

# Healthy Homes Grant Program Coming

By DAVID KROGH

The Healthy Homes Grant Program was created by the 2021 Oregon State Legislature, separate from but in support of, the Federal HUD Agency’s Healthy Homes program. It is intended to help promote “healthy homes” for low income households (which according to OHA is “a household having an income equal to or below 80 percent of the earned median family income”) and communities impacted by environmental justice factors (which means “a circumstance or condition that impacts a community’s ability to achieve a balance of health, economic or environmental benefits and burdens or that impacts at community’s ability to participate in public processes”). This program is not federally supported and is instead funded by \$15 million in state money.

The program was established by Oregon HB 2842 for the purpose of having the Oregon Health Authority (OHA) provide housing related grants to a wide variety of organizations. These groups will in turn provide financial assistance to eligible homeowners and landlords for the repair and rehab of residences to address environmental hazards, ensure accessible homes for disabled residents and make general repairs needed to maintain a safe and healthy home.

HB 2842 states a “residence means a dwelling that is intended for occupation by a single family and is occupied by one or more individuals who are members of a low-income household as the individuals’ principal residence, including a site-built home, manufactured home, residential trailer, mobile home, condominium unit or unit within multifamily housing.” In short, all home types could potentially be assisted by this program.

Organizations who could receive the grant money include local governments,

housing authorities, nonprofit organizations, federally recognized tribes in Oregon, electric and natural gas utilities and other related groups. Individual residences would not be able to receive the grants except as passed through by these intermediary (third party) organizations.

As part of the qualification process, organizations would need to show that they serve communities which include low-income concentrations, disadvantaged households, areas of high unemployment, areas with low home ownership, high rent burden and/or linguistic isolation.

Money distributed via this program can be used for such activities including energy efficiency, usable life maintenance (of the residence), radon abatement, mold and mildew abatement, lead abatement, seismic improvements, interior air quality improvements, accessibility measures, electrical improvements and safety upgrades.

Timing and process are currently being discussed by an OHA task force (the Interagency Task Force on Healthy Homes) with the intent that program components be identified this fall. This task force is made up of 15 members with representatives from six state departments and nine other members appointed by the governor, representing entities likely to participate in the program, individuals with expertise in the field of healthy homes and/or those individuals with experience in home improvement work. Members of the task force for groups situated in the Portland area include Charity Fain of the Community Energy Project, Isaiah Kamrar of the African American Alliance for Homeownership and Marie Gerditz from Community Pathways.

Jonathan Modie, Communications Officer with OHA, said that several groups have already expressed interest in the program even at this early stage. He suggested interested persons should monitor the Interagency Task Force on Healthy Homes website, [bit.ly/HealthyHomesTaskForce](https://bit.ly/HealthyHomesTaskForce), for status updates.

Regarding next steps, the OHA Rules Advisory Committee will meet to develop Oregon Administrative Rules for the program during the Winter-Spring of 2023. After that is completed, OHA expects the Healthy Homes Grant Program will be able to distribute funding to eligible organizations in late Summer-Fall 2023.

Meetings of the Interagency Task Force on Healthy Homes are held monthly and allow a 10-minute period for public testimony at the end of each agenda. The meetings are held via Zoom and the meeting schedule, agendas and meeting notes are available online at the Interagency Task Force Meetings webpage. In November, there will be three Task Force meetings: Tuesday, November 1, 1-3 pm; Thursday, November 17, 10 am-noon; and Tuesday, November 29, 1-3 pm.

For additional information on the Healthy Homes Grant Program contact Jordana Leeb, Healthy Homes Program Coordinator at [jordana.a.leebe@state.or.us](mailto:jordana.a.leebe@state.or.us).



Portland intersection SE 26th Ave. and Powell Blvd., the site of the collision that killed Sarah Pliner. Photo by Annalise Shorb.

# Portland Sees Spike in Collision Fatalities

By ANNALISE SHORB, FRANKLIN HIGH SCHOOL’S THE FRANKLIN POST

On Tuesday October 4, Sarah Pliner was hit and killed on the intersection of SE Powell Blvd. and 26th Ave., right in front of Cleveland High School while riding her bike. This fatality is one of many in an upward trend Portland is currently seeing in road user fatalities. As of October 10, 2022, the city has already seen a 51.9 percent increase, with 41 crashes, from the same year to date in 2018. In 2021, Portland had 63 recorded traffic fatalities, the highest death toll in 30 years from such crashes. This rise in collisions is not unique to Portland and is reflected across the nation.

These numbers began to rise during the pandemic. Even as roads saw less traffic, the city saw more traffic fatalities. According to Portland Bureau of Transportation (PBOT) Spokesperson Dylan Rivera, “[drivers] saw less traffic so they drove faster on interstate highways and busy city streets.” In 2020, the number of traffic deaths among passengers and drivers in a motor vehicle totaled 23, three times the fatalities in 2018. 11 of those collisions in 2020 were from crashes into fixed objects such as parked cars and utility poles, indicating impaired driving and speeding.

Pedestrian fatalities have also surged with a whopping 44 percent of traffic fatalities being pedestrians as of October 10 this year and 35 percent year to date in 2021. “When you have a traffic crash involving a motor vehicle and you have someone walking or biking or using a mobile device, you have hundreds or thousands of pounds impacting flesh and bone,” explains Rivera. “There is less room for error.”

Motorcycle collisions account for 19.5 percent of total crashes, an extremely high amount considering there are few motorcycles on the road in Portland, relative to pedestrians and other types of vehicles. Currently there have been eight fatalities, the same number to date as the prior year.

Portland has been making strides to limit the number of road-user fatalities and has adopted Vision Zero with other cities across the country. Vision Zero’s mission is to “eliminate traffic deaths and serious injuries on our streets” to zero. “All traffic crashes are preventable,” adds Rivera.

For the past 20 years, Portland has been building cyclist infrastructure, such as

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Representatively Speaking

By STATE REPRESENTATIVE  
ROB NOSSE

By the time you are reading this, you should have received your ballot in the mail. Election season is almost over, and it is a bit of a nail-biter. In previous elections, there has been a lot of debate focused on ballot measure(s). For this column, I thought I would share my view on the statewide ballot measures and how I intend to vote on each of them. I hope this is helpful, but, obviously, you should do your own research and make up your own minds.



**Measure 111: Right to Affordable Healthcare: YES**

This measure would add an amendment to the Oregon Constitution establishing a state obligation to ensure that every Oregon resident has access to cost-effective, clinically appropriate and affordable healthcare. This ballot measure came about after a bill I helped champion in the legislature. (It is a legislatively referred ballot measure.)

We must do more to ensure all Oregonians get affordable healthcare and it is my hope that by enshrining this right in our state's constitution it will continue to push us in the direction of a system where no Oregonian (or American for that matter) will live without the healthcare they need to due to cost. This measure is a little symbolic, but symbols can be powerful; its passage might nudge our legislature on this issue and give it more emphasis. I strongly support it and I urge a "yes" vote.

**Measure 112: Abolishing Slavery: YES**

This measure was also legislatively referred to the ballot and passed nearly unanimously. This is a change that is long overdue. At present, the state constitution currently reads, "There shall be neither slavery, nor involuntary servitude in the State, otherwise than as a punishment for crime, whereof the party shall have been duly convicted." If voters pass Measure 112, Section 34 of the Oregon Bill of Rights would be amended to prohibit slavery or

involuntary servitude without exception, basically saying slavery and involuntary servitude are not permissible punishments. This is a change we should have made years, if not decades ago. I urge a "yes" vote.

**Measure 113: Stopping Absentee Legislators: YES**

Between 2019 and 2021, Republicans left the state Capitol several times to stop the passage of laws they did not like. Their absence prevented us from passing a bill to lower the state's carbon emissions and forced the 2020 session to end days before the constitutional deadline, leaving dozens of important issues and bills unresolved. This tactic of simply walking off the job because you do not like what is being proposed is unacceptable. Oregonians deserve to have their voices heard in Salem and not silenced because some legislators refuse to show up to do their jobs. Politicians are public servants, and they should not be allowed to play truant, stay home from work and shut down the state government.

Measure 113 would disqualify state lawmakers from holding office for the next term if they have 10 or more unexcused absences from the Oregon House or Senate. If this measure passes, it should stop prolonged walk-outs and ensure legislators do the work that we were elected to do. I urge a "yes" vote as this will improve my working conditions in Salem dramatically and return

some functionality to our state legislature.

**Measure 114: Gun Control: YES**

This measure would require permits, issued by local law enforcement to buy a firearm. It would require a photo ID, fingerprints, safety training, a criminal background check and fee payment to apply for a permit.

It also would ban the manufacturing, importing, purchasing, selling, possessing, using or transferring of ammunition magazines that can hold more than 10 rounds, making violations a Class A misdemeanor.

This is a straightforward way to reduce gun violence in our state. I absolutely support it. These are not experimental policies. 10 other states have limited the size of magazines and require background checks, photo ID's fingerprints and safety trainings. These are all good policies. This measure will save lives and we should pass it. I urge a "yes" vote.

There are a bunch of local measures on our ballot, including revisions to our County Charter I don't have enough space to talk about. But I am a "yes" on all of the proposed changes. And, of course, many of you read my column from last month and you know I am a "no" on the City of Portland's proposed charter changes. Thanks for taking the time to read this column and dig in on these issues. I hope this was helpful. Now please vote and mail/drop off in your ballot.



*Erin McDonald-Wentzell*  
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Mailed and distributed the last week of each month.  
Founded in 1989.

**Publisher/Editor/Advertising: Kris McDowell**  
examiner@seportland.news  
**Going Out/Arts & Entertainment:**  
goingout@seportland.news  
**Proofreader: Pete Dunlop**

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# How Harmful is a Fire?

