure online safety and security.

Two reputable sources for information on protecting your accounts, information and identity from online attackers include: The National Cyber Security Alliance at StaySafeOnline.org and the Department of Homeland Security Cyber Emergency Readiness Team at US-Cert.gov.

The holiday shopping

season is an opportunity to be reminded and to encourage our friends and family members to protect against cyber criminals and strengthen the security of information and accounts.





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Restaurants adjust to new dining trends

By MIDGE PIERCE

As SE Portland’s commercial corridors grow and change, so too do the eating habits of residents. Caviar, GrubHub and even Amazon are the future of Portland’s food scene according to several SE restaurateurs. One surmises that the Silicon generations’ dependence on electronics may be driving the shift.

Diane Santucci opened a branch of Portland’s beloved Russell St. BBQ on Belmont St. and says the bulk of her business at the new location is delivery. “Millennials are driving a trend of eating at home,” she says. “Maybe it’s because they like having unlimited access to their electronics,” she muses.

Across the street at the Bite on Belmont food cart pod, Viking Soul Food owner Megan Walhood agrees that delivery is the future. She and many of the carts in the pod such as Herb’s Mac and Cheese use an array of delivery services, especially once the weather gets cold and wet. “On a rainy night, delivery services are a great option.”

Whether driven by newbies, new growth, new generations or even holiday overload, the ease and convenience of delivery is a draw according to marketing guru



Veronica Anton. Yet, she says, residents who opt out of eating in are missing opportunities. Rewarding experiences come from visiting the quirky restaurants and shops of the Eastside’s Main Street style corridors. “People really have to engage with our businesses to get a sense of their personalities,” she says.

Current Belmont Business Association President Constance Ihrke confirms that home and office delivery is growing. “Social media is used to offer specials for walk-ins...We are looking at running some winter promotions in January and or February to increase walk in traffic during the slower months.”

In addition to missed social opportunities, delivery surcharges that run as high as 30% can impact businesses on narrow margins and those getting established in new locations. Russell St. BBQ’s Santucci says food purveyors have no control over the delivery – how long it takes or in what condition the food arrives.

On the upside, delivery services can offset closures and detours caused by nearby construction. When the Belmont carts had to move across the street to make room for a co-housing facility, delivery services came to the rescue.

Walhood particularly likes

Delivery Dudes, a locally-owned service that charges less than competitors. Business is now back stronger than ever, she says, because the new location’s gate offers better security.

“At the other location we had constant break-ins,” she said “This is a much better spot.”

Established eateries east of SE 39th rely often on breakfast and brunch crowds.

On Hawthorne, long established eateries like Bread and Ink also rely on early birds to keep business hearty. Morning fare is almost always eat-on-site, says a worker from the adjacent Waffle Window which has seating inside and a courtyard outside.

Coffeeshops remain loaded, if not packed, with remote workers who consider cafés an extension of their office. During last month’s cyber shopping, the original Division Street Stumptown Coffee Shop was swamped with customers using Wi-Fi connections.

Residents are taking heart that the departing Woodsman Tavern will be replaced by Tasty n Sons, relabeling as Tasty n Daughters when it moves from N. Williams Ave. to Division St. Curiosity will likely be a strong on-site attraction.

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Neighborhood Notes

South Tabor

By Tina Kimmey

The Land Use Committee reviewed the land use notice for the Kellogg Middle School Conditional Use Review and Adjustment Review (LU 18-169865 CU AD) and recommended the Board support approval. John Carr drafted a letter in support, and the Board approved, sending it to the City. For more information on the Kellogg Middle School project and to watch a virtual tour of the current design visit southtabor.org.

TriMet's Division Transit Project is close to 60% design complete with the current focus being on bus shelter designs, including how the protected bike path (from SE 82nd east to the Portland city limit) will be integrated into the station/platform to mitigate pedestrian and bike collisions. If federal funding comes through, construction is set to start at the end of 2019.

Look for a few new neighborhood information kiosks to go up in the near future. The kiosks are one of our methods to share information with neighbors.

We have no meeting in December, so our November meeting was the last of 2018. There was recognition of the continued work and gratitude to the commitment of Board members and residents alike.

We wish you all a wonderful holiday season and hope you will join us in 2019. Next meetings: Land Use Committee meeting, Tuesday, January 15. General meeting, Thursday, January 17. All meetings run from 7 - 8:30 pm. and are held at Trinity Fellowship, 2700 SE 67th Ave. Enter on the east from the rear parking lot. See southtabor.org for more information.

Montavilla

By Patricia Sanders

With cold nights arriving, there is concern about protecting houseless individuals and keeping them comfortable and safe overnight. Fortunately, the Montavilla Emergency Warming Shelter, hosted by Saints Peter and Paul Episcopal Church, offers this service whenever Multnomah County declares a severe weather emergency.

To support this service MEWS has been hosting several fundraising events. The next event is The Radical Craft Fair on December 15, 6-9 pm at Saints Peter and Paul, 247 SE 82nd. You can donate online at MightyCause tinyurl.com/y8dendrp. MEWS needs volunteers and will offer a training December 10 at Saints Peter and Paul.

At the Montavilla Neighborhood Association board meeting November 12, board members voted to donate \$250 to the artists who painted the "Sow Radical Seeds" mural next to the Montavilla Farmers' Market. The artists did not charge for painting Montavilla's newest mural.

At the MNA general meeting on November 12, the MNA Land-Use Committee reported that plans for the pilot Montavilla historic resources assessment are moving forward. Meetings for potential volunteers will be held in January. Dates and times will be announced soon.

More history news. My mother used to talk about going to the Montavilla Branch Library, but she could not remember exactly where it was located. After trying to find it for years, I finally located it at the southwest corner of SE 80th and SE Ash. Except for its rectangular shape and hipped roof, the exterior looks nothing like the original 1935 library.

That one-story building, designed by famous Portland architect Herman Brookman, had a stripped Classical look whereas the current building, home to non-profit Unlimited Choices, is two stories with a pedimental entrance added. No wonder my mother did not recognize it when we drove up and down the side streets off Stark.

I'm sure many of my readers remember going to this library and have stories to tell about it. If you do, please contact me at patricia@montavillapdx.org. Your stories will add richness to the history of the Montavilla library which Multnomah County Librarian, Anne M. Mulheron, called "the outstanding achievement of the year" in her 1934-1935 report.

The next Montavilla Neighborhood Association meeting will be Tuesday, December 10 at the Montavilla United Methodist Church at 232 SE 80th Ave. The general meeting, 6:30 pm to 8:30 pm, will feature speakers giving information about a new safety project on Division at I-205 and on the latest news regarding the status of the 82nd improvement efforts. The board meeting is from 8:30 pm to 9:30 pm. All are welcome to both meetings.

Mt. Tabor

By Laura Smith

At the November meeting of the Mt. Tabor Neighborhood Association (MTNA), David Morrison of Wireless Watch presented information about 5G wireless networks and potential impacts on the neighborhood. For more info, you can read his blog at wirelesswatchblog.org.

MTNA will hold a Board Work Session Saturday December , 10 am-2 pm at Warner Pacific University, Egdvett Hall, Room 203. This will be an opportunity for the Board to reflect on our mission, what we've done well, what can be improved, and MTNA priorities for the future. Neighbors are welcome to attend and listen in on the conversation.

Find out what's happening in the Mt. Tabor neighborhood and how you can volunteer for projects to improve it by attending our monthly meetings. The next regular monthly meeting of the Mt. Tabor Neighborhood Association will be Wednesday, January 16, 7 pm at Mt Tabor Presbyterian Church at SE 54th and Belmont, with social time and homemade cookies starting 6:50 pm. For more information, see mttaborpdx.org.

Richmond

By Matt Otis

A full house came out for the RNA meeting November 11 that was chock-full of sharing of local events and happenings, discussion topics relevant to the neighborhood, reflection on our past, and making decisions for our future.

We learned about new heritage tree dedications, Richmond Ready pairing with the SE Portland Tool Library to get roto-hammers for earthquake retrofitting, the new Inner Powell Alliance of neighborhoods wanting to create a safer and more vibrant corridor, and more.