By Jonathan Cruz

Brendon Haggerty crouched beside a Solo Stove fire pit in his Portland backyard and stacked a few pieces of well-cured wood. This is a common scene for many households, hanging out with friends and family around a warm, bright fire. He crumpled sheets of newsprint and lit the flame.

Haggerty supervises the wood smoke curtailment program at the Multnomah County Health Department and illustrated the impact of fires on air quality for his friends as they gathered in his backyard. Moments after the flame was lit, the air quality monitor he was holding began to beep. As smoke from the flames blew across his backyard, the air quality shot right through the hazardous level, maxing out the device’s ability to measure air pollution.

Haggerty’s demonstration proved what public health officials have long warned: cozy backyard fires might feel good on a cool night but even fire pits marketed as “efficient” or “smokeless” are not harmless. It’s a key reason why Multnomah County regulates indoor and outdoor fires year-round.

“Most of us probably don’t imagine that one fire could be a problem, but to a vulnerable neighbor it really could be harmful,” Haggerty said. “So even if that fire brings some people closer together, chances are someone lives nearby who is going to suffer the consequences.”

The problem is that wood smoke contains fine particulate matter (PM 2.5), a dangerous pollutant for human health due to its prevalence. The particulates, smaller than the diameter of a human hair, can cause respiratory irritation, coughing, sneezing and shortness of breath. Long-term exposure to PM 2.5 may lead to preterm births in pregnant mothers, decreased lung function, bronchitis, diabetes and increased mortality from cancer and heart disease.

### Why do we burn wood?

With rising costs, many assume that people burn wood to stay warm. As an affordable source of energy, especially dur-

ing hard times, wood is readily available and for a good price. Yet consumer data shows that most households in Multnomah County are not building fires to stay warm, but for enjoyment.

The Oregon Department of Environmental Quality estimates that about 3,500 households in Multnomah County rely on wood as their primary source of heat, or just about two percent of the population. Comparisons of income data from the Census Bureau and burning behavior from American Community Survey underscores that most of the burning occurs in higher-income households that have other sources of heat. In particular, higher-income households in inner east Portland area burn more wood than communities in East Portland, often as a recreational or discretionary activity rather than a primary source of heat.

### Why does my fire matter?

Wood burning may seem like a personal choice, since it is often done in one’s own home or backyard. But the health impacts of smoke affect everyone in the community.

The Environmental Protection Agency estimates that emissions from residential wood smoke account for 11 percent of cancer risk from air toxins in Multnomah County. Residential wood smoke is a significant source of human caused particulate matter in Multnomah County. Wood smoke can also reach far more people because of the sheer volume of emissions and the dense urban distribution of people across the County.

“Talking to your neighbors is the best way we can help people understand the impact of this problem,” Jonathan Cruz, a program specialist for the coun-

ty’s wood smoke program, said. “It can be difficult to explain to people who burn wood that their actions are having negative consequences, but it’s worth having a conversation.”

Air quality has improved overall since the 1970’s under the Clean Air Act, but the benefits are not shared by all residents. Air quality is among many environmental justice concerns in environmental justice (EJ) communities in Multnomah County. EJ communities are low-income households and communities of color, and face environmental injustices due to historically discriminatory policies, building codes and development that concentrated these communities along high traffic corridors. Unintentionally, higher-income neighborhoods, whose air has gotten cleaner over time, may be contributing more wood smoke and worsening disparities in air quality across the County through recreational burning.

The County is working to improve air quality for everyone and reduce these disparities by regulating wood burning and educating residents about the problem. Exemptions remain for residents with low incomes and in situations where wood burning is the primary source of someone’s heat, used for ceremonial purposes or during an emergency. Cooking food is also exempt.

Cruz says the regulation is expected to improve conditions throughout Multnomah County and will benefit everyone affected by woodsmoke. “The good news about air pollution is that it is a solvable problem,” Cruz said. “To protect your health, check the status before you burn.”

More information can be found at [multco.us/woodsmoke-status](http://multco.us/woodsmoke-status).



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# Bw Business Walkabout

## ECOVIBE

By ELLEN SPITALERI

Leonard and Andrea Allen, owners of the new ECOVIBE shop on the corner of SE 23rd Ave. and Hawthorne Blvd., want everyone to know that this is a family owned and operated business, with roots in Portland that go back six generations in Leonard’s family. The spacious new store in the Marilyn Building opened in May. It sells live plants, plant pottery, candles, pillows, throws, rugs and kitchenware items.

The couple opened their first location on NE Alberta St. in 2019 and had been wanting to open a second shop in SE Portland since 2020. “We wanted to expand because we knew that we already had a lot of customers in the area who had been shopping at our NE Alberta location or who had discovered us during the pandemic when we started doing home deliveries,” Andrea said. She noted that her husband went to Cleveland High School and the neighborhood still feels like

home to him in a lot of ways.

“The new location also provides us with a lot more space to grow, which was something we knew we wanted in our second location,” Andrea said. The larger space allows them to better showcase their products, while providing customers with more room to shop. “We also were able to add a DIY potting station in our plant area where we can help people build their own terrariums and custom plant creations,” she said.

ECOVIBE offers a range of houseplants, from easy-care to more rare and unusual varieties. “Some of our most popular plants are the trailing pothos plants and snake plants in all variations, because they are easy to care for, can grow in low-light conditions and are easy to propagate and share,” Andrea said. She added that the shop’s plant specialists will help set people up for success by providing care instructions and tips on how to help their plants thrive.

Customers also like the home decor appeal of dried flowers, reeds and grasses. She said that these dried botanicals can be added to a favorite vase or pitcher to be placed on a table or shelf instead of a fresh flower bouquet.

ECOVIBE also sells locally made products, including candle and fragrance line Broken Top Candle Co., handmade in Bend. “We also sell artisanal salts and local honey from Jacobsen Salt Co. and a variety of delicious beverage mixers from Portland Syrups,” Andrea said. Most of the shop’s jewelry is handmade in Portland, and ECOVIBE also carries pottery from Pye Ceramics, books from local authors and plants from local growers.

Two other things are also important to the couple—sustainability and giving back to the community. “Building a business grounded in sustainability has always been a driving force for us,” Andrea said, adding that



ECOVIBE owners Leonard and Andrea Allen.  
Photo by Melissa Babasin.

the name ECOVIBE “has always been a core foundation of what we are doing.” The couple’s giving back programs are a part of their sustainability mission and they make a point to give back to local organizations that work for environmental and social causes that matter to them.

Among the organizations they work with are 1% For the Planet, where they give one percent of sales to local nonprofits, and Equitable Giving Circle. Also, online shoppers can support

causes important to them through the ECOVIBE Round-Up Campaign. “After you’ve completed your purchase, you will see the option to ‘round up’ your total order value. This rounded-up amount will be donated to the charity of your choice.”

The shop is open daily, 10 am-6 pm.

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## Self-Care in Five Steps

By KRIS McDOWELL

Work, school or other obligations can cause stress in our lives. Particular months or days throughout the year can be stressful for some as they mourn the passing of loved ones. Even planning for “fun” events, like a vacation, can be stressful. The Urban League of Portland, [ulpdx.org](http://ulpdx.org), has five self-care ideas if you are feeling overwhelmed, stressed or sad, to give yourself the break you deserve from whatever is the cause.

### Listen to music

Find music that helps you relax. Play an old album that you haven’t listened to in a while or put together a calming playlist on your favorite streaming app, sit back and relax a while.

### Disconnect from technology

It can be difficult to do, but we can get caught up in everything we see on TV, our phones and the internet without realizing it. Disconnect by consciously turning off the TV/phone/internet and go out for a walk, find a park to relax in or take a roadtrip to a location that you find calming, like the beach or a favorite nature path.

### Do something nice for yourself

Cook a nice meal for yourself or take yourself out for a nice dinner. Buy yourself something that will make you smile or even just write yourself a note full of encouragement. Sometimes when we’re caught up in everyday struggles, we forget that we deserve to be treated well. Nobody can treat you better than you can treat yourself.

### Spend time with loved ones

Self-care and being with

loved ones go hand in hand. Take time to visit a loved one, friend or family, or give that person a call. Sometimes checking in on a friend or family member is just what you need (and they might need it just as much).

### Try something new and different

Many of us get stuck in the same daily routines and become confirmed to our comfort zones. You don’t have to skydive on the first impulse, but try something you never thought about doing. If it doesn’t pan out, no worries. But what if it does? Either way, doing something new can break up the monotony of the everyday.

Self-care looks different for everyone and doesn’t have to take much time out of your day. By carving out a little time to put yourself first, you’ll be in a better position to care for those around you.



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# Preparing Your Winter Garden: Straw Mulch vs Cover Crop

BY PRITHA GOLDEN, PORTLAND  
EDIBLE GARDENS

Autumn in the Pacific Northwest is the time of year to start preparing gardens for the cold wet winter months. After removing summer crops it is usually too late to plant more veggies, so what do you do with all that exposed soil? Ecological growers always say not to leave soil bare. But why is this, and what should you do in your garden?

Why not leave bare soil for the winter? The cornerstone of happy plants in an organic system is healthy soil. As such, we take great care to tend to the health of our soil and its biology. Macro and microorganisms are critical contributors to healthy soil and one of the things they need to thrive is air. When soil is left bare for the winter it compacts with the rain and loses important air pockets.

On the other hand, the presence of roots or mulch prevents soil compaction, preserving needed air pockets and healthy biological life through the winter. If you are someone who likes to see the evidence for themselves, mulch or cover crop one half of a garden bed, leave the other half bare and compare the results come spring. You will see for yourself that the difference is night and day.

Cover crop (sometimes referred to as a living mulch or ‘green manure’) is a plant grown to improve soil health. If a cover crop is planted in the fall, the roots prevent soil compaction during the winter. When these plants are chopped and integrated into the soil before they get brown and woody, they feed microbes and deposit important nutrients into garden soil. Some cover crops even capture precious nitrogen from the atmosphere and transfer it into the soil, a process known as fixing nitrogen.

Dry mulch is a layer of dry plant material that is added to the top of soil to protect it. During the winter months dry mulch reduces soil compaction and increases soil temperature leaving a more



habitable environment for a thriving living soil.

Why choose dry mulch for small spaces? Depending on the goals you have for your garden, you may find that mulch, cover crop or some combination of the two are the best match for you. Because we aim to get the highest production possible out of small spaces, we often start planting our gardens at the beginning of March or even the end of February. The benefit of a dry mulch is that when you are ready, you can simply remove it and start preparing the soil for planting.

Cover crops need to be chopped and integrated into the soil (which can be quite labor intensive) and break down completely before planting. This process takes anywhere from a couple of weeks to a couple of months and can significantly delay the beginning of the garden season. In short, dry mulch has many of the advantages that come with planting a cover crop without the wait time.

We love using straw because it is easy to source and apply. As well, its criss-cross structure allows for garlic leaves to easily pop through as it grows. Remember, if you choose to mulch your garden with straw it is not interchangeable with hay. Hay has many more seeds, and can create much more work when removing in the spring

Hopefully this helps you decide what care is right for your winter garden. To healthy soil and happy plants!

## BA Business Association Notes

### 82nd Avenue Business Association By Nancy Chapin

By the time you read this, the 7th Annual Around the World in 82 Dishes will be nearly over. It is not too late to go to your favorite or a new brick and mortar establishment or cart though. Through Sunday, November 6, head out for a meal or a snack and enter a picture in the drawing for gift card prizes. Visit [82ndaveba.com/82dishes/](https://82ndaveba.com/82dishes/) for more information.

The Board is hosting 82nd Avenue hopes and dreams discussions at Business Transition Roundtables on Zoom on the fourth Thursday of the month, 10 am. To join us, visit [82ndaveba.com/82nd-avenue-transition-round-table/](https://82ndaveba.com/82nd-avenue-transition-round-table/).

### Hawthorne Blvd. Business Association By Nancy Chapin

The Boulevard was honored by Venture Portland recently and although HBBA was named, the Boulevard businesses deserve the honor. They have created a business district that people from all over the world were invited to visit by AAA, *Sunset* magazine and others. Venture Portland’s Executive Director Joy Church, said,

“The ‘2022 Venture Out Award for Legacy Business District Association’ goes to the association that started it all, back in 1983 and their commitment and engagement continues to this day!

While several business district associations have long histories, we can all easily agree that this business district is responsible for kicking it all off, putting Portland on the map as a shopping, dining and entertainment destination for tourists and locals alike. This business district association is THE reason that people from all over the country (and the world!) know and come to Portland as a “must-visit” destination for shopping hyper-local and for getting inspiration from small business owners who consistently demonstrate heart, passion and unwavering commitment. It will come as no surprise that our Legacy Award goes to the Hawthorne Boulevard Business Association!” In his response of appreciation, Bill Levesque, HBBA Board President, honored HBBA’s founder, Roger Jones.

The Annual Ornament-making and Tree Lighting will be Sunday, December 4 this year. Mark your calendars!

## Portland Sees Spike in Collision Fatalities

from page 1

protected bike lanes, and providing education surrounding how to share the road with vehicles and cyclists. Pedestrians have seen similar infrastructure additions, such as painted crosswalks, median islands, flashing beacons and signage. This infrastructure may be a leading reason why cyclists have been seeing relatively lower death tolls with three deaths this year and zero recorded in 2021.

In recent years, speed limits across streets have also decreased to protect all road users. Driving at 40 miles per hour (mph) provides an 80 percent likelihood of a fatality or severe injury in the case of a collision, but decreasing your speed to 20 mph presents

only a 10 percent likelihood of fatality or injury.

“These are not just statistics, these are not just numbers; these are people’s lives that were ended through a really horrible incident that occurred and something that we think shouldn’t be happening,” Rivera says. “We’re working hard to get these numbers down and eventually to zero.”

An important piece of getting these fatality numbers down is being alert on the road, no matter what method of transportation you are using. As we continue to get into the darker months, there is a higher risk of fatalities, so it is recommended for pedestrians

to wear white or reflective clothing to be safer in the dark. Using bike lanes, marked crosswalks with flashing beacons and median islands are all great ways for bikers to be protected on city streets.

Every street corner is a legal crosswalk where, by law, vehicles are supposed to stop and stay stopped for anyone attempting to cross the street. Following speed limits and traffic laws even when roads seem to be clear and safe is still vital in order to protect everyone using the road.

Rivera sums it up by saying, “If we look out for each other and slow down, we can reduce and eventually eliminate traffic deaths from Portland streets.”



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## OPB Documentary Follows Students



Teacher Brooke Birch sits at their desk at the east campus of Rosemary Anderson High School, an alternative school with multiple campuses. Photo by Elizabeth Miller.

Oregon Public Broadcasting (OPB), a member-supported public media organization serving the Northwest, has released a new documentary that follows a group of Oregon students as they navigate the challenges of high school. “Class of 2025: Freshman Year” is part of the “Class of 2025” multimedia reporting series and offers a peek into the world of teenage life.

The series began in 2012, the year after Oregon lawmakers approved a graduation goal for the state. The goal set was that every student would complete high school starting in 2025, an ambitious one considering that in 2011 Oregon had one of the lowest graduation rates in the nation at only 68 percent.

OPB began following a group of 27 students in SE Portland who all started kindergarten together at Earl Boyles Elementary, documenting their educational journey toward high school and tracking their real-life successes and setbacks along the way. Now the students are in high school and OPB Education Reporter Elizabeth Miller is documenting their crucial first year.

The teens, now scattered across Oregon and SW Wash-

ington, are adjusting to in-person learning during an ongoing pandemic and facing social and academic pressures, some at David Douglas, the largest high school in Oregon. One student is struggling to adjust to in-person learning at a new school after remote learning at home while another is forced to change schools after being suspended from his mainstream high school.

“Class of 2025: Freshman Year” dives into a world in which young people are figuring out how to be resilient while also learning who they are and what they want to become as they face the challenges of the next three years of high school and plan for their future. For one of the students that is now attending alternative high school Rosemary Anderson, part of that plan is to return to David Douglas, reconnect with classmates and play sports.

Learn more about the “Class of 2025” series (including news reporting, student profiles, podcast episodes, videos and photos) and watch the documentary at [opb.org/classof2025](http://opb.org/classof2025). What started as an offhanded comment has become a long-term project that is about more than just a new policy idea, it’s about real students.

## Shop Small, Win Big for Holiday Purchases

Small Shops Big Hearts’ popular Portland tradition to help shoppers be more intentional about how and where they spend their money returns for the 2022 holiday season. This year’s iteration of “Little Boxes,” the name that was used for the promotion previously, has been named “Shop Small, Win Big” and has been expanded to three weeks: Thursday, November 17-Sunday, December 11.

More than 85 independent retailers will be participating in the citywide shopping event that encourages people to explore the city’s many unique neighborhoods. “Our small businesses inspire us and create community,” says Sarah Shaoul, founder of Small Shops Big Hearts. “Bring-

ing together small businesses from across the city to collaborate on this effort creates a fun and rewarding holiday shopping experience, where people can win awesome prizes, including vacations, dining experiences, iPads and much more. Everyone loves being a winner and when we support local shops, everyone wins with more thriving main streets and vibrant communities.”

A list of participating businesses is available at [smallshops-bighearts.com/big-hearts](http://smallshops-bighearts.com/big-hearts) and physical shopping guides will also be available at those businesses to help shoppers map out the places they want to visit.

In addition to supporting our city’s small shops, there’s also a raffle component to the event



based on visiting or making purchases from participating stores. Register with Kuto (link on website) for full details and start earning raffle tickets and unlocking prizes. The more purchases made, the more entries shoppers can earn, doubling, tripling and quadrupling as purchases add up.

## SE Uplift 2023 Community Grants Available

SE Uplift believes communities become stronger when neighbors come together, across differences to build connections to one another and create a shared vision for change. Through two grant programs, groups with a project located in the SE Uplift district area—and/or that will serve the residents of the district—may apply for funding to help shape the places where they live, work and play. SE Uplift provides training and technical support to help applicants submit a strong proposal and see their ideas through to completion.

The Community Small Grants program awards grants ranging from \$300 to \$4,900 for projects that increase the number and diversity of people engaged in the broader community; that strengthen the community’s capacity to build leadership, identity, skills and relationships; and that increase the ability for the community to impact public decisions and community life.

The IDEA Communications Grants program awards grants up to \$1,000 for eligible com-

munications-related projects that focus on increasing Inclusion, Diversity, Equity and Accessibility (IDEA) within the SE Uplift district area.

Applicants for both grant programs must be a nonprofit organization, community group or collaborative project team; individuals are not eligible to apply.

Additionally, applicants must be one of the following: a) a federally-designated 501c3 nonprofit tax-exempt organization; b) fiscally sponsored by a 501c3 nonprofit tax-exempt organization; or c) will apply for fiscal sponsorship through SE Uplift if selected to receive a grant.

Past SE Uplift grant recipients must have completed their projects by the due date and submitted their final reporting paperwork to be eligible. Current SE Uplift grant recipients must contact SE Uplift prior to applying to verify that they have made sufficient progress toward completing their grant project.

Applicants are strongly encouraged to attend one of SE Uplift’s grant information work-



shops. Workshops will include an overview of project criteria and eligibility requirements, tips for writing successful grant applications and opportunities to ask questions and get feedback on project ideas. Online workshops are scheduled for Sunday, November 6 and Sunday, November 20, 6-7:30 pm both days. Register at [seuplift.org/grants](http://seuplift.org/grants).

Applications are due by Tuesday, November 22, 11:59 pm and applicants will be notified of their funding status by December 16. Contact Alex Cherin, SE Uplift’s Partnerships & Grant-making Programs Manager, at 503.232.0010 x 312 or [alex@seuplift.org](mailto:alex@seuplift.org) with questions.