There was a heartfelt presentation about Mulugeta Seraw, who was murdered near our neighborhood 30 years ago. The RNA will host a book group for A Hundred Little Hitlers, which chronicles "The Death of a Black Man, the Trial of a White Racist, and the Rise of the Neo-Nazi Movement in America". Details are on the website.

After a follow-up discussion of the Moving Forward workshop in October, we were announced that, by using some of the recommendations for how to better ourselves, we found ways to not only build volunteer pools, but also to save thousands yearly for our neighborhood newsletters. We hope to follow up with more of the ideas to find better ideas, better ways of doing things, and increasing our focus on activities with even greater local impact.

A great discussion about a proposed Area Parking Permit Program along Division between 28th & 43rd followed. Some residents have serious problems with parking, others don't see any problems, but almost all residents in attendance indicated that they were hesitant to support any program without more details and assurances for where the money from permits would go. The board later voted to not make a decision or recommendation until we had more information from PBOT. For full details and proposed maps, look at the 2018 November notes on the RNA website listed below.

Finally we approved a large backlog of procedural items, and approved the proposed Fiscal Sponsorship Applications for local events

There was discussion led by SEUL regarding how to pay for mediation requests for grievances against the board. In the past, the city has paid all costs related to grievances and mediation out of a large pool of money; but that is no longer the case. Mediation requests can cost from hundreds to thousands of dollars per instance, and could be lobbied by anybody at anytime. The RNA Board adopted a policy to require that those requesting mediation are responsible for paying for said mediation, as to prevent grievances and mediations from becoming a tool by those with ill or maligned intent from causing continual harm.

For full details, presentation, links, notes, audio, and more; visit our website: richmondpdx.org

The next Richmond General Meeting will be on Monday December 10 at Waverly Heights Congregational Church in the church basement, 3300 SE Woodward St., enter from the east-side door.

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Community News

Community Ensures a Healthy Future for Mt. Tabor Park



From left to right: Tim Raphael, Kate Raphael, Jeff Anderson, Mary Kinnick, Diane Redd, Mary McWilliams, Bob McWilliams
Not shown: Amelia Caldwell, Jackie Dingfelder, Kari Easton, Tom Koehler

By MARY KINNICK

The community did it! The FMTP Stewardship Fund campaign began in April 2018 with the goal of raising \$100,000 to ensure the future ecological health of the park. We reached this goal September 29 at a major fundraising event hosted at the home of Alissa and Neal Keny-Guyer. Funds have been deposited in an FMTP endowment fund with the Oregon Community Foundation where interest accrued will help sustain the volunteer habitat restoration program, the FMTP Weed Warriors, for generations to come.

The campaign will end officially December 31, 2018. We continue to welcome donations because we know that some in the community planned to wait until the end of the year to donate. To learn more about the campaign and to donate online go to taborfriends.org/stewardship or send a check to FMTP Stewardship Fund, 5857 SE Yamhill St., Portland, 97215.

Members of the volunteer Steering Committee put in countless hours planning the campaign and approaching neighbors and local businesses seeking donations. Over three hundred donors, including twenty-eight businesses and other organizations, have contributed, in amounts ranging from \$4 to \$5000.

Members of the Steering Committee were: Jeff Anderson, Amelia Caldwell, Jackie Dingfelder, Kari Easton, Tom Kohler, Cristen Lincoln, Mary McWilliams, Kate Raphael, Tim Raphael, and Diane Redd. Kate’s talents in messaging and campaign material design were amazing. Diane was there from the beginning helping to shape the nature of the campaign. Mary generously hosted meetings at her home.

Instrumental to success were volunteer efforts by FMTP Board members, especially Isabel Johnson who kept careful records of all donations, Suzanne McCarthy who kept track of all the donors, and Martrese Beck, webmaster and graphic designer par excellence. The workloads of these last-mentioned individuals far exceeded “regular” FMTP duties.

Also instrumental to the campaign was a grant and professional advice received from the Portland Parks Foundation. Jeff Anderson, who recently retired as its Executive Director, became my mentor.

We know, though, that in the end, the campaign was successful because of the love the community has for Mt. Tabor Park. We found this everywhere we went!

A special thanks to our business and non-profit donors who gave generously: Adult Soapbox Derby, Brewvies Academy Theater, Cheese Bar, Flying Pie Pizzeria, Hastings Appraisal Inc., Hawthorne Auto Clinic, Hawthorne Blvd. Business Assoc., Honl Tree Care, KB Custom Framing, Living Room Realty, Mariko Locke State Farm, Mt. Tabor Fine Wines, Mt. Tabor Neighborhood Assoc., New Seasons Hawthorne, Old PDX Homes, Parkside Clinic, Portland Nursery, Rain or Shine Coffeehouse, Saylor’s Old Country Kitchen, Sohler Law, South Tabor Neighborhood Assoc., Square Deal Remodeling, Take It Outside Fitness LLC, The Caplener Group, The Nature Conservancy, Tabor Bread, Thirsty Monk, and Warner Pacific University.

Consider becoming a member of FMTP if you’re not one already. Community investment and stewardship of Portland parks is essential to our healthy future. Go to taborfriends.org.

Bright Lights, Warm Hearts

Make Division Clinton your home for the holidays as local businesses light up their storefronts and open their doors for charitable giving.

Your favorite Division Clinton shops will help brighten our streets this holiday season, lighting the way toward shopping, festivity and holiday giving.

Customers will have the option to donate to any of the non-profits each business partners with as they stroll the District. Take in the bright lights and warm your heart through January 1.

- Participating businesses will light up their storefronts from throughout December to January 1. They will display a heart in their window that says which non-profit they’re partnering with

- Participating businesses will pick a non-profit to partner with and give their customers an opportunity to donate as they shop.

See divisionclinton.com

Seasons Feedings

Every cat deserves a little holiday gift this year, especially the outdoor feral and stray cats lucky enough to be brought through the Feral Cat Coalition of Oregon’s (FCCO) spay/neuter clinic in December.

As part of its Season’s Feedings cat food drive, FCCO offers free cat food to caregivers who bring in their feral and stray cats to the spay/neuter clinic in December.

If you are feeding feral or stray cats, call FCCO today at 503.797.2606 to schedule an appointment. All surgeries are performed by licensed veterinarians at FCCO’s SW Portland clinic.

Services are donation-based and include a spay/neuter; vaccinations; flea and ear mite treatment; and an ear-tip. Caregivers throughout December receive free cat food. Call today.

For more information visit feralcats.com



Recycling tips for December

By BONITA DAVIS, MASTER RECYCLER AND SE RESIDENT

I remember very clearly the year I received a gift from a friend in a small shiny black lacquered paper box. It had a calligraphy tag, glittery striped ribbon, and was topped with a cluster of crystal ornaments.

It was stunningly beautiful. It took two weeks before I carefully unwrapped my special gift. The mystery, creativity and the time it must have taken made it very special. None of it was particularly holiday material, yet it was festive.

Wrapping gifts has long been what we do to make even ordinary items special. Over the centuries, money, gifts and relics have been wrapped in outer covering for portability, protection and to indicate importance.

Chinese, Korean and Japanese cultures have been noted for wrapping objects in paper to be presented as gifts. In England, the Victorians added ribbons and bows that signaled the wealth, status and taste of the giver.

In the US, gifts commonly were wrapped in plain paper, newsprint, fabric, or in boxes and sacks until things got fancy in 1917.

The Hall Brothers of Kansas City, Missouri, ran out of tissue paper for wrapping purchases in their store. A decision to use

patterned paper stock they used for lining envelopes became an instant sensation and sold out.

“Gift wrap” caught on, and the Hall Brothers went on to become Hallmark. Now, a hundred years later, it is estimated that about \$7 billion is spent each year on wrapping paper!

It’s totally possible to enjoy wrapping gifts with gorgeous papers and trim and not be wasteful.

Annually, some four million tons of wrapping paper and paper shopping bags get tossed by the end of each holiday season. Simply unwrapping gifts with care and reusing some of the gorgeous paper, bows and ribbons for your gift giving can keep materials from becoming one time use.