## NOVEMBER EVENTS

**RUNNING CLUB** – The Runaway Club, Toffee Club’s running club, meets weekly on Wednesday nights, 6:30 pm at the pub for a three(ish) mile loop, returning to the pub. All levels are welcome and runners receive 10 percent off drinks afterward. Toffee Club is located at 1006 SE Hawthorne Blvd.

**INFARMATION: IMPROVING THE PICKLE BILL** – Friends of Family Farmers hosts a free, online event about the current Oregon Farm Direct Marketing Law (aka Pickle Bill) and its existing barriers for farmers and producers. The Thursday, November 3 event (6-7:30 pm) will also detail the organization’s new proposal for the 2023 Legislative Session. Register at [bit.ly/InFARMationNov3](http://bit.ly/InFARMationNov3).

**CHAP FUNDRAISER** – Children’s Healing Art Project (CHAP) holds its annual fundraiser, CHAPlandia, Friday, November 4 at The Redd, 831 SE Salmon St. Choose from the full 7-11:30 pm experience or the dance party only (9:45-11:30 pm). Tickets (\$25-100) and full details at [chappdx.org/chaplandia](http://chappdx.org/chaplandia).

**HOLIDAY BAZAAR** – All Saints annual holiday bazaar takes place Saturday, November 5, 9 am-4 pm at All Saints Parish, 3847 NE Glisan St. Shop unique gifts for the holidays from local artists, vintage treasure tables, children’s gift shop, cafe and more. Kick off the holiday season under twinkle lights with food, music and treats just for kids. More at [allsaintsportland.org](http://allsaintsportland.org).

**VETERANS DAY PARADE** – The Parade returns to action Friday, November 11, 10 am taking a new route along MLK Jr. Blvd, starting at the intersection of NE Beech St. Expect to see veterans organizations, marching bands, youth organizations, historic military vehicles and more. Visit [veteransdayPDX.org](http://veteransdayPDX.org) for the full parade route.

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

**CHURCH OPEN HOUSE** – Portland Mennonite Church, SE 35th Ave. and Main St., holds a community open house Saturday, November 12, 10 am-12 pm as part of its 100th anniversary celebration. See a quilt display, historical photographs, a centennial collage and hear a historical overview of the church’s stained glass windows from artist David Schlicker. More at [portlandmennonite.org](http://portlandmennonite.org).

**2022 TURKEY BOWL** – East Portland Chamber of Commerce’s annual fundraiser takes place Saturday, November 12, 10 am-1 pm at KingPins Family Entertainment Center, 3550 SE 92nd Ave. Entry fees (\$50 adults/\$35 kids 11 and under) for the event include two games of bowling, shoe rental, pizza, snacks, soda and raffle tickets. Register





November Election Resources and Reminders

Ballots and voting guides for the November 8 General Election were mailed out mid-October and all registered voters should have received their ballot by October 27. Anyone who has not received their ballot should call 503.988.VOTE.

Another way to learn about the candidates and measures on the ballot is from The League of Women Voters (LWV), a organization that produces nonpartisan resources. Guides to the federal and statewide candidates and state measures as well as a specific guide for Multnomah County

Voters are available in both English and Spanish at lwvpdx.org. There are also election videos and podcasts including forums for candidates for Portland City Commission, Position 3 and for Commissioner of the Oregon Bureau of Labor & Industries.

You also may learn about the election by visiting the Multnomah County Elections website, bit.ly/MultCoNov8. Find candidate answers to questions and explanations of ballot measures personalized for your location at vote411.org.

As a reminder, Tuesday,

November 8 is Election Day. Ballots may be mailed with a postmark on or before that day. Return envelopes included with ballots are postage paid (no cost to mail). Ballots may also be deposited at an official drop site, which includes libraries, by 8 pm (find one near you at multco.us/dropsites).

Election results will be available beginning Tuesday, November 8, 8 pm and updated as additional ballots are counted. Final certification by Multnomah County Elections will occur by Monday, December 5, 6 pm.

Recycling Columnist Bonita Davis Passes Away

Bonita Joy Davis, age 68, passed away in Portland on September 22, 2022. Born in Owensboro, KY on Christmas Day 1953 to Edith Maxine Davis (Hudson) and John Robert Davis, she was the eldest of four.

Bonita grew up in southern Indiana and attended Bloomington High School. After receiving her diploma in 1971, she attended Indiana University, earning a Bachelor of Science degree in Therapeutic Recreation in 1975.



She was nationally credentialed as a Certified Therapeutic Recreation Specialist, a member and board president of the Oregon Parks and Recreation Society, and a board member of the National Parks and Recreation Society. She worked with developmentally disabled and incarcerated persons at the beginning of her career, but shifted her focus to veterans and spent decades working at the VA in Portland until her retirement.

Bonita was an enthusiast of both art and cultural histories. She traveled the world, living for a while in Spain, teaching English. She traveled the US, traversing it solo twice, camping in her tent, visiting as many state and national parks as she could. When traveling she engaged with art and people, taking photos and making friends all over the world.

Bonita respected nature and natural resources and worked with many agencies in Oregon to improve mass transit infrastructure, roadways for biking and recycling efforts for all sectors. She was involved with the Association of Oregon Recyclers and became a certified Master Recycler in 2013, being the third person to complete 1,000 volunteer

hours in the program. She wrote a recycling tips column for *The Southeast Examiner* for several years. Following retirement from the VA, she volunteered as a docent at Multnomah Falls.

She loved her companion animals and frequently one of her beloved cats or dogs was the subject of her photographs and paintings. Bonita was a painter and knitter who showed and sold her work. A member of the Cascade Blues Association, she rarely missed a chance to dance. She was always up for fun and threw fantastic parties. Bonita was a beloved storyteller and known by her friends as a positive person who was quick to laugh.

She is survived by her father, John Davis, and her brother Tim Davis, both of Bloomington, IN, by her sisters Kimberly Davis of Bellingham, WA and Christy Davis of Silverton, OR. She is preceded in death by her mother.

Memorial donations for Bonita can be made to the National Parks Foundation, The Nature Conservancy and the Friends of Multnomah Falls.

Leaf Day Pick Ups

It wouldn't be fall in Portland without the annual task of marking your calendar for the Leaf Day pick ups in your neighborhood. Mailers were sent out mid-October and pick up dates for each neighborhood/leaf district can be found at portland.gov/transportation/maintenance/leaf-day.



Most neighborhoods in SE Portland have two pick up days, with the exception of Mt. Tabor and a portion of Sellwood-Moreland. This is a free service for all residents in the Leaf Districts so there is no need to opt in or out.

As the Leaf Day in your area approaches, keep the following things in mind so that the city can do a thorough job of cleaning up the fallen leaves.

**Trim your trees.**

Make sure you trim any low-hanging tree limbs over the street to provide 11 feet of clearance so equipment can get as close to the curb as possible and get the best clean. Learn more about tree pruning and permits here at bit.ly/PruningPermits.

**One day before.**

Rake the leaves you want picked up into the street one day

before your scheduled Leaf Day pick up.

**Tree leaves only.**

Use regular yard bins for twigs, branches, needles, grass clippings and other debris.

**Maintain curb space.**

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

**Move vehicles and other objects off the street.**

While there are no tow areas in SE, if you work or travel in NW, SW and Sullivan's Gulch in NE, some of those areas require vehicles be moved. Unmmoved

vehicles will be towed and ticketed. 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. Whenever possible, allow plenty of clearance between your pile and anything left parked on the street.

**Help your neighbors.**

The pandemic still means more people working from home and vehicles parked longer. Check in with your neighbors so everyone remembers to move their vehicles on Leaf Day.

With everyone's help, we can keep storm drains clear, ensure intersections don't flood and have cleaner, safer streets to drive and bike on this winter.

Have an event coming up the public needs to know about? Send your Community News announcements to examiner@seportland.news by the 15th of the month.

NOVEMBER EVENTS

at bit.ly/2022TurkeyBowl.

**HOUSE OF DREAMS BAZAAR** – The Pretty Kitty Holiday Craft Bazaar features an amazing array of handmade gifts for people and pets, many using recycled content and vegan materials/ingredients, raffle and “second time around” gently used holiday decor. Taking place Saturday, November 12, 10 am-4 pm at Tabor Space, 5441 SE Belmont St., bazaar proceeds go directly to the care of the cats at House of Dreams. More at kit-dreams.org.

**WREATH MAKING WORKSHOPS** – Portland Nursery is holding wreath making workshops at both their SE Stark St. and SE Division St. locations starting Saturday, November 19. Classes are \$45, 90 minutes long and include all supplies. Visit bit.ly/WreathWorkshops for more information and to register.

**MY PEOPLE'S MARKET 5TH BIRTHDAY** – The Market is turning five and is ready to celebrate. Head to the Oregon Convention Center Saturday, November 19-Sunday, November 20, 11 am-5 pm to enjoy perennial favorites and newcomers, a wellness area, exciting food/beverage options, music and a welcoming vibe. Visit mypeoples-market.com for additional details.

**SYMBIOP FUNDRAISER** – SymbiOp Garden Shop, 3454 SE Powell Blvd., holds

a fundraiser Friday, November 25, 9 am-7 pm for NAYA. 10 percent of sales will be donated to the nonprofit that provides educational services, cultural arts programming and direct support to reduce poverty to the Portland metro area Native American community. Contact Juliet at julietm@symbiop.com with questions.

**THE ART GARAGE SATURDAY SALES** – Three sales take place at The Art Garage, 3219 SE 62nd Ave., 1-5 pm on November 26, December 3 and 10. The Animal Saving Club, a group of Mt. Tabor Middle School seventh graders, will be selling card sets to benefit Elakha Alliance, along with other locally crafted items like wood earrings, ceramic cups, ornaments, art and hand sewn items. More at annestorrs.com/galleries.php/saturday-holiday-sales.

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

**WREATH SALE** – Leach Botanical Garden, 6704 SE 122nd Ave., hosts a wreath sale and holiday shopping at its gift shop Saturday, December 3-Sunday, December 4, 10 am-4 pm. Free admission to the Garden this weekend; \$5 suggested donation per adult. More at leachgarden.org.



# How to Avoid Food Waste Over the Holidays

By Arashi Young

The holidays can be a joyous time to bring people together, share memories and break bread over a large holiday feast. But big dinners can have big environmental and financial impacts when uneaten food is thrown away.

The US Environmental Protection Agency estimates that food is the largest category of material in landfills. Food releases methane gas as it decomposes, contributing to climate change. Food waste costs money too, Oregon’s Department of Environmental Quality estimates that each household in the state loses \$1,800 a year in wasted food.

With a little bit of planning for your holiday meal, you can make sure your guests are stuffed and your trash can is not.

### Prepping for dinner

Aim to feed your guests well without leaving you with a fridge full of leftovers. That means figuring out the right portions for each guest. Check out the party planning portion calculator, [savethefood.com/guestimator](http://savethefood.com/guestimator), for your next meal. The calculator will adjust for heavier or lighter eaters and multiple side dishes and desserts.

Look in your fridge and pantry first to make sure you don’t already have needed ingredients. It’s helpful to label foods so you

know what should be eaten first. When grocery shopping, make a list and stick to it.

### After the feast

The best way to avoid a fridge full of leftovers is to send the meal home with your guests. Ask them to bring their Tupperware to dinner, loan them yours or repurpose cleaned salsa or yogurt containers that they can later recycle. Many secondhand stores have inexpensive food storage containers, great for giving away after a big meal.

If you still have leftovers, make use of your freezer; meats, soups, cooked vegetables, breads and pastries freeze very well. Foods will stay fresher for longer in airtight containers. If you are tired of eating the same meal for days on end, repurpose the leftovers into new meals.

### Creative ways to use leftovers

#### Turkey

Substitute turkey wherever you would use chicken such as enchilada filling, nachos, chili, BBQ sandwiches or a pizza topping.

Turkey noodle soup is a post-holiday tradition for many. Boil the carcass until the meat falls off the bones and then strain the mixture. Then add cooked noodles, carrots, celery, onions,

herbs and salt and pepper to taste. Adding gravy to any holiday soup will add creaminess.

### Mashed Potatoes

Yesterday’s mashed potatoes can be tomorrow’s breakfast hash. Form the potatoes into patties and fry in butter to make potato cakes.

Mashed potatoes make great appetizers as a filling for stuffed mushrooms. Use up even more leftovers when substituting stuffing as a breadcrumb topping.

### Squash

Pureed squash (butternut, acorn, pumpkin, sweet potato) pairs well in an autumn risotto. For something a little spicier, add curry powder, onions, garlic and coconut milk to cooked and pureed squash and you’ll have a simple, but flavorful soup.

### Cranberry Sauce

Add leftover cranberry sauce and orange zest to a muffin recipe to create tangy and tart morning pastries.

Cranberries make an elevated appetizer when added to a wheel of brie cheese and wrapped in a sheet of puff pastry.

*This article was originally posted on the Metro website, [oregonmetro.gov](http://oregonmetro.gov).*

# Guarding Against Cybercrime

By Kris McDowell

Cybercrime is a broad term that encompasses any type of criminal activity that involves computers or the internet. Often committed by cybercriminals or hackers who are seeking to make a profit and directed at an individual, malicious activities can also be directed against a computer network or a networked device.

“With everything from phones, cars, drones and home systems connected on the web, cybercrime is only going to keep growing—it is not going away,” said Damien Laviolette, Chief Information Security Officer, OnPoint Community Credit Union. “As cybercriminals evolve their modes of attack, we’ll continue to share best practices and resources so people can stay on top of trends and understand how to protect their identities and their bank accounts.”

One-time theft can be damaging enough for individuals or businesses who may lose hundreds or thousands of dollars to a scam. Perhaps worse yet is when identity theft, the fraudulent acquisition and use of a person’s private identifying information, occurs. Unfortunately as our lives have become more connected, the risk of identity theft has increased.

Protecting oneself against fraud and identity theft is something to be vigilant about, even for the most careful consumers. To help protect yourself and recover from fraud, OnPoint has released the latest version of their annually updated, “The OnPoint Guide to Personal Cybersecurity” eBook, available at [bit.ly/OnPointGuide](http://bit.ly/OnPointGuide).

The 30-page guide covers securing accounts; protecting data online; how to spot and avoid common internet and online scams; the signs of identity theft; what to do if you’ve been scammed; tips for talking to children about online safety; small

business cybersecurity; and a digital protection list. OnPoint’s Laviolette said, “Financial security and personal data security go hand in hand, and both require a commitment to ongoing learning and education.”

As a start, read on for OnPoint’s top five tips for cybersecurity to help keep your information more secure.

### Forget the password, remember the passphrase.

A password typically contains about 10 characters, blending letters, numbers and symbols. However, passwords are relatively easy to crack by hackers. That’s why passphrases are becoming the new industry standard. A passphrase is longer than a password, can contain spaces between words and should be easy for you to remember but hard for a computer to crack.

Consider song lyrics, a quotation or anything memorable to you like “My favorite food is Hawaiian plzz@,” mixing in symbols and numbers in place of some letters. Even the most proficient password cracking tools break down at about 10 characters, so remember the longer your passphrase is, the harder it will be for fraudsters to hack.

### Back up your data.

Backing up data is an absolute must for small business owners. A ransomware attack will seize up your system and lock you out until you pay the hackers. The average length of business downtime due to ransomware attacks is 20 days. That’s enough time to shut down a small business. In addition to security protocols and threat detection, make sure you have a consistent and reliable way to back up your files with encryption in a system separate from your day-to-day operations.

*continued on page 15*



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# Anna Miller, Beautifying the Neighborhood with a Mural

By Jack Rubinger

Discovering a mural in progress has been one of the best things to happen in the neighborhood between SE Gladstone St. and SE Cora Dr. Usually, we see murals already completed up on the sides of buildings, in open public spaces or roads, but this one is tucked away on a shady, tree-filled unimproved alley, so it feels like a continuation of the all the plants we normally see in Portland during the summer.

On an unseasonably sunny and warm October afternoon, Anna Miller had her cans of paint spread out on a tarp and was painting her plant-filled mural on an old rickety fence behind a home owned by Marcos and Beth Wright-Kuhns. The alley gets a fair amount of traffic, including dog walkers, kids walking to and from Grout Elementary school and cars and trucks taking the scenic route.

“This is a nice neighborhood. I’ve been seeing the same people every day, so one of the most fun parts of this project is getting live feedback,” said Miller. “At 2:15 pm, school lets out and kids come by. I get to talk to people every day and build relationships.”

Wright-Kuhns’ twin boys who go to Grout have also gotten involved in the painting design. They wanted to see a jungle included in the mural or something from Pokemon, but the boys are happy. “I think it’s lovely,” said



Two sections of the mural. Photos by Jack Rubinger.

one the boys. A hole in the fence leads to a flower center, which the boys use now as a spy hole.

“I used to work with Marcos. It was their idea to do a mural which they had been talking about for a while,” said Miller. “I’ve been here about four weeks, working every day for three to eight hours. I live in the neighborhood, too.”

The mural, which is still unnamed but signed by the artist, consists of repeated patterns of blackberries, wild strawberries, lupine and echinacea. Miller explained that she first digitally drew the design on an iPad, then got the design approved by the homeowners. She used regular exterior house paint. What is surprising is that this is her first outdoor mural project. She typically

only does interiors.

There were some challenges associated with painting a 55-foot fence, with uneven texture that goes downhill. Before Miller started the project, she washed and primed the fence, then did background colors, then started painting the design. She also came up with the color scheme digitally. She bought 10 colors of paint and mixed some to create new colors because paint is expensive.

“A lot of my work centers on patterns,” said Miller. “The point of a mural is to view it from a distance, so scale is important and the elements need to flow together. Also, you’re working in sun and shade, so the light is constantly changing while you’re working.”

Miller, who is originally from rural Pennsylvania, is heavily influenced by the land, history and traditional folk arts of her regional community. She’s been lucky to pocket many fresh perspectives all over the world since then and holds all of it close to her here in the Pacific Northwest.

She’s also a printmaker and illustrator and much of her work centers around pattern-making, folk traditions, repetition and color. She said she’s been inspired by her grandmother Roma who taught her traditional Pennsylvania Dutch folk art as a child. “Flowers, leaves, birds and patterns are often gestures to the classic folk art motifs of my ancestors,” she said. “I tend to work in loose collections that revolve around one shape, motif or con-

cept, often moving between mediums while following a single thread.”

Miller loves that murals make art accessible to so many people and she would love to do more of these types of projects. Murals encourage people to slow down, admire their surroundings and expand thought and create conversations. What more could one ask from public art? For more information about Anna Miller, visit [annatrellaruthmiller.com](http://annatrellaruthmiller.com) and on Instagram @annatrellaruthmiller.

Following the completion of the project, she was taking some time off to travel.

Heading toward Halloween and November, it will be interesting to see how the mural looks in the shorter days of fall and winter.

# The warmth of the holidays



## AT FYBERWORKS

Rediscover the joy of giving from the heart and shopping locally this holiday season at Fyberworks. Tribal Fashion is affordable clothing that makes you look and feel your best so you enjoy life's adventures in comfort and style. Save 10% on all Tribal Fashion this month at Fyberworks.

**One great day to save even more!**  
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## OPB Documentary: Johnnie Ray

Oregon Public Broadcasting (OPB) has recently released a new documentary about Johnnie Ray, an Oregon-born singer, songwriter and 1950s teen idol. This new, half-hour program examines the singer's life, career and legacy—one that is practically forgotten today.