Get creative greenery for bows, and alternative wraps such as pillowcases, handkerchiefs, tea towels, jars and tins or other usable objects as containers. Reuse not only your wrapping supplies, but packing and mailing materials before recycling or disposing of them.

Turns out the gift I received in the fancy wrapping was created by someone with a design background. Inside was a lovely candle I enjoyed for years. I held on to the packaging until the right occasion came along, and then presented it to another friend who loved it. I hope it continues to be passed on for others to enjoy.

SES tree recycling event

For the past eight years, Sunnyside Environmental School (SES) has organized a Christmas Tree Recycling Event with all monies collected to benefit the GO FUND, utilized throughout the school year to supplement the out-of-pocket costs of school field trips for many students and families with limited means.

Middle-schoolers (grades 6 - 8) earn community service credits by working at the event, neighbors feel welcomed on the school grounds, and the school provides a needed service – particularly for apartment / condo-dwellers.

This season’s event takes place January 5 - 6, 10 am-4 pm each day. In keeping with the environmental mission of the school, the school will chip all collected trees to make mulch for the perimeter school gardens (with excess available to SE neighbors).

Tree pickup reservations are made in advance by emailing: sunnysidetreerecycling@gmail.com or by registering online at: sesptsa.org/volunteer/2019-tree-recycling.

They offer pickup service to multi-unit apt and condo buildings throughout the city and interested parties can email: sunnysidetreerecycling@gmail.com.

Donations can be cash, check (payable to SES PTSA), or paypal at paypal.me/SEStreerecycling

Location of drop site is Sunnyside Environmental School; 3421 SE Salmon St. Drop-off is in the asphalt area just behind the school.

Pick-up service is throughout inner NE/SE from the river east to 82nd Ave. and from around NE Fremont St. down to SE Woodstock Blvd.

Fee or donation requested: \$5 for drop-off; \$10 for pickup
Contact: Jeff Skoke, 503.719.7415, jmsrwc@yahoo.com



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Community News



Portland Street Medicine, a coalition of medical providers, social workers, care managers and lay people who provide care to the homeless, is welcoming the month of December by giving thanks to Splendid Cycles for its gift of a Bullitt cargo bike.

This generous donation, valued at more than \$3,800, helps the all-volunteer nonprofit increase its capacity to serve and carry medical supplies to those living on the streets, in group camps, and out of public sight, in areas often inaccessible by a car.

Portland Street Medicine's partnership with Splendid Cycles (407 SE Ivon St.) began last spring when a team of caregivers were supporting the homeless along the Springwater Corridor trailhead, adjacent to the bike shop. Owners Barb and Joel Grover instantly offered to help.

"We walked through their doors to introduce ourselves and get water and they said, 'We want to help and give you a cargo bike,'" said Drew Grabham, a social worker and co-founder of Portland Street Medicine.

"We were looking for a nonprofit with a good cause who could use one of our bikes, and Portland Street Medicine walked through our doors," said Barb Grover, co-owner of Splendid Cycles. "Our neighbors living outdoors desperately need medical care, and we were so happy to that our bikes would be used to help others."

To learn more about Portland Street Medicine and support their work, visit portlandstreetmedicine.org

Mennonite Church services

Portland Mennonite Church hosts two services in December and invites the SE Portland community to attend.

Longest Night Service—Thursday, December 20, at 7 pm.

The longest nights of the year come right before Christmas. Many people experience the glad tidings of the season, but some are carrying grief, enduring loss, or struggling with depression.

The Church is gathering for a service of readings, contempla-

tive music, silence and prayers. Everyone is welcome.

Christmas Eve Service—Monday, December 24, 6:30 pm.

In a Service of Lessons and Carols, hear the story of Christ's birth and sing with the angels

Everyone is welcome on this festive evening of comfort and joy.

See portlandmennonite.org for more information. Portland Mennonite Church is located at 1312 SE 35th Ave.

Twelve Days of Christmas in Wales

7 - 8:30 pm, Dec 15 • \$10 at the door.

Advance tickets: christmasinwales.bpt.me

Saint David of Wales Episcopal Church, 2800 SE Harrison St.

The Welsh Society of Oregon (WSOR) celebrates Christmas in song and story, bringing together Welsh vocal and instrumental music along with readings and dramatic enactments.

The concert program highlights the distinctive traditions of Wales throughout the holiday season from the melodious decking of the hall and rustic, plygain carols by candlelight, to the wintry Mari Lwyd wassailers and final festivities of Twelfth Night.

The program will also include sing-alongs and even a chance to learn to sing a little in the language of heaven.

CREATING AN EDIBLE LANDSCAPE—This workshop will give you insight and tools for thoughtfully incorporating edible plants into your landscape – from annual veggies and herbs to perennial berries and fruit trees. Sunday, December 9 at OMSI Parker Room, 1945 SE Water Ave. 1 - 3:30 pm. Register online at tinyurl.com/y8whymwb or call 503.222.7645 for information.

FREE MUSIC TOGETHER CLASSES – Music Together of Portland, a music program for young children and their families, celebrates its 20th anniversary here with a week of free music classes held throughout the city. In SE they will be on Wednesday Dec. 12 from 9:30 - 10:15 am and 10:30 - 11:15 am, mixed age infant - 5 years; Thursday Dec. 13 4 - 4:45 pm and 5 - 5:45 pm Bilingual Spanish/English music class mixed age infant - 5 years at Moreland Presbyterian Church, 1814 SE Bybee. Families with children ages 0 - 5 are welcome to register for and attend the free classes. Pre-registration required. Call Julie at 503.236.4304 or online at musictogether-pdx.com/demo-classes.

SHEDDING LIGHT ON DIABETES – Friends are the best present. Over the holidays, how will you be a friend to yourself? Getting enough quiet time and rest? Managing blood sugars with tempting morsels? Moving your body? The Hawthorne Diabetes Group invites you to an evening with Teddy Gardner, MEd, PCC, health educator and lifestyle coach, Thursday, Dec 13, 7 - 8:30 pm at Colonial Hts. Pres. Church, 2828 SE Stephens St. \$10 donation requested; no one will be turned away.

GLBS (GAS-POWERED LEAF BLOWERS) – For anyone who is interested, we're organizing to have these banned statewide. Keep up to date on this issue, here. tinyurl.com/noGLBs-in-Oregon.

OLDER ADULT HOMEOWNERS – Get UnStuck! Removing Roadblocks to Relocation Monday, December 10, 10 - 11:30 am. Free, educational panel-discussion: Learn about managing your sale, purchase and relocation without being overwhelmed; possible funding for a purchase that protects your sales proceeds; help with exploring senior-living communities. Seating limited, Please RSVP to 971.207.2806. PacifiCorp Building, 2nd Floor Skybridge Conference Room. 825 NE Multnomah St. (Corner of 9th & Multnomah) Parking in lot \$3/hour or use Mall parking free!

BOARD POSITION OPENINGS: FRIENDS OF MT. TABOR PARK. Do you love Mt. Tabor Park? Want to start off the year with volunteering? The Friends of Mt. Tabor Park (FMTP) are looking for several new Board member volunteers beginning in March. For information visit our website taborfriends.org and contact us at taborfriends@gmail.com to express interest and we'll follow-up.

CALL TO ARTISTS: The 14th annual Mt. Tabor Art Walk will be held May 18 & 19, 2019. This juried event showcases artists living in the Mt. Tabor neighborhood and a limited number of guest artists, and promotes high-quality visual art in a variety of media. Details and online application are available now, at mttaborartwalk.com. Application, fee and images for jurying are due December 31, 2018 for Early Bird fee or January 10, 2019 final Deadline.

HOMELESS SUPPORT SERVICE GROUPS that welcome donations of time and/or money: **Sheltering and Services:** Salvation Army, Portland Rescue Mission, Union Gospel Mission, Human Solutions; **Housing and Services:** Central City Concern; **Transitional Support and Outreach:** Transition Projects, Harbor of Hope, JOIN; **Jobs etc:** Worksystems Inc., *Street Roots*, various churches and synagogues

SHIELDS FOR STREET LIGHT GLARE – The City of Portland Street Lighting Division assess shield requests on a case-by-case basis. Each request is assessed at night to determine if there is an unreasonable amount of measurable light trespass and whether a shield is warranted. Light levels are measured by an engineer at night. The engineer uses a light meter to measure the illuminance that crosses the public right-of-way shining onto a home and its windows. Contact City of Portland Street Lighting at streetlighting@portlandoregon.gov or 503.865.LAMP (5267) for additional information or to leave a comment. An online request can be submitted here: tinyurl.com/yddlr485.

PORTLAND PARKS & RECREATION (PP&R) WEDDING RESERVATIONS will be holding the lottery for securing weddings reservations in parks between March 2019 and December 2019. Future newlyweds can participate in the lottery to try and secure their preferred location and date or wait until Thursday, December 13 at 5 pm. After January 1, 2019 place a reservation for any locations, times, and dates available after the lottery has been completed. Entry into the lottery does not guarantee reservation of a requested location or date. However, PP&R staff will do their best to find a suitable alternative if necessary. Submit requests at: tinyurl.com/yaj9spu2 or call or visit the Portland Parks & Recreation Customer Service Center: 111 SW Columbia Street, Suite 660, Portland, OR; 503.823.2525.

BOB NELSON OF BOB FIT PDX has opened a personal training and massage therapy studio at 4118 SE Clinton St. As a massage therapist for over 20 years, he combines his therapeutic skills with individual and group fitness training, nutrition and run coaching bobfitpdx.com.

TRIANGLE PRODUCTIONS has been selected for the 2018 Best of Portland Award in the Performing Arts Group category by the Portland Award Program. Each year, the Portland Award Program identifies companies that they believe have achieved exceptional marketing success in their local community and business category. These are local companies that enhance the positive image of small business through service to their customers and the community. These exceptional companies help make the Portland area a great place to live, work and play. The Portland Award Program is an annual awards program honoring the achievements and accomplishments of local businesses throughout the Portland area. Recognition is given to those companies that have shown the ability to use their best practices and implemented programs to generate competitive advantages and long-term value. The theatre group's website is trianglepro.org.

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Festival Eucharist 11:00 pm

CHRISTMAS DAY DECEMBER 25
Eucharist with Carols 10:00 am



Dr. Vino (Rory Olson) is the proprietor of Portland Wine Merchant at 1430 SE 35th just off Hawthorne Blvd.

Bubbles For The Holidays!

Flute in hand, I untwist the wire, ease the cork, tip the bottle and slide this pale gold (or pink) offering down the side of its next to last container. Great color, fine mousse, with medium but persistent effervescence and a bouquet promising wondrous things to come. Bypassing my regular sniff ritual, the loaded flute went straight to my lips. Hmmm says I, this bears closer examination.

A second long sip bore out my first impression. My second impression is: This tastes like MORE! When should I drink this? Now! In the afternoon when you are vacuuming the house in anticipation of guests or wrapping presents. These are the perfect times to chill a bottle down and indulge in the guilty pleasure of sampling a glass of delicious bubbles. It can define a

whole day. Remember, if you don't treat yourself well, nobody else is gonna.

It doesn't have to be a bottle of \$120 Dom Perignon Champagne. Almost every region in the vinious world makes some kind of wine that sparkle and deliciously so and at all price points. France has its true Champagnes and a host of less expensive options, Italy does everything from the easygoing Prosecco to more serious Champagnesque bottlings to Sparkling low alcohol Moscato-based wines that will even breath life into your Aunt Millie's Fruitcake. Spain with their bone dry Cavas from the outskirts of Barcelona excel with just about anything you throw at it. And any good wine merchant worth his salt should be able to direct you to the perfect bubbly to fit your needs.

La Bamba receives perfect marks

For the third time in eleven years, La Bamba Restaurante, 4908 SE Powell Blvd. received a 100 percent score from the Multnomah County Health Department.

This perfect score is a testament to how well managed La Bamba is and of the pride the owner Carlo Vicenttin and his employees take in their restaurant.

"The scoring starts at 100 and points are then subtracted for infringements on the codes," he said.

Infringements can be as miniscule as a spoon touching

another utensil to not putting enough chlorine in the bleach water. "We've always scored in the ninties but we're very pleased to receive this high score."

Vicenttin thinks ethnic restaurants can sometimes come under more scrutiny than traditional American food establishments. To assure his diners of the quality of food service he created an open kitchen, so people can see the chefs and staff prepare their food if they want.

This style of open kitchen has become kind of trendy, although that wasn't his original intent. "It can be entertaining to

watch the chef cook," he said.

La Bamba cuisine serves entrees from Veracruz, Oaxaca, Yucatan, Puebla and Chiapas. One of their specialties is their moles. "We serve five different moles everday from the different regions. Puebla and Oaxaca are noted for their moles," Vicenttin said. He spends time researching different traditional food menus and prepares and serves them as nightly specials.

La Bamba's hours are 11:30 am-10 pm. Their phone is 503.445.6341. NT





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December 2nd "DIY" Holiday Craft Festival at 1 pm.
*Free event for all ages to make your own swags, candles, gifts and decorate cookies.
(Bring a can of food for 'SnowCap', a Local Food Pantry if you wish!)

December 24th Christmas Eve Candlelight Service at 7 pm
with Woodwind Ensemble and Choir

December 31st New Year's Eve Community Potluck, 6pm & Watch Night Service with Holy Communion at 8 pm.
(Bring your favorite Holiday dishes and games to share with friends!)

January 6th Epiphany Sunday Christmas Pageant at 11 am.

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toys for the Holiday and every
day! Contain no EPA, and they
are durable, functional, recy-
clable, dishwasher safe and
Made in America. Portland Pet
supply has everything you will
need for your dogs and cats,
plus food for other critters too.





Christmas Mosaics Class for kids

Saturday, Nov. 23rd | Nov. 30th | Dec. 7th | Dec. 14th

Call: (503) 253-8070 Visit: PotteryFunPDX.com



Eastbank Contractor Appliances

800 SE Hawthorne Blvd.
503.954.1192
eastbankappliance.com



Cook to perfection every time. Hestan Cue's step-by-step guidance through tested recipes helps ensure successes like nailing the internal temperature of a pan-seared steak. Hestan Cue creates a seamless cooking experience. Our smart cookware, induction burner and recipe control center app all communicate with each other to work in unison with you. Hestan Cue connects you to your cooking through bluetooth technology and embedded culinary sensors in both the pan and burner — adjusting the cooking temperature as you proceed through each recipe.



The best in food, toys, treats & accessories for your dog or cat! Specializing in local, organic & sustainable products.

Personal Beast

8119 SE Stark St. • 503-445-9449
Mon – Fri 10 - 7 Sat, Sun 9 - 6

Now carrying small animal supplies and wild bird seed!



Presents of Mind

3633 SE Hawthorne Blvd.
503.230.7740
presentsofmind.tv

From local designer Salty Raven comes this iconic Oregon Pine Camping mug, a perfect gift for any outdoors lover, Pacific Northwest resident, coffee addict or skiing enthusiast. Designed and produced right here in Portland, it's the perfect local gift. \$15



MIB
Manor Bourne Estate Collection
&
Little et Cie
— CURATED DESIGN —

TWO OF 100+ VENDORS, 26,000 SF
ANTIQUES, GARDEN &
UNIQUE HOME DECOR

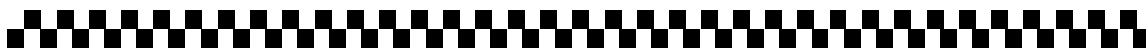
Breakfast or Lunch
at Monti's Café

Monticello
ANTIQUE MARKETPLACE
8600 SE STARK STREET
PORTLAND • OREGON



Abbasi Rugs
3150 SE Belmont St.
abbasifinerugs.com

Stop in this holiday season to shop our affordable variety of rugs, textiles, and pillows. For our 2nd year in business, we are offering our amazing quality and lowest prices ever. All our products are made to last generations, so you can pick up a gift that will stay beautiful and cherished.