Born near Dallas, OR in 1927, Ray was once arguably one of the biggest pop stars in the world. His unique sound and performance style thrilled audiences. Hard of hearing from a young age, Ray was a pioneer for the Deaf community while helping usher in the age of rock and roll.

He combined a wailing, bluesy sound with emotional, full-body performances. It has been said of Ray that musically, he's considered the link between Sinatra and Elvis because he brought a rhythm and blues feeling to pop music.

Ray began his professional singing career as a teenager on the Portland radio show "Stars of Tomorrow" with fellow Oregonian Jane Powell. Through the 1940s, he sang in local war bond drives, played for tips in regional bars and spent time writing his own music.

He spent his twenties playing in clubs in Detroit and landed a contract with the Columbia subsidiary Okeh Records. His first recording featured two of his original songs written when he was just a teenager in Oregon, "Tell the Lady I Said Goodbye" and "Whiskey and Gin." Both became regional favorites with local disc jockeys.

His next release, "Cry," changed everything. It was an overnight hit and shot to the top of the Billboard record charts for both Pop and R&B sales, earning him a gold record and millions of fans. In 1952, four of his songs made Billboard's 30 top-selling records for the year.

Throughout the 1950s, Ray made numerous TV performances and, for a time, hosted his own show in the United Kingdom. His concerts drew thousands of fans, with record-breaking performances.

His star began to dim, though, as Elvis and other bold new acts dominated radio airwaves. Though he faded from the limelight, Ray still maintained loyal fans. He continued to perform until his death in 1990. In fact, one of his last concerts was a fundraiser in Salem in October 1989.

"Johnnie Ray" is the latest episode from "Oregon Experience," an original OPB series that explores Oregon's past and helps to provide a deeper understanding of the historical, social and political fabric of the state and region.

For more information and to watch the documentary, visit [opb.org/show/oregonexperience](http://opb.org/show/oregonexperience).

## November at Alberta Rose



One of Portland's premiere settings to experience live music and performances, Alberta Rose Theatre, has a November full of shows to keep you entertained. Here are just a few highlights.

Sunday, November 6 Portland's tribute to the great Tom Waits, "Terrible Tales Told in Beautiful Melodies," features an amazing line-up of instrumentalists and vocalists. Performers include Dan Gildea (guitars), Bre Gregg (vocals), Paul K. Ward (piano), James Latham (bass/vocals), Donna Jones (vocals), Shelly Rudolph (vocals), Jason Wells (trumpet), Madi DeSantis (drums), Jet Black Pearl (accordion/vocals) and more.

Kanekoa, Ukulele Jam Band from East Maui sails in on a wave of blissful sound Monday, November 7. Powered by electric ukuleles and exotic rhythms, these ukulele masters ride the wave of Hawaiian roots with jam band energy, creating a sound they call Hawaiian jam-rock. For the last 25 years, audiences have swooned over their soulful originals and crafty covers interpreted with pure originality. The Grateful Dead's drummer Bill Kreutzmann goes so far as to call them, "the Hawaiian Grateful Dead."

Coming to the stage Saturday, November 19 is Carsie Blanton, delivering every song with an equal dose of moxie and mischief. She writes anthems for a world worth saving and brings her audiences together in joyful celebration of everything worth fighting for. Inspired by artists including Nina Simone and Randy Newman, her songs encompass a wide range of genres, from sultry pop to punk-tinged Americana.

Thanksgiving weekend offers an annual tradition, The Next Waltz, which always sells out in advance. A stellar lineup of Portland all stars sing and play the music from Canadian-American rock group The Band's final concert 46 years ago. It was also made into the best ever rock and roll concert film and classic album, "The Last Waltz." A portion of the proceeds benefit the Jeremy Wilson Foundation for musicians' health care and patrons are encouraged to bring two non-perishable food items for the Oregon Food Bank.

Minors are allowed when accompanied by a parent or guardian for the above shows. Visit [albertarosetheatre.com](http://albertarosetheatre.com) for show times, prices, tickets and a full listing of events.

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

## It's a Family Affair at Sidestreet



*Birds of Oregon, Framed Felted Wool, 8"x20", by Susan Opie*

For the month of November, the featured show at Sidestreet Arts comes from an all-artist family. John Opie and Susan Opie, along with their three daughters (Amelia, Carol and Helen) offer up a variety of works from their chosen art path. The Portland family brings a funky flair to the



*Mount Elvis (Elvis carved into a mountain), Oil on Linen, 29"x43", by John Opie*

Portland art scene with pieces that range from acrylic, oil and wool-felted paintings to ceramics and jewelry.

The show runs Wednesday, November 2-Sunday, November 27 with the artists gathering in the gallery for the First Friday Artwalk Friday, November 4, 5-7 pm. Sidestreet Arts is at 140 SE 28th Ave., open 12-5 pm Wednesday-Sunday, and can also be found online at [sidestreetarts.com](http://sidestreetarts.com).



*Wall Chicken, Ceramic, 7"x 6"x2", by Carol Opie*

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2022-23 CONCERT SEASON



Dave Stamey

Saturday, November 19

Dave Stamey is an award winning singer-songwriter who considers himself a musical storyteller rather than a musician, sharing songs and tales of the rural West.



New World String Project

Saturday, December 10

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David Francey

Saturday, January 21

Scottish born Canadian carpenter turned singer-songwriter. Winner of 3 Juno Awards.

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33 TRIANGLE PRODUCTIONS

Erma Bombeck: At Wit's End

By Allen Engel and Margaret Engel







DECEMBER 1 - 17th

Helen Raptis [AM NW Channel 2] stars as Erma Bombeck. She has garnered a lot of praise from the press and those who have seen the show. As Erma, she has stories to tell about her life, her family, and her adventures.

Tickets: [www.trianglepro.org](http://www.trianglepro.org) or 503-239-5919

The Sanctuary at Sandy Plaza 1785 NE Sandy Blvd



# Arts & Entertainment

## Triangle's One-Act Play



Starting a two-week run December 1 at triangle productions! is "At Wit's End," a one-act play with no intermission. From the writers of the smash hit, "Red Hot Patriot: The Kick-Ass Wit of Molly Ivins" and directed by Donald Horn, it is a comic look at one of the country's most beloved voices, Erma Bombeck. She captured the frustrations of her generation by asking, "If life is a bowl of cherries, what am I doing in the pits?"

Discover the story behind America's beloved humorist, played by AM NW host Helen Raptis, who championed women's lives with wit that sprang from the most unexpected place of all—the truth—at one of the 10 performances. Thursday, Friday and Saturday shows are at 1:30 pm with Sunday shows at 2 pm at The Sanctuary at Sandy Plaza, 1785 NE Sandy Blvd. Tickets (\$15-35) available at trianglepro.org or 503.239.5919.

## Dave Stamey Show



The Portland FolkMusic Society is proud to present cowboy entertainer Dave Stamey Saturday, November 19, 7:30 pm at Reedwood Friends Church, 2901 SE Steele St. Stamey has been voted eight times Entertainer of the Year by the Western Music Association and in 2016 he was inducted into the Western Music Hall of Fame.

Tickets (\$10-22) at portlandfolkmusic.org/Concerts.



## Two PBO Performances at Reed

In November the Portland Baroque Orchestra (PBO) offers the conclusion of a fierce showdown by some of the world's most gifted early music maestros as they vie for the coveted position of PBO's next Artistic Director. The Festival of Candidates performances culminates a multi-year search, bringing worthy contenders from around the globe that represent a cross-section of the next generation's most innovative talent. The Festival is an especially exciting time for arts enthusiasts to experience the diversity and magic of early music and help shape the future of Portland's cultural landscape.

Finalist Peter Whelan (conductor, keyboardist and solo bassoonist) performed in October and is followed by performances from Aisslinn Nosky and Julian Perkins this month. Nosky, a violin soloist, director and conductor, leads the PBO on a musical jaunt Sunday, November 13, 2 pm. "Bach: Family & Friends" is a program of works by members of the Bach family and their friends beginning with J.S. Bach's *Brandenburg Concerto No. 3*.

Conductor and keyboard player Perkins brings his experience as a leading performer on historical instruments to his extensive scope of work with period ensembles, modern orchestras and to singers of varied performing backgrounds. The Sunday, November 20, 3 pm performance, "New Horizons: Locke to Bach to Locatelli," offers daring dissonances, compelling rhetoric and angst-ridden effects.

Tickets, general admission (\$35-66) and Arts for All (\$5, subject to availability), available at pbo.org and 503.222.6000. Student Rush tickets (\$5) will be sold at the door 30 minutes before showtime, subject to availability.

## Alembic Artist Series Shows



Four Alembic Artists have been in residence at Performance Works NorthWest since January—researching, dancing, vocalizing, creating videos, brainstorming and sharing ideas and snippets of work with each other. They are now ready to share their work-in-development with two weekends of shows.

Friday, November 4-Sunday, November 6 Dee Bustos is joined by Gemini Moon in "Molt." The performance is an attempt at reconciling the severance between voice and body. "Touch System" is a polyphonic, multidisciplinary evening of dance + emerging from Portland's subcultural underground. In seeking saturation of experience—of feeling—of sensation, Blue McCall enmeshes a decentralized ensemble of queer and trans dancers, installation, video projection and live-hacked tech within a living sound installation by Jamondria Harris.

The following weekend, Adrianna Audoma offers a small window into an exploration of space, bodies and sound performance by an ensemble of five dancers (Lindsay Dreyer, Sarita Persaud, Lilah Havner, Carly Ostegaard and Jae Seung Hancock) accompanied by original live music from Daysmel Muniz and Alex Harrison. In "The Moon Underneath," Pepper Pepper with musician Matt Katz come together for chthonic storytelling, songs and dance.

Performances during both weekends are Friday and Saturday, 8 pm and Sunday, 5 pm at 4625 SE 67th Ave. The Sunday performances will also be livestreamed. Sliding scale tickets for in person performances run \$12-25 and the livestream performances are offered at no charge, with donations accepted. Tickets available at tickettailor.com/events/pwnw for all performances.

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## Dennis Nyback Tribute at CST

Dennis Nyback, film archivist and one-time owner of the historic Clinton Street Theater (CST), passed away in October after a long battle with cancer. He will be remembered at "Dada Dada Dada: A Tribute to Dennis Nyback," Tuesday, November 15, 7 pm at the theater. Nyback introduced Portland to oddball film screenings, none of them more improvisational than "Dada Dada Dada," a collection of classic surrealist films accompanied by a live audience-created musical soundtrack.

Nyback was best known for his traveling film shows, which toured across the country as well as in Europe and Asia. His strong belief in the preservation of analog film and audio led him to rescue reels that were headed to the dumpster and to hunt down obscure films in venues that ranged from Paris flea markets to eBay. His collection of features, cartoons and short subjects numbered in the thousands and in many cases were the only known print of a film.

In 1999, Nyback recruited his ex-wife, Beth Rozier, to finance the purchase of the CST for a mere \$2,000. Nyback and Steve Tenhonen set to transform the theater, whose interior was in serious disrepair, needing, among other things, wiring and projection upgrades. Tenhonen said,



"It was in such bad shape that the McMenamin brothers had refused to buy it." They worked on a shoestring budget, doing most of the renovations themselves.

The CST is now owned by a collective and one of its members, Aaron Colter, is grateful to Nyback for his Herculean efforts to preserve the venue as a cinema. Of Nyback's rescue of CST, Colter said, "His impact as its operator two decades later can't be understated. We still hang a poster of the Kuchar Brothers festival behind the register—an event that wouldn't have happened without him playing their films at the theater for years. There's simply no way the CST would be the home for independent and odd cinema without his time at the helm. He remains an inspiration for what the venue can be with enough dedication and a unique imagination."

Admirers are invited to gather for the celebratory event at 2522 SE Clinton St. to remember Nyback fondly.

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# Ww

# 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.

## Making the Most of Your Mental Health Days

Mental healthcare in the US is encountering a significant problem: there are not enough therapists to go around. Oregon, for example, is experiencing a significant clinician shortage and has the fourth highest rate of unmet need for mental health treatment in the US.

While people wait to see a healthcare professional, they are finding ways to improve their mental health on their own. One way they are doing this is through mental health days. This concept is becoming more common in the workplace and is meant to benefit everyone—employees get much needed time to recoup, and employers get healthier and happier staff.

It's good to have a break and recharge, however, there is a difference between a day that actually improves your mental and emotional wellbeing and a traditional day off. It can be tempting to spend the day in your pajamas watching Netflix, but the goal isn't to use mental health days as a way to avoid life when you don't feel like going to work. Rather, it is to take active steps to improve your overall mental health.

Here are a few ways to make the most of your mental health day:

### Address unmet needs

Take the time to address the needs you have been neglecting and the tasks you've been putting off. Schedule appointments to take care of your health or tackle those incomplete projects around

the house, anything that's on the backburner but continues to nag you in the back of your mind.

### Move your body

Physical activity is one of the easiest things you can do to impact your mental health. Our bodies were made to move. If we don't, we're bound to get depressed. Unless you're in the service industry, you likely aren't moving enough day-to-day. Get out, move your body, work up a sweat. Your endorphins will thank you.

### Put the phone away

Our smartphones are one of the most miraculous devices ever created, but they're designed to keep us hooked and scrolling. The constant flood of information and endless ads make this mentally exhausting. Give your mind a break and stop the mindless scrolling. Put away the phone. Take off the smart watch. Take a day to let your mind breathe.

### Focus on one thing at a time

In the modern age we are constantly task-switching and juggling all kinds of communication. It seems there is always someone clamoring for our attention. Pick one thing and give it all your attention. You'll be surprised how good it feels to stop spreading your mind wide across a dozen tasks and go deep instead.

### Reconnect

We are social beings who need to connect with others and

feel a sense of belonging. Take time to go beyond the surface conversation and go deep with someone who matters. If conflicts need resolving, take the time to have the difficult conversation and mend things. Strife in our relationships adds more stress to our lives than we often realize. Work through the tough stuff, forge a deeper connection and build up your sense of community.

### Focus on the bigger picture

In the day-to-day rush, it is all too easy to get tunnel vision and lose sight of what's important. At the end of our lives, there will be things we'll wish we had done. What are they? Take the time to look at your life and decide what really matters. Is your life aligned with those things? If not, find ways to take action and get closer.

Mental health days can be a powerful tool if we use them intentionally. Rather than slipping into the habit of avoiding and numbing out, we should tailor them to add to our internal reservoir. We'll be more prepared for the challenges of work, but what's more, we'll bring ourselves closer to the life we want to live.

*Nick Norman, MSW, LICSW is the Business Relationship Manager at Mindful Therapy Group, [mindfultherapygroup.com](http://mindfultherapygroup.com). The diverse and collaborative network of licensed, independent mental health clinicians serves OR and WA.*

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# Neighborhood Notes

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

Hosford-Abernethy is a neighborhood of contrasts, from St. Phil Neri to a Buddhist temple; customer-owned Peoples Co-op to giant New Seasons; tree-lined streets to three main traffic arterials. Half the residents rent their homes, the other half owns theirs. Then, there is the railroad, the river and OMSI. In October, the neighborhood board heard from three well-established organizations invested in making Portland a better, more vital city. And we also heard from folks who want a new place to just have fun together.

Jenny Stadler, with the 24-year-old PHAME Academy (which teaches art of all kinds to adults with disabilities and provides exhibit, work and gathering spaces and public entertainments) said they are hoping to raise enough money to buy the triangle building at SE 20th Ave. and Hawthorne Blvd. for a permanent home. Our board welcomes this possibility and will gladly provide them a letter of support.

Kory Smith brought us up to date on a new venture, Karibu Stabilization Program, that will be a live-in/helping site for disenfranchised adult Black men. It sits just across SE Powell Blvd. at 21st Ave. Smith, the program manager, anticipates a March opening. It will operate under Central City Concern, a nonprofit working on the problems of homelessness in Portland for 43 years.

OMSI is in the first stage of converting its 24 acres, many of them full of empty lots, into a dynamic urban district. This involves extensive permitting and new infrastructure, including new roads, trees, and electrical, water and gas installations. The enormous effort involves a collaboration among governments, OMSI and private interests. Preston Greene, vice president of real estate for OMSI, said he had heard our concerns and will keep us up to date on the process. He said multistory residential buildings won't be coming to the district for a decade or two.

And, finally, Frank Rudloff of the Portland Bocce League Association, a non-profit since 2003, outlined plans to establish four bocce ball courts on the St. Philip Neri campus. There are courts around town, but they want to bring the ancient sport back to this old Italian neighborhood.

**Montavilla Neighborhood Association**  
**By Jacob Loeb**

All candidates for the 2022-2024 Board member term secured a majority vote at the annual meeting last month. The next Montavilla Neighborhood Association (MNA) meeting addresses proposed changes to the format of the monthly meetings with a new interpretation of in-person association meetings.

Two out-of-cycle appointed members ran for full two-year terms on October 10. Former chair, Louise Hoff, returned to the Board this year as the Parks Chair and new MNA member Natalie Mallis recently joined the Board as the SE Uplift Liaison. Running unopposed, both secured their position for an additional two years.

The MNA will hear a proposal at the general meeting regarding a change in format for future meetings. Board Members will then vote on whether to accept the changes at the Board meeting that follows. The membership is invited to join and comment ahead of the vote.

The next MNA meeting is Monday, November 14, 6:30 pm. Register for the Zoom link at the MNA website ([montavilla.org/mna-calendar](http://montavilla.org/mna-calendar)). Audio recordings of the previous gatherings are available online at [montavilla.org/pdx-mna-meeting-podcast](http://montavilla.org/pdx-mna-meeting-podcast).

**Richmond Neighborhood Association**  
**By Ann Sandvig**

The Richmond Neighborhood Association (RNA) held its monthly meeting Monday, October 10. Zoom meetings are the second Monday of the month, 7-9 pm. The link to pre-register is on the agenda, which is posted to [richmondpx.org/](http://richmondpx.org/) and the RNA Announce listserv. To be added to the listserv, email [richmondnasecretary@gmail.com](mailto:richmondnasecretary@gmail.com).

RNA's guest speakers were Michele Veenker from Family Promise of Metro East and Dave Brink, Pastor at Central Christian Church. An interesting and informative presentation was given on working with families facing houselessness and the services each organization is providing, as well as volunteer opportunities available. You can listen to the discussion via the audio recording on the RNA's website under the Meetings tab.

A short discussion was held about the Public Environment Management Office (PEMO), which is a new City of Portland office focused on cleaning up and beautifying our city.

RNA is looking for a newsletter editor.

The Houseless Committee purchased and donated over 100 hygiene kits plus toothbrush/toothpaste sets and feminine hygiene products to Hygiene4All.

SE Uplift is offering several grants with applications due by Tuesday, November 22.

*continued on page 15*



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from page 13

A discussion was held about safety issues at SE 26th Ave. and Powell Blvd. following a recent bike fatality.

There was also a discussion on upcoming Charter Commission Forums being held.

It was announced that there will be a Community Safety Forum at next month's meeting which will include representatives from the Neighborhood Response Team, Community Safety, PEMO and possibly someone from the Street Service Coordination Center. Our next meeting is Monday, November 14; we hope you can attend.

### Sunnyside Neighborhood Association By Gloria Jacobs

The October meeting was a successful combination of in-person and Zoom so we will continue to offer both options for our general and Board meetings. Much of the focus was on the newsletter. We heard from our newsletter team about their process and we are looking for ways to improve and streamline it.