FYBERWORKS

HOLIDAY
magic

**10 - 20% OFF
seasonal
merchandise**

Whether your gift shopping is nearly wrapped up or you're just getting started, Fyberworks makes it easy to shop locally and give from the heart.

Satisfy both body and soul with clothing and accessories from Fyberworks – the perfect fit for real women, with many items designed and made in the US from natural, sustainable, easy-care fibers.

This holiday season, Fyberworks will give a portion of every sale to help animals displaced by the California wildfires.

Celebrate peace and joy for all with Fyberworks.

**SPECIAL
HOLIDAY HOURS**

Tuesday - Saturday,
Dec. 11 - 15, 18 - 22: 11 - 6
Sunday, Dec. 9, 16 & 23: 12 - 5
Monday, Dec. 10 & 17: 12 - 5
Christmas Eve: 12 - 4

CLOSED CHRISTMAS DAY

4300 SE Hawthorne Blvd
Upper Hawthorne District
503 232 7659
www.fyberworks.com

FYBERWORKS BOUTIQUE

We're having...
**A Very Merry Cash
& Carry Show**
at Sidestreet Arts



December 5th - 30th
Opening Reception: Dec 7th, 6 - 9 pm
Eggnog Social: Dec 16th, 11 am - 2 pm

And be sure to mark your January calendars for the
Pacific Northwest Printmakers Show at the gallery!

140 SE 28th Ave., Portland 503 327 8064
www.sidestreetarts.com

Hours:
Wed-Thu: 11-6 Fri - Sat: 11-7 Sun: 11-5



Rock Soft Futon

3200 SE Hawthorne Blvd.
503.236.0921
rocksoftfuton.com



Handmade plant stands and floating
shelves in assorted sizes, all under \$30 for
the Holidays!



KB Frames

7828 SE Stark St.
503.257.0711
kbcustomframes.com



KB Frames has great art prints to pick
up for the holidays. This is a sample of
Northwest art by Paul Landquist. Paul
has combined the nostalgic look of the
past with the spectacular scenery of
this area with destination and travel
posters that capture the beauty of our
unique land. KB Frames offers great
framing and matting options, but get
your order in early to be ready for the
holidays.



**La Bamba Restaurante
and Cantina**

4908 SE Powell Blvd.
503.445.6341
labambapdx.com



The Perfect Holiday Gift! Your loved ones will enjoy a
delicious meal: Seafood galore, five different Moles, pork
chops, Carnitas or Cochinita Pibil. More than 220 Agaves
(Tequila-Mezcal) to say: Feliz Navidad... Happy Holidays!



Hawthorne Boulevard's HOLIDAY GIFT GUIDE 2018

TEASCAPE MASSAGE AND TEAHOUSE

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Make TeaScape Massage & Teahouse your one-stop destination for holiday shopping! We offer a wide variety of gift options, such as organic loose-leaf tea, handmade soaps and body products, jewelry, houseplants, and gift certificates for massage!

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Portland's best
vegan-friendly,
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breakfast!
**Open 7:30am - 3pm
every day**



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**Everything for the
knife lover in your life.**

ALTAR

3279 SE Hawthorne Blvd

Flying off the shelves, the Many Moons Lunar Planner by **Modern Women** includes every Moon Phase and sign the Moon is in for 2019, with month and week views. You'll want this planner for yourself and to gift to all of your friends!

\$42.00



KIDS AT HEART

3445 SE Hawthorne Blvd



Green Toys Dough Sets

From the fantastic Green Toys company comes these well-thought-out dough sets that will keep your little ones happily engaged, stimulated, and encouraged! This quality play dough is made with organic flour in a USA food-safe facility. The tools, as with all Green Toys products, are made from 100% recycled milk jugs, and are dishwasher safe!

PRESENTS OF MIND

3633 SE Hawthorne Blvd

Salty Raven Mt Hood Forest Rocks Glass

Made in Portland

available individually
as sets of 2 or 4
\$10-\$36 for set of 4



Memento pdx

3707 SE Hawthorne Blvd



Yo Soy Candles are a handmade affirmation candle line, based in Portland, Oregon. They are hand poured using soy wax, natural cotton wicks, essential oils and high quality fragrance blends. They are free of dyes, lead, parabens and are produced and grown in the U.S.

BUFFALO EXCHANGE

1420 SE 37th Ave

Headed out to a festive sweater party this holiday season? **Buffalo Exchange** has you covered! Drop in to check out our selection of cute, kitschy holiday sweaters and pick up a few fun stocking stuffers while you're here!



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2942 SE Hawthorne Blvd. & 4725 SE Belmont St.



Gift Cards are a great way to show someone that you care! Purchase a \$10 value or order any value card for your special friend! **Belmont Eco Laundry** wish you a great holiday season.

Hawthorne District Sunday, December 9th Holiday celebration:

- Ornament-making: 1 - 4 at **The Fernie Brae**, SE 41st Avenue
- Wag Your Swag Ugly Sweater Pet Stroll: 4pm signup at **Kids At Heart**, SE 35th Avenue
- Hot Cocoa Bar and Tree lighting at 5:00pm at **The Fernie Brae**, SE 41st Avenue.

sponsors:



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Music Millennium

3158 E. Burnside St.
503.281.8926
musicmillennium.com

The Beatles White Album's 50th anniversary edition includes 6 CDs and 1 Blu-ray and is a Beatles' fan dream!

- Remastered stereo version
- Fifty mostly unreleased tracks
- Hardback book
- Individual photos
- It's also available in three CD set and four vinyl box set

Find great Holiday gift ideas including new and used vinyl, CDs, DVDs, retro-toys and games, turntables, T-shirts, posters and other unique gift items.

Monticello Antique Marketplace

8600 SE Stark St.
503.256.8600
monticelloantiques.com



Discover the perfect gift from 100 vendors within our 26,000 sq ft space while you browse with your favorite beverage. From vintage to designer: furniture, home decor, accessories and art, there's so much to see.

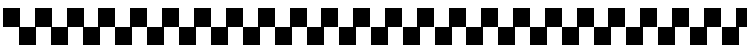


Roosevelt's Terrariums

1510 SE 44th Ave. # 101
Corner of 44th & Hawthorne Blvd.
503.734.9996
RooseveltsPDX.com



Choose extraordinary gifts from our terrarium gallery or, our special 2 for 1 offer on our popular terrarium planting classes (offered five times each week). We offer convenient Gift Cards to meet all your Holiday needs. Visit our shop today.





Books with Pictures
1100 SE Division St. #103
503.206.4369
bookswithpictures.com

Gifts for fans of movies and magic, heroes and happy endings: *Black Panther* stories for little heroes and long-time fans, *Captain Marvel* for the heroic women in your life, and the much anticipated sequel to 2017's middle grade best seller, *The Witch Boy*, Molly Knox Osterlag's *The Hidden Witch*.



PotteryFun
7821 SE Stark St.
503.253.8070
potteryfunpdx.com

Handmade gifts mean more! Come to PotteryFun and make memories and gifts they'll treasure for a lifetime. We have over a hundred ornaments to choose from and those vintage light up trees. Need something in a hurry? We now have mosaics that you take with you the same day.



Twill
3352 SE Belmont St.
503.922.2084
twillclothing.com



Pj Salvage
100% cotton flannel pjs are perfect for the animal lover in your life. Featured here are Feline Lazy and Dog Gone Tired. More fun styles available.
Oooh Geez Slippers
Amazingly warm and cozy fluffy animal slippers. Available in foxy fox, pandas, cats and unicorns.
We appreciate apparel that is soft, comfortable, well-designed and easy to care for. We believe you will too.



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"Silver jewelry and other stuff."

Vent

www.ventpdx.com
IG: @ventpdx
3320 SE Division



Popina
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503.282.5159
popinaswimwear.com



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FEATURED THIS MONTH:

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\$1 to \$4* OFF on Greenie Products
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*27oz & up
Expires Dec 31, 2018

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Cannidae Ancestral On Sale!

4lb - \$5 Off (reg. \$19.99)

9lb - \$7 Off (reg. \$36.99)

20lb \$10 Off (reg. \$75.99)

Expires Dec 31, 2018

Buy 3 cans for Cats and Get one FREE can!

\$3.00 Off Small bag of cat food
\$5.00 Off Large bag of cat food

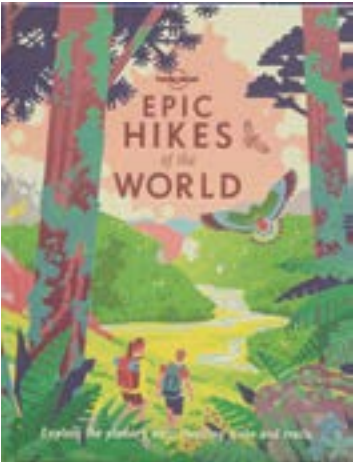
Nulo Cat Food
25% Off on Cat Pouches

Expires Dec 31, 2018

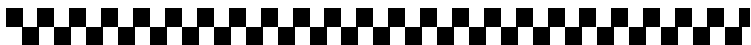
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"We will honor Mudbay, Petco and Petsmart coupons."
Thank you for supporting your local, family owned business!"

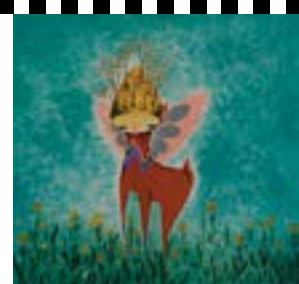
Powells Books on Hawthorne

3723 SE Hawthorne Blvd.
powells.com



In need of some inspiration to explore the great outdoors? Try *Epic Hikes of the World*. Lots of photos, tips and historical tidbits accompany each entry, along with suggestions for similar expeditions. It's a great resource for armchair hikers. "I may not ever climb Mt. Kilimanjaro, but I sure enjoyed reading about it." – Leach C. There's no gift more timeless than a book.





Sloan
3526 SE Hawthorne Blvd.
(and 735 NW 23rd Ave.
3824 N Mississippi Ave.)
503.235.1110
sloanpdx.com

Find so many gifts like these and
more at any Sloan location.
(Prices in pic range from \$2-\$49)



Blue Butterfly
1434 SE 37th St. (in the basement of Gold Door
Art/Jewelry)
503.290.9890



Handcrafted from salvaged roots and reclaimed teak wood, these lovely
vases were created using Indonesian methods (similar to Japanese Shou
Sugi Ban) of first burning and charring the teak, then sanding, using
variations of whitewash and dark oil – along with a lot more sanding – to
bring out the exquisite grain patterns you see pictured here. We have
tables, stools, and more fine teak creations, in natural as well as black-
ened finishes at the Blue Butterfly.



Tibet a Gift
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Singing Bowls were used for generations in the Himalayan belt. Check out our large selections
and sizes. Sound is a medium of healing that brings tranquility to your life. Bring in the joy and
wishes of great health and happiness into your home, your family and friends. Many bowls and
bells to select from for your various needs. Cards and other gifts for all occasions and especially
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www.abbasifinerugs.com





Memento PDX

3707 SE Hawthorne Blvd.
503.235.1257
mementopdx.com

Winter Frost, from Archipelago candles, is our special holiday scent for the season. It is a blend of white birch and winter greens and comes in a variety of long-lasting candles, a diffuser and room spray. The gorgeous packaging makes this a perfect gift. Visit Memento pdx for this and many other holiday gift ideas, for everyone on your list!

Polliwog

234 NE 28th Ave.
503.236.3903
polliwogportland.com



Girl power is celebrated at Polliwog. Come find our feminist book collection for kids.

YellowScope Chromatography set (Made in Portland)
Good Night Stories For Rebel Girls Volume 2 (Bestseller! we have volume 1 too)

Gloria's Voice by Aura Lewis

The Little Book of Little Activists

My Feminist ABC by Irene Pizzolante

Uncle Goose blocks "Women Who Dared" (made in USA)

Rad Girls Can by Kate Schatz & Miriam Klein Stahl



Mandala Yoga Studio

6833 SE Belmont Ave
503.206.5041
MandalaYogaPDX.com

Give the gift of wellness this year. Visit Mandala's website to design personalized gift cards for your friends and family. Cards range from \$20 and up, and are for yoga classes or special events. We also offer beautiful T-shirts at the studio that make great gifts. Thank you for supporting a small business and community wellness this year.



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Don't settle
for a suit you don't love. Let us
solve your problem and find the
perfect suit. Bon voyage!

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POPINASWIMWEAR.COM



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503.234.6638
kuhnhausensfurniture.com



Handmade craftsmanship and artistry in each of these beautiful lamps. Enjoy 15% off all lamps in stock.



Moonshadow
3819 SE Belmont St.
503.235.5774
moonshadowmagick.com

Frogs and fairies waltzing amidst enticing mermaids and Venus on the half shell. Where else could you find these and hundreds of other magickal artifacts but at Moonshadow, Portland's premiere metaphysical emporium. Stop in and peruse the wide range of books, rock, crystals, tarot, oils and jewelry and all the magickal tools practioners of the "CRAFT" could want or need. Open 12- 6 pm, Sundays noon-5 pm. Closed Thursdays

The Foundation
4916 SE Division St.
503.926.4510
thefigurefoundation.com

Accessories are the important details one needs to complete their outfit giving them a new opportunity to express themselves. In need of new trinkets to accessorize your holiday outfit? We have lucite mini handbags, Fascinator hats, gloves, pearl necklaces and more. All very affordable and make great gifts. Shown are short and long pearl strand necklaces that come with a set of earrings. Three Piece Pearl Necklace Set comes with a short strand, earrings and a bracelet; Long Pearl Strands; Lucite mini Handbags. Prices range from \$30 to \$47.



Portland Wine Merchants
1430 SE 35th Ave.
503.234.4399
portlandwinemerchants.com

As of this November, it's been over 25 years of celebrating Diversity, Food Friendliness and Value. We specialize in sourcing the best wines from the world over. We are not only aware of the Global Marketplace but are famous for turning it upside down and squeezing it twice to find the best deals. So, this logically leads us to offering the largest selection of Vino from Spain and Portugal west of Beantown, plus outstanding finds from Italy, France, South Africa, Greece, Australia, New Zealand, Chile, Argentina, Bolivia and the Good Ole U.S.A.!



Imelda's and Louie's Shoes
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1416 NE Alberta St
503.233.7476
imeldas.com

Give a gift that sparkles this year! This timeless necklace and earring set by Bay Area designer Alicia Van Fleteren is handcrafted with garnets and



24k gold vermeil. Wear the set separately or together for added drama. Shop a wide selection of jewelry and other gift-ready goodies at Imelda's.

Merry Christmas!

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Give 2 Seats 4 the Price of 1 in Our Terrarium Class!



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Book your class now! Just use Code "241"

PORTLAND WINE MERCHANTS
1430 SE 35th St. & Hawthorne
503.234.4399

NV RIVE DELLA CHIESA PROSECCO & PROSECCO ROSE' \$9.95 BTL.
TINY BUBBLES!! Mother Nature's final retort to wine coolers, lite beer, alco-pop and other fizzy, cold, but ultimately unsatisfying industrial crap, Prosecco just plain rules: It is not about being super dry and toasty & yeasty and all those things we love about the great fizz from Champagne, it chooses to forgo the cerebral path and head straight for the pleasure center of the brain. It is lighter, zestier and more aromatic but never actually sweet and has plenty of refreshing acidity to take on anything from traditional antipasti platter to chicken salad, ceviche, Thai food and even some of Aunt Millie's Fruitcake. The Rose' is equally dry but exude the flavors of raspberry, plums & cherry instead of apples, peach & pears!

CAYMUS MER SOLIEL CHARDONNAY \$19.95 BTL.
\$30 ON WEB-SITE!! BEST PRICE ON EARTH!! "I have always been a fan of the Mer Soleil Reserve Chardonnays; the 2015 Santa Barbara Reserve has made me even more of a believer. This is the winery's best wine to date. The wine's aroma is intoxicating and outrageous—not just buttery and yummy. This is indeed a serious effort that has combined all of the elements—ripe fruit, endearing creaminess, firm structure and pure fruit in the aftertaste. Drinks well now." - 94 POINTS!