We had a presentation from Land Use & Transportation Committee chair Jamie Smith about efforts by neighbors at SE 45th Ave. and Madison St. surrounding the tent camp behind the commercial building at 4511 SE Hawthorne Blvd. The building is being vacated and the development company, Killian-Pacific, will be fencing off the property to the edge of the sidewalk on Madison St. to deter future encampments until they proceed with a project on the site.

SE Uplift has opened applications for two grant programs: Community Small Grants and Inclusion, Diversity, Equity and Accessibility Communication Grants. Deadlines are midnight Tuesday, November 22. Details at [seuplift.org/grants](http://seuplift.org/grants).

Own a small business that has had broken windows or doors, graffiti or other damage? You can apply for up to \$10,000 in assistance from the city's Local Small Business Repair Grants program. Details at [prosperportland.us/portfolio-items/local-small-business-repair-reopening-grant/](http://prosperportland.us/portfolio-items/local-small-business-repair-reopening-grant/).

The next general meeting is on Thursday, November 10, 7 pm.

During November, Molly Twohy is helping raise funds for the Sunnyside Shower Project (SSP) by collecting cans. Funds will increase SSP's ability to provide toiletry items, food, first aid supplies, clean clothing, laundry cards, tents and tarps. If you'd like to contribute, please label your bags with "Sunnyside Shower Project" and drop them over Molly's fence at 3333 SE Salmon St. (look for the Rosie the Riveter flyer) any time this month. Don't have enough cans to donate but still want to contribute? You can donate on SNA's website via PayPal, Venmo or Zelle or email [treasurer@sunnysideportland.org](mailto:treasurer@sunnysideportland.org) to arrange a cash or check donation.

## Guarding Against Cybercrime

from page 8

**Verify sender before clicking any link.**

Double check the sender's address and domain name, and don't simply rely on the display name. You can hover over a link to see if the URL looks legitimate or has common tricks like a zero in place of the letter "o" or an "s" added to the end of a word like Onpoints.com. Be extra wary of any offer or notification that has poor grammar or typos, comes out of the blue or sounds too good to be true.

**Stop and ask for help.**

So, you've clicked the link. What now? First, stop using the device and disconnect from the internet to stop the spread of malware. If your device is related

to your job, reach out to your IT department by phone. If you've entered sensitive information, call your financial institution's hotline (on the back of your credit or debit card) to report the incident, consider putting a lock on your credit records and set up a fraud alert. For breaches on your personal device, back up your data using an external device like a USB drive and then scan your device for malware. Lastly, change your passwords across all your accounts. When in doubt, seek out a professional IT expert for help.

**Teach your kids.**

You might be aware of smishing (a type of social engineering attack that uses SMS

texting to read like a formal notification from a business), but are your kids? Lavolette says smishing attacks can be successful when you let a kid borrow your phone to play a game. When the text comes through, they may start tapping the screen to remove the distraction and unknowingly compromise the system. If your kids are using electronic devices of any kind, even for limited periods of time, make sure you've educated them about the risks.

By taking a proactive approach to cybersecurity, and acting quickly if your information is stolen, you will reduce your chances of being one of the thousands of cybercrime victims in Oregon each year.

## Employment Scams Target College Students

By BETTER BUSINESS BUREAU  
GREAT WEST & PACIFIC

With the fall college semester in full swing, many students are now looking for multiple sources of income as they balance their schoolwork and social life. Unfortunately, as they start their search, they may encounter or be solicited by a deceptive employment offer that can cost them money and sensitive personal information.

Employment scams have ranked among the top three riskiest scams reported by consumers to Better Business Bureau (BBB) since the first Scam Tracker Risk Report was published in 2016. Last year, younger consumers reported losing money at higher rates than their older consumers. In fact, individuals aged 18-24 have shown to be the demographic most at risk for highest susceptibility and monetary loss.

Finding a job can be difficult, and students may feel pressure to find work quickly. Here is an inside look from a recent BBB Scam Tracker report, "I'm currently a college student and got contacted to interview for a Finance/Accounting internship...I read the employment offer and everything looked real. After I signed the contract (where they have my name, address, date of birth, phone number, email), it started getting suspicious. First, the company sent me a \$2,000 check to mobile deposit, so I can Zelle transfer the payment (\$860 and \$1,000)...I did it, not knowing that the funds would eventually be fraudulent, and I was subject to an employment scam." She was later contacted by her bank that the check didn't clear and she was likely the victim of a job scam.

BBB encourages students to look for these red flags before accepting a job offer that may feel too good to be true.

Some positions are more likely to be scams. Always be wary of work-from-home, package reshipment and mystery shopper positions, as well as any job with a generic title such as caregiver, administrative assis-

tant or customer service rep. Positions that don't require special training or licensing appeal to a wide range of applicants. Scammers know this and use these otherwise legitimate titles in their fake ads. If the job posting is for a well-known brand, check the real company's job page to see if the position is posted there. Look online; if the job comes up in other cities with the exact same post, it's likely a scam.

Different procedures should raise your suspicion. Any sort of pressure to sign or onboard is a red flag, as legitimate companies will understand that employment choices are big decisions. Watch out for on-the-spot job offers. As qualified as a candidate may be, students should beware of offers made without an interview. A real company will want to talk to a candidate before hiring. Be careful if a company promises great opportunities or a big income under the condition that the applicant pays for coaching, training, certifications or directories.

Never deposit unexpected or fishy checks. Be cautious sharing any kind of personal information (including banking information and credit cards) or accepting any kind of pre-payment. Don't fall for an overpayment scam; no legitimate job would ever overpay an employee and ask for money to be wired, sent elsewhere or returned.

Ask for a contract and verify the legitimacy. An employment contract should include a salary, the nature of the position, any terms and conditions, and most importantly, employer information including an address and contact information. If there's any uncertainty about its legitimacy, students should take that extra step to research and verify the information. The scammer may be impersonating a company or an HR professional.

To view and/or report scams in your area, visit [BBB.org/scam-tracker](http://BBB.org/scam-tracker).

For more employment tips, visit [BBB.org](http://BBB.org).





# THE CAPLENER GROUP

at Windermere Realty Trust

PORTLAND REAL ESTATE  
*Southeast & Northeast Specialists*  
**(503) 232-4763** | [thecaplenergroup.com](http://thecaplenergroup.com)

## Caplener Group Homes For Sale



2735 SE 50th Ave.  
1921 Bungalow  
1,132 Total Sq. Ft.

\$399,000  
2 BD, 1 BA



1917 SE 57th Ave.  
1921 Colonial  
3,544 Total Sq. Ft.

\$Call Listing  
Agent  
7 BD, 2.1 BA



5901 NE Davis  
1913 Craftsman Bungalow  
2,549 Total Sq. Ft.

\$Call Listing  
Agent  
3 BD, 1.1 BA



3630 SE Crystal Springs Blvd.  
1940 English  
2,930 Total Sq. Ft.

\$Call Listing  
Agent  
4 BD, 3 BA



**PENDING**

231 SE 52nd Ave.  
1947 Cape Cod  
2,256 Total Sq. Ft.

\$799,000  
4 BD, 2 BA



6535 SE Pine St.  
2023 Mt. Tabor Modern  
2,735 Total Sq. Ft.

\$2,225,000  
3 BD, 2.1 BA

### Tabor Modern - An Exciting New Development with Ethan Beck Homes and Skylab Architecture

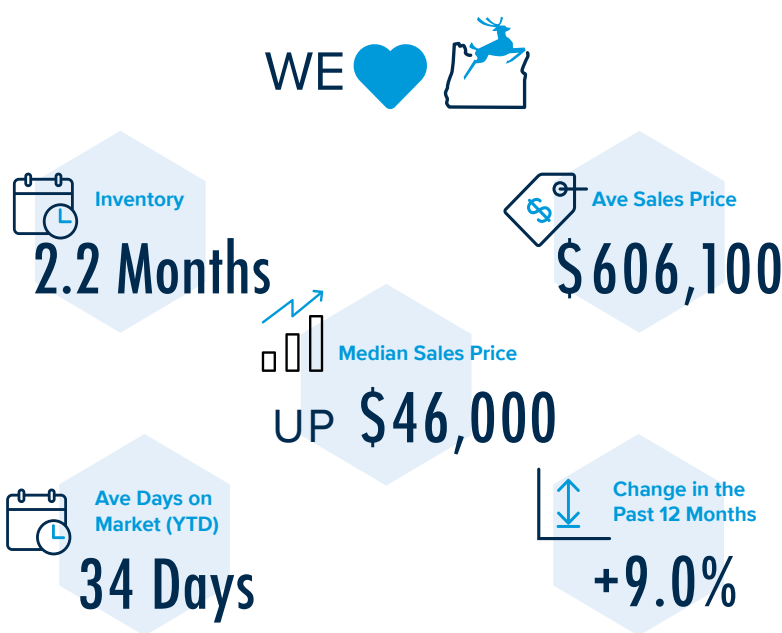
Construction is getting ready to commence on four of Mt. Tabor's most coveted building lots! With downtown city views, nationally recognized Skylab Architecture has master planned incredibly impressive, contemporary homes of the highest quality.

Only two of the four homes remain available and 6535 SE Pine St. (pictured to the left) just hit the open market. Full customization is available at this stage in the building process.

Feel free to reach out to our team for more renderings of the entire project or with any questions you may have! Call us at 503.232.4763 or email the [caplenergroup@windermere.com](mailto:caplenergroup@windermere.com).

**Want to earn the most value for your home?** We're your neighborhood listing experts. Call or email us today for a confidential market analysis. **503.232.4763** / [thecaplenergroup@windermere.com](mailto:thecaplenergroup@windermere.com)

## HOW'S THE PORTLAND MARKET DOING?



**Windermere**  
REAL ESTATE  
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Data is courtesy of the RMLS.



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