16 KING MALBEC, MENDOZA, ARGENTINA \$5.95 BTL./\$30.00 6-PACK
O beautiful for giant plates of marble slabs of Beef. For purple Malbec majesties way good beyond belief. Mendoza! Mendoza! God bless your depressed currency Which fills my glass with good cheap wine And brings it all to me....Altogether now!

2013 IL POGGIONE 'MAZZONI' MONTALCINO RED \$9.95 BTL.
SANGIOVESE FROM ONE OF THE LEADING BRUNELLO PRODUCERS IN MONTALCINO FOR UNDER \$10!?! BELIEVE!!

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ventpdx.com



Sterling silver and made in the USA, these horizontal bar necklaces are easy to wear everyday. Vent has many styles and designers in silver, and some available to order in gold. Check out jewelry and accessories not found anywhere else in Portland. Ladies and gentlemen, this is your new favorite shop.



EcoBaby Gear
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503.233.4167
ecobabygear.com

Looking for unique, yet Eco-Friendly gifts? We specialize in safe, natural and organic products. From the essentials of wool car seats to toys of all types we have a wide selection. Our newest collection of Milk Barn organic pajamas is a Holiday morning pleaser. Under the Nile ethically made, 100% GOT-certified organic cotton soft toys and Organic Farm Buddies, Plush Toys are stuffed with 100% natural corn fiber filling make great stocking stuffers. We also gift wrap.



Cargo Emporium
81 SE Yamhill St
720.938.3887
cargoinc.com

Shop the Cargo Emporium for everyone on your list! Portland's destination Cargo now includes 7 shops! Colorful gifts from Hello! Good Morning!, plants from Bloke Botanical, jewelry & gifts from Tasi, letterpress prints & cards from Loaded Hips & Rx Letterpress, soft goods from Salt of the Earth and food & drink at Giraffe.



The Fernie Brae
4035 SE Hawthorne Blvd
503.819.4610
fernieraebrae.com



These handmade brooms from Eugene will last a lifetime! Crafted by the Scheumack Broom Company. \$32-\$48 Support a local, family-owned business. Step into another realm, in an enchanted old house, and shop for inspired art and magical gifts for all ages.

www.TibetanPrayerFlag.com

Initial
CLOSING SALE!



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While supplies Last

Sale ends 12/31/18



3848 SE Division
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503.810.7355

Rs Representatively Speaking



Representative Rob Nosse

The election and what comes next

Wow. What a difference two years makes. I still remember Election Night in 2016: leaving a party a little hopeful only to arrive home and turn on my radio to find that Hilary Clinton had conceded. I was pretty gloomy when President Trump was inaugurated into office. While I can't say I've fully shaken that feeling, last month's election has me feeling more optimistic about the future of our country and our democracy. At the federal level, Democrats retook the House of Representatives. Finally, there is a body that will act as a check against the worst of the President's agenda. I was happy to get re-elected and even happier that our Governor was re-elected. We beat back some terrible ballot measures, and we now have a Democratic supermajority in both chambers of the State Legislature. Now it is time to get to work.

Here are some of my priorities for the upcoming 2019 legislative session in Salem.

Clean Energy Jobs, formerly Cap and Invest – Ideally, the Federal government would enact a carbon tax creating an economic incentive to stop using fossil fuels and raise money to pay for the needed investments in green energy. For the moment that is not going to happen. Doing something here locally where we team up with California and Canadian Provinces and Northeastern States to reduce carbon emissions is the next best thing.

Right to Repair – Many of us have dealt with the frustration of damaging a smart phone and having to buy a new one. The ability to repair our smart phones should be an option. Unfortunately large corporations keep their repair guides strictly internal, so only that company can fix your device, forcing you to by a new one. This used to be a practice with cars as well, but now any mechanic can pull up the necessary information needed to fix your vehicle. It should be the same for our electronic devices.

Reforming the Kicker – I know this one will have its detractors. Some of us really like getting that extra tax revenue returned, but the Kicker is not good fiscal or good tax policy. It requires the state to guess our tax revenues for two years out, within 2% accuracy. Anything above that must be returned.

For most of us the refund is not that significant and for those for whom it is, they are often wealthy enough, and do not need the additional tax revenue returned to them. I would like to put that extra revenue in our state's rainy day fund instead. That way we aren't caught flat-

footed the next time the economy dips and we can avoid the kinds of cuts to schools and healthcare programs we had to make during the Great Recession.

Corporate tax reform – Oregon still has among the lowest corporate tax rate in the nation. Addressing this problem is something I've worked on since I got elected to office. We have to use our majorities to get corporations to pay their fair share of taxes so we can invest in schools and important state programs.

Prescription drug costs – Doing something to lower the cost of prescription drugs has been a passion of mine since I was first elected. Last session we made progress on price transparency, but I know we can do more. I'm looking at legislation that could reduce the number of times a company can increase their price in a year, and another bill that would allow us to import drugs from Canada so they could then be sold here in Oregon at lower prices.

Housing – Affordable housing in our part of the world continues to be an issue. A one size fits all solution is not likely, but the very least we could do is remove the prohibition on local governments from enacting rent stabilization.

There are other issues I'll be working on, including making it easier to vote, reduce the expense of the criminal justice system, giving Portland the ability to lower street speeds on major roads (not just residential ones) and others, but I only get so many words per column.

Stay tuned and watch for a town hall in January and other opportunities to connect during the session. You can always call my office at 503.986.1442 or e-mail me at rep.robnosse@oregonlegislature.gov.



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Christmas culture in Portland

Op Ed BY DAVID KROGH

Christmas has different meanings to different people. To devout Christians, it identifies a celebration of the birth of Christ. To non-Christians and to many others it refers to a time of shopping, holiday decorations, presents and Santa Claus.

To most, it is also a time for giving, especially to those less fortunate, and, a time for peace.

Interestingly enough, there are those who don't like the word at all and who advocate Christmas being referred to as a generic holiday in December.

They don't suggest that Hanukkah be renamed. Nor do they call for a change to Ramadan or Kwanzaa. However, the word *Christmas* has often in recent years come under extreme pressure in Portland. Why is this? Because Portland's demographics and culture are changing.

According to CNN and *The Atlantic*, Portland is already known as the whitest major city in the US with roughly 77% of the population white.

In addition, according to *The Oregonian* (based on information

from the PEW Research Center), Portland metro area is the most religiously unaffiliated metropolitan area in the United States, with 42% of residents identifying as atheist, agnostic or no religion in particular.

Seattle and San Francisco come in at second with 33% while the national average is 17% unaffiliated per Gallop.

Of note, the US capitol has a National Christmas Tree. Salem has the Oregon State Christmas Tree. While in Portland we have the Stimson Lumber Tree.

On the Pioneer Courthouse Square website there is no mention of Christmas Tree or even Holiday Tree, only the tree lighting ceremony with a tree donated by the Stimson Lumber Company.

In the spirit of political correctness, Portland evidently just has a tree. Funny thing is, the Stimson Lumber tree has an awful lot of Christmas decorations on it and a whole lot of Christmas songs are sung at the tree lighting ceremony.

So, can anyone with the City which owns Pioneer Courthouse Square explain this apparent contradiction? (Probably not.)

The downplay of a Christmas theme is easily observed when

one looks at the descriptions for the many advertisements for events and shopping leading up to Christmas.

How many churches and other organizations no longer hold Christmas Bazaars and have switched the names to Holiday Bazaar or Harvest Festival or Craft Fair or Holiday Sale or Black Friday?

I'm offended that there are those who want to change Christmas into a generic holiday; one size fits all. Why can't we just respect each other's beliefs and cultural practices and tolerate (or even celebrate) the differences?

If you celebrate Christmas, why should it matter if you say "Merry Christmas" or "Happy Holidays" to someone. After all, there are a lot of holidays and other activities going on at this time of year, regardless of one's religious persuasion or philosophy.

In respect for the beliefs of all, can we just leave the word Christmas alone and let everyone interpret it as they prefer? I'm perfectly happy with the names other religions and cultures use. Let them stay as they are.

After all, and in the words of Tiny Tim, "God bless us everyone!"

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Projected Future of Transportation

from cover

important arterials for freight and all modes of transportation. The expectation is to redesign the roadways into one wide travel lane to better accommodate large vehicles, a wide bike lane, and an improved series of pedestrian crossings and bus stops. The anticipated cost for this will be approximately. \$7.8 million.

Belmont and Morrison streets are the central east/west connections through the Central Eastside, serving all types of transportation. Projects will include better bus access and service with new transit islands, pedestrian crossings, and protected bike lanes to reduce accidents by forty percent.

To do this, the transit lane will become a Business Access and Transit (BAT) lane and all parking on the north side of Belmont from SE 12th to Grand Ave. will be removed. The estimated cost will be \$3 million.

Madison, Hawthorne, and Clay are also critical east/west connections serving as feeders to the Hawthorne Bridge. There will be multi-modal improvements to make these streets more efficient. Some of these include transit priority at signals and pedestrian crossing improvements.

Changes in street design will increase the capacity of these streets by forty-six percent. There will be protected bike lanes on portions of Hawthorne and Clay. The parking protected bike lane on the north side of Hawthorne will be dedi-



cated for bus use during rush hours. An all-day BAT lane on SE Madison St. and another BAT lane on Clay from Water to 6th avenues will require the removal of on-street parking. The estimated cost will be \$3.8 million.

One of the over-arching transportation plans for the city is the idea of a six mile Green Loop connecting all parts of the Central City. A linear park, it will connect businesses, residents, workers, tourists, and everyone in the heart of the city. On foot, bike or mobility device, people of all ages, abilities and incomes will be able to get to work, go for a jog, shop, eat, rest, or meet friends in the park via the Green Loop.

It is part of a larger vision to connect parkways to greenways serving the majority of Portland neighborhoods. City Greenways will get people into the city center for their activities and take them back home easily and efficiently. The Green Loop will connect nearly a dozen distinct districts, each with its own attractions and unique characteristics.


As plans progress, ad-

ditional changes and improvements will be incorporated as determined by the joint efforts of the staff and knowledgeable community citizens familiar with the areas involved. As our streets continue to evolve with the increases in population and employment, our existing Central City transportation infrastructure must change by doing more. The Central City in Motion program will ensure that movement in and through the downtown area remains reliable today and into the future.

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Wellness Word

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

Digestive Tips for the Holidays

As we enter the winter holidays, we find our social calendars increasingly busy with work parties, gift exchanges, family gatherings and holiday feasts. Gone are the light, crisp and refreshing foods of the summer as we welcome buttery roasted squashes, creamy mashed potatoes, tender roasts and decadent family recipes and desserts.

For anyone with digestive complaints, such as heartburn, bloating, abdominal fullness, pain, acid reflux or changing stools, these seemingly delicious and indulgent holiday feasts can make these problems worse. Luckily, there are well-researched tips to make the holidays easier to digest.

Heartburn or acid reflux makes enjoying the holidays difficult. Different medicines can provide temporary relief but usually do not treat the cause. To prevent and eliminate reflux all together, avoiding spicy foods, over-eating, and acidic foods, such as tomatoes or coffee, can help for many people.

Licorice root can also help decrease reflux symptoms and heal the stomach from the effects of too much acid. Other times, reflux is caused by too little stomach acid, which can be increased with apple cider vinegar (ACV) or bitter herbs before meals.

Some people who experience reflux, may also have upper abdominal pain, difficulty taking a full breath, or increased anxiety and bloating after meals. I commonly perform a gentle adjustment of the stomach, pulling it down and away from the diaphragm, that can stop the reflux and many other symptoms for weeks to months without medications.

Bloating or distension is a very common complaint, which may be due to small intestine bacterial overgrowth (SIBO) or by not signaling the body for proper digestion. If SIBO is an issue, people may also have rosacea or eczema, restless leg syndrome, multiple food sensitivities and changes in mood.

Bloating may also be caused by too little stomach acid, especially in people over 40 years old. Increasing acid production in the stomach before meals with ACV or bitter herbs will decrease bloating and also signal the gallbladder and pancreas to release their enzymes. Think of the stomach as the main messenger for digestion.

Other things that can decrease bloating are strong ginger teas and enteric-coated peppermint oil, which help promote emptying of the stomach and small intestine and move trapped gas. However, both ginger and peppermint can make reflux worse since it relaxes the valve between the stomach and the esophagus.

Changing stool from soft to hard or diarrhea to constipation can also be a sign of SIBO. It may also improve by consuming healthy amounts of water and fiber in the diet and by stimulating proper enzyme production, as mentioned before.

If stools haven't been the same since gallbladder removal, consider decreasing fat intake, using bile support or activated charcoal at least thirty minutes after a meal. Stools can become loose from consuming too much alcohol or foods which may be irritating to the digestive tract.

The holidays can be a time of stress, worry and social overload. It's important to take time throughout the year to check-in with ourselves on our stress levels and feelings of overwhelm. Stress puts the body in a fight-or-flight state, which greatly impacts digestion, mood, sleep and sense of well-being.

Each person has his or her own way of decreasing stress like walking, journaling, exercising, crafting or meeting a close friend for coffee. It's important to find the ways that work best for you individually.

These tips commonly help most people find some relief from their digestive complaints. Take the time, while being patient with yourself, to find what helps you best digest this holiday season.

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Henry Wadsworth Longfellow





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SE Updates

from cover

directive from the developer-heavy Planning and Sustainability Commission (PSC) to allow four-plexes in some 97% of the City's residential neighborhoods, surprised even veteran planners scrambling to meet deadlines.

Materials included revised maps and zoning code language for presentation to

the Commission in February. Revised economic analysis is due prior to a December 11 PSC review.

Advocates contend more housing equals more affordable housing. They claim prices trickle down once demand is met. Critics call trickle down an unproven theory posited by development subsidized organizations like 1000 Friends of Oregon and its pro-RIP Portland

4 Everyone lobby.

Housing activists are being duped, says tenant advocate Meg Hanson. Calling RIP a "trojan horse land grab", she says it will increase displacement and gentrification, hitting working class families hardest.

A legal appeal claiming plan aspects undermine state land use laws has been filed with the Oregon Court of Appeals by a SW neighborhood.

The only real elegance is in the mind; if you've got that, the rest really comes from it.

Diana Vreeland

Ways to Give

from cover

and-laundry-PDX

the community since 2009.

Make a gift in support of Everybody Eats this holiday season via their website or at the Info Booth on any MFM Market Day. Together, we can provide access to fresh produce and healthy ingredients, and make the season a little brighter for all.

- Here's an important local initiative backed by developer Homer William's nonprofit, Oregon Harbor of Hope. OHOH recently launched a GoFundMe campaign to bring two new mobile shower and laundry trucks to Portland metro-area's homeless community.

While most homeless services require the population to come to them, these trucks will visit schools, churches, and encampments across the city to bring showers, clean laundry, soap, towels, personal needs kits, underwear and warm socks to those in our most vulnerable communities.

The \$300k goal will finish outfitting the trucks with everything they need to hit the road and provide mobile showers and laundry services for the first year.

Williams asks readers to share the campaign with readers for Giving Tuesday, with an opportunity to see the trucks firsthand when they're completed in mid-December. See gofundme.com/showers-

- Finally, Community Vision strives to make Oregon a place where people with disabilities can live, work and thrive in the communities of their choice.

This holiday season, Community Vision is looking for donations to support their programs.

They provide support for people to live independently, find employment, and set up savings plans. Each person's services are uniquely tailored to their needs and goals. Gifts will ensure that people with disabilities can get out and connect with their community, which is so important this time of year.

To learn more or to donate, you can go to cvision.org, email Jill at jill@cvision.org, all 503.292.4964.

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Community Events Bulletin

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LEFT TO RIGHT: Chelsie Coon, Kevin Caplener, Caroline Easton, and Jan Caplener

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